

"I don't know the key to success, but the key to failure is trying to please everybody."

Bill Cosby

BIG FISH & FRIENDS COME TO EDMONTON REEL





Е ringing and vocal cords shot? Must have been concert!

Legendary Ska bands Reel Big Fish and Less Than Jake took to the stage Sunday before last (that's October 21st) with special guest and opener Flatfoot 56, a Celtic Punk Rock band from Chicago. All three bands brought out their A-Game to a packed house at Edmonton Events Center. While it was an adults show, there was still an area for the under 18 crowd-just no

а

a r s booze.

> First up to bat was the fairly new band Flatfoot 56. If you are familiar with the Dropkick Murphys then you will be right at home. I mean the band uses bagpipes! Just by pulling that off they get huge kudos from me. This Chicago Punk Rock band has made it onto my radar of music that I should be looking out for. They have a new album out called "Toil," and you can get it from your choice of music retail options.

> If you are familiar with the musical stylings of both Less Than Jake and Reel Big Fish then you'll know that they are

not light on the crude humor. But then again that is what makes them completely unique and different from every other kind of band out there. They are funny and they know it. When Ska music artists Less Than Jake weren't bombarding me, they took the time to show their appreciation towards some of their fans by playing what they called "The Dirty Rat Game." While I won't gross you out with the details, I will just say that it involved audience participation, a blindfold, and an unlucky female audience member. If you ever go to one of their concerts, I highly

suggest not volunteering for that game. For everyone's sake. Aside from that, Less Than Jake was willing to share some of the songs from their upcoming album, which included a song they wrote back when the band started. Less Than Jake's motto of "Their old sh*t is better than their new sh*t" isn't entirely wrong either as the new single wasn't bad. Less Than Jake has been together for twenty years and they don't have any signs of slowing down.

Continued on Page 4

<u>ROUND THE SCHOOL</u>

POETRY LOOKOUT WITH RACHEL

AN ODE TO SARCASM A POEM ILLUSTRATING THE USE (AND ABUSE) OF EXAGGERATION

BY NATHAN BELZIL

Think of me not as a phrase so verbally agnostic Or even as something linguistically toxic Unless results yield naught 'cept misery and woe, Refrain from speaking! In case you bestow A minor example of complete disregard That forces one's mind to declare "en guard"



Nathan Belzil is a third year History major, English minor RACHEL WHIPPLE student STAFF WRITER

who

enjoys writing in his spare time. You may see him around campus frequently hanging out with friends or discussing anything of the nerdy variety. Nathan enjoys video games and children's card games-"the good things in life" as he calls them. He is also fairly well known for getting most of boy's dorm addicted to playing YuGiOh last year. He writes religiously and is an avid intellectual.

"An Ode to Sarcasm" is a poem that came to Nathan at three o'clock in the morning. His best ideas seem to come to him at obscene hours of the night. This time Nathan "ran with it" and created a piece that alludes to the way people speak. Society has become so lax with language and many have lost the ability to speak eloquently on a regular basis. Most rely on slang and shorthand to communicate. He compares the way society speaks to a system of anarchy: people don't speak properly in order to rebel against what is "correct." By speaking this way, people throw the rules of formality out the window. Nathan was looking to write something both "convoluted and comprehensible" in order to portray his message clearly. His writing style has been

When faced by the one who would kindly besmirch

The name and true nature of language's lurch Towards the abyss to be quickly expunged Expelled and destroyed as grammatical grunge. They say that which others dare not declare The right of expression, one's "laissez-faire" Even if it comes off as a statement unkempt It serves none but the strange, the socially inept. But wait; there cannot be nothing but dread. Let a solution for the felonious and pious be said, Lest oral anarchy wins and we all lose our heads.

> fostered by reading the classics. Many of the devices Nathan uses have also been used by the great poets. His rhyme scheme is simple and effective, and provides his poetry with excellent flow and meter. The strong word choices grab the reader's attention and his sense of humor is appealing to most literature lovers.

What do you think about the language choices of today's society?

Was this an enjoyable poem? Concerns, comments, opinions, or poetry entries?

I would love to hear from you, so e-mail me at rwhipple@ student.concordia.ab.ca.

