

## THE PERFECTIONIST TRAP

Sharon\* had just written an exam in Calculus. As usual, she left the examination feeling lousy. All she could think about was the question she couldn't answer. What was the  $*!@*$  formula to solve the problem!? How could she have missed it!? She felt awful about herself, and hearing everyone else blissfully chatter about the exam made her feel even worse. Even though she studied for the exam, she should have studied harder. She felt angry at herself for not knowing the answers, for not finding the course easier, for not being smarter. Her stomach felt sick as she started thinking about other questions she might have answered incorrectly. She pictured herself failing the course. She imagined feeling humiliated before her peers, professors, and family. Sharon felt like such a failure.

\* not an actual student

Although Sharon feels like a failure, she is not. What she is, is a perfectionist. Being a perfectionist does not mean that you are perfect, it means that you are not satisfied with anything less than perfection. Sharon blamed herself for not being able to

answer every question, for not finding the course easier, and for not being smarter. Basically, she blamed herself for not being perfect. What about you? Are you a perfectionist? Are you someone who gets frustrated if things don't go exactly right in your life? Are you very critical of yourself? Do you focus on your imperfections? At the end of a day is it easier for you to recall your mistakes than your successes? Do you have little tolerance for human error, lateness, disorganization, and imprecision? If you answered "yes" to the questions above, you are likely a perfectionist. So what's wrong with being a perfectionist, you might ask. You are, after all, in college to strive for academic excellence. Perfectionism and the pursuit of excellence are two distinctly different things and to answer this question it is necessary to clarify the difference between the two. Pursuers of excellence set high standards and work hard to achieve them. Perfectionists set perfectionistic standards that are not achievable by human standards. Pursuers of excellence can accept mistakes and try to learn from them.

Perfectionists dwell on mistakes and blame themselves for any error. Pursuers of excellence strive to be the best but can accept being number two if they have tried their hardest. Perfectionists can only live with being number one, and define their self-worth based on their achievements. The primary point in this discussion is the fact that we are not perfect. We make mistakes even when we try our hardest not to. Perfectionists, however, live by directives such as, "I should not make mistakes," "I must understand everything in my textbooks," "I ought to have prepared better for the exam." When the inevitable mistake is made, perfectionists attack themselves, blaming themselves for missing a question, for not knowing everything, and basically, for being human. The result of this kind of unrealistic thinking is discouragement and disappointment. The perfectionistic standard is hard to meet, and perfectionists end up feeling like failures as their human shortcomings confront

...Continued on page 3

Governments  
never deceive  
the people!

### INSIDE:

#### SPORTS

Pages 12-13

#### POET'S CORNER

Pages 10-11

#### REMNAINT REVIEW

Page 9

#### SPIRITUAL LIFE

Page 6

# OPINIONS

## An Elegy For Heroism

I was sitting on a bus a few days ago, and I heard some elementary school children discussing the people they admired most. Names such as Arnold Schwarzenegar, Sylvester Stallone, Mel Gibson, Steven Segal, and Jean-Claude Van Damme all came up in their conversation. Along with these actors came the names of several hockey players, and their admiration for these athletes stemmed not from the athletes' talent as a hockey player, but rather their ability to fight on the ice. Inevitably, this led me to ask myself what constitutes a hero in our north American society. I first asked myself what it was that all these role models had in common. I came up with these three answers: 1) They achieve their goals through violent measures. 2) They earn an obscenely large amount of money. 3) In the roles that they portray (the

athletes included), they advocate dishonourable means to gain their success, be it vengeance or plain deceitfulness.

If we take the example of the ancient Greek society, we see a world dependant on its heroes for guidance. Although violence was a large part of heroic stature, honor proceeded it. In the mist of a battle, Greek heroes from opposing sides would exchange gifts and vow not to kill each other if their forefathers had been friends. They would attend funeral services for their slain enemies; whereas our heroes nowadays would take that opportunity to completely annihilate their foes. The Greek heroes fought for honour and virtue; whereas our modern heroes fight for revenge and capital. The Saints, being Catholic heroes, portray spiritual potential; whereas Jean-Claude Van Damme displays the "necessity" of violence. Our heroes lack the spiritual motivations of the past, and focus on their shallow misconceptions of justice, an obvious reflection of our "instant fix" society.

