

CUE THUNDER HOME GAMES

FRIDAY January 12th

BASKETBALL & HOCKEY

*TIMES ARE
LISTED AS PM

6:00 Women's Basketball vs NAIT

Ralph king Athletic
Centre

8:00 Men's Basketball vs NAIT

Ralph king Athletic
CentreFRIDAY January 19th

VOLLEYBALL & HOCKEY

6:00 Women's Volleyball vs GPRC

Ralph king Athletic
Centre

8:00 Men's Volleyball vs GPRC

Ralph king Athletic
Centre

8:15 CUE Hockey vs PC

Bill Hunter Arena

Saturday January 13th

VOLLEYBALL

*TIMES ARE
LISTED AS PM

6:00 Women's Volleyball vs NAIT

Ralph king Athletic
Centre

8:00 Men's Volleyball vs NAIT

Ralph king Athletic
CentreSATURDAY January 20th

VOLLEYBALL

1:00 Women's Volleyball vs GPRC

Ralph king Athletic
Centre

3:00 Men's Volleyball vs GPRC

Ralph king Athletic
Centre

ATHLETES OF THE WEEK



Volleyball #5 Trecito Ganson (41 assist, 21 digs)



Volleyball #10 Shandelle Meyer (10 Kills, 6 Digs)



THE BOLT NEWS

TAKE A CHANCE



Inside:

THE RATTLERS - Kohan
Eybergen is back again sharing
another one of his short fiction
works.

HOW I LEARNED DANISH- Lauren
Hollman gives us the dish on how
she learned a second language
in under six months!

AND MORE:

AN ODE TO UNIVERSITY

by Taylor Jevning

University seems to be a transient time in anyone's life, easily making it one of the most difficult. Apart from being a life-changing experience in general, there are few other times in a person's life where they will have to endure the same levels of constant change. From the moment a person commits to attending university, they have also committed to altering nearly every aspect of themselves--their friends, relationship to their family, their interests, and their career. This can be accompanied by a sense of loss for a life of familiarity but is also generally accompanied with a spirit of ambition and excitement for the unknown. Entering a new semester is when I and many others experience these conflicting emotions at their highest.

An entirely new course load is the first difficulty. I don't have to explain to most students how it feels to leave everything familiar that they have learned in the previous semester and attempt to find interest in information they haven't even encountered yet. The cycle of endless essays and projects and homework and midterms begins building up again to an overwhelming extent, sucking the time and energy out of your body and putting it down into strictly-formatted pieces of paper. Friends from the semester prior move on to bigger and better things, and we watch them enviously while calculating how long it will be before we can look back at this place as only a memory. Some of us spend time in our hometowns over the holidays and realize that being home isn't accompanied with the same sense of being at home as it used to be, leaving us to wonder if it is the place and the people who have changed or if we've been away long enough to not be the same person we were a few months

ago. Even for those of us at home living with parents, waking up and not going to university every single day and not being bombarded with the anxiety of constant deadlines puts a sense of stillness in the air that did not exist before.

This cycle repeats every semester and sometimes occurs without warning throughout. The impermanence of a place and time like university takes away everything you once knew yourself to be but cannot replace these missing things with a sense of stability. A fast-paced transitory environment is necessary for facilitating self-growth, but it leaves you feeling like you're walking the plank on a sinking ship over and over again. However, with every forced period of change, there is also an accompanying period of opportunity.

Going into this semester at full force with barely any time to mourn what we've left behind is comparable to living through a natural disaster. There is almost no time to react--only time to take control and make sure we do everything in our power to survive. Our new classes will be interesting and will eventually become habitual as they do every semester. Whether you are struggling with academic probation or changing your degree or simply just doing higher-level courses for the first time, the solutions to these struggles will become self-growth and only lead us to become more capable of managing ourselves than we were before. The friends we made and loved who have moved on will become great people living incredible lives in places we may get the chance to visit one day, and new people will fill the void they left behind and cause our hearts to grow beyond our current capabilities just to fit a part of them inside of ourselves. Entering university is not only a commitment to leaving who you once were behind, but it's also the promise that, after stripping down the layers of what you thought you once were, you'll be left behind with something even more beautiful and polished than before. It's an open world with a global span

grats to the Women's team on the huge wins! Stay tuned for information on the Winter Tournament.

Badminton

As Badminton is a tournament sport, it is the combined points of singles players and mixed doubles teams which result in the team standings.

Women's & Men's

The combined points for each team (for both men and women) is combined in a total of three tournaments before the ACAC Championships in February. The first tournament, which was hosted by Concordia in November, saw our badminton teams winning the tournament for a total of 154 points. The two remaining tournaments are held in January. January 14 is at Old's College for Tournament #2, and Tournament #3 is on January 28 and hosted by NAIT. Best of luck!

Men's Hockey

UE Men's Hockey suffered a tough loss on Saturday losing 4-5 to the Red Deer College Kings. Throughout an intense game on Saturday, January 5, Tanner McCorriston, the starting goalie, had an excellent game with 36 saves. Meanwhile, Rory Davidson won Player of The Game for Concordia. Look for them at their next home game Friday, January 12 at 8:15 PM at Clareview Arena.

