

THE BOLT

ISSUE: 010

FEBRUARY 4, 2013

We are what we repeatedly do; excellence, then, is not an act but a habit.

Aristotle

WARM TIMES AT WINTER FORMAL



Photo: Tony Wong

Full Coverage on Page 3

WARM UP WITH SPACETEAM



Okay, let's be frank. Students (and maybe professors and faculty staff too) do not have time to play full games, nor do we have the funds to fuel such a hobby. So, what if I told you that there is an iOS game that is both free and a joy to play with others, while causing a confusion to people around you

and your friends. Friends, allow me to bring to your attention one of the newest iOS games to hit the App Store: "Spaceteam."

"Spaceteam" is a game that challenges your friends to work together in unison while managing a fictional spaceship being chased by an exploding sun. The first thing you see on your screen is a multitude of knobs, buttons, and dials that are all fictionally (and comically) named. Switches such as Finite Plexus, Shiftsanitizer, and there

is even a button to 'Release the Hounds'. On top of that you will find a set of instructions. Your goal as a team, or a Spaceteam, is to share instructions with each other to advance your spaceship to the next level. If shouting instructions back and forth between each other isn't hard enough, miss a set of instructions and you will find that your control deck disrupted by goo, smoke, and falling panels that require repair.

Continued on Page 4

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AROUND THE SCHOOL

POETRY LOOKOUT WITH RACHEL

TO YOU MA BELLE,
BY DEJAN MISOVIC

~

*Your eyes clear and deep as
mountain lakes,*

*Your smile is sweeter than the
sweetest cakes,*

You confuse me,

You amuse me,

*Between the two of us there is
no past,*

*Just a present and hope for the
future that will forever last,*

*Scientists I beg your
forgiveness, for what I have
done,*

*I let her turn me and Cosmos
around her like a sun,*

I am just an unknown poet,

*But my love spills over in this
sonnet,*

*I search through all the
Galaxies submerged in the
feelings passionate and
romantic,*

*To solve this simple
mathematic,*

*No help even from the Greek
Pythagoras,*

*No solution in the poems of
Tagora's,*

*Because of you I am lost in
time and place,*

Am I the angel or a ghost,

*In the secret mission on the
hidden post,*

Please help me ST. Luke's,

I do not belong to spooks,

*I hope because I burn in the
passions flame,*

*To ask again, what is your
name...*



At a glance, this poem may remind you of a time when you walked by someone who caught your eye. Then you watched them walk away and just wallow in the thought that you will probably never see them again. For Dejan, the story behind this poem is one much deeper and full of teenage heartbreak.

In the summer of 1977, a beautiful Japanese girl named Eiko Abena-Ku came to former Yugoslavia on vacation. Dejan, who was twenty at the time, met her on a beach near a church called St. Luke's. They were inseparable for a whole month and fell very much in love. She taught him some Japanese greetings and how to write his name in characters. He even learned to say "I love you" in Japanese. It was a magnetic summer romance, but like all good things, summer had to come to an end.

Eiko gave Dejan her address so he could write to her, but she gave a warning that if he did not write first, she would never write him. That day Dejan got home and washed his clothes, forgetting the piece of paper she wrote her address on was still in his pocket. All hope of ever contacting Eiko was gone.

He never heard from her or saw her again.

The pain of losing her was a hard pill to swallow, because Dejan thought he wanted to be with her for the rest of his life. He describes himself as a ghost because he "feels like a dream that was never realized." Even after all these years he catches himself thinking about her sometimes. The loss of Eiko is still an unhealed wound; he couldn't fight the cruel reality of it all.

This poem is written in free verse with no set rhyme scheme. He used metaphors to compare her eyes to "mountain lakes" and his passion to a flame. Dejan, being a science student, refers to cosmos and mathematics which is a clever way to bring in his own personality. The tone of this poem is an apologetic melancholy that I think suits the story perfectly.

When Dejan is not writing poetry, he is constantly working hard to provide for his family. He is a third-year student working towards a degree in Chemistry with a minor in Physics. His wife, who is not Eiko, works for EPCOR. They have three children—two girls and a boy. Dejan has a lot on his plate, but thankfully he still makes time to write. Even though this poem was written a long time ago the theme is still relatable and demonstrates a common feeling—young heartbreak.

