

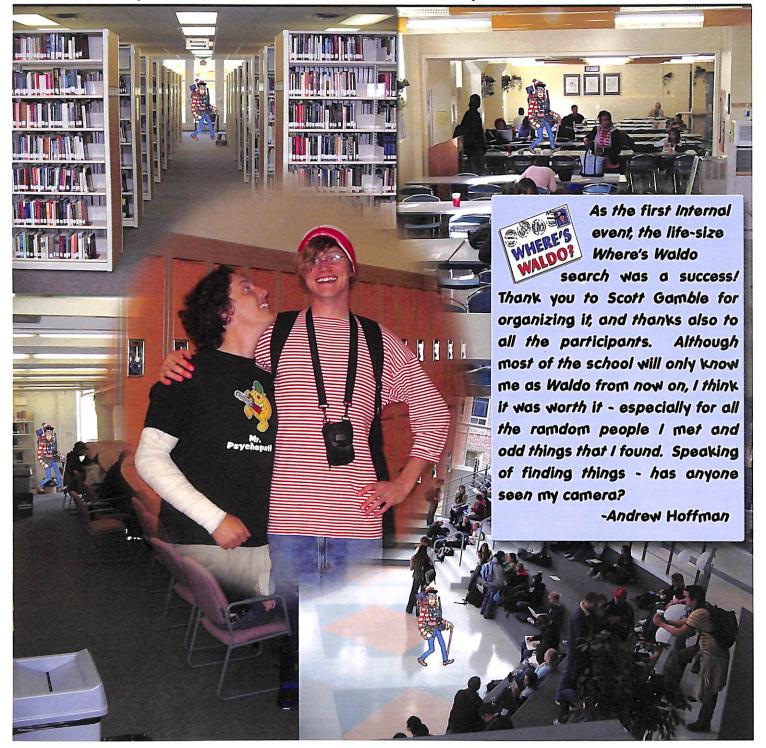
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The Publication Of The Concordia Students Association

September 19th 2005

Issue 1



The Lorax Comes to Concordia

several decades

ago, and many

people well re-

member the little

guy with the

"speaks for the

trees."

Condordia's

felled trees are

even older than that: they date

back to the early

days of the cam-

pus itself. So

whodunnit?

Who axed these

magnificent

swer is simple,"

Thompson, the

Director of Plant

Operations at

Concordia. "The

trees were at the

end of their

"The an-

Bob

trees?

says

mous-

who

bushy

tache

by Janet Buterman Returning students, staff, and faculty of Concordia University College can be forgiven if they thought their campus was invaded during the summer by the dastardly Once-lers: a row of enormous trees along the eastern edge of the Tegler parking lot were felled by someone or something using a tool rather larger than a typical axe.

Doctor Seuss wrote the famous story of the Lorax



Lorax, or Spiderman? Neither. A five-year old boy surveys the logging at Concordia one warm summer evening.

lifespan and had to come down before nature took them down for us." (For the occupationally-challenged, it should be noted that Plant Operations does not necessarily refer to things within campus that grow and undergo regular photosynthetic cycles. Plant operations typically includes taking care of the buildings and property, including engineering, custodial services, and main-

tenance. Still, their motto should be 'There is more to Plant Operations than just weeding!')

With the upcoming additions to Concordia's campus beginning this autumn, we will lose a few more mature trees, but again they are approaching the end of their life-cycle. And unlike some cultures that send their elders for a one-way trip on an ice floe, we chop them up and turn them into kindling. Or furniture. Or grind them into mulch for the various gardens on campus. Yes, this really happened; those trees have found new existence in several unexpected venues, including some right alongside the very walks you traverse rushing to and fro from your studies.

Concordia now has a landscape designer in addition to our campus grounds keeper, and plans are already in place to not only replace the parking lot trees, but also to add trees throughout the parking lot, and as a windbreak along the western and southern edge of the playing field.

While nearly everyone on the planet is at least marginally aware of the benefit of trees for good air quality (some notable exceptions are already so well-known that we won't name any names here, right Mr. President?), many people may not realise that good tree planning and management is also key to lowering energy costs. While Concordia's early plantings were likely somewhat haphazard, current tree planning goes a lot further. "Planting a deciduous [leafy] tree along the south face of a building provides good shade during the heat of the summer," says Thompson, "but after the leaves are gone, the shade goes too. This allows the solar gain to be available to the building during the winter." More shade equals lower energy costs for cooling: more sun equals lower energy costs for heating.