Another fine example of misperceived heroism was the Gulf War. George Bush portrayed himself as the Christian Crusader determined to save the world from the threat of international terrorism attributed to Saddam Hussein. Judging by the reluctance of the American military to intervene in Bosnia, we can safely assume that their intervention in Kuwait was based purely on economic reasons, and not anything so sacred as religious dogma or honour. If oil or any other economic interests of the States existed in Bosnia, no doubt President Clinton would declare something similar to a Holy war. The propaganda machine was an effective tool at programming the population of patriots to believe that Hussein was an evil being that must be destroyed by that wacky Bush in his shining state-of-the art assault jet. Would it be any surprise to us if poor Saddam had been tempted to invade Kuwait by a devious, power-hungry C.I.A.? However, I am getting a little sidetracked, but my point here is to reveal that some heroes are imposed onto us a little more subtly than others.

The second most pathetic example

of modern heroism (the first is directly above) is the "rock star." These are people whose worth has been determined by their being in the right place at the right time. There is absolutely no virtue or honour required in making it big in the pop music industry. In fact, those who made it through the use of degradation, violence, and deceit are often regarded with more respect than those who just had a lucky break. Bands such as N.W.A. who mask their racist, misogynistic, violent message through claiming to be "just sayin' it like it is" offer no hope or guidance to the youth of today other than "make lots of money and abuse the system that oppresses you; to hell with everyone else!" They have no honour, no virtue, and they offer no guidance on how to improve the world, yet people still give them the status of "heroes" and regard them as "superhumans." N.W.A. is just on band I have chosen to illustrate this point; however, there is an alarmingly high number of bands less extreme that this example that portray similar attitudes. In their victory over the ghetto, they have descended to the level of their oppressors by adopting their weaknesses (greed, racism, misogyny). The defeat of these internal demons should be attributed to heroism, and not the ascension from one social class to another.

I am not saying that we should go back to the ancient Heroes for guidance, I am merely claiming that we should choose heroes based on their capacity for virtue rather than cruelty. If it is true that a societies heroes are reflections of its values, then we are all at great risk, judging by the heroes our society has appointed to represent itself: over-indulgent actors and musicians, dishonest businessmen and politicians, dishonourable evangelists and pseudo-spiritual leaders. I certainly do not want my children applauding people for violence and destruction. I would much rather them seeking heroes endowed with the virtues of honour and compassion — two ideals irrevocably warped by our self-indulgent, sado-patriarchal, pseudo-democratic society. Now go back to sleep...

Corey Owen

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## The Perfectionist Trap (Continued from page 1...)

their demands to do everything right. Self-esteem takes a beating because any criticism of their work is seen as a personal attack. Perfectionists frequently seek counselling not to learn to reduce their perfectionistic demands, but to learn some new techniques to meet these perfectionistic demands. The pressure that accompanies these unrealistic expectations sometimes becomes manifested in migraines, stomach problems, and backaches. Procrastination can also be a consequence of having perfectionistic standards. This doesn't sound possible. We tend to think that procrastination is a result of being lazy and having low standards, rather than being driven to faultlessness. However, a perfectionist avoids assignments or tasks for a reason other than laziness. It is the fear of failing — the fear of not doing a good enough job — that keeps the person from getting to work. A great amount of anxiety accompanies the quest for perfection, and procrastination is more an attempt to avoid anxiety, than to avoid the task. So what can be done to avoid becoming a discouraged perfectionist? The first necessary step is to recognize that you are a perfectionist. The first or only child of a family has a particularly high chance of becoming a perfectionist, although other children in a family are not immune. If you feel you must be the best at everything you try, you are likely a perfectionist. In counselling, I often recommend that students write down all the negative thoughts that they have about themselves. The reams of negativity that is generated by this exercise is sometimes a surprise to the student. The result is an awareness of the frequency and intensity of perfectionistic demands. The second step is to recognize that perfectionism does not motivate toward success, but rather detracts from it. It is hard to achieve excellence in anything when you are driven by anxiety rather than enthusiasm. However, some perfectionists are afraid to remove their perfectionistic demands for fear of becoming lazy. Students I have worked with in counselling have told me, "I think I need this stress in order to motivate me to do my best." In reality this self-imposed stress interferes with successful academic performance, rather than facilitate it. Your mind can't effectively retain

