

## THUNDER GOLF

by Rebekka Hay

### Golf

For the final CUE Thunder article of the year, I have one sport left to cover...golf! Kassidy Turcotte, who is a third-year majoring in Chemistry and minoring in Math (um wow), took the time to tell me about the team. First, a little background: Kassidy has been golfing since she could walk. Her family had a cabin that was near a golf course that she grew up playing on. Kassidy then turned to competitive golfing at age 13. She travelled around Alberta averaging around twelve tournaments a summer. Kassidy remarked that she enjoys golf because of the individuality present in the sport. The onus is always on her, and she only compares herself to her previous victories or downfalls rather than other players. The act of winning or losing in golf is entirely up to you. She also discussed how it is a hugely mental game where the determinant to success is up to the individual. Additionally, Kassidy mentioned how fulfilling it is to do well despite golf being a hugely male-dominated sport. Next, Kassidy discussed the ACAC Provincial Championships.

### Provincials

Kassidy discussed how tough provincials were for her; the weather was not in her favour and it was extremely windy and cold (terrible conditions for golf). She also remarked how the weather was getting to her and how she was a negative influence on herself. She discussed how she was doubting herself, being fully aware that she could have been playing a stronger game. De-

spite the ongoing mental battle on the course, she saw, back in the clubhouse, that the scoring had her in second place--which is tremendous. Her ability to play tough really shone through in this instance. Moreover, she stated how she owed a fair amount to her coach as he continued to help her push through and stay focused. After her excellent performance at Provincials, Kassidy now had to play a "waiting game." To qualify for Nationals, you need to finish at minimum top four as an individual. However, teams take priority over single players. Therefore, Kassidy was thrown into a flurry of activities and preparations to get ready despite not even having confirmation that she was going. She continued practicing at indoor facilities and was also signing a ton of paperwork. After a hectic few weeks, Kassidy discovered that she did qualify! What a rollercoaster!

### Nationals

The 2018 Nationals were hosted in Oshawa, Ontario. Kassidy recalled that the course for Nationals was definitely the "hardest course she had ever played in her life." After all, it was a CPGA (Canadian Professional Golf Association) qualifying course, so it was extremely tough. For example, Kassidy discussed how, on one hole, there were approximately 17 sand traps. Furthermore, the length of the course was longer than she was used to, but the weather worked in her favour, and her performance was outstanding throughout. Kassidy played a phenomenal tournament and finished 15th overall at Nationals--congrats! Though Kassidy was pleased with her game, her goal for next year is to finish first at the CCAA (Canada Collegiate Athletic Association) Provincials and top seven at Nationals. As a final note, the school team is always looking for new members; to find information on joining, I encourage you to visit the Athletics website on the Concordia homepage.

# THE BOLT NEWS

## SEE YOU WHEN WE SEE YOU



### Inside:

**STUDENT LIFE** - Taylor Jevning shares some advice about the importance of speaking your mind and when to do it.

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**BUSINESS** - Emma Bott discusses mentorship networking in the business world just in time for summer job hunting season.

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AND MORE:

## IN DEFENSE OF SOCIAL SCIENCE

by Donovan Makus

As the end of the semester draws near, we have the opportunity to reflect on what we've learned over the past months. As final projects and essays are completed, the last midterms written, and summer plans made, we may even have the time to reflect on the actual meaning and grounding of the discipline we are studying. For some, this is a clear reflection; mathematics and chemistry are long-standing fields with an extensive history of scholarship. However, for other newer fields, there isn't this same history to fall back upon. For social science majors, there may be some apprehension; the social sciences are sometimes described as "soft" sciences, in contrast to "hard" sciences like chemistry. This is a weak distinction, though, as the social sciences have a great deal to offer us in our search for knowledge.

Now I should be clear, I'm not a social science major trying to justify my major choice. Far from it--my home faculty is the Faculty of Science, not Arts, but this distinction is not as clear as we may first think. When asked to describe "Science," how would you describe it, and what examples do you use? If you're like most people, your description of "Science" comes from the natural sciences, from disciplines such as biology, chemistry, or physics, rather than fields such as psychology or sociology--yet all

of these are scientific fields! While the natural sciences have existed for much longer than the social sciences (or, at least, as recognizable distinct fields), "science" isn't limited to describing the natural world. Science is about the pursuit of knowledge, and this includes knowledge of our societies and human behavior. When we say science, we shouldn't use it to refer exclusively to natural sciences, as if those are the only sciences. Instead, we should focus on the core of science: the scientific method, which is multidisciplinary and can be applied to many different fields, from anthropology to sociology.

Social sciences are legitimate sciences which use scientific methods to observe human behavior and society. However, it is this description that gives rise to one of the reasons there is some apprehension towards the social sciences; we think we already know a fair amount about these areas. The average person doesn't have a particularly deep knowledge of chemistry or physics, yet as a reasonably well-socialized human, we feel comfortable making motivational attributions and group judgements due to our personal experiences. When we read social science research, it seems familiar; we can understand the terms even if we don't always understand the methodology or findings. Compare this to a chemistry or biology research article and the difference in the required background knowledge is clear. Familiarity can lead us to undervalue something, and this tendency hurts the study of social sciences. Examining ideas and relations that are closer to our daily lives than theoretical physics doesn't devalue studying those areas--far from it. It makes them far more salient to our everyday lives. It is precisely this human factor that also plays a part in the unfair devaluation of the social sciences.

