




Blue & White

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The  **CONCORDIA** University College of Alberta Students' Association Publication

Issue 2, Volume 3

Thanksgiving Issue

October 3rd, 2005

One Week 'til Thanksgiving



Thanksgiving Fact :

In Canada Thanksgiving is celebrated on the second Monday in October. Unlike the American tradition of remembering Pilgrims and settling in the New World, Canadians give thanks for a successful harvest. The harvest season falls earlier in Canada compared to the United States due to the simple fact that Canada is further north.

Ask Barb



Barb van Ingen

College students talk about the "Freshman 15."

That is the number of pounds some students gain during their first year away from home, dealing with the stress of school. New work from researchers at Washington University in St. Louis confirms that most students do, indeed, gain weight in college. Reporting in the *Journal of American College Health*, the research team found that about 70 percent of students gained a significant amount of weight between the start of college and the end of their second year.¹

Reasons for the Weight Gain

- Reduced activity. No time, other priorities, school sports from high school have ended, rainy weather... the list goes on. Your activity should be the last thing to go. It is well documented that active people handle stress better, have better concentration and often more energy than inactive people

- Fast food. With busy schedules, convenience or fast food becomes a mainstay in the diet. Fast food tends to be much higher in fat than food you would make at home.

- Skipping meals. Another factor that may affect weight gain is skipping meals.

If you are in a hurry and forget your lunch or have a class right through mealtime, you may end up going more than 4 hours without food. When this happens your body begins to conserve energy and your metabolism slows. By the time you get home you are starved, overeat, and all the extra energy you consume is stored as fat for later.

- Increased alcohol consumption. For some students, university is a party. Parties mid-week, night clubs on the weekend and with each outing comes a few drinks. Health Canada reports that a single glass of beer or wine can contain at least 100 calories. Having a few drinks 3-4 nights a week could be adding 1,000 unforeseen calories to your diet. Moderation is the key!

- Money. It is a myth that healthy eating costs more. Fruits, vegetables, yogurt and cereal cost much less per serving than a chocolate bar or a bag of chips, and definitely a homemade meal will cost you less than take out at a fast food restaurant.

Strategies to live more healthfully

- Start eating more regularly. Aim to eat every 3 hours. If you have snacks between your meals, not only will you stay more alert in class, but you will also control your appetite so you don't overeat at your next meal. Portable snack ideas include fruit, yogurt, granola bars, dried fruit and nuts, fruit smoothies (in a water bottle), 1/2 sandwich, energy bar or dry cereal.

- Drink lots of water. LOTS!

- If eating out, look for foods that are lower in fat.

- Fill up on the vegetable portion of your meal. Vegetables should cover the majority of your plate. Order vegetables on your pizza!

- Include some lean protein in your meals such as fish, beans, tofu, chicken, turkey, eggs and extra lean ground beef.

- Reduce your alcohol consumption.

- Exercise! Move it and lose it!

The other end of the scale is also dangerous. Some students become obsessive about their weight, and it turns into a control issue. Eating disorders are extreme expressions of a range of weight and food issues experienced by both men and women. They include anorexia nervosa, bulimia nervosa, and compulsive overeating. All are serious problems that can have life-threatening consequences.

Eating Disorders Awareness and Prevention Inc. (EDAP) suggests the following warning signs for people with eating disorders:

- Marked increase or decrease in weight not related to a medical condition.

- The development of abnormal eating habits such as severe dieting, preference for strange foods (for example baby food, only celery), withdrawn or ritualized behavior at mealtime, or secretive bingeing.

- An intense preoccupation with weight and body image.

- Compulsive or excessive exercising.

- Self induced vomiting, periods of festive, or laxative, diet pill or diuretic abuse.

- Feelings of isolation, depression or irritability.

If you are interested in learning more about eating disorders, the Eating Disorder Education Organization (EDEO) is presenting a conference on eating disorders in Edmonton on October 28-30 at the Delta Edmonton South. There are sessions open to the public which students are able to attend at a cost of \$10. For more information, contact EDEO at 944-2864 or www.edeo.org.