scholastic information when it is already filled with worry. Upon recognizing that constant self-criticism is self defeating, the next step to consider is "How do I change?" This is the point at which many students come to me for counselling: they know they are overly demanding on themselves and they know that these demands are making them very unhappy. What they don't know is how to stop being this way. Again, having your perfectionistic thoughts written down not only assists you in your awareness of perfectionism, but also puts you in a position to change these thoughts. "I must/must not ..." or "I should/should not ..." are culprits in your thinking that leave you feeling guilty and defeated when, for whatever reason, things don't go exactly as you want. These demands can be replaced with less rigid thoughts such as: "I want to ..." and "I will try to ...," which place less pressure on you. Because perfectionists are overly critical of themselves, they need to learn not to put themselves down. The process of learning and the effort put into a project need to be positively acknowledged, as well as the final grade. Life is not black and white, and things in life are not either perfect or awful. Perfectionists need to realize that even when things don't go exactly as they want them to, they are not failures. I encourage perfectionists to spend ten minutes each evening acknowledging a positive achievement, something they worked hard on, or something good in themselves. This recommendation is given in an attempt to bring the perfectionist from overly negative thinking toward a more balanced perspective which includes a recognition of positive self-worth. Changing the way you think about yourself is a challenge. You might criticize yourself and put yourself down without even realizing it. To stop making unrealistic demands takes work, as does breaking any well-ingrained habit. However, these demands are self-imposed and you are the one in a position to change them. In changing perfectionistic demands to healthier expectations, you experience freedom from anxiety, fear, and guilt. You become free to succeed .... and make mistakes.

*Colleen Hammermaster  
Counselling Psychologist*

## RE: U of A Education Transfer Seminar

Recently, Concordia Education students had an opportunity to attend a U of A Education transfer seminar which was held to help clarify U of A admission requirements for September 94. I realize the information that came out of the seminar was somewhat discouraging, but don't write off a teaching career just yet! I know many Education students at Concordia who would make fantastic teachers, and it is to these people that I say "don't give up!" There will never be enough exceptional teachers in the classrooms of Alberta schools.

To those of you who absolutely refused to be considerate and respectful of your fellow students by visiting and talking throughout the seminar, there is not an lot of good I can say. I take my education rather seriously, and with tuition costs of over \$3000 per year, I had mistakenly assumed that every other student did as well. The E.S.A. will be hosting an debate on Education Reform in January, and I sincerely hope that this disruptive faction will find it in their hearts to be conspicuously absent from Tegler on that date.

*Troy Runzer*

## Student Information

### LOST & FOUND

Front Office  
Reception Desk

(If you have lost it,  
they may have it!)

## Education Cutbacks 1993

The current debate surrounding the level of education funding has evoked a great deal of emotional diatribe on both sides of the issue. Chopping over 350 million dollars from our education infrastructure has extremely grave consequences for today's students, in addition to subsequent generations. The cold, heartless politicians are threatening to devastate the educational system in the name of fiscal responsibility.

**NOT!!**

Believe it or not, politicians are people too. Most of our provincial politicians have children or grandchildren who

**"Politicians are charged with the very unsavory task of determining where these cuts will be made."**

are going to experience cuts to education. **FACT:** cuts to all areas of public funding are essential to maintain long-term viability in the Province of Alberta. Politicians are charged with the very unsavory task of determining where these cuts will be made. I would suggest that we stop condemning the politicians for attempting to do what the majority of Albertans elected them to do. Let's hope that through a series of round-tables, enough concerned stakeholders present compelling alternatives to the proposed cuts in order to minimize the effects of these cutbacks. In addition to the ongoing round-tables, there is nothing that precludes the average citizen from participating in the process. People who have not expressed their personal opinion in one form or another, directly to the Premier's office, or their M.L.A., have no right to complain.

*Troy Runzer*  
President of ESA

E d u c a t i o n

*WHAT HAVE YOU GOT TO SAY FOR YOURSELF?*

## Y E A R B O O K

### SUBMISSIONS CONTEST

**CATEGORIES:** 1. Original Artwork

2. Photograph

3. Creative Writing (essays, poems, and stories)

**PRIZES:** 1st for each category — \$50.00

2nd for each category — a T-shirt

**YEARBOOK THEME: "Harmony"**

**DEADLINE:** January 28, 1994

*Start thinking ahead and make this YOUR Yearbook.*

Drop off your entries at the switchboard, in the Yearbook pigeonhole, and feel free to enter often.

(Any questions or suggestions are also welcome, but sorry, no prizes for these.)



# The Clocks



What is time? Time is to some the evolutionary development of passages from before unto after, a living, expanding, natural force. Time is also a period during which an action, process, or condition exists or continues, or so the Webster dictionary tells us. Unfortunately, there is another definition of time that Concordia College applies to time that is a sadistic conspiracy developed by our esteemed Dean Stuhlmiller and his evil henchmen to warp and control the minds and bodies of all the naive Concordia students. What is the cruel device that the esteemed Dean Stuhlmiller uses to execute his horrid plan? All the school clocks! Don't trust them! And don't talk too loud! They might be listening....

