








THUNDER SPORTS








MEN'S BASKETBALL

	GP	W	L	POINTS
 KEYANO HUSKIES	16	14	2	28
 NAIT OOKS	12	10	2	20
 LAKELAND RUSTLERS	14	8	6	16
 GPRC WOLVES	16	8	8	16
 CONCORDIA THUNDER	16	6	10	12
 KING'S EAGLES	16	5	11	10
 UOFA-AUGUSTANA VIKINGS	14	1	13	2

WOMEN'S BASKETBALL

	GP	W	L	POINTS
 LAKELAND RUSTLERS	14	14	0	28
 NAIT OOKS	12	10	2	20
 GPRC WOLVES	16	10	6	20
 UOFA-AUGUSTANA VIKINGS	14	6	8	12
 KEYANO HUSKIES	16	6	10	12
 CONCORDIA THUNDER	16	6	10	12
 KING'S EAGLES	16	0	16	0

MEN'S VOLLEYBALL

	MP	MW	ML	GW	GL	PTS
 UOFA-AUGUSTANA	16	12	4	40	22	24
 KEYANO COLLEGE	14	11	3	35	17	22
 THE KING'S UNIVERSITY	16	10	6	39	22	20
 NAIT	14	9	5	31	23	18
 LAKELAND COLLEGE	16	6	10	25	38	12
 GPRC	16	5	11	23	39	10
 CONCORDIA UNIVERSITY	16	1	15	15	47	2

JANUARY 22, 2016
8PM @ CONCORDIA

\$5 TICKETS
PLUS GST
18 PLUS EVENT

lets aloha Concordia
TROPICAL KEGLER

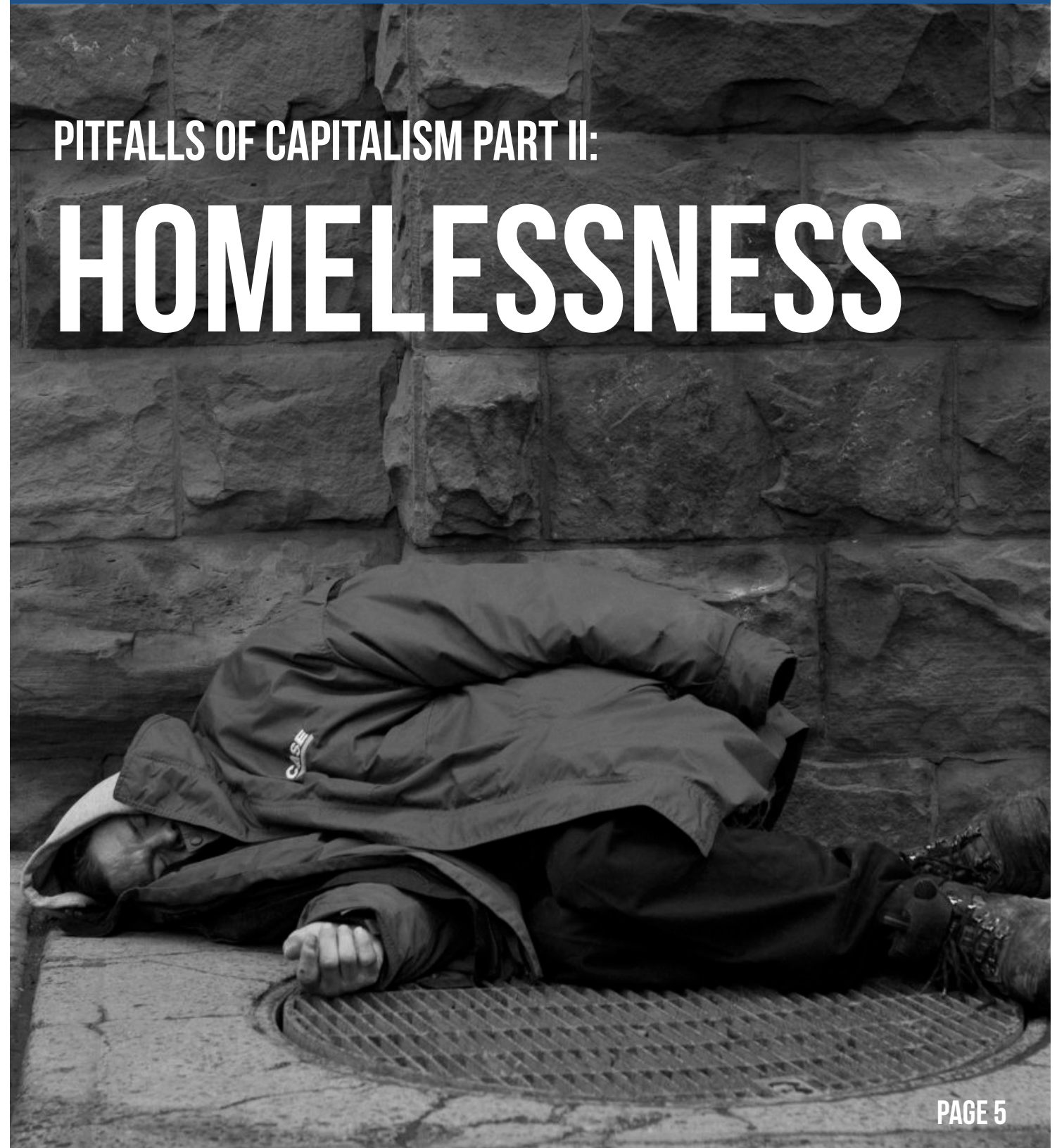


THE BOLT

A CSA PUBLICATION Jan.18, 2016 Issue 9

PITFALLS OF CAPITALISM PART II:

HOMELESSNESS



IN THIS

EDITION:

P4 - Literature

PAYING THE PRICE FOR
TEXTBOOKS

P5 - Editorial

PITALLS OF CAPITALISM PART II
HOMELESSNESS

P6 - Fashion Flash

BEAUTY TIPS 101

P7 - Campus Dish

THE BOOK FLIP

P10 - Student Life

SHOUTOUT TO THE
MENTAL HEALTH STREET

TEAM

P11 - Fun & Games

RECAP OF 2015

P12 - Breaking the

Silence

P12 - Psychology

BODY, MIND, SPIRIT: THE
STRENGTH FROM WITHIN

P14 - Business

DEBT, DEBT, DEBT

P15 - Sports



NEXT PAGE

STAR WARS

MOVIE: NOW



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THUNDER SPORTS

		MEN'S BASKETBALL		
JANUARY 16	TKU (58)	CUE (78)	8:00	CUE
JANUARY 22	LAKE	CUE	8:00	CUE
JANUARY 23	CUE	LAKE	8:00	LAKELAND
		WOMEN'S BASKETBALL		
JANUARY 16	TKU (41)	CUE (71)	6:00	CUE
JANUARY 22	LAKE	CUE	6:00	CUE
JANUARY 23	CUE	LAKE	6:00	LAKELAND
		MEN'S VOLLEYBALL		
JANUARY 16	CUE (1)	LAKE (3)	8:00	LAKELAND
JANUARY 22	CUE	KC	8:00	KC
JANUARY 23	CUE	KC	3:00	KC
		WOMEN'S VOLLEYBALL		
JANUARY 16	CUE (0)	LAKE (3)	6:00	LAKELAND
JANUARY 22	CUE	KC	6:00	KC
JANUARY 23	CUE	KC	1:00	KC
		HOCKEY		
JANUARY 16	GMU (6)	CUE (3)	8:15	CLAREVIEW
JANUARY 22	PC	CUE	8:15	CLAREVIEW
JANUARY 23	CUE	PC	7:00	BOLD CENTRE

HOCKEY STANDINGS

	GP	W	RW	L	UTL	TIE	GF	GA	PTS
NAIT	20	20	19	0	0	0	128	37	40
UOFA-AUGUSTANA	22	14	12	3	2	3	83	48	33
RED DEER COLLEGE	22	12	12	8	0	2	78	58	26
SAIT POLYTECHNIC	22	10	10	8	0	4	72	68	24
KEYANO COLLEGE	20	9	8	8	1	2	65	64	21
PORTAGE COLLEGE	20	7	6	8	0	6	68	71	19
MACEWAN UNIVERSITY	22	8	7	11	2	1	81	71	19
CONCORDIA	22	5	4	13	3	1	58	98	14
BRIERCREST COLLEGE	22	2	1	20	0	0	44	147	4

BUSINESS

Debt, Debt, Debt

by Emma Bott

Debt is one of those things that both individual people and businesses have to deal with. In January we have to come back to harsh reality after the holiday season. Debt is part of that harsh reality. I'm sure we've all seen the Interac commercial with the Christmas decorations who sing "debt" at the shopper when she goes to use her credit card. This holiday debt caused by an increase spending on ourselves as well as others along with more time off from work than usual makes the world altogether seem to be a little short on cash.

According to personal finance guru, Gail Vaz Oxlade, there is such a thing as "good debt" and "bad debt". This "good debt" is caused by things such as car payments, student loans and mortgages. These are big purchases that most people cannot afford all at once, and this debt ultimately serves to enrich your life. The "bad debt" includes credit card debt and the dreaded

debt. This type of debt is usually incurred by short-term wants and their interest rates are often high. Sometimes so high that you end up paying way more for an item than it is originally worth. This often creates a never ending cycle of debt. The best way to avoid this debt is to always pay off credit card statements in FULL. I know that this is easier said than done.

Our province is currently running a deficit. Provinces having a hard time staying in the black are a common crisis because provincial governments have the expensive responsibilities of education and healthcare while lacking in the revenue generated from taxes like the federal government has. It was not that long ago, March 2013 to be exact, that CBC reported that the Alberta debt from the time of Lougheed, Getty and Klein (1982-1992) caused by low oil prices was paid off. Once again oil prices are low and it looks like we are returning to debt and deficits in this province. This situation serves as a reminder that debt can always return. It is not something that happens just once, it can be a recurring problem.

Provinces and business often

use bonds as a way of financing. These bonds are loans that one day have to be paid back to the lender. The lender or the purchaser of the bond also receives interest payments from the borrower. Small businesses can often receive small business loans from banks. When a bank has high levels of debt and feels that there is no way out they can often file for bankruptcy. When a company files for bankruptcy, all of its assets are liquidated. The money from the liquidated assets are used to pay off creditors. Secured debt is also paid before unsecured debt. So if you are purchasing bonds make sure to purchase the secured over the unsecured for less risk. If the business is a corporation, the owners are not liable for any remaining debt. If the business was a sole proprietorship or a partnership, the owners are personally liable for the debt.

Debt is essentially a part of life, but not a very enjoyable one. More like a wisdom teeth being pulled or old age aches part.

CMC News

The CMC annual networking conference will be held on Saturday, February 6 at the Derrick. This is a great opportunity to

network with business professionals within your emphasis. The conference is especially recommended for third and fourth year students, but ALL management students are welcome. Emails were sent out to management students with a link to the eventbrite page to purchase \$15 tickets. The cut off for purchasing tickets is February 2nd. The CMC is excited to announce that we are providing all 4 options for apparel: cardigans, sweatshirts, pullover hoodies and zip up hoodies. Orders will be taken the week of January 19-22 in Tegler, there will also be sample sizes in Tegler so that you can be sure to order the right size. The CMC will have a table set up from 12:00-1:00pm on Wednesday and Friday and one set up on Tuesday and Thursday between 10:40-11:10am. To get updates on what the CMC is doing keep checking our Facebook, Twitter, LinkedIn or our web page. If you want to get involved or have any questions, email us at cmc@student.concordia.ab.ca. If you have any pressing concerns, the management student representative, Kira Pelletier has office hours between 9:30am and 10:30am on Tuesdays and Thursdays.

TECHNOLOGY

Making a Star Wars Movie:

Now

by Nick Clark

In the last issue we looked at the process of making the original Star Wars trilogy. To recap, there was a lot of budgeting of both time and money, painstaking hand drawings and animated lightsaber blades on to wooden dowels. This time we're going to look at how that process has evolved over the years through the prequel trilogy and now to Episode VII.

