

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

The Publication Of The Concordia Students Association

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Issue 7 - Volume 3

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## Food Bank Campaign at Concordia

Bonnie Ross

You probably saw the posters around campus last semester: "Feed a Family, Forgive a Fine." The Concordia Library ran a program where, if you brought in a donation for Edmonton's Food Bank, they would forgive your library fines, up to \$10 in fines. This campaign was a huge success and generated a lot of response from the students and the faculty of Concordia.

Karen Visser, who came up with the idea, said they talked about a lot of different initiatives. Other libraries regularly run similar programs, involving forgiving fines in exchange for donations of some sort. Karen liked this idea because it fit in with the servant-hood atmosphere of Concordia. She pointed out that, at the end of the semester, everyone wants their marks and transcripts, but can't access these if they have unpaid fines. Most people at this time of year also don't want to think about fines, because they

are travelling, buying Christmas gifts, and celebrating the holidays, and need the money for those activities. Marking down a few fines could be a huge benefit to some students.

The Library decided to try this idea, and was amazed at the response. Some people saw that the Library was a Food Bank outlet and decided to donate their food here. The Library became a drop-off point, as faculty and students dropped off goods without needing fines forgiven. Karen Martin in Student Services got involved by identifying some students at Concordia who were in need. Hampers were made up for these needy students.

Karen Visser stressed the fact that they "want to make students responsible, but are not here to make money off the students." Karen has been at the Library since April of 2002, and deals with people appealing their

fines. Many people weren't upset about their fines because of this program. The program helped to create a good atmosphere at the library.

The program generated overwhelming response. The donation box - a large packing box - was filled completely five times. Because of this response, the Library is considering doing this again next semester. However, they are still only able to forgive Concordia Library fines, and not any fines incurred at other NEOS libraries.

The Library forgave over \$500 worth of fines. Karen Visser says that this helped everyone - the Library and the students. Many people supported it. The program helped created an extra link to the students - it showed students that the Library is on their side. Karen wants to do "anything we can to let students know we're friendly and there to serve them."



## Is This You? contest

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

# Student Takes The Professional Stage



Kristel Busby  
Interviewed by Bonnie Ross

I met Kristel Busby last semester via email, when her manager emailed me to suggest that we interview this really neat student at Concordia. I was immediately intrigued by the idea, but at the time Kristel was so busy (see below!) we couldn't get together. If you managed to see *The Nutcracker* over Christmas,

you would have seen Kristel, because she was one of the Shumka dancers in the show. If you think you had a stressful semester and Christmas holiday, read about Kristel's!

*What were you doing before Christmas?*

Right before finals - this was really stressful, and I had to get a lot of my work done beforehand - I did *Home for the Holidays*. We went away to Florida for a little bit, then we came home, went right into rehearsals with *The Nutcracker*, right into press releases and interviews. I was on CBC French radio doing interviews. It was nuts. Then we went right into shows, and we did shows for two weeks. While I was doing shows, I was studying for exams and writing exams. And then right after we were done that we flew back to Baltimore and then Florida to start up *Home for the Holidays* again. We were the third headline, so it was interesting to have our name on the display. Usually we're just kind of added, but here we were one of the stars.

*Did you get a Christmas break at all?*

No! We got stuck in Toronto because the flights on Christmas Eve got cancelled. We spent Christmas Eve in the airport, and Air Canada wouldn't even give us hotels. So we had Christmas Eve

in a bar, and Christmas dinner in the same bar, and finally got a flight out on Christmas afternoon, and got home in the evening. So we didn't really get Christmas. It was kind of disappointing, but you have to suck it up.  
*You're in the B. Ed. Program here. Tell us about that.*

I'm in my first year in the after-degree. It's a really excellent program - we're in the same class for two years, so you get to know the people really well. That way if you have to do presentations, you're comfortable with it.  
*So what do you want to teach?*

I'm hoping to be able to teach music and French at the elementary level. If I can't get hired, I wouldn't mind teaching French at a high school level.  
*The B. Ed. is an after-degree, so where did you get your first degree?*

I got a Bachelor of Arts degree in music at the U of A. I took my first year at Concordia, to get my feet wet, and then I went there. It actually took me a few years longer than four years because I was dancing and couldn't take a full course load. Then I decided to come back here to do the after-degree, because I found the U of A a little more impersonal. Concordia is more comfortable, and I like it here, and the people are awesome.  
*You're also teaching dance and piano, right?*

I teach out of my house. I have ten students. I had a lot more, but I've cut down because I can't do it all. I've been teaching for about five years. Then I teach a junior travelling group. They're about 14 to 21 years old, and we do story-lines and dance and we take them traveling around Alberta. We did Ottawa-Montreal-Quebec two years ago, last year they went to Scotland.

