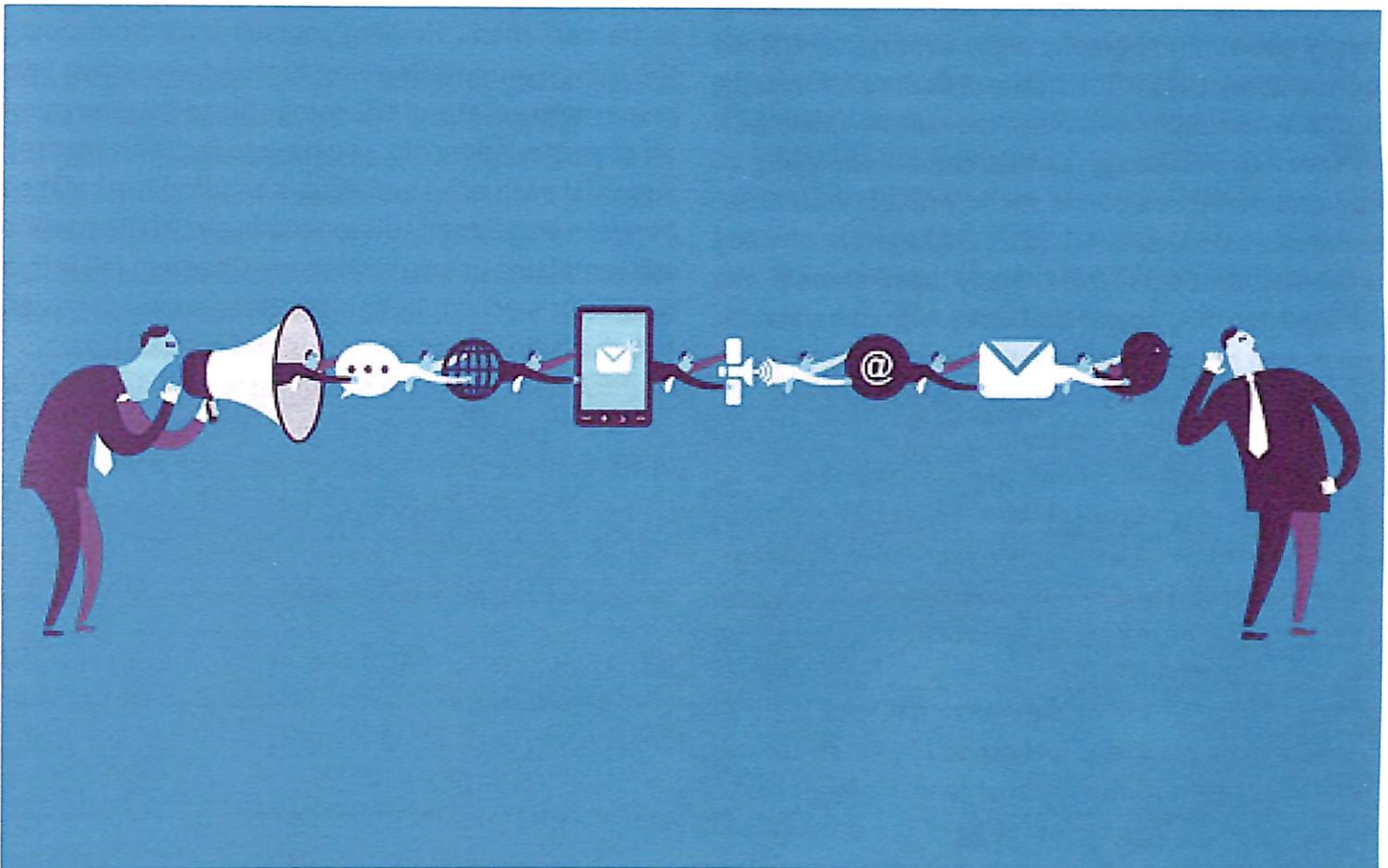

THE BOLT NEWS

ADAPTING: THE KEY TO SUCCESS



Inside:

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AND MORE:

AN OPPORTUNITY

by Taylor Jevning

Like many others, I have been fortunate enough to find the most amazing partner in the world. The person I am in a relationship with is one of the most loving, committed, supportive, and dedicated people I have ever met, and I can't think of a single negative thing to say about him. I greatly enjoy hearing my friends tell me about the positive parts of their relationships, because too often, relationships can be filled with the anxiety and struggles that come with trying to find that perfect person to spend your life with. Relationships in particular are often the forefront of many university students' lives. Many people meet the person that they spend their lives with in university, which also poses a problem: Since we are from different parts of the world, there is a greater chance that you will end up in a long distance relationship, similar to my own. As someone who has been in a long distance relationship for over a year (successfully, I will add), I would like to share some of my successes, struggles, and advice to anyone who is thinking of dating someone who does not live close to them.

Long distance is one of the most challenging situations for a couple to endure, especially when you are as far apart as I am with my boyfriend. He lives in Germany, meaning that on top of all of the other struggles, we also have an 8-hour time difference to account for. To be so committed to someone far away, you have to have incredibly strong feelings towards them; however, this comes with its own problems. Throwing all of your emotions into a long distance relationship can be extremely damaging to both yours and your partner's mental health and happiness. The reality of these types of relationships is that you cannot talk with or spend as much time with each other

as a normal couple would be able to. This means that you cannot expect them to constantly reply to text messages or be able to call, and that when they are with friends or are doing things without you, you have to fight the jealousy and the feeling of wishing you were there with them and be happy for them. Finding happiness in them as an individual and wanting the best for them helps with treating your partner with the respect they deserve. You also have to manage a sort of "emotional disconnect" with your partner to save yourself the heartache of not being able to be near them. Holding yourself back from doing the things you love is going to make you spiral into being more upset and not being able to get your mind off of your relationship. You have to focus on yourself and your partner as individuals and find the balance between emotionally disconnecting from them while still remaining in love with them. Once you fall into a routine or a schedule, this becomes so much easier, but the adjustment period is difficult and painful. My boyfriend and I make sure that no matter what, we will say good morning and goodnight to each other, and we will call minimum once a week. Setting these guidelines beforehand makes sure both of you have the same expectations going into the relationship in the same way any communication does.