When George Lucas went on to make Episode I: The Phantom Menace, things had changed quite a bit from the time of Return of the Jedi. The movie making process had become more and more digital as time went on, which opened up many new opportunities for characters and effects. For example in the memorable scene where Qui-Gon Jinn pushes Jar Jar Binks under a hovering vehicle to save him from being hit. Most of the vehicles in Star Wars have always flown or at least hovered, however in the original films this effect was achieved much more practically. If you were to visit the desert where they were filming Luke's speeder scenes in A New Hope, you would have seen a car shaped like Luke's speeder equipped with mirrors angled along the underside to give the illusion that it was in fact hovering and not just driving. The

CGI technology used in the prequels was not the first CGI used in Star Wars as a whole, but it was still a new level of technology because instead of just replacing backgrounds and adding blaster bolts or creating the illusion of huge pits to throw evil dictators into, it could allow characters to directly interact with those computer generated images and characters. Remember how we talked about the manual process of animating a lightsaber? By the time Episode I came around, that process was nearly automatic; it no longer had to be done frame by frame. Another impressive leap in the technology was the emergence of digital video itself. No longer do filmmakers have to budget for one-time-use lengths of film and plan every shot meticulously before shooting so as to eliminate waste; with digital all they have to do is hit record, and when they make a mistake, delete and start over. This breakthrough was critical for not only Hollywood, but also for independent filmmakers, which I'll be touching on at a later time. Most of the savings made with this new ability to rewrite footage, got fed back into the films in the form of special effects, which we all love. Although with this great power came great responsibility, the responsibility to not get carried away with special effects. The prequel movies did look really cool, but their main problem was that all their new toys and techniques took priority over a compelling storyline. Luckily, this difficulty is some-

thing that has been remedied in the time after the prequels, and I don't just mean in Episode VII. Yes, I am once again alluding to independent/fan films, but again I will save that for next time.

Before The Force Awakens came out, Disney implemented an admittedly ham-fisted but extremely effective and honestly genius marketing campaign that essentially revolved around two ideas: 1. "Star Wars is everywhere, get hyped" and 2. "It's going to be just like the original trilogy, we learned from the prequels. We're shooting on film and using practical effects and everything!" This second idea proposes something interesting: Why would they go back to the old ways when there's this new technology? Well the truth is that they didn't completely return to the old ways but instead implemented an interesting hybrid style between the old and the new. Don't misunderstand, there are still countless computer generated effects in Episode VII, but the difference is that they used them responsibly. Whereas the prequels had CG characters all over the screen, giving the actors nothing to well... act against, The Force Awakens used costumes and – in the case of BB-8 – an actual robot. The use of props that actually have a presence on set really helped to streamline the process of production. Where an actor may use six takes to nail a reaction to a creature he or she can't see, that same actor might only use three takes to give the same reaction against an actor or prop actually standing right in front

of them. So that answers that question, but why would they go back to shooting on film? It doesn't provide any benefit to the actors or to the speed of the production, but it does provides some other benefits. Think of the comparison between film and digital video as one akin to vinyl records vs MP3 music files. The film technology may be older, but since digital files have to be able to be erased and written over, the quality in some aspects is lowered as a result. I won't get too technical with it, but imagine that film is a fountain pen and digital video is a pencil; you can erase the pencil but the fountain pen will always look way better. Plus, you can flaunt the fact that you use a fountain pen to automatically make yourself more pretentious. Same goes for film.

So as you can see, there are benefits to using techniques that originate in the times before digital video and CGI. There are of course benefits to using digital video and CGI as well, so the key is to consider the story you want to tell and base your workflow on that. Using a variety of techniques that work, not only gives you a good style, but also can really increase your efficiency. For those of you who are interested in making films or any kind of media yourself, make sure you check out next month's set of articles, which will be about the DIY mentality and how all the latest and greatest technological advances have made it even easier for you to do your own thing.

Paying the Price for Textbooks

by Adrianna Blitterswyk

It's that time of year again, the time when you feel like you'll have to sell an arm and a leg in order to afford the high cost of tuition and of course those hefty and time consuming textbooks. Do you cringe at the sight of your bank balance or the receipt after paying for those "required" textbooks? I know I do. Some may be of the opinion that these books must be made of gold or something to be so expensive, we are students- don't they know we're broke enough already?

While it is rather depressing to see the total cost of our textbooks at the beginning of each semester just keep in mind that you're paying for something worth more than gold- knowledge. The fact of the matter is that the service our Concordia Bookstore is providing is worth its weight not in silver or even gold but much more. Our university Bookstore is providing us,

dent, answers to everything we could ever want to know. The Bookstore is providing you the answers to your test exams and yes even life! Through the reading of textbooks we not only absorb the contents needed for our classes but an even deeper understanding of ourselves.

For instance, in English you are encouraged to interpret a novel in your own perspective, what you feel that the author want you to take away from the reading of their pieces. Those heavy Chemistry, Biology and Physics textbooks are opening your eyes to how the world functions. Mathematics allows you to calculate how much you'll need to save up for next year's run of books as well as how much more you'll be able to earn once you've completed your degree. Now I'm not going to go through every subject area, but it is true that the answers to your homework, your exams and even your life can all be found through the reading of your textbooks. Knowledge is power, and power can never be taken away.

You may be wondering why I'm bringing up this pain that we all feel at the beginning of

each new semester. Our professors once too had to experience the pain of buying textbooks, so don't blame them for our costly books. Also, don't feel that you have to resort to missing out on a class that peaks your interest just because the books are too expensive, never limit your ability to learn and experience. I, like you have suffered that painstaking receipt, generally worth a higher than I would spend on groceries or even a used car for that matter. While these books are expensive, theft is never rationalized. Wait...THEFT? Yes Concordia theft! This year alone our University Bookstore has experienced the greatest amount of theft ever within the lapse of two semesters!

I feel that it is important to recognize that while buying textbooks is a hassle and yes maybe we aren't all 100% prepared to pay such a high cost, stealing is not the way to get past it. Stealing is not something we should ever practice in our lives. I say this because through their valiant efforts to provide you with answers and good service our University Bookstore

has experienced a great level of deceit. Now I know that these times can be extremely straining on all of our cheque books but Concordia offers so many other options to provide us, the students, with things like books and even meals for free or at a lower price. I encourage you all to check out the Concordia Textbook Market on Facebook and also the bookstore for cheaper and discounted books that have been lightly used. The "pleather" of services that our school offers. Remember you're not alone in the struggle and that there is a great amount of support Concordia offers, so don't pass it up! And the next time you're in the Bookstore be sure to thank the amazing people that work there for providing you with the answers and knowledge of the world around you, and maybe purchase some spirit wear while you're at it. Read on Concordia and remember knowledge is attained not stolen!



