

CONCORDIA THUNDER: CROSS COUNTRY

by Rebekka Hay

Hello, Concordia! It is time to broadcast this week's athletics teams! The focus for this week is Concordia's fantastic cross country teams.

Concordia's cross country team is exceptionally talented. The women's team last year qualified for nationals, which is both an impressive and difficult feat to achieve (the team must qualify third overall out of all other ACAC cross country teams). Moreover, the women's team is hoping to qualify for nationals again this year, which is hosted in November in Montreal. The first race of the season proved to be very successful for both the men's and women's teams: all members walked away from the race with a new PB. "PB" means personal best, and for a runner to achieve this, they need to beat the fastest recorded time from any ACAC race. To further explain this, the women's runners commit to a 6-kilometer race, and the men's runners compete in 8 kilometers.

For this issue, I've interviewed two women's runners and one men's. Bailey Troccoli-Hughes is a third-year powerhouse. Mienna Starosielski, a second-year, is an indoor champion. Bailey frequently finishes top twenty in ACAC competitions, and Mienna won a bronze medal in the indoor 600m provincial championships last year. Both of them agree that one of the best things about the running team is the "mental health break," and also the "amazing friendships that both of them have gained." Furthermore, they remark that they are individuals who have always been passionate about running, and so the outlet provided by the team is outstanding. When asked about the specific mindsets the women's team would adapt to get the team to nationals, both members

stated that it relies on "getting back to the basics." For both Bailey and Mienna, this requires "proper hydration, adequate sleep, and consistency in their training." We wish them and the rest of the women's team the best of luck on their pursuit to Montreal.

For the Men's team, I interviewed Jackson Murrell. He is a third-year and thrives during the indoor track season. Specifically, he does exceptionally well in the 300m sprint. Individually, Jackson commented that some of his goals for this year's cross country season are to "constantly push myself to beat my personal best." Jackson pointed out that this is sometimes difficult for cross country runners, because as they improve throughout a season, mere seconds can make all the difference. For Jackson, he stated that "if a runner isn't able to beat their PB at a race, it can be a drag on their motivation, which makes it tough to bounce back for the following weekend." Jackson points out that this is a unique challenge for cross country athletes. The men's team is also hoping to qualify for nationals this year, and they are committed to pushing themselves at every practice and race to achieve this goal.

Both teams are always looking for positive, energetic, and committed people to join them for practices. Furthermore, they continue to encourage anyone looking to learn more about the team to never hesitate in approaching them.

We wish the best of luck to both teams on the remainder of their seasons!!

Go Thunder!



THE BOLT NEWS

MEET ALBERTA'S NEW BLUE

WHAT IS  THE UCP?



Inside:

POLITICS - Donovan Makus and Marina Gendi take a closer look at the new United Conservative Party and its race to find a leader.

CRIMINAL MINDS - Nicole Beaver talks about the nature of psychosis disorders and their misrepresentation in common media.

AND MORE:

TODAY IS THE DAY (VOTE)

by Macalan B-J

Today is the day! So pull up your socks, tighten your pants, and get ready to V-O-T-E for your city. I had another lengthy chat with Austin Knopp and Haroon Ahmed about this election and what it means for our city. I urge you to check out their videos and blogs on the website YegNation so that you can be better informed on municipal government and the election on October 16.

Macalan: Why is voter/political apathy so predominant in people today? Do you foresee a shift in that thinking?

A.K.: Yes and no. I do think people care about things but I also think politics has a negative stigma. I used to be a car salesman, so I'm used to the idea that what I'm doing isn't necessarily going to be widely accepted as something people can get behind. There's a similar stigma behind politicians; I think it's improving but we have a long way to go. I don't have the numbers in front of me but people ages 55 and up are about 80% of the voting population.

H.A.: Only 35% of people voted in the last municipal election. I believe Edmonton is the youngest city in North America and if that's the case, then it's clear we have a lot of power as young people. If we don't use it, we will not be heard. We want people to actually participate in politics because if we don't vote, our voice doesn't get heard and our issues and futures are just ignored.

Are you successful at YEGnation?

A.K.: Yeah and there's no doubt about that. In the most basic sense of trying to get the candidates involved, we started off with it being kind of difficult

to get in touch with people and people not really knowing what we're doing. Now Scott McKeen's people reach out to us. Having their people reach out to us to do an interview for an incumbent council right now is so special in moving this forward.

What are you trying to inspire young people to do/be like?

H.A.: For one thing, we want them to vote and get involved with politics. Generally, we really want to see young people get involved with Edmonton. This is a beautiful city; this is my city. I've lived here for 20 years and I grew up here. I want to see the city become amazing and politics is just one way to get involved in Edmonton. There are a ton of different ways to get involved--people do their own different things to make the city a better place. We have the music community and the arts community. One thing that's really nice about politics is that it really only takes you around half an hour to form an opinion and decide how you want to vote, then it takes another half an hour to go and vote. So you spend an hour to make a difference that lasts 4 years. All the communities are making a commitment and you can make a difference from just an hour of work. The biggest thing I want to see young people do is want change.

