

STAY INFORMED THIS ELECTION

If you would like to read more about your options in this year's election, checkout these recommended resources that can provide you with a combination of hard data and analysis. Happy voting!



THE PRESS GALLERY

The Press Gallery is a provincial politics podcast hosted by staff at the Edmonton Journal.

Available on iTunes/Google Play



PROMISE TRACKER

Global's promise tracker keeps track of where parties stand on issues and what promises they've made in line with their stance.

<http://bit.ly/promisetracker>

ELECTIONS ALBERTA

Questions about how or where to vote? Make this your first stop. This is the official Alberta elections website.



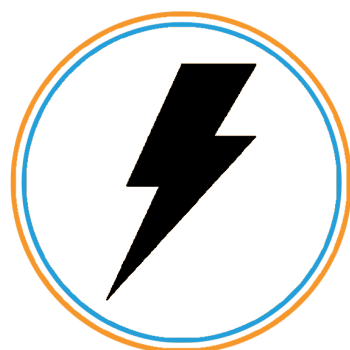
www.elections.ab.ca

AB POLITICS

AB Politics features party stances on key issues and provides various other voting resources.



www.abpolitics.ca



THE BOLT NEWS

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THE BOLT NEWS

SCHOOL'S OUT... NEARLY



A FAREWELL TO CONCORDIA, COMPLETE WITH LESSONS LEARNED, ON PAGE 5.

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MAINTAINING GOOD EYES

Ye Jin Chung provides a little bit of insight into eye sight and gives some tips on how you can look after your one and only set of eyeballs like a pro.

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RISK AND YOU

What does risk have to do with everyday life and what should you remember? Donovan Makus shares some wisdom from the classroom.

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DEBATING LEADERSHIP

On April 4, four political leaders met to civilly debate the finer points of provincial policy and leadership. They did not do that. Let's recap it.

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STAY INFORMED

With the Alberta 2019 election on our doorstep, it's good to stay informed. See the back page for a list of resources you can use to stay up-to-date.

MAINTAINING GOOD EYESIGHT

by Ye Jin Chung

When we're born, we are only given only one set of eyes. They help capture light and send images to the brain, which guides our courses of action. Therefore, it's important to keep your eyes healthy in order to maintain optimal vision. In this article, I will introduce six tips on how exactly you can do this. While the most important step is to get eye exams regularly, there are a few other things you can do that you may not already be aware of.

1. Consume more Vitamin A and C.

Like all health issues, maintaining a healthy diet is vital. Vitamins A and C are rich with antioxidants that help to enhance eyesight. Some of these food products include green vegetables (spinach), fish (salmon and tuna), eggs, nuts, beans, oysters, and citrus fruits (lime and lemon). On top of that, try to decrease consumption of alcohol as it deposits fat into the arteries of your eyes.

2. Quit smoking.

Smoking is never beneficial to your body. If you're a non-smoker, don't even think about starting. Constant smoking eventually leads to macular degeneration, cataracts, and nerve degeneration.

3. Use protective eyewear and try to wear a hat in sunny weather.

Spring is here, which means that the sun will appear more regularly. Don't forget to wear sunglasses! Aside from just sunglasses, wide-brimmed hats and caps help to minimize the amount of UV rays that enter your eyes too. These items will prevent the blazing sunlight from damaging your eyesight. Constant exposure to UV rays leads to cataracts and, possibly, a gradual loss of vision.

4. Refrain from excessive use of electronic devices.

Digital screens radiate high-energy blue light. If one is constantly exposed to them, it can lead to macular degeneration or even vision loss. One problem: digital devices are impossible to completely detach from our

lives. That said, I strongly suggest you minimize the usage of electronics in places where they aren't necessary, such as reading a book while waiting for transit and using papers to jot down a quick memo rather than your phone. In addition to that, make sure you're not staring at your laptop screen all day working on a term essay, even though it's due two days from now. It's important to let your eyes rest every 20 minutes. Remember the 20-20 rule: after every 20 minutes of staring at the screen, look away for about 20 seconds, then resume your work. Staring at the screen too much is terrible not only for your eye, but also for your neck, shoulders, and spine. In my opinion, this tip is the easiest to implement.

5. Know your family's eye history.

Some eye diseases, such as glaucoma and age-related macular degeneration, tend to be genetic. Consult with your family members to see if eye problems are your family's genetic problem. Most of these diseases can be treated before symptoms get worse, and it is never too soon to prevent them.