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Life 'n Stu

DEPRESSION & SOCIAL SITE STATUSES



STAFF WRITER

Dear Life n Stuff, I love Concordia but this year my struggle with depression has left me afraid of failing. Just coming to class can give meapanic attack! How do I calm down and get to class? Dear Stressed and Worried,

As I read this question, the first thought that came to my mind is this must be an extremely difficult situation for you. University is often very stressful for anyone, and I can only imagine what it would be like for someone with a history of depression.

First off, I would like to ask if you have spoken to your doctor or psychologist about this? Ok readers, some of you might be thinking that people who speak with a psychologist are crazy, but I am here to set you straight. There is nothing wrong with talking with someone about your concerns. I support this immensely. In life it is imperative to have someone you can trust enough to disclose personal issues withboth men and women should be doing this. Life is hard enough! Don't face it alone, especially since you don't have to. EVER!

I come from a family where my parents have been divorced longer than I can remember, and my mother battled depression daily. If it hadn't been for her talking to a psychologist, who knows how my siblings and I would have ended up!

If any of us students ever feel overwhelmed there is actually a wonderful lady and a team of people right here at Concordia who would be more than happy to chat with you. Her name is Barbara van Ingen, and you can email her at barbara. vaningen@concordia.ab.ca. But enough of my ranting and back to your question

Depression sucks. But please know you are NOT alone. I would suggest you talk to your doctor, a psychologist, Barb, a close friend, and/or your professors, and try your best to get to class. Also, please remember that failing is just a part of life. It is a sucky part, but reality nonetheless. No one is perfect, so don't try to be.

When I am feeling stressed or overwhelmed, I like to go for a walk, take a yoga class, chat with a good friend, or just cry it out. Everyone cries and anyone who says they don't is a liar. Also, I write in a journal. If you are in a place where talking to someone is just too hard, then try writing it down; this has more than benefited me in the past. Just getting it all out through a healthy outlet will hopefully help ease your anxiety.

Anyway, I wish you the best of luck with your dilemma, and I do hope you make it to class. Also, this is just my two cents, and I am definitely no professional. Take care!

Dear Life n Stuff:

Me and my boyfriend just celebrated our eight month anniversary. I am excited but lots of my friends have asked why it is not "Facebook official" yet. When do you think it is the right time to put that sort of thing on Facebook?

Dear Facebook Confused,

First of all it's "My boyfriend and I" . . . Dr. Querengesser would lose it if he saw that in an essay! He is an English Professor here at Concordia for those of you who are unaware. Secondly, congratulations on making it to eight months!

Ah, Facebook relationship status'. What a bunch of malarkey! I mean don't get me wrong I have an account of course (as does my grandma), but I just do not understand this entire concept of "it becomes valid once it's posted on Facebook." Since opening my account, I have been through various relationships; however, I have not once changed my status to "in a relationship with _." That in no way means that I was not serious or committed to my "significant other;" I just don't understand the need to advertise my private life to the world.

I do understand why some people would like to "post it" though. Having an ex on Facebook as a friend still and then changing your relationship status just to say "in your face" is one reason. Or to show off to your friends saying "look who I managed to get!" is another. The most common reason however would be because everyone else and their cat does it!!!

Of course I am not implying those are your reasons, but I don't feel that advertising on Facebook adds any additional validity to a relationship. Think about it this way: all your close friends clearly already know, he has stayed with you for eight months, wants to continue being with you, and you must be happy or you wouldn't be with him still; so where would the desire to "post it" come from if not from the above mentioned reasons?

Now, if you guys were engaged . . . Who cares?!?! It's Facebook! And the last time I checked Facebook does NOT decide if your relationship is real! But seriously, talk to him and see what he wants to do. After all, you guys are in this together, and it really boils down to if you want to or not. If you do, then post away; if not, please don't think it will reflect poorly on your relationship by any means. People are ridiculous if they think it is less significant due to the lack of "in a relationship with _____." When and if you guys decide to, that will be the right time. Don't let the pressures of social media impact this decision.

I wish you all the best, and congratulations again on your eight months together. Enjoy each other!

*As always, please submit any question, thoughts, or concerns to asklifenstuff@ gmail.com, and your question might show up here! Take care all!