*How did you get into dancing and Shumka?*

When I was little I used to watch ballerinas on TV, and I wanted to have the point shoes. I was taking gymnastics and dance at the same time, and doing ballet, jazz, tap - I was doing everything. My mom made me choose, and I choose dancing. It

wasn't until I was older that I got into Ukrainian dance. I'm Ukrainian background, and my parents really wanted me to - it wasn't my choice to get into it. And it's hard to get a career in ballet, whereas here, in the company I dance for, we're still amateur but it's taken me a lot of places. I've gotten to travel, and we do get paid. I got paid to do *The Nutcracker* and *Home for the Holidays*, but I went to China in the summer and I didn't get paid for that. So you kind of have to take it as it comes, and it is pretty much amateur, although we do call ourselves professional.  
*Tell us about Shumka.*

It's a group of forty-four dancers, ranging in ages from 16 to 36. The older people aren't regular dancers; they come in to do certain roles. We train at least three times a week, for a total of twelve hours a week. If we're preparing for a show, it's a lot more. We do ballet classes, experiment in modern dance, we do martial arts, we do Pilates - we try to get a whole variety of stuff, but our main focus is ballet. This variety trains the dancers a lot better. I came from a background of ballet, so I had everything, but some people don't so they're not that well trained, and this gives them the opportunity to train themselves.  
*How do you handle the stress of everything you're doing right now - dancing, teaching, school?*

Good question! I found it hard the first year I came here. I was eighteen, it was my first year with the company, I was taking a full load, I got hired to do *The Nutcracker*, I was trying to work at The Keg till two in the morning and then come to school for nine. I burnt out. Here, I think I'm a lot more experienced, so I know how to handle it better. I can get stressed out, and this semester I have a lot of projects due so I'm getting them done over next week, before I start dancing. So even though I have to force myself to do it next week, which is totally stressful because I have three things to do next week, I have to get it over with. This year is really stressful because I'm in nine courses and have at least three or four projects for each course. It's a lot of work.



# I'd Rather Lick The Bathroom Floor

Raymond  
Cheung

I'm quite confident that if I die and go to hell, I'll arrive there on an Edmonton Transit bus. After spending an eternity navigating through the City of Champions in the comfort of my beloved car, I am taking the bus yet again. Buses are like mobile prisons that pick up prisoners along the way. I'm at the point where I would rather take a handful of sleeping pills and wash them down with alcohol than to subject myself to the lack of convenience, lack of comfort, and the lack of social propriety on the bus.

To begin, using the mass transit is like programming a VCR without an instruction manual. Before leaving the house, I need to find out the routes and schedules of each bus. This is always difficult because I often have to take more than one bus to get to my destination. Three years ago, I found a job stocking auto parts at a warehouse while I lived on the opposite end of the city. For me, getting to work was like was like chewing on glass. I had to take four different buses with schedules that weren't synchronized with each other. The time of arrival varied significantly with each bus and they appeared to operate on random schedules. A few minutes can be torture when the unforgiving cold gnaws on my skin or when the wind punches the summer rain against my body. Adding to the misery, each bus made frequent stops, picking up and dropping off passengers. I was often tempted to storm off the bus and walk instead. It took nearly two hours to get to work every time. That's almost ten percent of my day gone. After a two-hour bus ride, my ordeal was not over because the bus dropped me off seven blocks away from the warehouse. Why am I paying fifty-eight dollars for a monthly bus pass? When my eight-hour shift was over, I had the privilege of being robbed again for another two hours for my trip home. If you're keeping track, that's a total of four hours to get to work and back home. It's the same time it takes for me to drive from Edmonton to Calgary with

an hour to spare. With so much time consumed riding the public transit, you would hope that the actual bus ride is fairly decent. That is not the case.

Stepping onto the bus is like stepping on the tail of a lion because the actual ride can be quite startling. Because buses are on such tight schedules, proper driving etiquette will often be compromised. The moment I step onto the bus, I hang on as though I'm the New Democratic Party hanging on to their few seats in the Alberta legislature. Since the beginning of October, I've already seen an elderly gentleman and a toddler topple onto the floor because of the sudden acceleration and stopping of the bus. Luckily, the pair weren't seriously hurt; they were only embarrassed because their clothes bore stains the size of former Mayor Bill Smith's ego. Unfortunately, they aren't the only ones to have near misses. Just three days ago, I almost slipped and knocked over a baby stroller. I could have injured an innocent baby. The guilt would have been unbearable.

Then there's riding the bus when the weather is hot. During the summer, the bus transforms into a steam room. Opening the windows is not effective because they only open half-way. It's even worse when twenty other passengers sweat and give off body heat, making the air unbearably thick and warm. It's like being in a meat room that hasn't been properly refrigerated.

Winter can be equally unpleasant. During the snowy season, I'm frozen no matter where I sit because the doors open to let passengers on and off. As the result, the frigid air is able to rush in like a hurricane. The heaters are never able to keep up because they are as obsolete as the weapons our soldiers are using in Afghanistan.

I also have to deal with the commuters on the bus who can be annoying as fingernail clippings in the eye. More often than not, the inconsiderate behavior of many passengers is nearly enough for me to lose my temper

and gouge out my own eyes. Last week, a middle-aged man had the audacity to rest his soiled boots on top of nearby seat, while there were few seats left for anybody else to sit on. Later, a lady wearing a business suit sat on that dirtied seat and got her clothes dirty. I'm no clothing retailer, but her suit did look reasonably expensive. For that reason, I'm a little hesitant to sit sometimes. It's a safer bet to stand. Moreover, I recall hearing a couple years ago that a bus heading towards Northgate had a few of its seats coated with sulfuric acid. Somebody had carried out a nasty joke, which left an individual suffering from first-degree acid burns. Anybody could have sat on that seat, including senior citizens or young children.

The most common prank is drawing and defacing the interior of the bus. I feel sorry for families with little children who have to put up that. The markings range from profanities to pornography. I try to escape those images by reading a novel or playing a video game. It's usually to no avail because people either have their walkmans loudly blaring or are hollering into their cell phones as though they were in distress. It's like having my ears flossed with barbwire.