6. Visit an optometrist and ophthalmologist regularly.

While advice from your friends and family are important, advice from an eye specialist is even better. Visit an optometrist or an ophthalmologist and take regular eye exams. The difference between the two? Simply put, optometrists correct vision problems with glasses or contact lenses, and ophthalmologists tend to prescribe medications and undergo eye surgeries. These eye professionals are able to provide tips and advice that are specific to you. Visit them at least once every two years.

Most people take their current eye conditions for granted, but the truth is that most eye diseases are preventable before entering the first stages of vision loss. Unfortunately, there aren't any tips that miraculously enhance your eyesight in a short period of time, but these tips can help gradually if you take action on a daily basis.

seems to feel somewhat strongly about is the "re-invention of vocational high schools" as he puts it. Details were light but his goal is to increase the appeal of trades and create value through trade programs similar to that of a university degree.

Notley

Rachel Notley did not comment directly on current relations between Alberta and the federal government. She made a point of saying, "I'm angry too" but rationalized that picking fights will not get a pipeline built. That answer style of comparison to what could happen under a UCP government popped up a few times in her responses. When it came to budgeting and revenue, she reiterated the value of social programs, holding their importance above a balanced budget, yet still claimed the NDP would balance the books by 2023 (despite Kenney's claims of a \$108 billion deficit by 2023 under the NDP). Further, she claimed the NDP would have "shovels in the ground by this fall" to finally get oil flowing (though, it's worth noting that previously promised deadlines have come and gone).

Regarding education, Notley extolled the virtues of GSAs and made her support for confidentiality between parents and students clear.

She also defended the NDP's "made in Alberta" carbon tax plan which rebates $\frac{2}{3}$ of the tax collected through that program to Albertan households (she did not go into many details about where the rest of those funds go, despite Kenney calling it a cash grab, but mentioned the Green Line in Calgary as an example).

Mandel

Stephen Mandel began his time behind the debate podium by asking Albertans to give the Alberta Party honest consideration. He explained that he knew how many people felt--that they had to choose one of two parties for fear of splitting the vote (this was one of the most important things he said the whole night).

Overall, Mandel did not have much to say but did mention his plan to ship oil to Alaska--a plan which is allegedly already being discussed between the governor of Alaska and Donald Trump. He also called attention to his experience as a former Edmonton Mayor. He believes his experience keeping a mandatorily balanced budget as Mayor gives him the insight to know that both the UCP's and NDP's budgets "don't make any sense" (it's unclear which parts he is referring to, specifically).

Mandel's take on healthcare was that the government should focus on providing better frontline service and avoid spending frivolously on things like expensive laboratories.

On the subject of education, he said he thought post-secondary education deserved to be talked about more (which got him a nod and a "true" from Kenney). He says enrollment is too low and more investment needs to be put into it soon.

Khan

David Khan also did not say much other than tout his qualifications. His major talking point was a proposed major cut to income tax which would be replaced by a hybridized sales tax (he did not go into any logistical detail on this plan but we hope to be able to bring you some more information on how that might work soon).

On top of support for GSAs, Khan also explained the Liberals' plan to cap class sizes in schools and hire 2000 more teachers. While he didn't have an exact number, he also said inclusive education is important and needs dedicated funding.

These are the main talking points but there's more to hear from all these candidates, so I'd like to encourage you to stay informed about your options. Check out our back cover for some places you can find even more information. Keep an eye on theboltnews.com, too, for more news and stories close to home.

DEBATING LEADERSHIP

by Nick Clark

On April 4th, leaders from four of Alberta's political parties stepped into the spotlight at a debate designed to give voters a clearer sense of who these leaders are by putting their ideas head-to-head (in theory, at least). The event was organized by a consortium of news media outlets and featured UCP leader, Jason Kenney, Alberta Liberal Party leader, David Khan, NDP leader, Rachel Notley, and Alberta Party leader, Stephen Mandel. If you were not able to watch live but still want to see what these leaders had to say for yourself, the archived video is available on YouTube via the Edmonton Journal.