MORE IMPOSSIBLE? A NETFLIX MOVIE REVIEW



Tony Wong <u>Staff Writer</u>

Protocol. Tom Cruise and director Brad Bird (The Incredibles) brings the highoctane action of the popular action series back. The IMF (Impossible Mission Force) is on it's last legs and it is up to Ethan Hunt and his team to save what is left of the organization.

This week's

movie review

action movie

Mission

Impossible:

Ghost

from

year's

comes

last

The IMF has been framed for bombing the Kremlin in Russia. The President has initiated Ghost Protocol on the IMF disavowing all the members of the organization and leaving what's left of it in shambles. Their only hope in clearing the

name of the organization is to bring in Ethan Hunt (Tom Cruise) and what is left of the IMF crew and resources. It's a race against time to stop an all out global nuclear war while proving IMF's innocence.

At a point you realize that all these action movies follow the same formula; especially an action movie like Mission Impossible. The world hangs in the balance and it is up to one person to fix it all. It also doesn't hurt if they do a little globetrotting while they're at it. Either way it's the combination of all these elements that makes the action film, and while some movies don't pull it off, Ghost Protocol does it just fine.

The role of Ethan Hunt really could not be played by anyone else other than Tom Cruise. He has the right amount of crazy

for that role. Not only that but I think the star role goes to Simon Pegg. I know, I know. The Simon Pegg fan loves him in every movie, but seriously, he was great in Ghost Protocol. There is just something that he brings to every movie he is in that adds that right amount of comic element and Simon really hit the spot. Jeremy Renner had a busy couple of years (The Avengers, Bourne Legacy) but that didn't slow him down in Ghost Protocol. He is not quite the action star this time around, what with Tom, Simon and Paula Patton running around being action stars. It also didn't help that he played a character with a secret background, which required him to play a background role, but it works for him. Too many action stars and it would have been too

crowded.

There were too many convenient answers and moments that made the movie possible. If Ethan Hunt was such a super spy, wouldn't he had known about William's background? Also, I am finding movies with introduction cards that spoil the movie to be a little annoying. I don't want the intro of the movie to spoil the bits and pieces of the movie for me. It's not what I pay for.

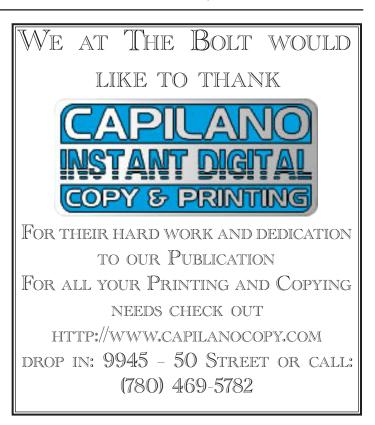
So what does this mean for you, the viewer? Ghost Protocol is a decent movie that ties up a few loose ends from the last movie and is a decent sit back and watch action flick. With ties to the series as a whole for avid Mission Impossible watchers, I recommend this movie to anyone.

REEL BIG FISH CONT'D

Continued From Page 1 Closing out the show was my personal favorite band of all time Reel Big Fish. Yes, they played all their best songs starting with "Trendy," which led into other popular songs such as "Beer" and "Sell Out." One thing that sets Reel Big Fish apart from other Ska bands is their ability to cover just about any song in any other genre of music. They took one of their popular songs and turned it into a Disco, a Country, and even a Heavy Metal song. In

the end Reel Big Fish decided that they should stick to being a Ska band which added to the comedy of the concert. I was worried when I heard long time member Scott Klopfenstein left for family reasons but hearing Reel Big Fish tonight washed all my doubts away.

While people continue to say it, I continue to refuse it. Ska music is not a dying breed of music and with the Less Than Jake & Reel Big Fish tour as evidence, I say keep on skanking!





Textaphrenia is when you think a text message has arrived, when it hasn't

Doctors sloppy handwriting is responsible for '7,000' deaths around the world each year.

Bill Gates changed his school's program codes so he was placed in class with mostly female students.

8 years worth of video is uploaded to YouTube every single day.

 \sim

If you spend one hour in a swimming pool, you will intake about 50 ounces of urine. In New York City, about 1,600 people are bitten by other humans every year. More than 90 percent of people are no longer friends with somebody that they once called their best friend

There are enough preservatives in a bag of Doritos to mummify a small dog.

http://uber-facts.com/

SUDOKU

Each column, row and block must contain all of the numbers 1 through 9 and no two numbers in the same column/row/block of a Sudoku puzzle can be the same.