¹ Racette S.B., Deusinger, S.S., Strube, M.J., Highstein, G.R., Deusinger, R.H. Weight changes, exercise and dietary patterns during freshman and sophomore years of college. *Journal of American College Health*, vol. 53(6); pp. 245-251, May/June 2005.

Ask Barb! Send your questions to
blueandwhite@csa.concordia.ab.ca

Line x Line

Next Submission Deadline: October 24th Send your Hallowe'en articles to blueandwhite@csa.concordia.ab.ca

Music and Memories, Elbows and Kisses



Choir Member

Choir retreat is a chance for Concordia's concert choir to get together away from the city for awhile, get to know each other a little more, and sing their hearts out for two days straight... Okay, with a few breaks in between to do some homework, hang out, and have some fun too. But while I was looking forward to the weekend, I have to confess, on the Friday afternoon before embarking on this trip, in the midst of packing, I sat down on my bedroom floor and wondered (maybe even worried a little bit) what the weekend would bring? Being a third year student at Concordia and a first time member of the choir, I was beginning to wonder how I would fit in with this group that almost sometimes seems like a second family with each other. However after this year's retreat, the only thing I was left to wonder with was why it took me two years to audition.

Shortly after I had arrived at the school and climbed onto the bus with the other members of the choir, what little worries I had were quickly put at ease while I listened to and participated in the conversation and organized chaos of a large group of people getting ready to go somewhere. We arrived at our destination of Sylvan Lake early Friday evening, and stayed until the middle of Sunday afternoon. The majority of the weekend was spent, of course, singing, but there was time in between rehearsals to do homework, hang out, have some fun, and for the new and old members to get a chance to get to know each other a bit better.

Also for the new faces, the weekend was our turn, whether we liked it or not, to be educated on some of the choir's long held traditions. For the older members, it was an opportunity to take advantage of the fact that we had no idea to watch out for things like who we sat with at mealtimes, or to keep our elbows off of the table. For those of us unsuspecting newcomers, it was an interesting experience to be in the middle of a meal and a conversation with the person sitting next to you, then all of a sudden be surrounded by members of the opposite sex, singing a song about wanting kisses, simply because you had your elbows on the table. However, as far as traditions go, there were a few that were a bit less cruel, and a bit more sentimental, that truly did make us feel a part of something special.

See our pictures on the back page!

Coming home from Sylvan Lake, whatever worries I had had at the beginning of the weekend long gone, I realized through these amazing two days filled with music and memories, it was a good feeling to be a part of a choir again, especially one that has so much life in it. It gave me a good feeling about the upcoming year, knowing that this is only the beginning, and there are many more times like this to come.

Small Talk With Drywall

Sam Coleridge

Sam and Will were mounting drywall for a summer job. While they worked, they talked and listened to music.

"Have you ever eaten tofu?" asked Sam.

"Not that I know of," said Will. He scored a small chunk of drywall and broke it off. Then they lifted the piece into place. The hole allowed a conduit to come through the wall.

"I wonder what vegetarians do for thanksgiving. I've heard of tofu turkey, but somehow I don't think that's really what they do."

"I don't know," said Will.

"...vegetables and potatoes only go so far, too. I just don't know what they eat."

"You could find out," said Will. "I know there's all kinds of stuff about it on the internet."

"Yeah, but I don't want to find it. Usually those vegan sites are all about the nasty pictures of animals and the guilt. To be honest, I don't care about the animals. Sure, animals suffer, but so do people."

"There are more reasons than animal rights to stop

eating meat."

"Yeah, but that's the one you hear about the most. And it's just not convincing for me."

"How about health? Animal products are hard on your system – that means your system is too busy trying to deal with animal products to defend itself from illness."

"...Y'know, I don't think I care enough about my health to give up a good steak."

"What about production? The amount of pastureland that it takes to raise cattle could be used to grow crops. Only a few people can be fed with a cow, but many more could be fed with crops grown on the land where the cows graze."

"So feed the starving people? We could do that anyways, so why mess with a good thing?"

"Bovine flatulence reportedly has a part in destroying the ozone layer."