Along with these difficulties also comes happiness that can't compare to any relationship I have ever been in. Through the waiting periods between visits can last months upon months, you eventually adjust to managing your relationship and your own individual lives so successfully that by the time you can actually count down the days to seeing each other, it seems surreal. I will never forget the first time going to pick up my boyfriend at the airport or sitting on the plane to Germany and feeling a happiness filling my chest that was so incredible that I could cry from joy. I have been in long-term relationships with other people for multiple years, and even the best moments in those relationships could never come close to the feeling you



get when you wrap your arms around the person you have waited so long to see again. Through the worst pains and the worst struggles, you suddenly feel completely whole, and I've been lucky that my boyfriend and I get to visit each other for a few weeks at a time; we take advantage of every single moment we have together. Those few weeks make everything we've been through together worth it, and what we have been through has strengthened our commitment to our relationship and to each other as a couple, something we could not replicate without the distance.

The greatest thing I have learned in my relationship is to treat the distance as an opportunity rather than a struggle. My boyfriend has had the opportunity to focus on school, tells me about his time with his friends, and is about to start an internship in a new country to gain experience in his field. I have been able to live with friends in dorms instead of with my boyfriend,

whom I will spend the rest of my life with and will have plenty of time to live with. I have made unforgettable memories with friends, worked as an RA in dorms, and focused on building myself into the best person I can possibly be before my boyfriend finally moves here in just over six months. Not only that, but when I get home from a party or have an incredible day, I can share these things with him and see the happiness in his face that I am living my life to the fullest. When my boyfriend and I finally get to live together, we will be approaching our two year anniversary as the strongest, most committed, loving couple I have ever known, and I would not change a single thing about what we've been through. Long distance relationships are not for those who want it easy, but I also believe that nothing that has any worth is easy. Regardless of what type of relationship you are in, I wish you the most success and my full support in working to be with the person you are meant to be with.

Beat the winter blues with these tips!

- Say yes to social events.
- Exercise daily.
- Listen to upbeat music.
- Spend time in the sun.
- Limit your caffeine intake.



mywellnessplan.ca



CHIROPRACTIC: SCIENCE OR PSEUDOSCIENCE?

by Jacob Burgess

When is it appropriate to deem a practice as pseudoscientific? Philosophers and scientists in the past have struggled to come up with a theory that can accurately condemn pseudoscientific practices as unscientific without ruling out other clearly scientific practices in the process. Theories such as the verifiability and falsifiability criterion have been proposed, but these theories have been met with a considerable amount of criticism. In his paper “Why Astrology Is A Pseudoscience,” Paul R. Thagard proposes his own principle of demarcation. He claims that in order for a theory or discipline to be deemed pseudoscientific, it must fail under the following criteria:

1. [The theory] has been less progressive than alternative theories
2. over a long period of time, and faces many unsolved problems;

but the community of practitioners makes little attempt to develop the theory towards solutions of the problems, shows no concern for attempts to evaluate the theory in relation to others, and is selective in considering confirmations and disconfirmations.

I believe these criteria are sufficient to condemn chiropractic as a pseudoscience, but before we examine the practice under Thagard’s principle of demarcation, it is necessary to give a brief syn-

opsis of the history and ideas behind chiropractic.

Daniel David Palmer founded chiropractic in the year 1895 in Davenport, Iowa. Palmer theorized that all disease was the result of interruptions in the body’s “innate intelligence”, which is a vitalistic life force that represents God’s presence in humanity. Our innate intelligence, Palmer claimed, is what allows the body to heal itself. Through the realigning of vertebral joints (which interrupt our innate intelligence when out of place), the body can be cured of virtually all diseases. Palmer termed these vertebral joint misalignments “vertebral subluxations” and proposed the spinal manipulation theory (SMT) as a method of treatment.

Although vertebral subluxation remains a core concept in traditional chiropractic, the community of practitioners has become divided. Those who still adhere to the traditional principles of chiropractic are known as “straight” chiropractors, and those who use treatments and techniques from other areas of alternative and modern medicine are known as “mixer” chiropractors. Many mixer chiropractors still believe subluxation to be a large contributing factor to poor health, but they are often open to other possible causes of disease and will sometimes use conventional treatments such as stretching, massaging, exercise, and other physical therapy techniques. Some mixer chiropractors will also use techniques from different areas of alternative medicine, including acupuncture, homeopathy, herbal remedies, and nutritional supplements.

Now let us examine chiropractic under Thagard’s demarcation principle. While some chiropractors are skeptical of the many dogmatic elements within the practice, a 2003 survey of 1100 North American chiropractors found that 88% wanted to retain the term “vertebral subluxation” and



62% believed that subluxation was a major contributing factor to internal organ disorders. This is problematic if chiropractic is to be considered a scientific practice, as there is virtually no scientific evidence supporting the effect vertebral subluxation has on internal organs. D. D. Palmer initially defined vertebral subluxation as follows:

“A (sub)luxation of a joint, to a Chiropractor, means pressure on nerves, abnormal functions creating a lesion in some portion of the body, either in its action, or makeup.”

Subluxation was initially believed to be a partial dislocation of the bones. This was shown to be erroneous when x-rays were invented, but instead of abandoning the theory, chiropractors simply redefined it as “a complex of functional and/or structural and/or pathological articular changes that compromise neural integrity and may influence organ system function and general health.” This differs greatly from the medical definition of subluxation as a significant displacement that can be detected using x-rays. The fact that the majority of chiropractors refuse to dismiss the concept of subluxation despite a significant amount of evidence refuting their claims demonstrates that the theory has been less progressive than alternative theories. Thus, chiropractic fails under Thagard’s first criterion.

While some practitioners utilize techniques from other medical practices, the majority of chiropractors still use techniques that are not based in scientific evidence. There is a lack of evidence to demonstrate that chiropractic is an effective treatment for any kind of medical condition (with the exception of particular kinds of back pain). There are many alternative techniques used by physical therapists that have been proven to have positive results for conditions chiropractors attempt to treat, and yet chiropractors con-

tinue to employ unscientific methods to patients suffering from these conditions. Furthermore, chiropractic research has often been accused of being distinctly biased. Therefore, chiropractic fails under Thagard’s second criterion.

According to Thagard’s principle of demarcation, we can now appropriately deem chiropractic a pseudoscience. Chiropractic fails to provide solutions to medical conditions that are more effective than mainstream medical treatments, and the majority of its practitioners appear to be utterly obstinate in their positions on vertebral subluxation.

Feb. 14th
Candy Grams

**Send that special friend
a candy gram this
Valentine's Day.
Order a free candy gram
online at ourcsa.ca**

Orders will be taken
up until **NOON** on
February 14th. Candy grams
will be hand delivered on
February 14th from 1-4pm.

SHUTTING DOWN SEARS

by Emma Bott

Sears is a former business that has long been part of the Canadian retail world. The full name was Sears Roebuck and Company. It was open for 65 years in Canada and could be found in most major malls. The Sears Christmas catalogue was often looked through with families to help create a wish list for Santa. The end of Sears, for many people, therefore spells the end of an era.