The worst thing I've seen on the bus so far was a young teenager nearly trampled to death by a horde of savage beasts. It was near Southgate when a group of students were in a mad dash to get off the bus to get to another one. A young man was caught in the middle of the stampede and got elbowed in the face. His glasses were damaged and he got a bleeding nose. I was in total disbelief because I had never seen anybody bleed like that before. Till this day, I still get chills thinking about that young man.

To recap, I hate taking the bus because of the lack of ease, comfort, and manners of passengers. For 2005, I resolve to settle my legal affairs expediently so that my car and I can be together again.

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RAFFI: You rock my world.

## Vegas Hits the Standard

2005 Graduation Fundraiser

# \$10

Friday January 28, Doors open at 9pm

Includes:

- Bus to the Standard
- No line, no cover
- 2 free high-balls
- Bachelor/Bachelorette Auction

### Help Support Your Grad!

See Greg or call 479-9210 for tickets.

## Flatbreads

Welcome back to school everyone!!! For this issue I decided to use flatbreads and create some really great snacks that can either make up your lunch for school or serve as great study companions as we once again hit the books.

**FLAT BREAD SNACK** – take flat bread / wrap circles and cover them with either cream cheese or cheese whiz. Fold each side of the wrap into the center and cut into desired proportions. Use salsa as your dipping sauce and dig in.

**WRAPS** – wraps can be made with a variety of salads, vegetables and meat. A classic choice would be a chicken Cesar wrap. Prepare a Cesar salad using just lettuce and store-bought salad dressing. In a frying pan prepare your meat. Place small portions of chicken breast over medium to high heat. Either add seasoning mix (such as club house steak mix) or a salad dressing of your choice. The salad dressing sounds kind of messy but you can have some real fun with it and it brings out great flavors. Cook the chicken until desired tenderness; you will know it is done when it is no longer pink on the inside. Take the salad and the meat and place on the middle of the wrap: fold one half over, tuck in the side edges and roll up your wrap tight.



**QUESADILLAS** – grate cheese to completely cover flat bread / wrap pieces. Any type of cheese will do so it is your preference – get creative. With the cheese you have the option of adding a meat type of your choice. Place it all in a frying pan on medium to high heat. Place on top of it second flat bread / wrap. Cook until the cheese has melted and the bottom is golden brown, or about 5 minutes. Flip the quesadilla over and brown the other side. Serve with sour cream, salsa, or ranch dressing.

Keep sending in recipes or ideas for future Cooking with Clancy articles.

Bon Appetit!

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Instead of sucking on a cancer stick, jump off a bridge.

# Small Talk With Drywall

Two guys were mounting drywall in a bunch of storage units for a summer job. While they worked, they talked and listened to music.

The taller guy opened the unit door. It made a metal bang that echoed.

"It's beautiful, Will," said the shorter one.

Will shook his head and smiled. They began moving drills and framing material into the small metal room. Will went to turn on the light. A bare bulb turned on, casting shadows on the wall.

The shorter one, Sam, unwound an extension cord, and plugged the radio into it. Pop rock echoed in the storage unit. The pair began to work.

"Y'know what?" asked Sam.

Will grunted no.

"I miss school," said Sam.

Will laughed. "Yeah. Me too."

"I mean, I know it kinda sounds sick and twisted and all that, but at school we get to hear more about who we are, and how much we mean (or don't mean, I guess), and about the good life and how to live it and about what is true and what people's opinions mean and stuff."

Will smirked. "Or you could learn to get a job."

Sam was putting screws in a metal stud. He stopped. "Don't you ever want to learn stuff just to know it?"

"Sure."

"Then you know what I mean."

"Well, yeah. But I don't think you should spend your entire time reading books about Philosophy and English, then realize after four years that you can't even get a job with that."

"...well..."

"Seriously, so many people waste their time as English majors or Philosophy majors. Even Psychology and Sociology are mostly useless to you."

Sam put in another screw. Pink Floyd was playing on the radio.

"We don't need no education –

We don't need no thought control..."

Sam stopped again. "But even if someone gets some kind of science degree, they won't always get a job. Things change all the time. I mean, a biochemist who specializes in stem cell research shouldn't even exist to some people. They could lose their job any day."

"Yes, but their education is at least practical."

"Wouldn't it have been more practical for them to take some ethics courses and maybe avoid losing their job?"

Will stopped, and lowered his drill to his side. "I bet they thought about it before, sure. But if it wasn't for those people who study nothing but philosophy, that wouldn't be a problem."

Sam frowned and ground his teeth. "Something's wrong about that..."

They went back to work. A Beatles song came on the radio. Both of them started to sing along.

*Sam Coleridge*

# Staying in the Moment

Think about your thinking for a while. What do you think about? How often? Usually we engage in repetitive thoughts, useless thinking, repeating situations over and over again in our minds. Thinking is a useful tool but it can be toxic if we allow it to interfere with our experience of life. A lot of the time we hurry through tasks or activities with our problems, our goals, or some other miscellaneous thoughts going through our minds like a loud, constant, distracting noise. Thoughts of the past and future dull our awareness of life and interfere with our current moment experience. Usually thoughts of the past and future are useless to our current situation. An example of this would be drinking your morning coffee in a rush, thinking of finishing the coffee and getting on with your next task. In this

way you would be just going through the motions with life. Keeping in the present moment by being aware of the smell of the coffee and the taste and feel of the warm cup in your hand is a more fulfilling experience. Another toxic effect of thinking is the contamination it could cause in your relationships with others by the assumptions and judgements we make. By being totally focused and alert in the moment, we accept the moment as it is.