After our interview, I felt a great deal of pride for my city. Not only was I more educated, I wanted to get *even more* educated about the city and our municipal government. We, the young people, are the future. I so often hear young people complaining about "the way the world is" yet they do nothing about it. This is our time and our Edmonton. Go vote and talk with your counselor if you really want to change your community. Stop with the adolescent apathy and be an adult. We are the means of change in the world if we want to be. My charge to you, Concordia students, is GO VOTE. Today is the day, and Edmonton is worth your time.

what is natural as of no more use than water to a container that is overflowing." He also argued that we should live in harmony with nature rather than having sovereignty over it, an idea that is still relevant today, particularly in debates over climate change.

Many other philosophers living in the time of Epicurus practiced a stoic indifference towards grief, refusing to mourn even at the loss of a child. Epicurus thought that the refusal to mourn was inhuman, and he believed that grief itself isn't contrary to reason. However, we shouldn't lament the death of a loved one because, according to Epicurus, if we measure the limits of pleasure by reason, it is offered in an equal amount in both limited and unlimited amounts of time. If we understand the limits of our bodies and dispel of our fear of the future, we have the capability to live a complete and perfect life. If one lives by the principles of Epicureanism, he or she can look forward to saying the following when faced with imminent death:

"I have anticipated you, Fortune, and entrenched myself against all your secret attacks. And we will not give ourselves up as captives to you or to any other circumstance; but when it is time for us to go, . . . we will leave life crying aloud in a glorious triumph-song that we have lived well."

—VS47

Those of us left behind after the passing of a friend can take pleasure in the knowledge that they lived a good life, leaving the world a better place than it was before they entered it.

Epicurus believed that friendship was one of our fundamental needs, but he was suspicious of passionate love as he believed it had the power to replace reason. Both friendship and sex are perfectly natural, but love, Epicurus argued, is merely an idea dictated by society and thus unnatural. Furthermore, because Epicurus believed that love was a desire that could not possibly be satisfied, to pursue it was to condemn oneself to unhappiness. Although he thought sexuality is natural as it is necessary for the survival of humanity, he observed that it is not essential to the survival of the individual. Our sexuality can disturb our peace of mind and cause suffering, and so Epicurus thought it best for a wise individual to abstain

from sexual relationships. This is advice that would seem rather difficult to follow, and perhaps Epicurus' proposal is unrealistic. He himself took no wife and fathered no children, so it is difficult to speculate whether Epicurus would have changed his opinions on love if he had met the right person. Is the amount of happiness we receive from love once we find it worth the pain caused by its pursuit? This is a question that is ultimately up to the individual to answer.

The garden of Epicurus was the first philosophical school to admit women on principle rather than exception and Epicureans believed their philosophy could be easily extended to anyone, intellectuals and commoners alike. Epicurean communes were immensely successful and at the height of their popularity there were over four hundred thousand of them from Spain to Palestine. The Christian church converted these into monasteries in the fifth century but some elements of Epicureanism remained. The teachings of Epicurus are sometimes compared to Buddhism or Taoism, urging its followers to live a simple, peaceful, reflective life. By setting some time aside to reflect on one's life and to think about the joys that come along with our existence in a world that gets busier and noisier every day, we can perhaps bring ourselves a little closer to happiness.



THE GARDEN OF EPICURUS: OUR PERENNIAL SEARCH FOR HAPPINESS

by Jacob Burgess

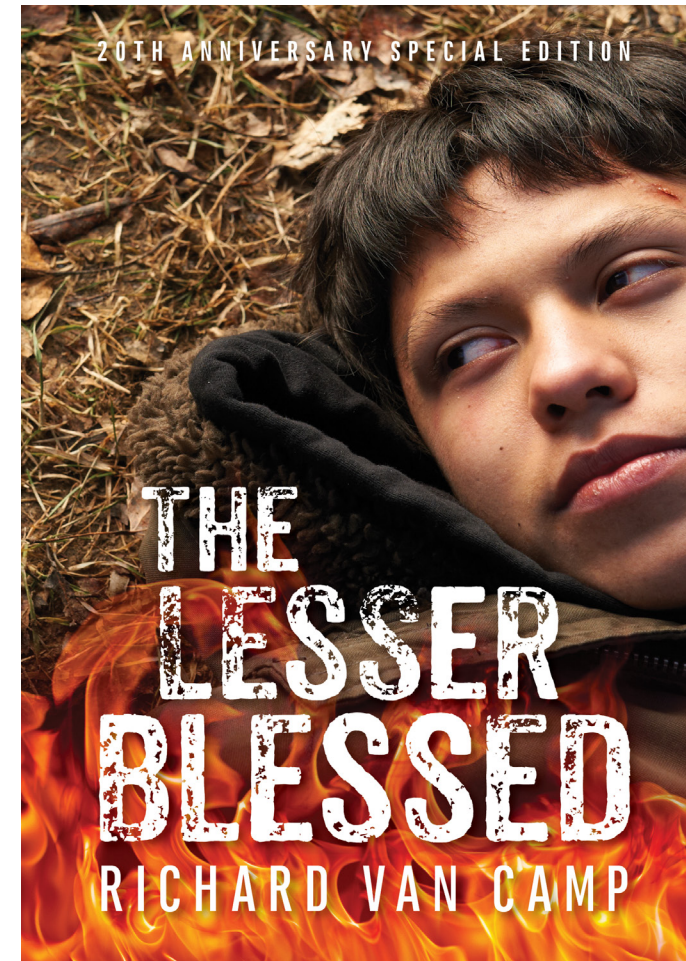
Epicurus was a Hellenistic philosopher from the 3rd century B.C. who believed himself to have discovered the formula for true happiness. Although most of the three hundred books Epicurus wrote have long been lost, fragments of his writings still remain. From these few surviving words, we can attempt to understand his philosophy. While he may have lived more than two thousand years ago, his ideas could still be applicable in the world we live in today.

