

WE MISSED YOU!



THE BOLT

ISSUE: 001

SEPTEMBER 4, 2012

A CONCORDIA STUDENT'S ASSOCIATION PUBLICATION

CONTACT US:

CONCORDIA.BOLT@GMAIL.COM

WEBSITE:

WWW.THEBOLTNEWS.COM

WELCOME STUDENTS!



WELCOME FROM CONCORDIA'S PRESIDENT



DR. GERALD KRISPIN
PRESIDENT AND
VICE-CHANCELLOR

I want to welcome you to one of the best university experiences in Canada! I suspect you are thinking: what else would the President of Concordia say? After all, he is not alone—every University President makes such a claim to the point of making any words of welcome predictable. So, how can I rise above the expected with my welcome words?

The best I can do is to reflect upon my own role here

at Concordia. My term as President began after twenty years of teaching, research, and scholarship. Teaching comes first in this sentence for a reason: I absolutely loved teaching, cared deeply for the learning of each student in my classes, and believe I made a difference in the lives of many of the students that I taught over those years. All of this remains important to me as President, and I know this is a value that our professors at Concordia share. As President, my goal is to create the absolute best learning environment for you, whether in the classroom, library, cafeteria, residences,

or any other space you utilize to further your development as a student. Those who have been students before you do achieve what our mission statement says. They became independent thinkers, ethical leaders, reflective servants in their occupations, and citizens for the common good.

Behind my aspirations for you stand those of Dr. Martin Luther, himself a university professor and scholar, who stated: "A city's best and greatest welfare, safety, and strength consists in its having many able, learned, wise, honourable, and well-educated citizens." A

Christian university, albeit not a university for Christians only, does all of this and more so that a city like Edmonton, Alberta, Canada, as well as the world, will greatly benefit from the kind of graduates Concordia prepares: graduates who will be known "nationally and internationally" for their "knowledge, integrity, skill, and wisdom." "Able, learned, wise, honourable, well-educated"—this is my vision for each of you as you begin your studies here at Concordia.

I believe you will come to see that what I have written is neither cliché nor bravado: it is possible.

Welcome to Concordia, one of the best university experiences in Canada!



Image: FreeDigitalPhotos.net

WELCOME FROM THE EDITOR-IN-CHIEF



CARA KAHLKE
EDITOR-IN-CHIEF

It's that time of the year again: the air is a little crisper, the leaves are starting to show their golden hues, and the days are getting just a little bit shorter. These seasonal changes signal the return to campus, and a return to the expansion of our lives and minds with education. I would like to take this opportunity to send out a warm and heartfelt welcome to all the students who are attending Concordia for the first time. I also want to welcome the return of our seasoned students to campus. As first year students, I know it can be a little intimidating coming into a new environment, but as you attend your first classes, you will quickly learn that you have

chosen one of the best places to start your university career. This school has the unique ability of submersing it's students into all that post-secondary education has to offer, while allowing a chance to really get to know other students and staff, and making your university experience less overwhelming and much more enriching. I still fondly remember my first year at this school, with the memories of many fun times and long lasting friendships. As the new, incoming Editor-In-Chief of *The Bolt*, I am extremely excited for what this upcoming year will bring. The staff of *The Bolt* have been working extremely hard to create many new and exciting changes to the publication, allowing it to be more engaging and better able to represent our student body. It is our hope to move *The Bolt* in a whole new direction with a brand-new

layout, dedicated writers, and an interactive medium utilizing the Internet and social media to make sure we cover every aspect of the Concordia experience. So, as we dive headfirst into this new school year semester, we encourage both new and current students to become involved and share your voice! We always welcome contributions from every member of the student body—this newspaper is here for you after all. I know I speak for the entire staff when I say that we are so privileged and thrilled to have this opportunity to be working to make *The Bolt* a publication this school can continue to be proud of. With that, I would like to welcome you all again to the 2012/2013 school year here at Concordia. Have fun and study hard everyone!

Think you've got a great idea for us?

Come on by our office or send an e-mail:

concordia.bolt@gmail.com

We would really like to hear from you whether it's a mistake we made or something that you think can be done better.



Image: FreeDigitalPhotos.net

A HELLO FROM YOUR HEALTH & FITNESS WRITER



JESSICA RUSHTON
STAFF WRITER

Hey fellow Concordians! My name is Jess Rushton, and I am in my third year here at Concordia University College in the Bachelor of Arts program. My major is English, and I am doing a double minor in Education and History. I have always loved literature and I often write for fun in my spare time. I plan on continuing my education after I finish my Bachelor of Arts Degree, and then entering the Bachelor of Education program. My ultimate goal is to become an elementary teacher, as I currently help student teach in my former grade five teacher's classroom and love working with children. I love a lot of things outside of school as well, including music,

traveling, video games, going to concerts, and of course, reading. One of my biggest passions, however, is fitness and overall health, and I am dedicated to encouraging a healthy lifestyle. I workout six times a week, and people can either find me at the local gym, my home gym, kickboxing classes or the dance studio (or the school gym during the year). I have been enrolled in dance since I was three years old, and it my greatest outlet. This year I am also on the Concordia Cross-Country team, and I am thrilled because running track has always been a thrill for me. I was on the track team throughout high school with my specialty being 200m, 400m, and 800m. While primarily a sprinter, I love a good challenge and plan to challenge my body by running between six to ten miles this

