

ers to ever reach 1000 points in Concordia's history.

Ryan McLaren was a recipient of the Men's North first All-Conference Team, and Brett and Ronald Bacon Jr earned All-Conference for the Men's North Team Two.

On Friday, CUE Thunder versed the host of the Tournament, the Lethbridge Kodiaks; it was a hard-fought game, and the team was able to redeem themselves against the Kodiaks. Brett stated that it was an incredibly satisfying win as they had suffered a rough loss to them in the pre-season. On Friday, the Thunder faced off against the Lakeland Rustlers, unfortunately losing by ten points. However, they were eager to prove themselves in the Bronze Medal Match against their "true rivals," NAIT, on Saturday. Saturday proved to be a highly competitive game, "a nail-biter until the last few minutes," to quote Bret. Brett also expressed that, as the minutes of the final quarter drained away, he realized it was "one of the most exciting and enjoyable games of my career. The team we were playing was full of familiar faces that I had competed against throughout my time at Concordia." Concordia beat NAIT to win the

Bronze Medal. Brett commented that it was "amazing to end my career on a win and celebrate a Bronze Medal with the team." Congratulations to the CUE Thunder Men's Basketball on their accomplishment. Brett summed up his basketball career by saying he was "very thankful to be given the opportunity to play; I was a redshirt my first year, and Concordia was the only school where I was offered a spot. Through hard work and dedication, I was able to compete amongst some of the most talented athletes in the ACAC league." Great job to both teams on their excellent performances for the 2017-18 season. Go Thunder!



St. Patrick's Day
BASH
 Denizen Hall
MARCH 17th
 Doors Open At **9pm** | Tickets **\$5**
Purchase At Bookstore
 Bus Leaves Hole Academic Centre @ **8:30pm**
 18+ Event




THE BOLT NEWS

YOUR CSA: RESULTS INSIDE



Inside:
LOCAL SPOTLIGHT - Jacob Burgess interviews Matt Riske and Raine Gingras from the band Hibernation.
 pg: 11-12

ADVICE - Asfandyar Memon tackles the question of why some people are natural presenters and how to gain their confidence.
 pg: 17

AND MORE:



2018/19

Election Results

Executive Council

President: Brandon Vollweiler

VP Finance: Andrew Preiss

VP Internal Affairs: Alex Bedard

VP Student Life: Hannah Ludlage

VP Marketing: Madeline Ludlage

General Council

Arts Rep: Lauren Hollman

Arts Rep: Ester Latifi

Management Rep: Christopher Hrdlicka

Science Rep: Emma Schmidt

Athletic Ambassador: Rebekka Hay

2018 ACAC BASKETBALL CHAMPIONSHIPS

by Rebekka Hay

Hello Concordia! The focus for this issue is on the men and women's basketball teams! Both teams had a stellar season, and each was able to make ACAC playoffs. The men's team finished first in the Northern Division to clinch a playoff spot. Additionally, the women's team earned second place to make playoffs. ACAC Championships were held March 1st-4th, with the men's tournament being hosted by Lethbridge, and the women carrying out their playoffs at SAIT. I am going to start by discussing the women's team and their accomplishments throughout the tournament. From the women's team, I had the opportunity to meet with Shyanne Walton, a graduating fifth-year player who majored in Biology. She played on two sports teams during university (the other being soccer), and she commented that she especially appreciated how sports were able to help her time-management skills and that Shyanne was able to apply the traits she learned from sports to all areas of her life. Shyanne also mentioned how much she valued the fantastic people she was able to meet during her time on Concordia's sports teams. She recounted her final weekend in ACAC basketball. Right off the bat, I want to give some huge congratulations to Shyanne as well as Morgan Dool for being recipients of the All-Conference Awards. All-Conference Awards are hand-selected and voted on by the league's coaches. The All-Conference Award is given to athletes who display outstand-

ing leadership and talent in their particular sport. CUE Thunder played Medicine Hat on Thursday and then NAIT on Friday. Despite a tremendous effort by your CUE Thunder, they narrowly lost both games. Shyanne remarked that playing Medicine Hat was a tough game as the southern teams are "characteristic of being more physical teams." Moreover, while the Thunder fought hard, very little went their way, and baskets weren't dropping. Medicine Hat closed the gap by only a few points. Although the team was not overly pleased with the tournament, Shyanne noted that "they are hoping to use this year as a stepping stone and come out even stronger next year." She also commented that this was only the second time in six years that the women's team made it to playoffs. Lastly, a shoutout to Sofia Lucadello who won Player of the Game for both games on Thursday/Friday. Excellent work, ladies!

Next, let's recap the men's basketball teams and their playoffs hosted by Lethbridge College. I was able to interview Brett Jakubec, another senior, who played his fifth and final year of the 2017/18 season. He had a remarkable career at Concordia. He went to playoffs for 4 out of 5 years, was awarded the All-Tournament Award during the championships, has a silver and bronze medal, and was also one among four basketball play-



ELIMINATING SELF-DOUBT

by Asfandyar Memon

Ever wonder why some students are better at presentations than you are? I know I do. Personally, I have always struggled with speaking in front of a crowd. My hands would shiver when I would go onstage. When that started happening, I would immediately go into a stage of self-doubt and tell myself that “I’m totally going to screw this up.” I believe a lot of students struggle with presentations.

