

THE BOLT

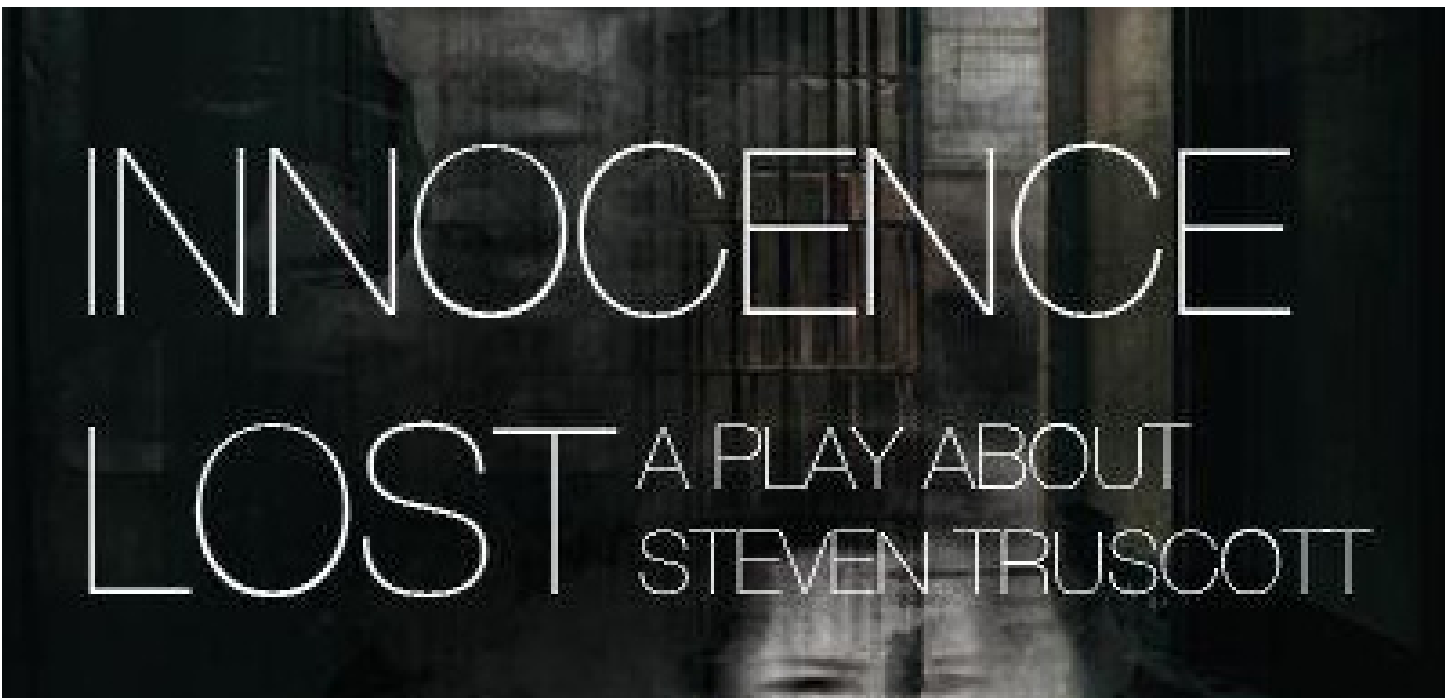
ISSUE: 006

NOVEMBER 12, 2012

"We keep moving forward, opening new doors, and doing new things, because we're curious and curiosity keeps leading us down new paths."