**Submit Your Poems To
The Bolt
And You Too Could Be featured Here!**

THE BOLT

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AROUND THE SCHOOL

SALT THERAPY



JESSICA
RUSHTON
STAFF WRITER

Halotherapy, or Spelotherapy (more commonly known as Salt Therapy), is a new contender on today's market and claims

to benefit individuals suffering from ear aches, bronchitis, skin issues, sore throat, colds, asthma, and even infection. This new age therapy involves sitting in an enclosed "cave" with a lower temperature (around 15 degrees) and higher air pressure that help to activate salt crystals. These

salt crystals get inhaled into the body and enter the lungs and sinus canals dissolving mucous, bacteria, and easing irritation and swelling. This killing of micro-organisms prevents future buildup, and after a few sessions (a session is usually an hour and costs around \$60) many people claim to that

their health issues have been solved—many asthma sufferers also claimed to have no more use for their inhaler! With this new innovation to clear lungs and sinuses, researchers hope to turn people off of costly prescriptions, and with shown results in these testimonials, this goal may not be far off!

More Health & Fitness on Page 7

YOUR VOICE

COMPILED BY NICK CHEVALIER

What is "Your Voice"? It's a place where you can be heard and stay completely anonymous. We want you here from you, the student body, and even staff at Concordia. Air your grievances, get something off your chest, or just say something nice to a stranger.

The school is too cold!!! Why can't they turn the heat up a smidge? And why does it seem like there is cold air coming out of vents sometimes. Bbbrrr . . .

Games Night was a total blast! I don't know wh more people didn't show!

Why do I seem to be the only one who thinks the snow is pretty?

How is it that I always get the wobbly chair in my class?

Twenty minutes to download my religion notes? What's up with the Wifi?

Why don't students like to attend Thunder Athletic games? We have excellent teams with provincial and national level athletes. But the stands are scarce of students. You know students get in for FREE!

It's about time the Concordia Student Association started hosting alcoholic events on campus. They have one coming up on February 15th and on March 1st. Can't wait!

Submit your Voices, Vents or Vocalizations to csabolt@student.concordia.ab.ca or to our Twitter (if you feel like being a little less anonymous) at [@THE_BOLT_NEWS](https://twitter.com/THE_BOLT_NEWS)

Masquerade Memories



RACHEL
WHIPPLE
STAFF WRITER

Concordia's masquerade-themed winter formal, which occurred on January 19th at the Radisson Hotel, was not too bad. Everyone was dressed up and looked great! Most people had fun masks that they either bought or made. The room was filled with bright conversation and happy folk.

The decorations were really amazing. They were colorful and fun. Wagner Artistics did the decorations. They were slightly off with the theme. There was a sign that said "Mardi Gras," but the hall was filled with beads and masks that went with the masquerade theme.

Most rated the food as mediocre. Dinner consisted of roasted potatoes, mixed steamed

vegetables, ribs, and chicken. The favorite part of the meal seemed to be the potatoes. The chicken was a bit dry, but the sauce on it was really tasty. They had an assortment of salads as well. There was potato, mixed greens, roasted mixed vegetable, and coleslaw. All were quite tasty and my favorite was the potato. Delicious desserts included chocolate mousse, cheese cake squares, and chocolate covered cream puff pastries.

The music was pretty good; the favorite song played seemed to be a remix of "Don't Stop Believing" by Journey. The DJ for the evening was Mike Browning a.k.a. DJ Amos.

The Winter Formal was an alright event. It was a great idea and executed well, but it might have been more fun with more people. So let's hope that the event will generate more interest among students next year so more will attend.

ENTERTAINMENT

SPACETEAM ASSEMBLE (IN TEGLER)!

Continued from Page 1

If you thought that was hard enough, each Sector will have a set of random challenges, such as panel overheating, electronic storms, or the dreaded translator malfunction, which translates all the English letters of the panels to jumbles of images. And, if that wasn't enough to cause trouble for your team, you have to shake your device when there are incoming asteroids and flip your device when there is a wormhole to avoid its effects. Did I mention that you have to shake and flip as a team to avoid

the negative effects?

Working together has never been so fun and frustrating at the same time. The game becomes increasingly complex and exasperating but never to the point where I would want to throw my device at the wall (or at my friends). In fact it is one of the first teamwork games that I have played in a long time in which it's okay to mess up periodically because you know as a team you will pick yourselves up.

