

THE BOLT

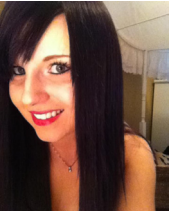
ISSUE: 003

OCTOBER 1, 2012

“Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind.”

Dr. Seuss

CREATINE VS. STEROIDS; THE GREAT DEBATE



JESSICA RUSHTON
STAFF WRITER

There has been an ongoing debate about the use of both synthetic and natural supplements and performance enhancers in competitive sports for quite some time, with a long list of pros and cons for each. Two of the main enhancers used by athletes today are creatine and synthetic anabolic steroids. Creatine, which is naturally

produced by the body and is found in many meats, is stored in the muscles and used for strenuous yet short periods of activity in the human body, such as lifting weights or sprinting. Supplements of this naturally occurring amino acid have been produced all over the United States for quite some time and are used primarily to enhance short-term physical exertion and to maintain leaner muscles. The problem with this synthetic version is that not everyone

who takes the supplement will react the same way—people who already store lots of natural creatine will not react at all to a certain amount, but a person who stores very little may actually experience an effect similar to a person having too much caffeine by taking that same amount. Creatine seems to aid athletic individuals in their early twenties but does not have the same effect in more mature individuals or those who are not physically active. There are

also many side effects of the synthetic form of this amino acid including weight gain, frequent and severe muscle cramps, dizziness and light-headedness, high blood pressure, or kidney disease. There have been a few reported cases of skeletal tissue deconstructing in individuals who took more than the recommended daily dose (10 grams).

Continued on Page 9

IS THE NEW IDEVICE FOR YOU?



TONY WONG
STAFF WRITER

Well, the long awaited and annual update to Apple's newest iDevice, the iPhone, is here. The iPhone 5 is the newest iteration to Apple's mobile phone line up and is the 6th generation phone in Apple's iPhone series. What makes this device so different and unique from the rest, and does it matter to you? Find out more from the brief overview below.

iPhone 5. These three syllables evoke an excitement in Apple fanboys around the world, and it's not without reason. The biggest change up from last

year's 4S update is the increased screen real estate from 3.5" to 4". While this change may seem subtle, the real difference is in the additional space. With the new screen space you will be able to see more of your apps, you won't feel like your thumb is over encumbered because while the iPhone 5 is taller, it maintains the same width as it's predecessors. This is so you can easily access the keyboard and basic functions with one hand.

Another big new change is the backing. Apple decided to ditch the fragile glass backing of the 4/4S model for a two-tone glass and aluminum combination. Hopefully the change over to the metal back will stop the

notorious Antennagate signal issue that plagued the iPhone 4's antenna two years ago.

Another significant hardware change can be seen in the smaller connector cable found at the bottom of the device that Apple is calling the Lightning cable. This new proprietary cable is not only smaller but will also be found in all of Apple's next generation iDevices including the new iPod Touch and iPod Nano line. Bought a ton of accessories for your 30-pin connector? Apple will be making an adaptor available to ensure compatibility for your legacy iDevice accessories.

Continued on Page 6

Think you've got a great idea for us?

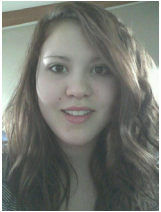
Tell Us!

Come on by our office or send an e-mail to:

concordia.bolt@gmail.com

AROUND THE SCHOOL

INTRODUCING INNOCENCE LOST



RACHEL WHIPPLE
STAFF WRITER

Blissful childhood memories, concerned families, secrets behind closed doors, a murder case, and a whole lot of military men wanting to cover it all up. This semester Concordia's Theater Department is producing *Innocence Lost*, by Beverley Cooper. The youngest man to ever be convicted of murder and sentenced to death in Canada is the basis for the play. This semester's main stage production is based on the real life, tragic tale of Steven Truscott and Lynne Harper. The audience is guided through the story by the main character Sarah, a young girl who went to school with the accused and the victim. Sarah will be played by the lovely and talented, Lauren Tamke. She will take us into the world of the everyday people who surrounded the main court case. Usually with sensitive and shocking murder trials such as this one, the media focuses heavily on the court drama and the serving of justice. But what about the family and friends