Being in the moment also gives us an awareness of our reactions and responses to which we all differ depending on our learned conditioning as a result of how we were raised or what we grew up with. This is apparent in the way any resentments we hold could interfere with our current moment. By holding onto past resentments, we

contaminate ourselves and those around us by the toxicity we carry. For example, if you feel resentful toward someone for denting your truck, this could cause you to feel anger toward that person and/or to tell you in anger to those around you. We need to recognize the toxicity of this and the fact that we need to let go or deal with past resentments. One way you could do this is to express your feeling or opinions calmly and firmly to that person. This is important to yourself in letting go of an accumulation of resentment in yourself and the way you could allow it to affect you and your loved ones. We also need to recognize that this negativity is not a real part of ourselves and that this is not something we want in ourselves. So one way we could learn to fully accept the current moment without being affected by the

*Faith Ernest*

*CONTINUED ON  
THE PAGE 8*

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No, it won't do will it? Will it, donkey, will it? ...Nothing is ever good enough for you, is it, you stupid donkey!?



## Ask Barb



Barbera Van  
Ingen

*Why do people even make New Year's resolutions? Shouldn't they be trying to keep healthy or break bad habits all the time? And why is it so difficult to keep a New Year's resolution?*

My quick research reveals that humans have been making and breaking New Year's resolutions, introduced by a mythical king of early Rome named Janus, since 153 BC. It was said that the two faces of Janus represented past and future events and gifts were offered to enemies prior to the New Year in hopes of forgiveness. Interestingly, the month of January is named after Janus.

As the New Year approaches, many people begin evaluating the past year. We decide what we would like to change about our lives and try to commit to self-improvement. Typically, three months later, we concede to trying again next year! To lose weight, quit smoking, and exercise regularly are the "big three" New Year's resolutions. These three resolutions account for nearly three-fourths of the goals adults undertake on January 1, according to University of Scranton psychology professor John Norcross, PhD. Unfortunately, not many of us actually keep our resolutions. A 1998 study, published in the *Journal of Substance Abuse* (Vol. 1, No. 2), showed that dieters and those attempting to mend relationships enjoyed the same rates of success: 19 percent still stuck to their resolutions at the two-year mark.

In this study, while type of resolution, age and gender did not predict success, the successful resolution-makers

employed strategies such as stimulus control—for example, avoiding a smoky bar after resolving to quit smoking—and reinforcement, or behaviorally contingent rewards. Unsuccessful participants tended to use what Norcross terms "consciousness-raising strategies." Some, for example, might have taped pictures of tar-blackened lungs to their office walls in an effort to kick the smoking habit.

Additionally, Norcross found that self-efficacy, or the belief that one can effect and maintain change, also predicted resolution success. (Students taking psychology have definitely heard of Bandura, but for those who haven't...) Albert Bandura developed and studied the concept of self-efficacy—a measure of personal belief in one's ability to succeed at something—in this case, to succeed at changing ingrained habits.

These findings fit well into the transtheoretical model (TTM) of behavior change developed in the early 1980s by Norcross and colleagues James Prochaska, and Carlo DiClemente. TTM, which has been widely adopted in health psychology, addiction research and behavior modification, conceptualizes habit breaking as a process, rather than an event. Remember that you don't break habits - you replace one behavior with a new one.

Though there may be a last cigarette or Twinkie, the weeks or months leading up to that moment, as well as the daily decision to continue not smoking, eating better or exercising more, are all integral parts of lasting resolutions.

## How to Properly Resign From Your Job

Yovella  
Student Volunteer  
Concordia Career  
Services

January is not an unusual time for students to either quit their part-time jobs or reduce their work hours. The reasons for leaving a job vary. Here are a few tips on how to responsibly resign from one's place of employment.

1. Give advance notice. Giving at least two weeks notice is recommended. This gives your supervisor time to find a replacement for your position.

2. Resign in writing. Write a short, formal letter stating your intention to resign and the date of your last day of work. There is no need to state in the resignation letter the reasons for your quitting.

3. If your employer asks why you are leaving, explain your decision from a positive perspective. Some examples are:

o *I feel that my course work in university is increasingly demanding and I want to focus on my studies.*

o *I have been offered another*

*position of employment which will help me to find a permanent job in my field after I graduate.*

4. Ask for a reference/recommendation letter. Even if your employer agrees to provide references for you, it is still a good idea to have a letter from him or her highlighting your work performance.

5. During the days and weeks left before your final day, be sure to continue working hard. You will still be evaluated on your performance until your last day of work. Leaving a good impression is important.

6. Say good-bye and give thanks to your employers and co-workers. This is a way of showing your appreciation for those you worked with.

7. Don't burn your bridges. If you are leaving your job because of animosity towards your employer or displeasure with your place of employment, try not to let it be known. You never know when

you might need a reference. When companies are hiring they often contact your last place of employment for a reference. If you left on bad terms it might become known to your prospective new employer. Also, you never know when you might be working at another job with your former co-workers.

8. Review your finances. Before you decide to leave your current job, it's a good idea to make sure your finances are in order. Can you afford to quit at this time? Will you have enough money until you receive a cheque from your new employer?

9. If you say you are quitting: make sure you quit. If you give notice and later change your mind, employers may not view you as being loyal to the company. When employers suspect that you might leave, this could lead to you being given reduced work hours, being bypassed for promotions and other negative consequences.

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I'm a goat, bahhhh!