Cross Country**Women's**

Our Womens team had a solid season with lots of improvement and new members. The team met throughout the province for a series of meets and a final ACAC Provincial Championship. The top three men and women's teams from this meet move on to Nationals. Although the team qualified the previous year, the CUE Women finished fourth overall this year.

Men's

Our Mens team also did well this season and managed to finish sixth overall in the Red Deer ACAC Provincials meet out of eight teams.

Indoor track

The indoor track season starts the second semester. The first meet is in January, on Saturday the 28th, hosted by Grant Mac University.

Soccer

The men and women's soccer teams both had excellent seasons! Both teams performed outstandingly at this year's ACAC Provincial Championship.

Men's

With a solid finish of third overall in the Northern Division, the men were easily able to clinch a play-off spot. In the quarter-final, the CUE Men beat the Lethbridge Kodiaks 4-3. With this win, they went on to the Semifinal with the hopes of clinching a spot in the final, although the Keyano Huskies went on to beat them 0-4. Regardless, the Thunder Men moved to the Bronze Medal match but were, unfortunately, beat by the SAIT Trojans 0-1.

Women's

The Women also finished third overall in the Northern Division and so were guaranteed a playoff spot. In the Quarter Final game, the Women beat the Medicine Hat Rattlers 2-1. They were defeated in the Semi-Finals despite the dominant performance put on by Concordia's team to NAIT in a tough 0-1 loss. However, the Concordia Thunder Women pulled through to win bronze in a 4-2 win over SAIT. Congrats!

Golf

Single players compete throughout the short golf season before moving on to the ACAC Championship. Four individual Regional meets are held throughout September before the championship, two of which are in Northern Alberta, and the other two in the South.

Women's

Kassidy Turcotte, Concordia's only female player, won second place out of fourteen competitors in the ACAC Provincial Championship. Her success in the Championship qualified her for the 2017 PING CCAA Golf National Championship, held at Durham College in Ontario. Kassidy had a hugely successful season.

Men's

The ACAC Championship was successful for the men also. Jason Wiwad and Nicolas Pittman of the CUE Men's team finished top twenty in the tournament. Meanwhile, Connor Beeston, Micheal Lastiwka, Connor Dobberthien, Dylan Brown, and Marc Langevin were also in the Championship and did well.



CUE THUNDER FALL SEMESTER RECAP

by Rebekka Hay

Volleyball

Men's

The Concordia Thunder Men's team is currently third overall in the Northern Division of the standings. With their sweeping of the Lakeland Rustlers over the weekend, our Thunder is now on a 2-game winning streak. The men's team must remain in the top four of the North Division to earn a spot in the playoffs.

On Friday, January 5, Keenan Forstey was among the game leaders with 18 kills and a combined 21 points for the team, which led them to win 3 of the 2 sets. As well, Trecito Gansan on the Thunder made 41 assists and 21 digs. Damien Leroy had an impressive 23 digs as well.

On Saturday, January 6, the teams faced off again, and Lakeland College had high hopes of defeating the CUE Thunder. However, the Thunder Men were able to overcome the Rustler. The game leaders included Nick Dove with 17 kills, Ethan Murray with 4 blocks, Damien Leroy with 15 digs, and finally, Keenan Forstey with 3 SA (service attempt that results in a point won).

Women's

On Friday night, the team leaders for Concordia included Shandelle Meyer who had 10 kills and 6 digs, while Rylie Rizzoli boasted the team high of 26 assists. Furthermore, Tianna Smith had 2 SA's, and Julia Heupel had some remarkable blocks. Despite the fantastic team effort and some incredibly close sets, however, they lost in three sets at home.

Saturday night, the Thunder Women looked to redeem themselves against the Lakeland Rustlers at an away game. Shae McDonald had some stellar digs and was among the team leaders for this game. Additionally, Julia Heupel had 10 kills and won Player of the Game. The Lakeland Rus-

tlers defeated the CUE Thunder in three sets.

Basketball

Women's

The Thunder Women's Basketball team is sitting at fourth place in the Northern Division, which means they are holding a playoff spot at the moment. Despite being on a two-game losing streak, they are looking to gain back some momentum at their next scheduled home game on January 12th against NAIT.

Men's

The Thunder Men's team is currently third place in the Northern Division, which means they are also currently sitting in a playoff spot. Look for them at their next home game at 8:00 PM on Friday, January 12!

Curling

The standings for curling are determined by two regional tournaments: a fall regional and a winter regional. The Fall Regional took place in November and the Winter Regional (which is being hosted by Concordia!) will take place in January.

Men's

The CUE Men's Curling Team got second place in the Fall Regional Tournament. The tournaments are determined by a 'Round Robin' game-play (each team will play every other team at least once) out of six teams. The men won 3-2 games.