Epicurus saw desire as a negative force that lures us away from true happiness. He believed that anxiety could only be dispelled by taming our wild desires to put our minds at peace. Happiness, he argued, can be found in understanding the innate beauty that is present within nature and existence itself. Our desires are a perpetual illusion; we seek them with the belief that they will bring us happiness only to realize once we have obtained them that they aren't enough. Our eyes then become fixed on some other insignificant pleasure. Epicurus called this fruitless pursuit the "disease of insatiability," emphasizing that "[n]othing is enough for the man to whom enough is too little." Epicurus proposed that the cure for this disease is to learn how to be satisfied with what meets our fundamental needs. We have water to quench our thirst, food to satisfy our hunger, and friends to keep us company. Epicurus called these fundamental needs "natural pleasures." Anything else we may desire, such as fame, wealth, and power are all what he called "unnatural pleasures" which must be renounced in order to find happiness in this life. As long as we have good people surrounding us, we are well-fed, and we have ample time to reflect on our lives, we have the ingredients for happiness.

These ideas sound rather contrary to those perpetuated through current media; we are constantly bombarded by advertisements attempting to convince us that there is something missing from our lives: we need more clothes, a nicer car, or a better television. Epicurus would have understood our addiction to such luxuries; they are our way of sifting through the void and attempting to grasp at something that resembles happiness. He would have likely told us that we will never find what we are looking for, because what we are looking for is already in our possession.

Epicurus and his followers withdrew from their society and created a fruitful garden beyond Athens. There, they practiced the philosophy of Epicurus, living simply and engaging in rich conversation with one another. Epicurus is often attributed with being one of the first Atheists; his argument against the existence of God is still rather popular today. The argument goes as follows: If God wishes to prevent evil but is unable to do so, then he isn't omnipotent. If he is able to prevent evil but doesn't want to, he must be malevolent. If he is willing and able to prevent evil, then it is not clear why evil still exists. If he is neither willing nor able to prevent evil, we can't call him God (God being understood as a perfect, omnipotent, omniscient, and benevolent being). Taking influence from the Atomists, Epicurus believed that the cosmos was composed of two things: atoms and void. Upon death, we dissolve back into the Earth from which we came; there is no afterlife awaiting us. We will be neither punished nor rewarded for our actions in this life. Epicurus, however, did not think this reason to fear death; on the contrary, it is reason to pursue with greater enthusiasm happiness and fulfillment within the life we have. The statement "death is nothing to us" is one of Epicurus' most famous quotes. We can be happy without God, Epicurus taught, and we can be happy with a life lived in simplicity.

Although Epicurus was a Hedonist, he did not believe in luxury of any kind. He is said to have owned two cloaks and he lived off of water, weak wine, bread, and olives. Epicurus argued that simple dishes offered the same amount of pleasure as fine dishes. When he wanted to "indulge," Epicurus would ask for a pot of cheese. When speaking of excess and luxury, Epicurus wrote: "One must regard wealth beyond



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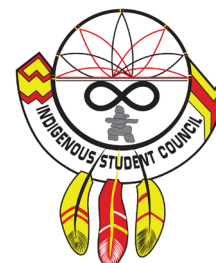
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CRIMINAL MINDS: THE TRUTH ABOUT SCHIZOPHRENIA AND PSYCHOSIS

by Nicole Beaver

It's the season for free candy, horror movie binges, spooky skeletons, and what would Halloween be without the costumes--or the constant appearances of racist and sexist choices of outfits? Now don't get me wrong, I love dressing up just as much as the next Halloween fanatic (I live for the aesthetic of black cats and bats) but this time of year is notorious for demonizing the mentally ill. I'm talking about the crazies and psychos. When I use these titles, I mean them in the most sarcastic sense. Since we're in the season where "Crazed Axe Murderer" and "Psych Ward Patient" costumes are about as common as a Jack-O-Lantern, I figured it's time to debunk the myths about Schizophrenia and Psychosis Disorders.

Let's start off with Psychosis. What is it exactly? It is very different from Psychopathy. Psychosis is a specific type of mental illness that causes impairment on the recognition between delusion and external reality. It can be pseudo- (meaning that it's not actually there), accompanying other mental illnesses such as Mood Disorders. There are normally three ways someone can develop this and, yes, substance abuse is one of them; however, I am focusing on the "organic" type of Psychosis, which means that those who have Psychosis develop it as a result of mental illness or brain tumours/cysts.