I’ve always been curious about why some students are absolutely fantastic at presenting while others completely screw things up. While writing this article, I interviewed a friend of mine, Adeel Ahamid. I asked him what makes him so great at talking in front of a class. He said that “presentation is more about confidence, and confidence comes from practice.” That made me think, so this dude is telling me to pretty much screw up more in my presentations so that I can improve. I’m a curious guy, so then I thought to myself, there has to be a way I can improve my presentations in a shorter period of time. The answer was actually quite simple: all I had to do was practice my presentations more, and while actually presenting my ideas or concepts to a class, I told myself I was an expert on the topic I was discussing. Sometimes you just have to fake it till you make it.

Before I could even do that, however, I had to eliminate the self-doubt from my head. You know what I’m talking about—thoughts like “I’m going to screw this up.” As a business student, I came across a loophole to get rid of these thoughts, and this was based on a quote I found on the internet: “Self-doubt is the only way you can accept failure. Self-doubt destroys more

dreams than anything else. When you want something badly enough, there should never be any doubts that you will get it.” This immediately made me realize that I had already accepted defeat in my head before even starting on a task. I don’t know about you, but I’m going to make a conscious effort to rewire both my brain and my attitude to a winning mentality.

Another great technique to get rid of self-doubt is to follow through on the promises you make yourself—don’t worry about others just yet. For example, we all tell ourselves we’re going to hit the gym at 8:00 AM but then end up procrastinating and not going to the gym at all. Always follow through on the promises you make yourself, because it helps you eliminate doubt in oneself and make yourself more confident. Persistence is the ability to follow through on commitments made in life, in business, and academic success, and eventually, persistence will turn into strength.



GAMES NIGHT!

Concordia Visual Culture Society

FRIDAY, MARCH 23
TEGLER FROM 3-10 PM
 Join CVCS for Games, Video Games, and Pizza!

THE SHADE GARDEN

by Kohan L. Eybergen

It was about half past midnight. A time when all six-year-olds should be in deep sleep, dreaming about far-off places and adventures. Despite the late hour, Thomas was sitting upright in his bed, watching the dust fall lightly through the moonbeam shining between the slim gap in the curtains. It was a full moon, and one that happened to fall upon the winter solstice. Thomas, however, did not know or care about the full moon or the solstice, and neither did his parents.

In fact, the reason that Thomas was sitting awake was his parents. They were yelling at each other and arguing, something that happened quite often, and Thomas was afraid. He didn't understand how a mum and a dad could always be so angry at one another or why they would have a child if they hardly paid attention to him anyway. Thomas disliked being home. He preferred school because his teacher was nice to him even though the other children weren't, and he loved to read the picture books in the library while the other children played together at recess.

His parents' racket reached a higher level of volume, and Thomas began to cry silently, trying not to make noise so that his father wouldn't hear him and punish him for still being awake. I want to run away, he thought to himself, run away forever and leave my awful parents behind. And that's exactly what he decided to do. Slipping smoothly out of his bed, he tiptoed to his tiny, one-door closet, changed into his warmest sweater and wind-

breaker, and put on his worn-out Goodwill shoes.

Reaching his bedroom window, Thomas carefully slid the heavy glass pane up and swung himself over the windowsill and out into the chilly night. He trudged through the deep snow that blanketed the front lawn, only stopping to look back briefly at the aged, small, one-floor house he had just escaped.

He started walking down the moonlit street, and he began to wonder where he would go. He thought of places he liked. Thomas liked school, but only because his parents weren't there. Besides, the teachers and nuns would probably make him go home again, and even if they didn't, they wouldn't be much fun to live with at the school anyway. The nuns were mostly mean, and half the teachers were as well.

Thomas liked the candy store, but he had never had any money to buy anything, he just liked the bright colours and the warm, pleasant smell that was always there when he went in. Finally, Thomas decided to go to the park next to the woods that he passed on his way to and from school every day. He liked the park even though he never played there very often, since other kids that were bigger than him were usually there, and they frightened him with their loudness and rough horseplay.

More than he liked the park itself, he liked the thick woods around it. He could climb much higher in the old trees than he could on the park equipment, and he liked to look down on the world below; it made him feel like a great giant and not a little boy who was afraid of his own parents, nuns, and big kids. Thomas figured that he'd build his own house deep in the forest or find a hole or a cave and live like a fox. He was fond of foxes even though he had never met one; he had

some conditions, thunderstorms. As these winds flow across the Earth's surface, they pick up water molecules through evaporation, form clouds, move existing ones and, under some conditions, storms can form.

It is this complex interaction that forms the basis of our weather patterns. The movement of the air creates high and low pressure areas with low pressure areas acting in conjunction with rising air, creating more moisture (and therefore "worse" weather) and high-pressure areas of the opposite behaviour with falling air. This is why atmospheric pressure trends are reported in detailed weather reports, rapid drops, or increases in pressure; they warn us of weather changes.

With what we know about the underlying reasons for weather, you would think weather forecasts would be more accurate. However, there is one factor that disrupts everything: chaos. As students, we should be quite familiar with chaos, particularly the "5 minutes left in the exam" variety, but environmental chaos ex-

ists on a different level. Despite being a deterministic system, we can only comfortably predict local weather 14 days in advance, and even then, as anyone who's ever planned a ski/skating trip in advance can tell you, it's not always the most accurate forecast. Thankfully, weather forecasts have become more accurate over the years and play a key part in disaster response and preparedness. The days of hurricanes making landfall with minimal warning and killing thousands in the process are, thankfully, a distant memory.

Understanding some of the principles behind weather helps us prepare for the day, and maybe it helps us give the weather forecasters the benefit of the doubt; they're not trying to ruin your weekend plans with their changing forecasts—they simply can't predict with a high level of certainty. So next time you check the weather or feel the wind blowing, unpleasant as it may be this time of year, be thankful that we have relatively predictable weather patterns, even if we don't like the results.