Humans are complex and hard to predict or

best interests of the general population. Provincial governments pressure other provincial governments as well as regulatory agencies of the federal government--an example of this is the Alberta provincial government's intervention to pressure the National Agency Board into forcing Burnaby and British Columbia into providing the required permits. Rachel Notley, the premier of Alberta, stated that "fighting for Alberta jobs and Alberta's energy sector" as quoted from the Globe and Mail. It is important to note that the large-scale job creation of the pipeline is temporary to the actual building of the pipeline. Once the pipeline is built, the required labour force would be quite small in comparison to the large force needed for the building process. On the revised schedule, the Trans-Mountain Pipeline would be finished in late 2020. This means there would be just over two years of employment. It is important for our provincial government to recognize the already-negative perception worldwide media has regarding our oil and gas industries; the visit by Jane Fonda to Fort McMurray, particularly, drew a lot of negative attention to the Alberta energy sector. The BC provincial government governs in accordance with the UN Declaration on the Rights of Indigenous People. The BC government is also applying the 94 Calls to Action from the final report of the Truth and Reconciliation Commission. It is the responsibility of the provincial government to set regulations; BC has been creating more regulatory hoops such as requiring more spill response studies. The BC government has also hired Joseph Arvay as an external council (Britton, 2018). Arvay is a "noted constitutional lawyer" (Britton, 2018). John Horgan, the premier of BC, is planning to refer the case to the court as constitutional question (Britton, 2018). Alberta's Minister of Economic Development and Trade was forced to apologize after calling members of the BC provincial cabinet inappropriate names.

The issue between Kinder Morgan and British Columbia is being taken to court over the expansion of the pipeline. BC has hired Joseph Arvay as an external council (as reported by CBC BC); Arvay is a "noted constitutional lawyer." John Horgan, the premier of BC, is planning to refer the case to the court as constitutional question. On the matter of the constitu-

tional question, it is likely that the Trans-Mountain case will be categorized as a reference case (a reference case occurs when "the court is asked to weigh in on particular legal matters, often when the constitution or division of the powers between the federal and provincial government is involved). The National Energy Board has ruled over the laws of the city of Burnaby's laws that were stopping the work. The Federal Court of Canada will not be hearing an appeal.

It is important that companies realize that if an environmental accident or crisis occurs, it will be their reputation on the line. If there is a spill, leak, explosion, or any other kind of crisis, Trans-Mountain will be vilified in public opinion. What makes it worse is that Kinder Morgan has adopted an aggressive, bully-like stance on getting the pipeline built. Sometimes, it is the perception of whether a company is ethical; this is why concepts, such as greenwashing, occur. Kinder Morgan wishes to build this pipeline because it wants to triple their capacity to send oil to an export terminal in Vancouver, but that being said, it is the responsibility of the company to analyze the ethical risk of their project. There have been other issues in the past of companies going with the options that cost them the least as opposed to choices that are environmentally safer as well as more ethical. Usually, the safest option leans more towards the expensive side of the spectrum. Kinder Morgan has published online risk assessments, pre-construction compliance audits, and environmental compliance protection plans for the Trans-Mountain pipeline. An outside audit done by the National Energy Board found that eleven of the 36 items on the checklist were noncompliant. The National Energy Board is an independent regulatory body. Kinder Morgan was required to file a corrective action plan before work would resume. As a part of ongoing regulatory monitoring, Kinder Morgan must pass targeted compliance activities along the building process.

The Trans-Mountain pipeline is controversial; there are supporters within Alberta and BC, but there are also those who are firmly against it altogether. It is the responsibility of people to find out the facts and come to their own conclusions regarding the pipeline.

## MENTORING AND NETWORKING

by Emma Bott

Pipelines are controversial as they are subject to criticism by many individuals and groups, yet still, many individual groups support them. They cause protests and headlines as well provoke politicians to sling insults at each other--think of the Dakota Access Pipeline. The Trans Mountain Pipeline is one of the biggest ethical dilemmas in Western Canada at the present time. Kinder Morgan is the company that is building the pipeline that is supported by the Alberta provincial government, the New Democratic Party (NDP), and it is important to note that the Canadian federal government has approved this project. In British Columbia, specifically Burnaby and Vancouver, indigenous people all oppose the pipeline being built and are supported by the BC provincial government. Burnaby is yet to issue the permit allowing for the construction to occur. According to the Globe and Mail, Kinder Morgan is looking at a nine-month delay in its \$7.4 billion project.

The decision is usually backed up with some research. What can occur, though, is that politicians want to ensure that they will continue support or gain support in an area. The liberals are not widely popular, but the Trans-Alberta is, and by approving the pipeline, the Liberal government can be hopeful that this will morph into more support. It is the responsibility of the Canadian federal government that they act in accordance with the wishes and best interest of the Canadian people. Alberta states that the pipeline is, in fact, within the best interests of all Canadians, but there is little information regarding this claim to be true. As far as Alberta is concerned, the pipeline could help us economically

in the short-term by creating jobs. The Canadian government is now the middle man between two provinces that are believing to be acting in their best interests of their constituents, and in the case of the Trans-Mountain pipelines the Canadian federal government plays the part of mediator between two provinces and has the power to tip the scales.