who are involved? *Innocence Lost* portrays intimate conversations portraying what Steven's parents had to endure while their fourteen year old son was tried for murder, what classmates thought of this scary situation, and how awful it was for Lynne's family to lose a child. This will be an interesting and entertaining show for all but it could be especially interesting for Psychology students who love to delve into the mind of others.

Showtimes are:

Friday, October 26 at 7:30 pm
Saturday, October 27 at 7:30 pm
Sunday, October 28 at 2 pm

Friday, November 2 7:30 pm
Saturday, November 3 at 7:30 pm
Sunday, November 4 at 2 pm

Other cast member include Ciera Vadnais, as Sarah's mother; Sean Bilyea, as Steven Truscott; and Kira Peletier, as Lynne Harper and Karen Daum. Everyone else has numerous roles that will be seen throughout: Emily Courtnage, Doug Potter, Jason Knorr, Gina Bazzarelli, Erika Holba, Aly Hirji, Shannon Maher, Adara

Broyles, Chris Lejerme, David Lyons, Kira Peletier, Bethany Froese, and Mansi Eden.

The crew will be led by Concordia's Technical Director Josiah Hiemstra. The co-stage managers for this production are Rebecca Firlotte and Tamara Yakoweshen. Hailey Connell is one of six assistant stage managers. The following five lovely ladies are also assistant stage managers who have other roles as well: the props master is yours truly (Rachel Whipple), and my props assistant is Stephanie Schmidt. Amanda Pelz will be a set builder, Iman Shauib the make-up and hair assistant, and Nicole Cardinal the front of house coordinator and lobby board designer. Also part of the team is Ashley Taylor as the publicist, and Nick Chevalier and Tony Wong as our technical support and projections operators/creators.

So come out and support your friends and fellow Concordians. See a show that will really get you thinking. One that will excite you with tales of court drama and wrongful accusations.

THE BOLT

A CSA PUBLICATION

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College Corner Tickets:
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JUNE 21	JUNE 30	JULY 13	AUG 10	AUG 17
SEPT 7	SEPT 22	OCT 5	OCT 13	NOV 2

AROUND THE SCHOOL

THE HIDDEN SIDE OF EDMONTON - PART 1

BY: LLANNA BLACKE

I come from the dark side of the city of Edmonton. I also come from a low income, single parent family, and I live in McCauley, one of the seediest areas in town. If you walk past the Commonwealth Stadium and go west on 111th Avenue, you will hit an intersection at 95th Street. To your right you will see Norwood School, look to your left and you have found McCauley.

A typical evening in McCauley doesn't include me sitting on my deck, enjoying the cool

evening breeze. I stay inside and double lock my 1 ½ inch thick door, distancing myself from drunks, drug dealers, prostitutes, and the homeless. My bedtime lullaby includes blaring music, roaring engines, and people banging and kicking the sides of my house. When I leave in the morning to go to Concordia, I occasionally have to push a stray shopping cart out of my driveway. Sometimes, I have the pleasure of picking up used condoms that end up in my yard. When I drive through

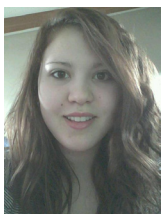
McCauley, I seem to forget where I am, so decayed is the area. One tidy, older house has a pristine lawn; the house next to it is dilapidated with mattresses leaning against one side and ruined pieces of furniture laying amongst the thistles in the front yard.