year. In order to prepare for any sport, it is important to learn how to condition your body. I believe eating right is only half the battle; one must also take care of their body by exercising the mind and body. Finding the right workout for each individual can take some time through trial and error, but the effort is totally worth it. I plan on sharing tricks for working out correctly, weight loss, and meal planning in the paper, as well as small details that can make a huge difference for your body—like weekly skin exfoliation, detox cleanses, and proper flossing! (Yes, flossing can help your workout, believe it or not!) Also, I will include cardio, strength, endurance, and weight loss workout routines. I create and perform these routines myself and have found they give incredible results. I

also suggest using the popular iPhone app "Lose It!", as it allows you to record your daily meals and exercise, giving you an instant look at how many calories you are allowed to achieve your personal goals. I believe it is never too late to start achieving lifelong healthy habits and happiness. It is not all physical either; having a healthy mindset is important too! This is why I will also include weekly picks for invigorating reads and a "Top 10 Pump-You-Up" playlist to jumpstart your workout, as well as study tips for school subjects, new gadgets, and more as it can be stressful balancing homework, papers, classes, a job, and staying healthy. I have dedicated myself to being physically and mentally fit, and I am dedicated to helping you too.

SPORTS

AN INTRODUCTION TO YOUR SPORTS WRITER



BAILEY GARDECKI
STAFF WRITER

Greetings Sports Fans! My name is Bailey Gardecki, and I will be writing the Sports Features for The Bolt this coming year. I am currently in my third year of my Bachelor of Arts degree with my major in History. I plan on taking my completed undergraduate degree and using it to one day pursue a career in family or corporate law. I am also Concordia's Arts Representative this year, and I will be working closely with the rest of the CSA.

Many of our fellow Concordians are new and/or have missed out on what sport teams are available on campus. My goal is to make sure to fill in those blanks. I hope that I

can answer any questions that come my way, but if I cannot, then rest assured I will be happy to find out the answers. This year is promising to be a very productive year for our sports teams here at Concordia. There are plenty of great matches to look forward to and plenty of new faces to add to our rosters. On campus these are our awesome teams who deserve our support.

We have:

- Men's Basketball
- Women's Basketball
- Badminton
- Golf
- Men's Soccer
- Women's Soccer
- Curling
- Hockey
- Men's Volleyball
- Women's Volleyball
- Cross Country

It's Thunder Time! Our Hockey team on campus has been through some highs and

lows the past few seasons. For example, did you know that at the beginning of the 2011 Fall semester it looked as though the Thunder Hockey program might not make the budget cut. However, to our amazement the program was brought back almost immediately after it had left, and all could breathe a sigh of relief as the Concordia Thunder Hockey team lived again! Now, in the new 2012-2013 school year, we are once again looking forward to them playing towards the ACAC (Alberta Colleges Athletic Conference) Championship.

Here at Concordia we want to make our sports stand out! So come out and cheer! Our players would love to see the fans supporting them during the games. As fans, let's make this year our best and boldest year ever. We have so many great games to look forward

to this semester, and I am sure we will have no regrets for our Concordia team members who are participating this year. Good luck guys!

Also, for those who want to start their year off with a cheer, September looks to be a promising start for the Cross Country team which has scheduled races all throughout the month. There is a Non-Conference Grand Prix # 1 on September 8, 2012 at GPRC (Grand Prairie Regional College) for our die hard fans who want to make the trek up north. You never know, it could be a nail biter!

So that's all for today folks! I hope you have enjoyed my first article for The Bolt because I am looking forward to writing the next one already. Have a great first week of classes, and I hope to see you around!

UPCOMING GAMES

MALE/FEMALE SOCCER

SEPTEMBER 8, 2012
KING'S AT CONCORDIA
12/2:20PM
~
SEPTEMBER 15, 2012
NAIT AT CONCORDIA
12/2:20PM
~
SEPTEMBER 16, 2012
KEYANO AT CONCORDIA
12/2:20PM
~
SEPTEMBER 22, 2012
CONCORDIA AT KINGS
12/2:20PM
~
SEPTEMBER 23, 2012
MACEWAN AT CONCORDIA
12/2:20PM

CROSS-COUNTRY

SEPTEMBER 8, 2012
AT GPRC
~
SEPTEMBER 15, 2012
AT RED DEER COLLEGE
~
SEPTEMBER 22, 2012
AT OLDS COLLEGE

GOLF

SEPTEMBER 16-17, 2012
NORTH REGIONALS
AT REDTAIL LANDING
~
SEPTEMBER 22-23, 2012
SOUTH REGIONALS
AT PARADISE CANYON
~

CHECK OUT
ATHLETICS.CONCORDIA.AB.CA
FOR MORE INFO

GOING TO A THUNDER SPORTING EVENT?

OF COURSE YOU ARE!

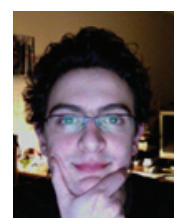
AND WHILE YOU'RE THERE WHY NOT TAKE SOME PHOTOS AND SEND THEM TO US!