Indigenous rights play a large role in the Trans-Mountain pipeline; the Federal government has actually been criticized on an international level for how it has reacted to indigenous concerns regarding the environment. In May 2016, Canada became party to the UN Declaration on the Rights of Indigenous People. Justin Trudeau stated in a speech in September 2017 at the United Nations that Canada must learn from its mistreatment of indigenous people. This declaration does include indigenous people's right to land and that they must consent to projects on their land. Under the UN Declaration on the Rights of Indigenous People, the indigenous community needs to consent to major infrastructure on their land--the federal cannot decide themselves if a pipeline is to be built on their land. The Trudeau government was in violation of this when they approved the Trans-Mountain pipeline. There was a precedent for the rejection of energy projects being rejected due to the projects infringement on indigenous rights. In November 2010, Jim Prentice, Conservative Minister of the Environment in the federal government, rejected a proposal for a mine, because allowing the mine would go against the constitutional job of the government to protect First Nation Rights as well as the federal responsibility to protect the environment. The indigenous people have a right to protest the building of this pipeline. They either finance their own court battles or they receive donations and support from other parties that share their opposition to the project. Many protests against the pipeline have taken place in Burnaby, both from indigenous individuals as well as others.

It is the responsibility of the provincial governments to act in accordance with the wishes and the well-being of the constituents of that province. In the case of the Trans-Mountain pipeline, there are two provinces that believe they are working in accordance with the

study. This human factor complicates the social sciences; unlike chemistry, we can't always use formulas to predict someone's actions and then experimentally verify those formulas. When two specific molecules collide, with the right activation energy and orientation, they should react; there is no element of cognition involved in this. Yet when placed into seemingly identical settings, different people will react differently, as we don't merely react automatically. Our advanced cognitive abilities, as a species, make us human, while at the same time adding a level of complexity; our behavior is a product of the "black box" atop our necks. However, our imperfect understanding of the human mind shouldn't be a negative aspect of the social sciences, but rather an inspiration to continue studying, to determine what it means to be human and to interact in social settings.

Finally, the social sciences suffer from extra scrutiny for studying ourselves as human beings. No one has a great deal of emotional energy invested in different chemical reactions, yet when social sciences deal with pressing topics such as inequality or bias, there are heated political debates colouring these exchanges which furthermore leads to attempts to weaponize social science, be that via selective interpretation or shoddy research design. Given the choice of accepting evidence that contradicts a core belief or attacking the evidence, the social sciences tell us we have a tendency to fall prey to confirmation bias, yet again hurting the case of the social sciences.

The value of the social sciences is vast. While some have criticized them as hiding common sense observations in a cloak of confusing terminology, the social sciences have contributed greatly to our understanding of ourselves. One example of the great, although ethically dubious, social science studies with applications across disciplines, is the

Stanford Prison experiment. I won't retell this tale, a staple of many introductory sociology and psychology classes, but merely restate the findings. Normal people, when entrusted with some power and emboldened in groups, have the potential to become quite authoritarian and behave aggressively toward to other people. These findings have profound implications for our understanding of history--and of ourselves--and are just one example of the knowledge we can gain from the social sciences.

A notable physicist once noted this: "Understanding physics is child's play compared to understanding child's play." This is something we should consider before labeling the social sciences as "soft."



## LET KIDS BE KIDS

by Lang MacDougall

The millennials are a weird bunch. I'm sure even you reading that is already bringing forth some images for you: the Tide pod challenge, fidget spinners, that Snapchat filter with the dog that always thinks my nostrils are eyes, drinks off the "secret menu" at Starbucks, or weird jargon like "fleek" and "lit."

Except those aren't millennials. According to the Pew Research Center, the millennial generation's last birth year was 1996\*. Forbes puts it a year earlier, but both agree that the generation started in 1980. Millennials, in 2018, have long since left high school. They're now in secondary education or beginning their careers. Many of them are already parents. Point of the matter is, they're all grown up now. So, most of these so-called "millennials" you were, or are, thinking of are actually part of a new generation: Generation Z. These are the kids born from the years 1996 (or 1997) to 2010, meaning that the current Generation Z-er ranges in age from the age of 22 to 8. Generation Z is more technologically advanced than its predecessor. After all, millennials had MP3 players, flip phones, and the beginning of Facebook. They were the generation that saw the rise and fall of the Discman. Generation Z got the upgrade: smartphones, iPods, and more social media apps than you can shake a stick at. Millennials grew up optimistic, under the watchful gaze of a booming economy and technological advancement, only to be violently brought back down to Earth with the events of 9/11, and then again with the Great Recession. Most of the members of Generation Z likely hardly even remember 9/11 happening, if they do at all.

\* <http://www.pewresearch.org/fact-tank/2018/03/01/defining-generations-where-millennials-end-and-post-millennials-begin/>, <https://www.forbes.com/sites/causeintegration/2016/11/28/get-ready-for-generation-z/#445374952204>

But not everything this generation does is about going viral or getting likes. A more prominent Internet presence means that this new generation has a larger platform to reach a larger audience—and they're making use of it. Social media is full of all kinds of different advocacy campaigns, whether it be for more gun control, less bullying, calling out celebrities for assorted bad behaviour, or seeking reconciliation for the actions of a nation's past. Many such campaigns are being spearheaded by these children of Generation Z, and people are trying to shut them down. Why? "They're just kids," you've probably heard, "they don't know what they're talking about." But how are their merits to an opinion any less than the average adult? For much of the 21st century, teenagers and young adults have been finding something to be ornery about. And no, they're weren't just doing it for attention. They were doing it because they had a cause that they believed in, a problem that they saw a solution for. For example, in the sixties, Baby Boomers were all about "making love, not war" and stopping the war in Vietnam. The generation that preceded them, the Silent Generation, mocked them for being dirty hippies and not knowing how the real world worked\*. Granted, some of this judgement was deserved: some Boomers were just in it for the sake of the trend. However, a majority of them did desire change. But regardless of if they were along for the trend or wanting to make a change, they all equally got flack for their actions, simply for going against the grain of the previous generation. Sound familiar?