A walk around Concordia shows a wide variety of trees, including an enormous willow along the southern front of the original college buildings. Other trees include Russian maples, elms, and birch. Not only do our trees provide us with sun or wind protection, they also provide shelter and habitat for wildlife, as many people can attest to when on campus early in the mornings or late in the evenings. Over the next few years, Concordia's building and landscaping projects will make it look as though the Lorax himself really did come for a visit.

The Blue & White welcomes all Concordia student submissions - articles, stories, poetry, comics or anything else you want to see in print! (It'll be printed as long as it meets all Concordia standards.) So, please send us something! We also accept suggestions and questions for Barb. The next submission deadline is Monday, September 26th.

blueandwhite@csa.concordia.ab.ca

Ask Barb

Stress is a part of life. As university students you may experience stress meeting academic demands, adjusting to a new living environment, or developing friendships. In fact, to most of us, stress is synonymous with worry. If it is something that makes you worry, then it is stress.

Your body, however, has a much broader definition of stress. To your body, stress is synonymous with change. Anything that causes a change in your life causes stress. It does not matter if it is a "good" change, or a "bad" change,

they are both stress. Even imagined change is stress. If you fear that you will not have enough money to pay your rent that is stress. If you worry that you may get fired, that is stress. Whether the event is good or bad, imagining changes in your life is stressful.

Many times stress is referred to in a negative light; however, stress can help to keep a person alert and motivated, allowing the person to accomplish more than they would otherwise. A lack of stress can be just as much of a problem as too much stress.

The goal in treating stress is not to eliminate it but to learn how to manage it and use it to our advantage. As we strive to find an optimal level of stress in our lives we will start to see that proper amounts of stress motivate us to excel in our performance and disproportional levels of stress can suffocate and overwhelm us.

There are several signs and symptoms that you may notice when

you are experiencing stress. These signs and symptoms fall into four categories: Feelings, Thoughts, Behavior, and Physiology. When you are under stress, you may experience one or more of the following:

Feelings

- ·Feeling anxious.
- ·Feeling scared.
- ·Feeling irritable.
- ·Feeling moody.

Thoughts

- ·Low self-esteem.
- ·Fear of failure.
- ·Inability to concentrate.
- ·Easily embarrassed.
- ·Worrying about the future.
- ·Preoccupation with thoughts/tasks.
- ·Forgetfulness.

Behavior

- ·Stuttering and other speech difficulties.
- ·Crying for no apparent reason.
- ·Acting impulsively.
- ·Being easily startled.
- ·Laughing in a high pitch and nervous tone of voice.
- ·Grinding your teeth.
- ·Increasing smoking, use of drugs and alcohol.
- ·Being accident prone.

www.uwsp.edu



Barbara van Ingen

Physiology

- ·Perspiration /sweaty hands.
- ·Increased heart beat.
- ·Trembling.
- ·Nervous ticks.
- ·Dryness of throat and mouth.
- ·Tiring easily.
- ·Urinating frequently.
- ·Sleeping problems.
- ·Diarrhea/indigestion/vomiting.
- ·Butterflies in stomach.
- ·Headaches.
- ·Premenstrual tension.
- ·Pain in the neck and or lower back.
- ·Loss of appetite or overeating.
- ·Susceptibility to illness.

Here are some suggestions on how to better manage your stress load:

- ·Become aware of your own reactions to stress.
- ·Reinforce positive self-statements.
- ·Recognize and accept your limits. Remember that everyone is unique and different.
- ·Get a hobby or two. Relax and have fun.

·Exercise regularly (30-60 minutes per day).

·Eat a healthy, balanced diet daily.

Talk with friends or someone you can trust about your worries/problems.

·Learn to use your time wisely:

oEvaluate how you are budgeting your time.

oPlan ahead and avoid procrastination.

oMake a weekly schedule and try to follow it.

·Set realistic goals.

·Set priorities.

·Study in short blocks. Take frequent short breaks.

·Practice relaxation techniques. For example, whenever you feel tense, slowly breathe in and out for several minutes.