"So we're gonna burn because the cows fart too much?? That's ridiculous."

"No, the amount of cows we have is ridiculous."

"Are you vegan or something??"

"Not exactly. But there are many good reasons besides animal rights for me to become one."



Ritz and Ross' Rant

Over this next year, you may or may not see more of our column. In the event that you do see more of us, you should know one thing...we like to complain about everything.

There are 168 hours in each week. Many of these hours for a normal working adult can be used at their leisure. Only 40 hours out of every week are officially used. For a poor innocent student, however, there are not enough hours in a week to complete all that is expected. For instance, a complete five class schedule requires at least 45 hours per week. (That's two hours of study for every one hour of lecture per class).

On top of that, many students have to work during the school year to finance their education and living costs. This can range from anywhere between 12 and 40 hours, therefore, on average, 23 hours per week are spent at work.

To remain marketable to future graduate and professional schools or businesses, one must volunteer. From Boys and Girls Clubs to various Senior Centers, Concordia students volunteer all over. This time taken to volunteer can add up to ten hours or more per week. This not only takes time, but also energy to make a lasting impression on others' lives, and of course, to add the nice line on the resume.

Quick Tally: 78 hours

Sample Savings

Everyone loves to get free stuff in the mail and students are no exception! A great way for you to maximize your savings while in school is to participate in free trial offers posted by various companies on the internet who are interested in recruiting you as their customer. Registering online generally takes only a few minutes and in 4-6 weeks, your mailbox could be bursting with all sorts of useful goodies! As a bonus, most companies will even throw in a coupon for additional savings, so that if you really like their product, you won't have to pay full price on your first purchase.

Some drawbacks to registering for free samples online include an increase in junk mail to your email inbox or to your postal address. To get around the frustrating obstacle of spam, simply create an email address (which can be obtained free from anywhere like Hotmail or Yahoo) and use that email address to do all of your sample requesting. This will prevent unwanted junk mail from collecting in your primary email inbox, while still allowing you to request as many free samples as you would like. Preventing unwanted junk mail from arriving to your regular mailing address works a little bit differently and requires you to notify the company you are requesting a sample, that you do not want to be made aware of future offers, or that you would like to "opt out" of being placed on any type of mailing list.

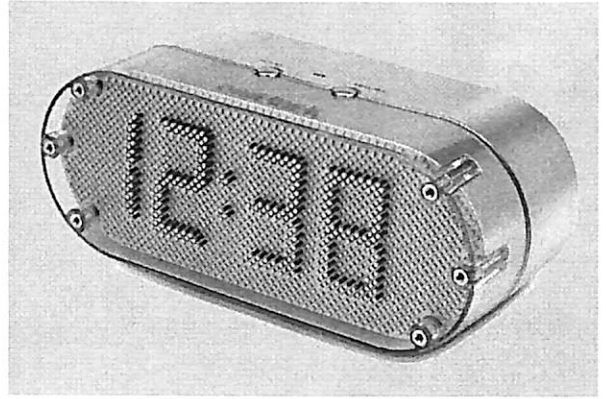
To start your savings today, go online to see what you can find for yourself or check out the current offers available to you listed below!

On top of all these numbers, students should be involved in their school. That could mean anything from being on a sports team to singing in the choir, writing for the Blue & White, to serving on the CSA, being in drama productions, or one of the various clubs on campus... From our experiences in activities, that averages ten hours a week.

Therefore we are left with a meager 80 hours to cook and eat, drive (or take the bus, walk, etc.) to necessary locations, shower and take care of other hygiene issues, sleep (we should be getting 56 hours of sleep per week), and staying fit. And that's without being social!

In conclusion, we've decided that the government should fully subsidize all education, so that we don't have to work, or make adults work longer just to make things fair.

A. Ross & T. Ritz



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www.showmetheseecret.com

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www.tylenol.ca/english/index.asp

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Kristan Noel



Making Career Decisions

Dorothy Ritz Do you remember high school graduation where the topic of discussion amongst friends and family was “What are you going to do? What are your plans?” These can be intimidating questions.