THEY COULD GET PUBLISHED IN THE PAPER OR ONLINE AT WWW.THEBOLTNEWS.COM

E-MAIL YOUR SUBMISSIONS TO: CONCORDIA.BOLT@GMAIL.COM

FROM THE BOLT

WELCOME FROM THE LAYOUT EDITOR



NICK CHEVALIER
LAYOUT EDITOR

Welcome students new and old! I hope you've had a great summer and are excited about your upcoming year at Concordia (I know I am). My name is Nick, and I'm the layout editor here at *The Bolt*. Essentially that means it is my job to make *The Bolt* look pretty and organized for all you lovely people out there. Hopefully I'll also be able to find time to sneak in an article now and then, but we will all just have to wait and see how the year pans out. I will be available for questions, and such, about *The Bolt*, and though I may not be able to answer the question directly, I will be sure to find

someone who can. Outside of *The Bolt* I am a self-proclaimed volunteer for Concordia, doing pretty much whatever I can to help out when asked.

Along with my work at the school, I am also a student in my third and final year of my Bachelor of Arts with a concentration in English and a minor in Education and Drama. The last two years at Concordia have been a blast, and I intend to carry on with having fun, making friends, and, of course, working hard.

Now a little bit more about me, don't worry I will try to keep it short. It all started on a lovely April day. The year was 1987, and the Edmonton Oilers were on the road to another Stanley Cup victory. What? Too far back? Okay, I will skip forward

a bit . . . I'm twenty five and have lived in Edmonton all my life. Outside of school I work as your friendly neighbourhood produce clerk at a grocery store, and have been for the last five and a half years. I also co-run a website (*Barrel Roll News*) with fellow Bolt employee Tony Wong. When I am not working (which, by the look of things, is a limited amount of time) I enjoy sitting down with a good book, and getting my butt handed to me in video games. I also enjoy drawing and graphic work, both on paper and digitally. Other hobbies include an addiction to Netflix (currently on a Power Rangers kick (yes I am a giant child some days)), running, and just enjoying life.

Once I am done school, I plan on coming back for more

to become a teacher. For a long while now I have wanted to educate young people on more than the difference between yams and sweet potatoes. Yes, there is a difference, and no, I'm not talking about it here.

And with that, I will say goodbye for now and wish you a great school year full of fun and excitement. To the new students: I hope you have as great a time at Concordia as I have. To our returning students: welcome back, and keep up the good fight—just keep your eyes on the prize. To everyone: remember to keep to your studies but to have some fun as well, and get involved around the school. It will make your post-secondary experience at Concordia that much better.

WELCOME FROM THE STORY EDITOR



SARAH BLACK
STORY EDITOR

Hello Concordia! My name is Sarah Black, and I am the new Story Editor for *The Bolt*. I am in my fourth and last year at Concordia and hope to graduate with a Bachelor of Arts with a major in English and a minor in Education. As well as working for *The Bolt*, I also work at the Concordia Bookstore and volunteer

with the Children's Ministry at my church. I think Concordia is a great school, and I am looking forward to helping improve a small but important part of it—its newspaper, the document that floats around twice a month in order to share information about events and, most importantly, to give a voice to the student body.

I know that our new team at *The Bolt* is most intent on making it easier for students to get their voice heard through their newspaper. However, there are enemies to our

newspaper that can drown out the voices of our student writers: Spelling and Grammar Mistakes! Little mistakes are the easiest to make and they are the most obvious to the reader. It really makes a difference in what you read when the piece is not drenched in comma splices and misspelt words and awkward sentences. Even the best writers need to proof read their work or have a second pair of eyes help hunt out the mistakes—and that is my job.

I am dedicated to making our

school's newspaper the best it can be grammatically. It is up to our awesome and talented writers to grab your attention, but it is up to me to keep you from throwing *The Bolt* away in disgust at horrendous spelling and grammar mistakes. If you do notice any mistakes I may have missed please e-mail me about it at concordia.bolt@gmail.com. I want to know so that I can continue to improve my editing skills and keep *The Bolt*, your newspaper, at it's best.

EDITOR-IN-CHIEF

Cara Kahlke

STORY EDITOR

Sarah Black

LAYOUT EDITOR

Nick Chevalier

Submissions to The Bolt

can be sent to:

concordia.bolt@gmail.com

Check us out online at:

www.theboltnews.com

YOUR STUDENT ASSOCIATION

YOUR VP

By: KATRINA KUSHNIR

Welcome to the new academic year. My name is Katrina Kushnir, I am a huge fan of sports and any activity that allows me to spend time with family and friends, and I'm the Vice President of External Events. Part of my job also includes Concordia Thunder Athletics. I work with the Athletic Directors and Program Coordinators from both Concordia and Concordia Students' Association. This coming academic year we are working together to bring Intramurals back for students to participate in and meet new people. The CSA and the Athletics Department are also working together to bring students to more Concordia Thunder Athletic games and to increase Thunder Pride! Some of the events planned for this coming year include

EXTERNAL

parties, fundraisers, the opera, Edmonton Eskimo and Edmonton Rush games, Rabbit Hill ski night and the Thunderstorm Party at the beginning of the school year. Along with these, I am responsible for bigger events like CUCA Spooka, Winter Formal, the annual Ski Trip to Kimberly, British Columbia, and Graduation. I enjoy meeting new people and hearing ideas, whether they are crazy/insane or mild/mature. If you have any ideas of any events you would like to see here at Concordia or are planning an event yourself, drop by and let me know about it. I look forward to seeing you at the events and the Concordia Thunder Athletic games this year! Have fun, study hard but remember to take the time to have some fun as well.

DID YOU KNOW?

CONCORDIA'S CSA HAS A FOOD BANK MEANT JUST FOR STUDENTS! IT'S COMPLETELY ANONYMOUS AND OF COURSE FREE.