One of the most effective methods that cults use to brainwash their victims is through indoctrination while the subjects are disoriented and confused, without time for conscious thought. For most people, a state of disorientation often occurs as a result of knowing when classes are occurring, but not knowing whether that time is now, in the past or expected in the future. Most schools provide a healthy supply of clocks along hallways and in classrooms so that this kind of disorientation does not occur.

This is not the situation at Concordia. The esteemed Dean Stuhlmiller has warped all the clocks into a vicious network of fluctuating accuracy and inaccuracy that has random effects throughout the school. At any given time, any clock can be accurate, and usually is, although there are some clocks that are deliberately fast or slow by at least an hour. This has the ability to disorient students into rushing for classes that are still an hour away, or just finishing as you arrive. The ability to keep regular time is impossible, since the 'clock' effect extends to a powerful force that is floating in the very air we breath. No time piece is safe from its evil clutches!

And who do we see among the confusion? We see the ecclesiastic and esteemed Dean Stuhlmiller raising his voice in powerful orations about the righteousness and supremacy that is found in Concordia College, that no opposition to his rule is justified. He plays with our pathetically weakened minds, toying with our sanity like puppets on a string!

The knowledge is now in the open. The public can now prepare for the future and be wary of further mind-screwing, and treat it with a grain of salt. Power to the people!

*Trevor May  
On-Campus Reporter*

## Quit Bitching

It seems if you're looking for something to complain about, you needn't look too far. Every week I hear students making comments on how they might like to change or improve everything from CCSA or ESA sponsored activities to how the Blue & White is run. The latest complaint is about the new Yearbook; and I have to admit it's atrocious; classmates have vanished, names and faces don't match, and the Blue & White staff is featured under the heading - Grad Committee. But now that I've given you another reason to complain, who's fault is it?

Should it rest solely with the Yearbook Committee, who is responsible for assembling the content (and it's accuracy); or is this the result of a more general problem that exists here at Concordia. While many are willing to express their disappointment with the Yearbook, few were willing to sup-

*Continued on page 8...*

**Dear Editor;**

I am writing in regards to the Biology 100 class in which I am enrolled. Since the Blue and White is supposed to be the voice of the student body, I thought that you might want to publish my complaint.

Biology 100 is an introductory course offered at Concordia which has a reputation as a "teaching college". The only prerequisite required by the department is Biology 30. Up to this point in time, approximately 60% of the students enrolled in this course are failing it. The course is divided up into three sections, and a different professor teaches and gives an exam on each section. The class averages for the first exam on Limnology hovered at the 49% mark. The mean for the Genetics exam was 37% in one class and 38% in the other! Many students have already made their concerns known to the department and many others have simply dropped the course altogether.

What really annoys me, is the fact that the Biology professors seem to feel that it is the students who are to blame for this fiasco! They have commented in class that we are unable to read, write or study and that the fault lies in the lack of quality of our high school educations. Yet many of us come from various provinces, countries, and time periods. Many students in this class are also in their second or third year of college. What do these degrading comments say about the colleagues of the Biology department? Also, one professor advised us that she was not here to teach us. We were responsible for our education, and she was merely here to impart information. Frankly, I can impart information from a book, or a video which will cost me slightly less than the \$3,000.00 tuition that I am paying this institution for my education.

I am not suggesting that the Biology department lower its standards in order to pass everyone who takes this course. I am stating however, that their methods of "imparting information" are NOT working and some changes to the presentation of material are essential.

Sincerely,  
Anonymous



# Just Ask Chris

Dear Chris;

I am a first Year Arts Student. I Think, so far, that Concordia is a great school, with a beautiful campus. I am really glad I chose to come here to Concordia for it's Character And wholesome atmosphere, instead of going to the U of A and becoming a drone. But recently I have found myself perplexed about one particular aspect of the Campus. From your columns in the Blue & White, I have concluded that you are the eyes and ears of Concordia, and I hope that you might be able to put my mind to ease from the silly, But perplexing characteristic of our campus. Why is there a wheel chair assable wash-room on the bottom floor of the Teglär Center by room T133, when the on way down there is via one of the 2 Star cases?

Yours Bewildered,  
A really board student!

(Editor's note: This letter was entered as it was written—please do not call and complain about the spelling, grammar, improper use of capitalization, etc. Thanks!)