Never let your enemy see your fear. Sun Tzu describes warfare and combat as "the path of deception" (Tzu, S. 513 BCE). To never show your aggressors your fears or insecurities; to appear a lion when feeling like mouse. Show your aggressor how impenetrable and indestructible your mind is rather than how strong you are physically. Even when in a competition of strength, he whose psyche is unbreakable, is physically unbreakable.

Now I know what you may be thinking, "I've never been in a fight in my life. What use do I have for martial arts?" A great friend and instructor of mine by the name of Stephan Lapre once taught me, "Everyday of our lives is a fight, a fight for your health, a fight for your job, a fight for your life." This to me became very apparent growing up in a rough neighborhood where desperation was the common emotion - survival of the fittest was key. Growing up, I was never the biggest nor the strongest by any means. But I found very quick-

ly my own strength that would, for the next few years of my life, protect my friends, my family and myself. But this rage, anger and aggression that I used to fuel this so called "strength" came at a great cost. For many years, I let my emotions run rampant, burning me and everything close to ashes.

The day I took my first class with Master Lapre was the day I first realized just how weak and pathetic I had become. And for me, that was not an easy conclusion to come to. Every day was a struggle, pushing and pushing until all I had to give was gone. As time passed I found that I had acquired a new type of fuel that far surpassed the old. I had gained confidence, control and intensity, but most of all peace of mind. The kind of peace you acquire when you can guarantee yourself that you will not let anything hurt you. That if anyone close to you is ever in trouble you can be the stone that can keep it all from flying away. I am aware that the topic I am supposed to be writing about is

sports psychology. And although mixed martial arts, boxing and taekwondo are all technically sports, I can assure you martial arts in its truest form is much more than just a sport. To some it is a lifestyle forged through repetition and tradition. And to others it is a form of self-expression. But to all it is simply an escape. Coming into a training session you could have the world weighing down on you. And by the end of the class you could feel lighter than ever before. Sure your body may not feel that way at first, but your mind will gain a sense of relief if even for a moment. I can only describe this feeling as magical.

Throughout our lives we tend to find ourselves shying away from any thoughts of violence; however, when the time comes - as it is unpredictable, we are not prepared to defend ourselves. And unless you live under a rock, I guarantee you that someday, somewhere you will need to fight. Fight for love, fight for pride, or even a fight to get that killer beach body you've always

wanted. Everyday of our lives is a fight.

Is martial arts for everyone? No. Will you become a great UFC fighter by going to a few classes? Hell no. Will you gain the individual strength and resilience needed to walk through life with less fear and more confidence? Yes. And speaking to those of you reading this who have ever in their lives felt weak, insignificant and helpless, that if any martial art can help you even half as much as it helped me, then I wholeheartedly recommend it.

I hope by writing this I have inspired many new martial artists to come and explore this exciting and challenging world of combat and training. Even if it's once a week and at a small taekwondo gym across the street, I guarantee you that if you dedicate and prepare yourself the psychological transformation you go through will make you a stronger, more confident individual.

BREAKING THE SILENCE

by Anonymous

I was bullied a lot in junior high school. During this time, I was also regularly suffering from severe panic attacks. My mother was not very supportive and so school was difficult, but I also wasn't exactly comfortable at home. I got a prescription for antidepressants but they didn't help.

The bullying was often racist, and this really hurt my self-image and self-esteem. I learned to not like myself. I began to self-harm. I didn't feel like there was anyone I could talk to about my problems. I had such a bad relationship with my mother that I couldn't trust her – I couldn't

even trust her to show she cared, or to validate my distress.

Later, I had a very bad romantic experience, followed by a very bad breakup. I was common-law married to him and he cheated on me. This stress brought on my symptoms, like the panic attacks, worse than ever. There were also some symptoms that seemed more like psychosis, and I would later be diagnosed with type one bipolar disorder.

I felt the aftermath of the trauma of a childhood abuse as well, which probably contributed to developing my comorbid anxiety disorder. I self-harmed because I didn't know how to find help in a healthy way. Bipolar

episodes of depression and mania, high anxiety with traumatic memories and panic attacks and being betrayed by my boyfriend who I was living with.

In university, I eventually found help from a psychiatrist. For my first 2 years, it was all still going untreated. I had a seizure which prompted me to see a doctor who diagnosed me. This meant that I didn't know what was really wrong until relatively recently.

This year I switched medications and had to miss a week or so of classes, but overall life has greatly improved for me. I still struggle with nightmares revolving around my childhood trauma, but I'm much more stable in

my relationships and I'm doing very well with my school grades. I'm also doing much better as a mother; instead of drinking through episodes of depression I'm spending time reading to my daughter.

These problems are real and their effects on our lives are painfully real, which means we need to be talking about them and helping each other through them. This can be especially important for children but it's never too late. A big lesson I want you to understand here is that you can't pretend that you don't need help. Find the help you need, because the path of not finding it could mean not surviving it and you deserve better than that.

a second to fast and you lose an opportunity to do damage.

Keeping this in mind, I'd say that approximately 80% of fights are won before the first punch is thrown. In Sun Tzu's book, *The Art Of War*, he explains "A skillful general must defeat the enemy without coming to battle, take his cities without siege and overthrow his state without a long campaign. He must make every effort under the heaven to achieve total victory with his forced undiminished: This is the true art of strategic offence." (Tzu, S. 513 BCE).

EDITORIAL

Pitfalls of Capitalism ptII: Homelessness

by Kayle Sieben

Homelessness and poverty have been prevalent in society since the dawn of modern civilization. The simple fact has always existed: some people have an abundance of goods while others have a deficit. Yet, even as we advance into a technological age in which we possess the ability to produce an abundance of goods, people remain without. Working on the frontlines of poverty afforded me a first-hand look at this phenomena.

