

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

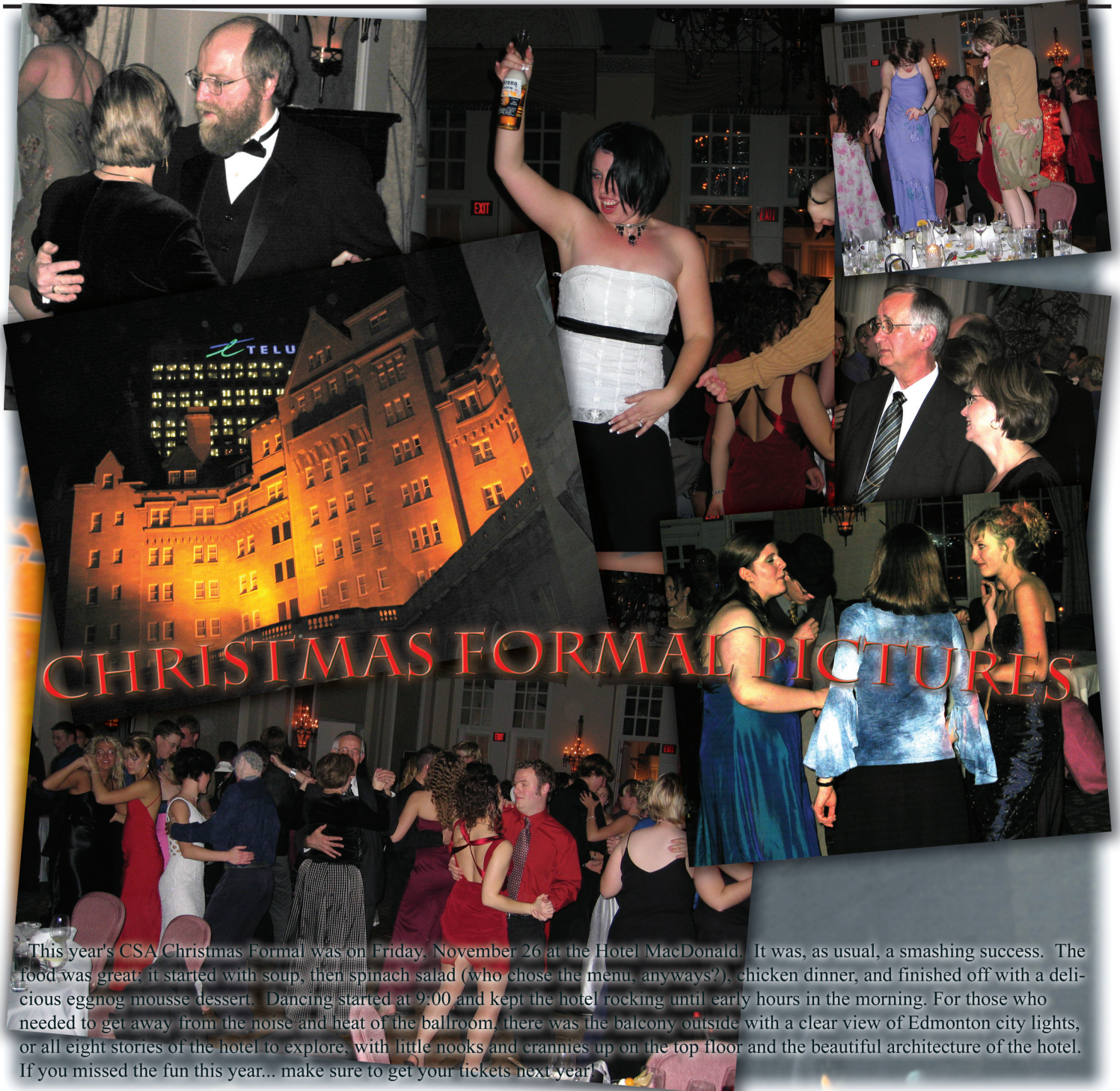
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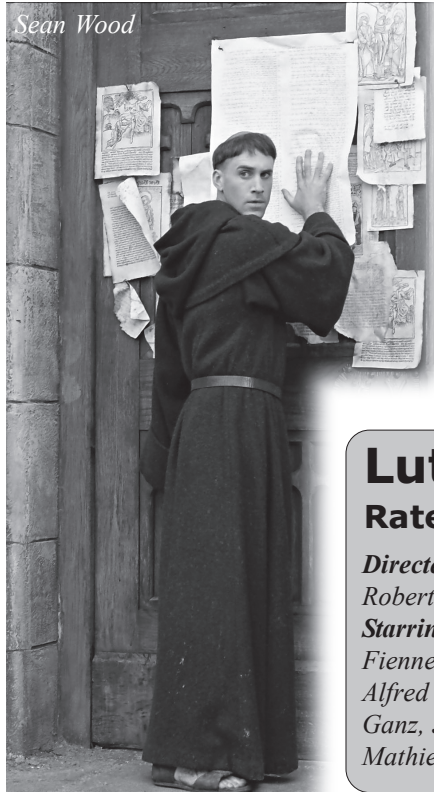
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Issue 5 -Volume 3