It should. Years later, Generation Z is getting the same criticisms from its parent generations, the millennials and Generation X. If I see one more post of "they're just kids, they know nothing about guns" or "in my day, kids weren't this sensitive" or "I worked for six dollars an hour and was happy about it," I might pop a gasket. You shouldn't need to be an expert on something to have an opinion on it—usually, if enough people are saying change is needed, there's a good chance it is.

\* <https://youtu.be/Ls7LJ2Bk0LY>

often, there are many examples where we allow ourselves to be disrespected because it's easier to say nothing. I'd rather have basic standards for many of the people in my life than to continue to say nothing and end up in a world that I allow to take advantage of me, which caused me to make this resolution back in January.

When putting any type of negativity in the world, I find it important to even this out with equal positivity, or as close to equal as I can get. While I have taken advantage of a few opportunities to speak against people treating me in a negative manner, I also make it a point to share my positive thoughts. Whenever we think positively of people, it is important to tell them as it encourages them to act positively more often. For example, a particular essay recently assigned by a professor was one of the most interesting assignments I have participated in, and the content of the assignment helped me build a stronger relationship with one of my friends. As soon as I realized I had such a positive experience with this assignment, I emailed my professor and let her know that I found the assignment great. Hopefully, in doing that, I can both immediately improve my professor's mood as well as have the long-term effect of stressing the importance of other students do-

ing similar assignments in the future. Feedback is so valuable—whether negative or positive—that many companies you use every day, such as Facebook, ask for feedback on their apps so that they can improve their services for everyone. Although there are few times a day where you will be asked for feedback, there are plenty of opportunities to give it, and this feedback has a real impact on those you give it to. Be it a compliment to a friend or an email with your boss, positivity rarely has negative consequences, and it allows people to take your negative feedback more seriously.

These two things—negativity and positivity—go hand in hand when speaking your mind. If you only express positive things, you may be taken advantage of, but if you only speak negatively, people won't like you. Balancing these two extremes is difficult but necessary if you want to be seen as a reliable, trustworthy person that people respect and want to be around. Your opinions are valid, and without putting them out into the world, you will never be able to affect the world around you. I once had a professor say to me that it does not matter what you're talking about, if you speak, someone will listen. This stuck with me, but I would amend his statement: If it matters to you, speak about it. You will be heard.



# JUST SAY IT: A SELF-RESPECT RESOLUTION

by Taylor Jevning

Speaking your mind is one of the most efficient ways to get what you want. Being able to communicate your thoughts is a taken-for-granted skill that seems to be hard to develop without conscious thought. This year, my New Year's resolution was to communicate any strong opinions I have, whether positive or negative. There are a couple reasons for this decision.

It can be terrifying to speak your mind on things that are negatively impacting you. When dealing with issues in romantic relationships, student/teacher relationships, or your boss, the cost of telling the truth can be detrimental. Without getting nit-picky, there are times where people get a gut feeling that something is not right in a certain situation. Whether it be a professor giving an unfair exam, your employer doing something that makes you uncomfortable, or your significant other doing something that bothers you, there is a choice to be made about whether or not to talk about it. While there are some extreme situations where it's difficult to speak up (working in a new country, living situation), from personal experience, sharing my thoughts has led to many positive results. Since I learned to speak up to my partner and friends, I've built stronger relationships with them because they know they can rely on me to tell them the truth

even when it is difficult. In speaking to my professors and employers, I've noticed the same. It can be difficult to speak up to a person who is in a position of authority of you, but these people "above" you are not mind readers, and generally, if approached in a straightforward manner, these people are in a position to help you make things better. This has led me to having better interpersonal communication, which has led to better relationships, better grades, and a more comfortable work environment. Though I tend not to be a negative person, there are major things that can arise in any type of exchange that cannot be overlooked, even if it would be the easier option. Taking on some personal responsibility for what happens to you shows self respect, because you aren't willing to accept conditions that are unfair. In return, self-respect and self-confidence lead to getting respect and better treatment from others overall. Due to this, speaking up about negative experience not only has great short-term effects, but net positive good effects in the long run.