Free Yoga Class

March 7th - GYM - NOON to 1pm

Free Yoga Class

March 14th - GYM - NOON to 1pm

Free Massages

March 21st - Lower Tegler - 10am to 2pm

Free Massages

March 28th - Lower Tegler - 10am to 2pm

Wellness Wednesday

March



WEATHER: DECIPHERING THE CHAOS

by Donovan Makus

By now, the signs of spring are finally breaking through. The sun rises earlier--a welcome treat for those with 8:00 classes--and temperatures are finally starting to approach levels most of us would consider comfortable, at least compared to January. However, the question presents itself: how is it possible to go from requiring snowpants to avoid feeling like an icicle when I go to school on Monday to positive temperatures on Friday? Weather is a complex phenomenon, but as we'll see, there are answers to these questions besides Old Man Winter.

We intuitively know that seasons are tied to the sun and that seasons influence the weather, and this is partially true. The logical explanation would be that it's the distance from the sun that causes seasons. However, this fails to explain why the northern and southern hemispheres have swapped seasons; we experience our winter when they experience summer. This is because it's the tilt of the earth's axis, not the total distance, that accounts for determining seasons; the earth is farthest away from the sun in June, when we have our summers, and the southern hemisphere their winters, all due to tilt.

Knowing the relationship between seasons and weather explains longer-term trends, but not rapid temperature shifts, seemingly random, occurring over several days. Speaking of long-term trends, it's also useful to differentiate between climate or long-

term temperature, pressure, moisture changes, and weather--which refers to short term conditions. The ultimate reason for these fluctuations features the same underlying factor as our seasons: the sun. The sheer level of our sun's involvement in Earth, despite its great distance, should inspire all of us when we think our schedules are busy. The sun finds time to shape our weather while also being responsible for perpetuating photosynthesis here on earth, being a source of pleasant warmth when we spend time outside, and being the culprit for sun burns.

When the sun's rays hit the earth, some of them are reflected (thanks to our atmosphere and clouds). Others, however, are absorbed in the process, creating solar energy--which is deposited on Earth to warm our planet. Due to variance in surface conditions, reflectivity, and the distance to the sun caused by the Earth's tilt, this heat is absorbed unevenly, leading to global fluctuations in temperature. However, this alone doesn't explain weather; it's what accompanies these global temperature variations that matters.

Chemistry tells us that the temperature of a gas, like our air, also affects the pressure. Higher temperatures lead to gases expanding in volume, changing their density. This density change leads to winds, which, when combined with our rotating planet, lead to jetstreams and global weather patterns such as the Atlantic Gulfstream. These patterns are the reason why people living in England and north-central Europe, which is on a similar latitude as Alberta, experience warmer temperatures and milder weather than we do. The rotation of the Earth adds another dimension, creating the Coriolis effect, which causes storms and weather patterns to spin clockwise in the Southern Hemisphere and counter-clockwise in the Northern Hemisphere.

While this explanation explains wind and temperature differences, it must be expanded to explain precipitation. Air flow isn't restricted to horizontal directions; it can also move vertically, to create clouds and, under

read about them in some picture books at school. They were a lot like dogs to Thomas, and he loved dogs; they always seemed happy to meet him.

Reaching the park, he stopped for a few minutes to play on the swing. He had only used it a few times before since the other children would rarely let him have a go on it. The chains of the swing clanked and groaned as he swung higher and higher through the cold winter air. He felt like he was flying, and that if he let go while he was at the highest point, he could fly all the way to the full moon; he could live there instead of the forest. But little boys can't fly, no matter how high they can swing through the air. Once he finished swinging, Thomas headed towards the tall, dark-trunked trees at the edge of the park lights. It was easy for him to see, for the full moon illuminated the night brightly and pierced through the leafless limbs of the trees. He entered the woods, and made for the river that was about half a mile in. The deep snow slowed him down, beginning to cake thickly around his shoes, making his feet cold and damp and sore, and the roots beneath the snow snagged and tripped him up. When he was beginning to think about turning back, he saw the trees start to thin and the fresh, untouched snow ribbon that was the treeless riverbank. Thomas had never crossed the river before, but he thought it was a good idea to make his new home on the far side of it so that the other people from his town wouldn't find him and bother him.

The night was silent save for Thomas's breathing



and the crunching of the snow beneath his little shoes. Arriving at the river, he was pleased to see that it was frozen over so he would have an easier time crossing it. At first he was a bit worried that he might break through the ice and fall through into the water. After taking his first few steps across, however, Thomas figured that he was safe. When he made it to the far side, he hesitated for a moment before stepping onto the bank.

Suddenly, the calm night was broken by a fierce wind that whipped around the trunks of the trees and tugged at Thomas's coat. He closed his eyes against the snow that was being blown off tree boughs into his face. The wind made a horrible, screeching noise that sounded like Mother Nature herself was wailing at some unknown misery. The wind soon ceased and the night was calm again, but when Thomas opened his eyes, he was shocked to see that he was surrounded by half a dozen people. These were not ordinary people; they were fairies. Not the sort of fairies that Thomas had seen in picture books--ones that were tiny and had butterfly wings and flew about from flower to flower trailing pixie dust. These were real fairies. They were almost like grown-ups, except with distinct differences. For one thing, they were all quite skinny and they were all barefoot. For another, they had rather high cheekbones and pointed ears and noses, and their skin had a strange, sort of otherworldly glow. But they did not look happy to see Thomas at all.

Thomas was frightened, and for good reason: all of the fairies had weapons in their hands that looked as if they could hurt him quite badly. Some had bows, some spears, all of them had daggers hanging from their belts, and they were all wearing very angry expressions.