Children continue to be malnourished and families are still being forced out of their homes because of the rising cost of living and stagnant wages. Despite increased government spending and an abundance of social programs, the number of people living in poverty in Canada has remained relatively stable. In fact, since 1992, individuals in the low income bracket have only seen a 4.5 per cent improvement from 13.3 per cent in 1992 to 8.8 per cent of our population in 2011 (Statistics Canada). In this same period, Canada's population grew just over 20 percent

from 28.52 million to 34.34 million people. This means in 1992 there were roughly 3.8 million individuals living in poverty and in 2011 there were just over 3 million. This stat alone shows that Canada has continued to account for ~3 million homeless people for two straight decades.

The issue lies deeper than funding. The fact is, we've used the same methods for two decades yielding similar results. We, as a society, need to get to the core of the issue. I think there are several layers to the issue: addictions, lack of money management, and lack of proper role models for younger generations.

Addictions run rampant because of the increased quantity, quality, and availability of illicit drugs. Unfortunately, despite DARE programs and several similar programs aimed at reducing the desire in young children, generations continue to mature in the same fashion as their previous cohorts. Society as a whole shuns the illegal drugs, yet in the same breath will consume percocets and pain killers because of a physical ailment.

A substantial amount of addicts do have one thing in common: mental illness. Addicts self-prescribe their drugs to help ease the mental woes. Mental health and addiction are co-morbid and can feed off of one other (Centre for Addiction and Mental

Health). Despite a grave effort the stigma around mental health still exists; people don't seek help because they don't want to be labelled, they're in denial or they don't recognize their own problem behaviours.

Studies show that a low socioeconomic status is correlated with poorer academic performance, malnourishment and increased risks in physical and mental health (Canadian Council on Learning). Furthermore, these individuals tend to have increased unsafe sexual activity which correlates to increased Sexually Transmitted Infections and unplanned pregnancy. These citizens who have been constantly let down by our society often do not possess the ability or the means to raise the next generation in a way which can put an end this cycle.

Without proper role models, children miss out on several important life lessons. These lessons are simple yet often unspoken but provide the framework for a self-reliant good human being by societal standards; lessons such as being respectful to oneself and others, how to set goals for yourself, and money management. Our government needs to offer more than just subsidies; we need more education. We need education to play a preventative role as well as provide information about the use and existence of social programs made available for Canadians. It

begins in the classroom and extends passed high school.

Canadian citizens can also work with our food industries to combat the \$31 billion (2014) wasted in food every year in Canada (Gooch & Felfel). Society continues to throw away perfectly edible food which could feed our hungry citizens and ensure every child and family has enough. Both grocery stores and their customers reject food that isn't aesthetically pleasing which results in an abundance of food wasted. This food could go to charity, similar to the parameters in place in France where supermarkets are required to donate unsold food products. If they don't, they could face a steep fine.

In Canada there is a common saying that "you get what you work for," but the statement is a gross generalization which ignores the actual matters at hand. Yes, you can work hard and achieve greatness in Canada; but to think you could have ever done it without supports is ignorant. We need to support fellow citizens in building a better future. We need to develop compassion and understanding of the predicaments in which these people living in poverty find themselves in. Let us continue to work together to support the homeless and conquer homelessness, but let's get to the core of the issue.

PSYCHOLOGY

Body, Mind, Spirit: The Strength From Within

by Mitchell Mabugat

"I fear not the man who has practiced 10,000 punches once, But I fear the man who has practiced 1 punch 10,000 times."

-Bruce Lee

Dedication. Intensity. Control.

12 Focus. All

THE BOLT

these are key aspects in the world of martial arts.

Dating back to as far as 2000 BCE, martial arts has become a strong spiritual, physical and emotional discipline that for years has given strength and enlightenment in one way or another to all those in search for the true meaning of combat.

Whether you look at the ancient samurai of Japan, or the brutal bare knuckle boxing of Greece, all cultures of the world have developed in some sense, their own art of self-defense. A recurring misconception for all disciplines

of self-defense is that it consists of brutes who topple over each other to see who is the strongest.

This idea, I can confidently say is false. Though physical strength is, like in all sports important, it does not alone make up the foundations and principles of martial arts. The most important and sometimes the most difficult aspect of one's self to master, is the mind. In its truest form martial arts is a science. Similar to all areas of science it requires analysis, repetition and reflection in order to be mastered. A second too slow and you take damage,

5 THE BOLT

FASHION FLASH

Beauty Tips

101

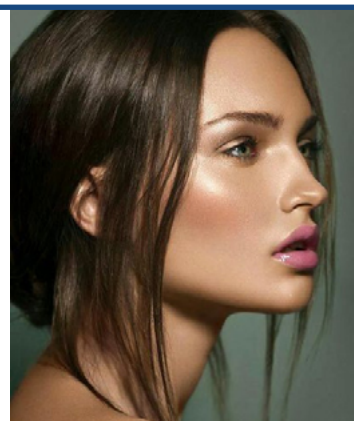
by Brianna DeSouza

I thought that I would switch it up a bit in this article and instead of just writing about fashion I would write about beauty. I want to provide some hair and makeup tips that could help us all out. Lots of these tips are super easy and will make you look even more amazing than I'm sure you already do. First let's start with some cute and very simple hair tips. Everyone loves when their hair can get that natural, just back from the beach wave look. Try making a cocktail of styling products to create some very cute waves with ease. To get ultra low-maintenance waves, first dampen your hair, then mix shine cream, shaping gel, and blow-dry balm together in the palm of your hand. Next, apply the product mixture, create a middle part, and secure four or five buns around your head with bobby pins. Then, let