Women's

For the Fall Regional Tournament, the women won six straight games--no easy feat. The CUE Thunder Women's Curling is clearly off to a great start heading into the Winter Regional Tournament. The results from both regional tournaments will determine their seed for playoffs. Con-

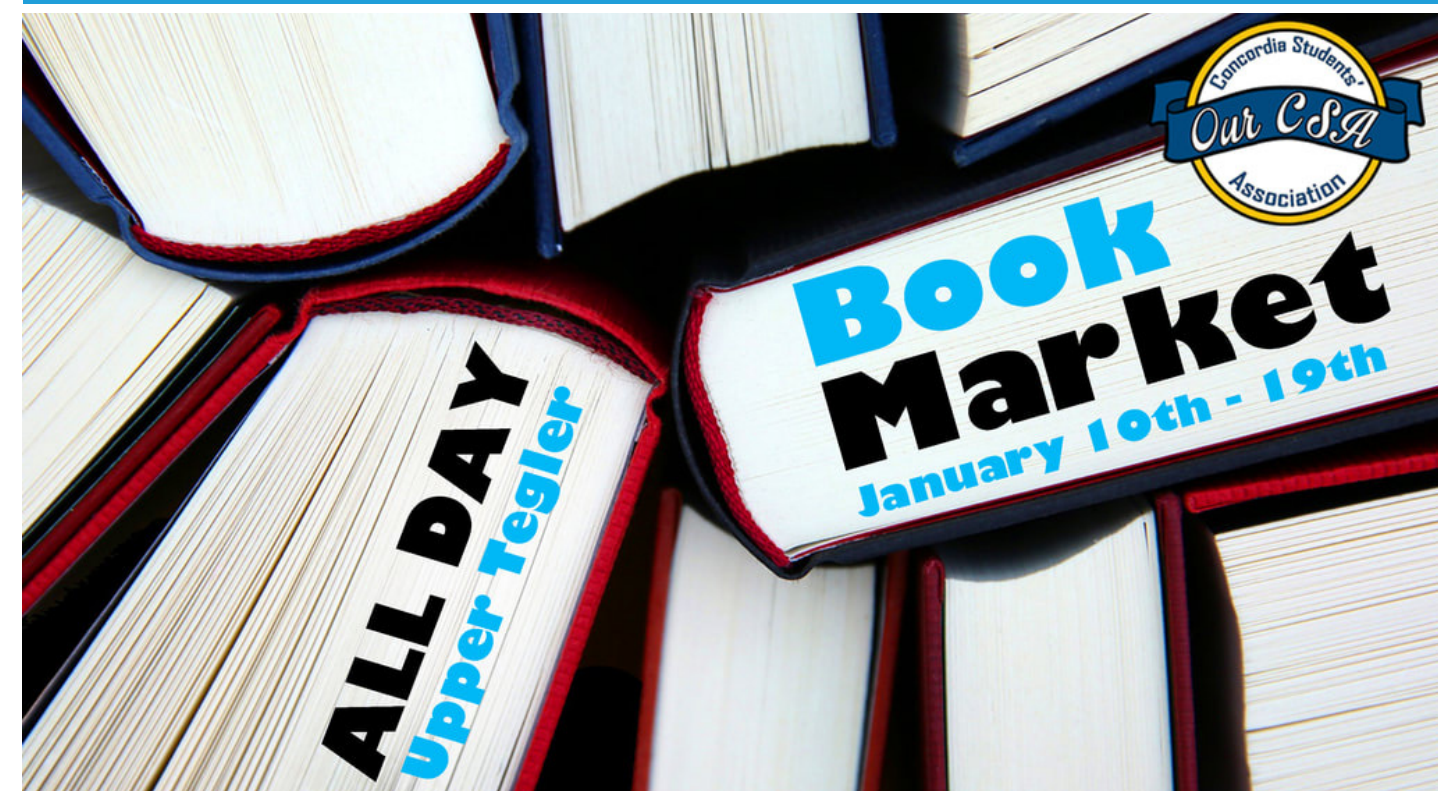


of friendship encompassing your love life, your friendships, and your career. It's the chance to look back in twenty years from the place you always hoped you'd be and think about how you wrote for the school newspaper, participated in events with people who made your soul feel complete, and woke up in the morning and somehow found the energy to accomplish the impossible based on the sheer power of your ambition to be a better version of yourself. After nearly four years of university, I can say with confidence that very few of us here have any form of certainty about what the future holds, but we're here in the hopes that some part of us is piloting us in the right direction. Every synthetic piece of advice we've been given somehow becomes relevant, and we have no choice but to have faith in our own characters and sometimes run on autopilot.