To Be Continued..

THE 36 STRATAGEMS: CONFUSED SITUATIONS

by Tyler DeWacht

Good job on making it this far! Around this time, your schedule may start to become rather hectic, if it hasn't hit that point already. How do you handle chaotic circumstances? My goal here isn't to tell you how to tackle this problem; I just want to offer you some strategies via the application of a collection of Chinese warfare tactics to a university setting. In this issue, I'd like to offer you some advice on this subject with the fourth set of the 36 Stratagems, the Stratagems For Confused Situations. In unpredictable situations, this is the set to consult. If you're looking instead to intimidate your enemy, then consult the previous set, the Stratagems For Attack.

Without a source of fuel, a fire can only burn for so long before it begins to die out. When you Remove the Firewood from Under the Cauldron, you're effectively killing that fire. This is what it means to use Stratagem 19. By turning off all technology while you're working, you're cutting off one of the most important weapons that procrastination possesses: the internet. You'll be free to focus on your enemy assignment, since no time-wasting websites can tempt you. However, you're also cutting off potentially useful resources that could help you defeat the enemy. If you have to cut off your own resources as well as that of the enemy, then make sure the trade-off is worth it before you try doing it.

One way to deal with chaos is to embrace the

chaos--you can do this by using existing chaos, creating new chaos, and confusing your enemy so you can then gain the upper hand. That's the strategy behind Stratagem 20, Fish in Troubled Waters. For example, if you're trying to come up with a sensible writing topic but writer's block keeps getting you down, then try writing about the most absurd thing you can come up with. If that absurdity can inspire you, then go for it!

In any performance, the performer has at least two sides to them: the side they want the audience to see, and the side that shows what the person is like when they aren't in front of an audience. This is most prevalent in drama, but it's also present in other forms of performance such as class presentations and sports events. A public persona is put up for the audience, hiding the performer's true persona behind a shell. A cicada shell may look like a cicada to an external audience, but it's not a cicada. This is Stratagem 21, Slough Off the Cicada's Shell.

Stratagem 22, Shut the Door to Catch the Thief, centers on surrounding the enemy and cutting off their means of escape. By making it difficult for them to advance or retreat, you've essentially blockaded them, and you can either let them starve or eliminate them at your own pace. Students might not use this stratagem much, but professors do this all the time with tests. You normally can't leave the testing area until you're done, and moving forward requires working through the test problems. We can't just avoid them either, since it also happens to be the only way to properly progress through university; it's a necessary trap that we all have to walk into, one which culls the enemy that is our ignorance and over-confidence.

Next up is Stratagem 23: Befriend A Distant State While Attacking A Neighbor. The last thing any commander wants is to fight a war on multiple

BAKED: THE BENEFITS OF MEDICAL CANNABIS

by Nicole Beaver

A few years ago, my dad was diagnosed with Type 2 Diabetes. It runs in the family; my late paternal grandfather as well as one of my uncles have it. For a while now, he's tried to make differences for his health, such as exercising and eating a little better, which makes me proud. Unsurprisingly, though, daily insulin shots aren't his cup of tea. I started thinking about alternative forms of treatment, and it brought to mind something I heard once: medical marijuana. Not only does it help with chronic pain, but it can also work for diabetes. And when I went to research, you'd be surprised at what I found.

I want to be clear that the stuff that's in pop culture and the stuff I'm talking about are very different. Marijuana has elevated levels of the drug tetrahydrocannabinol (THC)--that's the stuff that gets you high. It's also usually inhaled in vapor form or mixed into food. Studies have shown that if you smoke weed before you are twenty-five, you will more than likely have issues such as memory loss and poor cognitive function (Business Insider, April 20th, 2013) due to the high concentrations of THC. That doesn't mean it's bad for you; rather, like everything else, it should be used in moderation. It is also important to realize that driving high does kill; your reflexes and reaction times are slowed down. Medical Cannabis, or just Cannabis, as I'll be calling it, is a new pathway we've yet to fully explore. Ancient societies such as China, Egypt, and India all embraced Cannabis as a medicinal herb (Wikipedia). Only in recent history was it labelled a "gateway drug" as racial tension in the United States in the 1950s began to associate it with "lower

class citizens"--often referring to people of colour.

Cannabis's pain-reduction chemical cannabidiol (CBD) is the main key. It acts as both a pain reliever and an antidepressant, depending on the concentrations of both CBD and THC. People who take Cannabis for physical ailments are often taking higher concentrations and extractions of CBD alone. The ailments that CBD has shown to help alleviate include numbing the pain of arthritis/chronic pain, decreasing the severity of seizures/muscle spasms, and improving the appetite in those afflicted with HIV/AIDS or suffering from anorexia. It has also been shown to help quell nausea and vomiting in cancer patients undergoing chemotherapy. As far as mental health is concerned, when people take Cannabis with certain levels of CBD and THC, it can also help mental illnesses as well! Anxiety, depression and schizophrenia have all shown positive reactions to being treated with Cannabis. In fact, in an article by Psychiatric Times, "Molecular CBD has been shown to treat symptoms of schizophrenia... with results comparable to [an] approved antipsychotic medication, and with a favorable adverse-effect profile."

A stereotype exists where "millennials" are constantly looking for the next organic, alternative trend that will improve their health. I believe that medical Cannabis is the next medicine that's been stereotyped, and it's been under our nose this whole time.

This piece is short, but I want to encourage you all to look more into this!



SHOW TIME!