Henry Smith, the founder, creator, and only employee

of Sleeping Beast Games, created "Spaceteam." That's right—other than a few external music and art assets, "Spaceteam" was created by one man alone, which in my eyes is a feat in and of itself. "Spaceteam" thrives on the 'easy to play, difficult to master' concept of video games. On top of that, the game is free to play with additional money going to additional ship skins packs. If you know me, I have officially switched to the Android OS, but I am keeping my

iPhone 4 and iPad around so I can always play "Spaceteam" with people.



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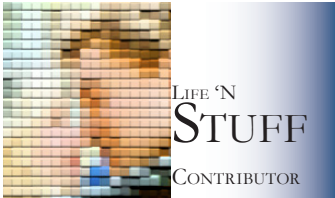
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LIFE 'N STUFF

DEAR STRESSED TO THE MAX



Dear Life n Stuff,

I'm not happy. I haven't been for a while. I feel that I'm continuously putting on a show, but all I really want to do is cry. I'm not depressed or anything. It's just that lately things in my life have been really falling apart. The worst part is that people are always looking to me for strength and support, yet few people would genuinely offer me the same. I know you're not a psychiatrist, but I've read your column since the first article and agree with your perspective on each issue. How do I continue being a rock for people when I myself feel like a failure at times?

Dear Stressed to the Max,

As much as I am sure you don't want to hear this, or have trouble believing it, you are not the only one experiencing this type of stress. I too tend to be a rock amongst my friends; however, I am blessed with having a few truly amazing people in my life that I know would be there for me no matter what.

People can be selfish, straight up. 9 times out of 10—even 10 out of 10 for some—individuals

do things for some sort of personal gain. A kind of cost-benefit analysis of sorts takes place. For instance, arriving on time for class is a great example of this. If a professor has a participation mark as part of your final grade, people will tend to miss less as to gain a higher mark. That is just reality. On a personal note, when you constantly provide encouragement and strength for others, and expect little to nothing in return, that's usually what you will end up with. It is human nature for people to attach themselves to others that can provide them with things otherwise lacking in their lives. If they are not required to contribute to the friendship/relationship, they won't. Think about it. What is better than free stuff? Even if it comes in the form of support. You have to set boundaries and express your desires clearly.

It's a great thing that you are a supportive individual and that people can look to you for strength. The world needs good strong people; but, in my opinion, you should never have to take that stance on your own. What I mean by this is that it is essential to have someone in your life that no matter what you are going through you can talk to them about it. Someone who would never judge you or dismiss your feelings. But,

most importantly, someone that you know you can trust not to announce your issues to their friends or significant others. A true confidant of sorts.

My best friend has heard me rant on about numerous issues that I am sure have little importance to them; however, I know my best friend is there for me no matter how unimportant the issue seems, because it is important to me. That is what being a friend is all about. I do hope that you have someone like that in your life.

It is impossible to always be a rock. Showing weakness isn't a bad thing. If you feel like crying, do it. Only through expressing how you truly feel can you grow as a person. In the end, you will be stronger for handling your feelings in this mature way. Bottling things up will only cause you greater pain in the future.

I'm not sure what the extent of your concerns are so I would also recommend (especially if you don't have a close friend, or if you don't feel comfortable talking to them about your current issues) speaking to an individual removed from the situation.

As you have read my previous articles, you know there is a great group of people at Concordia who would be more than happy to chat with

you if you become extremely overwhelmed. Contact Barbara van Ingen by emailing her at barbara.vaningen@concordia.ab.ca. I am sure she would be happy to be a support for you

I also want to leave you with this last note. It is ok to be sad. Showing how you feel proves that you are an emotionally secure individual. What becomes an issue is how you handle your sadness. Also, be your own rock. Clearly people respect you, so start respecting yourself.

Good luck to you, and I hope your friends truly appreciate you for what you do and who you are. Stay strong!

Hey everyone! Going forward, I have decided to do a poll question at the end of each week's article. So here is the first question...

Have you ever cheated on a significant other? I don't need details. Simply send your answer (yes or no) to my email below. As always, your personal information will not be revealed. I will be adding the results of each poll question to the end of next week's article. Hope to hear from you all!

**As always, please submit any question, thoughts, or concerns to asklifestuff@gmail.com, and your question might show up here! Take care all!*

SPORTS

UPDATE AND ARMSTRONG



BAILEY
GARDECKI
STAFF WRITER

Hey sports fans!