In the centre of McCauley is Giovanni Caboto Park. New equipment has been installed within the last few years as well as a medium sized fountain that adds some charm to the older park. Lush grass grows in

the two children's soccer fields which lay a few metres from the play equipment. Mature trees shade the skirts of the fields and grow along the sides creating a boundary to the street lined park. And that's when you see, standing in the corner of the field, a small bright yellow metal container with an arrow pointing downwards; it is a needle drop off. I doubt most other children's parks in Edmonton can boast about having such a thing.

To Be Continued Next Issue

A QUICK LOOK AT THE PHILOSOPHY CLUB



RACHEL WIPPLE
STAFF WRITER

As most of you Concordia students know, Paul Beach is a philosophy professor who runs Concordia's Philosophy Club. Beach's plans for the club this year includes bringing in experts from various fields of study and asking them philosophical questions. For example, he may be interviewing a professor of mathematics and asking him basic questions such as "What are numbers?" In hearing responses from said experts, audience members and the student body are free to examine how different people think about basic concepts. A Theoretical Physics student

would typically have a different view of numbers compared to an English student. These "Q" and "A" sessions would show the essence of what some philosophers do.

Beach hopes that presenting philosophy in this way will help show how all fields of study are related. Also, this could help people become more aware of what philosophy really is and how it can be relevant to everyday life. Asking simple questions can show us the type of things that we, as educated people, should be thinking about all the time. Of course the Philosophy Club will be doing a few more religious debates, and maybe they will be able to bring in some religion experts to question as well. Beach wants



to launch this idea onto the Concordia student body and see what the general response is. He said he would like to send this "ping onto the universe and see who bites."

This year should be a very interesting one for the Philosophy Club. For more information, contact Professor Beach by finding him in his

office (room L340) located in the second floor of the Library, or check out the Peripatetics group on Facebook (link is below). The Philosophy Club meetings are happening every Tuesday at 3:30PM in HA021, so drop by and check it out!

The Peripatetics - <https://www.facebook.com/groups/172246119484092/>

AROUND THE SCHOOL

POETRY LOOKOUT WITH RACHEL

FUTURE PRESIDENT OF
CANADA

BY DEJAN MISOVIC

*I had a sweet dream
To make me happy almost to
scream,
I will be the future President
of Canada, no more King, no
more Queen,
USA will be our Southern
province.
I have to be respectable and
fair.*

*No more Queens, except
Queen's donair.*

*For the political promises I
will give you a list,*

*I will introduce a successful
economy and democracy,
instead of an iron fist.*

*I will make education
Accessible to a new generation.*

*Even from heaven it will come
as a blessing,*

*For our incredible time of
progressing.*

*Ottawa will replace
Washington, D.C.*

*Everybody will enjoy singing
and dancing in Beautiful BC.*

I hope this change

Will not be too strange.

I hope you will vote for me.

*Please do not call me Yankee
or DP.*

*The smartest on the planet we
will be*

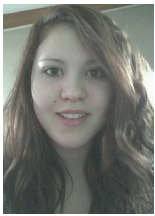
The strongest,

And the longest

Power as Alexander the Great.

*Please vote for me, do not let
me wait...*

**Submit Your
Poems To
The Bolt
And You Too
Could be
Featured
Here!**



RACHEL WIPPLE
STAFF WRITER

To most English-speaking Canadians, this poem may seem unconventional or even offensive. What could be easily misunderstood is that this poem was written as satire based on personal experience. Dejan Misovic immigrated to Canada in 1996 from the former Yugoslavia with only 200 Canada dollars in his pocket. When he had his immigration interview at the Canadian Embassy he was asked, "young man what do you want to be in

Canada." He replied, "I want to become the future President of Canada, and if you vote for me I will increase your salary by 10%." The interviewer, being concerned about Dejan's knowledge of Canadian politics, tried to explain to him that in Canada we have a different system of government and that we are not like the United States. Dejan's response to this was "this is all just constitutional laws and I could change that too." The man who interviewed him was very helpful and friendly, considering the embassy had a five kilometer line up and on average receives approximately 5000 immigration applications

a day. However, the man needed to do his job and asked seriously if Dejan had any real political intentions. He said no and that he was just trying to make a joke in his broken English. Dejan knows perfectly well that there is no such thing as a president of Canada. He was just trying to make a good impression in his new home country by trying his best to be funny.