Here is what is playing in theaters this week:

A Wrinkle in Time
PG

Black Panther
PG

Peter Rabbit
PG

The Hurricane Heist
PG

Gringo
14A

Game Night
14A

The Shape of Water
14A

Red Sparrow
18A

Death Wish
18A

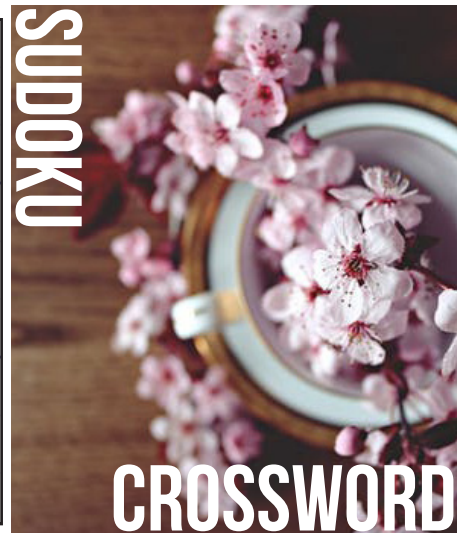
Annihilation
18A

Jumanji: Welcome to the Jungle
PG

The Strangers: Prey At Night
R

Cinaplex North

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



- Across**
- Brouhaha
 - "Cut bait" alternative
 - River to the Missouri
 - Solitary
 - 1952 Olympics host
 - "Exodus" actor
 - Youthful outbreak
 - Place for cowards?
 - Whimsical poet Nash
 - Team strategy meeting
 - "Frasier" star
 - One of the broody bunch?
 - Klutzes
 - Great Giant of old
 - Nonstick surface
 - Make a bundle
 - Corporate nerve center
 - Skilled
 - ___-mo replay
 - Of a musical key
 - Product of creative thinking
 - Title role for Jodie Foster
 - Possessive words before "oneself"
 - Fowl piece
 - Retort to "Are not!"
 - Plow into
 - Product rollout
 - Take care of business
 - Room at the top
 - Lose on purpose
 - Kit item
 - Confiscate
 - Keep the car warm
 - Chemical ending or compound
 - Struck with the patella
 - Grabs some shut-eye
 - Las Vegas alternative

1	2	3	4	5	6	7	8	9	10	11	12	13
14				15				16				
17				18				19				
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23				24				25	26	27	28	
29	30	31	32									
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48				49		50						
51			52	53	54	55		56	57	58	59	
60	61					62						
63	64	65				66						
68						69				70		
71						72						73

- Down**
- Hooch holder
 - Six-time Eastwood co-star
 - Declare invalid
 - Slippery objects
 - "The Day of the Jackal" author
 - Shrink's reply
 - Cut prices to the bone
 - Neigh-sayer
 - Melville tale of the South Pacific
 - Ok in writing
 - What's more
 - Fancy that!
 - One billion years, in astronomy
 - Kate's "Titanic" co-star
 - Division preposition
 - Dress with a flare
 - Centrally located, as a point
 - Fishline attachment
 - New Age pianist John
 - New newt
 - Coffee cake flavored with rum
 - Relevant, in legalese
 - Performs a Lutz
 - Typify
 - Will Smith role
 - Cutie pie
 - Blaster's need
 - Tall crop
 - Does away with electronically
 - Welcome road sign
 - Introduce to the mix
 - Famous Asia Minor peak
 - Pronounce
 - Herman of Herman's Hermits
 - Perform like Alfalfa
 - Word on many nametags
 - Like most cupcakes
 - Hired hands
 - Be inquisitive
 - Like many fifth graders
 - No-win situation

fronts--it's more difficult to give troops orders, and they become vulnerable to attack from multiple sides. It's more effective to befriend others than it is to fight everyone at once, and the same logic applies to assignments. Why do every assignment at once when you can space them out? A non-aggression pact (flimsy as it might be) temporarily prevents a war on multiple fronts. Don't make an enemy out of the more distant assignments right away, place some priority on assignments with closer due dates. That way, you won't constantly have to fight on multiple fronts. Of course, pay attention to those more distant assignments as well, peace doesn't last forever. You don't want to caught off-guard by something like a research essay.

their combined strength was too great. In order to conquer Guo, they first bribed Yu's lord into helping them. Once Guo was conquered, Jin then turned on Yu and attacked them as well, thereby conquering both states. What parallels can be drawn here? Well, us students often have multiple assignments to deal with, and these assignments can occasionally overlap. If we borrow resources from one assignment, we can use those resources to deal with another assignment, then turning against the original assignment. Word of caution though, this is sometimes prohibited when these overlaps occur within the same class, so check the assignment restrictions before attempting this.

To understand the meaning behind the name of Stratagem 24, Obtain Safe Passage to Conquer Guo, we must once again turn to historical context. During the Spring and Autumn Period of China's history, the large state of Jin wanted to conquer the smaller states of Yu and Guo. However, it couldn't do this while the two remained allies,

This has been the fourth set of the 36 Stratagems, the Stratagems for Confused Situations. Up next is the fifth set, the Stratagems for Gaining Ground. It's exactly what it sounds like, strategies and tactics to help you keep moving forwards. I'm going to leave you with this message: life is unpredictable. Some plans can become useless at the drop of a hat, so keep calm and remain flexible in your planning.

FREE Pancakes
March 16th | 8am-11am
TEGLER
Our CSA Association

I'LL FOLLOW THE SUN

by Ester Latifi

It can be hard to think positively. As university students, we deal with significant amounts of stress on an almost-daily basis, so when things go wrong outside of school, our natural instinct is to get frustrated and, sometimes, lash out in our anger. Personally, I can think of a few instances where I reacted to something a little more aggressively than I should have at people who genuinely meant well. When we're already stressed and on edge, it's like every little thing adds up, and it only takes one comment to stir the pot just enough to cause an overflow.