A new semester is bittersweet and we all seem to be only half-tuned. This brand new period of time will bring us four months closer to new challenges we will conquer in the hopes that one day we

can say this was one of the greatest times of our lives. The feeling of nostalgia is constant, but we will quickly have so many distractions to replace what we feel we've left behind, and those distractions will quickly become just as important to us as the things we are longing for right now. Enjoy this semester while you can and love the people who are enduring it with you, because at the end of this semester, you won't want to say you wasted a second of these four months that are being given to you. This time in your life is not a tragedy, but an opportunity in which you have full control over. We may not have control over the inherent transient nature of university life, but we can choose to build something incredible from the opportunities given to us in an environment that offers experiences we may never again be able to take advantage of. When you came here, leaving yourself in the past was the only option, but losing yourself in the past would be a travesty.

I wish you all the best luck finishing up the second half of this school year!



THE FITNESS INDUSTRY

by Emma Bott

Getting fit is a common New Year's resolution. It could be based on a long-term desire to lose weight or, more often than not, a reaction to recent holiday-induced weight gain. Whatever the reason, the fitness industry gains a boost in January. Gyms and yoga studios seem more crowded than usual. The fitness industry is often seen as the front-line for preventive care. Every year, the international industry of fitness and health clubs generate 80 billion USD (according to Statista). North America alone accounts for 28 billion. People are always looking for new ways to get fit and enjoy the process.

Why is this industry growing? One thing to account for is that there is a growing demand for facilities which provide new ways of working out. Hot yoga studios, for example, are growing in popularity and, therefore, numbers. Other facilities, such as 9rounds, provide kickboxing workouts. Another thing is that because people have such fluctuating work schedules, there is a growing demand for 24-hour gyms. Different demographics are drawn to different facilities. These facilities also provide individuals with fitness certifications with different career paths and more options. It provides a chance to be entrepreneur. It also boasts a flexible work schedule that is desired today. The mindset of society has definitely shifted to focus more on fitness, health, and wellness. This is because of increased media attention on obesity and fitness. There are TV shows, videos, magazines, and books focussed on fitness. Governments are also thinking more about fitness; consider Michelle Obama's "Let's Move!" or the tax credit for children's physical activity. People

are realizing that fitness can increase their health and help them live longer lives. Millennials, as a generation, want to be involved in a wide variety of activities and ultimately invest in their health.

Canada has an organization called the Fitness Industry Council of Canada, a membership for both organizations and professionals within the fitness industry. This organization provides benefits, on-line resources, events, networking, and keeping track of legislative changes. Initiatives areas of interest are fitness tax credit, prescriptions for exercise, national health and fitness days, music licensing, and caloric menu legislation. It lobbies on territorial, provincial and federal levels.

Some people, especially if they have large and/or long-term goals, invest in a personal trainer to help reach their fitness goals. When you are investing in something like this, always do your research on the individual. We look into houses, cars, clothing, and other long-term investments, so do some background research on your personal trainer. Because the fitness industry is growing, there are more people looking to capitalize on this growth. You need to ensure that this individual actually knows how to help reach fitness goals for a variety of people and body types and not someone who simply got themselves into shape. Don't judge fitness experts on their looks. Just because someone has a six-pack does not mean that they will be able to get you a six-pack of your own. We don't take business advice from people that do not run business, so we should not take fitness advice from someone who does not work in the fitness industry. If you think about it, fitness is closely linked to health, and most industries that are linked to health are regulated to the safety and health of consumers. Working out in the gym may seem like a casual hobby, but because a business trans-

Jack came in then, and Danny said a quick prayer over Jim's body. Jack told me that we had to hustle since our drop point was coming up; we had horses hidden in a cave a few miles from the bridge. I stuffed all the money into a sack and we left the car and jumped off the train. It took us a couple hours to get to the cave, but when we got there, there were six men waiting for us. We had a short shoot out and killed four of them, and we got on the horses and rode hard through the night with the other two on our tail. One of them shot my horse in the back leg and it went down. Danny and Jack kept going and the two deputies took me captive."

"How'd they know that you guys were heading there?"

"That's what I asked them. They said that Jimmy was a rat and that he had a deal with them, and he was supposed to turn on us and help them out as soon as we got to the cave. Rotten bastard. Anyways, they brought me here; took us a good week too. I'm supposed to be hanged by the neck till dead when the hangman comes through town next month. That's what they think anyway."

"What do you mean, that's what they think?" the man asked, looking concerned and confused.

"I mean that Danny and Jack'll probably be here soon to bust me out." Duncan flashed a rotten smile at the man and kept pacing.

"Wouldja free me too?" the man asked hopefully, looking excited.

"Sure pal." There was a loud knock on the jailhouse door like someone was hitting it with something metal. The jail guard opened the door to reveal Danny and Jack standing behind it.

"Say hey to the devil fir me" Jack said, and he put a bullet through the jail guard's head. The sheriff flung the door of his office open and Danny shot him dead as soon as his nose passed the threshold of the room.

"Miss us, Dunk?" Danny asked.

Duncan crossed to the door of the cell. "Course I did, I've only had this lout for company."

"We're gonna blast you out Dunk," Jack said as he pulled a stick of dynamite from out of his bag.

"No need Jack buddy, just grab the keys from the guard," Danny said.

"Fine," said Jack, grabbing the keys and tossing them to Danny.