Career Planning is a complex process. Some people arrive at a career choice quickly. They head for a specific education route and they are on their way to their profession. However, for most of us, this is not the case. In addition, it is possible that once you choose a certain direction, barriers such as low marks, not being accepted into a particular program, accidents or illness can pop up at any time. Disappointment is part of life.

At the same time, we are not helpless. Life does not have to happen to us. We can happen to life! There are things that students can do which will help in making career and educational decisions. If you take these steps, you are more likely to be successful and motivated in your studies because you can visualize real goals.



Here are some ideas which may be of assistance in career decision making:

Research: Learn about careers. Read books, look up websites and most importantly, make appointments to interview people in your life who are in professions which are interesting to you. Ask them what they do each day, what do they like about their work, what don't they like, what kind of education and training is required, what kind of income could you expect, what are the work hours like, what is the working environment like, and more. After the interview, send them a thank you note telling them that you appreciate the time that they have taken to give you insight into their work.

Learn about yourself. Reflect on work experiences, study experiences and volunteer experiences that you have had. What have you learned about yourself? What do you like to do? What kind of environments do you like to be in? Where do you succeed? When do people comment that you have done something well? What kind of people do you like to work with? Have you been in settings where you work hard-but it does not seem like work-it is fun?

These are just a few tips. If you would like more assistance with career and educational decisions, make an appointment with the Career Practitioner. You can do this by going to Student Affairs (G212) and an appointment will be booked for you...or simply drop by the Career Services Office (L265) in the Library and book an appointment with Dorothy Ritz.

If you are interested in Career Development, Dorothy Ritz is looking for students who would like to write career related articles. Call her at 479-9244 or email to dorothy.ritz@concordia.ab.ca

Discovering a Career Path

Sandra Murray

Loving the arts or sciences, you have now enrolled in a Bachelor of Arts or Science program, but are not entirely certain of a career path. What do you do to discover what that career might be? A general undergraduate degree is filled with possibilities to explore career options. So keep the following in mind as you attend your classes, work on projects, papers, labs, and especially when your inner voice is speaking, as you listen to lectures and personal stories told by professors (these pointers not only apply to individuals who are not certain of their career path, but also assist individuals in confirming a chosen path):

What classes hold your interest—where the time flies by? Is it the subject matter of the class that holds your interest, the manner in which it is taught, or both?

Does a particular project you are working on seem effortless? If you are very interested in one project out of many, compare the differences and decide why this one is more interesting. Do you enjoy team or individual projects? These same questions apply when you are writing a paper.

Is there a particular lab or tutorial that you have difficulty tearing yourself away from? You do extra reading

to prepare yourself for a tutorial because you hold the topic matter in high regard and of interest, or you remain at the lab longer than necessary because you are determined to solve a problem or see a result.

Professors are a wealth of information in your discovery process. If history excites you, ask your professor if he or she would mind sitting down with you (indicate a reasonable period of time – 15-30 minutes – and go with prepared questions and a clear indication as to why you would like to meet) and discuss his or her choices along their career path. Something they have discarded may be of interest to you, and something that you had not thought about, but it is based on the same interest, and also puts a name to an occupation that you can research further.

Self-awareness is the key to deciding on a career path – and self-discovery is continually asking yourself why is this peaking my interest. What you are discarding, things that do not hold a high amount of interest for you, are just as important and assist in achieving your goal. Getting these choices out of the way moves you along to finding a career that is the right choice for you. Good luck and keep discovering.

Cancer Fundraiser Honours Mother, Helps Others

Janet Buterman

Concordia chartered psychologist Barb van Ingen wants to see our campus temporarily transformed from blue and white to blue and *pink* by wearing our jeans and sporting a pink flower during *Denim Dayz*.

EVERYONE

Wear Your Jeans
for DENIM DAYZ!

Wednesday October
12 Thursday October
13

Help to raise money
for breast cancer
research!

Donate \$5.00 in Tegler
to wear your favourite
pair of jeans (tax
receipts available).
Funds raised go to
The Cure Foundation,
a registered national
charitable
organisation.