SO IF YOU NEED SOME TAKE SOME, IF YOU HAVE SOME DROP SOME OFF.

THE FOOD BANK IS LOCATED RIGHT ACROSS FROM THE CSA OFFICES.

A FISCALLY RESPONSIBLE WELCOME FROM YOUR VP FINANCE

By: RYAN DANYLUK

My name is Ryan Danyluk, and I am the VP Finance. I am in the last year of my Bachelor of Science, with a major in Chemistry and a minor in Mathematics. My job is split between paperwork and overseeing where the CSA's money is spent. I make sure

that the money is being spent properly, and I submit the proper paperwork to ensure that invoices get paid and students get reimbursed for events they fronted the money for. I also take the minutes for all of the CSA meetings. The minutes detail all the points

YOUR VP

By: JOHN ANDERSON III

Hey students! My name is John Laud Anderson III. I was born in Liberia, West Africa. I moved to Canada nine years ago, and, if you are wondering, I do enjoy the snow and the cold weather. I am in my last year of school concentrating in Political Economics with a minor in Business.

My journey here at Concordia has been great. I started as a typical first year student would; you know, only attending my classes and nothing else. In my second year, I was introduced to the FLC program (First year Learning Committee) as a peer mentor. This is when I realised how much I had missed and was still missing being a part of the school and it's activities. I quickly started integrating myself into events and programs to help give myself a better university experience. With this new found confidence, I decided to run for Arts Representative for the Concordia Students' Association to which I was voted into office. My love for helping and talking to students grows even more because now I am a liaison for the students. So much was my "FAME" that at the end of that year I decided to run for Vice President of Internal Affairs—consequently,

INTERNAL

I was voted into office by my fans. I am excited to be carrying out my duties, which require me to work directly with the students in helping to provide a wonderful atmosphere that promotes the great university experience we all need. If you have a moment, stop by my office to enjoy some tea and cookies while we discuss my plans for the school year. Also I would like to hear whatever ideas you have that might, or will, help this plan move forward. Some preludes to the interesting responsibilities I have include helping the wonderful clubs and associations of Concordia, and overseeing the new and improved CSA publication *The Bolt*.

I urge each student to not let the first year syndrome attack and defeat you, but rather gain the courage of a bull and make a statement in your first year, show your presence on campus, and let everyone know that you were here.

If you need help doing this, come see me or talk to any one of the CSA members or go down to the Student Life center which provides all the help you will need.

I hope you enjoy the school year. See you around!

discussed and any motions or action items that came out of the meeting. The CSA is all about fostering a community on campus and providing services that improve the experience at Concordia. We do this by hosting events, supporting clubs and partnering with the

institution on initiatives. We also act as student advocates. If you have any issues, questions or concerns, we are the people you need to come and see. Our offices are in A207. In the end, our jobs are to be there for you, so don't hesitate to stop by—even if just to say hi.

STUDENT SERVICES

MORE INFORMATION FROM CAREER SERVICES

Continued From Previous Page

What you are doing here is important: all the study sessions, late nights at the keyboard, the copious amounts of coffee you will consume. You are pursuing an investment in your future. By coming to university you have taken the next step toward securing a bright and fulfilling future for yourself. University is hard work. There are deadlines to meet and responsibilities to manage. The pressure can sometimes be overbearing. You, however, are not alone. The staff of Concordia is here to help you have the best university experience possible by providing programs and services that are important to you. I have found that university is a challenge but it is worth the struggle. If you give it your all, if you stay engaged, then you are taking your future into your own hands by achieving something that is worthwhile—a university

degree.

Here are some stats that Doreen gave me that helped me to realize the impact a university degree can have for my future:

- Two out of three jobs require a post-secondary education
- In the last 20 years, 87% of new jobs in professional and management positions were filled by university students

Yes, you are incurring a lot of debt, but it is good debt! Your investment pays you back:

- University students with degrees earn three times the minimum wage
 - University students tend to be healthier, live longer, and be more active citizens in their community and in the world
- These stats are courtesy of Stats Canada and the Association of Universities and Colleges of Canada.

You may still be unsure about, "what you want to be when you

grow up," and that is okay. Or you may be unsure about what kind of job you will be able to get with your degree. When I am asked, "what do you plan to do with your Philosophy degree?" I sometimes respond, "well, I hear they are hiring in Ancient Greece!" That may be a funny joke, but we each need to define clear goals for the future so that we can, not only pay the bills, but lead a fulfilling and satisfying life. Doreen and the Career Services office can help. Check this article bi-weekly with each new publication of *The Bolt* to stay in touch with new information regarding career development and opportunities. I congratulate you for choosing to secure your future by continuing your education here at Concordia. Concordia's staff is here to help you navigate the challenges that will inevitably come with being a university student. Take advantage of their

expertise and assistance.

University is all about you: your future, your goals, your career—your commitment. So commit, ask for help, and have an excellent year.

Be sure to visit our website at careerportal.concordia.ab.ca for updates and information about new opportunities and services offered through the Career Services office. It's very important that you register on the Career Portal so that you don't miss out!