Sometimes, there are negative scenarios where speaking up is more costly. Sometimes, standing up for yourself can have negative effects, such as being fired, or ending a romantic relationship. In these cases, I feel like it is incredibly important to weigh the pros and cons: Is being with my current partner worth being disrespected and undervalued? From what I've noticed, the answer to this question is almost always no, but if you are living with or have children with this partner, the situation can get more complicated. Or, for example, is being employed by my current employer worth being disrespected and undervalued? Sometimes the answer to this can be no, but sometimes the answer is yes if you cannot easily get another job in the place you currently live. Weighing the pros and cons of a situation can aid you in knowing whether to speak up or not, but

## SHOW TIME!

Here is what is playing in theaters this week:

**A Wrinkle in Time**  
PG

**Black Panther**  
PG

**Tomb Raider**  
PG

**Pacific Rim Uprising**  
PG

**Sherlock Gnomes**  
G

**Game Night**  
14A

**Ready Player One**  
PG

**Blockers**  
G

**God's Not Dead: A Light in Darkness**  
PG

**A Quiet Place**  
14A

**Love, Simon**  
PG

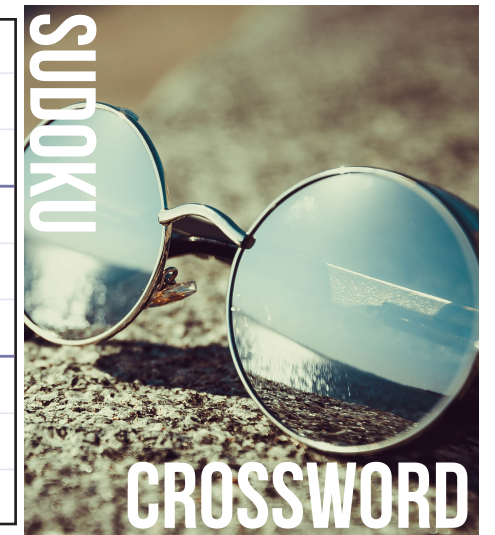
**I Can Only Imagine**  
PG

**Midnight Sun**  
PG

**Paul, Apostle of Christ**  
G

**Cinaplex North**

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



### Across

- 1. James Michener novel, e.g.
- 5. Fancy neckwear
- 10. Symbol on many sarcophagi
- 14. Nibble between meals
- 15. Communication device
- 16. Actress Turner
- 17. Man of letters?
- 19. Mayberry character
- 20. Reduce, as prices
- 21. Automobile engine part
- 23. Juicy tidbit
- 26. "Roots" author
- 27. Pop and op follower
- 30. Man of letters?
- 32. Codger
- 34. Grasp the significance of
- 35. First-born of siblings
- 40. Man of letters?
- 42. Man of letters?
- 43. New York tribe
- 44. Adjoined
- 45. Intersection sign
- 46. Man of letters?
- 49. Rejection after rejection?
- 50. Dispatch boat
- 54. Photographer Adams, et al.
- 56. Obsolete disc player
- 58. Away from port
- 62. Toward the sheltered side
- 63. Man of letters?
- 66. Tenement locale, perhaps
- 67. "\_\_\_ bad moon rising ..."
- 68. Latvian capital
- 69. Soldier's lullaby
- 70. \_\_\_ slipper (orchid type)
- 71. Conclude

1	2	3	4	5	6	7	8	9	10	11	12	13
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56				57				58		59	60	61
62				63			64	65				
66				67					68			
69				70						71		

### Down

- 1. They justify the means
- 2. Sci-fi author Frederick \_\_\_
- 3. Hispaniola, por ejemplo
- 4. Deep divide
- 5. Common mo. for showers
- 6. Pronoun for Paula
- 7. Arrogance
- 8. Beepable, as a doctor
- 9. Abound or swarm
- 10. Hello, in Hilo
- 11. Post followup
- 12. Jam spreader
- 13. Precipitate
- 18. "Hold up!"
- 22. Pasta piece
- 24. Disheveled
- 25. First mate aboard the Jolly Roger
- 27. Great serves
- 28. Justice's garb
- 29. Hotel guests are often out of this
- 31. Crunch maker
- 33. Common article
- 36. Morning moisture
- 37. Actor McGregor
- 38. Feature on the farm skyline
- 39. Clucks disapprovingly
- 41. It ran through the veins of Venus
- 42. Disney collectibles
- 44. Terrorized
- 47. Former Polish president
- 48. Shaq specialty
- 50. Nautical command
- 51. Luxurious country house
- 52. Become slippery in winter, in a way
- 53. Botanical uprights
- 55. Mixes up
- 57. Trompe l'\_\_\_
- 59. Foul mood
- 60. Morning toaster treat
- 61. "I need it yesterday!" initials
- 64. Turnabout, informally
- 65. Bell and Kettle, for example

## LOVE AND LOSS: GRIEF

by Nicole Beaver

Being that this is my last article within the 2017-18 school year, I want to talk about something relatively general yet, surprisingly, a topic that is not often brought up. This article will be about grief—what it can do to the human mind and how it affects those with mental health disorders specifically.

I was five years old when we got Mandy. She was a mixed-breed Golden Retriever/Black Lab cross (we assume). She was sweet and ladylike, and the only things she'd hurt were wasps and cats who got in the yard. I grew up with her as an outside dog but she was still a faithful companion and furry sister to me. She embodied the concept of family in a smelly ball of clever hilarity. She was also, more or less, my therapy dog. Long before my diagnosis, she was attuned to my state of mind and mood. She knew when I was in distress or close to a meltdown and would come to my aid. She let me pet her and hug her (something she actually hated) until I was calm. The month before I graduated high school last July, Mandy's health began to wane. She stopped eating, started throwing up anything she actually did eat, and became lethargic. It was a very quick deterioration, one that was hard to watch. We still don't know exactly what caused this, but I believe it was a tumour blocking her stomach. She used to be thrilled to see or hear us, but within a few weeks, it was apparent the dog we knew wasn't herself anymore. Mandy was suffering and starving herself to death. More than anything, she was scared. I was scared too, but I spent as much time as I could with her up until the day we put her down. Holding her head in my lap and petting her in her final moments, I felt like I was losing a part of me. I experienced grief in every sense of this word and, to this day, I still tear up when I think about that goodbye.