Psychosis Disorders include Bipolar Disorder, Psychotic Depression (a very rare thing), Delusional Disorder, and the primary focus of this article, Schizophrenia and its cousin, Schizoaffective Disorder.

Schizophrenia can come on suddenly or develop gradually. There may be early warning signs such as social withdrawal or feeling suspicious, anxious, irritable, or depressed. Changes in concentration, memory, and thinking may occur as well as changes in appetite, energy levels, and patterns of

sleep. Symptoms and duration can vary from person to person and may change over time. Those afflicted often suffer from delusions, both auditory and visual hallucinations, and paranoia. Schizoaffective Disorder is a little different. It includes a combination of Bipolar Disorder, which includes sudden periods of Mania (overabundant joy and energy) and then sudden periods of depression along with the aforementioned Schizophrenia symptoms.

I dated someone who suffered from this specific disorder for a year; this individual also had Dissociative Identity Disorder and I personally watched them go through the motions. From what I saw and from whom I've talked to, nine times out of ten, symptoms are mild. Sometimes, due to stress, symptoms will flare up. Some things can be constant while others pop up at random times. I watched my partner suddenly look around because there was a floating white cat in the room: we named him Ghost. I tried to help them remember to eat because, oftentimes, they just forgot. When the paranoia got bad, we'd just sit and talk.

My time with them came to an end for reasons unrelated to their disorder but they taught me a lot about people who suffer from it. They taught me that people with Psychosis are more likely to hurt themselves than others. This has caused me to become very sensitive about suicide and suicidal thoughts. Sorry "Thirteen Reasons Why" fans, but that's why I'm not on board with the show's hype.

My former partner showed me that the media makes monsters of those who display the most bizarre and socially frightening characteristics. They seek out those who aren't socially adept and make them seem like people who we should fear. A movie that came out earlier this year, Split, has caused a lot of controversy. I think that the movie is utter trash due to the demonization of the disorder, although they did, admittedly, get a few things right.

Those who have Schizophrenia and Schizoaffective Disorder are at a high risk for suicide and self-harming behaviours (including substance abuse and eating disorders). They are also more likely to be victims of police brutality due to their disorganized and often erratic behaviour. That doesn't make them bad, though. Some choose to go on medication to help with their delusions and hallucinations. Others, in-

FALSE ADVERTISING ON FACEBOOK

by Emma Bott

False advertising:

The crime or tort of publishing, broadcasting or otherwise publicly distributing an advertisement that contains an untrue, misleading or deceptive representation or statement which was made knowingly or recklessly and with the intent to promote the sale of property, goods, or services to the public.

- The Merriam-Webster Law Dictionary

Facebook is one of the most commonly used places to get information. We get updates about our friends and their lives; many people even get their news by following news outlets and reading the stories their friends share. Coupled with the multitude of companies advertising their products and services there, there is a lot to take in. Even politicians are beginning to use Facebook to advertise. Since it has become so popular as an advertising medium, the subject of false advertising has started to come up more and more frequently.

Following the US election's focus on fake news, media attention quickly expanded to include reports of fake news and advertisements being featured on Facebook. The shady ads in question were brought to light when it was discovered that the social network had allowed 3,000 ads, equating to \$100,000 in spending, that were owned by a Russian entity working to influence the American presidential elections, according to Variety. Critics are saying that this is becoming a recurring problem with Facebook and these recent events have some calling for more governmental regulation. According to Business Insider, even Mark Zuckerberg agrees. Presently, Facebook regulates itself. To combat these issues, the company has gone on a hiring spree. In May, Business Insider reports, Facebook hired 3,000 employees to remove videos showing inappropriate and violent acts. Additionally, users have been warned about purchasing based on some advertisements on Facebook. The Better Business Bureau has even given select advertisers an F rating. This is unsurprising, considering that some companies will use pho-

tos of higher quality products taken from other sites to promote their own. Given that Facebook has made recent attempts to police what appears on newsfeeds, people are beginning to become more trusting again.

Furthering its strategy of putting more hands on deck to combat advertising issues, the company recently pledged to hire 1,000 new employees to specifically focus on shutting down false advertisements. It is unknown how big the current team is. In addition, Facebook released a new policy with the intention of providing more transparent and clear advertising for users. The tactic the company plans to use is allowing viewers to see all the advertisements that are featured on a page, not just the ones targeted at them. Another new policy--this one in response to the Russian issue--requires political advertisements to disclose who is funding them. Facebook is also funding more resources for identifying the techniques that are used to get around their policies and software that block advertisements are being updated. Facebook also plans to create a network with others in the social media industry to share information on the identities of- and techniques used by those guilty of false advertising. Facebook also took the time to explain that the reviewing of advertisements has staff looking at the content, context and the audience of the advertisement in question. Facebook has about 5,000 paying customers for advertisements, according to Reuters, all of which will now require greater documentation if they wish to continue running their ads.