The Career Services office is located in the Library (L265). The office is open Monday through Friday from 9:00am to 4:30pm. To see Doreen please make an appointment by coming in person or by using one of the following methods:

E-mail: Doreen.kooy@concordia.ab.ca; careerservices@concordia.ab.ca
Phone: 780.378.8461

WHAT IS STUDENT LIFE & LEARNING

Student Life & Learning values the uniqueness, the potential, the integrity, and the well-being of every student that it serves. Student Life & Learning programs support students by offering a variety of learning support services, and by:

- Working to create an environment that fosters the well-being of individuals and the health of the campus community;
- Encouraging student involvement on campus;
- Facilitating learning programs;
- Working with students, staff, and faculty to resolve non-academic discipline situations; and,

- Advocating for students when required.
- Student Life & Learning programs include:
- Advisory role with the Concordia Students' Association
 - Campus Safety: Behavioral Support and Intervention Team
 - Counseling Services
 - Personal Counseling
 - One-on-one Workshops
 - Grievance Resolution
 - Accident Insurance
 - International Student Medical Insurance
 - Bounce Back
 - First-Year Learning Communities
 - Housing Registry

- Tutor Registry
 - Writing Centre
 - Workshops on study skills, exam anxiety, and time management
 - Students with Disabilities—Learning Accommodation Services
- The Student Life & Learning office is located in the Cst. Peter Schiemann Learning Enhancement Centre, Room HA 114 and is normally open Monday to Friday from 8:30 a.m. to 4:30 p.m. For further information about how we can support you in your education, contact us by e-mail at studentlife@concordia.ab.ca or by phone at (780) 479-9241.

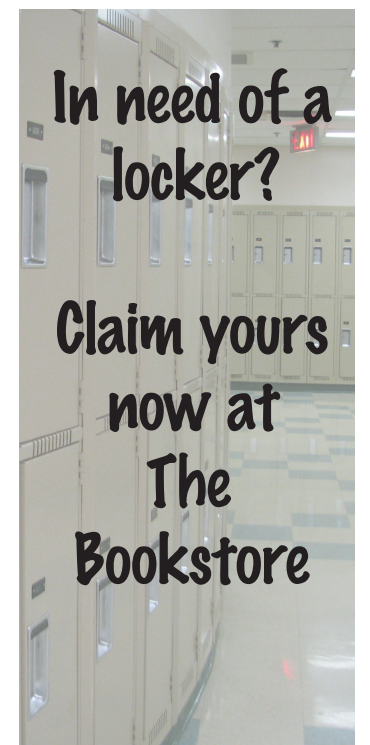




Image: FreeDigitalPhotos.net

GREETINGS FROM CAREER SERVICES



JOSIAH KOENIG
CAREER SERVICES

Welcome new and returning students to a fresh year at CUCA (Concordia University College of Alberta)! I'm Josiah Koenig. I am a second year Philosophy student here at Concordia, and I am also the assistant to Doreen, the Career Services Coordinator. I will be writing this new Career Services section of *The Bolt* to keep you informed about

services and opportunities that are available to you through the Career Services office. This first article will serve to give you a general overview of what the Career Services office does, and how we can help you make the most of your university experience. The main purpose of the Career Services office is to assist you, as students, to develop and maintain goals, skills, and knowledge that will help you achieve a future career that is the right fit for you. The Career Services office

is committed to helping you discover career options within your chosen degree; learn more about professional and graduate schools; develop your work search strategies, which include improving your resume, cover letter, and portfolio; strengthen your interview skills; and find volunteer opportunities that will help you build your career. Doreen also provides one-on-one career advising and planning. Her expertise has helped numerous students find a career in their chosen field of study.

Not only can we help you develop your long term career path, but we can also help you find short term, part-time employment during the school year, so that you can afford those irritating new habits you've just acquired—like eating and paying the rent. The Career office hosts many events throughout the year such as career and volunteer fairs, seminars, and workshops. These events are focused on providing you with knowledge, skills, and opportunities that will help you achieve your career goals.

There are six events planned for September to mark on your calendar. For more information, please visit careerportal.concordia.ab.ca. You must register before noon on the day of the event.

To register, please contact Career Services by e-mail (careerservices@concordia.ab.ca) or phone (780.378.8461). We look forward to hearing from you!

All the seminars and workshops take place in the Peter Schiemann Learning Enhancement Centre...

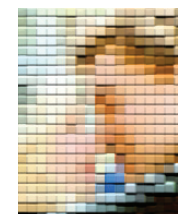
Event	Date and Time
"Career Planning – The How and Why?"	Thursday, Sept. 13 4:30-6:00 PM
"Career Planning – The How and Why?"	Friday, Sept. 14 12:05-12:55 PM
International Day	All Day - Wed, Sept. 19
"Developing My Career Portfolio"	Wednesday, Sept. 26 4:30-6:00 PM
"Developing My Career Portfolio"	Thursday, Sept 27 4:30-6:00 PM
Volunteer Fair	Thursday, Sept. 18 & Monday, Sept 24 10:00 AM-2:00PM

...The International Day and the Volunteer Fair are held in the Tegler Centre. During International Day, organizations and groups from around the world meet here to offer you a chance to study, work, and intern abroad.

The Volunteer Fair is a two day event, which showcases 40+ different organizations and groups from the Edmonton Area that advertise their volunteer opportunities

Continues on Next Page.