The Canada Millennium Scholarship Foundation is looking for someone who is an inspiring leader, an innovative thinker, involved in his or her community and, through it all, somehow manages good grades. If this sounds like the stuff you're made of, you could be on your way to an award worth \$4,000 to \$10,000. Students must be completing their second year of their first undergraduate degree in April 2005. Information regarding this scholarship is available on their website at: [www.millenniumscholarships.ca/incourse/](http://www.millenniumscholarships.ca/incourse/) or at the Admissions and Financial Aid Office (G202). Concordia is accepting applications for the National In-Course Award (Millennium Excellence Awards Program) until April 30, 2005. Late applications will not be considered.

**New scholarship - Alberta Award for the Study of Canadian Human Rights and Multiculturalism**  
One \$10,000 scholarship will be awarded each year to an Alberta graduate student whose studies promote human rights, cultural diversity and multiculturalism. Further information and application forms are available from the Scholarship and Bursaries website at: <http://alis.gov.ab.ca/scholarships/info.asp?EK=876>.

The Callingwood Road Presbyterian Church is organizing a benefit concert for the victims in South Asia in light of the earthquake and tsunami disaster on December 26, 2004. The concert is scheduled for Saturday, February 5, 2005 at 7PM at the Italian Cultural Centre, 14230 - 133 Avenue, in Edmonton.

Local artists and musicians who are participating in the fundraiser include

- \* Bill Bourne, Juno Award nominee and winner
- \* Gateway Chorus, Sweet Adelines International Chorus
- \* Saffron, Sweet Adelines International Quartet
- \* Magnetic North, S.P.E.R.S.Q.S.A. Quartet
- \* Charles Weaver, Local Singer and Song-writer
- \* Marshall Lawrence from the Marshall Lawrence Blues Band
- \* Clear Foundation, Taylor University College Worship Band
- \* The Choristers, Taylor University College Choir
- \* And more

Other sponsors include

- Italian Cultural Centre
- Jeff Bartlett, owner of Excel Concert System Ltd, is providing the sound and light

Tickets are available at Tix On The Square. Everybody is welcome! Tickets are \$25 each plus any applicable charges. For ticket information, please call (780) 420-1757 or [www.tixonthesquare.ca](http://www.tixonthesquare.ca). All proceeds will go to the Canadian Red Cross - Asia Earthquake and Tsunami Relief Fund<sup>2</sup>.

For more information on the Benefit Concert, please call Craig or Henrietta at (780) 487-3369.

The Library has a new suggestion box located by the circulation desk. Please fill in the comment/suggestion card, and if you would like a Library Staff member to contact you about your comment, please include Name, Student ID#, and Phone# or email.

The CSA will be holding a weekly draw to win a free assigned parking stall for a week. Call Sean for details 479-9218 or stop by the CSA office.

Friday Feb 4th will be Karaoke in Tegler. Just show up and sing.

**DANCE BABY DANCE!**  
Lessons every Monday @ 6pm in Tegler  
Starts January 17 - February 14  
\$3 / person  
Swing, Advanced  
Swing, Ballroom, Advanced  
Ballroom, Latin, Country  
For more info talk to Sean @ 479-9218 Or in his office A207-A

**LINEXLINES - LINEXLINES - LINEXLINES - LINEXLINES - LINEXLINES - LINEXLINES - LINEXLINES**

Mmmm...I love the fact that when I'm smoking, I'm at a greater risk of Lung Cancer, Heart disease, Leukemia...

## Response to "Crapical the Musical"

*Quinn Moerike*

This is in response to the article "Crapical the Musical," by John A. in the last issue. I have to say I am not only disappointed but disgusted. I would have expected better from someone working on further education after their first degree. In your article you speak as one with a wealth of experience and training in the field of theatre, which is of course why you tried to improve the supposed haggard state of theatre at Concordia by trying out, right?

It is very easy to make judgments from the audience and to tear apart the quality of a play because it isn't up to your arbitrary standards. Everyone who goes on stage takes the chance that what they do won't be liked. But sitting back and calling young women, fellow students, and hard working

actresses, who were doing this on their own time, WHORES!?! That shows a complete lack of class and respect. Perhaps you have moral objections to the skimpy outfits that were worn by some of the female circus performers, and I must admit, that wasn't my favourite part of the play either. However, your callous disregard for the feelings of the women who were brave enough to follow through with their responsibilities and wear the costume that was made for them by the costume designer should be applauded. The costumes were colourful and vibrant, and maybe you missed the point that the birds were supposed to be overdone Vegas glam women?

You also said the acting was "disinterested and lacked energy." I think you must have seen a different play than I did, because the acting was on time,

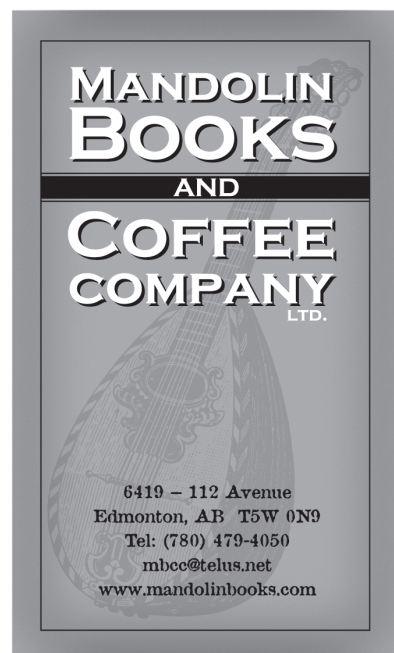
funny and above all, energetic. The cast put everything they had into this performance, and if you wanted to review it, maybe with all your fine arts connections you would have known that they did have a dress rehearsal and invited people to come watch.