Danny unlocked the cell door, and Duncan stepped through the opening and grinned at his men. "Knew you boys would get me outta here." The original occupant of the cell got up, looking hopeful.

"Will you still let me out too?" he asked uncertainty.

"Lock em in," Duncan told Danny, and the man in the cell's face fell droopy as a hound dog's. "Shouldn't leave em alive though."

"Shoot him?" Danny asked.

"Nah. Why don't you blast em Jack? More fun, plus I already told em too much."

Jack grinned a toothless grin and lit a match on the sole of his boot.

"No! Please! I won't tell nobody nothing!"

"Either way it's safer to kill you," Duncan said. "Blast em, Jack."

Jack ignited the stick of dynamite and tossed it into the cell with the man, and then the three Rattler gang boys quickly ran out of the jailhouse to the horses Danny and Jack had tied up outside. The backside of the jailhouse exploded with a thunderous bang. Danny unlocked Duncan's handcuffs and Duncan dropped them into the dirt. The three men climbed onto the backs of their mounts and stuck their boot spurs into the horses' flanks, and they took off at a gallop to the south.



THE RATTLERS

by Kohan Eybergen

The heavy steel-barred door of the cell clanged shut, waking the sleeping occupant who was hunched in the corner. Duncan stood by the door and sized up the man on the ground. Deciding that the man was no threat, Duncan walked over and seated himself on the wooden bench against the wall. He was covered in dust from his hair to his boots, and he hadn't had a decent sleep for a week.

The man on the ground shifted into a sitting position and eyed Duncan for a few minutes before speaking. "So what's your story? I've been in here almost a month now with hardly a soul to talk to. It's boring as hell."

Duncan ignored the man for a while before deciding that there was no harm in talking to him. "The whole thing or just the interesting part?" he asked the man, mocking him slightly.

"Keep it interesting."

"Fine by me. That might be all I have time for anyway."

"Why? Planning on taking a trip?" the man said with a laugh.

"Something like that, yeah." Duncan spat on the ground before beginning. "I run with a gang of boys called the Rattlers."

"Cattle thieves?"

"Nah, train robbers. Best there is too. We done twelve trains so far successfully, last week's would've been thirteen." Duncan shifted around uneasily on the bench and then stood up. He hated being confined. He paced back and forth in the small cell, the

chain connecting his handcuffs jingling with each turn. The man on the ground looked up at him curiously as Duncan began speaking again. "It was going to be the last one too. Last one before we gave it all up to live comfortably on the profits."

The jail guard walked past the door and peered in at the two prisoners. "You bastards keep quiet," he growled, and then walked back to the front of the jailhouse.

Duncan waited a few minutes before continuing, his voice hushed now. "It was just over a week ago on a new moon, so the night was black as tar. We was waiting behind the fill station--Jimmy, Danny, Jack, and me--and the train arrived half past midnight on schedule. Once the train was loaded with coal, we hopped on and climbed onto the roof of one of the cars, laying low to keep hidden. The train took off and we laid low for about an hour until we could see the bridge crossing the gorge lit up in the headlight of the train. Jimmy and me jumped down onto the connector between the cars, and Danny and Jack ran along top to the engine up front. As soon as we were across the bridge, I blew the lock off the car's door with my 44, and Jimmy and me ran inside. We felt a massive lurch and heard a loud noise; Jack had broken the window of the engine and threw a lit stick of dynamite into the cab to off the conductor and engineer."

The man on the ground winced; Duncan noticed and stopped pacing to look at the man. "What? You too good to kill folks?"

"I'm not against killing, just against murdering innocent bystanders."

"Active conscience," Duncan mocked him, then continued pacing. "Anyways, so Jack took care of the men in the engine, and Jimmy and me made our way through the storage cars, searching for the bank safes. We busted into the third car and were greeted by a guard with a rifle. Jimmy was in front of me and the guard's bullet went through his neck and he dropped to the floor. I shot the guard dead and busted out the combination lock on the safe by firing at it. Danny and

action is occurring, it is actually professional.

Another industry that is growing is athletic apparel. Wearing old t-shirts, shorts, and sweatpants is no more. Athletic apparel is in growing demand. These products are comfortable, colourful, and come in a variety of styles. Organizations that fit into this category are Lululemon, Adidas, Nike, Under Armour, Foot Locker, Finish Line, VF Corporation, BEBE Sport, and Columbia Sportswear. Celebrities are now cashing in on this with trademarks like Beyonce's "Ivy Park" and Kate Hudson's "Fabletics." Products are often priced high with big-box stores such as Walmart's

"George" and Superstore's "Joe Fresh" offering lower-priced alternatives. Retailers such as Sport Chek offer competition with sales up to 60% off regular price. This market is highly dependent on the individual brand names and often have athletes, models, and well-known celebrities as their spokespeople. This also assists the fitness industry as it increases the desire to be fit.

There is more attention, time, and money going into fitness that ever before, and hopefully, the result will be greatly positive for human health and happiness. Don't forget to check out the Ralph King fitness facility here at Concordia!