Each of the four leaders presented their parties' plans for where to take Alberta over the next four years. Jason Kenney and his United Conservative Party are relying heavily on voters who want to throw fists around until Alberta gets what's best for it. Rachel Notley is running a conflicted campaign for the NDP, maintaining some of the optimism that won over so many voters in 2015 but introducing a heavy dose of negativity against the UCP (and Jason Kenney in particular) to delegitimize the competition. Meanwhile, Stephen Mandel's much smaller Alberta Party has no central campaign gimmick other than condemning the predictable bickering between Kenney and Notley. David Khan's strategy for the Alberta Liberals in the debate primarily revolved around his unique experience as a constitutional lawyer.

The leaders were all presented with eight topics:

1. Relations with Ottawa
2. Balancing the Budget
3. Oil and Gas Industry
4. Social Equity vs. Hate
5. Leadership and Trust
6. Balancing Environmentalism and the Economy
7. Health Care
8. Education

From the first topic to the last, the leaders followed

clear patterns in their tactics and revealed a lot about their priorities in this election. Notley and Kenney constantly belittled each other's history in government and rarely missed an opportunity to attack, even if it meant giving up the chance to make a good point. Stephen Mandel took a few opportunities to chastise them for bickering instead of focusing on the issues and, for the most part, focused on those issues himself. His biggest weakness was frankly his realistic take on issues like the economy and getting the budget balanced. It's rare to see a politician underpromise but if Mandel had come equipped with more concrete plans, he would have fared better. David Khan boasted about the great successes of the Alberta Liberals (and himself) at every opportunity, which probably played well with his supporters but turned some viewers off of him from the beginning. His strategy might have also worked better if the Alberta Liberal Party was more visible in day-to-day politics. Here are the major points made by each leader:

Kenney

Jason Kenney made it clear he wanted to fight and he wasn't shy about it. He said he would be prepared to take the federal government and even the BC government to task over the pipeline issues that have befallen Alberta. Part of his battle plan is the use of a constitutional referendum to force a negotiation to end the payments Alberta makes to the federal government to be distributed to other provinces (while many have been led to believe the referendum has the power to end these equalization payments, it's important to clarify it can only open negotiations).

Education was a big issue for Kenney. He thinks the NDP has squandered a large sum of money meant for furthering education. He wants to audit the education system to determine where the money poured into it over the years has gone since it hasn't successfully reduced class sizes to an acceptable level. He also briefly mentioned UCP plans to improve sex education and financial literacy. Another initiative he

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SERVING MY
COMMUNITY**

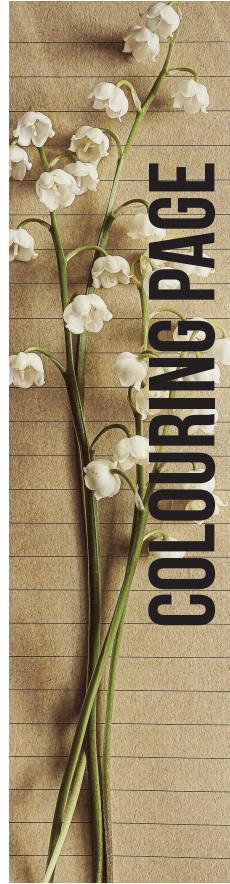
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Friends

WORD SEARCH

SPOT THE DIFFERENCES

R	E	H	T	N	U	G	S	G	N	S	O	A	E
P	H	O	E	B	E	W	R	E	E	C	B	O	A
S	N	E	W	Y	O	R	K	L	E	L	E	L	P
S	S	O	R	T	E	C	I	L	R	L	W	L	A
D	F	R	I	E	N	D	S	E	G	A	T	E	R
N	F	M	O	N	I	C	A	R	I	W	U	H	T
C	H	A	N	D	L	E	R	T	E	C	B	C	M
W	N	S	R	T	T	C	R	E	T	B	T	A	E
X	O	C	Y	E	N	E	T	R	U	O	C	R	N
L	C	O	E	E	S	U	B	U	F	F	A	Y	T
Y	E	O	J	S	A	N	I	S	T	O	N	Y	W
M	A	T	T	L	E	B	L	A	N	C	W	H	G
O	L	I	S	A	K	U	D	R	O	W	E	F	A
U	O	E	L	B	I	N	G	R	T	M	S	C	U