Sponsored by the CSA
and Concordia
University College of
Alberta.

Janet Buterman

*Editor's note:
Ms. Buterman
was diagnosed
with breast
cancer at 31
years old.*

"We all have mothers, sisters, daughters, or aunts. Breast cancer can affect any one of us, if not personally, then by someone close to us having it," says van Ingen. "My own mother passed away from breast cancer in November and for me, this is a nice way to honour my mum."

In Canada, one in nine women will get breast cancer in her lifetime. Breast cancer is the largest type of cancer found among women. Men can also get breast cancer, but for them it is extremely rare. Even without a cure, a breast cancer diagnosis is not an immediate death sentence. Van Ingen says, "Mum lived for a total of 17 years with breast cancer. After her diagnosis, she was treated for two years and apparently disease free. Then 15 years later, some chest pain was determined to be metastasis: breast cancer had spread throughout

Oh What a Feeling!

Breast self examination, or BSE (*not* the mad cow kind!), is a great tool developed in previous decades to help shy and-or-overly-innocent women have A) a reason to touch themselves regularly and B) a reason to tell their doctor about anything strange found while undergoing reason "A". Unwillingness to tell your doctor about something odd found in or on your body could get you killed, then as in now. Thankfully, many women and men are less inhibited about discussing their bodies, at least when in the privacy of a medical office.

Breast cancer is a sneaky, devious beastie. Unlike an infection, which might be protected against by good hygiene or preventative medicine, there isn't a phenomenal amount of things that can be done to avoid most forms of cancer. Cancer is *not* an alien invader like a virus or bacteria; cancer is the uncontrolled growth of a body's cells, growing so fast and so large that they eventually demand 100 per cent of a person's inner resources and lead to premature death, much like using Microsoft products on your computer. (Whoa - did I just say that out loud?)

But I digress.

A random interview of some female Concordia students reflected common ideas about breast cancer and BSE.

"I know I should do it, but I never get around to it."

"I don't really know much about it, and I don't know how

her body." Helping to fundraise through *Denim Dayz* for breast cancer research "is something we can do on behalf of all the women in our lives, something to help ensure a long and healthy lifespan," she says.

National Denim Day happens in May, but academic schedules don't fit that timing very well. Since October is both Breast Cancer Awareness Month and part of the normal autumn semester, moving Concordia's *Denim Dayz* to October 12 and 13 is a perfect fit.

Participants are asked to wear a favourite pair of jeans, then come down to Tegler to make a small, \$5 donation to The Cure Foundation, a national charitable organisation. The Cure Foundation collects funds towards researching a cure for breast cancer. Tax receipts are available. Students and others who donate during *Denim Dayz* will also receive a small pink flower fashioned from ribbon to wear as a show of their support.

Information on breast self examination will also be available.

More information on the Cure Foundation, plus a great Flash mini-presentation on breast cancer, can be found at www.curefoundation.com. *Denim Dayz* is jointly sponsored by the CSA and Concordia University College of Alberta.

to do the tests."

"I'm young, so I don't think it will affect me any time soon. I'll worry about it later."

"I do it a couple of times a year, but it isn't a routine like dental flossing."

Relax. Breast cancer is *not* common in young women or in men. Still, it can and does occur in these groups, and while you should keep an eye on things, you don't need a formal system such as BSE or radiation-laced mammograms. What you *do* need is to have a reasonable amount of awareness about your body. What is normal for your body, and what isn't?

For women of almost any age our breasts can be a bit tricky to determine "normal," because they change regularly depending on our menstrual cycles. Breasts that are normally squishy and soft can become hard and lumpy, then return to soft again. Some women's breasts remain similar to the touch throughout their cycle, but may hurt or ache at some times and be comfortable at others. What is absolutely normal for one woman would be worryingly bizarre for another.

The point of all this is to encourage you to know your own body. Make sure you discuss unusual sensations (pain or discomfort) or changes (lumps, nodules, rashes) with your doctor. If you're a young woman, the statistics say you've *probably* got nothing to worry about. And if you catch something before it becomes a radically-life-altering problem, then o, what a feeling!