6 your hair set while you do

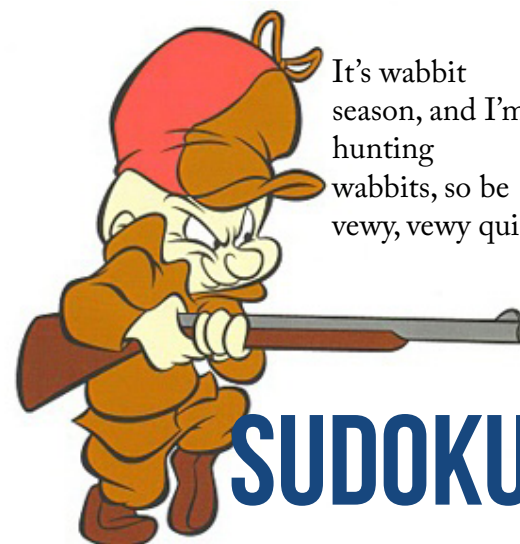
your makeup and unravel the buns right before you walk out the door. If you don't like to use lots of product in your hair you can create bends in your hair in five minutes flat. Start by dropping a section of hair into a flat iron to create the first bend. Then, feed the piece in between the flat iron clamps in an "S" curve formation, clamping down on the shape to create the bends. Repeat to the ends. Or if you don't want to risk drying out your hair with a flat iron you can get beachy texture with a sea salt spray. To get gritty texture, apply sea salt spray from roots to the mid-length, avoiding your ends. Salt spray can dry your ends and cause them to split, so you'll want to use leave-in conditioner on the ends to create that subtle separation. Next we will look at some makeup tips to give your face a little something extra. Mix a night cream with your foundation for extra luminosity. To achieve super-dewy skin (this is a perfect trick for drier climates), blend a pea-size amount of night cream into your foundation before ap-

plying it. Apply highlighter in an inverted triangle formation to create depth without having to contour. Using a fluffy blush brush — one that picks up enough product but not too much, blend a golden highlighter onto skin with sweeping circular motions to perfectly blend it in a triangular shape (that way you avoid having a stripe of highlighter on your cheekbones). To avoid looking oily, keep the area from the top of your nose to your chin (think of it as a triangle shape) free of any luminous makeup. If you need to, dust a translucent powder over the area to mattify it post-makeup application. For the most natural-looking brows, use three brow pencils (in light, medium, and dark tones) to shape and fill in your brows. Since your brow hairs aren't all one color (they're light and dark variations of your hair color), you'll want to mimic that effect when you fill in your brows in order for them to look as natural as possible. So, first, brush your lashes into place, then use the lightest pencil to shape your brows. Next, use soft flicks of a medium-toned



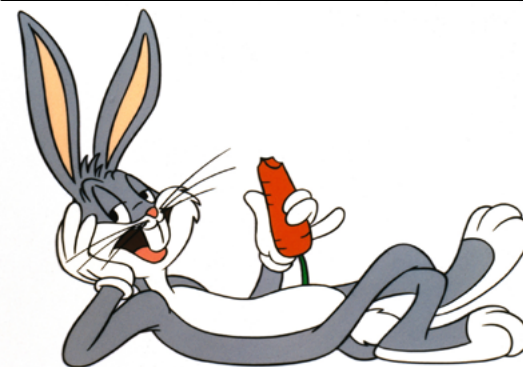
brow pencil to make hair-like strokes that create dimension, followed by a darker one to add even more depth. Instantly get a diffused smoky eye in these two steps. First, using your finger or a brush, apply a cream-based shadow from lashline to crease. Next, top it with translucent powder to create a diffused, filtered effect. This helps it stay in place and also look filtered. We all love to layer on the mascara so to get separated lashes that aren't clumpy by running a spoolie brush over your lashes in between coats. Lastly, we will look at some tips to make those lips looking oh-so luscious. If you want your lipstick to have a creamy finish, no matter what color, mix in a pinhead-size drop of foundation before applying the lipstick. Or to give your lips a softer edge, go for a shade of liner that is lighter than the lipstick you're using.

FUN & GAMES



It's wabbit season, and I'm hunting wabbits, so be vewy, vewy quiet!

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



QUOTE OF THE WEEK

WEEK 1: "EFFORTS AND COURAGE ARE NOT ENOUGH WITHOUT PURPOSE AND DIRECTION" - JFK

WEEK 2: "YOU CAN DO ANYTHING, BUT NOT EVERYTHING." - DAVID ALLEN

Hot to Trot

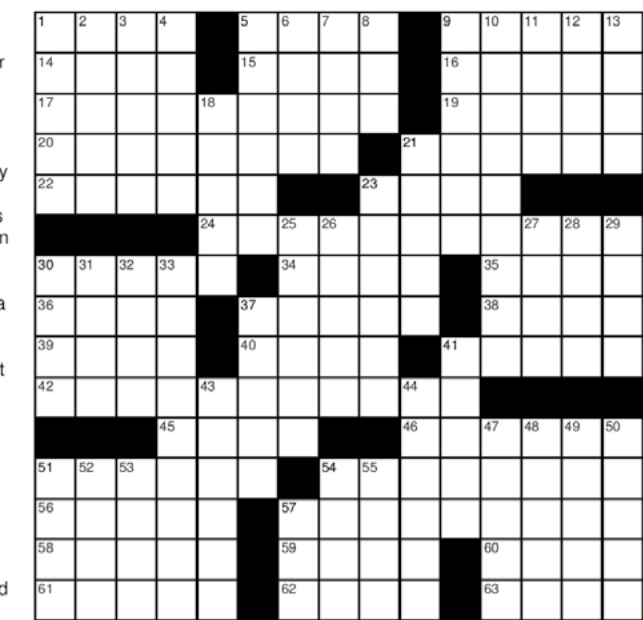
ACROSS

- "Oh, woe!"
- The first to fall, after the fall
- She had a cat named Dinah
- The wise have it?
- Subject of an apology from HAL-9000
- What he says, goes
- Stopped sleeping on the floor?
- Catcher's position
- Request to a barista
- It might be Odd or happy
- A hero might have it
- Poi plant
- Barber's instruction manual?
- Album entry
- The true face of Walter Mitty
- Part of MIT
- Neither all nor nothing
- She and Nicole lived a Simple Life
- Kind of values
- Gets a bronze
- Store sign
- Evening news hr.
- "Best of Intentions" or "Modern Day Bonnie and Clyde"?
- Many unknown Johns and Janes
- Surrounded by
- Like a brand new trail
- Prepare to end an engagement
- Letter embellishment
- Prestigious list of ground-breaking axioms?
- Partner of Brahma and Vishnu
- Stable parent
- Are not casual?