I hope everyone is having a great week!

Recently our Concordia Thunder Hockey team had it's double header tournament against the Keyano Huskies. They played at Terwillegar Friday the 25th and then at Confederation arena the 26th. Both games were well-played and close. The game on Friday was a heartbreaking tie. Concordia had a substantial three point lead only to battle fiercely with the Huskies as Keyano managed to sneak three points before the end of the third period. This lead to the 4-4 tie, even after overtime.

Saturday was a much better day for Concordia Thunder as they took home a 5-3 win against Keyano. The 3:15PM game had a slow start with Concordia up one in the second period; however, things picked up pretty quick leading the Thunder team to a 5-3 victory in the third period.

If anyone is interested in watching our Concordia teams play at home this weekend, our teams will be playing the Augustana Vikings. The basketball teams play on Saturday the 8th: the ladies at 6PM and the men at 8PM. The volleyball teams play the same times except on Sunday the 9th. So be sure to go out and show your support!

The random athletics topic of the day is Lance Armstrong! This man is a topic I am very interested in as an athlete

and as a sports fan. I'm sure everyone has heard this name lately, and if not, then here is the scoop. Lance Armstrong is an American cyclist who won the Tour de France, which is an extremely difficult and long bicycle race that stretches into various countries in Europe but mainly focuses in France. To win this race is to win a prestigious award for yourself and your country. Lance Armstrong won seven consecutive times! Now this might not come as a big shocker, but he was investigated under suspicion of doping (taking drugs or using other performance enhancing methods illegally). Armstrong was convicted recently and, as a result, he has been banned from the sport and his seven titles have been stripped from him. The big shocker for me is that this man was doping for

seven years! Which is in itself quite a feat. The anti-doping organization prides itself on being able to detect suspicious drug abuse and such, but that they only discovered this cheating now tells us that Lance was using quite the sophisticated system! I am not impressed with his cheating, but I am impressed by the fact that he managed to hide it for so long. It's indicative that there are probably lots of athletes who have been or are using similar methods—makes you wonder doesn't it? Just food for thought.

On a final note, our Concordia Curling team was scheduled to play their second play down over the weekend; stay tuned for more details on how they did!

See you next time.

Don't drink and drive.

Bailey Gardecki

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ON
FEBRUARY 9
AUGUSTANA @ CONCORDIA
6:00/8:00 PM**

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HEALTH & FITNESS

YOGA: FOR THE MIND, BODY, AND SOUL



JESSICA
RUSHTON
STAFF WRITER

In stressful times, our bodies tend to show signs of our hectic schedules: breakouts, irritability, forgetfulness, and exhaustion are common telltale signs that we have too much on our plate. A great tool to relieve stress, and stretch out our muscles at the same time, is yoga. Yoga originated in India, and its goal was to achieve harmony

and balance between the three aspects of humans: the mind, body, and soul. By practising slow, direct movements of the body, yoga aids in many ailments, such as achy muscles, stiff joints, arthritis, and many forms of dysplasia. Yoga also helps aid stress by relaxing the mind. When all you have to concentrate on is moving your body, your mind once again becomes in tune with the rest of your body, and often one enters a calm and peaceful state. Yoga goes hand in hand with

many types of meditation, in that one is supposed to focus on nothing but their breathing and body movements. By eliminating outside stress and busy goings on, one can focus on themselves and by extension lower blood pressure, heart rate, and brain activity. After a healthy session of yoga, many people feel relaxed and rejuvenated, and can re-enter their stressful lives with a clear head and a fresh, more positive perspective. There are also many different types of yoga,

including Bikram (or hot yoga), which involves twenty six poses and 105 degree heat; Hatha, which is slow paced and focuses on subtle movements; Vinyasa (or “flow yoga”) in which you are constantly shifting from one pose to the next; and Aerial yoga— yoga done suspended upon cloth ropes hung from the ceiling. These are among the most popular styles today. Of course, there are more than sixty different kinds practised, so find out which one suits you best and stretch away!

HEALTHY LIFESTYLE: TIPS AND IDEAS TO SHARE



AMANDA
R. O.

Fellow Concordians,

It is that time of year when resolutions are being made! Whether your goals are trying to create a healthier lifestyle, trying a new workout plan, or simply looking for new recipes, keep reading for some tips and ideas to inspire you!