On January 14 of this year, the last Sears store closed. This was the end of a liquidation process that began in the fall with 130 stores with only a few locations remaining open into January. There were 74 full department stores, 8 home stores, and 49 Hometown Sears stores. The closing of Sears followed their declaration of bankruptcy in Fall 2017. No viable buyer could be found; Sears' executive chairman, who left the company in August to launch the bid, was at the head of a group of buyers that was unsuccessful. The approval for liquidation came from the Ontario Superior Court and Judge Glenn Hainey. The case had come to the court in June 2017 as the company had creditors looking for their money. The liquidators involved were Hilco Global, Gordon Brothers Canada, Tiger Capital Group, and Great American Group. The timing of the liquidation sale was to capitalize on the Christmas season for higher profits

The end of Sears did not come without scandal. With its closure, 15,000 employees are now unemployed. Sears faced a shortfall of \$260 million in the pension plan; this meant that 19% of the pension plan became non-existent. Originally, Sears had planned for the head office staff to receive retention bonuses, but now, Sears is playing \$6.5 million to the top 36 employees. During the liquidation sales, the Canadian Competition Bureau was called in to investigate. There were allegations that prices were being raised to offset the cost of markdowns; in other

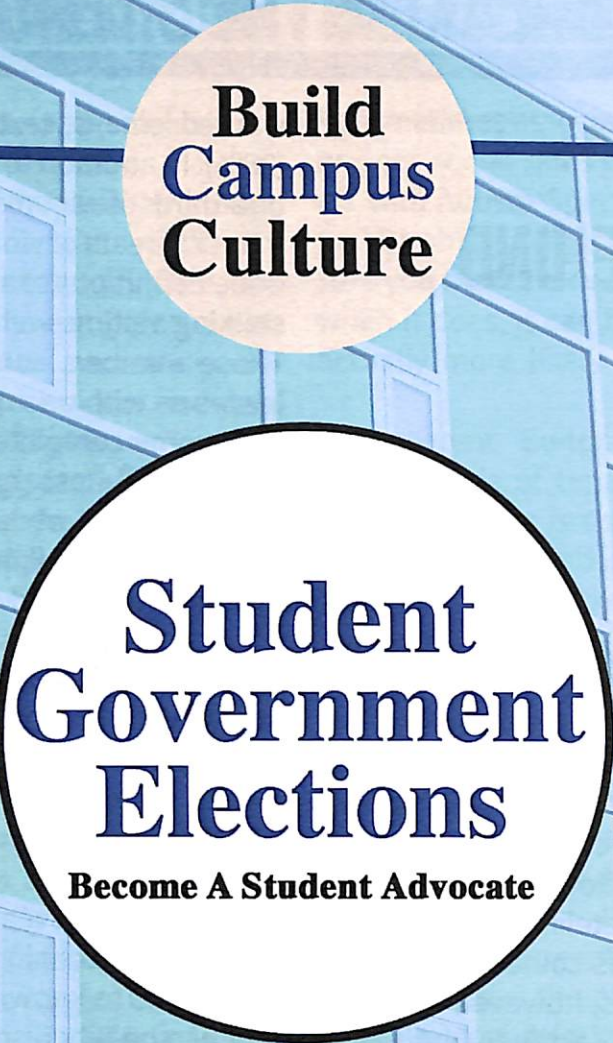
words, the "original" price was being set higher so that the "sale" price was higher. Because comparison between original prices and sales prices must be accurately communicated to the consumer, both customers and employees were frustrated.

In recent years, Sears has tried to reinvent itself. Some locations offered a grocery section. They attempted to utilize the trend of pop-up stores. They even attempted to bring in online shopping by allowing customers to order from home. Unfortunately, the store put a lot of attention on the real estate of stores rather than growing their online base. The beloved Sears catalogue merely became an opportunity to create a presence in e-commerce.

The closure of Sears follows the trend of big-box stores such as Zellers, Eatons, and the much-anticipated yet short-lived Target. The reason for the closure of these stores was due to their inability to adapt quickly. The retail environment has changed since their years of being powerhouses; there is now more of a focus on the internet and the internet presence of stores. These stores are losing their place in the market due to companies like Amazon, which is also known as the silent killer of big box stores. The J.C. Williams group reports that 30% of Canadians are members of Amazon. One of the first big box stores to sink was Eatons. T. Eaton Company Limited was, at one time, the largest company in Canada; it was founded in Toronto in 1869 and went bankrupt in 1999. Eatons was unable to adapt to the changing economy and retail industry. As well, the managers of Eatons mismanaged the company. On the same note, Zellers was a discount department store. They failed to compete with Walmart and were eventually taken over by Target, whose adventure--or should we say misadventure--is one story of many failings. They overestimated, going too big too soon. The losses started to add up.

Many people are now questioning the fate of The Bay. Unlike aforementioned companies, however, The Bay has been one of the few big box stores that has been able to recreate itself to stay relevant. One thing we can all agree on, however, is that the end of Sears is a symbol of our changing times.





Student Government Elections

Become A Student Advocate

Nominations Open February 12 -16th 2018

General Councillor Positions

- Management Representative
- Arts Representative (2 Spots Available)
- Science Representative
- Athletic Ambassador
- Education Representative

Executive Councillor Positions

- President
- Vice President of Finance
- Vice President of Internal Affairs
- Vice President of Student Life
- Vice President of Marketing

BE MINE: THE PSYCHOLOGY BEHIND STALKING

by Nicole Beaver

It's the time of year for candy, flowers, and cards that prove your affection to your one true love or one-time date. Or maybe all the candy is for you (and for that, I don't blame you). Unfortunately, romance always seems to bring to mind the possibility of things going downhill and, as witnessed both in pop culture and real life, it can have some nasty consequences. I'm talking about stalking, something that horror films and Dateline episodes have employed since the term was coined. It has only been in the past twenty years, however, that laws have been put in place to protect individuals who are being stalked, but if you ask me, they're still a little shabby. So as the holiday of romance rolls around, this article is dedicated to those who love something (or someone) but can't set them free.