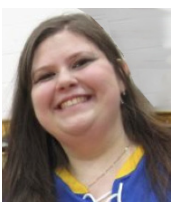
Walt Disney

FIRST PLAY OF THE YEAR WRAPS UP



Full Coverage On Page 3

CHANGE: IT'S A GOOD THING



REBECCA FIRLOTTE
STAFF WRITER

What does it take to change the constitution? I have been involved with the theatre production, "Innocence Lost," this semester, and it has made me wonder why it takes so much time and effort to make changes to our constitution. Some of the laws we have today were drafted and were first enforced

many generations ago. Why do changes take such a long time, and why do lawyers have to go through such an arduous process to change a law that is unconstitutional and unjust? For example, the death penalty was eliminated in Canada in July 1976. Up until then, a Canadian could be tried, convicted, and sentenced to death. To our generation this seems unimaginable but to the generation before, it was a

reality. The idea of the justice system sentencing someone to hang or to die by lethal injection is monstrous in my opinion. I believe that the death penalty is the easy way out for criminals who commit atrocities warranting such a severe punishment. It may be expensive to keep someone in prison for decades on end but I would rather that than stoop to the level of a murderer.

Continued On Page 8

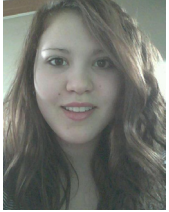
**Comments?
Concerns?
Articles?
Ideas?
Tell Us!**

Come on by our office or send an e-mail to:

concordia.bolt@gmail.com

AROUND THE SCHOOL

CUCA SPOOKA A HAUNTING HIT!



RACHEL WHIPPLE
STAFF WRITER

C U C A Spooka is a fun and safe event where Concordia students can blow off some steam, cut loose, and celebrate Halloween before the stress of finals and term papers. At this year's CUCA Spooka, held at the Norwood Legion on Saturday, November 3, everyone seemed to be enjoying themselves by making new friends or just spending time with old ones. The dance floor housed many people laughing, singing, and having a great time. Some people even got a few games of

beer pong going, which seemed to entertain those who did not want to dance.

Each year there is a costume contest held at CUCA Spooka. The individual costume contest winner was a guy dressed as an old lady in a bathrobe. It was a very hilarious and outrageous costume. the runner up was a lovely lady dressed as a clown. The group costume contest winners were three guys dressed as the ever popular boy band b4-4. The runners up were three lovely ladies dressed as three blind mice. Some other noteworthy costumes were a gorilla, two red solo cups, Nicki Manaj, Buzz Lightyear, and Poison Ivy.

The event featured four DJs: DJ Amos, aka Michael Browning, Djkomrad, Funkenstein, and Intron. There were some fun techno beats, and later on they cranked up the country. Many people seemed to enjoy two stepping and line dancing. However, others thought there should be some more hip hop or alternative music. There were also many people who were disappointed that some classic Halloween songs weren't played, such as Michael Jackson's "Thriller" or "The Monster Mash."

All in all CUCA Spooka was a fun time, and hopefully next year will be just as great!

WE HAVE AN APP FOR THAT!



TONY WONG
STAFF WRITER

Have you ever found yourself wondering where to look for information about Concordia and all its events? Well, Concordia is finally getting it's own smart phone app, and you can get your own copy of the app in just a few simple steps. First you are going to need a QR Camera app. Any app off the appropriate app store will work just fine. Some of your smart phones may come pre-installed with a QR Reader so you can skip this step. Next you will have to scan the QR Code found in the ads floating around school on the posters or in this issue of The Bolt. After that, all you have to do is add it

to your home screen, and there you go! If you own a Blackberry device you will be able to find the app either by scanning the QR code or by looking up 'Concordia' in the search bar of your App World.

While the app may be surprisingly simple, don't let it confuse you—you will be able to get all your information about Concordia and all it's events. All the students I have talked to appreciated the simplistic design of the app and even stated that they would use it to

stay in touch with school events.

Now, if you find a story that you think your friends at school might like, you can also choose to share it with them using Facebook, Twitter, or E-Mail. Andreas, the man who put the app together, is working on improving the experience of the app in many ways by including a Notification Banner alert when new stories are updated.

So go and try out the new Concordia app, and let us know what you think of it!



PICK YOUR PLATFORM
THEN DOWNLOAD
AND INSTALL, FREE!