God's Wrath

My friend Brooke pointed me to an interesting blog entry a while ago. A man who called himself "A Worshipper" called the events in New Orleans a result of God's wrath. Then Brooke asked what I thought.

It occurred to me a while ago that I, as a single human being, cannot possibly see all the ramifications of my actions. If I stop to tie my shoes in the morning, for example, maybe that one thing slowing me down saved me from being run down by the crazy driver that was riding down the street I had to cross. Or maybe because I chose one word as opposed to another in some essay somewhere, I'm gonna lose the chance I had to get a scholarship. Or maybe my grandfather planted a stop sign in Winnipeg that has saved three hundred and nineteen lives, and one of those lives happens to be your great-aunt, who hooked your grandparents up, and consequently made it possible for you to be reading this article right now.

If you think about things in terms of good and evil, though, this idea becomes a little bit incapacitating. I mean, sometimes things seem to be good in the immediate sense, but farther on, they'll be bad. For example, cars are a wonderful thing for getting us from one place to another quickly (or on time), but as we know, they're not good for the environment in the long run. Then there's road rage and car accidents, etc etc...

Not seeing the consequences of your actions is a familiar topic in philosophy. I think that's where the idea of karma came from. Karma says that people get what they deserve; we do something, and our actions make event ripples that travel, and eventually come back to us. So, if I choose to smile at the cashier that scares me, maybe she won't smile back, but she'll be a little nicer to the twentieth person who comes by, who happens to be my boss' boss, who is in turn nice to my boss, who decides to let me have the afternoon off.

But that's an incredibly simple model. If there were only us four people in the world, it might be true. But all of us have lives beyond our daily interaction. It may be that my boss's kids are sick, and she's irritated that she had to come to work just to manage the likes of me, so she wants to see me work harder. Or it could be that the cashier thinks that I'm plotting against her, or that I'm attracted to her, and she'll feel worse for it...

It's a mess. But I think we can get out of it. Well, we can't exactly, because we're on the inside of the 'karma system,' and we only see a tiny piece of it. But God, being God n' all, can see it all at once. So, to know how to act in any given situation, I need to be in touch with God. That means I need to be in touch with him all the time, which can be tough, but it's easier than trying to figure it out, and having the world collapse every time I try to brush my teeth.

Now we have karma and God. Put New Orleans in the

middle.

Actually, put the whole United States/North American culture in there.

Self-centered, fearful of others, materialistic... three things that God warns us about not being, and that are pretty essential to a consumer-driven society.

I think the hurricane is almost a non-issue. In terms of karma, there's so much bad karma floating around because of this greed-driven empire, it's inevitable that the planet would feel the burden sooner or later. Who knew back in the day that using the handy-dandy aerosol cans was gonna put a hole in the sky and cause hurricanes? But regardless of whether it was aerosol cans, deforestation, or an act of God, I don't think the hurricane is really the point.

The point is in what happened afterward. The National Guard was out in another country the United States is busy conquering, so they weren't around to help after the hurricane. You'd think that wouldn't be a problem. People can be good to each other, and help each other in times of need, right?

Oh, wait, inbred materialism and self-centeredness, I forgot. So a guy shoots his sister over a piece of furniture. A mom cries about her house, and then realizes that her kids were in it.

That's pretty dismal, n'est ce pas? But there it is. God doesn't need to send hurricanes at us to punish us. He tells us the way to act if we want to live well. He'll help us to live that way, too. But if we don't want to, then he'll let us be, and karma will take care of the justice.

I think that heaven and hell are just the lives we build for ourselves here on earth, extended to eternity. It sucks a lot that there's little room for heaven where we are. The people who want to build a heaven have little choice but to shout and rant about God's wrath, and that just makes even more hell. Many people see the irony of that, and discount Christianity as a big mistake.

It may be that God sent a hurricane to destroy New Orleans for its wickedness. But I think it's much more likely that New Orleans brought the hurricane on themselves. They were dying a slow death anyways - too much bad karma (ehehe, death by karma). The hurricane just made it more obvious that something is wrong.