FEEL THE THUNDER

PEP RALLY SEASON

January 12th
Badminton

January 19th
Volleyball

January 26th
**Curling and
Indoor Track**

All pep rallies happen
at NOON in Tegler.





SHOW TIME!

Here is what is playing in theaters this week:

Coco
G

Thor: Ragnarock
PG

Star Wars: The Last Jedi
PG

Pitch Perfect 3
PG

Ferdinand
G

All The Money In The World
14A

Darkest Hour
14A

Downsizing
14A

Father Figures
14A

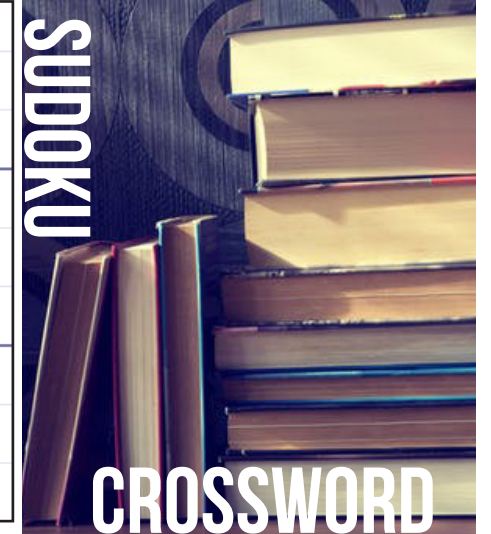
Insidious: The Last Key
14A

Molly's Game
14A

The Greatest Showman
PG

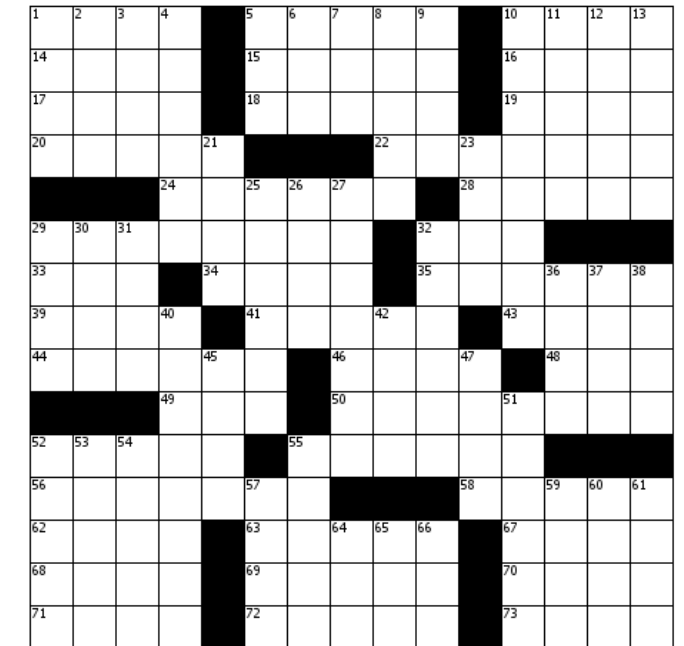
Cinaplex North

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



Across

1. Pigs
5. TV Host ____ O'Brien
10. Revolve
14. Wicked
15. Sun-dried brick
16. Different
17. Seldom found
18. Embankment
19. Lacking color
20. Actress ____ DeGeneres
22. Paid for everyone
24. Flings
28. Push down
29. Part of VCR
32. Undercover gp.
33. Can.'s neighbor
34. Fox's home
35. Movie stars
39. Whittle down
41. Top quality
43. Toledo's lake
44. Of the backbone
46. Direction
48. Gorilla, e.g.
49. Suit accessory
50. Frightened
52. Remodelled
55. Sound system
56. Consume too much
58. Film critic Roger ____
62. Do roadwork
63. Bird's perch
67. African lily
68. Rework proofs
69. "Sesame Street" character
70. Lighthearted
71. Count (on)
72. Love, in Florence
73. Paddles



Down

1. Present!
2. Track shape
3. Lass
4. Rains ice
5. Baseball's ____ Ripken
6. Keats work
7. It follows Oct.
8. Helps a crook
9. At no time, poetically
10. Pull apart
11. Batter's place
12. The British ____
13. Requires
21. Christmas carol
23. Long story
25. Paper fastener
26. Move slightly
27. Weirdest
29. Drinking vessels
30. Urgent acronym
31. Mumbai attire
32. ____ Salad
36. By mouth
37. Mature
38. Sow
40. Sum total
42. Counterpart
45. Staff member
47. Family diagram
51. Trinidad and ____
52. Wrangler
53. Elude
54. Satan
55. Hurricane
57. Range
59. Jazz great ____ Fitzgerald
60. Lion's cry
61. Williams and Koppel
64. Artist Yoko ____
65. Knight's title
66. Kickoff device



THE 36 STRATAGEMS: AN INTRODUCTION

by Tyler DeWacht

It's the beginning of a new term and we are each preparing ourselves for a new learning experience. To the new students, welcome to Concordia! I hope you enjoy your time here and that the time you spend here will be one of the best times of your lives. To the returning students, keep it up! You're doing a great job; be proud of the efforts you've put in so far! As for the teachers and staff, thank you for all your hard work in making this university such a great place to be. It wouldn't be the same without you!