<http://mippin.com/app/538075>



<http://appworld.blackberry.com/webstore/content/17842645/>

THE BOLT

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ENTERTAINMENT

INNOCENCE LOST A TRULY MOVING PRODUCTION



TONY WONG
STAFF WRITER

If you haven't seen the school play "Innocence Lost: A Play About Steven Truscott," then you completely missed out on one of the most powerful and impactful Concordia Drama productions to date. Directed by Caroline Howarth of the drama department with cast members from the Concordia student population. "Innocence Lost" follows the true story about Steven Truscott, a 14 year old boy who was wrongly convicted of the murder and rape of a 12 year old girl named Lynne Harper. What follows after his conviction is a tragic tale with evidence that

was blown out of proportion. "Innocence Lost" is told through a fellow classmate, Sarah, as she observes the public's reaction to the Truscott case, the disposition of community, and it's effect on good people. "Innocence Lost: A Play About Steven Truscott" is one of the most powerful shows I have seen to date. The story, while deceptively simple, is amplified by the fact that this story is based on real events. The actors all portrayed their personas perfectly which really helped immerse me into the narrative. Small difficulties, such as playing a younger age, proved to be nothing more than a harmless speed bump, which is something that is always difficult to work with, but the

crew found their way around that and really brought the young teenagers to life. This is the first time that projections were used in a Concordia Drama production. Under the supervision of Technical Director, Josiah Hiemstra, the projectors were used to not only highlight important parts of the case, but were also used to give a new sense of dimension to the changing times of the play. The LED lights and sound effects, while subtle, really helped to elaborate the various changes in locals. Sometimes, depending on the scene, the front projector would get in the way of some of the actors which caused a bit of a disorienting effect, though I can only think of one

or two scenes when that was an issue. The rest of the play was unaffected. Because of it's powerful and impactful narrative, "Innocence Lost" is a play that everyone should experience once in their life, and the way that the actors channeled their characters really drew me into the play that much more. From the innocent Steven Truscott to the angry mob mentality working on minimal evidence, everything in the play was methodical. The fantastic yet delicate spectacles of the projectors and sound effects really added to the already immersive production. I encourage everyone to not only watch this play if they can but also to research Steven Truscott and the case that surrounds him.

Do you run a club?

Hosting an event?

Let The Bolt know and we can get the word out to the student body.

Deadlines will be posted on the website!

Let the school know what you're up to and let everyone join in the fun!

DON'T FORGET!

CONCORDIA IS HOST TO A TON OF CLUBS AND YOU SHOULD CHECK THEM OUT!

IF YOU WANT TO KNOW MORE JUST COME ON BY THE CSA OFFICES

SPORTS

A CONCORDIA SPORTS UPDATE



BAILEY GARDECKI
STAFF WRITER

Hey guys! I hope everyone is having a good week and enjoying the snow. I know I

am! A quick recap on some of your Concordia sports teams. The Concordia Thunder hockey team played some great games against Keyano on November 2nd and 3rd, winning one of their matches 7 to 2. Congratulations and well done! Also, our ladies soccer team played one heck of a game against the NAIT Oaks on the 28th of October, taking the silver medal—kudos to our ladies!

Our Concordia curling team is gearing up for their first play

down on the 30th of November. As members of the curling team, the other players and I spent the weekend of the 3d and 4th playing a bonspiel in Sherwood Park as practice. We went 0-4, wins to losses, ha-ha! But before anyone judges us, first let me explain why we had such a hard time. That weekend was filled with the weirdest curling games we have ever played, and I am sure my teammates would agree with me.

Now most people think that curling isn't the most exciting sport out there, especially to I explain why this was an interesting game.

The basics to scoring in curling is to get your team's rocks as close

to the center circle on the ice (called the house) as you can. One game is usually eight ends long, and each team gets eight stones each end.

But for that weekend the scoring rules were thrown out, and instead, the bonspiel hosts came up with new rules—all randomly selected to make the game more fun and more interesting.

For example: let's say the team played the end normally, and after all the rocks are thrown Concordia is sitting with three rocks in the middle of the house and the opposing team has four rocks in front of the house. In a normal game, Concordia would take three points and the other team none. However, the new

rules said to roll a die, take the number, and then follow the commands on the rule sheet. We rolled a four, and the new rule sheet said that only rocks in front of the house count.