My professional opinion :) is inconclusive. I don't know if New Orleans was destroyed by God's wrath, but I do know that there's something wrong with the way that I'm living. So I've been trying to change it.

Andrew
Hoffman

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Blues Clues (Part I)

Bailey Mills

Gage's dad always left home at three o'clock. This gave him enough time to do chores and get in a decent amount of harvesting before picking his son up from school.

The Burundi-born man was running late today. He scrambled out of the combine and drove back to his modest dwelling to shower and shave. He grabbed an apple, ate it quickly and then put on his good clothes. On the way out, Blue kissed the picture of his deceased wife.

Gage stood at the end of the sidewalk looking across the field at the new housing development going up. He couldn't believe how the little town he'd known his whole life was beginning to thrive. He tapped his foot, thinking his dad was late for sure this time. They always made bets to see what time Blue would pick him up. The loser treated

the winner to a home cooked meal. Gage laughed to himself as he thought of the few times his dad had won and how many times he ended up helping his dad cook supper anyway.

Just before he began daydreaming the two-tone 87 Chevy pulled around the corner and stopped in front of him, causing dust to fly.

"And with 30 seconds to spare!" Blue smiled triumphantly at his son.

"Not 'cording to my watch, dad." Gage mimicked his dad's smile and jumped into the cab. Gage's face contorted as he looked in his dad's direction. "What are you wearing?"

"Hey now! I think I look good," Blue replied with a sly demeanour. "Besides, I thought we should eat out tonight. After all, it's my turn to cook."

Gage had to laugh. They didn't go out that often and when they did, it was the time together they enjoyed the most. That and not having to rush

back out into the field.

They ate at the Chinese place. Neither of them really liked Chinese all that much, except for the chicken balls. When they paid and got their fortune cookies, they headed for home.

About three miles out of town, Blue spotted a person on the road. As he pulled over to the shoulder he saw a clean-shaven, young man wearing a suit and holding a briefcase. It seemed kind of odd to Blue that he wore a suit. None of the professionals in town did.

"Must be from the city," Blue murmured to himself as he rolled down the window.

"Excuse me. Do you need some help?" Blue shivered as he asked the question. It must be the cold setting in, he thought to himself. It was, after all, mid-October.

Gage's impatience at the man's non-responsiveness set in. "Hey buddy. Car broken down or what?"

The man's head snapped to look over at the truck. It seemed to Blue as if he were daydreaming.

"Sorry. Yeah, I need a ride, mate." The man walked toward the truck as he spoke.

Blue, glad to hear the man finally respond, said, "All right. Hop in."

Gage moved to the middle seat and leaned over to open the door for the stranger. He began to re-position himself when he heard the wail of what sounded like a woman. He looked over to see his father missing. Neither Blue nor the stranger was in sight.

Serenity: The Movie

Janet Buterman

In Theaters Sept 30th

Serenity has got excitement. Consumption. Exhumation. Well, not really but corpsified folks are in abundance from time to time. Big guns, little guns, hand grenades. Swords. Screwdrivers. Even a ratchet or two. Scary government operatives. Scary murdering psychopaths. Sometimes the psychopaths *are* the government. Fiendish plots, none of which involve plastic dinosaurs. Clever dialogue. Some of it in Mandarin. Take yourself. Take a friend. You can't stop the signal, *dong ma?*

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TRAVEL BUG



Choir retreat is a chance for Concordia's concert choir to get together away from the city for awhile, get to know each other a little more, and sing their hearts out for two days straight... Okay, with a few breaks in between to do some homework, hang out, and have some fun too. But while I was looking forward to the weekend, I have to confess, on the Friday afternoon before embarking on this trip, in the midst of packing, I sat down on my bedroom floor and wondered (maybe even worried a little bit) what the weekend would bring? Being a third year student at Concordia and a first time member of the choir, I was beginning to wonder how I would fit in with this group that almost sometimes seems like a second family with each other. However after this year's retreat, the only thing I was left to wonder with was why it took me two years to audition.

-Choir Member

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