Easy as 1, 2, 3 Recipes:

Breakfast:

- 1/3 cup of non -fat yogurt
- 2/3 cup of frozen blueberries or fruit of your choice
- A few ice cubes
- Under 100 Calories!

This is such an easy on the go and nutritious shake for those busy off-to-school mornings!

-TIP: You can add milk for added calcium and even oatmeal for fiber!

100 Calorie snacks:

- Nuts: 14 almonds when you

have the munchies and not to mention the added protein and essential fatty oils needed!

- Banana Pop:
 - Slice one peeled banana
 - Insert popsicle stick
 - Dip the banana in your favorite yogurt and freeze! Yum...

-TIP: Add some coconut shavings or dip the top in nutella for some sweetness!

Let’s face it, getting exercise should not be just a new year’s resolution but a lifestyle change,

because getting to the gym, wherever it may be, is tough enough!

-Keep your gym clothes, shoes, and a water bottle in your vehicle or backpack, so whenever you feel the urge to pump some iron or run to clear your head then you are ready!

Hope you fellow Concordians enjoyed these tips and ideas to make life a bit more manageable. Until next time!

POLITICS

IDLE NO MORE



REBECCA
FIRLOTTE
STAFF WRITER

In November 2012, a protest movement began amongst the First Nations, Metis, and Inuit of Canada. Demanding to be heard, indigenous peoples throughout Canada started the Idle No More movement. The purpose of this movement is to speak out against a number of legislations the Canadian government is trying to pass that will take away many treaty rights.

The main goals of the Idle No More movement are environmental protection and indigenous sovereignty. The movement has mainly focused on the education and revitalization of indigenous peoples through awareness and empowerment as well as encouraging knowledge sharing of indigenous sovereignty and environmental protections.

Omnibus Bill C-45 is a major issue this movement is protesting. An omnibus bill

is a proposed law that covers a myriad of topics. With Bill C-45 passed, the Navigable Waters Act of 1882 was revised. Originally, the act mandates that the approval and consultation process for new construction to take place on any water that could be navigated by any kind of floating craft was a long and arduous process. Under the revised act the process would only be required for development around waterways that the Minister of Transportation deemed to need such consultation. Many of the newly deregulated waterways pass through traditional First Nations land. Without this process the environment can be manipulated and squandered much easier than before. In addition, the passing of this bill allowed for environmental laws to be weakened—an act that is against their fundamental views.

This issue, plus the cancellation of the Kelowna Accord, was more than an insult to the Aboriginals. The Kelowna Accord is an agreement between the Government of Canada, the First Ministers of Provinces, Territorial leaders,



and the leaders of five national Aboriginal organizations in Canada. The accord promised to improve education, employment, and living conditions for indigenous peoples through government funding. Feelings towards the federal government seemed to sour because the indigenous peoples felt that the government was breaking treaty agreements, and the traditional ways of negotiating with them were becoming meaningless.

This movement has gained traction across the country as well as having support in other countries. The bills that are being passed are not in the

interest of ALL of Canadian citizens. I am a non-status Ojibwe woman. This movement is important to me as well as to my family. To stand by and watch the government diminish the importance of the environment as well as quash treaty rights is appalling. To learn more about the Idle No More movement, please go to their website idlenomore.ca.

Comments? Questions? Outrage? Please submit something to the Bolt for publication! csabolt@student.concordia.ab.ca OR Write on our Facebook Wall!

CONCORDIA'S MODEL UN CLUB

IS WELCOMING ANYONE WHO IS INTERESTED IN REPRESENTING CONCORDIA AT THE ANNUAL MODEL UN MOCK-UP IN RED DEER THIS MARCH.

THE TOPIC OF THIS YEAR'S CONFERENCE IS

OCEANS

CONTACT MODEL UN SECRETARY, JESSICA BENN IF YOU ARE INTERESTED OR IF YOU HAVE ANY QUESTIONS: MODELUN@STUDENT.CONCORDIA.AB.CA

STUDENT PERSONAL FINANCE

MAKING FRIENDS

WITH YOUR FINANCIAL FEARS



MICHAEL
STEAD
STAFF WRITER

You and I have come a long way since the beginning of school last fall. To date, I have taught you the fundamental principles and practical techniques used by the wealthy that enable them to create and grow their fortunes.