When Dejan is not writing poetry, he is constantly working hard to provide for his family. At Concordia he is a third year student working towards a degree in Chemistry with a minor in Physics. He has three children, one of which I had

the pleasure of meeting. He brought his little daughter Natalie to the Drama retreat this year. Natalie is a sweet girl and is certainly assertive for the tender age of five. Dejan's son is nineteen, his other daughter is two, and his wife works for EPCOR. Certainly Dejan has a lot on his plate, but thankfully he still makes time to write. I like that he uses direct language as a way to make a statement. His poem is a prime example of how poetry can be a parody and how to turn an event in real life into something interesting to read.

THE TOURNAMENT OF CHIVALRY

FRIDAY OCTOBER 5, 2012
11-3

VARIOUS MEDIEVAL RE-ENACTMENT GROUPS IN EDMONTON WILL
BE PUTTING ON JOINT DEMOS ON CAMPUS FOR ALL TO ENJOY!
THIS IS AN EVENT THAT CANNOT BE MISSED!

CAREER SERVICES

MAKING SOCIAL NETWORKING WORK FOR YOU



Image: FreeDigitalPhotos.net



JOSIAH KOENIG
CAREER SERVICES

We have all heard the horror story: “employee fired due to online post.” Online social networks, if used poorly, can negatively impact your employment opportunities. If used properly, online networks can be an asset for you during your work search. The discussion of whether it is moral or not to fire someone for their online activity can be left to the philosophers for now. The important thing is that it is happening, but you can keep it from happening to you. There

are a few strategies you can employ to avoid getting fired for your online activity. You could take the sneaky approach: have a second profile that you only show your boss. You can change your privacy settings to limit who can search for or view your profile. However, the most sure-fire way to prevent the loss of your job because of a post online is to keep those questionable photos and comments off the web altogether. Instead of posting stuff that might get you fired, post content that might get you hired. If you are creative, post your art, music, or poetry to show your artistic potential. Basically, post worthwhile

content that shows your interests and character. Employers are looking for trustworthy and capable people, so do your best to exhibit strength of character online. Who knows, maybe your next boss is one of your current Facebook friends. That brings up another point. If you are looking for work, you can politely and tactfully let your online community know that you are available for hire and maybe someone can help you out. The old adage is very true: “Sometimes it’s not what you know but who you know.” Online networking can be a great asset for you, so use it well and gain the advantage. Good

luck in your studies and your work search.

There are six events planned for October to mark on your calendar. For more information, please visit careerportal.concordia.ab.ca. You must register before noon on the day of the event.

To register, please contact Career Services by e-mail (careerservices@concordia.ab.ca), phone (780.378.8461), or visit the Career Portal (careerportal.concordia.ab.ca). We look forward to hearing from you!

Upcoming Month Events	Date and Time
Grad School and Other Post Grad Options	Monday, Oct. 8, 4:30-6:00 PM
U of A Grad and Professional Programs	Wed. Oct. 17, 10:00AM-2:00PM
U of A Grad and Professional Expo at U of A Campus	Wed. Oct. 17, All Day Event
Grad School and Other Post Grad Options	Thurs. Oct. 18, 4:30-6:00 PM
U of Lethbridge, Calgary, Athabasca Grad and Professional Programs	Thurs. Oct. 18, 10:00 AM-2:00 PM
Career Fair	Wed. Oct. 24, 10:00 AM-2:00 PM

The Career Services office is located in the Library (L265). The office is open Monday through Friday from 9:00am to 4:30pm.