Stalking is defined as "repeated and unwanted attention, harassment, contact, or any other behavior directed at a specific person that would cause reasonable fear." In a 2014 study done by Statistics Canada, they found that almost 2 million Canadians were affected by stalking in the five years preceding the 2014 General Social Survey on Victimization. This represented about 8% of women and 5% of men aged 15 and older. Often, victims said that the stalking took the form of threats or intimidation against someone else they knew (reported by 39% of victims), repeated and/or obscene (and sometimes silent) phone calls (31%), and un-

wanted emails, texts, or social media messages (28%). In addition to the stalking they experienced, one-third of victims endured physical intimidation or threats of violence consistent with Criminal Code definitions of assault (32%). One in five (18%) stalking victims were actually harmed physically. Those numbers sure seem like a lot, huh? That leaves us with one question: what drives a person to become completely obsessed with another human being? Researcher Katrina Baum at the National Institute of Justice in Washington conducted a national stalking victimization study in 2009. Victims were asked what they thought motivated their stalkers to pursue them. Of 3,416,460 victims, 36.6% considered stalker motivations as "retaliation, anger or spite" while 32.9% replied "control." This is true in some cases, such as a stalker who is a former partner. These stalkers are actually three times more likely to come after their ex!

Studies have proven that, in fact, mental illness is a prevailing factor along with substance abuse. You'll be relieved to know, however, that while psychosis and personality disorders play a role in creating a stalker, those who experience forms of mental illness are not usually at risk of this happening. Stalkers are often separated into five different categories to help identify what they are most likely or unlikely to do and what role mental illness plays in it. These subtypes are as follows: rejected, resentful, intimacy-seeking, incompetent suitor, and predatory.

Intimacy-seeking and resentful stalkers have symptoms of psychosis in common as motivations. Here's some quick facts about these subtypes: Intimacy-seeking is more prevalent, as it arises out of loneliness and a lack of a close confidante. Victims are usually strangers or acquaintances who become the target of the stalker's desire for a relationship. Frequently, it involves delusional beliefs about the victim, such as the belief that they are already in a relationship even



though none exists (erotomantic delusions).

Resentful stalkers arise when they feel as though they have been mistreated or are the victims of some form of injustice or humiliation. Victims are strangers or acquaintances who are perceived to have mistreated the stalker. The perpetrator develops paranoid beliefs about the victim and uses stalking as a way of “getting back” at them. The motivation for this form of stalking is fuelled by the desire for revenge or to “even the score,” and the stalking is maintained by a sense of power and control that the stalker gains by inducing fear in the victim.

Personality disorders and depression, on the other hand, are common symptoms amongst those who fall under the rejected and predatory subtypes.

Rejected stalkers come following the breakdown of a close relationship. Victims are usually former sexual partners; however, family members, close friends, or others with a very close relationship to the stalker can also become targets of rejected stalking. The initial motivation of a rejected stalker is either attempting to reconcile the relationship or exacting revenge for a perceived rejection.

Predatory stalking arises in the context of deviant sexual practices and interests. They are usually male, and the victims are usually female strangers in whom the stalker develops a sexual interest. The stalking behaviour is usually initiated as a way of obtaining sexual gratification but can also be used a method of obtaining information about the victim as a precursor to sexual assault.

That last one is more common in Hollywood than it is in real life. Victims are more likely to be assaulted by someone close to them as opposed to a stranger.

Finally, the Incompetent Suitor stalker. This one often doesn't have mental illness playing a part, but it

is, sometimes associated with cognitive limitations or poor social skills that are common in individuals with Autism Spectrum Disorder or an Intellectual Disability. As someone who is autistic, I can assure you that this does not happen frequently, but when it does, it can be scary and annoying. We're actually more likely to be stalked than to stalk!

Incompetent Suitor stalkers usually stalk for brief periods of time, but when they do persist, their behaviour is usually maintained by the fact that they are blind or indifferent to the distress of victim. They often do so because they have “crushes” on their targets and do not understand or know that what they are doing is wrong.

This is obviously just a brief summary of the psychology behind stalking. I do want to assure you that not every potential suitor is a stalker, so don't be overly concerned with accidentally becoming involved with one. I know many dedicated, loving, and sweet people who suffer from mental illness that have the biggest hearts and still understand how a relationship works. These people have often undergone therapy and are somewhat stable. If you are being stalked or have reason to suspect that you are, start collecting evidence. Save screenshots and phone calls--anything and everything. Even if you don't think it will work, be vocal about your discomfort if your stalker is close to you. Don't hesitate to tell people, either. You may not want your friends or family to worry or feel that it's none of their business, but you're going to need all the support you can get. The people you love deserve to know what's happening, and they'll want to ensure your safety.

Readers, this is where I'll leave you for now. I wish you all luck in your romantic endeavors and hope you have a happy Valentine's Day! And to all of us who are single, happy Single's Day on the 15th! 75% off chocolate rules!



NAUTICAL DISASTER

by Kohan L. Eybergen

It was a ship, and quite a large one by the looks of the array of coloured lights heaving up and down in the rough Atlantic waters. Frances kept going over all of the things that he had been pondering for the past two or so hours since he'd spotted the lights peering over the dark horizon before him. "Possibly British Navy," he grumbled aloud to himself in French. It certainly wouldn't be out of place in the Dover Strait since the war started in 1939. However, if it were a Navy vessel, it was strange that all the lights would be on for fear of being spotted by the enemy; they would usually be off.

Frances grabbed his tobacco jar off of the little roll top desk in the watch room of his lighthouse. He had been the lighthouse keeper there for nearly twenty-three years since the end of the first Great War, in which he had served. The small room was already filled to the brim with an eerie blue haze of pipe smoke, but Frances filled another bowl full of tobacco; he had been smoking incessantly since he glimpsed the lights of the ship through his dated binoculars. He had a nasty, anxious feeling in the pit of his stomach that something wasn't quite right.

Seeing a ship at night was nothing out of the ordinary; it was the world's most trafficked waterway, but seeing a ship this close to the rocky shore during a late November storm was cause for at least a little concern. He fumbled with the matches as he lit the tobacco in the bowl of his pipe.

There was hardly any chance at all that the ship was a fishing boat. There were too many lights spaced too far apart from one another, he thought, and the strait was much too rocky for fishermen's nets anyway. And the vessel was certainly too small to be a freighter carrying goods. It was almost definitely a Navy vessel, he had deduced.

Outside in the dark of the night, the storm raged on with an unholy fury. The wind pounded and rattled the glass panes of Frances's watch room with continuous gusts, and the lightning over the strait illuminated the night to reveal the sinister clouds and vicious waves. Frances was certainly not a virgin when it came to storms by any means, but even he couldn't ignore the particularly vehement way in which this storm violently attacked and buffeted everything in its path. The wind whipped the tops of the waves causing whitecaps like snowy mountain peaks, screaming around the lighthouse. Whoever was on that ship, Frances thought, was in for a hell of a night.