To recap, here is what we've covered so far:

- 1) The wealthy accept 100% responsibility and claim ownership for their financial situations—i.e. Personal accountability
- 2) The \$13,000 Savings Secret—i.e. Pay yourself first
- 3) How the rich manage their money—i.e. The 5 account system
- 4) How to radically increase your income—i.e. Model other successful people
- 5) The #1 mistake 20-somethings make financially—i.e. Buying things they don't need and can't afford
- 6) How to break the chains of financial slavery—i.e. How to pay off your debt as fast as possible
- 7) How to determine where you are financially and how to set financial goals—i.e. Seeing where you are and deciding where you

want to be.

While we have covered some significant ground, a shocking—yet not surprising—response has emerged since I have begun writing for The Bolt . . .

Having spoken with many students on campus and asking them what they have thought of the articles thus far, I have noticed that an overwhelming majority of them have not only not implemented a single thing that they have learned, but a few have even gone as far as saying that my advice is impractical or unrealistic.

They say things such as, “Sure YOU can do that, but there's NO possible way that I can . . .” One student even said to me that because he was in school that it was OK for him to be poor . . . yeah seriously . . .

Nevertheless, no matter what people have told me their reasons are for not taking action, the fundamental root causes are all the same—they are either skeptical by the claims I have made, dissatisfied that I am not promising overnight riches, or (and most importantly of all) they are simply fearful and doubt their capabilities.

Understand this—it is perfectly natural to have financial fears during the course of your life (especially right after you graduate

and begin making your way out in the world).

But when fear is great, it can be destructive. Unbridled fear produces two negative responses: immobility and rashness. If you fear losing money too greatly, you will never implement the knowledge you gain or you will analyze it so much that opportunities will simply pass you by.

Money is like health in that it is a deficiency need—you don't realize how important it is until you don't have it. Now while I am certainly not saying that money is the most important thing in life—it isn't—like it or not, the quantity of money you have affects the amount of choices and options you have in your life.

It affects where you can afford to live, where you can travel to, what kind of food you can buy, what level of education you can acquire, what type of lifestyle you can enjoy, etc.

Your fears are a kind of prison that confines you within a limited range of action. The less you fear, the more power you will have and the more fully you will live.

To make friends with fear, you have to arm yourself with specialized knowledge. Confidence emerges when you have a clear sense of direction and you fully accept the price

you will have to pay in order to achieve your greatest aspirations.

Now there are two ways to deal with fear: 1) Passive – To avoid the situation 2) Active – To take the first step beyond your comfort zone.

You can overcome your financial fears, but not if you take option number one. Avoidance is the best short-term strategy to ensure long-term misery.

Know this—your fears will not go away on their own, but ask yourself this: Are your fears winning the day or are you? What about your greatness and power? When you connect there, what will happen is that your anxiety will disappear and, counter-intuitively, you will make better financial decisions. And finally, after all this time, your insecurities shall be irrelevant.

You can't control the economy. You can't control the outside forces that affect your career. But you can control your emotions. By making friends with fear, you will enjoy the wealth you have and make smart, sound, wealth-building decisions.

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

FUN & GAMES

FUN FACTS

Odd Law: Any man carrying onions must be given right of way in the streets. (Paris, France) ~ People are likely to spend more money in areas that smell good.

~

Some cell phone towers in the world are disguised as trees. ~ 90% of Americans live within 15 minutes of a Wal-Mart.

~

About 86,000 people go to the ER after tripping over their cat or dog each year. ~ The average woman will consume 6 pounds of lipstick in her lifetime.

~

Odd Law: It is illegal to dress up as Batman or Robin. (Australia) ~ 1.7 billion cups of coffee are consumed everyday worldwide.

~

Walt Disney was a high school dropout. ~ <http://uber-facts.com/>

SUDOKU

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

				7	6	4	5	
			2				8	
8					5		2	9
6				8			1	5
	8	9				3	6	
7	1			6				8
3	5		7					4
	7				4			
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WORD OF THE WEEK

plotz

\plots\

Verb) To collapse or faint, as from surprise, excitement, or exhaustion

ORIGIN:

Plotz is an Americanism that first arose in the 1940s. It comes from the Yiddish word *platsn* which meant "to crack, split, burst." That word in turn originated in the German word *blatzen* or *platzen*.

From Dictionary.com

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