Dear Bored and Bewildered;

What a great question!! How in the #@\$ am I supposed to know? The only answer that comes to mind is that those particular handicapped washrooms are for really fat people who might get stuck in a regular cubicle. By the way, may I suggest that you relieve your boredom by registering for any of the writing courses being offered—immediately! My appreciation for English professors just doubled!

JUST CHRIS

Dear Chris;

I'm not writing for advice, but to give some. Your column stinks! Anyone who compares you to Anne Landers is right; she stinks! The entire paper, in fact, smacks of political correctness and is an insult to university and college papers everywhere. Say something controversial; say something that will enrage and disgust the faculty.

Sincerely;

Anonymous

PS- The androgynous thing has been done.

Dear Anonymous;

Please do not hold back...tell me how you really feel! I am now officially a celebrity... my first hate letter. (That is to say the first one that could be printed.) I do not have to write anything that will enrage and disgust the faculty...they just finished correcting our mid-term exams! Nor do the professors need my particular brand of comic relief for the very same reason. I resent being called politically correct since the definition of that term changes on a weekly basis. I am not, nor have I ever been, androgynous..I am a Canadian—born and raised. And..I know who you are....and I will be watching...

JUST CHRIS

## Quit Bitching

...Continued from Page 5

port the cause when the committee issued a desperate plea for volunteers last year. I could refrain from suggesting that the level of apathy among the students nears terminal, if the Yearbook was the only area to suffer; however, it's not.

Less than one in twenty students participate in what happens around the college, and even less bothered to vote in September's Student Council elections. If this is beginning to sound like I'm bitching — you're right! What gives these people the right to complain when they sit on their butts expecting others to do these jobs? When I think of those few individuals (and I do mean few) who willingly sacrifice their time and energy in an effort to enrich your experience hear at Concordia, I wonder whether it's worth it? For most students, it's not a matter of looking elsewhere when wondering who's at fault, just give them a mirror.

This lethargic attitude has got to go. We all need to take an active role in our college community by supporting both the organizations and their events.

So quit bitching and get involved.

Jeffery McKeddie

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

# ENTERTAINMENT

## OUR TOWN

Journey back to the turn of the century with the Citadel Theatre's production of the classic **OUR TOWN**. Written by **Thornton Wilder** (recipient of three Pulitzer Prizes) and featuring many notable and familiar faces, **OUR TOWN** plays the Maclab stage until Nov. 28.

Set in the exciting first years of this promising 20th century, **OUR TOWN** is a gentle but probing examination of the concerns, dreams and aspirations of common people living in a small town—concerns that in many ways are still very relevant today.

**OUR TOWN** traces the lives of the simple folk of Grover's Corner as it explores their joys and sorrow at the small, common moments of daily life, and also at the time of the grand transitions such as marriage and death. Wilder called it "the most beautiful little play you can imagine, a little play with all the big subjects in it." It speaks across time and generations and playfully forces the viewer to examine the process by which they explore the world around them.

Wilder, through the wonderfully ironic and personable character called the 'Stage Manager', lovingly and ever so subtly deconstructs the process of storytelling throughout the work. **William Webster**, who is no stranger to the Citadel, portrays this enigmatic narrator/guide. The challenging role of *Emily Webb* is played by Citadel newcomer, **Jennifer Wigmore**.

Having directed productions in Chicago and Stratford, **Jack Wetherall** returns to the Citadel to accept the challenges presented by **OUR TOWN**. The fine turn-of-century costumes are the work of designer **Sue LePage**.

Jeffery McKeddie  
Entertainment Editor

## REMNANT

The Concordia College Theater presented six performances of the play "Remnant" by Ron Reed. This play was extremely difficult to follow due to the fractured language that it was written in. It took most of the audience, myself included, about one-half of the first act to get "into" the vocabulary, despite the benefit of the language notes in the program. I am in awe of the ability of the actors to assimilate this broken English into their repertoires.

Michael Brown's role of Barlow Show'r was very poorly written, as his character had to make an unbelievable and rapid metamorphosis at the end of the play. Michael attacked the role with intense passion, however little could be done, short of rewriting the ending, to make Barlow more credible to the audience. This does not reflect on Michael's acting ability which is prodigious, merely on the play itself.

Carmen Gjevre was phenomenal as Krist'n Tailr. She played the role with just the right blend of zealous faith and righteous indignation. She is a very talented young lady.