A WELCOME FROM YOUR ROMANCE WRITER



LIFE 'N STUFF
STAFF WRITER

Good day my fellow Concordians! As a relatively, socially-active Concordian, I have found myself, time and time again, seeking out individuals who have experienced the same strains in life. What do I mean by this? Well, I'm glad you asked! How many of you are facing difficult life changes right now? I'm talking anything from relationship problems (aren't those two words synonymous?), family troubles (family is nothing but trouble—at

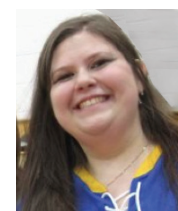
least mine is), and difficulties with balancing life and school in general. Now if you're saying that you don't have these concerns, STOP LYING TO YOURSELF! Everyone has some sort of drama. I decided that the best way to face/deal with these issues would be to discuss them with Concordians. Who better to understand these problems than my fellow students? When I approached the editor with this idea, it wasn't completely loved. At the time, I was disappointed, but then I thought of something: rather than discussing my drama, I would help others work through theirs! Thus Life n Stuff was born! At this time, I would like to open

my article up to you—the readers. If you have any relationship, family, school, or life issues, let me know! I will offer the best advice I can. Since I am not a psychologist (not even a psychology student I might add), please do not expect deep and life shifting insight. I plan to be honest, straight forward, and provide the view of a fairly popular, outgoing student who would love to make you laugh. So, if your girlfriend is driving you crazy and you don't know what to do—ask me! If your professor is the hardest marker you have ever had and you just want to vent—tell me! My goal is to provide an

intellectual and logical, yet comedic, insight to my fellow students. I would love to provide you with that much needed comic relief during midterms and finals. So, if you are facing an issue and would love to ask someone but are too afraid or shy or worried about your friends' reaction—ASK ME! For the purpose of privacy, I promise that no names will be mentioned in any of my articles, including mine! Cheers! Feel free to send your questions/comments/thoughts to asklifestuff@gmail.com, and your question will show up in the school paper—HOW EXCITING!

POLITICS

HELLO FROM POLITICAL WRITER



REBECCA FIRLOTTE
STAFF WRITER

I am a fourth-year student at Concordia doing a Bachelor of Arts with a double major in Music and History. I am originally from Northern Ontario and moved to Edmonton solely for school. This year I am going to be writing for the Politics section of *The Bolt*.

My goal is to keep you updated on Canadian and International politics, as well as giving a historical background as to how and why these decisions are made. Politics is meant to spark debate, and my column should be no different. I encourage anyone who reads my section to submit a rebuttal to my writing(s). If you cannot express your opinions while attending university, where else can you express them?