7		8			6			9
		9			4	6		5
6					2			
		3				9	1	
9		2		3		4		8
	6	5				3		
			1					2
5 2		6	2			1		
2			8			5		3
Answer sheet is available at: www.theboltnews.com								

DVEMBER 3, 2012 DVEMBER 3, 2012 RWOOD HALL

TICKETS ARE \$10 AND AVAILABLE AT THE BOOKSTORE!!!



\ey-SEF-uh-luhs\

Adjective)1. Without a leader or

ruler.

2. Also, acephalic Zoology.

headless; lacking a distinct

head.

Origin:

Acephalous stems from the Greek combining form -cephalous meaning "having a head or heads" and the prefix a- meaning "not, without."

From Dictonary.com

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

Sports

A CONCORDIA SPORTS UPDATE



BAILEY GARDECKI STAFF WRITER

course you are! Midterm weeks are nearly finished!

Greetings

hope

is

sports fans,

Ι

everyone

having a great

week here at

Concordia-of

To recap what has been going on with our sports teams on campus: the Hockey team played some great games against SAIT a couple weekends ago. The game was tied 1-1 up until the last two minutes of the game when SAIT scored a power-play goal on us. Tough break boys, but we will get them next time. The soccer teams played well on the weekend as well. The men tied their game with the Keyano Huskies and then won 3-2 against NAIT. The women beat the Huskies 5-0! Great game girls! They also won against NAIT, so it's looking to be a great season for them—keep it up!

Also, our Concordia curling team (yes we have a curling team) is looking for more curlers to form a mixed and a ladies team for the upcoming play downs. Their first play down is set for November 30th to December 2nd in Grande Prairie. Anyone interested can contact me in the CSA offices.

Now for the Lockdown report: as many of you are aware, there have been no NHL hockey games so far this season. From the looks



of things negotiations are not going well; in fact, games through October have been cancelled right up to November 2nd. By the time this issue hits the stands, hopefully an agreement will be met, and if not, oh well. As I have said before, this is not the end of the world. I encourage readers to broaden their horizons a bit, and go watch a soccer game or a basketball game—is golf still on? Probably not, but the point is that Concordia has some great sports teams and we should show the school teams some support. I am sure they would appreciate it!

That's all folks.

Have a great week, good luck on exams and such!





HEALTH & FITNESS HOW TO BEAT THAT NASTY COLD



It's here the dreaded time of the year when Alberta

to

decides

skip the beautiful fall weather and jump right into negative temperatures. This dramatic drop in temperature definitely has an effect on people's moods and on their bodies as well. The common cold is a viral infection of the upper respiratory system, which causes uncomfortable symptoms such as headache, fever, runny nose, sore throat, and tiredness. While the cold is nothing serious, it is a pain in the behind, and often people who are suffering from a cold do not feel well enough to carry out their day-to-day activities, such as school or work. Being university students, we don't have time to be missing days

of class due to a pesky illness! Luckily there are many tricks to soothe cold symptoms and get over it fast. When you start feeling sick, start taking vitamins! Cold FX, Vitamin C, and B12 are good starters. Cold FX has been proven to attack early symptoms of a cold, though it is less effective if you are already sick. Vitamin C, found in anything citrus, has antioxidants that destroy small viral infections and boost the immune system. B12 is used to jolt your body into action by aiding the brain and blood to get things moving. If you prefer not to take pills, there are always alternatives to get these same benefits, such as drinking plenty of orange juice, water, and eating vegetables and fruits. Four super foods (those foods high in antioxidants) are pomegranate, blueberries, salmon, and tea; these can aid your bodies natural defenses fast. To burst that "stuffy head" feeling, try going for a run, having a hot shower, or drinking peppermint tea. Anything involving water, like swimming, showering, or bathing, will loosen up the mucus buildup in your sinuses, allowing it to drain out of your body. Gross, yet effective! Also, sleeping with your head propped up at night allows the mucus to drain out instead of going down your throat as it does when sleeping normally, which causes a killer sore throat the next morning! Drinking peppermint tea-or having anything involving mint-has the same response on your body as hot water. It allows your sinuses to drain, and mint has been proven to wake up your brain and bust up mucus fast. The following trick



works anytime, not just cold season: wearing socks at night boosts your body's temperature, allowing you to sleep more deeply and not wake up during the night. It also works when you experience a fever or body chills that a blanket just won't fix. As always, physical activity helps the body fight infection, warm you up, and temporarily make you feel a bit better. Next time you feel the sniffles coming on, don't panic, because these tricks have you covered!