Well, that meant that Concordia got zip and the other team got four. The games continued like that the whole weekend, and I am very proud to say that, had we not changed the rules, Concordia would have won 20-0 in one of our games. So, although we played fantastic, we still lost all of them. That was not how we wanted to end the weekend, but it was still a good time.

That's all I have for this week's update folks. I hope to see everyone around, and have a great week!

**GOING TO A THUNDER SPORTING
EVENT?**

OF COURSE YOU ARE!

**AND WHILE YOU'RE THERE WHY
NOT TAKE SOME PHOTOS AND
SEND THEM TO US!**

**THEY COULD GET PUBLISHED IN
THE PAPER OR ONLINE AT
WWW.THEBOLTNEWS.COM**

**E-MAIL YOUR SUBMISSIONS TO:
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IT'S GAME TIME!

**THE UPCOMING
GAMES LIST IS NOW
WITH THE REGULAR
CALENDAR ON
PAGE 5
OF THE BOLT**

**COME CHEER ON
YOUR THUNDER
TEAMS!**

NOVEMBER EVENTS CALENDAR

FRIDAY 2, 2012

»8PM: HOCKEY - CONCORDIA @ KEYANO
 »6/8PM BASKETBALL - CONCORDIA @
 OLDS

»WOMEN'S SCOCER, CCAA CHAMPIONSHIP - HOLLAND COLLEGE, PEI
 »MEN'S SCOCER, CCAA CHAMPIONSHIP - DOUGLAS COLLEGE, B.C.

SATURDAY 17, 2012

»8:15PM: HOCKEY - PORTAGE @ CONCORDIA
 »6/8PM BASKETBALL - CONCORDIA @ LETHBRIDGE

SATURDAY 3, 2012

»CUCA SPOOKA - NORWOOD LEGION
 »2PM: HOCKEY - CONCORDIA @ KEYANO
 »6/8PM BASKETBALL - CONCORDIA @ SAIT

»6/8PM BASKETBALL - MEDICINE HAT @ CONCORDIA

SUNDAY 18, 2012

»2PM: CONCORDIA SYMPHONY ORCHESTRA ROMANTIC REFLECTIONS IN TEGLER

SATURDAY 10, 2012

»3:15PM: HOCKEY - BRIERCREST @ CONCORDIA

FRIDAY 23, 2012

»7PM: HOCKEY - CONCORDIA @ AUGUSTANA
 »5:30PM: GAMES NIGHT - BACK TO THE FUTURE

WEDNESDAY 7, 2012

»WOMEN'S SCOCER, CCAA CHAMPIONSHIP - HOLLAND COLLEGE, PEI
 »MEN'S SCOCER, CCAA CHAMPIONSHIP - DOUGLAS COLLEGE, B.C.

»WOMEN'S SCOCER, CCAA CHAMPIONSHIP - HOLLAND COLLEGE, PEI
 »MEN'S SCOCER, CCAA CHAMPIONSHIP - DOUGLAS COLLEGE, B.C.
 »CROSS-COUNTRY, CCAA NATIONAL CHAMPIONSHIP - CHAMPLAIN COLLEGE, QC

SATURDAY 24, 2012

»7:30PM: HOCKEY - AUGUSTANA @ CONCORDIA

THURSDAY 8, 2012

»WOMEN'S SCOCER, CCAA CHAMPIONSHIP - HOLLAND COLLEGE, PEI
 »MEN'S SCOCER, CCAA CHAMPIONSHIP - DOUGLAS COLLEGE, B.C.

FRIDAY 16, 2012

»7PM: HOCKEY - CONCORDIA @ PORTAGE
 6/8PM BASKETBALL - ST. MARY'S @ CONCORDIA

FRIDAY 30, 2012

»CURLING - AT GPRC
 »8:15PM: HOCKEY - MACEWAN @ CONCORDIA
 »6/8PM BASKETBALL - CONCORDIA @ GRAND PRAIRIE

FRIDAY 9, 2012

»8:15PM: HOCKEY - BRIERCREST @ CONCORDIA

WE AT THE BOLT WOULD LIKE TO THANK



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FUN & GAMES

FUN FACTS

Kim Kardashian's failed marriage could have paid your college tuition for 2,873 years.