# Movie Useful to Students, Enjoyable as Film



Sean Wood

As Luther said, "God did speak through the mouth of an ass. And ... perhaps He's about to do so again." The soon-to-be-released-on-DVD movie titled "Luther" takes a very sardonic and comic approach to the story of Martin Luther, a German monk who has been accused of starting the Reformation.

The movie presents Luther as an apparently innocent and naive man with demanding questions. He first appears as a no-good failed monk who let his family down by becoming a half-assed monk instead of a good lawyer. His questions lead him to be sent into the world outside the monastery, where he is exposed to an opportunity to share his ideas. Luther is portrayed as a passionate man who did not preach from the

altar, but as a man. He is a man searching for "a merciful God, a God who [he] can love, a God who loves [him]". He is the hero of this movie, one who fought against "the man" to shout out what he understands to be the real story that "salvation could exist outside the church, though not outside Christ."

The antagonist of this movie seems to be the Roman Catholic church and their practice of indulgences. These antagonists get witty lines like "when

the coin in the coffer rings, a soul from purgatory springs" and "This drunken little German monk is intoxicated with himself. Sober him!"

This movie is a definite must for anyone taking a theology of Luther class or even an introductory to the Christian faith course. Much of the humour in this movie is limited to religious topics that many people, unprivileged with the history of the church, may not get. Some could argue that the movie takes on a biased view because of Luther's apparent superiority over the church; but, it is a very interesting portrayal of a man forced to make the decision between silence plagued with inner turmoil and persecution brought on by speaking out, and how this choice affected other peoples' ability to choose.

Overall, the movie had a nice pace with smooth cinematography. The movie was enjoyable. I would give it three out of five stars.

**Luther**  
**Rated: PA**  
*Directed By: Eric Till, Robert Fraisse*  
*Starring: Joseph Fiennes, Peter Ustinov, Alfred Molina, Bruno Ganz, Jonathan Firth, Mathieu Carriere*

## Dating Your Co-worker

Yovella  
 Student Volunteer  
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What would you do if you were attracted to one of your co-workers? Would you keep your feelings to yourself or would you act on them and start a dating relationship with your co-worker? Love is a powerful emotion. It can be so powerful that it can cause you to focus more on your feelings and emotions than work. For those who are considering dating a co-worker; here are some things to think about and be cautious of:

- 1. Are you sure the feeling is mutual?** If the attraction to your co-worker is not reciprocated, how will you feel? Are you the type to overcome rejection easily and move on, or will you become bitter towards the other person? Are you easily embarrassed? If so, then be cautious when asking out the person you are interested in. Don't interpret their friendliness or kindness as anything other than that.
- 2. What will you do if things don't work out?** What if you do decide to start dating your co-worker and in the end the relationship falls apart? How will you feel about being around someone you used to date every day in a work environment? Will you become emotional at the sight of him or her? Can you hold your tongue and not talk about the break up with your co-workers? Breaking up with your co-worker will not be anything like breaking up with someone else. Generally, you don't have to see the person you dated in the past on a regular basis, but at work you will.

- 3. How will your relationship affect your co-workers?** Dating a person you work with affects everyone in the workplace. Some people may not feel comfortable about being around a couple at work. They wonder if they should leave the two of you alone during breaks and at lunch time. You may also become the target of gossip at work. Are you willing to sacrifice the friendships and association you have with your other co-workers for a love relationship with one person?
- 4. Will your behavior change at work?** Will dating a fellow worker affect your behavior? Is going out with your co-worker going to make you less professional at work by doing things such as sneaking kisses when no one is looking, inappropriate physical contact, or revealing things about your relationship that others may not want to hear? This may seem unthinkable, but remember love can cause people to do the unexpected.
- 5. Is dating amongst co-workers allowed at your worksite?** Some employers have a no dating policy in place. This is to protect the company from sexual harassment cases and also to keep the work environment professional. The workplace can be stressful enough without adding romantic relationship issues into the mix.