It was chaos aboard the HMS Gordon. The navy men were hustling around the deck, buckling on life preservers, and shoving towards the nearest lifeboats. It had been at least two and a half hours since the torpedo had ripped through her bow and torn a large chunk out of the hull. Despite the considerable damage, the ship was going down slowly. The captain had commanded that the major hatchways that led to the compromised area of the ship be closed off immediately after they had been hit, regardless of the men that may be trapped in those quarters. This bought The Gordon some time afloat. The captain had also ordered the engine room to haul forward full steam ahead, making for the rotating beam of the lighthouse off in the distance.

Benjamin hustled towards a lifeboat where men were jostling each other and cursing at one another in their desperate attempts to board it. He was fortunate that he was quite large and did not have much difficulty in wading through the rest of the men. As Benjamin boarded the lifeboat, a second torpedo rocked the ship. The German submarine must have lost track of the HMS Gordon in the ungodly storm that was thundering around with a drunken fury in the strait. But evidently, the submarine had recovered its prey and began the assault once again. The cables suspending the lifeboat went momentarily slack and the boat swung out and slammed back into the side of the ship. The Gordon shuddered



from the force of the blow. The lifeboat dropped into the churning water adjacent to the ship, and the men aboard it began to row for their lives.

Benjamin rowed with a ferocity that caused every muscle in his body to shriek in pain, but against the gargantuan waves, it made no difference as if they had been rowing like children. As he glanced up to witness The Gordon go down, he saw many men who were not fortunate enough to board a lifeboat jump from the railings into the sea, and begin to swim frantically towards the boats that had escaped in time. It was easier for individual men wearing life preservers to cut through the waves than it was for the small watercrafts, and this posed a difficult problem. The small lifeboats could only support ten people apiece, and the men, if left in the water, would inevitably die of hypothermia or drown in the tyrant of waves from the storm. Benjamin looked into the near distance towards the rotating beam of the lighthouse and continued to row with an intensified determination.

Frances peered through the binoculars pressed painfully against his eye sockets. Most of the ship's lights had flickered and extinguished, and he could now see multiple, smaller boats rising and falling



in the turbulent white-capped waves. The ship and its crew were also now close enough to the lighthouse that Frances could partially make out tiny orange dots that speckled throughout the rough surf around the dark silhouettes of lifeboats. The orange specks, which he took to be floating men, were thrashed madly by the waves like ants in a flood, and many of them would disappear out of sight for a while only to resurface again moments later.

Frances was right: it was a navy vessel, and it was obviously in distress. However, there was nothing practical that he could ever hope to do. The storm and waves were much too rough for him to attempt a rescue mission in his tugboat, and it was much too small, and he was too old to rescue all of these men anyway. If he did decide to set out to save these men, he certainly would have been spit back out violently by the sea onto the hellish rocks along the shoreline. There was absolutely nothing that Frances could do.

He continued to stare through his binoculars at the ship that was now only illuminated for a few seconds at a time by the flashes of lightning. He saw that it was sinking rapidly. He parted his ageing eyes from the haunting image of the capsizing vessel, and now focused them on the small lifeboats that were being tossed around by the white-capped waves as easily as if they were children's toys. Frances also noticed that many of the orange-jacketed men seemed to be struggling in the water around the lifeboats and grabbing onto the sides. He watched on, transfixed as boats were overturned and men were cast into the violent, frigid water. Some of the boats were now dangerously close to the rocks just off the shore, and the ones that were further away were being overcome by the men swimming frantically in the waves.

As Benjamin rowed, he watched his fellow navy men in the water getting closer and closer to the lifeboats. The rowers on the port side shoved the first man that reached them roughly away back into the waves. All the lifeboats that were still afloat were already full, and the struggling navy men in the

water were trying desperately to grab hold of the sides and pull themselves up. As more and more men swarmed the boats, the small crafts were taking on water under the weight of the bodies.

The men on the boats were forcefully pushing the swimmers away and hitting approaching men with the oars. A struggling man thrust his hand out of the water and grasped ahold of one of the straps on Benjamin's life preserver and hung on for his life. He tried prying the man's corpse-cold hand off, but the man had wound the loose strap around his hand and wrist and it was too difficult for Benjamin to free himself. Benjamin shed off his life preserver and it slipped over the edge and into the sea along with the waterlogged navy man. He peered over into the rough water to see the man sputtering and thrashing, and he knew that the men in the water were doomed to die.

As he rowed, he looked forward past the stern of the lifeboat to see if he could catch a last glimpse of the HMS Gordon going down, but it had been already overcome by the waves, so he turned and focused on the lighthouse and its rotating beam of light. The storm raged on with thunder louder than gunfire, but not quite loud enough to silence the drowning navy men's screams in Benjamin's head. He felt ashamed and guilty about the man he had stopped from getting into the boat. Why should he live while the men in the water should die just because he had got himself to a lifeboat quicker than the others?

Through tears and seawater he saw what had to have been the largest wave yet, a leviathan-sized wall of black water surging towards the lifeboats. He could not even shout as he was paralyzed with fear. Benjamin did not even feel the force of the wave as it slammed into his body and the lifeboats were crushed; he was numb bone-deep with the cold. His mind turned to black as his life preserver-less body was swept down and away in the undertow of the strait.

The morning had arrived slowly as thick clouds

shrouded the sky and obscured the rising sun. Frances had awoken earlier than usual after a restless night of waking sleep to notice that the storm had finally ceased. He limped slowly down the spiral staircase of his lighthouse with immense labour until he reached the bottom. He donned his raincoat, knitted wool hat, and wellington boots, and lit his pipe before heading for the doorway. Frances opened the iron studded driftwood door and stepped outside feeling the moist ocean wind on his bearded wrinkled face.

Before reaching the steps that led down the rock face of the low cliff, Frances confirmed his assessment of the severity of the storm, and he realized that he was wise in not attempting a rescue. His small tugboat was laying on its caved-in side nearly fifteen yards from the edge of the cliff; the sea swells must have picked it up out of the water with such force to break the lines holding it to the pier, and set it down roughly on top of the rocks. He certainly would have perished if he had tried to brave the storm the night before, especially at his age.

Frances climbed down the steep concrete and wood steps that led to the rocky beach below. As he reached the bottom, he passed shards of wood and debris strewn across the shore, and then he came across the first body. It was bloated and waterlogged, and the corpse's face was hardly recognizable as human. Frances felt an overwhelming sensation of guilt rise in his chest, part of which would never fade despite his knowledge that he could not have done anything to save these men from their fate. He resolutely did not look at any of the other bodies as he limped past them towards the small pier. When he reached the end, he looked down into the black ocean water rising and falling below him. He had seen many storms in his lifetime, and he had seen too many nautical disasters in his days as lighthouse keeper, but this one topped both of those lists. He took a box of matches out of an inside pocket of his rain jacket. With cold, fumbling fingers he relit the bowl of his grimy pipe and dropped the match into the frigid water. Frances watched it float in solemn silence as the sky began to rain.