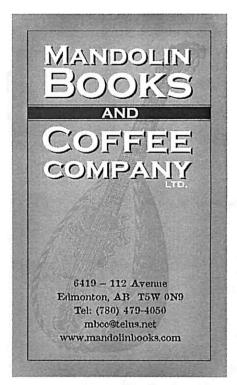
•Set regular sleep times (at least 7-9 hours per night)



Do you have a question for Barb?

Send it to the Blue & White!

blueandwhite@csa.concordia.ab.ca!



The Freecycle Network Gains Momentum in Edmonton by Kristan Noel

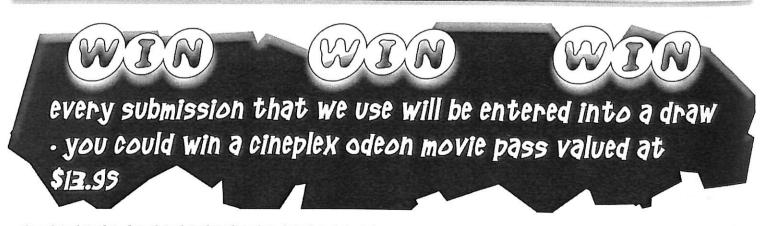
Do you have an old piece of furniture that you keep stubbing your toe on while it takes up valuable space in your home? Perhaps you have something in working condition that you do not need but cannot bear to throw in the trash due to the usefulness left in that item's life? Or maybe you are just looking for a certain object that you would be upset to learn someone else had, in perfectly good condition, but sent to the landfill for lack of a better use? Whatever your needs, the Edmonton Freecycle Network is a

non-profit global community of people that "was started in May 2003 to promote waste reduction... and [to] help save... landscape from being taken over by landfills" (www.freecyle.org September 12, 2005). Local groups, such as the one found in Edmonton, are run by volunteer moderators and allow your junk to truly be renewed into someone else's treasure!

There are a couple of rules associated with the program, one of which requires that you live in the Edmonton area and register as a member of the group with Yahoo. (This does require a Yahoo ID. If you don't already have one, you can obtain one by going to www.ca.yahoo.com). The other most important rule requires that all items posted or collected through the program remain free (selling, bartering and trading is against the rules.) Besides general etiquette conditions, the only other restrictions require that your first post be an offering of an item, and that for every four free items you obtain from the site, you offer one back in return, to allow the cycle to continue.

As of September 12, 2005, over 74,000 visitors have already checked out the Edmonton Freecyle Network located at www.groups.yahoo.com/group/Freecyle-Edmonton. Some examples of offers you can find recently posted on the website include a DVD player, a coffee table and even some textbooks! Check out the Edmonton Freecyle Network today to browse the thousands of messages already posted, or to get ideas of items that you could contribute and clear out of your own home. You never know what you might be able to get rid of in a cheap and environmentally friendly way, or what you might be lucky enough to take off someone's hands!





Meet the Prof...

Dr. Hans-Dieter Jakobs is the German language professor at Concordia. I met him in my first year here at Concordia, when I was taking German 100 partly as a requirement for my degree and partly because I'd always wanted to learn German. My plan was to take German 150 in my second year, but it got cancelled that year for budget reasons and the following year Hans-Dieter was on sabbatical. The course would be offered every other year, starting when Hans-Dieter returned from sabbatical, because a lot of students would take the course just because he was teaching it. I was one of those students, and I've waited until my fourth (and last) year to get into German 150. I was pleased to see Hans-Dieter back this year and to be able to chat with him for the Blue & White, though I'm hoping that he doesn't find out how much German I've forgotten since German 100!

You were on sabbatical last year. How was that? It was a creative time. It's a good chance to gain a different perspective. It was also good for my health as I was able to do things I didn't have time to do, like go for walks.

How long have you been teaching here at Concordia? I'm in my 19th year here. I like teaching more every year. When I was younger, I saw it more as a sideline to my profession as a German literature professor. I like to associate with the students, and get fresh ideas. As I get older, the students keep me young.

When you were young, what did you want to be when you grew up? I wanted to travel the world. I planned to become a mechanical engineer, all the way through twelfth grade. I was going to be a ship's engineer so that I would be able to travel. I did go travelling, after I finished high school, but it takes money and you run out fast, so I had to get a job. I worked in Germany, but then I got conscripted into the army, so I came back to Canada.