If after giving it considerable thought you still want to date your coworker, remember to prioritize your job when you are at work - before the relationship. If you are unable to do this, then it's time to break up or move on to another job.

## Time to Upgrade to First Class

I think it's time I pushed my readers. For this issue, I thought we should look at the possibilities for making a "fancy meal". Don't worry... fancy doesn't mean difficult. I have every intention of keeping the kitchen part simple, but that doesn't mean that the menu itself has to taste that way.

*Salad:* In order to keep it simple, I'm not including a recipe for a dressing, so buy some dressing from your local grocery store. But there are other ways of making your salad first class. Buy those "Christmas" oranges and include chunks of orange to top it off. Rather than croutons, use sliced almonds or sunflower seeds. Serve your salad over large purple lettuce leaves if you want to be really impressive.

*Rice Dish:* This goes by the name of lazy cabbage rolls, and the preparation means just that, but you are serving more than just rice. Prepare white rice as you normally would, but instead of using water, use vegetable juice; this will give the rice that tomato sauce flavour. Now in a casserole dish (one that can be put into the oven) put a layer of rice. Then chop up cabbage and add a layer of cabbage. Alternate cabbage/rice until the casserole dish is full. Place the dish in the oven at 275 degrees and warm for 20 minutes or so.

*Main Dish:* Salmon! Now don't get freaked out; this is way easy. Take your salmon and marinate (soak) it in Italian salad dressing overnight. No joke; just chuck your boneless salmon into some kind of container and add salad dressing until the salmon is slightly covered. The next day take the salmon out and wrap in tinfoil and throw it either on the barbeque or in the oven at 400 degrees and bake until the sides are starting to brown or until desired tenderness.

*Dessert:* Angel food cake (purchased pre-made) topped with some whipped cream and mixed berries (buy them frozen and when they defrost they come with a lot of juice that acts as fruit syrup). Keep the ingredients low fat and you have yourself a dessert that you wouldn't mind taking seconds.

These recipes are great if you want to make your own Christmas formal, or to impress family and friends at Christmas. To prevent your own kitchen disasters, cook in groups; it's more fun and you can "share" the mistakes of what flops.

Our next article before Christmas is on hors d'oeuvres for those many Christmas parties. If you have one to submit write to the *Blue and White* and I will be sure to include it.

Bon Appetit!

## What Are You Doing Here?

What are you doing here at Concordia?

I can see the answers running through your head - you want an education, your parents are making you go to school, you're hoping for a good job when you get out, you don't know what else to do with yourself. But that's not what I meant.

What are you doing here at Concordia? Why did you pick this college out of the dozen or so in Edmonton - or all the colleges in Alberta or in Canada? Stop and think about that for a minute, because I want to talk about that.

I've heard a lot of students grumbling about Concordia. You've probably read the vocal grumblers who express themselves in this paper. A few issues ago, "Rasputin's Ghost" wrote "On the Amusement of Learners". I found his article amusing (though I disagreed with him), but I'd like to ask him why he's here if he doesn't like it that much. He could go to the U of A - there are lots of pubs there. I was horrified at his suggestion that Concordia get a pub. In fact, I talked to a friend of mine who said that she came here just because there *wasn't* a pub here. Other students grumble about the tuition that they have to pay, the poor staff in the offices, or the classes in trailers.

I want to say to those grumblers: You don't have to be here if you don't want to. You can go somewhere else.

Having said that, I'd like to say that I'm quite happy to be here at Concordia. I have never regretted coming here for my education. I did check out other colleges; something about Concordia attracted me. I like the small campus and small classrooms. I can get anywhere on campus in just a few minutes, without getting lost. I've gotten to know a lot of the people here, and I've made a lot of friends. I'm a quiet person, and I find it hard to talk to strangers, so I've appreciated the fact that, because this is a small university and I had a lot of the same people in all my first year classes, I've gotten to know

them. Some of them are very close friends now and we do a lot of stuff together outside of school. I also like the location and the scenery here. For those times when I'm stressed out or just need a break from studying, the river valley is close and convenient for a bit of a walk. A friend and I have made it a habit to go for a walk this year during our "lunch hour". It's a great time for a break, and the beauty of the river valley is refreshing (even in the middle of winter!). I also like being at a Christian university. I enjoy having a time set aside each day for chapel, where I can take a break and be refreshed.