The Ukrainian Shumka Dancers Present SHUMKA'S FUNDRAISING GALA November 17, 2012 at The Northern Jubilee Auditorium Cocktails @ 6:30 PM Performance @ 7:30 PM

Tickets: \$100 Available by phone: (780) 455-9559 or E-Mail: tickets@shumka.com www.shumka.com

GAIN PERSPECTIVE BY TRAVELLING ABROAD





STAFF WRITER

G o i n g abroad to intern, study, volunteer, or work is essential to gaining a richer

global perspective. Immersing yourself in a different culture and lifestyle can broaden your understanding of humanity and help inform you decisions and actions in life. Concordia understands that gaining a global perspective is essential to a liberal arts education, and that is why it's staff supports and assists Concordia's students by providing them with opportunities to connect with schools, organizations, and employers abroad so that they can gain this perspective. There are currently internships and study opportunities in the U.S.A, Australia, China, Japan, and many other countries. Resources and funding are available for many of these programs. Not only can going abroad enhance many different aspects of your life, but it can also be an excellent asset on your resume. Employers want to see that you can rise up to a challenge and succeed. I myself went on a volunteer trip to Suriname, South America for three weeks in early 2010. This experience enriched my life as I discovered new ways of thinking and acting in the world. I began to understand

 NOVEMBER EVENT
 Date and Time

 Operation Wallacea
 Tues. Nov. 13, 11:00-12:30 PM

 Don't Forget!
 Concordia is host to a ton of clubs and you should check them out!

 If you want to know more just come on by the CSA Offices

that the ways we think and act in western culture are not the only, or always the best, ways. This new perspective has informed my life actions and decisions. I now see more clearly that decisions made in Canada can affect other countries, in good and bad ways. I understand that we live in a global community that should be cherished and nourished for the advancement and protection of all humankind, not just Canada. I gained this perspective by leaving my comfortable country and experiencing life in another one. I encourage you to seek out this perspective for yourself. If you would like to learn more about going abroad, please come make an appointment with Doreen

Kooy, our resident Career Advisor, and she can help you find an opportunity abroad that best suits you. Good luck with your studies, and stay toasty out there.

As of now, there is one event planned for November 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), phone (780.378.8461), or visit the Career Portal (careerportal.concordia.ab.ca). We look forward to hearing from you!

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:

Email: Doreen.kooy@concordia.ab.ca; careerservices@concordia.ab.ca

Phone: 780.378.8461

<u>Student Personal Finance</u> Why The Rich Get Richer & The Poor Get Poorer



MICHAEL STEAD

Despite what you have been told about the rich and the wealthy as you were growing up, today's

<u>STAFF WRITER</u> up, today's article is sure to ruffle some feathers and shake up your beliefs. As the "99%" of the Occupy Wall Street Movement continue to complain about the so called "1%" and how it is somehow "unfair" that they have achieved great wealth, what you are about to learn will dispel once and for all the real reasons why the rich keep getting richer and the poor keep getting poorer.

Before we move into today's secret, let's first review what we have covered in the past two issues so we can connect the dots. First off, we have learned that the wealthy accept 100% responsibility and take ownership for their financial situation—never ever pointing the finger to blame someone else. Secondly, we learned the number one secret of the rich is that they pay themselves first and they get richer every single day.

Today's secret, once again, is extremely simple so pay very close attention to what I am about to share with you . . . the reason why the rich keep getting richer is that they simply handle their money differently than the poor and the middle class. While the middle class focuses on accruing liabilities that they think are assets and the poor spend everything they make, the rich have a very different strategy and plan to handle money when it comes in.

Through all the studying I have done personally on this subject by reading countless books, attending numerous lectures, and interviewing several wealthy individuals—I have discovered and successfully determined that the rich allocate their money to five key accounts which I call "The 5 C's of Successful Money Management."