It was a very hard day for my family. I'm still getting used to her not being around when I'm home. I do know this, though: grief is not a problem exclusive to me. Anyone can experience it, especially with loss. I specifically want to address how those of us with mental health issues deal with grief.

Mandy was not the first substantial loss in my lifetime. My adoptive grandfather on my dad's side passed away two days before my eleventh birthday. Four years ago, my niece also passed away before her second birthday (on April 4). Every time the day comes around, I feel grief, but have a hard time expressing emotion. I know this is something many of us deal with, so I want to assure you that this is more normal than people may realize. Going numb, in fact, is a common response, but should be dealt with accordingly. Brookhaven Retreat states that "individuals with a history of depression, anxiety, and alcohol or drug abuse are often at an increased risk of developing complicated grief disorder. Those who had a close, emotionally dependent relationship with the deceased are also more prone to chronic grief."

Chronic grief is actually considered a borderline mental illness as it stimulates depression and anxiety all while generating its own problems. Some of these include:

- Bitter or angry feelings over loss
- Constant occupation with grief
- Withdrawal or detachment from family, friends, and other social activities
- Difficulty trusting others
- Trouble maintaining a daily routine

Imagine someone already dealing with some kind of mental health issue and then adding grief to the mix. It can lead to either developing or increasing depression that is already extreme. Keep in mind, however, that others have a better grasp on their emotions and sorting out what they feel. It's pretty much a mixed bag; every response is varied and all

"It doesn't matter how many of us there are if they don't know we're coming! We do it tonight, before daybreak, and that's that! We'll finally rid the forest of them, and take their lands for our own!"

Thomas was worried. He knew that the fairies were in danger and that he should warn them, but if he warned them, the King would know that he disobeyed him and that he had run off. He sat struggling for awhile. Telling them about the giants was the right thing to do; the fairies were good people, they had fed him and let him stay with them.

Forgetting his fear of punishment, Thomas ran as fast as he could back to the Palace of Living Trees. When he reached it he tore through the entrance to the door that lead to the great hall. Once inside Thomas yelled as loud as he could with his small voice, "Help! Wake up, wake up! The giants are coming to attack!"

Fairies came bursting through the many doors off of the entrance hall shortly after Thomas had started yelling. Then the King arrived. "What is this insufferable racket?" he demanded.

"It's the giants! They're attacking, I heard them talking about it in the woods!"

The King looked shocked. "Stations--now!" he commanded to the other fairies.

It was thus that when the giants attacked, the fairies were well prepared. The battle was quick, for the fairy King had many archers in his army that were stationed high up in the trees. In fact, it was much less a battle as it was more of a reverse ambush, with the would-be victims surprising the would-be attackers. The archers peppered the approaching giants with arrows before they could reach the archway to the palace. The giants, being quite lazy and unintelligent creatures, turned tail and ran after a

few minutes of being target practice for the fairies. Once the giants were gone, all the fairies assembled in the great hall. Thomas stood below the King's table while the King himself looked down at him through his thick-knitted eyebrows.

"I am disappointed that you disobeyed my orders, Thomas." The King spoke slowly.

"I know. I shouldn't have ran away, and I'm sorry," Thomas answered, and he meant it. He was ashamed that he'd repaid the fairy King's hospitality by running off and disobeying him.

"However, without your warning, the giants surely would have decimated the Palace of Living Trees. By warning us about them, you've saved us all; you did the right thing, and for that we are all grateful." At the King's words, the rest of the fairies clapped and cheered for Thomas.

Thomas couldn't help but feel a little bit proud of himself as he heard the King's words of thanks and the praise of the fairies, but he was also still worried that he would have to remain as a captive in the palace.

The King motioned for silence with his hand. "It is my decision to allow Thomas permanent citizenship of the Shade Garden Realm, though he is welcome to come and go if he pleases, for he is a valued ally of fairy kind. Furthermore, he will also be permitted to join the other children in lessons if it is his wish to do so, for he has done a great service to our people, and we are forever in his debt."

The great hall reverberated with the noise of hundreds of cheers and the sound of the fairies clapping. Thomas stood still in front of the fairies as a wave of emotion passed over him, filling him with happiness; he finally felt like he belonged somewhere.

The End.



# THE SHADE GARDEN: PART III

by Kohan L. Eybergen

Three weeks had passed and Thomas was still staying in the palace with the fairies. The King had allowed him to go practically anywhere in the palace that he wanted, but never outside. By now, he had already thoroughly explored most of the place; there were large indoor gardens, ponds that he could swim in, and a huge library full of books that he couldn't read, for they were all written in a different language. Now that the initial wonder he had experienced upon arriving had worn off, Thomas was growing quite bored. He started to feel like he was a prisoner, even if he was never called one, and he often wondered if he would ever be allowed to leave. Some of the only fun he had was playing with the fairy children once they were finished their daily lessons. Typically, they would play hide and seek in the gardens or library.

One day, while playing in the library, Thomas overheard two fairies talking in hushed voices.