So, are you prepared for the new year? What strategies do you have in place to handle any difficulties which may come your way? It's not a question we often think about, but it's a very important question to ask yourself. Do you just go with the flow, or should you stick to a schedule? Are you going to ask others for help when you're having trouble? Can you balance your schedule properly? The answers may vary for everyone, but it's important to have some sort of answer nonetheless. If you don't have everything figured out, and I'm sure this applies to a lot of us, then I'd like to introduce a certain set of tactics to you.

I'm talking about the 36 Stratagems, a collection of warfare tactics ranging throughout the early history of China. First off, let's start with some historical context. There is no exact date or author for any of them individually, but the phrase '36 Stratagems' can be dated back in written records to the Book of Southern Qi, a history book detailing the Southern Qi Dynasty which began in 479 and ended in 502. While

the phrase was initially just a figure of speech meaning that there were numerous stratagems, it later evolved into a specific set of stratagems with set meanings. Some of the stratagems may have been around since the invention of basic weapons, and others could've come from influential people such as Sun Tzu or Zhuge Liang, but we'll likely never know for sure since accurate records dating back that far are scarce.

How can an old set of Chinese warfare tactics relate to a Canadian university student? The great thing about the 36 Stratagems is that they're not limited to a warfare context. Struggling with an assignment? The 36 Stratagems can help. Big game coming up soon? The 36 Stratagems can offer advice. Deadline difficulties? Consult the 36 Stratagems. They're useful in so many different scenarios; businesses and militaries worldwide incorporate them into their models to some extent, and you can use them as well!

My goal within this series will be to explore each of the 36 Stratagems, and to show you how each one of them can be applied in a university setting. This is my introduction to this series, the next issue will be focusing on the first set of the 36 Stratagems, the Stratagems For Commanding Superiority. Hopefully, you can use them to your advantage to make your university experience that much greater!



Free Massages
January 10th - Tegler - 10am to 2pm

Free Yoga Class
January 17th - GYM - NOON to 1pm

Wellness Cafe
January 24th - Tegler - 11am to 1pm

Bell Let's Talk Day
January 31st - All Day - Tegler

Wellness Wednesday
January
Event Schedule

Our CSA Association

THE PSYCHOLOGY OF ADULT BULLYING

by Nicole Beaver

We all have heard it, seen it, and maybe experienced it personally. Bullying was that rotten thing that existed somewhere in between grades 1-12. We're over that though, right? Well, according to the Canadian Bullying Statistics department of the CIHR, it's been reported that 40% of Canadian workers experience bullying on a weekly basis. Yup, you read that right. Even as an adult, bullying can still occur. It happens especially to people of colour, the disabled (like yours truly), those who are at economical differences, or those who identify as LGBTQ+. We're all adults now, right? Shouldn't we be over this immaturity by now? Nope. I have personally had to deal with bullying this past semester and it even got vicious at times. My previous experiences inspired me to take a look into this.

An article done by Psychology Today titled "8 Keys to Handling Adult Bullies" states that an adult bully "can be an intimidating boss or colleague, a controlling romantic partner, an unruly neighbor, a high-pressure sales/business representative, a condescending family member, a shaming social acquaintance [etc]." According to James F. Masterson (author of The Search for the Real Self), adult bullies often have some level of narcissistic personality disorder (NPD).

I'm going to take a step back and briefly explain what NPD is. Narcissism is probably a word you recognize; in many cases, it's a shorter and fancier way of describing someone who is self-absorbed. NPD, however, is a personality disorder in which there is a long-term pattern of abnormal behavior characterized by exaggerated feelings of self-importance, an excessive need for admiration, and a lack of understanding of others' feelings. People affected by NPD often spend a lot of time thinking about achieving power or success or about their appearance. They often take advantage of the people

around them. The behavior typically begins by early adulthood and occurs across a variety of situations. Often, you can associate this with bullying, though there are other reasons for bullies acting the way they do. These include abuse and/or bad home life. Sometimes, they themselves were bullied or suffer from anger management issues.

When it comes to adult bullies, some are borderline to having a personality disorder, often some type of NPD. They don't think anything is wrong with them and they continue to hurt those around them. It is not because they are evil, but it is because something, again, isn't wired right in their minds. I will mention, though, that this disorder is very rare, and it affects maybe 1% of our population. As well, there are several types, some of which can be further read on in Psychology Today's article of "Meet the Real Narcissists."