DOWN

- Some saxes
- Blackmore's "___ Doone"
- Triton's daughter, a la Disney
- ___ bet (stays in the game)
- Slow movement
- Cake with a kick
- Present opener?
- Was in the forefront
- Categorize
- Flavor for a British jelly bean
- "My turn to bat"
- Part of a barbecue bed
- German duck
- Disney flier
- Paris bistros
- Fiddling (with)
- Giraffes' kin
- Cognizant of
- Automaker's amt.
- Stern's opposite
- "Yo, Bub!"
- Word with zero or happy
- Present opener?
- Take a Porsche out without paying, perhaps
- Prepared to be shot
- Melodic subjects
- Beyond bounds
- Mediterranean sail
- Neckwear for a dog or a dogface
- "Beavis and Butt-head" spinoff
- Gobsmacks
- Part of a cog or a comb
- "Back in the ___": Beatles
- Soda available in grape, orange, and peach
- Send sprawling
- Spanish ladies: Abbr.
- Drachma's replacement
- PA location of a '79 scare

This puzzle was created using CrossFire (<http://beekeeperlabs.com/crossfire>)



Robert Stockton



STUDENT LIFE

Shoutout to the Mental Health Street Team

by Peter Fourlaris

Mental Health can be a difficult subject to talk about. As I walked through Concordia's doors for the first time in 2016, I noticed some interesting signs posted throughout our school's hallways and washrooms. These signs, as I am sure most of you have seen by now, address the ending of the stigmas about mental health and encourage everyone to reach out to those who may be struggling with mental health issues.

I wanted to say "Thank-You" to The CSA Mental Health Initiative, and those on the CSA Mental Health Street Team. Your work has been a tremendous blessing to the school as

never been easy to talk about mental health issues due to the stigmas and associat-

ed labels that are given to those who live with these issues on a daily basis, but the work that has been done recently has made it significantly easier to open a dialogue.

I have been inspired to share some information about myself in order to help you, the reader, understand that you are not suffering alone. I have Social Anxiety Disorder, I am not proud of it, nor am I ashamed of it. I was officially diagnosed with it about a year and a half ago and I have been getting help for about a year now. I have had a tremendous amount of support from my family, friends and my dog. Some days have been harder than others, but one thing that remains constant is the fact that reaching out to others has been one of the



biggest assets in my battle. I have made some huge progress in the past year fighting Social Anxiety and while it has not always been smooth sailing, I can undoubtedly state that I am in a much better position than I was before. One strategy I highly recommend is to find new ways to challenge yourself on a regular basis. Stepping out of your comfort zone is a great way to grow. Challenging yourself to do things that you find uncomfortable has two benefits, first it helps you expand your comfort zone and make it bigger, second, once you do it, you feel better about yourself afterwards.

Another key strategy is to focus on your accomplishments ahead of your deficiencies. Many mental health issues can be combatted by creating a positive

environment for yourself. Creating a positive environment also includes hanging around positive people; I have found that the attitudes of those around you can often rub off on you as well. Cutting out the negativity in your life and replacing it with positivity can be a very valuable asset to improving mental health.

There is hope and although it may seem difficult on certain days, know that you're not alone. There are many great people out there who want to help you; including many who are here at Concordia. If you wish to contact me, you can do so via email at pfourlar@student.concordia.ab.ca.

You are stronger than you think you are, trust me.

CAMPUS DISH

The Book Flip

by Checkpoint Charlie

Each semester begins much the same. Courses are picked, dues are paid, and books are sold. This textbook hustle is synonymous with easy September and January cash. For some, this is the closest they will ever come to flipping keys in the streets like the Jay Z's of old.

The art of the textbook sale is learned from semester to semester. Some people are selling so that they can recoup serious funds before picking up their next required reading text, while others are simply looking for a deal. The remainder are out for a quick cash influx to satisfy their nasty drinking habit. Each university has this same chaotic cycle. Those trying to cut down school costs are always on the lookout for a cheap textbook.

When it comes to a good deal, there can be a very fine line. The bookstore is a cruel mistress who charges top dollar for new product. Students who think they can sell a textbook for \$150 af-

ter paying \$210 the previous semester are foolish. Traditionally, the meaning of "reselling" involves consumers buying a certain product upon its initial release, and selling it for a high price once demand increases and supply decrease; econ 101. In the textbook market however, this trend is not consistent. Students have to steeply undercut the market to warrant a good sale. On average, a good used textbook can sell anywhere between \$60 and \$100. Personally, I have sold books for more, and for less. The underground textbook hustle is always changing. Regardless of the payout, some students just want to hook up their fellow classmates. In the past for example, I have passed down textbooks for free to close friends and colleagues. Sometimes, the gratification of a shared or free textbook means more than a meager forty dollars in today's world. This diligent act is usually reciprocated by the other party in the following semesters. What goes around, comes around as they often say. In this conversation, we should not overlook the fact that the

publishers consistently like to tug us around by releasing newer and updated editions of the texts. Regardless of if you are a new student enrolled in a course, or a past student looking to sell, it is always heartbreaking to find out that a prof is using the new book. Depending on the difficulty of the class, a newer textbook could spell the end for your now outdated edition. Most students want to stay up to date with a professor's current notes and questions, regardless of how cheap they can get the past book for. This can lead to the irrelevance of your 4th Canadian Edition Economics textbook, when compared to the 5th.

The first week and a half can be a serious juggle show of textbooks and cash. Students like to keep tabs on who is taking what so that they can get the jump on either selling or buying from a friend. Once your cell phone number hits the book fair table, you can rest assured that your texts will be blowing up. It is very comical to walk in and around the bookstore this time of year. Consumers and suppliers alike can be found aimlessly strolling the halls outside

looking for the person they are trying to conduct a cash transaction with. With twenty other students all trying to do the same, an awkward social interaction can be observed. To the innocent bystander, it is hard to clearly see who is waiting to sell, and who is waiting to buy. Dealers are left to reluctantly look back down at their phones to see if the person they just texted is close enough in the vicinity to notice this subtle movement. When this doesn't happen, and you are left out in the cold by a client, you might simply get a response like: "I'm actually in the cafe, meet later?"

This trend ultimately will continue till the end of the world. University students are always looking for the best deal, or a quick buyout. This strong correlation creates a reputable underground book market which flows from institution to institution. Money comes and money goes, so do textbooks. They can always be sold for a certain price, even the ones you actually kind of wanted to keep once you finally graduated.