I'll agree that there are some problems here, but what institution doesn't have its problems? Sure, the cafeteria is crowded and the food is dubious; yes, the trailers do get cold (or hot) as the weather does; and those chairs in the Glass Lounge are absolutely horrendous (if you have to sit in them for more than an hour or so). But I can put up with that, because I like being here.

I'd also like to ask, what do you do here at university? I'm here to study. I'm here nearly all day. That's my study time. It's like a job: you keep 9-5 hours and you get your studying done. I don't think we need a pinball machine or other entertainment items. This isn't kindergarten: this is university. If you need to have a fun time, there's a mall just down the road. I appreciate Concordia's coffee nook for those times when I need a bit of coffee. I hang out with my friends in the Cafeteria. I enjoy the many things that happen in Tegler, like the karaoke, concerts, chapel, fairs, etc. There is a lot happening on and off campus that students can get involved in for "diversionary" reasons, without having to have an arcade on campus. Just ask the VPs internal and external what events they are planning for the students.

I love Concordia. If you don't, maybe you should be somewhere else.

Sharon Brown

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**Ask Barb**

*Are there any memory techniques I can use to improve my study skills and get more out of the time that I spend studying?*

Short term memory means that you retain information for a short period of time without creating the neural mechanisms for later recall (e.g., getting and using a number from Directory Assistance). Long term memory occurs when you have created neural pathways for storing ideas and information which can be recalled weeks, months, or even years later. To create these pathways, you must make a deliberate attempt to encode the information in the way that you intend to recall it later. If you prefer visual memory, material must be actively visualized. Speaking aloud when you study can enhance auditory memory. Recall is then sought by remembering what you heard, saw, etc.

Like the directories in your computer, you must find a way of filing the information you're trying to learn. Learn from the general to the specific. Get an overview of your subject first. Look for the main idea and conclusions, and then organize the information and examples that lead to those broader thoughts.

Without repetition, most people can only recall about 20% of selected material after a 24- hour period. Simply reviewing material once after class to clarify and confirm what you heard and again later that day or evening improves memory significantly.

New data can be recalled more easily if it is stored near old data. New data can be recalled if you can see how it compares with other ideas (association), or if you can create a picture or diagram of it (visualization). For example, by visualizing a computer and associating this theory of learning with your computer's RAM and filing system, you can easily recall and explain the human memory process.

Of all memory techniques, recitation works

best. Put things into your own words; explain it to a friend or classmate. The combination of having the idea in your head, the words in your throat, and the sound in your ears, is synergistic. It's more than just one way of encoding information; it's three different ways of creating neural traces for the same information and its recall.



Barbara van Ingen

Marathon study sessions on one topic are not as effective as numerous, short, intensive efforts. Take regular breaks; study something else. Distribute your study and learning sessions throughout the day (the exception is when you become so engrossed in writing a paper that you can't stop).

Combine memory techniques to create a multi-modal encoding process. For example, flash cards work well because you can use them repeatedly, at different times of the day, see the stimulus word and hear yourself explain the answer. (That's repetition, distribution, visualization and explanation combined.)

Mnemonic devices are new words, acronyms, or creative sentences to which you have tied the information you wish to recall. New words or acronyms are created typically by using the first letter of a series of words: NASA (National Aeronautics and Space Administration), SCUBA (self-contained underwater breathing apparatus) and ROY G. BIV (for the visible spectrum) are classic examples. Creative sentences, like "every good boy deserves fudge" allow for easy recall of the musical notes on the lines of a treble staff.

**HAVE A QUESTION?** Please send us any questions you have for Pastor Garry or Barb. You can drop them in the submissions box or email them to [blueandwhite@csa.concordia.ab.ca](mailto:blueandwhite@csa.concordia.ab.ca) Questions may be submitted anonymously.