The confused, angry and searching Loner was excellently portrayed by Paul Beckett. Paul is remarkably agile, and he is also a gifted actor.

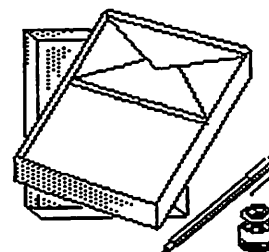
Pat Carlson's character Widbee Nul set the women's movement back a hundred years! Her portrayal of this subservient "wife-helper", (this in the year 2086!!) made an already weak, timid woman seem positively anaemic. My question is how on earth did this woman survive the plague in the first place?

In contrast, Annagail, played charmingly by Tara Bencharski, was a welcome relief from the intensity of the other characters. Tara represented this seemingly simple-minded plague survivor with wit and grace.

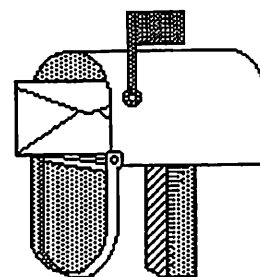
Despite the fact that I did not enjoy this predictable play or its trite ending, the evening itself was enjoyable due to the hard work of everyone involved with the production and presentation of "Remnant".

Connie Roy  
Assistant Editor

If you have any  
suggestions or  
submissions,  
please write  
them down,



and drop them in  
our mailbox out-  
side of the  
C.C.S.A. offices!



# POET'S CORNER

## AS I WALK

As I walk down Boyle street which really  
is 95 Street.  
I wonder how the addicted people  
survive.  
Though the spleen, veins are penalized.  
Mentally you can tell the people are  
still alive.  
Yes, some will walk away drug-free,  
alcohol-free.  
Hold it, but then some will walk up to  
Thee.  
The darkness in their lives have given  
no chance to replenish their short lives.

*Cheri Cantin*



## zeedwick

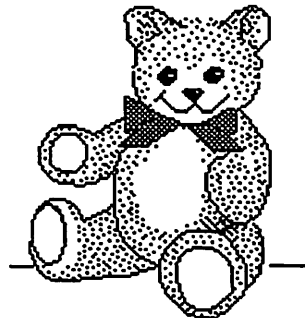
why do i feel so close to you,  
when i don't know how you feel  
about me?  
the sun shines always,  
even though the rain may fall,  
but its rays are always reaching.  
reach down into my  
heart and touch my soul,  
for your love is truth and truth  
is peace forever.  
you love me and i  
want you more than life itself.

*cori husing*

## Shattered Fragments

The axe falls  
onto the unsuspecting warmth  
with a sickening thud.  
The shock repels the blade  
but it falls again.  
This tie,  
reality has sunk in  
and the sharp edge slices deep.  
The edges around the cut stiffen  
and the next time the axe falls,  
it shatters into innumerable tiny  
fragments.  
Still unsatisfied  
the axe falls again and again  
until there is nothing left of my heart  
for you to break.

*Tina Tyerman-Snider*



## Your Thoughts and Dreams

Over and over  
I let my eyes feast  
on your words on the paper.  
My eyes caress  
your thoughts and dreams  
the way my hands long  
to caress your face.  
Your thoughts, in the form of words  
are burned into my memory  
for all times sake.  
I hope against hope  
that the words are written for me,  
but in my heart of hearts  
I know that it is not so,  
and I burn with jealousy  
wondering who she is.

*Tina Tyerman-Snider*

## One Life

What is there in life but a sad  
Injustice,  
Cold hearts, cold minds and a  
Never ending sorrow,  
So unfair are its dealings of its  
Dark deck of cards,  
No glimmer of hope, no shining star,  
Nothing to hold but all to be held,  
Unleash forever these ties that bind,  
One soul, one life, to a cruel black  
Injustice.

*Shelley M.*



# POET'S CORNER

11/08/93 T.b.n. Inc.

"There is a time for everything,  
and a season for every activity  
under heaven:

...a time to tear down  
and a time to build,  
a time to weep,  
and a time to laugh."

ECCLESIASTES 3:1, 3b-4a (NIV)

"...and now is the time to build...  
and to laugh..."

The *Theologians by night*.

J.A.D.E./ph

## Flowers

I am a woman with unspoken needs.  
A tender touch, a glance.  
I crave the hidden softness in a  
hardened man.

I want to feel unique to the man  
that I am with.  
I need to know that I am not another  
flower picked from his garden.

I am the rare flower that he would  
suffer to find.  
And once cut, I am treasured.  
Not dropped in a vase to  
wither and die.  
Instead planted and allowed freedom  
to grow.