To see Doreen please make an appointment by coming in person, or by using one of the following methods:

Email:
Doreen.kooy@concordia.ab.ca;
careerservices@concordia.ab.ca

Phone: 780.378.8461

ENTERTAINMENT

MORE ON THE NEWEST IPHONE

Continued From Page 1

Probably the most significant change overall is its weight. Statistically speaking, the iPhone 5 is 20% lighter than the iPhone 4S, but numbers can be deceiving. This little sucker is light! On top of that, it's much thinner than the 4S model measuring in at 0.3 inches. That's as thick as the metal bezel on the 4/4S models.

While your mileage may vary in the connection speeds, the new iPhone 5 comes equipped with an LTE chip which is the next generation cell phone

connection. While Apple touts that the LTE connection can reach up to 100 mb/s, real world tests have shown it to reach anywhere from 15-20 mb/s, which is still faster than the average home Wi-Fi. So on average the LTE enabled iPhone 5 is going to be at least 50% faster than your home network. I found through personal use of my iPhone 5 that I was hitting 3G speeds upwards of 16-19 mb/s the first day, but my excitement was misplaced as my 3G service is at a meager 5 mb/s.

So with the bulk of that out

of the way, is the iPhone 5 a mandatory upgrade for you? If you have an iPhone 4 or lower, I would say yes. The incremental adjustments to the hardware and even the software (iOS6) make this an easy upgrade. Chris, who was the first person in line at the Southgate Apple Store said that the feature he is most looking forward to is it ". . . not being a BlackBerry." Well I hope that the iPhone 5 bursts his iDevice virginity but in a good way.

The iPhone 5 is now in stores and can be purchased in 16GB/32GB/64GB models

at \$179/\$279/\$379 on contract or can be purchased Unlocked from the Apple Website for \$699/\$799/\$899. All models can be purchased in black or white.



THE CASINO ROYAL OF COWBOY FLICKS



TONY WONG
STAFF WRITER

If you missed out on Game's Night movie *Maverick*, never fear! Here is a brief review about said classic western poker movie. If you are a fan of Mel Gibson or Jodie Foster you should not miss out on this movie. Seriously, it is pretty good and I don't even like the western theme.

Maverick follows the story of Bret Maverick (Mel Gibson), a smooth talking silver-tongued gambler who is trying to con his way into a Winner Takes All poker tournament. Along the way he befriends a few people including the sexy thief Annabelle Bransford (Jodie Foster) and a law abiding marshal by the name of Zane Cooper (James Garner). Going

through his ups and downs and his twists of luck, Bret must find a way to get into the poker tournament and win with his life intact.

The first thing I noticed in this movie is the amount of cameos from other actors. The cameo that I loved the most is from Mel Gibson's good friend Danny Glover (*Lethal Weapon*) who plays an unspecified bank robber. It's funny seeing Mel and Danny in the same movie seeing as how they are still in the *Lethal Weapon* phase of their careers. The best part is when Glover spits out his iconic "I'm getting too old for this sh—" line from the *Lethal Weapon* movies. With *Maverick* being a western movie, it is only appropriate to have appearances from famous western actors James Garner and James

Coburn. This may be a bit of bias but I really love Alfred Molina, and I love it when he gets the role of a villain. Molina is cast perfectly as the villain, Angel, in *Maverick*, his evil glare that really does it for me.

The story, I found, is quite compelling. There are plenty of twists and turns as you are not quite sure of who is on whose side. I love the cocky attitude that Gibson pulls off with *Maverick*. He is the quintessential lovable jerk, because every time you see him scam someone, he is then put in a situation where he is needed to come out on top as a hero. Jodie Foster plays her role really well, though I thought that near the end of the movie her usefulness to the entire story became needless and boring. Included in the acting mix is legendary

Canadian actor Graham Greene who is famous for his work on *Royal Canadian Air Farce* and *The Red Green Show*. While some might not agree with his Native American character Joseph, the feeling they were trying to evoke was his comedic and satirical elements, rather than a serious role, which results in an interesting and funny character.