- WAITRESS
- GELLER
- PHOEBE
- COURTENEY COX
- FRIENDS
- CHANDLER
- LISA KUDROW
- RACHEL
- BING
- MATT LEBLANC
- ANISTON
- GUNTHER
- APARTMENT
- ROSS
- GREEN
- JOEY
- NEW YORK
- BUFFAY
- MONICA



actual hazard, while the benefits are quite high. Yet, returning to Sandman’s typology of Risk = hazard + outrage, the risk is seen as higher for both in the general population than it is among the technically minded experts, a gap of around 20% points. Outrage over risk may lead to flawed policy, as governments reactively cater to public desire to “do something” with poor allocation of funding, leading to activities with greater risks losing potential funding. The risk of pollution in our backyard is seen as greater than global climate change, yet only one of these affects every living creature on the planet. However, polling has consistently shown that people consider the pollution in their yard a more important issue than issues affecting everyone. While underestimating risk is a big issue, we shouldn’t ignore the impact of over-estimating risk.

So what does this all mean? Calculating risk may be a pleasant career choice for certain types of people,

but it also shapes our own decision making. We don’t need to go through life with a risk assessment table for every decision, nor do we need to formally have a portion of our decision-making process labelled “risk assessment,” but we should still more actively consider risks when making decisions. Should I stay up late tonight with friends, or should I go home early and finish a project? This decision involves calculating the risk (with a hazard of a poor mark) and is shaped by our perception. Considering risk can also make us examine our own comfort level with risk, gaining greater self-knowledge. Are you more of a risk-taker, ready to go down uncertain paths, or is your sole desire in life the fastest track to order and stability? No matter the outcome, thinking about risk in a more applied manner urges us to look forward and attempt to manage that risk, whether that be through developing asteroid collision mitigation systems, or simply reaching for the sunscreen.

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THUNDER FEST
APRIL 12TH

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 CUE FRONT LAWN - ENTRANCE FACING EDMONTON RIVER VALLEY
 18 PLUS EVENT - CUE ID/GOVERNMENT ID REQUIRED

Our CSA Association

RISK AND YOU

by Donovan Makus

“As soon as there is life there is danger.” These words, spoken by the famed writer Ralph Waldo Emerson, marked the beginning of a course I am currently finishing, ENSC 415 (Risk Assessment), also marking a key understanding we all can apply to ourselves. Risk isn’t just a board game collecting dust on the shelf; we’re all alive, even if our blood is mainly caffeine and cortisol by this point, and we all encounter risks in our everyday life. Understanding risk, especially our personal views on risk, is not absolutely necessary. We can go through life perfectly fine without this sort of contemplation but when we do examine it, we gain a deeper understanding of ourselves and the world around us.

The risk of a world-changing asteroid coming at us in our lifetime is 1 in 10,000. Most sane people are not particularly concerned this will happen, which shows one of the first and greatest problems of risk--our perception doesn’t match reality. Asteroid impacts are not particularly risky but in general, many of us regularly engage in one activity or another that kills ~2000 Canadians per year and injures around ~160,000. If this all took place simultaneously at around 1:00 on a Monday in Toronto, there would be widespread outrage, mourning, and calls for change, but due to the chronic nature, spread out over the year, we don’t fully appreciate the risk of this activity we call “Driving.” Many people drive because we see the benefits of driving as greater than potential harm; our perception matters. A foremost expert in the field of risk, Dr. Peter Sandman, suggested that the technically inclined; those assessing risk, misunderstand risk by framing it only in terms of hazard, which is how likely something is to occur multiplied by the consequences if it does happen. While there is a benefit to conceptualizing risk in such a clinical matter it ignores the human factor. Instead, he suggests that Risk = hazard + outrage, where outrage is shaped by a grand total of 29 factors. These make intuitive sense; we’re more likely to accept voluntary risks that are familiar and that we see as fair. Thousands of

people dying of chronic disease seems less risky than hundreds in a highly memorable catastrophic disaster. Together these issues of perception create two large issues; over- and underestimating risk.