How did you get into teaching? I originally went to university to overcome feelings of inferiority, get a degree to prove that I wasn't as stupid as people thought I was. I had no idea of what to expect. I thought Canadian universities would be the same as German universities. I got into German by accident; I had a space for a spare course and took German. Found out I liked it, made it my major, and my interest kept growing. I did graduate studies and stayed in that field. As you learn more, you get more involved and want to do more.

Where did you start teaching? I started as a German literature professor at the U of A. I did my degrees there and taught there for two years before coming to Concordia. I was also teaching other senior language courses. I've been teaching as a TA since I was twenty-three years old.

You grew up in Germany and came over here as a child, right? I was thirteen when I came here. I went back to Germany a few times after that. My father had health problems, so we went back for a bit, and then returned to

Canada again. I also went back after high school. For a while I didn't know where home was. It was very confusing. I would walk into a store and have to think whether I should say "Hello" or "Guten Morgen!"

What is a favourite past-time or hobby you have? I like going for long walks, reading, and coin collecting.

You've mentioned you used to smoke. What made you decide to quit, and how did you quit? One reason was that I could see the writing on the wall: smoking is eventually going to become a criminal offence. I joined a program offered by Concordia and felt it to be helpful. I quit for good almost 10 years ago now, and never relapsed at all. Smoking was becoming antisocial; there's no future in smoking (literally!). Especially in an academic setting; hardy any of my colleagues smoked. Quitting is not difficult if you do it right. I was amazed at how easy it was.

What advice would you give to students outside the classroom? Whatever is easy isn't worth doing. If it's too easy, it has no value. Also, while you study, you shouldn't forget to live. Don't suffocate under the load of studies. Balance is important. These are the best years of your life; enjoy them. Plan things to make the work easier, like going to movies or doing things you enjoy.



Dr. Hans-Dieter Jakobs Interviewed by Bonnie Ross

Welcome-back Word Search

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Feature Movie Proves Fanshave Clout

by Janet Buterman Once in a long while, a gem comes along in the world of televised science fiction. No, it's not Star Trek and its sterile future, where technology solves all problems; the gem I'm discussing is the short-lived show *Firefly* that ran in the autumn of 2002, killed even before Christmas finished its incessant commercial season.

No one who's talking is saying why this happened. Certainly, it wasn't for lack of viewers. The show, penned and directed by Buffy the Vampire Slayer's Joss Whedon, had a larger viewership than *Buffy* right out of the gate. But *Buffy* was given several seasons to find its audience; the decision makers at FOX Television didn't even give

screen as *Serenity* this September 30, including all original members of cast and most of the crew. *Serenity* is the name of the *Firefly*-class ship that *Firefly* fans around the world have come to know and love, and those fans will be attending theatres in full force, watching their favourite Big Damn Heroes as they fight injustice on the galactic frontiers

Firefly fans, known as Flans or Browncoats, cross international, cultural, and political boundaries. Not to mention age: some fans are still young children who love the hijinks and adventure common to many good sci-fi stories. Some fans do not even consider themselves sci-fi fans,

but the consistent quality of writing and characterisation easily won them over to this special adventure.

Firefly is chock full of classic themes, such as the need to do the "right" thing, even when that isn't necessarily the "legal" thing to do. Trailers for the movie Serenity let us know these themes are still there, complete with wry humour and good ol' fashioned frontier dustups.

Browncoats/Flans even have their own language: an interesting aspect of the show is the strong presence of Mandarin Chinese throughout the

'Verse (universe), and every character at one point or another uses Mandarin in talking, eating, or cussing. And no one dresses better than a Browncoat ... from the, um, well, "brown" coats to the badly-knitted orange toque, sometimes it is hard to miss the Browncoat in the crowd, even if you try. And Edmonton Browncoats/Flans have a local connection: Captain Malcolm Reynolds is played by Edmonton's own Nathan Fillion.

Movie trailers can be viewed at www.serenitymovie.com. Several large fan groups exist on the Internet, easily found by Googling. Canadian Browncoats has members from across Canada (including some Concordia students!) and can be reached at www.canadianbrowncoats.com.

(With special thanks to Canadian Browncoat members Alexis, Chantelle, Mark, and Alex for their help with this article.)



Something every Canadian can relate to: a warm, woolly toque.

Firefly a single season.