Ingvar Kamprad founded IKEA when he was just 17 years old.

Without that 'little voice' in your head you wouldn't be able to read this!

Singing helps form and strengthen the emotional bond between a group of people.

Charlie Chaplin once entered a 'Charlie Chaplin lookalike' contest. He didn't even make the finals.

If you yelled for 8 years, 7 months and 6 days you would produce enough sound energy

to heat one cup of coffee

IKEA stores are designed like a 'MAZE' in order to prevent customers from leaving.

In the course of an average lifetime you will, while sleeping, eat 70 assorted insects and 10 spiders.

<http://uber-facts.com/>

SUDOKU

Each column, row and block must contain all of the numbers 1 through 9 and no two numbers in the same column/row/block of a Sudoku puzzle can be the same.

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

Answer sheet is available at: www.theboltnews.com

STUDENT NEWS HAS AN APP!

REAL TIME UPDATES | ANDROID, iOS, BLACKBERRY | FREE



PICK YOUR PLATFORM THEN DOWNLOAD AND INSTALL, FREE!



<http://mippin.com/app/538075>



<http://appworld.blackberry.com/webstore/content/17842645/>

WORD OF THE WEEK

climacteric

\ klahy-mak-TER-ik \

Noun) 1. A critical period.

2. The period of maximum respiration in a fruit, during which it becomes fully ripened.

ORIGIN:

Climacteric originates in the Greek klimakter, "rung of a ladder."

From Dictionary.com

Hey Readers!

Got an idea for our Fun and Games section? We want to know what you want to see here.

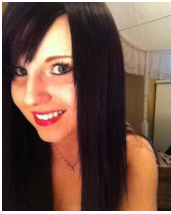
So send us a note at:

concordia.bolt@gmail.com

or come by our office located within the CSA Office

HEALTH & FITNESS

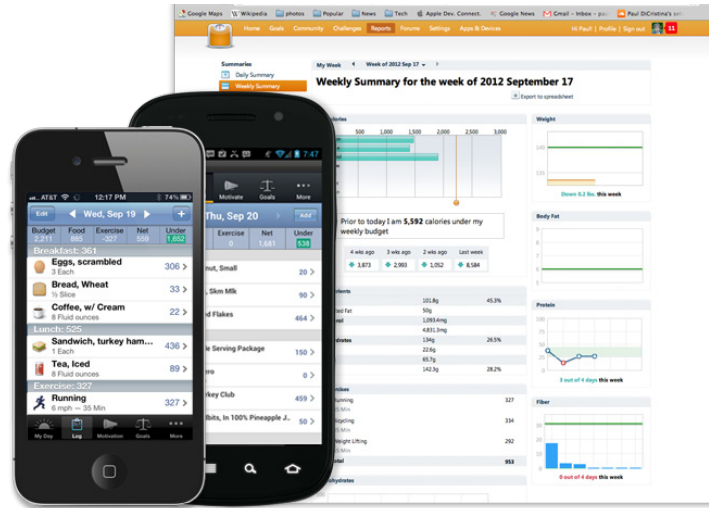
LOSE IT WITH “LOSE IT!”



JESSICA RUSHTON
STAFF WRITER

Over the summer, I was introduced by a friend to “Lose It!,” an app that allows you to log in any food or drink you have during the day, as well as any exercise you do. It looked interesting, so I downloaded it for myself, and I have used it every day since!

