

Did you know that CUE has over 20 clubs on campus? We have clubs ranging from the National Model United Nations Club that travels internationally to conferences every fall (next they are headed to Germany) to Concordia Visual Arts Society Club that holds games nights where they even set up a projector to play their favourite video games! There is something for everyone, whether you are an outdoorsy person or someone who finds their fun in philosophy, there is a club for you! Although, if you do not find a club that completely interests you, you can make your own club. The CSA Vice President Internal, Alex, is the man to talk to and will help you make your idea a reality.

to see what is going on at the school and is a great way to meet new people. The different clubs will have representatives at their booths to give you information about who they are and what their club is about. Some clubs hold events, such as paint nights, and will give you the opportunity to leave your email address to be notified of these events.

The Bolt will also be at Club Fair! If you are interested in becoming a writer for The Bolt News or even interested in applying for one of our editor positions please stop by and say hi. We would love to meet you and answer any questions you may have about becoming a member of the Bolt crew.

The Club Fair is a great opportunity See you all at Club Fair!



# THE BOLT NEWS

## A CUE-NIQUE EDUCATION



READ ABOUT HOW YOU CAN CAPITALIZE ON CUE'S UNIQUE FACTORS ON PAGE 3.

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### NEW YEAR'S DIETS

Maintaining a healthy diet is important for everyone, especially students, and it can be hard work. Donovan Makus examines the science behind dieting and what makes it effective or ineffective in certain circumstances.

P7

### CLUB FAIR

Visit the Concordia University of Edmonton club fair on January 14th and 15th to learn more about clubs. More information can be found on page 7 and on the Concordia Students' Association website, ourcsa.ca.

# NEW YEAR'S DIETS

by Donovan Makus

It's January. This means that school is back in session, routines are being reestablished, and it's a time to implement any New Year's resolutions you may have made. Many New Year's resolutions can be vague, making it easier for us to slowly forget about or ignore what we originally set out to accomplish. Examples of this include indefinite resolutions such as "be a better person" or "be healthier." The common New Year's resolution to become healthier, in particular, is quite vague, which can lead to confusion as you dive into the world of diets and nutrition, only to discover a bewildering array of seemingly-conflicting information. However, despite the long history of fad diets and conflicting nutritional advice, there may be light at the end of the diet tunnel, and perhaps the answer isn't to "diet" at all.

Before examining diets--their history and the different types--it's useful to understand how they work. Ultimately, any diet works the same way: you take in less energy than you use (in the form of calories) and your body finds the difference in its internal energy reserves. The form of calories doesn't matter for pure weight loss, demonstrated by the nutrition professor who lost weight on his "Twinkie" diet, but it does matter for overall health and wellbeing. This energy is stored in the form of glycogen (or stored sugars) and fat. Glycogen reserves fluctuate with our liver glycogen reserves being used to keep our blood levels constant, and muscle glycogen reserved for muscle activity. However, our glycogen reserves are small, and typically only consist of 2,000 calories' worth of energy. Long endurance exercises can even deplete your internal glycogen reserves, leading to a muscular sluggishness termed "bonking" or

"hitting the wall." Fluctuations in glycogen levels due to exercise and dieting partially explain "water weight" changes. Given the fluctuations due to exercise, which can cause both short-term weight gain due to increased post-exercise water retention needed to heal muscles and short-term weight loss due to evaporative water and glycogen loss, sodium intake, and our hormonal cycles, your natural weight is best viewed as a range. However, most of the weight dieters are trying to lose is not in the form of the relatively small glycogen reserves, but in the body's long-term storage solution: fat. Both fat and glycogen are used to power our daily activities, with fat providing more energy per gram but requiring additional processing before use. This results in our bodies preferring glycogen for intense exercise. Given these biological facts, the only way for dieting to work in a sustainable fashion is a sustained energy deficit.

Our understanding of the science behind nutrition is relatively recent, starting only in the late 1900s. However, the history of diet fads reaches back longer through many amusing fads and shifts in perspective. Every decade seems to bring a new vilified food group and fad, often in response to legitimate health issues found in research that may be blown out of proportion. In the 1980s, fats were vilified to seemingly no avail as obesity rates rose. The 1990s brought us the rise of the Atkins diet and other low carb diets, disputing the previous low-fat consensus. Today, fats are making a comeback as carbs are vilified again, which can be seen in the rise of the Ketogenic diet. While there have been broad patterns, diet fads have also appeared over the years. Examples include the "No White Foods" diet, which eliminates all foods that appear white, the Grapefruit diet, which advocates eating a grapefruit with each meal, and highly publicized fads like the "Subway Diet." Taken together, all these fads have caused a great deal of confusion, especially since any diet with a calorie deficit can work, meaning that any of these diets can potentially work, no matter how crazy they may appear. In this confusion, it's useful to take a step back and examine

## SHOW TIME!

Here is what is playing in theaters this week:

**Aquaman**  
PG

**Bumblebee**  
PG

**Spider-man: Into the spider-verse**  
PG

**Second Act**  
PG

**Dr. Seuss' The Grinch**  
G

**Mary Poppins Returns**  
PG

**Holmes & Watson**  
PG-13

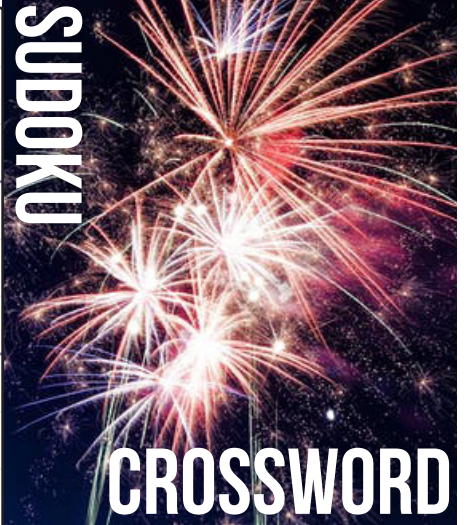
**Escape Room**  
PG-13

**The Mule**  
14A

**Vice**  
14 A

**Cinaplex North**

3	1	4					2	9
7					3	4		
6			5	4				
		5						
2	7			6			8	1
						2		
				1	4			5
		6	2					4
5	4					8	6	2



**Across**

- 1. Back ailment
- 6. Humble and pot
- 10. Lessen in force
- 14. Doubled, it's a city
- 15. Artist Edvard Munch's home
- 16. "Dies \_\_\_\_" (hymn)
- 17. Go hog-wild over
- 18. Data, informally
- 19. Type
- 20. Hit for Robert Knight or U2
- 23. Cigar-shaped ammo
- 24. Emperor after Claudius
- 25. Snitched
- 27. Episcopal parson
- 31. Barnyard belles
- 35. "It's gone!"
- 37. Magna follower
- 38. Scientific impossibility
- 41. Corral
- 42. \_\_\_\_ gin fizz
- 43. Struck out
- 44. Shells out cash
- 46. Achy
- 48. Rotunda feature
- 50. Geraldo and Diego
- 55. One always seeing the glass half full
- 59. Indiana hub
- 60. Tiny stream
- 61. 1933-41 veep John \_\_\_\_ Garner
- 62. "The Grapes of Wrath" character
- 63. "Animal House" party
- 64. Groucho Marx prop
- 65. Crystal ball user
- 66. First name in slapstick
- 67. Hurry to marry

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44				45		46			47			
48					49		50		51	52	53	54
55	56	57					58					
59						60			61			
62						63				64		
65						66				67		

**Down**

- 1. Like success' smell
- 2. Olympian Nurmi
- 3. Make different
- 4. Drink undaintly
- 5. Former Trump
- 6. Like some snakes
- 7. Does not exist
- 8. Spritelike
- 9. Later alternative
- 10. Luxate
- 11. Buck ending
- 12. Sportscaster Albert
- 13. Controversial Rose
- 21. Go with the flow
- 22. \_\_\_\_-Roman wrestling
- 26. Things to strive for
- 28. Cereal not for rabbits
- 29. Oklahoma Indian
- 30. South African money
- 31. Omar of film
- 32. Show joy or sorrow, in a way
- 33. Bird of prey
- 34. Laundromat equipment
- 36. Architect's layout
- 39. Conclude with
- 40. Boy Scout badge
- 45. Brains
- 47. Show clearly
- 49. T.S. of literature
- 51. Modern correspondence
- 52. Beetle in the back
- 53. Songwriters' org.
- 54. Cordwood measure
- 55. Subjects of clashes
- 56. Net earnings
- 57. Pennsylvania port
- 58. Gymnast Korbut

**INSPIRED BY:  
HELPING PEOPLE**

**INSPIRED BY:  
SERVING MY  
COMMUNITY**

**INSPIRED BY:  
A CAREER  
WITH VARIETY**

You don't need a policing background to become a member of the Edmonton Police Service. Every year we hire people from a wide variety of backgrounds, some of them graduates of Concordia. They all have different educational backgrounds, career paths, and reasons for joining. But the one thing they do have in common is the desire to serve the citizens of Edmonton.

If you're looking for an exciting career full of purpose, variety, and lifelong learning, ask yourself:

**WHAT'S YOUR INSPIRATION?**

EDMONTON  
**POLICE**  
SERVICE

the major types of diets and their implications for a New Year's Resolution to "get healthier."

Modern diets can, broadly speaking, be classified into two types: restriction and elimination. Restriction diets dictate restricting some food group (or calories themselves) while elimination diets dictate eliminating a food group or eating behavior. While both types can be successful, they also have their critics.