"If the King allows him to leave, he might tell the other humans where to find us. Or worse-- he could tell the giants where we are and they'll destroy us," one of them said from behind the bookshelves that Thomas was hiding under.

"We can't let him leave," the second fairy said. "But the human can't join the other children in lessons either. Our knowledge is sacred; he's not one of us."

Thomas waited until they were gone before leaving

his hiding spot. He ran back to the room that he was staying in, thinking the whole while about what he had just heard. He was basically a prisoner as far as he was concerned, and he hated feeling like one. It was almost like he was stuck at home again, except that at least here, he was well-fed and nobody yelled at him. But Thomas still felt left out and neglected.

When night came, Thomas waited until he was sure that everyone should be in bed before sneaking out of his room. He had decided that he was going to run away, just like he ran away from home. Thomas crept through the dark palace towards the entrance hall. Reaching the archway, he saw outdoors properly for the first time in weeks; it was an inviting sight.

Not wanting to go too far in the dark, he only ran for a short while before stopping beneath the boughs of a large fir tree for the night. The tree was almost like a tent and Thomas had lots of dry space to lie down in on the fallen needles. He lay there for a while before drifting off to sleep. Soon after, he was awakened by voices drifting towards him. They weren't the fair voices of the fairies though; these were deep, harsh voices that didn't sound very friendly at all.

Thomas sat and listened for a while but he couldn't make out what the voices were saying. Making up his mind suddenly, he crawled out from beneath his tree and crept quietly towards the sound of the people talking. Hiding behind some bushes, Thomas peered around and realized that these certainly were not fairies; they were giants, and there were at least twelve of them.

"If we wait another day to attack, they'll find us before we get the chance and it'll ruin our plan," one of them was saying. "We won't be able to beat them if they know we're coming."

"There isn't enough of us yet," another complained. "They'll outnumber us for sure."

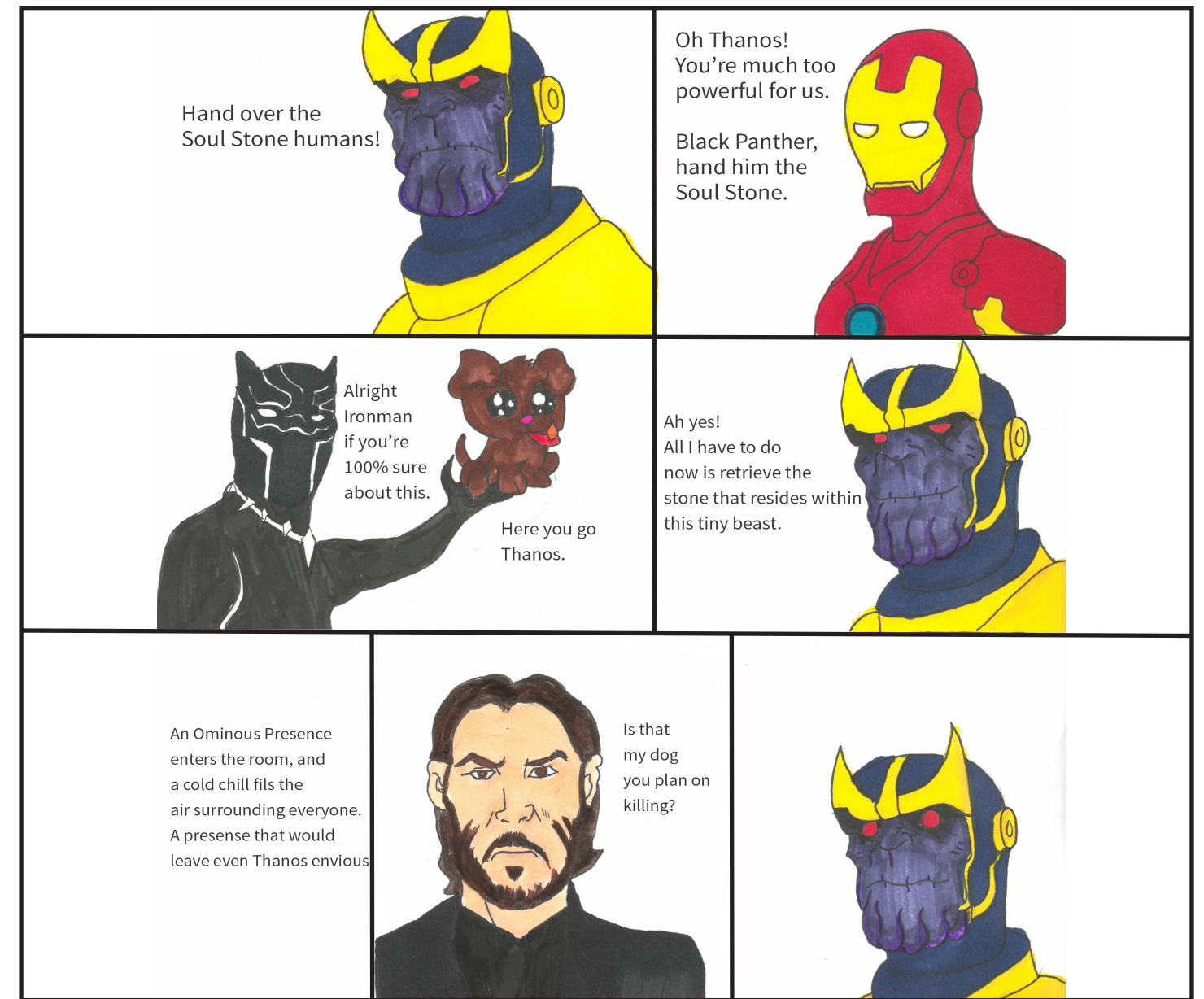
depends on the individual person's state of mind. It's always important to stay vigilant when you or someone you know experiences a loss. Even if it's just the death of a pet, it's still a strong emotional attachment that can affect anyone at any age (the old saying, "kids bounce back" isn't quite accurate). Those who experience mental illness who are grieving for any reason should receive outreach and

support. It is important to note here that the support cannot be forced; if we're not ready to accept it, then that's our choice. In extreme cases where you suspect that grief is affecting you or another in a destructive way, intervention is a viable option.