THE 36 STRATAGEMS: CONFRONTATION

by Tyler DeWacht

Well done, you've made it through the month of January! I knew you could do it. Don't let your guard down just yet, though; it only gets tougher from this point onwards. Keep at it, I believe in you! I may not be able to support you in person, but I can pass down to you some ancient Chinese wisdom from the 36 Stratagems, which you can use yourself in order to attain success. Just in case you missed the first introduction, they're a set of Chinese warfare tactics which can be applied to many scenarios, and my goal here is to apply them all to a university setting. I covered the *Stratagems For Commanding Superiority*, which are designed for the purpose of dominating your opposition. In this issue, I'll be covering the second set of the 36 Stratagems, *the Stratagems For Confrontation*. This set of stratagems is dedicated towards situations in which you and your enemy stand on equal footing, when brains are more valuable than brawn.

Stratagem 7, *Create Something Out Of Nothing*, is to make your opponent think you have something when you don't really have anything. It can be applied vice versa as well: make them think you have nothing when you actually do have something. That's all there is to it. To be honest, I couldn't come up with any good examples for this one. Anything I could come up with would likely backfire on you the moment you use it. It's easy to use, but surprisingly difficult to apply in a university setting. Sorry, but I can't help you here.

Next up is Stratagem 8, *which is to Openly Repair The Walkway, But Sneak Through The Passage Of Chencang*. For another round of historical context, the name of this stratagem refers to an event known as

the Chu-Han Contention. When the short-lived Qin Dynasty collapsed, it was divided into various kingdoms. Two of these kingdoms were known as Western Chu and Han, led by Xiang Yu and Liu Bang respectively. These two men both played significant roles in the downfall of the previous emperor, and when it came time to divide the land, a dispute broke out which quickly turned into a territorial conflict. Liu Bang lost, and he was sent off to govern a remote region from where he couldn't pose much of a threat in the future. As he and his troops left, they destroyed the roads behind them so they couldn't be easily trespassed upon. Later on, some of those troops were sent back by Liu Bang to fix them. Xiang Yu noticed this, but he decided to just keep an eye on them without doing anything since the repair work would take a long time. While this distraction was happening, a larger group of troops cut through the small valley town of Chencang in order to invade Western Chu. Xiang Yu's forces were caught off-guard by this surprise assault, and this loss would soon lead to Xiang Yu's total defeat and the subsequent establishment of the Han Dynasty.

That exposition went on a bit longer than I meant it to, but I found this event interesting, so I wanted to go into a bit more detail about it. The main point to take away from this conflict is that setting up a distraction while moving in secret towards your actual goal can be a very effective strategy. This may sound very similar to the first stratagem, but the key difference between the two is that the distraction in this case is also a goal you want to work towards; the roads had to be repaired eventually anyways, so you might as well get a headstart on it while working towards your main goal. As an example, let's use writing for The Bolt. You can earn money by writing in here--did you know that? Like any paying position, some might believe I'm only in this for the money. However, that's not my main goal. My main goal is to gain writing experience so that I can be a better writer in the future; the money I earn while doing this is just a nice incentive.

Do you regularly engage in competitive sports? If so,



then Stratagem 9, *Watch The Fires Burning Across The River*, may apply to you. Your strength is important, but your endurance is just as important. There's no point in having a lot of power if you can't use that power for longer than 5 minutes before you become too exhausted to continue. It's important to conserve some of that strength so that you're not wasting it all at once. Keep some strength in reserve, go on the offensive when your opponent starts losing energy, and it'll be more difficult for them to defend. That's the idea behind this stratagem: strike hard and fast once your opponents have exhausted themselves. Don't just charge straight in to fight those fires, wait until the fires start to die down before you go in.

Group presentations can be hard, but when everyone puts in their fair share of work, it usually works out in the end. Unfortunately, you may end up in a group where someone's not pulling their weight. In this situation, one way to deal with them is Stratagem 10, *Hide A Knife In A Smile*. Make them think you're not a threat by playing along and gaining their trust, then once you have that trust, turn it against them. Don't give them any help; watch them fail the individual portion of the presentation. Yes, I know it's cruel, but this tactic is cruel by design. There's no good way to exemplify this stratagem that doesn't involve some form of betrayal. Let's put it this way: that student is a known slacker who never learns their lesson, and pure shock factor is the only way to get the message through to them. Think of it as a last-resort tactic, one that should be used only after all of your other options are exhausted. Hopefully, you'll never have to actually use this stratagem.

Which do you like more, peaches or plums? Personally, I prefer peaches. If I had to choose one, I'd go with the peaches every time. Why am I talking about fruit? Sometimes, you have to make a choice--one thing or the other, you can't choose both. If you like peaches and plums and you want to grow them yourself but only have enough money for one tree, then you may have to *Sacrifice The Plum Tree To Preserve The Peach*

Tree, which is the essence of Stratagem 11. Returning to the topic of fires, let's say there's an actual fire at Concordia, not just a fire drill or the burning passion of a sports game. You learn that the fire started near your locker and all of your textbooks are still inside it. You're close to the exit, and you could leave safely, but those textbooks cost you a lot of money. Which do you value more--your textbooks or your life? You can always buy new books, but you can't buy yourself a new body. Keep that in mind the next time there's a fire drill.

You know, it can be really hard to come up with ideas sometimes. When I said it was difficult to apply the seventh stratagem to a university setting, that was the truth, but that explanation I gave really was an example of something. The problem with writing an example for it is that it requires specific scenarios which aren't normally provided within a university setting. I want to make the examples relevant to as many people as possible, but I couldn't come up with anything that would work for a sizable percentage of the university population. You'll likely find your own way to implement it at some point, which is what I did. I'm still not entirely happy with my example, but it was the best opportunity I could come up with, so I took it. At least it gives me a good way to transition into Stratagem 12, *Take The Opportunity To Pilfer A Goat*. You should consider taking any opportunities that come your way, whether it's a bit of impromptu writing, a friendly competition, or an assignment topic. It helps to remain flexible in your plans. That way, you can take that opportunity when it rolls around. If that goat could potentially be useful, no matter how little value it might be, then pilfer that goat.

Hopefully, you can use some of these strategies to give you that intellectual edge over your opponents. This has been the second set of the 36 Stratagems, *the Stratagems For Confrontation*. The next issue will focus on the third set of the 36 Stratagems, *the Stratagems For Attack*, in which intimidation is the key to winning before the game even begins. You're doing great so far; hang in there!