When I was still living with my parents, I was out for coffee with my sister and one of my friends one evening after a particularly long week of assignments and readings. I was just beginning to unwind and feel relaxed, and when 7:00 rolled around, my friend asked us if we wanted to just stay and grab something to eat. This was back before I had my own car, and because of that, I had to make sure it was okay with my mom for me to stay out a bit later with her car. My mom essentially ended up telling me that we would have to make dinner plans for another night because she needed her van back, adding that we had been out for a while already and that we might consider coming home to hang out with the rest of the family (being that it had been a busy week and we hadn't seen each other much). In the moment, I felt frustrated because we were having a good time; my sister and I ended up going home extremely unimpressed. Looking back, I'm able to see that my reaction was a bit uncalled for; my mom had simply pointed out that she hadn't seen me much that week and commented that she'd like for me to spend some time at home because she missed me. In the moment, I was only able to see from the stress-induced perspective that she was cutting my time with my friend short, and now I'm a bit ashamed of the silent treatment I gave my family that night.

I'm sure all of you can relate to moments like those. We get so caught up with everything going on that we fail to see

things for what they really are. Rather than sympathizing with my mom that night, I chose to give her an attitude, and I know that isn't the only time I've behaved that way with people in general. Among other times that I let the heat of the moment cloud my judgment, that night pushed me to reconsider the way I chose to perceive things. Why is it so natural to react negatively rather than try to see the good in various situations? Though I still have a long way to go, I thought I'd share with you the strategies I've adopted in order to turn frustration into something a bit more constructive, which will hopefully lead to you being able to pick out the good in even the most humdrum situation.

1. Start a gratitude journal.

Something I've incorporated into my daily regime is a gratitude journal. I know of a few people who have been using these for a long time, and I remember looking at them and thinking, "hey, this is pretty neat." A gratitude journal is like a normal journal; instead of writing about your day or venting your frustrations, however, you write the things you're thankful for or things that made your day flow a little more smoothly. Typically these entries are a short list of three things, though you can definitely expand that list if your day went really well.

I started my gratitude journal on a night I was feeling pretty low and unmotivated, and though it was hard to think of even one thing at first, I was feeling significantly better by the time I wrapped up the entry. I remember writing that I was thankful to have a family who cared enough to want to spend time with me (even though it sometimes felt like they were inhibiting my social life), having access to my mom's vehicle at all (the alternative would be having to take public transit, bum rides, or Uber), and getting a goodnight text from my boyfriend every single night (I'm a sucker for the small things). Two of the items on that list were things that I'd regularly complained about, but written in the context of a gratitude journal, I was able to see them in a slightly different light that my frustration had previously shrouded.

2. Be nice to yourself.

Another thing I've been doing lately is working on being nicer to myself. As the cliché goes, we are our own worst critics; I'm especially hard on myself at times, and I can easily go from already being in a bad mood to being in an anx-

Raine: I started playing when I was fifteen. And it was bass. I just did it to impress Merissa (Raine's girlfriend).

Q: When did you start writing your own music?

Matt: When I was about fourteen.

Raine: Probably when I was like sixteen?

Q: What themes do you like to explore lyrically?

Matt: Uh, weed, satan, sodomy, just kidding haha. Lots of weed and satan, and I dunno a little bit of life experience mixed in there in a dark and twisted kind of way. It's all kind of dark and twisted.

Q: How often do you have band practices?

Matt: Couple times a week. If we can. It's the best we can do; Raine works out of town sometimes.

Q: What have you been listening to lately?

Raine: Pallbearer. I always listen to a lot of Death.

Matt: Conan, been listening to a lot of Conan lately, surprisingly. Uh, King Woman, I've definitely been listening to quite a bit of Royal Thunder.

Q: Do you think you could pick a favorite musician of all time?

Matt: Um, I don't know man. Maybe Al Cisneros from Sleep, his bass just makes me shit my pants.

Me: Do you like Om?

Matt: Oh my God Om is incredible. He just diddles it so good with his Rickenbacker--it's just, it's unreal, man.

Raine: Probably Chuck Schuldiner (Lead guitar and vocals for Death. RIP). Or David Gold from Woods of Ypres. He's dead too.

Q: Do you have any other hobbies besides music?

Matt: I'm a personal trainer. And a nutritionist, so it's kind of the polar opposite of what you might think I do as a job, but, that's what I do.

Raine: I'm a personal eater.

Q: How many live shows have you played together?

Matt: This will be number six eh? Maybe five. This is probably number five actually.

Raine: Second big show though.



I SAW: CONAN WITH THE WEIR, CULLED, AND HIGHBERNATION

by Jacob Burgess

Hello there fellow Concordia University students! I decided to take a break from writing philosophy articles and try my hands at another type of column. This one is dedicated to local live music shows! On February 10th, I saw a series of crushing local Edmonton bands, as well as one from Calgary and one from the U.K. First up was stoner metal band Highbernation, a relatively new band on the scene with my friend Raine Gingras on the bass. Raine was kind enough to put me on the guest list, so I got in for free (thanks Raine!). If you've never heard of stoner metal before, it's typically characterized by gut-rumblingly heavy guitars, sluggishly slow tempos, and often psychedelically-themed lyrics. Stoner metal bands tend to take their influence from bands like Black Sabbath, Sleep, Electric Wizard, Sunn O))), etc. If this sounds like something that might interest you, I would suggest listening to either Funeralopolis by Electric Wizard or Dragonaught by Sleep. These are great places to start. Next up was Culled, a Grindcore band from right here in Edmonton. This was Culled's first live performance, and I have to say they put on one hell of a show. Gridcore is quite different from stoner metal, it typically has really short songs (1-2 minutes long) with really messy guitars and disgusting vocals. They were pretty awesome. After Culled was The Weir, a doom/sludge band from Calgary, Alberta. The Weir was somehow even slower and