The purpose of advertising law is to protect the consumer and promote truthful labelling. In the USA, the Federal Trade Commission regulates false advertising. The same standards apply to advertising whether it be print, radio, TV or social media. In Canada, the Competition Bureau says that not disclosing information is misrepresentation and therefore false advertising. False advertising can dramatically influence the actions of consumers and the consequences, both economically and politically (in the case of Russia and the US election), could be far reaching depending the size of the audience.

Facebook has taken it upon itself to lead the way for current and future policy development, both in the private sector and even on a governmental scale. Only time will tell if the company's new policies and complementing hiring streak will have the effect it is hoping for.



provincial election just under two years away and with the UCP yet to introduce any significant policy to voters, these polls should be taken with a grain of salt. Beyond that, nominations, be it for MLA, MP, or Party Leader, are an amazing opportunity to shape politics. Concerned with post-secondary costs or the job market after graduation? The best time to get politicians to listen to you is when your vote counts the most: the nomination. If you only participate in politics on Election Day, you are only really choos-

ing candidates that have already been selected by their party's members. It only takes a precious few votes to sway a nomination; many MLAs won their nominations with less than 1,000 votes. In politics, there's an old adage that's often repeated: for every single person you convince to join your side at an event, they bring ten members of their family and friends to the voting booth. Even a small number of dedicated voters can turn an election. Races like this one reinforce the importance of each and every vote.



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cluding my ex, have developed impressive coping mechanisms and have learned to normalize what they see. While it is true that one person out of a few hundred with these disorders go off the deep end and may cause others harm, those are very extreme cases.

When dealing with someone who is having a psychotic episode, don't say that there's nothing there or that they're crazy. I learned from my ex that these phrases bothered them because they knew nothing was there; it was just hard for them to make their mind come to terms with that reality.

When someone is dealing with an episode, ask how you can help. If they ask you to cover the TV or shut the blinds, do so. If they claim some food is poisonous, offer to eat it first to check and make sure if it

is. If they see something, ask them about it and talk about why it may freak them out or distract them. Basically, just don't be a jerk about it. Be understanding and offer your support by humouring them.

In Criminal Minds, one of my favorite shows, character Spencer Reed's mother has Schizophrenia. He made a very insightful statement regarding this disorder: "Just because someone suffers from the inability to organize their thoughts doesn't mean they'd stab someone in the chest thirty times." Just something to think about before you buy your 'Mental Ward Patient' costume.

In my next article, I'm going to cover two things. The first is how the horror movie Split demonizes those with Dissociative Identity Disorder and the second is Emo Subculture: All Depression or a Misconception?



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TAKING A CLOSER LOOK: THE MINDS BEHIND THE MICROSCOPE

by Tyler DeWacht

The microscope, like the telescope, has had much influence. While the telescope and microscope have often crossed historical paths, they evolved into different devices entirely. Thanks to the telescope, we're able to see into the stars. With the microscope, though, we can study the smallest of organisms, the basic building blocks of life, and even the foundation of matter itself. Surely, though, this device couldn't have come out of nowhere. Who came up with it? Let's take a closer look.

Making things seem larger isn't a new concept; it's been done for several millennia. Citizens of Ancient Greece, Egypt, and other early civilizations observed that water droplets make objects and images appear larger than they actually are. Not many people back then really thought of using glass for magnification purposes though, as it was a relatively rare resource. Those who could afford glass mainly used it for tools or aesthetic purposes. The Romans played around with glass and magnification and magnifying glasses were invented sometime around the 13th century, but it wouldn't be until much later that we saw something actually resembling a microscope.

You may recall Hans Lippershey, Jacob Metius, and Zacharias Janssen, the telescope pioneers. Johannes Zachariassen, son of the latter, had a rather dubious claim that his father was the original telescope inventor. Hans Lippershey still has a claim to the microscope design, but in an interesting twist of fate, it is now Lippershey's claim that is dubious. Jacob Metius, by the way, has no known involvement with the microscope. The spotlight instead falls on Zacharias Janssen

along with his father, Hans Marten. They experimented in the 1590s with lenses in tubes, hence why it's possible that they could've also been the inventors of the first telescope. Their main finding was that images appeared larger (albeit somewhat blurry) when they looked through the lenses in the tube in a certain configuration. While no original copies of their microscope survived, there are written accounts which describe its appearance.

Galileo Galilei receives an encore as well with a new and improved design. He hears about it, makes his own, shows it off, and gets praised. It's basically the same story as last time, but swap the telescope with the microscope, skip ahead about 16 years, and remove the space element. In 1624, Galileo named it the *occholino* (little eye). In 1625, the German doctor Giovanni Faber used the Greek words *mikron* (small) and *skopein* (to look or see) to name it the microscope as a nod to the telescope. The latter name is what caught on, and that's how the microscope got its current name.

Now let's introduce a new person. Anton van Leeuwenhoek, a Dutch scientist and tradesman, found out about the microscope sometime before 1668. Other microscopes at the time could only reach around 50x magnification; most were lucky to even reach 30x. Using a new technique of lens-making, Leeuwenhoek designed a microscope that could achieve 270x magnification. This was a huge leap forward. So huge, in fact, that he even discovered the existence of single-celled organisms.