LOCAL TALENT Meet

Doom Squad

Doom Squad is an Edmonton-based hip-hop group formed by three close friends turned brothers. The group has three main members: Kryple, Trippz, and NineLivez. I was afforded the opportunity to get a behind-the-scenes look at their home studio as they welcomed me in for an interview. As I walked in the crew was blasting Y3 in the basement and having an all-out Nerf gun war with each other. Clearly these boys are thoroughly enjoying the lives they have worked so hard to build.

Kayle Sieben: How did you guys become Doom Squad; what was the first song?

Kryple: What was the first song?

Trippz: They were Doom Squad for several years before I came through.

NineLivez: What about Grim Empire? Any of those days, I'm thinking. We've done songs before but they were just features.

Trippz: Yea we worked together for years and years and years.

Kryple: So the first one would probably be "Feeling Myself" or some shit like that.

NineLivez: But what was the first one Trippz got on?

Kryple: Speakers? Probably. [Trippz and NineLivez humming the song in the background]

Trippz: It was right before Boonstock. Yeah because we went as Kryptic Mindz. I'd have to say a lot of the first music we did went unrecorded, and if it was it was 'Trippz featuring Kryple' Or 'Ninelivez & Kryple featuring Trippz.'

Kryple: When we first came in, it was like me, my buddy Dano, and Trippz. Dano and I started rapping together and Trippz was dope so he joined the group. Dano quit the business and Trippz and I joined Grim Empire and Stevie (NineLivez) joined as a solo artist and we just kept working together...

Trippz: ...Sometime in the Grim Empire thing they became Doom Squad. They had formed a bit of an allegiance.

NineLivez: Yeah, Kryple was kind of doing both. He was doing Kryptic Mindz with Trippz and Doom Squad with me. If they had a Kryptic Mindz show I'd be on stage with them or if we had a Doom Squad show he'd be on stage with us.

Trippz: We were already pretty much a group. I had some solo stuff I wanted to work on first and I didn't want to commit too much.

Kryple: The only reason we wait-



ed so long is so we would have a good story to tell. [Laughing]

Is there any meaning to the name Doom Squad?

Kryple: NineLivez' brother.

NineLivez: This guy, he was like a brother. Back when he was younger he had a group named Doom Squad with a bunch of beat boys and rappers and stuff like that. I was just like his little homie, he took care of me and I liked him, I looked up to him. I just always wanted to be a part of Doom Squad with him. So right before he passed away we were rapping together and he wanted to rap. So when he died I said f*ck it I'm doing Doom Squad. I was doing it with him when he

died so it was like I was Doom Squad. **Wow, that's powerful, and a great way to commemorate him. On a bit of a lighter note, you guys perform quite often; how do you get amped up for every show?** **Kryple:** (smiling) This song right here. [Turns up speakers and play the song Red by Zuse. Doom Squad starts going wild to the song] **Trippz:** (over the song) Yeah, we'll just dumb out and head bang on the way to the venue. I don't know man, we're just a bunch of dumb kids we like get amped up like every other artist does.



What is the proudest moment of your career?

Kryple: Proudest moment of my career is going places we've never been before on the Canada-wide tour. I booked that tour, that was probably my proudest moment; taking my best friends places they've never been before. They were able to go because of our music.

NineLivez: Besides being able to go places I've never been, music really helped me grow up. I got my own place off of music, just became an adult because of music. It really made me better my life.

Trippz: My proudest moment was probably at the MGK show. Took a moment during

IDGAFxck when [Kryple] was crowd surfing to [Ninelivez] verse. Time slowed down for a sec that night it was crazy. That was the dopest show I've ever done in my life.

NineLivez: That was a great show! [Kryple plays video of the song IDGAFxck]

What does success look like for you as an artist?

Trippz: When I can quit my job and smash my alarm clock, that's all I want.

Kryple: I want my mom to never have to stress again.

NineLivez: Success is when I can afford to get my family out of where I came from. I feel like I'm already kind of there, I moved out of my old neighbour-

hood. I just need to take that next step, make the next bigger move.

What are you looking forward to most in the foreseeable future?

Doom Squad: Going back on tour. [All start laughing]

Kryple: To be honest our new album is coming out relatively soon (February-March 2016) so we're pretty excited about that.

Best tour memory?

Trippz: (loudly) You want to know the most memorable moment of the entire trip? We were on the ferry going to Victoria and we're on the top deck, playing Titanic like a bunch of goofs, and Kryple is wearing these zippered sweats, I don't know what he was doing with that type of attire. But anyways, it was so windy dude and his little side zipper had an envelope with all of our tour money. And one-by-one every bill we made on tour is just flying out of his pants at a high velocity like a damn cartoon!

Kryple: I was loving it, I didn't even notice. It was so windy on top [of the ferry]. **Trippz:** We ended up getting a bulk of it back. But I remember me and Ninelivez chasing one singular ten dollar bill and it was just, like, swirling around like in a cartoon in a stairwell. We couldn't catch it, and we never ended up catching that ten dollar bill. It was gone. Brooklyn

who's like six-foot huge took off after the money flying away.

NineLivez: I remember looking over and seeing all this money landing in the water. **Trippz:** I was this close to jumping in the damn water. But Brooklyn came back with like a fist full of cash and we were like 'ahhhhh!' We got most of it back, we didn't lose much, but it was crazy. The wind was making it rain for the lake, or wherever we were. **NineLivez and Kryple:** In the Ocean. We were in the Pacific. **Trippz:** I'm not trying to get into specifics. **Why should people listen to Doom Squad?** **Kryple:** Cause we're dope! **Trippz:** I think it'd be quicker to list off the reasons they shouldn't listen to Doom Squad. **NineLivez:** No comment if that's the question (why shouldn't people listen). **Trippz:** Unless you like country music, and only country music, I think you can find something in our music that suites your taste. But I would collab with Taylor Swift. Special thanks to Kryple, Trippz, and NineLivez for giving us an in-depth look at a local talent which doesn't deserve to go unrecognized. Check out Doom Squads work by hitting them up on Facebook, YouTube, or @ DS4L.