IF YOU HAVEN'T FIGURED IT OUT BY NOW THE BOLT

WOULD LIKE TO HEAR FROM YOU!
SO E-MAIL US AT CONCORDIA.BOLT@GMAIL.COM

OR
TWEET US @THE BOLT NEWS

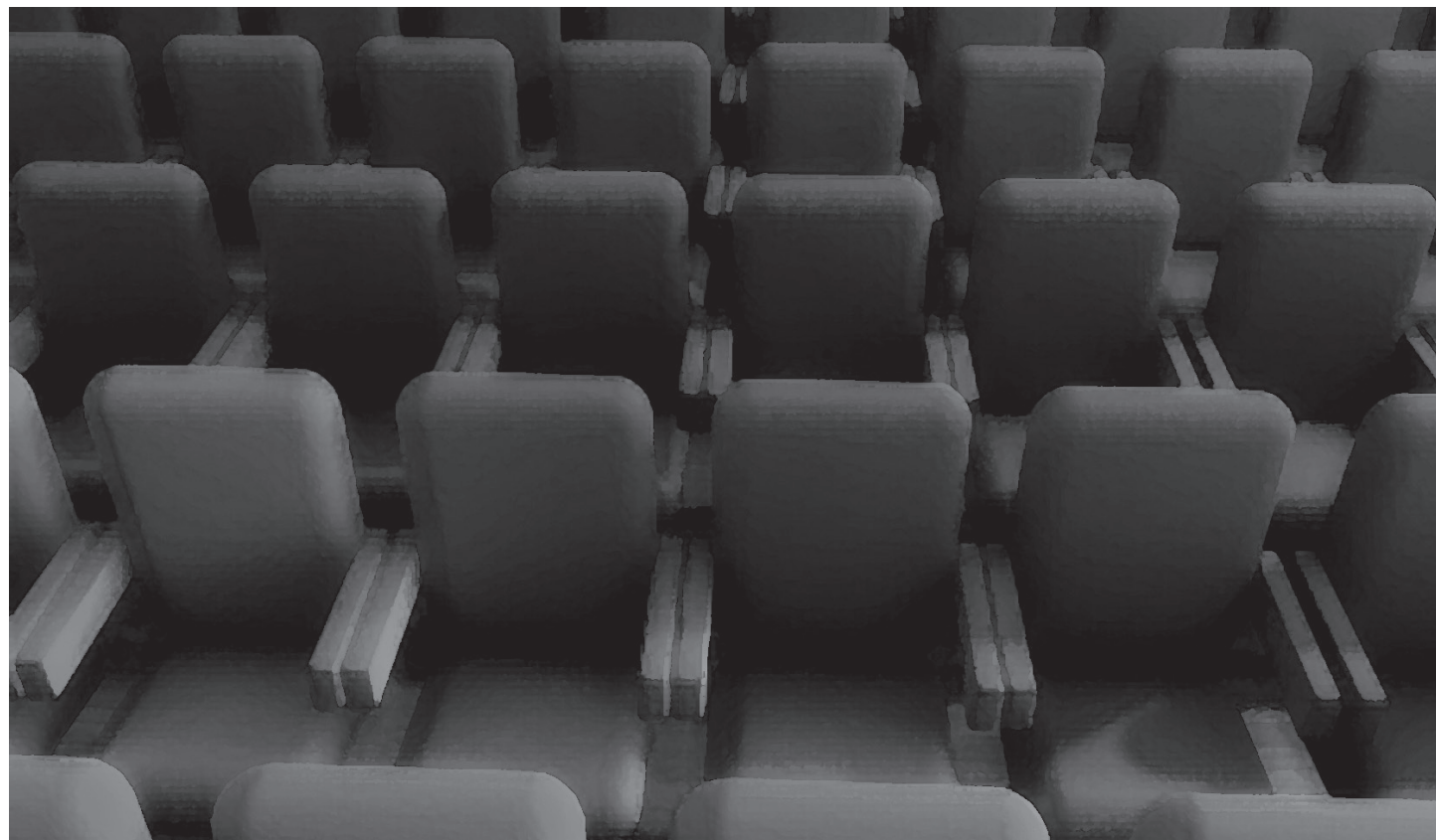


Image: FreeDigitalPhotos.net

AN INTRODUCTION TO YOUR ENTERTAINMENT WRITER



TONY WONG
STAFF WRITER

Hello there! My name is Tony, and I will be in charge of your Entertainment portion of *The Bolt* this year. Some of you may know me and some of you may not. That is okay, I will love you all the same. Don't cry. I am a pretty open nerd. There is no topic that I will not talk about. If there was a shirt that embodied my life, it would say, "I could talk about this all day." Another hobby/occupation of mine is running and writing for a little website called Barrel Roll News, a website that both Nick Chevalier and I created. As far as more personal information

goes I am 25 years old, a little bit Asian, and enjoy long walks on beaches. But when I'm not getting sand beneath my toes, I am in my 3rd year at Concordia in the Arts Program.

My ultimate goal in life, other than world domination, involves non-fiction writing, whether periodical or for the government. So it makes complete sense that I be writing for the paper to build my portfolio.

As far as content goes, I understand that as a student money can be a bit tight at times. Personally I have found salvation in Netflix. Sure it's launch may have been less than stellar, but how is the selection now, two years later? Well that is the question I'm going to be

answering here. I will find the diamonds in the rough for you and give you guys a review of the movie. You will be surprised how many films there are now in the Canadian Netflix; not to mention the ever growing TV show selection.

Periodically though, you do have to splurge a little to go see a big name film in theaters, and I will be here to back you up on those. Do you really need to watch *Paranormal Activity 4*? Was *The Avengers* a good movie (Spoilers: It was)? So expect to see some non-Netflix related movie reviews from time to time.

That's not all though. As you may know, Concordia hosts a theater production every semester, and we will bring you

the down and dirty of how it is every year. These guys have talent, so personally I think that it is always worth your while to catch them when you can. Last year's Harvey play was a great success, and the theater department doesn't show any signs of slowing down for the next two plays.

So hopefully you will find my writings amusing and entertaining, and most of all if you have any suggestions for a movie I should review, Netflix or not, please feel free to contact me at *The Bolt*, in person, on Facebook, or, for those intrepid enough, on Twitter @Tony_Wong. So have a good school year, and we will see you soon!

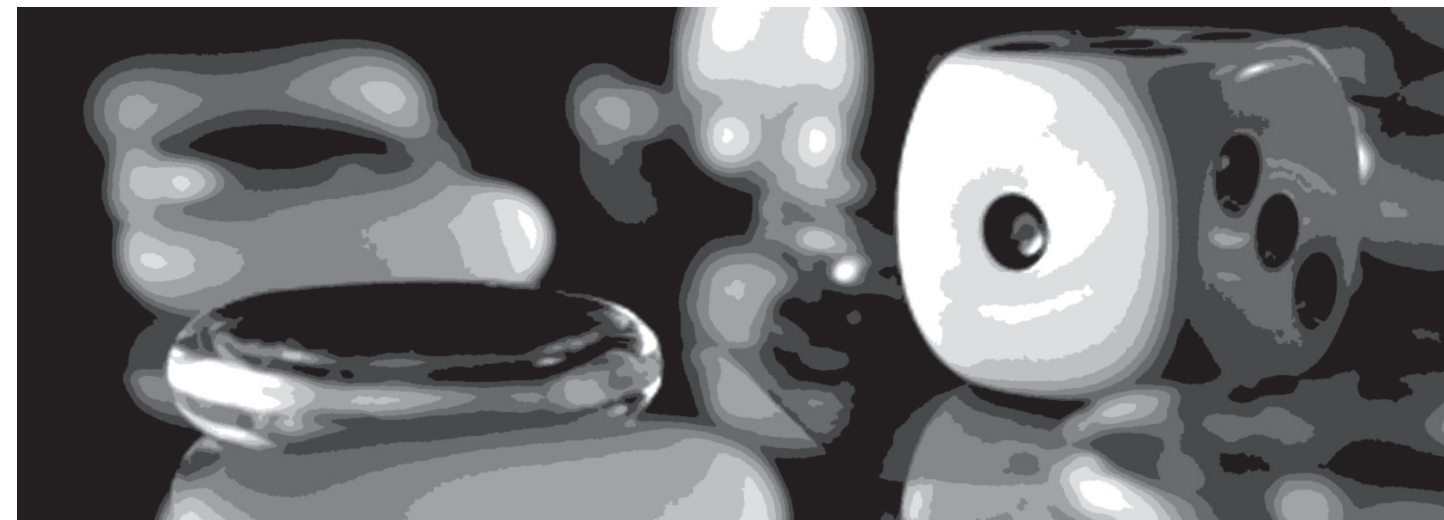


Image: FreeDigitalPhotos.net

A THUNDERSTORM SPECIAL GIANT SUDOKU

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

Fill each empty cell so that every row, every column and every 5x5 box contains all the letters from A to Y.