I sometimes joke that assignments, midterms, and work issues, are “Future Me” problems, something I can’t be alone in thinking. “Who wants to live forever” go the lyrics of many songs, so why worry about tomorrow? Much like a midterm next week is at the bottom of the to-do list, while a project this week is at the top, we prioritize risks. However, this kind of thinking helps explain why we fail to properly understand chronic risks. Take skin cancer. Cancer is one of those risks people generally fear and avoid if they can help it, yet how many of us actually consistently apply sunscreen before going outside? I don’t, and I’m in the majority. According to the American Center for Disease Control, only 14.3% of men, and 29.9% of women actually take these preventative measures. This is related to the idea of natural vs. artificial risks. Take natural background radiation or radon, a colorless, scentless gas that has been linked to cancer. In New Jersey, radon levels are naturally high in a large number of homes, levels that would cause concern were they from industrial activity. However, due to their natural source, few New Jerseyans take radon seriously. Risk education is one role governments try to take seriously, through graphic ads on cigarette packaging, to vivid dramatizations of car crashes caused by texting in TV ad spots, yet we remain complacent about the long-term risks associated with seemingly routine facts of life such as sleep deprivation.

While underestimating some risks may lead us to make poor decisions, the opposite issue can also cause problems. Take, for instance, the risks associated with modern nuclear power. Nuclear power generation does involve some element of risk, as does any human activity, but the risk for both is quite small in terms of

SHOW TIME!

Here is what is playing in theaters this week:

Shazam!
PG

Pet Sematary
14A

Captian Marvel
PG-13

How to Train Your Dragon: The Hidden World
PG

Dumbo
PG

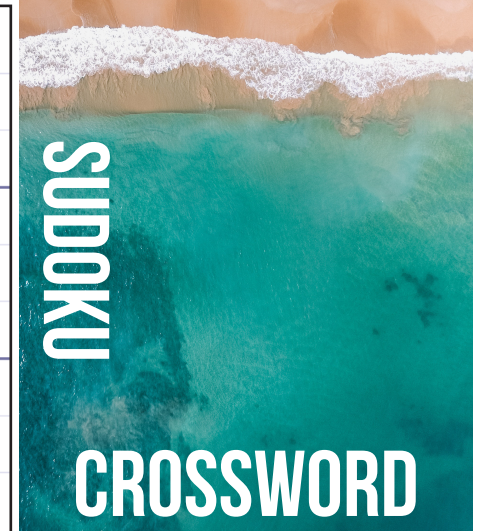
Hotel Mumbai
14A

The Beach Bum
18A

US
14A

Cineplex North

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



Across

- 1. Painter of melting watches
- 5. It doesn't give much of a hoot!
- 10. Tracks traveler
- 14. X ___ xylophone
- 15. Orleans river
- 16. This company rings a bell
- 17. Example of 29-Across
- 20. La Scala shows
- 21. Sight from a fjord, perhaps
- 22. Game show mystery guest
- 23. Certain farm dweller
- 24. Unrealistic potato chip portion
- 26. Super quiet, musically
- 29. What you're doing by solving this puzzle (with 48-Across)
- 36. Frog or year
- 38. It will hold your horses
- 39. Emulate a crab
- 40. Coastal flyer
- 41. Musial and Smith
- 43. Trawling needs
- 44. Bye, somewhere
- 46. Lunchbox dessert
- 47. Pierce with a tusk
- 48. See 29-Across
- 51. "The Confessions of ___ Turner"
- 52. Pension starter?
- 53. Hué holiday
- 55. Family docs
- 58. Frolic boisterously
- 61. Mercury, to the Greeks
- 65. Example of 29-Across
- 68. Just ___ (not much)
- 69. Painful grief, in poetry
- 70. They may be called on account of rain
- 71. Longs
- 72. Idyllic places
- 73. In ___ (actually)

1	2	3	4	5	6	7	8	9	10	11	12	13	
14				15					16				
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23					24			25					
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36			37		38			39					
40					41			42		43			
44				45		46				47			
48					49				50		51		
52								53		54			
55	56	57		58		59	60		61		62	63	64
65			66				67						
68				69						70			
71					72						73		

Down

- 1. Wainscot
- 2. In a hurry, for short
- 3. Longest sentence
- 4. Prefix with red or structure
- 5. Graybeards
- 6. Lavish with flowers, e.g.
- 7. Start to type?
- 8. Significant times
- 9. Expose by finking
- 10. "That'll show 'em!"
- 11. Egg without a shell
- 12. Afrikaner
- 13. Banded gem
- 18. Half a Chinese circle
- 19. Ding-___ (bell sounds)
- 25. Giving a once-over (Var.)
- 26. Say "Not guilty," e.g.
- 27. Proust's "A la recherche du temps ___"
- 28. Type of button
- 30. Yellowstone neighbor
- 31. It's fit for a princess
- 32. Adjective for Mongolia
- 33. Classic music hall
- 34. Sound beginning
- 35. Button in an alley
- 37. Sneaks a look
- 42. Balms, comforters, consolers, etc.
- 49. Wagner heroine
- 50. Legendary coach Ewbank
- 54. White-flag waver's desire
- 55. Mate's greeting
- 56. Controversial Rose
- 57. Cygnet's destiny
- 59. Ellington's was indigo
- 60. Cry in a thin voice
- 62. Some U. degrees
- 63. Retrocedes
- 64. Common enc.
- 66. Belonging to Mr. Begley
- 67. Cyclotron particle