heavier than Highbernation, with the bass player and two guitar players doing intensely low growls along with their crushing guitar riffs. To end the show was the legendary doom metal band Conan. Conan hails from Liverpool, England (birthplace of the Beatles!) and they have been described as "caveman battle doom", a title they have most certainly earned. I was fortunate enough to interview both Matt Riske (vocals, guitar) and Raine Gingras (bass) from Highbernation before the show. Here's how it went!

Q: What are your major musical influences?

Matt: For myself I would say Sleep, Electric Wizard, uh, Elvis? Haha. I know that sounds a little weird but, little bit of Elvis. Raine what about you man?

Raine: Well, I'm a little bit all over the board, but definitely Death, uh, Intronaut, those are definitely bands I listen to for the bass, and Pallbearer. Those are probably the bands I'd pick right now.

Q: How long have you been playing together as a band?

Matt: The three of us, you (Raine), me, and Malory (drummer for Highbernation) have been playing together for like a year? But Malory and I have been playing music for like seven years. And uh, we had a band named Bud Morrison beforehand, and same kind of deal with a different bass player, but then we changed it to Highbernation like five years ago and went on hiatus, and then we found Raine when I moved to Edmonton and the rest is history.

Q: How old were you when you first picked up an instrument?

Matt: I was uh, twelve? Yeah man I was twelve when I first picked up the guitar. I started doing vocals when I was sixteen or so.

iously bad mood as I slowly pick myself apart. Self-care is so important, especially when you're a student who's struggling to keep grades up, keep a job, pay rent and insurance, exercise, eat healthy, and maintain a social life. As well, if you can't treat yourself right, it'll be harder to keep stable friendships. I've always struggled with comparing myself to others, so every day, I try to think of one thing about myself that I like and then hype that thing up to myself throughout the day. Having a good hair day? Rock that hair. Check yourself out when you walk by a mirror and admire how good your hair looks. You're allowed to love yourself!

3. Make it a point to do at least one good thing for yourself per day.

This next one is related to the last. Though it's rare for any of us to have the budget to go out for retail therapy, I'd encourage all of you to focus on doing at least one good thing for yourself every day. This might mean going on a walk, watching an episode of your favourite show on Netflix, taking a hot bath, playing an instrument, or taking a break from your daily whirlwind of activities to just meditate and breathe. Whatever makes you feel good, do that. Time will go by no matter what you're doing, so taking even just a few minutes from your day for yourself is more than worth it, and it definitely beats spending those few minutes feeling distressed over deadlines. I like listening to music, so when I'm feeling bummed out, I'll make myself a cup of tea and listen to a record or two; it's a great way to distract myself from life's daily routine and helps me reconnect with myself so I don't go completely insane. It clears my head, allowing me to think rationally and reduce the amount of times I lash out at people. If you're constantly stressed, your thought process won't be as rational and you'll feel more frustrated as a result.

4. Get moving!

Physical activity is also pretty great way to keep yourself healthy not only physically, but mentally as well. Even just a 20-minute workout facilitates information processing and memory functions, so when gym junkies say that working out clears their heads, they're telling the truth. We're at about the midpoint of the winter semester and there are a lot of deadlines coming at us from all angles; frustration and irritability are at their peaks, so it might be worth considering to take a half hour to just go on a walk or hit the gym. If you don't have access to

a gym or if you're on a time limit, there are apps you can get that put workouts together for you based on how much time you have to work with and which body part you would like to target. The best part is that you don't even need any equipment, so you can even do them in your room! My favourites are Sworkit and Yoga Studio.

Your mind is an incredible thing. If you're able to improve the way you think as well as cultivate methods for dealing with things that go wrong, it suddenly becomes easier to see the good in situations that aren't the greatest. I'm not saying that everything is sunshine and roses--there will definitely be days where everything seems to fall apart and people are jerks--but if you can make your negative thoughts less overpowering, it makes handling those obstacles so much easier. I personally think it's nicer being able to look for the things that went right at the end of a bad day rather than stewing over the things that didn't and going to bed miserable. If you only focus on the bad things, it puts you in a negative state that will impact both you and your relationships for the worse.

I'm not a psychologist by any means, but as a fellow student, I understand that school is accompanied by high volumes of panic and more assignments than you feel you can handle at times. These everyday worries tend to add up and, as a result, make us question everything else in our lives. Working towards a healthier mindset is an excellent way to ensure that we don't lose our tempers when someone asks to borrow a pen, but the most important benefit of all these things is that it'll help you keep your own cool. We're already busy, so we might as well do what we can to minimize the amount of time we spend hating our lives and instead work towards making the best of situations that flat-out suck. I t-boned a meridian on the Yellowhead last week because of a reckless driver, and even though that was a relatively traumatic experience, the good thing is that I'm okay and my car's front bumper is the only thing that suffered any damage.

Even if you're going through a series of bleak events, I promise that things can get better! Actively look for the things that make life worth living and take care of yourself. Look forward to the good even when it seems like you have nothing going for you. As the Beatles famously said, "tomorrow may rain, so I'll follow the sun."