SHOW TIME!

Here is what is playing in theaters this week:

The Post
PG

Pitch Perfect 3
PG

12 Strong
14A

The Greatest Showman
PG

Jumanji: Welcome to the Jungle
PG

Star Wars: The Last Jedi
PG

Maze Runner: The Death Cure
PG

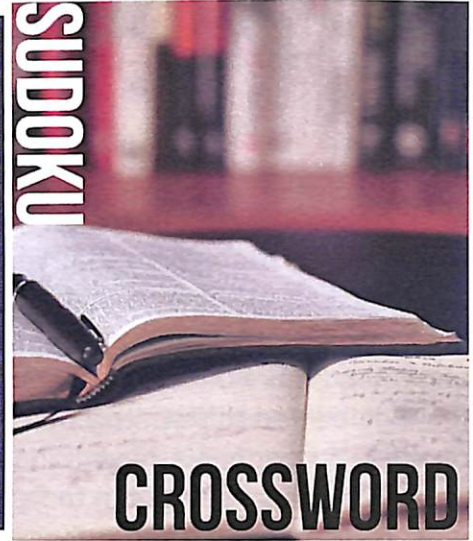
Forever My Girl
PG

Paddington 2
G

Three Bilboards Outside Ebbing, Missouri
14A

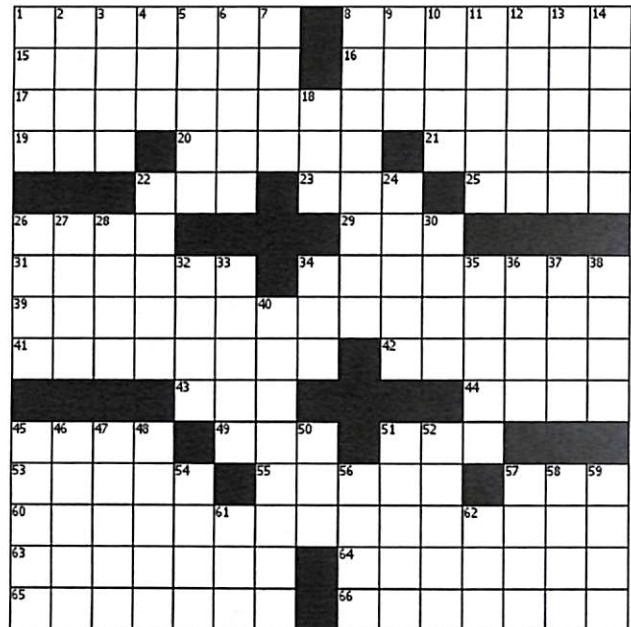
Cinaplex North

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



Across

- 1. Nightclothes
- 8. Former USA/USSR rivalry
- 15. Versify
- 16. One of the deadly sins
- 17. Supreme ruler
- 19. Fast flyer of the past
- 20. Do blackboard duty
- 21. The end of ___
- 22. Exist
- 23. South African golfer Ernie
- 25. Snatch
- 26. Golf club part
- 29. ___ Alamos
- 31. Verdi creations
- 34. Jim Carrey comedy of 1997
- 39. The, to a grammarian
- 41. Feelers
- 42. Amassy, as money
- 43. Gender
- 44. Doctrines
- 45. Stalemates
- 49. "___ walks in beauty ..."
- 51. And, in Germany
- 53. Chalcedony
- 55. Brookner or Bryant
- 57. Troy sch.
- 60. They have plus signs
- 63. Retell
- 64. No-cost item
- 65. Purina's partner
- 66. Visible to the audience



Down

- 1. Pod occupants
- 2. White vestments
- 3. Gag
- 4. In the past
- 5. Runner of a sort
- 6. Shade of blue
- 7. ___ good example
- 8. Pink flower
- 9. Lacto-___ vegetarian
- 10. Turner of films
- 11. Sturm's companion
- 12. Electrician, at times
- 13. Capital of Ghana
- 14. Drying-out place, familiarly
- 18. Vane dir.
- 22. Eagle's abode
- 24. Flies high
- 26. Type of cracker
- 27. Candid
- 28. Departed
- 30. Mlle. in Mexico
- 32. Raggedy dolls
- 33. Trigonometry functions
- 34. "___ Miz"
- 35. Furious
- 36. Decorates with frosting
- 37. Grad
- 38. Agts.
- 40. Financial shelter of a sort
- 45. Disdainful-looking beast
- 46. "___ Feeling" (Ricky Nelson hit)
- 47. Stand in the studio
- 48. Ruins 007's martini?
- 50. Chemical suffix
- 51. Complete reversal
- 52. John, Paul, George and Ringo, e.g.
- 54. Coup d'___
- 56. Facts
- 57. Ms. McEntire
- 58. Arrogant one
- 59. Words of understanding
- 61. Simpson trial judge Lance
- 62. Wager



NOBODY IS IMMUNE

by Donovan Makus

Just when you thought it was safe to use your computer again, a new computer exploit rose from the mist, and this time, unlike with some past exploits where only certain operating systems or software packages were targeted, it affects almost everything. Known as “Spectre” and “Meltdown,” these ominous-sounding names reveal the feelings of the researchers who first discovered these issues, and they affect a range of products from personal computers and smartphones all the way up to the computers that form the backbone of “cloud” infrastructure.

The problem started with the unstoppable march of progress. We demanded faster and better performance from the chips in our computers, and to do this, computer designers introduced “speculative execution,” where instead of waiting for a user to request some function, computers perform functions ahead of time and then utilize their caches. Unfortunately, this created two problems that now affect processors using this technique, indirectly creating the Meltdown and Spectre exploits.

The Meltdown exploit occurs when someone uses speculative execution to query data that should be inaccessible to the attacker, but the moment they are queried, they are placed in the cache to speed up processing, leaving them vulnerable as a result. Meltdown primarily affects PCs and cloud computing as well as almost every Intel processor released since 1995, some ARM processors and, every now and then, smartphones.

The Spectre bug occurs by training the computer to misuse its branch prediction process (a form of speculative execution) to access data that should not be accessible. Spectre affects Intel, ARM-based, IBM, and

AMD processors, meaning that it affects the same computers as Meltdown with the addition of smartphones.

Spectre and Meltdown were independently discovered in June 2017 by researchers around the world, and the original plan was to publicly release information in January; however, such a wide-reaching problem required informing dozens of stakeholders and pushing updates to end users. As speculative execution was used to increase performance, it led to the disabling of some features for security, which led to slowdowns, which led to computer enthusiasts becoming curious as to why out-of-schedule patches were being released, causing performance hits. This curiosity led to rumors and discussion, forcing Google to publicize the news early.