The app, found on the iPhone, Android, iPod Touch, and iPad, as well as online: www.loseit.com, is a great tool to jump-start weight loss or simply keep track of eating habits and exercise routines. Once you get on the website or the app, it will ask you to create an account. To do this, just enter your email and a password. Then it will ask for your current weight and your goal weight, along with your ideal daily calorie intake. In this way, you can constantly see the progress you are making, which is extremely motivating. Once in the app, there are option buttons along the bottom: “My Day” which shows a bar and a calorie limit line; the bar fills up and gets closer to the line the more food you eat, showing just how many calories are in each food. It also tallies the amount of calories consumed and burned through exercise, showing you how many calories you have left available for that day without going over your goal. The next button is “Log” where you actually enter the foods you eat. By clicking “Add Food,” you can scroll through many choices; everything from brand names such as Starbucks lattes to Mott’s applesauce. If the wide selection of foods and beverages does not have the food you want, you can add it manually, so long as you know the calorie count. Another fun and easy way to enter foods is to scan the barcode. You can also find this option under “Add



Food.” You can also use the “Add Exercise” button to add any physical activities for the day. Once again, the app has a wide range of activities, from gardening to cross country running, or you can add your own. The more exercise you do in a day, the more calories are burned and the bar drops back down closer to zero. This is an immediate way to justify that after-school chocolate bar! On the app and the website you can also set reminders to enter food logs, join a weight loss community, share results, and view your progress. “Lose It!” is a great tool for easy weight loss, as it allows you to instantly see how many calories a food has and any progress being made towards your personal fitness goals. It is similar to Weight Watchers in that you are counting calories and the amount of food consumed, but much more efficient as it calculates real calories instead of a point system. I highly recommend this app (it’s free!) to anyone wanting to control their diet, lose weight, or just monitor their weight.

The Ukrainian Shumka Dancers Present

SHUMKA'S FUNDRAISING GALA

November 17, 2012 at The Northern Jubilee Auditorium

Cocktails @ 6:30 PM

Performance @ 7:30 PM

Tickets: \$100

Available by phone: (780) 455-9559 or E-Mail: tickets@shumka.com

www.shumka.com

CAREER SERVICES

MENTORSHIP; A GREAT WAY TO GET AHEAD



JOSIAH KOENIG
STAFF WRITER

Midterms are finished and the rest of the semester is still ahead. At this point, some of you may feel unsatisfied with academic standing or that your career path is unclear. You may feel that you could use a little encouragement or a push from someone to help you refine your academic and career goals. If you feel this way, I'd like to make

you aware of one of the many programs offered by Career Services: the Concordia Alumni Mentorship Program (CAMP), which is offered jointly by the Career Services Department and Concordia's Alumni Relations Program. This is a free service that matches students with alumni who have common academic and career interests. These alumni mentors can offer you advice about your academic development, professional goals, and information about the

workplace in your aspired field of employment. I encourage you to take advantage of this excellent resource. Mentors can help students prepare for post-university life. Mentors can provide experience and insight to students which can help them understand their career choices and give them an authentic perspective on professional careers. Additionally, if you are a Concordia alumni, I encourage you to sign up to be a CAMP mentor. This is an excellent

way to support your university in a personal and unique way by providing current students with some practical career and academic advice. Sign up to be matched with a mentor today and redefine your career and academic goals. If you would like more information concerning CAMP, please come by the career office; we would love to chat with you. Have an excellent day.

NOVEMBER EVENT	Date and Time
Developing My Career Portfolio	Wed. Nov. 21 4:30 - 6:00 PM
Graduating - What's Next?	Wed. Nov. 28 4:30 - 6:00 PM

The Career Services office is located in the Library (L265). The office is open Monday through Friday from 9:00am to 4:30pm. To see Doreen please make an appointment by coming in person, or by using one of the following methods:

Email:

Doreen.kooy@concordia.ab.ca; careerservices@concordia.ab.ca

Phone: 780.378.8461

POLITICS

THE GOOD IN CHANGE

Continued From Page 1

The patriation of the Constitution in 1982 made it a lot easier for Canada to change its constitution. Up until 1982, only the British parliament could change the constitution, with the consent of Canada. After the patriation, amendments could be made to the constitution if the House

of Commons, Senate, and a two-thirds majority of the provincial legislative assemblies representing fifty percent of the national population all adopted these amendments. This is still a laborious process but our government controls it; therefore, we are able to make changes more easily than before this formula was in place.