If your brain isn't being taxed enough in the first week of school with trying to remember new friends' names or what you have to do for your next class give this Giant Sudoku a try.

If you get through it and found that you enjoyed it let us at *The Bolt* know. And if you thought this was the worst idea known to man we want to hear from you to.

The solution to this and the regular sudoku can be found online: www.theboltnews.com or in the next issue.

THUNDERSTORM SPECIAL



WHAT IS THUNDERSTORM?

THUNDERSTORM IS ONLY THE GREATEST FIRST WEEK OF SCHOOL CELEBRATION AROUND!

WITH GREAT FOOD AND EVENTS TO INTRODUCE NEW STUDENTS TO THE SCHOOL AND OF COURSE WELCOME BACK RETURNING STUDENTS, WHAT'S NOT TO LOOK FORWARD TO?

NOT SURE WHAT EVENTS ARE HAPPENING THIS WEEK DURING THUNDERSTORM? NEVER FEAR *The Bolt* IS HERE! CHECK OUT OUR HANDY SCHEDULE OF ALL THE EVENTS GOING ON THIS WEEK HERE AT CONCORDIA!

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ORIENTATION DAY!	FUN AND GAMES	PANCAKE BREAKFAST 8-11AM	BURGER LUNCH 11AM-2PM
REGISTRATION 8-8:30	JELLO EATING COMPETITION 12:30	GAMES DAY IN TEGLER	FASHION SHOW TEGLER 10:40 - 11:10
INTRODUCTIONS 8:30-9	FLIPPY CUPS 1:00	THUNDERSTORM PARTY AT RED SQUARE VODKA HOUSE	ESKIMO GAME VS. CALGARY \$22 TICKETS - AVAILABLE AT THE BOOKSTORE 7PM
SCAVENGER HUNT 9-10	EGG TOSS 1:10	TICKETS ARE \$5 AND SOLD AT THE BOOKSTORE	SATURDAY
CLASS PHOTO 10-10:10	MORE FLIPPY CUPS 1:40	DRINK SPECIALS TO BE ANNOUNCED	CONCORDIA THUNDER SOCCER KING'S @ CONCORDIA 12/2:20PM
INFORMATION SESSIONS 10:15-12:30	WATER BALLOON VOLLEYBALL (WEATHER PERMITTING) 2:00	REMEMBER TO WEAR YOUR THUNDER GEAR!	
LUNCH 12:30-1:30	WIN PRIZES!!		
MEET THE PROFS 1:35-2			
PRESIDENT'S ADDRESS 2:15-2:30			
PLAY FAIR 2:30-4			
ID AND ORIENTATION PACKAGE 4-4:30			

FUN & GAMES

WORD OF THE WEEK

Verb) To link together; unite in a series or chain.

Adjective) Linked together, as in a chain.

concatenate
\ kon-KAT-n-eyt \

ORIGIN:

Concatenate stems from the Latin word *concatēnātus* meaning "to link together."

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

FUN FACTS

People who regularly help others are significantly happier and less likely to become depressed as they get older.

Anatidaephobia is the fear that somewhere in the world, there is a duck watching you.

The actor who played Steve Urkel was also the voice of "Sonic The Hedgehog" on TV.

Four is the only number that has the same amount of letters as its actual value.

The odds that an American man owns a pair of khaki pants are 3 in 4.

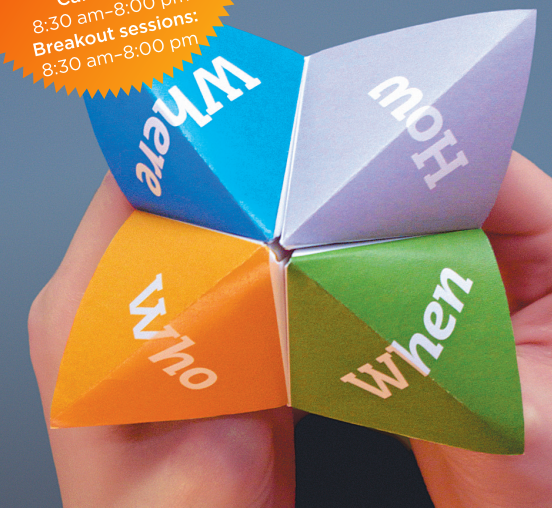
Yawning is contagious - even thinking about yawning is enough. After reading this fact, there is a 50% chance you will yawn.

Don't leave it up to chance—
put your future in your hands.
Meet the CA Training Office

If you are seeking a CA training position (permanent, co-op or summer position) for 2012-2013, this event will introduce you to the employers who are hiring. All students from all campuses are welcome and there is no cost to attend.

www.albertaCAs.ca
For more information, contact careerinfo@icaa.ab.ca.

Friday, September 7
The Westin
10135 100 Street Northwest
Edmonton, AB T5J 0N7
Career fair:
8:30 am-8:00 pm
Breakout sessions:
8:30 am-8:00 pm



Hey Readers!
Got an idea for our Fun and Games section?
We want to know what you want to see here.
So send us a note at:
concordia.bolt@gmail.com
or come by our office located within the CSA Office

COMICS