# Regarding John Kerry: an Embarrassment to Roman Catholics

Odessa Atwood

Contrary to Skuban's article *John Kerry: an Embarrassment to Roman Catholics* (Issue 2), there are Roman Catholics who believe abortion is an issue that should be privately decided within the family, involving the woman and man and other private factors. While we should work towards preventing the necessity of abortion, it is important to remember that the government and those running for office do not have the right to force people to share our faith. During the third Bush-Kerry debate in Arizona on Oct. 13, Kerry clearly stated this: "I can't legislate or transfer to another American citizen my article of faith. What is an article of faith for me is not something that I can legislate on somebody who doesn't share that article of faith." Skuban's article criticized Kerry for not taking a stand against abortion and for saying he refused to push his personal beliefs on others. The article said, "Pushing religion on people is the President forcing people to pray the Rosary ten times a day." Opposing abortion based on Christian principals and using that as an election tool is also pushing a religious agenda. The President does not have the right to make decisions based on religious belief because he represents a nation where vast numbers of people are not Christians. Kerry's stance against abortion is not a matter of arguing against the Catholic Church. It is an argument against those who believe that the government has a proper role in forcing a woman to have a child or forcing a woman not to have a child.

Unfortunately there are many other moral issues that are being forgotten. Skuban's article said "Last time I looked, Catholics stood firmly against social issues such as abortion and stem cell research on embryos."

The Catholic Church also stands firmly against social issues like poverty. The Catholic Church joined Muslims, Hindus, Buddhists, Christians and many other religious organizations around the world to protest during the WTO conventions against free trade rules that exacerbate poverty. Why were free trade and globalization issues not on the election table? Why do we let special interest groups like Pro-Life and Pro-Choice have so much power over our Governments?

Constitutionally we all have the right to support the Pro-Life movement. We also have the right to be advocates for Pro-Choice. Skuban's article claimed: "Now we know why George Bush is appealing so aggressively to American Catholics for their vote." This is interesting considering President Bush stated during the Second Debate, "I'm the first president ever to allow federal funding for embryonic stem cell research. I did so because I, too, hope that we'll discover cures from the stem cells." This is not a firm position against abortion, considering that embryonic stem cell research requires the destruction of life. George Bush was playing both sides with the hope of appealing to left wing voters.

It is important to remember that people in the United States and Canada are religiously and ethnically diverse. We have different opinions and don't always agree. We are lucky to be in a country where we are allowed to voice political dissention, but electoral changes must be made so that special interest groups have less power over government decisions. Americans and Canadians need to express their frustration with being represented unfairly and push for stricter laws regarding donation of funds by special interest groups to political parties.

## O death where is thy sting?

Debi Lemoine

This little one in his seventh year of joyful life,  
Who, snatched away by unmerciful and cruel cancer,  
Shall not be roused from sleep.  
As water evaporates from the sea,  
So rises his phantom soul from the still small porcelain shell  
Which once manifested its sweet presence.  
In one moment, he was swept away in angels arms  
To pursues the path of celestial peace.  
His mother stands hunched over the little casket,  
Lamenting the piteous unauthentic inanimate figure  
With rosy coloured cheeks and flawless mannequin complexion.  
How could one so bloodless look so colourful but for the hand of an artist?

The mother's soul soaks in the love  
Of constant friends who flank her every side.  
Their hearts weep with hers.  
Her pain felt, though not in full,  
As waves of sorrow wield anguished emotions.  
Tears that unceasingly brim her reddened eyes  
Know the number of her sweet boy's days is full.  
Yet, as time and the hand of adversity passes,  
The sun will rise again  
With healing in its wings.



Sean Wood

## Introducing: Your VP Internal

Well, what can I say? Busy busy busy. That's the life of a student, right? It's 3 am and I'm sitting here in a recording lab at the U of A, waiting for my turn to lay down a new track, and writing this little fluff piece for the Blue and White so that you guys can know who I am in case you ever need assistance. (That was a long sentence.)

Last term you (the population of Concordia) elected me to be your Vice President of Internal Events. This means that I get to work with all the clubs, manage this fine little paper, and plan on campus events.

If you want to know a little about me, then read

on. I absolutely love to create, whether it is painting, writing music, writing poetry, or whatever. I play guitar and sing. I like to walk around barefoot when it's warmer. I am from Regina. Je suis tres fatigued.

I would like to take this opportunity to ask you a favor. As I work to plan on-campus events, I always wonder what it is that you want. I know what I would like. A few people tell me what they would like. But what about you? If there is anything that you would like your CSA to make happen, let us know.