You specifically picked on the actor who played Horton, the lovable elephant. Yes, he wore a jogging suit to portray his character; the simple costumes, though colourful, were hallmarks of this "must see" performance. His role was cast perfectly; he embodied the Horton that I knew and grew up with, so human that everyone could instantly identify with him, yet exotic, due to his elephantine nature. Every child in the audience and a few adults (those who weren't completely bitter and jaded) caught onto the "big grey guy is an elephant thing."

You said "I could swear a student directed this play." Aren't you a student? Are you saying that a student couldn't pull off a production up to your standards? The directing of this play was phenomenal, with an all volunteer cast, no time, juggling teaching commitments and a life.

The choreography, while maybe not at a professional level, was very good, and again, supposed to be simple, and completely served its purpose by telling the various stories that were important to the plot. When the plain bird started busting a move, incorporating the sprinkler into her solo dance, I nearly fell on the floor laughing.

You close with the words, "On a brighter note, the Mayor was very good and the girl playing the cat was absolutely spectacular." I agree, but so was everyone else. I would chuck that degree for a second and try to look at future plays with the same wide-eyed wonder of the children who attended and loved every second of it. In the future, if you do have criticisms, try to show some dignity and class, instead of throwing around words like whore and operating under the mistaken belief that can support a baseless argument. You just let us know where your next production is taking place; see ya there, you'll love my review!



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*"STAYING IN THE  
MOMENT"*  
CONTINUED FROM  
PAGE 5

past is to resolve past resentments. We also have to accept the fact that we cannot change or control the other person, but we can deal with our reactions.

We all see how society values the accumulation of material wealth and riches, such as a new car or computer. Too many times we strive for material possession with the thought of a new car or new clothing keeping us in a state of how satisfied we will be in the future or when we get that item. The dissatisfied state we have is usually linked to chasing after the future or how we will be in the future. We might be feeling "I would be satisfied with my

current situation if only I had a car, or new clothes, or if could lose weight." However, once we get what we want we feel satisfied with it for a while until we get bored of it or see something else we want. This discontent could be easily solved by just accepting yourself as you are in the current moment.

The recent tsunami disaster was a reminder of how fleeting life is. A disaster like this forces us to realize the equality of us all. Today we may be walking around and the next day we could be gone from the earth. A disaster like this reminds us of the importance of remaining humble and thankful for what we have. It shows us that our ego could get

in the way of the importance of life by veiling us from the importance of the present moment. Being in a disaster like the tsunami would remind us that the ego (your image) is useless and would only get in the way of the importance of the current moment.

As you step out the door to start your day, clear your mind of all thoughts and take a deep breath and be aware of everything - your breathing, your surroundings, any movement or sound, your senses. Take every moment as it comes, accept things the way they are, and be thankful. You can deal with your problems when they arrived. Just stay in the moment and enjoy it as it is.

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I think Concordia needs a smoke pit that is away from the doors and four main buildings.



# Rock for Life:

## An Apology

As the person responsible for posting the Rock for Life advertisements around campus before Christmas, I thought it would be appropriate for me to write a defence for the organization. Many people from both sides of the abortion debate have fought and argued for a long time in ignorance. It is clear that for this issue to progress, everyone must consider the facts on both sides objectively.

The problem with considering things objectively is that both sides operate from completely different premises. As I am actively a member of the pro-life side, I cannot provide any reliable information about Ms. Dane's worldview. I can, however, explain the basic ideas behind the formation of a group like Rock for Life, and how these ideas lead to opinions that are radically different from the pro-choice ideology.

Rock for Life, as well as Alberta Pro-Life and many other such groups, is not simply an anti-abortion group; it is a pro-life group. To be pro-life is essentially to desire that everyone in the world be able and allowed to live life to the fullest. Ms. Dane called the members of these groups "idealists," and that is certainly true. In the pro-life ideal, the world functions smoothly and the only requirement is love – love that includes unborn children as well as single mothers. Pro-life advocates compassion and forgiveness; they know and understand human weakness, but hope to rise above it. Rock for Life is a sub-culture that is trying to spread an ideal that matches the humanist ideal of all world religions.

One of the ideals they seek, ironically, is the slogan that was adopted by Planned Parenthood (PP) several years ago: "Every child a wanted child." Rather than eliminating 'mistakes' like the PP organization does, however, their

goal is to change the world so that it accepts the children that are born in it. Changing opinions to match such a high standard is nearly impossible; but nothing easy to achieve is worth striving for.

The ideal Rock for Life hopes to establish can only happen if children are born into a secure family situation. That statement marks the organization as traditionalist, which is again true. Rock for Life is not only against abortion, but also teaches and believes that sex should be reserved for marriage. They advocate abstinence over birth control, because many forms of birth control actually involve chemical abortion (consider the "Morning After" Pill). Many people do not believe abstinence is desirable or even possible, but David Popenoe and Barbara Dafoe Whitehead (1999) found that abstinence is possible and decreases the likelihood of divorce by forty-five percent. Having two parents is clearly best for children, and so abstinence is a necessary part of the pro-life curriculum.

As with the pro-life belief about abortion, however, beliefs about sexuality and the family cannot be imposed on people. But as with abortion, it is necessary for people to see an alternative lifestyle – one that engenders life and love, rather than death. Rock for Life advocates the right to choose, but they also request that young people be given enough information to make an educated decision.