According to psychologist Craig Malkin, people who are bonafide narcissists have "their thoughts, behaviors, and statements [that] set them apart from others, and this feeling of distinction soothes them, because they're otherwise struggling with an unstable sense of self." This leads to them developing depression or anxiety disorders. It is important to note that people who have NPD are humans like the rest of us, but like their counterparts who suffer from Antisocial Personality Disorder (something I will discuss in an upcoming article), they are unable to feel empathy the same way most people do. What makes them unique, sadly, is that they feel self-gratification by sacrificing the feelings of others to push themselves to the top. Unfortunately, there is no specified way of therapy to help those afflicted.

I will conclude this article with a note for those of us being picked on still. Your feelings of anger, frustration, fear, and depression are very valid. You are being manipulated, threatened, and intimidated by someone who has not yet matured. This should not be happening to you. We are not kids anymore. There are many resources you can use to get help, and I wish you the best of luck and safety through the rest of your days.

HOW I LEARNED A LANGUAGE IN UNDER SIX MONTHS

by Lauren Hollman

As some of you already know, I've spent the last semester in the small country of Denmark, a country committed to bicycling and indulging in something called *hygge*. *Hygge* is a special word that directly translates to "cozy," but the Danes say that it does not do the word justice, because *hygge* is something that describes comfortable conviviality with feelings of wellness and contentment. This was one of the many fantastic words I learned here during my stay in Denmark.

I've always known a bit of Danish because of friends and family here, but I've never taken it seriously. However, after feeling more Danish myself, I decided to learn this language solely through self-taught methods. No Danish school and no online classes (who has time for that when you're travelling anyway?). Yes, it seemed like a bold and stupid idea, but let me tell you that we, as humans, are way more capable of doing things than we give ourselves credit for.

So! How does one begin this type of task? The most important thing you can do is to download a free app called Duolingo. Duolingo is accessible and designed specifically for self-teaching. Its focus is to remind you a few times a day to practice the language you're learning for timeframes as little as 5 minutes. These exercises include word games, saying phrases out loud, and writing sentences. This app will give you enough of the ba-

sics to remember the simple things, so when you read an excerpt in that language, you should be able to understand what it's about. After that, Duolingo will continue to add to your developing vocabulary and train you in the proper formatting of sentences. I still use this app today after such a long time with it. Duolingo starts you off slow, and eventually evolves you into a sharp learner. I'm not kidding when I say this app has changed my life.

After you've mastered the basics, the second thing you should do is go out and attempt to talk to people in that language! Living in Denmark for several months gave me opportunities that I realize some of you may not have, but this is why finding people with the same language goals as you is so important. Practice doesn't make perfect, but it does make progress. When I started learning Danish, my roommate and I spoke what we now call "danglish" (half English, half Danish), because he was fluent in both English and Danish and I was learning. After a month of danglish, I would go out and speak very foreigner Danish with other Danes. Many times I was discouraged when Danes would say something to me in English after I had introduced the conversation in Danish, but I now know that this was a very normal thing, because frankly, I was bad. Nonetheless, the important thing is that you are observing how they talk and learning from their behaviour.

After some time with Duolingo and practicing with others, you should be able to understand enough to benefit from some of the perks of learning a new language! Watch movies in that language, listen to music, read magazines, and if you're me, change your Facebook language into the one you're learning. What especially helped my confidence grow was understanding what I was reading or watching in Danish and, even if it was less than half, I could still make out what they were discussing. Trust me, it feels good when

you can start doing the conventional things.

After a few months of these daily rituals--practicing Duolingo every day, speaking at a beginner level with a buddy, watching films and attending events--the hard work will begin to pay off. What contributed most to my success were the opportunities I had to practice writing and speaking Danish. When we had friends over, I demanded we speak in Danish, not English. When my roommate had Danish homework, I asked if I could help write for him. I chose to read my daily news in Danish, not English. Take every opportunity you have to exercise your new skill and you will get better. Remember, practice does not equal perfect, but it does equal progress.

It's true that starting a new language by yourself is a daunting task. Where do you start? Who would want to learn this with you? In my experience, you should always start with Duolingo. Second, find someone you feel comfortable around to practice with. Third, start integrating the language into your life (changing your Facebook into that language and watching films), and if you ever have a chance go to the country the language origi-

nates from, do it. Trying out my new skills with native speakers broke my initial confidence, but it also built it back up even higher. I was able to learn Danish under 6 months because I routinely did these things and, even though it took daily practice, the benefits that arose from my hard work were truly rewarding. I write and speak in Danish here in Denmark with friends and family, and for Christmas I had as many Danish novels bought for me as I've had English books given to me in past holidays. After awhile, the language will start feeling like a normal part of your life.

There is a saying out there that children learn faster than adults do in languages, and while this can be true, as an adult learning a new language, I've enjoyed it much more than I did learning French as a child in Canada. As a child I wanted French class to end the minute it started, and even today, numbers and words I've memorized in French have little emotional meaning to me. Taking on the challenge of learning something you've always wanted to learn as an adult--and succeeding in it without the means of a classroom--brings emotional euphoria that can be best described as *hygge*.

Club Fair

January 17th/18th

Lower Tegler
11am - 1pm