My office number is 494-9218. My email is [sdwood@csa.concordia.ab.ca](mailto:sdwood@csa.concordia.ab.ca)

My office hours are from 2PM to 3:45PM MWF.

## Sports

Brandy Robinson

### Basketball

Concordia's men's basketball teams have shown that they have skills by closing November with three out of four wins. Captain Daryl Balog has climbed the scoring league leader chart to a spot in the top three in the North Division, with teammate Keith Miller nipping at his heels in fourth. Kris Raymond is still leading the CUCA in the rebounding points, and earned a spot in the top three in the North Division

The month of November has proven to be extremely good for the women's basketball team, closing this month with 4 wins and maintaining their season 7 game winning streak. The women's team is on top of the North Division and remaining in first position by 2 points. Our girls are maintaining their number one position in the National standings for the third straight week.

### Badminton

Concordia's badminton team has completed two competitions in this 2005 season. The first was hosted at the Grand Prairie Regional College, where CUCA maintained 5 out of 5 victories. Over half of the games finished in shut outs. In the second competition hosted at Mount Royal College, Concordia finished with 4 out of 5 victories. Mount Royal is the badminton league's five time league champions,

with extreme national talent on their team. Concordia seems to be facing this challenge and with the results of the last two competitions Concordia is currently ranked above Mount Royal. The Concordia badminton team is positioned 6<sup>th</sup> in Canada and hopes to climb the charts.

### Hockey

Concordia's men's hockey league season has started. The team is split between rookies and veterans. With ten games since mid-October, Concordia is ranked sixth in the Alberta league. The most recent bout between Concordia and NAIT ended with Concordia in a 5 to 3 victory over NAIT, giving Concordia their first win of the season. The lag in our team's performance is due to many factors, such as key injuries and player suspensions. There is no doubt about our player's ability; our team has talent. In the second last game against NAIT, the thunder out shot NAIT 23 to 7 in the first period. Coach Jim MacLean explains that there is basically two hockey seasons, one before Christmas break and the next beginning Dec. 27. He says that basically "our team is playing one game at a time." Concordia's hockey over the last two seasons has been very eventful with the team winning the bronze medal in the 2003/2004 season and winning league championships in the 2002/2003 season. Over the three week Christmas break Coach

MacLean indicates that "there is a possibility of adding players to the team." As with any team new blood compliments our current team's assets and helps pick up the slack. Another achievement for the Thunder: goal tender David Spooner is ranked 7<sup>th</sup> in the Goal Tending league leaders Charts.

### Cross Country Running

Concordia's Martin Peske earned a 12<sup>th</sup> place finish at the Cross Country Running Nationals hosted by Grant MacEwan on November 13, 2004. He added roughly two minutes to his time and missed out of the top ten rankings by four seconds. This was a remarkable accomplishment for Peske to be the only Concordia runner to qualify for nationals.



Concordia Christmas Concert  
@ McDougall United Church  
Saturday Dec 4 and Sunday  
Dec 5 at 7:30pm

Featuring:  
Concordia Concert Choir  
Concordia Ringers  
Concordia Community Chorus  
Concordia High School Choir  
S.O.U.L.

# Meet the Prof: Dr. Steven Muir

I first met Dr. Steven Muir in Religion 150 back in my very first year at Concordia. That was one of my very first classes here, as I was getting used to life as a university student. At least three other students in that class became good friends of mine, and we occasionally studied together for our exams, discussed things we'd covered in class, or jokingly competed over marks on our papers. My theory was if you get a good prof, stick with him (or her), so when I was making up my schedule at the end of the year for the next year, I made sure I had a few courses with Dr. Muir again. As usual with my interviews, I found talking to Dr. Muir very interesting, so read on...

*How long have you been teaching here?*

This is my third year here.

*How did you get into religious studies?*

This is my second career. I used to work in the business world, and I have a Bachelor of Commerce from Calgary. I did a number of jobs in the business sector. But I didn't find it satisfying. I got a good salary, but it wasn't satisfying to me as a whole person. I come from a religious background, and I've always been interested in religion and history and people. I decided that I wanted to become a teacher. So I gave up my last job and went back to school and started all over again, and got a B.A., an M.A., and a Ph.D. It took me about sixteen years. It was not a decision that I made lightly, but I've never regretted it.