For I know what I am: A rare flower;  
A woman.

Janice Weinberger

aB\$tR@cT \$im!L@riT!es...  
PART 1

NUCLEAR BRAIN MATTER  
LISTEN TO THE RAIN SPLATTER  
MARCH HARE AND THE MAD HATTER  
FROZEN TEETH FOREVER CHATTER  
LAST THANKSGIVING'S TURKEY PLATTER  
PEANUT BUTTER COOKIE BATTER  
MOTHER GOOSE IS GETTING FATTER  
FLORESCENT LIGHTS THAT WILL NOT SHATTER  
WOOLEN SHIRTS THAT ALWAYS TATTER  
LITTLE FOOTSTEPS PITTER PATTER  
WAS THAT THE FORMER OR THE LATTER?  
...NEVER MIND IT DOESN'T MATTER!

Purple Harry

the broken window pane  
is silent now,  
no more a screaming glass;  
its open edges  
lit the sharp snow  
drift in—  
but look, there are the lovers,  
warm within each other,  
melting the silicon shards  
of whiteness;  
they tumble in a thousand  
soft pieces,  
they dissipate  
as they fall,  
falling together  
to become a blanket  
of quiet feathers  
laid over the land  
as motionless as angel wings,  
wings sliced and scattered  
to cover the world.

aebahry

# SPORTS

## The Competitive Edge

This years Thunder hockey is an improved team. With only three returning players and nineteen new faces on the roster, the team is "more competitive and aggressive and the goal tending is better," according to coach Maclean. There is a great deal of optimism within the coaching staff and the players about making the play offs. Basically, the team must finish the season in the top four. According to coach Maclean, the team will have to win against Grand Prairie College and two other teams, possibly Augustana and SAIT in order to achieve their season goal.

Concordia started the season with a 5-2 loss against SAIT and a 7-4 home opener defeat to Red Deer. The team bounced back against Grand Prairie on October 29th and 30th. The team played exceptionally well defeating GPRC 10-4 and 11-3 respectively. On November 5th and 6th, Concordia travelled to Calgary for a game against SAIT. Concordia lost Friday night 10-2. Although the loss was by a great margin, the score territory advantage was even. "Both teams had forty plus shots on goal, but SAIT capitalized on the opportunities and Concordia did not," states Coach MacLean. Saturday night was a different story, Concordia came out on the ice to play. The team came back from a 4-1 deficit to tie the game 4-4 in the third period. With five minutes left on the clock SAIT capitalized on an opportunity and scored the winning goal. Concordia could not get back in the game, the end result is a 5-4 heart breaking defeat to SAIT.

Concordia is showing the league that they can play with the "big boys" and not get slaughtered. Most of their losses have been by a three goal margin. The team has some tough games ahead of them. They will travel to Camrose on November 12th and 14th to face off against

Augustana, and on November 19th and 20th at home against the undefeated and last years champion Mount Royal.

To date Concordia has played six games and has a 2-4 record. There are still eighteen games left in the regular season. As well, several Thunder athletes are in the top ten scorer list in the league. In the last six games Thunder top scorers are Frank Esposito and Mike Tavoroli, both with twelve points each. Good Luck on games and the team hopes to see student support during home games.

*Angie Celino*  
Sports Editor

## CATCH THE ACTION

### HOCKEY

Nov. 5 Concordia @ SAIT 7:00 p.m.  
Nov. 6 Concordia @ SAIT 7:00 p.m.  
Nov. 12 Concordia @ Augustana 8:00 p.m.  
Nov. 14 Concordia @ Augustana 2:00 p.m.  
Nov. 19 Mount royal @ Concordia 7:00 p.m.  
Nov. 20 Mount Royal @ Concordia 7:00 p.m.

All home games played at the Agricom.

### BADMINTON

Nov. 27-28 Interlock Tournament at Red Deer College

### SWIMMING

Nov. 27 @ NAIT

## CONCORDIA ATHLETES 1993 - 1994

### SOCCER TEAM

Richard Payne  
Andres Flores  
Tim Chubb  
Andrew Goodhart  
Eric Hanson  
Jody Serner  
Derek Sattler  
Denis Reinberg  
Mike Bates  
Owen Morris  
Chris Zottl  
Neils Madsen  
Jeff Likehart  
Tom Drysdale  
Dale Isley  
Rod Davis  
Dave Mauro  
Mike Nunes  
Martin Dam  
Coach: Rob Clements