So you're thinking, "this movie is pretty old, is the comedy and story still relevant?" I would say yes. It packs enough humor and clever bits of story to feel unique and fresh, even though it is almost a decade old. *Maverick* is able to balance its cheese factor with some high quality acting.

FUN & GAMES

SUDOKU

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

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

Answer sheet is available at: www.theboltnews.com

FUN FACTS

While Justin Bieber is the most searched person on Google, Britney Spears is the most searched person on YouTube.

Spazzstick is a brand of chapstick that's made with caffeine to keep you alert.

There is a "Hug Me" Coca-Cola machine in Singapore which gives you a can of coke each time you hug it.

If Mario (from the original Super Mario Bros) stood at 6 feet tall, he would have a jump height of 27 feet.

A woman once sued Cap'n Crunch because their "crunchberries" weren't real berries.

Johnny Depp only says 169 words throughout the movie "Edward Scissorhands."

Gwen Stefani and Celine Dion are both distant relatives of Madonna.

7 in 100 men suffer from some sort of color blindness, but only 1 out of every 1,000 women suffer from it.

<http://uber-facts.com/>



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WORD OF THE WEEK

Verb) To yield or bend obsequiously to the will of another; to act in a subservient manner.

Noun) A small wheel or roller; a caster.

ORIGIN:

The ultimate source of the word is Greek trokhos, "a wheel."

From Dictionary.com

truckle
\TRUHK-uhl\

Hey Readers!

Got an idea for our Fun and Games section?

We want to know what you want to see here.

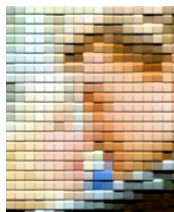
So send us a note at:

concordia.bolt@gmail.com

or come by our office located within the CSA Office

LIFE 'N STUFF

FIRST DATE FRIGHT? LOOK NO FURTHER!



LIFE 'N STUFF
STAFF WRITER

Good Day fellow Concordians!

It has come to my attention that my last article may have offended some of you. Apparently the utilization of certain fabricated words describing the female anatomy, and my personal opinion regarding how girls today are dressed was too much to handle. I would like to start off by saying to the readers that in no way did I intend to offend any of you. As I mentioned in my opening article, my goal is to provide a personal and comedic approach to the questions I receive. I do however wish to note that I will not require the apology of women who choose to dress how they see fit, regardless of how offended I may be. Want to know why??? Well, welcome to Canada! It is a free country where we are blessed with this wonderful thing called, Freedom of expression! The Universal Declaration of Human Rights states: "Everyone has the right to freedom of opinion and expression; this right includes freedom to hold opinions without interference and to seek, receive, and impart information and ideas

through any media and regardless of frontiers." I fully comprehend that my thoughts are and will never be the same as all of my readers, and, quite frankly, I don't want them to be. That is the beauty of an opinion!

This is a university college newspaper folks, and in no way does what I mention in my rants express the opinions of the CSA, The Bolt editors, or my fellow columnists. I am just one student using my personal opinions and experiences to put a smile on some of your faces. Frankly, if I got a rise out of some individuals, then I feel I did my job as a writer. Is that not what every writer attempts to accomplish? As an opinion article there is no possible way that everyone will agree with what I say; however, I do promise to no longer use words that could potentially offend you. Especially the dreaded "k" word.

Anyway enough of my ranting—I would love to hear my readers' thoughts about my last article, and I look forward to answering your future questions!

Please submit your thoughts, ideas, and/or questions to: asklifestuff@gmail.com. As always, your names will not be revealed in this paper or given to anyone.

Now on to the good stuff...

*Dear Life n Stuff,
I'm going out on a first date with this guy I really like this weekend, how do I make a good impression so he'll ask me out again?*

Dear First Date Concerns,
Ugh!!! First dates can be the worst! First off though I would like to congratulate you for holding out for a date with someone who you really like, step one accomplished—never settle! Now I am sure your friends have provided you with various ideas as to how to get his attention, but I can almost guarantee that 20ish (complete estimate on my part) year-old females have no idea what a 20ish year-old guy is actually thinking. The best way to get this type of intel would be to ask your guy friends. If you don't have any, make some! No one knows the mind of a 20ish year-old guy better than a 20ish year-old guy!