Below is a description of each of these accounts with а corresponding percentage which Ι allocation would recommend that you follow to get the full benefit of this strategy. Contingency & Opportunity (10%): Simply put, this account accomplishes two critical objectives: 1) It provides cash reserves to weather any sort

of "monetary storm" (i.e. loss of income, loss of job, etc.) 2) It provides ample liquidity to take advantage of different opportunities that would otherwise be unavailable unless you had some sort of money as the old saying goes, "Cash is King".

Capital Investment (20%): This money is utilized to purchase assets that either create sustainable cash flow or capital gains. In other words, this money is for investment so that you can grow your wealth.

Coaching & Development (10%): The wealthy not only invest in assets, they also invest in themselves. This money is used to invest in your personal knowledge so you can develop new skill sets that make you a better person and increase your personal value to the world—If you're not growing, you're dying.

Contribution (10%): Although the media generally depicts the wealthy as greedy and unloving people, the reality is that the majority of the rich are extremely generous—hence why they became rich in the first place. The wealthy invest in others after they have invested in themselves, and you should start to do the same. Capital Expenditures (50%): Once the rich have paid themselves first with all these other accounts, then they pay their bills and other obligations.

Now, if you cannot allocate your money to these percentages, you only have one of two options to choose from: 1) Find ways to lower your expenses 2) Find ways to increase your income (personally, I'm an advocate for the latter).

Stay tuned for my next article in which I will show you how to dramatically increase your income so that you can break out of the "rat race" and get onto the fast track to financial freedom.

If you have any questions/ comments/feedback about this strategy, or about finances in general, please send me an email at mstead@student.concordia. ab.ca and I will respond to them personally.

***P.S. If you would like to get a more in-depth explanation of this allocation system, go to YouTube, search "The Abundance Society," and watch my video called "How To Manage Your Money The Way The Rich Do."



PICS FROM SCHOOL AND CALENDAR



NOVEMBER EVENTS CALENDAR

FRIDAY 9, 2012

FRIDAY 2, 2012 »8PM: Hockey - Concordia @ Keyano »8:15PM: Hockey - Briercrest @ »6/8PM BASKETBALL - CONCORDIA @ OLDS SATURDAY 3, 2012 »CUCA SPOOKA - NORWOOD LEGION »2PM: Hockey - Concordia @ Keyano »6/8PM BASKETBALL - CONCORDIA @ SAIT Wednesday 7, 2012 »Women's Scocer, CCAA Champion Ship - HOLLAND COLLEGE, PEI »MEN'S SCOCER, CCAA CHAMPIONSHIP - DOUGLAS COLLEGE, B.C. THURSDAY 8, 2012 »Women's Scocer, CCAA Champion Ship - HOLLAND COLLEGE, PEI »MEN'S SCOCER, CCAA CHAMPIONSHIP - DOUGLAS COLLEGE, B.C

Concordia »Women'sScocer,CCAAChampionShip - HOLLAND COLLEGE, PEI »MEN'S SCOCER, CCAA CHAMPIONSHIP - DOUGLAS COLLEGE, B.C »6/8PM BASKETBALL - MEDICINE HAT @ Concordia SATURDAY 10, 2012 »3:15PM: Hockey - Briercrest @ Concordia »Women's Scocer, CCAA Champion Ship - HOLLAND COLLEGE, PEI »MEN'S SCOCER, CCAA CHAMPIONSHIP - DOUGLAS COLLEGE, B.C »CROSS-COUNTRY, CCAA NATIONAL CHAMPIONSHIP - CHAMPLAIN COLLEGE, QC »6/8PM BASKETBALL - BRIERCREST (a)

»7PM: Hockey - Concordia @ Portage »6/8PM BASKETBALL - ST. MARY'S @ Concordia Saturday 17, 2012 »8:15PM: Hockey - Portage @ Concordia »6/8PM BASKETBALL - CONCORDIA @ LETHBRIDGE FRIDAY 23, 2012 »7PM: Hockey - Concordia @ Augustana SATURDAY 24, 2012 »7:30PM: Hockey - Augustana @ Concordia Friday 30, 2012 »Curling - At GPRC »8:15PM: Hockey - MacEwan @ Concorida »6/8PM BASKETBALL - CONCORDIA @ GRAND PRAIRIE

Friday 16, 2012

Concordia