Leeuwenhoek's observations were further expanded upon by one last recurring figure. No, not Isaac Newton; he had almost nothing to do with the microscope. It's his rival, Robert Hooke, who takes the glory this time around. As Hooke looked through his microscope, he took notes on what he saw and made extremely well-detailed illustrations down to the smallest pores and tiniest hairs. He also examined corks and discovered plant cells though he didn't know that at the time. *Micrographia*, his most famous work published in 1665, contained all of his research on the subject. Together, the observations of Leeu-

UCP LEADERSHIP RACE: “UNITED IN THE PURSUIT OF POWER”

by Donovan Makus

With the municipal elections scheduled for the 16th, you would think we would be able to enjoy a respite from elections for awhile. But not to fear, the political animal in all of us will not hunger for long knowing that Alberta's provincial political scene is shifting into high gear as the UCP Leadership Race heats up.

To understand the significance of the UCP leadership race, we need to take a step back and examine the events of May 6, 2015, the day after the seismic shift in Albertan politics that created our present NDP majority. PCs and Wildrose supporters were angry; tweets were being flung back and forth, assigning blame to the other party for the NDP win, each accusing the other of “stealing” their votes and allowing the NDP to come up the middle to take 50 new seats. A new era, one that many Albertans had never seen, had begun. After all, the PCs had managed to hold their power for almost 44 years, a rarity for a Western democratic environment.

It is into this edgy environment that Jason Kenney later appeared to promise a solution. In many ridings, the PC and Wildrose votes combined would have been enough to beat the NDP candidate who actually won. What if Kenney could combine the two parties successfully? Although there were many hurdles and some unpleasant memories of past conflicts to overcome, Kenney succeeded. The Wildrose and PC parties merged to form the United Conservative Party. With the “yes” vote, the race for UCP Leader was on.

One aspect which shaped the UCP Leadership race before it even began was the man who didn't run: Derek Fildebrandt. Fildebrandt had a high profile in Albertan politics and was widely viewed as positioning himself for a run at being UCP leader, going so far as to set up a political action committee. Unfortunately for Fildebrandt, multiple allegations regarding misuse of taxpayer funds arose, one of them being a par-

ticularly stinging accusation considering his role as Wildrose Finance Critic. As well, an allegation of failing to report a minor collision surfaced just as he was preparing to run. Taken together, these issues forced him to withdraw from the race. After being kicked out of the UCP caucus to sit as an independent, Fildebrandt expressed support for Kenney at a local event.

In this race, there are now three candidates: Brian Jean, Jason Kenney, and Doug Schweitzer. Paul Hinman, a former leader of the Wildrose Party, attempted to run, but couldn't raise the \$95,000 required to enter the race. Jeff Callaway was able to join the competition but dropped out at the beginning of October. Both Hinman and Callaway endorsed Kenney. Down to only three candidates, the ideological gaps appear. Kenney is running as the most conservative candidate, particularly on social issues, while Jean falls slightly to his left and Schweitzer stands closer towards the center of the political spectrum as a self-described social moderate and fiscal conservative.

The race started amicably enough with candidates focusing on attracting new members and exchanging veiled barbs with each other. Each of the candidates criss-crossed the province, trying to marshal new voters to their side one road trip at a time. After the membership cut-off to vote in the leadership race on September 29th, the pressure was on to convince UCP members that they were the one most likely to beat NDP government they all vowed to defeat.

As far as the current state of the race is concerned, it's anyone's guess; there has been no polling of present UCP members to determine who is leading. There have been polls of the general Albertan population where Jean is shown to be consistently ahead, a fact his campaign enjoys mentioning. However, when polls are recalibrated to include those who have been part of the PC and Wildrose parties in the past, Jean and Kenney are dead even at 42%. While these polls are useful for knowing what everyday Albertans think of the UCP race, they are not the ones voting; the polls' audience consists of the significantly more conservative 86,000 or so UCP members.

After reading all this, why should we care? Why do the actions of roughly 86,000 Albertans matter to the rest of us? The number one reason is that polling shows that the UCP is all but guaranteed to retain their official opposition status and potentially form government. This along with the next scheduled

REAL FRIENDS

by Taylor Jevning

Other than schoolwork, university students often face added pressures of the increased importance of every other part of their lives. Finances, being apart from your family, and taking care of your mental health are a couple of things that shift dramatically when you enter university alongside the added sense of responsibility. While focusing on every changing aspect of your life, you might find it difficult to think of anything else but many students entering university also find that there is an increased importance on relationships. Building and maintaining relationships in university is a part of having a well-rounded life and, when things get difficult, it's generally a good thing to have a solid support system. Regardless of the type of relationship, be it family, friends, professional, or romantic, people themselves can be the biggest resource through school to make one of the most stressful times of our lives much more manageable.