SALES COMMISSION AND TIPPING

by Emma Bott

Tipping and commission is a system of compensation. Many people rely on tipping, as it makes up the majority of some people's incomes. This can be hard for people as they are not always consistent forms of getting money; there is also the issue of people expecting tips and commission when the quality of their work is not up to par.

Tipping is a sales custom that is present mostly in North America. It is supposed to be at the discretion of the customer and is a set percentage of the total amount of the bill; in Canada, this is typically 15-20%. This practice originated in Europe and spread to North America. The non-tipping movement has actually gained a great deal of strength in Europe; Europeans function under the belief that they are professionals and, therefore, do not need to rely on tips.

Some restaurants have abolished tipping in favour of a service charge that is worth a certain percentage of the tip--or a flat rate. One restaurant owner implemented an 18% service charge that was mandatory. He said that it has resulted in an overall improvement in food, service, pay, and customer satisfaction. Tipping has created an unhealthy competitive environment. The tip is not incentive to provide quality of service to all customers. Servers tend to give white men better service than people of colour, younger people, older people, foreigners and women. Tips are often used by the restaurant industry to pay servers less than minimum wage. In the United States, workers that work jobs that have tips can be paid as little as \$2.16/ hour according to the Washington Post. In Alberta, there use to be a law that people serving alcohol were able to be paid less than minimum wage.

This decreases the labour costs of the restaurant and passes the cost off directly to the customer. In order to achieve higher tips, employees have engaged in behaviour that is unethical--such as providing free drinks.

Sexual harassment is a topic that has been in the news a lot recently. It is important to note that servers and other people working in a tipping environment are less likely to report or stand up to harassment for fear of the damage it may do to their tip at the end. Also, a lot of people have a standard percentage that they tip unless the service is incredibly good or incredibly bad. Tipping can be bad for the customer. It can be stressful wondering how much to tip. Often, servers do not declare their cash tips on income taxes.

Commission is money that an individual makes upon the successful completion of a task. It is common within the industries that involve sales such as real estate, cars, and other sales jobs. There are four types of commission: (1) base salary plus commissions, (2) straight commission, (3) draw against commission, and (4) residual commission. Base salary commission is when employees are provided a salary plus a percentage of their sales. This is seen as a more stable income than relying strictly on their commission. Straight commission is when employees only receive a percentage of their sales as compensation; this method can be volatile. Draw against commission is when a small amount of money is drawn out and, at the end of the period, it must be paid back through sales. Residual commission is when the employee earns commission because the customer keeps purchasing from the company. Commission can be beneficial when employees are good salespeople and the industry is booming, but it can be difficult to make commission when the market is slow.

Commission is the system of compensation that real estate agents receive. When a house is sold, commission is around 5-6% of the price, which is then split between the real estate agent of the buyer and the real estate agent of the seller. The split is usually even, but not always. Neither the federal nor the provincial gov-

ernments set the commission rate. There has been some recent debate over what percent commission should be as real estate agents are only paid if they are successful. Under the Multiple Listing agreement, you agree on a fee. The commission fee is usually built into the asking fee, and the ease of buying and selling a house tends to depend on the market. Com Free is a way for people to sell their home with real estate agents. The reason a lot of people turn to sites such as Com Free is that they do not see the value in paying the retailer. It is seen as unfair, especially when some houses seem to sell themselves. These easy markets include Vancouver and Toronto. They see cutting out the retailer as a way to save money. You will still need to employ the services of a lawyer and, preferably, an appraiser to estimate the fair price as well as a broker to list the house. These services are flat fees. Selling your house yourself can be hard as you do not have the extensive connections that your real estate agent possesses. It might save you money, but it's harder work. Selling houses is not the only way a worker is able to make commission from housing--there is also commission for leasing contracts.

Car salespeople often rely on commission. Those who work at dealerships have a salary, but the salary can be on the low side-- as low as \$30,000 a year. Car salespeople that earn a lot are the ones that can sell twenty or more cars. If you are not as good of a salesperson, you would barely be making more than minimum wage. The percentage of commission can vary around 25-30%. One of the harsher realities of the car sales industry is that there is often a quota of at least 8-10 cars a month; if they sell less than the quota, they are often not kept around.



Selling cars can be hard during deep recessions.

Lawyers can charge more than \$1000 for an hour of their time and that is without being successful. Some lawyers are compensated by a portion of a settlement. A lot of the time, the percentage of the settlement as compensation is not the main compensation as there is still a fee that must be paid for time and resources. In some instances, lawyers will accept commission through the settlement. This only happens if the clients lack the necessary resources to pay the fees and the lawyer believes the client has a strong case. In these instances, the commission from the settlement is usually higher.

Electronics sales are also a common industry in which commission is paid. The commission payments can get quite high with electronics such as TVs, computers, phones, and tablets. Often, salespeople of these items must spend lots of time with clients in order to help them decide on a product that is right for them. Other times, customers come in and know exactly what they want with no help. Is it fair that employees get the same commission for varying degrees of work? Theoretically (and hopefully) they'll even out, but it's impossible to know if it does.

When consulting an individual who has worked in both tipping and commission environments, they stated that commission is often a good motivator to try harder. Tipping is based more on customers' opinions and is therefore more unpredictable than commission, which is a set percentage of sales. This is not to say that you are guaranteed a certain amount of compensation, however. Sometimes, the question is whether or not tipping and sales commission are really the right way to pay people. If you are successful, tipping and compensation can be a great way to make a lot of cash; still, your success mostly depends on luck and the right market. It can be stressful for people to support themselves. It can cause undue burden on people. When it comes to income, people need some degree of stability, and that is something that both tipping and commission are unable to guarantee.