If he likes you and has asked you out, clearly he wants to get to know you on a different level than he would by chatting with you in Tegner or the cafeteria. Instead of telling you what to do, I have decided to give you some ideas as to what **NOT** to do.

1. Text on your Date: Whatever you do, keep your freakin' phone

in your purse! Nothing says louder to a person that I'm not really 100% here on this date, than your focus being on your phone. New age of technology or not, it's just plain disrespectful.

2. Talk about your Ex's: Guys do not want to hear about it. They just don't! Especially on a first date. The point is to get to know one another, not to compare this new guy to your ex! You may not be doing that, but if you start describing your ex to this new guy, how is he not going to start thinking "what does he have that I don't," or "am I better than him?"

Also, don't pick at your teeth (personally I find this to be just nasty!), burp (ladylike remember), talk about medical related issues (such as the time you had mono—this might turn a guy off is all I'm saying)

Basically, you can't force a second date unless it is meant to happen. I would make sure to be yourself, ask him questions about his interests, and avoid any potentially touchy topics of conversation. A first date needs to be chill. Good luck dating!

Do you run a club?

Hosting an event?

Let The Bolt know and we can get the word out to the student body.

Deadlines will be posted on the website!

Let the school know what you're up to and let everyone join in the fun!

SPORTS

THUNDER TEAMS OFF TO A GREAT START



BAILEY GARDECKI
STAFF WRITER

Hello valued readers, I hope everyone is having a great week here at Concordia.

In case you missed out on a few games these past few weekends here is a bit of a recap. Our men's soccer team is doing great this season, with wins against Keyano Huskies, Grant MacEwan, and King's College. On Saturday, September 15th they played a tough game against NAIT, unfortunately the Oaks took the game with their single goal. The women's team did just as well with four wins and only one loss to NAIT to date. Both teams play this weekend, the 29th and 30th, details can be found on the ACAC website.

<http://www.acac.ab.ca/pages/soccer-womens.php>.

Those who know Marriya Jenkins on campus know that she is a dedicated cross country runner for Concordia. In fact she has taken the ACAC second place in both non-conference grand prix. Being an athlete and a student is no easy task with practices, training every day, and events on the weekends. She balances her school work with her races by managing her study time effectively. If she has a few hours free in between classes or time before practice, then that is when she gets her readings done. She says it is all about balance. Her goal for the season is to overtake her rival by finals. Good luck Marriya!!

Our Concordia Thunder hockey team played the MacEwan Griffins in an



exhibition match on the 21st of September which was quite the game. Speaking of hockey, the NHL lockout seems to be a big debate these days, but I'm not sure how I feel about this. A big part of my year is spent watching hockey, so now with no NHL pre-season games, what am I going to watch? Maybe they will get the College level games televised! That would be wicked!

Here is an opportunity to get everyone involved. How do you feel about the lockout? I would like to know what the consensus is. The more the merrier, let me know what you think and why. Email me at bgardeck@student.concordia.ab.ca, and if the debate is interesting maybe it will be part of the next issue.

I hope everyone has a great week, go Eskimos!