Food group diets (or macro elimination diets), have had some successes. Often used for diagnosing allergies in medical settings, the same principles have also been applied to dieting. Diets like the Ketogenic diet, which advocates extremely low carb intake with correspondingly greater fat intake, have taken off in popularity. Other examples include no-added-sugar diets or eliminating dairy products. However, critics point out that these diets require large lifestyle changes, and due to their strictness, are difficult to maintain over time. While completely eliminating calories is a foolhardy endeavor, it has been tried before. Going by many names and types, "breatharians" have alternatively claimed they derive all their needed nutrients from sunlight or air. Unsurprisingly, the long-term success rate for this diet is poor, leading to potentially fatal consequences, and some prominent advocates of this diet have been caught in embarrassing situations, such as exiting a McDonald's or 7/11. Despite this, some seek to improve their health through time-related calorie restriction: fasting. Fasting has a long history in spiritual and religious circles, but the rise of intermittent fasting, where you have specific eating windows such as only eating within an 8-hour timespan per day, have found success for some. Like all diets though, it has its detractors, who suggest the practice is a borderline eating disorder, as intermittent fasters may engage in practices to maintain their fast that are also used by anorexics. For those not seeking to make drastic changes, reduction diets offer another solution.

moderation solution to dieting. Unlike total or near-elimination diets, they seek to reduce the consumption of certain foods or calories. Instead of having half a bag of chips, have a pre-proportioned serving instead. While these diets can be more successful, as they don't require large lifestyle changes, critics contend that incorporating "junk" foods into reduced calorie diets can lead to nutritional imbalances and increased hunger. Reducing the number of healthy meals to eat more "junk food" snacks may still lead to weight loss, but may hurt mental and physical health. Two hundred calories' worth of chips will have fewer beneficial micronutrients than two hundred calories' worth of bread, for instance. Eating junk food may lead to quick blood sugar spikes followed by crashes, leaving people feeling hungry again shortly after eating. A healthier option would have left them feeling full, or satiated, for far longer.

Given all the diets out there and conflicting advice, it's easy to become overwhelmed. Ultimately, the best diet may not be a diet after all. While there is a relationship between being in a healthy body weight range and overall health, weight isn't the sole predictor of health. The key to health isn't necessarily going on mentally and physically draining diets but embracing total wellness, involving both mental and physical elements, such as mindfulness of our daily lives and reducing stress. In the end, perhaps the best answer to the vague "be healthier" New Year's resolution is to embrace a broad spectrum of healthy activities that lead to an overall better state of wellness, not to jump on a fad diet.



Reduction diets can best be thought of as the

# CUE: A UNIQUE EXPERIENCE FOR UNIQUE STUDENTS

by Nick Clark

Well, well, well, look who's back. If you started your year in September, like me, congratulations, you're halfway there, reader. Thanks for starting out 2019 by picking up a copy of The Bolt or reading on our website, theboltnews.com.

If you're new to Concordia this month, welcome aboard! I've been a student at Concordia for nearly four years. I'll be completely frank with you: there have been ups and downs. As a small University, Concordia has some quirks. The trick to making the most of your time here is to learn how to make the most of those quirks.

Classes are small, which is great for discussion and getting to know your fellow students. You'll also probably see a lot of familiar faces in your classes, which makes group work significantly easier to prepare for. It's a lot more difficult to get by without contributing to class discussions, but I've seen a few people manage it, so if that's your dream, don't give up on it yet.

As a result of the small number of students in a class, it's easier to get to know your professors and potentially benefit from someone-on-one attention. All professors hold office hours on campus, so they should always have the time to meet with you if you want some help.

Something to be wary of, especially as Concordia grows its population more and more each semester, is class selection. Choosing classes quickly is a

necessity, especially for those in the Arts faculty where most of our student population resides. Classes have the potential to fill up quickly, and there isn't always more than one option, so it's best to make your selections as soon as you can.

Speaking of selecting classes, you'll find that sometimes the class you want or even need to take is not available at a reasonable time for you, or at all. This has happened to many of us here and is one of the unfortunate realities of attending a school like Concordia. From personal experience, I recommend planning as much of your degree ahead of time as possible. That includes checking prerequisites for future classes.

Beyond classes, there are multiple other ways for you to be involved on campus. The Bolt is one of them. If



you have an interest you don't see represented in The Bolt, anyone is able to submit an article. Our office is on campus in the library (office L279), so you're free to drop by to pitch ideas or ask any questions whenever you like. You can also email us at csabolt@student.concordia.ab.ca any time. It just so happens we are also hiring editing staff for next year, so keep your eyes open for more information on applying for an editing position later this month if that interests you.

There are also many student-led clubs active here at Concordia, which you can investigate further at our club fair. Check out the back page of this issue for more information on the club fair.

Finally, I have one last piece of advice. This applies to everyone, new and returning students alike. Concordia has something that many other universities do not: parking for less than \$15/day within walking distance of a building. For those who

haven't purchased a parking pass, it works out to about \$8/day--just make sure you have a parking space before you pay. I don't know if anyone has ever felt like they're getting a good deal when they pay for parking, but sometimes, especially during these cold Edmonton winters, it's worth the price to get inside a few minutes faster. On the downside, there are not that many spaces available, so be fast. If you don't park in the parking lot, your options are limited to one or two hour parking options along the residential streets in the area or the unlimited parking several blocks away. It's not an ideal system by any stretch of the imagination, but there are worse problems out there, and not many places that will give you the unique experience that Concordia endeavours to offer.

The Bolt releases bi-weekly in print and new articles appear online several days per week. Follow us on social media @TheBoltNews to stay up to date on new articles, news, contests, and more.