Certainly there had never been a sci-fi series like this before: no aliens, no shiny spaceships and a grit and realism that mirrored life on the frontier, in this case, the frontiers of space. But the fans loved it, and the cancellation sparked fan angst worldwide. Emails were exchanged. Letter upon letter was sent to FOX. Joss Whedon took the show shopping for a new home. But all to no avail: science-fiction speciality channels weren't interested in producing the show, and FOX had outright refused to make new episodes. Without anyone able to back the show, a resurrected TV show for *Firefly* became both legally and logistically impossible.

Again, enter the fans. Fans continued to agitate FOX to provide a complete series DVD set. International sales were strong, enough so that Whedon was able to sell the movie rights to Universal, and thus *Firefly* hits the big

Visit The Website! www.serenitymovie.com

Introducing: VP External

Hello to all students Concordia!

My name is Travis Sharkey. and as some of vou may know I was elected onto the Concordia Students Association as your Vice-President of



Travis Sharkey -VP External

External Activities. I am 21 years old and this year will be my third year here at Concordia. I plan to complete my arts degree next year with a major in political economy and a minor in business.

Just as in the last two years, the fall term seems to have come in a flash and with it many familiar faces. Once again, the halls of this institution are a buzz of excited students, reunited friends, and an eager faculty of the best kind. For many of you this is the first taste of the university experience, and I'm sure it will be everything you expected and more. You can expect to meet a lot of really great people in these halls; some bonds will be so strong they will last a lifetime.

That being said, I must encourage all students of Concordia to get involved. That is, take note of upcoming events, pay attention to and attend event info meetings, and simply participate in the many various events being organized by your Student Executive Council, General Council, and Thunder Athletes. Your university experience to a large degree will be what you make of it. So, study hard, and stay organized, that way you will be able to take up the opportunities to get involved in Concordia culture and meet the many wonderful people within it.

Introducing: The Blue & White

My name is Lis and I am the Editor-in-Chief of the Blue & White. I am finishing my last year of university - in the Management program at Concordia and like most of you, I can't wait to graduate! This is my second year as the Editor-in-Chief and I really enjoy my job. We're always trying to find new ways to improve the Blue & White and get more students to read it. Hopefully we'll get a Blue & White in the hands of every Concordia student. If you have any ideas or suggestions, we'd be happy to hear them. Anyhoo, have a great year and read the Blue & White!



Lis Swvripa Editor-in-Chief

Hi there! I'm Bonnie and I'm the Story Editor. I'm in my fourth and last year here at Concordia, majoring in English and double minoring in History and Religious Studies. I love reading, writing, and hiking, and I'm really excited to be back on the Blue & White this year. We're working hard to make this a really good paper, but we need your help - your submissions and your suggestions. Don't be afraid to come talk to us about what you'd like to see in your school paper!



Bonnie Ross Story Editor

Welcome to the Blue & White! Pay careful attention, because there's going to be a test later on... if you've read Lis' and Bonnie's introductions, then you may have seen the beginning of a trend. Professors will tell you that "when something is repeated it's important - write it down." So, for the third time: Hi, my name is Andrew, I'm in my fourth year, and I'm very excited to be working for the Blue & White. Please send us your articles, tell us your ideas, or otherwise help us to make this paper the most interesting and excellent publication it can be - we work for you! Viva la libertado.



Andrew Hoffman Layout Editor

Sam and Will were mounting drywall as a summer job. While they worked, they talked and listened to music. The yellow portable radio was playing "Clocks" by Coldplay.

- "I like this song," said Sam.
- "Yeah? Why?" asked Will.
- "I don't know. It grooves and makes me feel good."
 - "Okay ... but why?"
- "...I don't...I have no idea. Piano always feels like that."
 - "Do you know why?"
 - "Stop asking me questions that there's no answer for."
 - "I wouldn't ask if I thought there was no answer."

- "Well, you keep asking questions that I don't know the answer to."
 - "Sorry." Will opened the bucket of plaster.
 - "Do you think there's anything we could both talk

about?" asked Sam, picking up his plastering knives.

"... Well, I saw a girl yesterday that I recognized. She had a high forehead, a short upper lip, and long teeth. Her brother has a

funny lisp."

Why do people lock junky cars?

Can you get paid to paint graffiti?

Have any questions? E-mail them to

blueandwhite@csa.concordia.ab.ca!

- "Is she hot?"
- "...I'm not sure. What makes a girl 'hot'?"

by Sam Coleridge