It can be difficult to dedicate energy to these relationships while you are stressed about pretty much everything, but having family and friends around benefits you in many ways. When you are stressed, having someone close to you to talk about your problems with can make you feel a lot better. When you're bored on a Friday night, having company to go on a walk or watch a movie with can be a well-deserved break after a long week of assignments. One thing that tends to get ignored, unfortunately, is that your friend has needs as well. While hanging out and having fun can be beneficial to both of you, it's likely that your friend is dealing with a situation that may be as equally stressful as yours. One of the ways I like to maintain my friendships is by trying to text each of my friends once a week to ask how they are doing and let them talk about what is going on in their lives. The best way to keep good friends is to be a good friend.

Some people don't find romantic relationships a positive part of their lives but, with some effort, dating can be one of the greatest parts of university. Without overcomplicating it, the relationship you are in should be with a person you enjoy being around and who makes you happy. A healthy, functioning relationship is an added bonus to a student's life while a broken, non-function-

ing relationship can cause more unwanted stress. One of the ways to avoid having a bad relationship is by actively working on being a good partner. By doing everything in your power to be a good partner, you can ensure to the best of your abilities that you won't be the cause of issues within the relationship. Sometimes, the added stress of a relationship comes from the fact that you are dating someone you shouldn't be with. One of the things that I did to make sure I was with someone who treated me well was to write a list of "non-negotiables," which included qualities that I wanted in a partner. These traits included "someone who cares about me" and "someone who speaks positively about me." These things are not a lot to ask for but they made sure I was dating someone who at least treated me with respect and kindness. When my partners did not match every point on my list in good times or bad (even in tough times, it is still important to respect the person you are dating), I had to come to terms with the fact that I shouldn't be dating that person and end it. The only reason to be in a relationship with someone is because being in that relationship makes you and that other person happy and if that's not happening, it can add extra stress to an already-stressful time in your life. University dating has made it clear to me that love is an action, not a feeling, and if two people choose to show love for each other every day, it can make life seem a lot less overwhelming.

Lastly, form good relationships with your professors. It is important, especially at a small university, for you to prove to the people who give you your grades that you are putting in an effort to complete your schoolwork and do well. Professors can be your biggest resource. Whether it be for practice exams, better feedback on tests, essays and assignments, or just for on-campus support, having a great relationship with your teachers will never be a bad thing. I suggest visiting each of your professors during their office hours at least once during the semester so that they know your name and can at least see that you are making an effort. A solid relationship with a professor has made the difference between a B+ and an A- for me in the past (that's the difference between a 3.3 and a 3.7 GPA).

Whatever position we find ourselves in in university, who we surround ourselves with can make or break us. Putting a bit of extra effort into each of our relationships can be largely beneficial in the pursuit to becoming a successful university student.

wenhoek and Hooke would revolutionize science.

Again, I can't go over every single mind behind the microscope because it would take too much space. There's just too much history behind it and I don't trust myself when it comes to properly explaining complicated science. So, here's an abridgement of the next couple hundred years: microscopes get stronger, new versions are designed, and microbiology advances. Bacteria and viruses are studied, medicine improves, and millions of lives are saved. New stuff is learned; plants are alive, cells divide, mitochondria is the powerhouse of the cell...you get the idea.

All of these things were discovered thanks to light and the average microscope can't function without a light source; however, even light has limits. At a certain point, the sheer scale of magnification required surpasses light itself, which effectively renders optical microscopes useless. So how can we go even deeper? Let's harness the power of electrons. A projected beam of them will map out the object and render an image of it. That way, we can see miniscule things in great detail. It doesn't really work with living things since the conditions required to operate the electron microscope make it inhospitable for almost all life but it's a small price to pay. Two Ger-

man scientists, Max Knoll and Ernst Ruska, were the first to design an electron microscope in 1931.

Other versions soon followed and greater degrees of magnification became possible. In the United Kingdom, the SuperSTEM Laboratory run by the EPSRC (Engineering and Physical Sciences Research Council) has an electron microscope powerful enough to view objects a million times smaller than a single strand of human hair, which can accurately identify individual atoms. It's mainly used to study how certain materials tend to behave on an atomic level. This isn't even the farthest we could potentially go in the future; there's still the subatomic level to explore, so who knows when we'll reach an absolute limit?

So, shall we give thanks to those individuals who've made contributions to the history of the microscope? To Zacharias Janssen and Hans Marten, the pioneers of optical microscopy. To Galileo Galilei, the influential observer, and to Giovanni Faber, who gave it the name we use today. To Anton van Leeuwenhoek and Robert Hooke, who presented revolutionary observations. To Max Knoll and Ernst Ruska, the pioneers of electron microscopy. To the scientists at SuperSTEM, the observers of Ancient Egypt, and everyone in between, thank you all for your contributions.



UNITED CONSERVATIVE PARTY: A RUNDOWN

by Marina Gendi

Are they the Progressive Party or the Wildrose Party? The answer, ladies and gentlemen, is the United Conservative Party. The vote to merge both parties took place on July 22 of this year with a 95% agreement between the two. The Progressive Conservative party took a hard hit during the last provincial elections when the NDP attained the majority of the vote; the Wildrose became the official opposition party with the most seats won. The 44-year rule of the Progressive Conservative dynasty had come to an end and, as a result, the PC party attempted to salvage their mess by merging with the Wildrose party.