Spectre and Meltdown are wide-ranging problems that will linger with us for years. Patches have been released for both, but issues with their integration have caused some manufacturers, such as Intel, to suggest not installing their original patches and wait for better ones to become available. Nevertheless, the best practical protection you can take is installing updates as soon as they become available as well as periodically running good security software; hackers must have access to your computer to try and exploit these bugs. These common-sense precautions are steps we should all be taking anyway as part of computer maintenance and care.

These dual-faults create uncomfortable questions about how far we are willing to push technology to be faster and better at the expense of security. With the rapid pace of fields such as artificial intelligence and smart homes, a similar bug could cause even greater damage in the future. While current evidence remains unclear on anyone using these bugs successfully, the potential exists and will continue to exist for some time. This should engender a deeper philosophical look at the balance between progress and security as computing devices become more and more unavoidable in our lives.

ADVICE WITH ALYSSA

by Alyssa

What do many newspapers have that we, here at CUE, have been missing out on—an advice column! I know the past few years there have been a few offerings, but none that have continued. I have decided to take the plunge and bring an advice column back to The Bolt (and hopefully this time it’s here to stay)! I originally asked about the interest for an advice column on Chillabit and got an overwhelming response that there are people wanting to see this happen. So, now you may be wondering how you can submit questions. I have created a Gmail account: AskAlyssaAdvice4@gmail.com that you can use to submit your questions for me to answer. You may also use the #AskAlyssa on Chillabit but there is no way for me to make sure I see all of them, so I would recommend sending me an email. I will then choose between three to six to answer which will then be published here in the Bolt. Don’t worry, your name will be anonymous and I will just be using the questions that are submitted. The topics can range from relationship advice to school advice to workout advice or astrology compatibility, what Netflix show to binge next, maybe what the best classes here at CUE are, even parking advice—what I am trying to say is there is no limit on what types of questions you can ask!

I’d like to take this opportunity (this being the first issue and all) to introduce myself to you. I am a fourth year here at CUE and have seen it through its many changes. I started back in 2014 when we were still Concordia University Collage of Alberta, and yes my very first sweater has all that on the front instead of just CUE. I have dealt with my fair share of program switches, degree changing, and parking issues but I think it is safe to say now, after four years, I have fig-

ured it out (mostly). I have been a part of three different clubs, volunteered for events, worked for CUE, and gone to many CSA events. I have made many friendships here that I hope I will keep even after I graduate (which unfortunately won’t be this April). I hope with this new column I can help the community here on campus and answer all your burning questions. I am looking forward to hearing from you, my fellow students. We are all on this chaotic path called University together, and I hope I can give you the advice you are looking for. Remember “the first step to receiving an answer is being brave enough to ask a question” – Kaitlyn Bouchillon.

#AskAlyssa

askalyssaadvice4@gmail.com

I look forward to hearing from you CUE!

Wellness Wednesday
February

Free Yoga Class
 February 7th - GYM - NOON to 1pm

Free Massages
 February 14th - Lower Tegler - 10am to 2pm

Therapy Dogs
 February 28th - Tegler - 11am to 1pm

Wellness Wednesday events provided by your Concordia Students Association.

BADMINTON

by Rebekka Hay

For this issue of the Bolt, I was able to interview the captain of the Badminton team, Takeisha Wang! She is pursuing a science degree with a Biology major and a Psychology minor. Additionally, Takeisha is in her third year. Takeisha commented that her dad is a badminton coach, so she and her brother, Desmond (who is also on the team), have grown up playing the sport.

Furthermore, there are only four ACAC schools that have badminton teams: NAIT, Concordia, Old's, and King's. This year's Nationals are being hosted by Concordia. Last year, Takeisha won second in Nationals for the 2016-2017 season.

Rules

Takeisha was able to provide me with some details on the regulations of Badminton. Here is a list of things to know about the sport:

Points

As the win/loss/draw (tie) of each match provides the team with a particular delegated number of points, the team needs to place as high as possible to be ranked above other teams. At the end of the tournament, the officials tally said scores to determine the winners.

Singles

If you win a singles match, the winning player earns 15 points. The organization of the tournament is as follows:

First, the singles players compete, which is then followed by mixed doubles (men and women teams combined, with one male and one female per team), and lastly, doubles. Moreover, the points from each game are determined individually, and the total tournament points are tallied to come up with the winner. Because singles are determined via an individual basis, there is the possibility of a Concordia player facing off against a fellow team member- a unique aspect of Badminton. Additionally,

each player may only play two of the three events.

Takeisha mentioned that something worth taking into account for this season is that Concordia has a very "strong team; it's the first time in a while that the Concordia was able to conquer NAIT, which means there is a very good shot at winning a Nationals title."

Provincials: February 10-11

To qualify for Nationals, Takeisha mentioned that "the best players" are taken from all ACAC schools, and these players are determined at the Provincial tournament. A reminder (if you have read any of the previous articles)--ACAC stands for "Alberta Colleges Athletic Conference." The players are then divided into a total of two teams. Team 1, which is derived from the top-ranking players from the Provincial tournament. Finally, the second team, which holds the wildcard spot. To make "Team 1," players must place first in one of the five events, and second place finishers form Team 2. Team 1 forms the "Team Alberta," which automatically goes to Nationals. Lastly, whichever event you qualify for at Provincials will be the game you play in Nationals.

Nationals

Now for some exciting news...your very own Concordia will be hosting this year's 2017/2018 Badminton Nationals! The tournament will be held from February 28 - March 3. This will be an excellent opportunity to see your very own Concordia Badminton team hard at work; speaking of work, the tournament lasts for a total of four days. So you're getting an extremely high volume of gameplay paired with intense competition. Be sure to get out and cheer on your Concordia Thunder!



CUE THUNDER HOME GAMES

FRIDAY February 9th

NO HOME GAMES LISTED

*TIMES ARE LISTED AS PM

SATURDAY February 10th

THUNDER HOCKEY

*TIMES ARE LISTED AS PM

8:15 Cue Thunder Hockey vs. Grant MacEwan University

Clareview Arena

FRIDAY February 16th

VOLLEYBALL

6:00 Women's Volleyball vs. Augustana

Ralph King Athletic Centre

8:00 Men's Volleyball vs. Augustana

Ralph King Athletic Centre

SATURDAY January 17th

BASKETBALL

6:00 Women's Basketball vs. Augustana

Ralph King Athletic Centre

8:00 Men's Basketball vs. Augustana

Ralph King Athletic Centre