In short, Rock for Life does not condemn the women who may choose to have an abortion. They do not judge when they stand outside the clinic; nor are they yelling and demeaning the women as the media would have us believe. Rather, they are trying to provide the women with information that the Morgentaler abortion industry will

not supply. Here are some parts of the Rock for Life curriculum and mandate:

- Raise money for crisis pregnancy centres*
- Offer information about crisis pregnancy centres*
- Offer information about post-abortion counselling*
- Teach about life-related issues in schools and to groups of young people*
- Teach about the reality of abortion, and the difficulty of such a choice*
- Give valid scientific information about the humanity of unborn children*

It is true that some of Rock for Life's methods, such as holding protests and openly discussing life issues, are confrontational. Unfortunately, the culture that engenders death will not allow Rock for Life to teach openly in public schools or in the places where the message most needs to be heard, and it is impossible to seek out every woman who has an unplanned pregnancy. If, as readers, you know a more tactful or useful method to build the pro-life ideal, please e-mail it to [edmontonrockforlife@yahoo.ca](mailto:edmontonrockforlife@yahoo.ca).

In our country, abortion is legal – but history has proven that what is legal does not determine what is right and good (consider fascism and slavery). Rock for Life considers abortion a product of something critically wrong with society. We choose therefore to oppose the conformity inherent in democracy; we choose to lead by example; we choose to educate people, especially high school and college students, about the issue; and we choose to pray for people who will not listen. The fact that we hold an ideal means that our organization and our members will always be hated, because others do not believe the ideal can be achieved. We accept this difficulty, and will continue our mission.

*Andrew  
Hoffman*

# Oh please Pastor Garry, vote for me?

Greg van  
Middelkoop  
VP External

Every time the *Blue and White* has a new issue out, I am one of the first people to grab it and read it thoroughly. However, on November 15<sup>th</sup> I was so disgusted with an article written in "Bella's Beef Bucket" that I lost my appetite for any other information in the *Blue and White*.

I'd like to start by saying that when you suggest that the faculty had any involvement in the voting process last spring, you'd better have some sort of argument to back up such an absurd statement. The CSA executive, and all those who ran against us, worked hard in campaigning for our positions. It's pretty sick of you to take that away from us. Just a little crash course on the way the elections work..... YOU VOTE!

It sounds to me that you just don't like us! You made that very evident in your article when you trashed one of the hardest working people at Concordia. Scott and I are here for 12 hours most school days.

More than half of that time is spent on the CSA. You asked it.... "What is he really doing for us?" Ah, very intelligent question. Let me fill you in.

Duties of the President: 1) Represents and attends meetings for the Board of Regents. 2) Student representative at Educational Policy Meetings. 3) Chairs executive and general council meetings. 4) Is the signing authority for all of the CSA. 5) Must be an official member of all student association committees. 6) Must meet weekly with the Dean of Student Affairs. 7) Shall provide assistance to students who have academic concerns. This is just listing some!

Scott also, on his own will, sits in Tegler every week with a sign on his chest saying "tell me your problems." This gives students a chance to vent their frustrations about anything to do with Concordia. I can assure you that listening to angry students about a variety of different things for an hour each day is not fun,

nor is it in his job description. He has made "Student Concern Forms" which can be filled out by students about any department of Concordia. We look at these and make an honest effort to make changes. Maybe you should drop by my office and pick one up; you seem to have a lot of "concerns". The next time you want to trash a CSA member, do your research. At least say something about someone who you may think is not doing their job.

One more thing: try putting your name on your article. Maybe we would have taken you more seriously if you didn't use the "anonymous" approach. It just looked like you wanted an easy way to say some offensive garbage.

We work hard to make student life fun and better for Concordia students. If you, or anyone reading this, has a complaint, come and see us and we can discuss it. Your previous article gave us no incentive or motivation to change the problems you presented.



THE CSA HAS SECURED A LIMITED NUMBER OF TICKETS FOR THE CITADEL THEATRE'S PRODUCTION OF WEST SIDE STORY.

TICKETS ARE FOR THE JANUARY, 30TH, 8:00 PM PERFORMANCE.

Check out the Citadel's website [www.citadeltheater.com](http://www.citadeltheater.com) for show details.

TICKETS ARE \$20 AND AVAILABLE ON A FIRST COME FIRST SERVED BASIS.

PLEASE SEE GREG VAN MIDDELKOOP (VP EXTERNAL @ 479-9210) TO PURCHASE YOUR TICKETS.

## Career Services Events for Concordia Students

- **Career Planning Workshop:** Can a Career be Planned?

Yes, to some extent, it can. If you are not sure what you want to do with your career, this will be a useful workshop for you.

Tues., Jan. 25, 2005  
12:30-1:30 pm  
CSA Conference Room

- **Career Fair:** Come to meet and chat with presenters who are employers and learn about what they do and what their company or organization does. In addition, come to learn about further education after Concordia... and more.

Wed., Feb. 2, 2005  
10:00 am-2:00 pm  
Tegler Centre

- **Job Search Workshop:** Time to start applying for summer jobs and/or permanent jobs. Pick up some useful job search ideas including tips on resumes and interviews.

Wed., Feb. 16, 2005  
1:55-2:45 pm  
CSA Conference Room



# John Kerry, Catholics, and Abortion

David Skuban

Regarding Odessa Atwood's article *Regarding John Kerry: an Embarrassment to Roman Catholics* (Issue 5), I have a hard time understanding people who say things like "we should work towards preventing the necessity of abortion" and then proceed to have an apparent pro-choice stance. Atwood says there are Roman Catholics who believe abortion is to be decided based on several private factors. Of course there are people who call themselves Catholics and support abortion, but Catholics who believe that are in serious error and are totally stepping outside of what the Catholic Church teaches.