Perhaps, in the future, it will become easier and faster to create significant change. Our generation, like many before, is desperate for change. The only effective way to change things is through legal action; therefore, we must amend the laws that govern us in order to amend the society those laws create and influence. As I

write this, I am reminded that many of our laws are outdated or are misused. To truly change society, we must first change the laws that govern society.

Comments? Questions? Outrage? Please submit something to The Bolt for publication! concordia.bolt@gmail.com OR Write on our Facebook Wall!

STUDENT PERSONAL FINANCE

HOW TO RADICALLY INCREASE YOUR PERSONAL INCOME



MICHAEL STEAD
STAFF WRITER

“Can college students really earn a high income while they are still in school?”

To some students (and perhaps even staff) this question might appear to be somewhat of an oxymoron. While I can only assume that the skeptics will continue on with their skepticism, this particular essay is directed at folks who want to achieve more with their personal finances than they ever thought possible.

That being said, however, what I am about to say will likely smash right into your belief systems about money, so if you are unwilling to have an open mind, then please stop reading this article and continue to do as you’ve always done.

In order to accomplish the task of radically increasing your income, you need to understand the core philosophy behind how REAL money is made and relinquish your past prejudices immediately (and yes I mean RIGHT now).

Before we move forward though, there is one thing you must accept right now if you truly want to increase your earning ability. It is simply this—You cannot become

rich on a fixed income.

Although most pundits in the personal finance space will claim that you can become wealthy by merely saving and investing a few hundred dollars a month, the reality is that these plans end up causing far more damage than the good they intend to provide. How is this so? Because they force you to focus on the wrong outcome rather than what actually creates wealth and prosperity.

When you are on a fixed income, at the end of the month you are forced to divide up and allocate your financial resources based on priority. This constraint naturally gives people a view or context of life and money that is based on scarcity—not abundance. While this may be a logical conclusion based on this set of financial constraints, it unconsciously leads to thoughts and beliefs such as the dreaded, “We can’t afford that.” Said another way, money becomes your master and you become its servant.

To overcome these challenges and emotional hurdles, you have to begin thinking new thoughts and taking new actions. Money is just an idea and it’s quantity will manifest based off of whatever your current beliefs are about it right now. If “money is the root of all evil,” then your financial

results in life will reflect that viewpoint.

So how do we radically increase our personal incomes? Simple— increase your personal value level (PVL) to the world. Your PVL is derived from three factors:

The number of people who are also capable of performing any particular job.

The amount of specialized skills or education needed to perform the job.

The number of people around the world that your work benefits. (Leverage).

Until you understand WHY some people make more than others, there is no way you can break free and choose a more lucrative path . . .

Now, if your income is determined by your PVL, how do you increase your PVL so you can increase your income? Easy— acquire new skills that are highly valuable to both a prospective employer and society at large.

And what is the quickest way to determine what skills are highly valuable? Identify a person that is working in your chosen field and is earning the amount of money you desire and ask them what skills they have developed that have enabled them to achieve their level of success.

In a word, what I am asking you

to do is to begin MODELING highly successful people that are doing what you want to do. Although this should seem fairly obvious, unless you deliberately seek out help to get this part of your life handled, you will continue to spin your wheels and your financial life will remain in neutral.

However, if you cannot abstain yourself from the temptations that will arise with having an increased income, then you are likely to fall into the trap that cripples people financially and leads to a life that is stuck in the “rat race.”

Stay tuned for my next article where I am going to show you the number one mistake that 95% of all 20-somethings make financially and how you can avoid this pitfall completely. As it was once said, “Smart people learn from their mistakes, but geniuses learn from other people’s mistakes.”

If you have any questions/ comments/feedback about this strategy or about finances in general, please send me an email at mstead@student.concordia.ab.ca and I will respond to them personally.

Comments? Concerns?

Articles? Ideas?

THE BOLT WANTS TO HEAR FROM YOU!

Come on by our office or send an e-mail to:

concordia.bolt@gmail.com

PICTURES FROM AROUND SCHOOL