### THUNDER HOCKEY

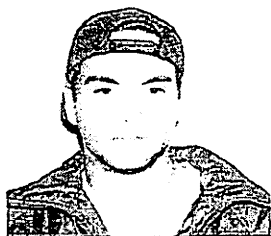
Jason Knight  
Brad MacKenzie  
Brian Parker  
Brad Guzda  
Trevor Thomas  
Jim DeHoog  
Frank Esposito  
Jason Bearchell  
Rick Toshack  
Brent Gitzel  
Mike Tavoroli  
Corey Danyluk  
Mike Marshall  
Matthew Tillapaugh  
Jason Schmidt  
Danny L'Hevreux  
Kevin Longworth  
Brent Woitas  
David Paton  
Ward Fleming  
Mike Burge  
Danny Leckelt  
Allan Erick  
Coach: Jim MacLean  
Neil Little-Asst. Coach  
Geoff Dawson-Asst. Coach  
Bruce Osland-Asst. Coach  
Mike Wade-Manager

# SPORTS

## PLAYER PRO-FILE

### MARTIN DAM

Martin is a grade 12 student who had the opportunity to be part of Concordia's soccer team. Since Marty is a high school student, he was not eligible for the Jimmy Condon scholarship.



He plays the position of keeper, better known as goal tender. Marty thinks highly of Coach Clements - "He is a good coach who knows what he is doing. He put a bunch of rookies together and made a very respectable team." The soccer season started off choppy but towards the end they improved as a team.

The highlight of the season for Marty was the win against Grant MacEwan, who faced Concordia with an undefeated record. Concordia won the game 2-1. Marty hopes to play again next season, and wishes the soccer season had been longer.

Angie Celino  
Sports Editor

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## What's Happenin'??

In late October the Badminton team travelled to Fort McMurray for their first season tournament. The team finished the tournament in fourth place and they are looking forward to the Interlock tournament on November 27th and 28th being held at Red Deer College. The Swim team will have their first meet on November 27th at the NAIT swimming pool. Concordia's swim team is still looking for people interested in joining the sport. Contact Jim MacLean at 479-8481 ext.320, or see him at the Phys. Ed. office. The mens and womens basketball team just finished the seeding round in the EBA league. Both teams did not win a single game, which means that the men's team will move to sixth division and the ladies team will stay in fifth division.

The season had a rocky beginning. There was a great deal of uncertainty whether Concordia would have a women's team or not. There was not enough interest by the women during try outs. An inconsistent five to eight (if they were lucky), would show up for practice. However, I am happy to announce that there will be a women's team representing Concordia this season. However, it is not too late to play female b-ball. If you are interested, contact Ric Suggitt at 488-8638.

The men's team also started the season slowly with eight to twelve players coming out to practice. Now the guys have fourteen players on the roster.

The regular season for basketball will begin in mid-November and game dates will be posted in the next issue of the Blue and White.

Angie Celino  
Sports Editor

# WINTER? WHAT?

It's me again with an update on dormitory living; and what an interesting time it is turning out to be. Just as the last issue of the *Blue & White* hit the stands, Concordia was visited by the "Theologians by Night". Who are these mysterious people? Well, I can't tell you that, but I am sure you don't need to be told that these nocturnal prophets created for us a tower of sorts. Their "Tower of Babel" was accompanied by the appropriate bible verse, the deciding factor in the "what the heck is that?" pool. (But dormies never gamble!) The tower itself was fashioned out of the cushioned seats, chairs, and anything else that was not nailed down to the floor of

Tegler Center. It soared above the heads of the maintenance staff who were as surprised as everyone else to see this biblical concoction invading our spaces and gracing our faces. Now I realize that I have babbled on about these people as if they were dormies but how would I know that? Could it be that I recognized these "Theologians by Night" while driving down the Capillano by the light of the full moon. (Or should I say moons)?

On the whiter side of things; the snow has fallen upon the dormies (as I am sure it has on the rest of Edmonton), and the snow starved sillies can be seen scaling the hills of the golf course below only to go flying

back down on what looks an awful lot like... hmmm. "Now what are we supposed to eat off of?" I guess they are just preparing themselves for their January dorm ski trip. Tom came up with this amazing ploy to get us to come back to buildings full of roommates after having peace on earth for a month. Speaking of which, now is almost to late to have booked your flight home if you are headed to oh I don't know ...Ontario. But seriously we have been here for over two months and it has been an experience or two. Some of them bad, most of them good.

*Lisa Krestick.  
Dorm Life*