*How did you get into teaching?*

I went back to school to get into teaching; that was my strategy, and you have to have that type of goal to stick it out for all of the courses you need to take.

People with graduate degrees in other areas, like economics or

political science, can work for the government or business, but you are pretty well committed to being involved either in a university or in some kind of church organization with religious studies training. So you have to commit to that.

*Why do you like religious studies?*

The questions of religion are the important questions of life, in my opinion. What I find interesting in religious studies is that it examines those questions and adopts a comparative framework. Not only is one's own tradition the subject of study, but religious studies also encourages people to look at other traditions, and through that process, of course, you learn about others but you also learn about yourself. You see the world through others' eyes and then you come to see this is why I think this way. To me that is a very complete learning experience. So that's what I like about religious studies, that it does foster a comparative attitude.

*You usually take a more historical approach to religious studies. Why?*

There are different ways to look at religion. I find the historical approach very interesting, because it looks at how religion has been practiced. In other words, it seems quite easy to talk in generalities, to say religion or Christianity, is like this or it should be like this. But when you look at history, you're confronted with this is what people have actually done with these ideas. Then you can say well is this good, bad, has it been effective, counter-productive. So you can't talk in generalities, and that's why I like history.

*What did you want to be when you were growing up?*

I wanted to be a scientist, actually. That didn't work out at all. My math skills weren't good enough. But in the sense that a

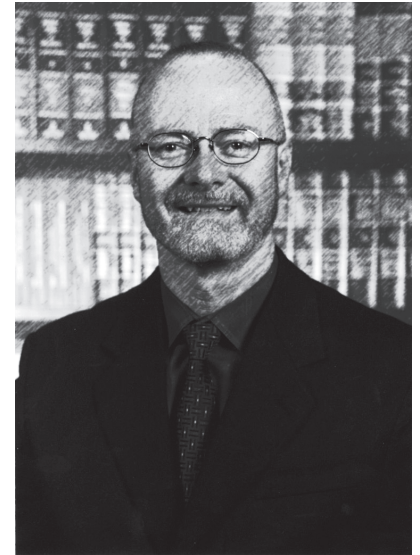
scientist analyzes data, to a certain extent, maybe it's not too far out to say that science is like religion, in that I study the data closely and make analytical observations about it.

*What's a favourite pastime or hobby, and why?*

I like music a lot - listening; I don't have any musical abilities to speak of. I'm interested in varieties of music. When one is a teacher one never entirely sets that aside, so often when I'm listening to music, if it's a thoughtful song I might think about what class I could use that song to teach. I like doing that; that's a very different approach than just doing history, is to look at references to religious issues in modern culture. Not all songs get into serious issues, but the songs written by people who think about serious issues are asking religious questions. They may not come up with religious answers, but the questions they ask are answered by religions. So that's a starting point for discussion.

*What advice would you give to students outside the classroom?*

Don't seek to limit your learning to just the classroom, because one can learn at any time anywhere. And don't be afraid to ask questions. Most professors like questions. A lot of students are afraid to speak up; they think if I'm confused I just have to stay confused, and really professors want to clear up confusion. What one person asks everyone can benefit from.



*Interviewed by  
Bonnie Ross*

# Is This You?

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!



## LIBRARY @ THE CENTRE OF LEARNING "ongoing" Booksale

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## Single Parent Students Peer Support Group



Providing an opportunity to informally connect online with other Concordia University College Students who are single parents to:



- Encourage, support and empower one another through the exchange of information, advice and experience
- Share insights about classes, parenting issues and/or form study groups with students who share common challenges

*Juggling parenthood and school isn't easy—why not join a group that will encourage you not to give up.*

Check us out at:  
<http://lists.concordia.ab.ca/cgi-bin/mailman/listinfo/singleparent>

Thank you!

On behalf of the Special Events Committee for the 2004 United Way Campaign, I'd like to thank all the students, staff and faculty that supported our various events. I'd also like to extend a big thank you to the students, faculty and staff members that volunteered time to help run our events. Without everyone's support, the events wouldn't have been as successful as they were.

Thanks again to everyone!

Karen Hildebrandt  
2004 United Way



**LUTHER MOVIE CONTEST:** All articles submitted to us for the December 6 Christmas issue of the Blue & White will be entered into a draw to win their own DVD copy of the movie "Luther." Great for a stocking stuffer! Winner will be contacted by email.

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