See you all next year when I pick up my pen to write again! Have a great summer.

# READER SUBMITTED ART

by Dylan Haslam



## THE 36 STRATAGEMS: DESPERATE STRAITS

by Tyler DeWacht

Welcome to the home stretch! You only have a few more days to go before the break! Unfortunately, there's a few more hurdles you need to clear before you're done, and these are potentially the most challenging obstacles you must face: the final exams. All hope isn't yet lost, as there are still a few tricks left that the 36 Stratagems can teach you. In the previous issue, I covered the fifth set of stratagems, the Stratagems for Gaining Ground. This final issue is dedicated to the sixth and final set, the Stratagems for Desperate Straits. When the odds are stacked against you, this is the set to consult. Now, let's wrap this up, shall we?

The Beauty Trap. That's what Stratagem 31 is called. Back in the day, army camps were populated mostly by men who often had to live out in the middle of nowhere for months or even years at a time. How could you distract a bunch of men who don't normally get visitors? How about some beautiful women? Send them some women, and they'll be distracted long enough for you to do whatever it is you need to do. How could this stratagem possibly apply to university? As long as it still serves the main purpose, the beauty can be substituted with charisma. The gender isn't an integral part, so don't worry about that. It still counts, even if you just use a smile and a mirror.

Next up is Stratagem 32, The Empty Fort. When you have no way to fight the enemy, just pretend that nothing is wrong; show no signs of weakness

and stay nonchalant regardless of what happens. If all goes well, they'll be suspicious of potential traps, so they'll avoid directly charging into your empty fort. If nothing else, this buys you some extra time before your bluff is called. Sometimes during a performance, things go wrong; someone forgets their lines, a crucial prop goes missing, technology breaks down. In case of such an event, hold your composure and do some improvisation. Don't make a big deal out of it (unless that's part of your character, then by all means, make it a big deal), as everything should hopefully fall back into place. The show can be salvaged as long as the audience doesn't get too caught up by the mistakes.

Now, let's say that there's someone who repeatedly tries to cheat off of you. You've asked that person nicely to stop, but they won't, and the professor won't believe you when you tell them. In this scenario, what would you do? You could try Stratagem 33, Let the Enemy's Own Spies Sow Discord in the Enemy Camp. Feed them false information



so they'll fail, and they should stop cheating off of you since they'll see you as a bad information source. Keep in mind that this is just one solution, there are other options available to you (such as talking to another professor or getting proof of the student's guilt) if you don't want to be mean.

Tied with Stratagem 33 for the longest stratagem name award is Stratagem 34, Inflict Injury on One-self in Order to Win the Enemy's Trust. It's pretty self-explanatory, put yourself in harm's way in order to gain the trust of your enemy. Playing safe is good for staying out of trouble, but it can also serve to limit your true potential since it keeps you from leaving your comfort zone. Likewise, taking a risk opens you up to the potential for failure, but it can also give you a bigger reward than you otherwise would've gotten, depending on how well the professor takes it. Use this stratagem with caution, it's not always worth the risk.

It's good to have a well thought-out plan, but even



the most meticulous plans can fall apart with the introduction of an unexpected element. To avoid such an occurrence ruining everything, it's best to have a couple of backup plans in case things go awry. For instance, this series was meant to be released in 7 parts, one per issue of The Bolt. If I were for some reason unable to get a part out on time, then my contingency plan was to do a blitz round of the last 12 stratagems. Alternatively, I could've done two sets of 9 stratagems or adapted the Stratagems for Confrontation into poetry for the supplemental issue. I was able to get all 7 parts written without issue though, so I didn't have to fall back onto those plans, but something could've happened to me. Stratagem 35, Chain Together the Enemy's Warships, is all about having multiple plans in place so your enemy can't easily corner you.

Last but not least is Stratagem 36: If All Else Fails, Retreat. When defeat is imminent, it may be best to just cut your losses and escape while you can. By retreating, you'll live to fight another day. If there's no way for you to pass a certain course, you have the option of withdrawing from it. As long as you do it before the deadline, your GPA won't be affected and it won't appear on your permanent record. Likewise, you can withdraw your enrollment from Concordia itself. University isn't for everyone, and it's better to withdraw and cut your losses than it is to pay thousands of dollars for an unpleasant experience. It's nothing to be ashamed of; some battles are just impossible to win.

This has been the 36 Stratagems, a collection of ancient Chinese warfare tactics I've chosen to apply to a modern university context. Thank you for taking this journey with me-- hopefully we can all learn something from the knowledge of those who've come before us. Now, go out there and do your best on the finals! I believe in you!