THE NEXT CHAPTER

by Tyler DeWacht

There comes a time where you have to move on from a life of education into a life of work. Learning through schooling is good, but as much as you want it to last forever, it won't. The time to leave is coming for me, and I have mixed feelings about it. Throughout my time here at Concordia, I've learned many things, both good and bad. Before I go though, I'd like to take this chance to pass on some of the things I've learned to those of you who will be returning in the fall.

First, university isn't all about work and grades. For example, you may have seen posters scattered throughout the halls that are advertising various events. If you see something that interests you, why not make plans to attend? It can be fun, you can learn new things you otherwise wouldn't, make some connections, and sometimes you can even get a free lunch out of it! Don't be afraid to attend these events--most of them are free!

While you're at it, look into joining a club! Get together with some like-minded people and talk about your common interests! There are clubs for science, philosophy, gaming, you name it! If you don't find the club for you, then you can even make your own club! There are other options available as well, like joining an athletic team or writing for The Bolt! You aren't obligated to stick with just one, try all the options and see what works best for you.

Of course, you shouldn't let these events affect your grades either. Entertainment is all well and good, but classes should be your greatest priority. If you have a deadline or exam coming up soon, don't procrastinate, do it before you have to. Even if you just do small parts of it at a time, it's better than rushing out a half-hearted product at the last minute. Also, don't be afraid to ask for an extension if there's too much on your plate at the same time, most instructors will be willing to help you out. You can also make

use of the services provided at the Writing Centre in the library if you're not confident in your essay skills.

That being said, you may have to make difficult choices sometimes. As is quoted from Stratagem 11 of the 36 Stratagems, "sacrifice the plum tree to save the peach tree." If it's impossible for you to get two assignments done in time, focus on what's more important and take the deduction on the other for turning it in late. Lower your expectations a bit, you won't be able to get a high grade every single time; the occasional low grade won't kill you, just pick yourself up and do better next time. Do your best, but don't sacrifice your well-being while chasing that high grade in your courses.

On the subject of courses, when you're signing up for courses, try to diversify what you take. Don't take all the good stuff first, or you won't have anything to look forward to later. Likewise, don't keep putting off the problematic courses, or you'll later have to deal with them all at once. Keep in mind the subject too, try not to take too many of the same type. Don't overload yourself with too many courses that use the same type of assignments. This applies to writing assignments in particular, you'll be more tempted to procrastinate, and the \$10 allotted printing balance will not last the whole semester with a load like that. While you're at it, think about the spaces between as well; do you want several courses back-to-back, or do you want a break in-between? How late or early are you willing to come in?

It may seem like you have a lot of time left before you graduate, but that time won't last forever. The end will sneak up on you, don't let it catch you unprepared. Have a plan laid out for what you'll do next, even if it's just a general guideline. Some questions to think about: What kind of job do I want when I'm done? Will I need further education? How much debt do I need to pay off? Those

kinds of questions are important for you to consider.

That's about all I have to offer at the moment. I'm probably missing something, but it's no fun if you don't solve some of the problems yourself, so I'll stop here. Not forever, mind you, I'll still continue to write after I graduate, just in new places. Life goes on whether you want it to or not, so prepare yourself for the next chapter. It's been a great experience to write for The Bolt News, and I wish all those who read this article the best of luck in their future endeavors.



EDITOR'S PICKS

TV Shows

Dirty John
Psych!
Kim's Convenience

Books

The Remains of the Day by Kazuo Ishiguro
Why Nations Fail by Daron Acemoglu and James A. Robinson

Podcasts

The Grown Up Show
The Health Code
TANIS

Movies

Snowden
Captain Marvel
The Princess Bride

Artist/ Album

Zara Larsson (Artist)
Wasteland, Baby! by Hozier (Album)
The Wombats (Artist)