Atwood goes on to quote my original article (*John Kerry: an Embarrassment to Roman Catholics*, issue 3) out of context. I said that standing against abortion is not an issue of forcing religion on people; it's an issue of defending the basic right to human life. In addition, being pro-life does not necessarily mean being Christian. Supporting the pro-life movement doesn't mean that politicians or individuals are basing their stance on Christian beliefs, but rather that they feel abortion is an attack against human rights.

Atwood states that "opposing abortion based on Christian principals and using that as an election tool is also pushing a religious agenda." That's a difficult argument for anyone to make. As a Christian, I think that the following more closely resembles the view of several politicians and our society in general: Supporting abortion based on secular principles and using that as an election tool is pushing an agenda built on secularism and moral relativism.

Mr. Kerry's stance on abortion has everything to do with stepping out of line with the Catholic Church. I agree that we have to be sensitive to non-Christians, but not at the expense of our own Christian conviction and faith. If you're saying that Christian pro-life supporters should back off on the issue of abortion because it might offend the non-Christian, I'm sorry, but that is completely impossible. The fact that people say killing the unborn is okay offends me and others very deeply. Mr. Kerry indeed represents a vast diversity of people, but that doesn't mean it's right to forsake the faith and conviction that has been ingrained in his heart. Catholic leaders around the world would agree with me on that.

Atwood asks why abortion is such a major issue in government. That's because there are thousands of people who feel abortion is the holocaust of our generation. Atwood adds that issues such as globalization and poverty should be addressed. I agree that these are important issues. But how can we expect the same society which makes a mother's womb the most dangerous place in the world to defend people living in poverty and injustice? The world has bought into the lie that

human life is not sacred. It seems like human life is a commodity that is deemed useless if that human being is viewed as inconvenient.

Atwood quoted President Bush on his stance on embryonic stem cell research. No one said Mr. Bush is a saint. He has said some things that would appear to contradict his stance on pro-life. I don't know enough about Mr. Bush's proclaimed Christian worldview to comment any further. However, I know for certain what the Catholic Church's stance is on issues regarding life. I feel that it's important for me as a Catholic to criticize Mr. Kerry on his stance, for no other reason than that he is ultimately my brother in Christ who I believe has drifted away from the life that all Catholics are called to lead.

Separation of church and state is clearly necessary to a degree. However, Catholics and other Christians argue that relativism, political correctness, and atheism are running our governments right now. I know of several elected politicians who bring their pro-life, pro-family conviction based on their Christian beliefs directly to their political careers. They would find it quite humorous if someone told them to stop standing for their convictions because someone might be offended. I'm just asking why Mr. Kerry can't do the same. Millions of Catholics across America were appalled by the way Mr. Kerry scandalized the Catholic Church by proclaiming to be a Catholic who supports abortion. The end result was an undeniable mandate for his opponent, and the difference was the Catholic vote. The term pro-choice Catholic is a contradiction no matter who you are. To the people who call themselves Catholic and support abortion, I'm curious as to why you don't just go to another church if you don't want to follow Catholicism? I'm not making this stuff up. This is what the Catholic Church stands for and Catholics are responsible to defend human life in the face of a culture of death.

**Of course there are people who call themselves Catholics and support abortion, but Catholics who believe that are in serious error and are totally stepping outside of what the Catholic Church teaches.**

"The truth is not always the same as the majority decision."  
—Pope John Paul II



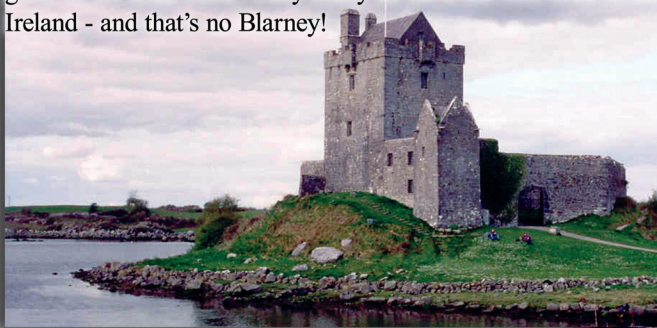
## Irish Fries

Diana Ellis

"Do you want fries or rice with your sweet and sour chicken?"

At the time I thought this was a strange question since I was sitting in a Chinese restaurant in Dublin, Ireland. Not being much of a French fry eater, I chose the rice. As I waited for my food to arrive, I watched what everyone else was eating. Several of my fellow diners were having fries with their traditional Chinese food.

So just what is so special about the fries in Ireland that people would eat them with Chinese food? The Irish will tell you it is the potatoes. They believe they grow the best potatoes in the world in Ireland. And maybe they are right, because by the end of my stay in Ireland I was a convert. I was eating fries with everything because they were so good. Why this was, I can't say, but North American fries just do not taste as good as the Irish ones. They really do have the best fries in the world in Ireland - and that's no Blarney!



## Car Suffering?

Lis Swyripa,

Editor-in-Chief

Has your car been suffering through the cold Alberta winter? Why not get it winterized, or at least back into working condition? Take it over to Auto MD – support small business. They are very good people over there, and I personally recommend them. They have been helping support our Blue & White paper with their advertising, and it's unfortunate, but they have not received a single phone call from a Concordia student. So, give them a shot, and tell your friends... and tell them I sent you! Don't let your car die!



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