What can we expect in the next few months? The leadership election for the UCP party leader is coming up, and the entry fee is a record-breaking \$95,000. There were initially four people running for candidacy: Doug Schweitzer, Jason Kenney, Brian Jean, and Jeff Callaway; however, Callaway withdrew from the race on October 4th. In his resignation, he stated that “[t]here are three weeks left in this race; I’m going to work hard to try to put Jason Kenney over the top.”

The leadership vote is scheduled to take place at 9:00 AM on October 26, ending at 5:00 PM on October 28. Registration for memberships ended on September 29. In order to be eligible to vote, registration and proof of identity are required. There are two ways to register for the vote: registering online or paper registration forms, which must be mailed in along with proof of identification. If you wish to submit a paper form, the

deadline to mail it in is October 13 at 5:00. Who are these leaders running for candidacy? Why should you care? The Alberta Provincial elections take place on May 31, 2019. However, you may regret not being involved sooner while all the important decisions are being made. Here’s the scoop on the candidacy leaders for the UCP.

Let’s start off with the famous 49-year-old Jason Kenney: former Minister of Citizenship and Immigration (2008-2013), Minister of Employment and Social Development (2013-2015), Minister of Multiculturalism and Citizenship (2013-2015), and Minister of National Defence (2015) during the reign of the Harper government. Kenny was the final leader of the Progressive Conservative Association of Alberta. His slogan is “United, we will renew the Alberta Advantage.”

Among many other matters, Kenny fully supports Grassroots and has a Grassroots Policy Plan. His standpoint for the TransCanada pipeline entails that Alberta will be able to make greater revenue and take oil to Quebec for a much cheaper cost. Further, Kenney wants to develop a pilot program within the Alberta Immigrant Nominee Program to help individuals. He states in his platform that “[t]here are tens of thousands of some of the brightest young people in the world in the United States, many of them graduates of some of the top research universities on the planet that are working for tech companies: for example, in Silicon Valley. But they can’t get their green-cards.” The pilot program will help to stifle these issues according to Kenney. Another standpoint of his is that he wants to abolish Bill 6, which will allow families to take control of their businesses. Quite the impressive resume. However, it must be taken into consideration that Kenney and Devinder Shory worked closely with one another under the Harper government to create what was most commonly referred to as the Sec-

ond-Class Citizenship, also known as Bill C-24: Canadian citizens being stripped of citizenship, using the umbrella of terrorism as justification.

Next up, we have Brian Jean, 54: last leader of the Wildrose Party, MLA for Fort McMurray-Conklin, MP for Athabasca (2004-2006) and Fort McMurray, Athabasca (2006-2014), Parliamentary Secretary to the Minister of Transport, Infrastructure and Communities (2006-2011), and the Leader of the the Official Opposition in Alberta (2015-present day). His platform panel includes these headlined issues: “Here for Education,” “Fixing Equalization: Standing up for Alberta,” “Here for Patients: 2030 Vision for the Healthcare System,” “Here for Victims of the Vulnerable,” “Protecting Freedom and Democracy,” and “Rebuilding the Alberta Advantage.”

What do these policies entail? “Here for Education” focuses on the protection of parental rights. In his report, Jean states that he wants to “[p]ro- tect parental choice as a fundamental right and cornerstone” and “[r]everse any ideological curriculum changes the NDP made” while ensuring that a diversity of institutions exist. Another standpoint of his is “Fixing Equalization for Albertans.” Jean is advocating for a referendum for equalization in order to ensure that the federal

government negotiates fairer deals for Alberta, and he strongly supports the fight for pipelines “in all directions.” This furthermore validates his slogan that his platform is “Here for Albertans!”

Finally, we have 38-year-old Doug Schweitzer, our last candidate running in the leadership race. He was a party member of the Progressive Conservatives as well as a Calgary lawyer. He was also CEO of the Manitoba PC party (2008-2009) and the campaign manager of Jim Prentice. He is often referred to as “not a career politician.”

Schweitzer’s view on some policies entail massive cuts to Alberta’s corporate and personal income tax rates, eliminating the province’s carbon levy, and cutting salaries of public sector. Schweitzer calls himself “a moderate on social issues.” He wants to keep our minimum wage the same as it is now because Albertans will lose 25,000 jobs, according to a report from the C.D. Howe Institute (“Thinking about Minimum Wage Increases in Alberta Theoretically, Empirically, and Regionally”). Schweitzer demands: “[w]hy on earth would the United Conservative Party keep the NDP’s \$15/hour minimum wage in 2019?” Additionally, his vision for education heavily focuses on parental choice, student wellness, and gay-straight alliances amongst other things. Also, Schweitzer says “the new United Conservative Party won’t be a credible voice for fiscal management if it can’t keep its caucus out of a protected \$337,000 deficit this year.” He advocates change in his #NewBlue vision: “A New Candidate for a Modern Alberta.”

We now know what the United Conservative Party is: a simple party merger between the Wildrose and the Progressive Conservatives. Who will win? Will it be Jean? Schweitzer? Kenny? With the leadership race just weeks away and the end of both parties, we are looking forward to what the future holds!