HEALTH & FITNESS

THE GREAT DEBATE CONTINUES

Continued From Page 1

Anabolic steroids, which are easily the most popular and well-known performance enhancers to date, arguably pose more risks than rewards. While creatine is produced naturally in your body, steroids are purely synthetic and are used to generate male puberty, bone growth, and muscle growth by imitating the male body's natural hormone, testosterone. While a positive for many men may be that muscles and hair grow quickly, it comes at a cost: anabolic steroids take a

large toll on the body as they cause a severe imbalance of testosterone versus estrogen in the body. Females who take anabolic steroids will lose their breasts (the fat turns to muscle), have a deeper voice (as the vocal chords thicken), and begin to grow hair all over the body. Anabolic steroids were, before being abused by many moderate athletes, used for many medical reasons such as bone marrow growth, male hormone replacement, and in assistance in recovering from injury. Unfortunately, many

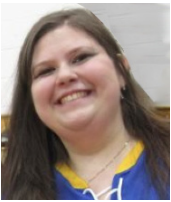
steroid users abuse the drug by taking it in large quantities and "bulking out" for body building competitions and other such events. The large muscles are just for show however, because while anabolic steroids build muscles, they do not build the muscle mass, which is what people use to actually lift things and for strength. These steroid-built muscles are like a balloon because once the user stops the use of the steroids, the muscles "deflate."

As with any supplement, the use of a synthetic substance

may hinder the body's natural process of creating the substance naturally. This is why it is important to go to your doctor and decide if the rewards outweigh the risks of taking it. As with any medical decision, it is very individualistic and one person's body may not take a substance as well as the next person's. While there are many side effects and risks, the use of creatine and steroids can be for the greater good, as long as they are not abused.

POLITICS

COMMONWEALTH OR BUST



REBECCA FIRLOTTE
STAFF WRITER

Our colonial ties to Britain have been severed but not entirely removed. William Hague, the Secretary of State for Foreign and Commonwealth Affairs in Britain, has announced that he intends to launch a network of British Commonwealth embassies in Canada, Australia, and New Zealand in hopes of rivaling the growing superpower of the European Union.

With the union of these four countries, the embassies will allow for a consortium of resources that will help all of the countries in their foreign campaigns. These embassies

will allow for more resources to flow through the countries as well as solidify them as partners in a tense foreign market.

Hague is in Canada to sign an agreement to open joint British-Canadian diplomatic missions around the world. Essentially, wherever there is a Canadian (or British) embassy in the world, the countries will now share the embassy; therefore, the representation of the Commonwealth is doubled. In doing this, the countries can increase their presence in the world.

Britain is threatened by the up-and-coming European Union. The EU is quickly setting up shop in the US and other major countries. Britain sees this as a threat to their status as a world

superpower. For centuries the British Empire was a force to be reckoned with, having a strong presence on every continent. The embassies seem to be a re-exertion of power and dominance. British Prime Minister, David Cameron, spoke to the Canadian parliament last year stating that, “[Britain and Canada] are two nations, but under one Queen and united by one set of values,” meaning that the countries share a connection through a common history. Hague references many instances where the countries stood together as allies. This influx of international pride is not only overwhelming, but can also be seen as a smart move on Britain’s part.

By association, Britain will be

able to use Canada’s amazing international reputation to her advantage. Canada is known throughout the world as a peaceful country. Around the world Canadians are treated with respect due, in large part, to the extensive efforts of Canadian peace officers abroad. Canada has been trying to pull out from underneath Britain’s large shadow with some success. These embassies could either endanger that progress or be an opportunity to reach countries with which Canada has been unable to make ties with.

Comments? Questions? Outrage? Please submit something to The Bolt for publication! concordia.bolt@gmail.com OR Write on our Facebook Wall!

OPEN HOUSE

OCTOBER 13, 2012



GET A UNIVERSITY EDUCATION... without getting lost in university.

STUDENT PERSONAL FINANCE

THE #1 SECRET TO GETTING RICH AND ACHIEVING FINANCIAL FREEDOM



MICHAEL STEAD
STAFF WRITER

Welcome to the Student Personal Finance section of The Bolt! Over the coming weeks and months I am going to be writing a series of essays that are going to deeply challenge your beliefs and attitudes around the subject of money.

The purpose of doing so will be to show the truth of what it really takes to become financially successful and to show you—no, prove to you that everything you have been told about money is likely to be a lie. Failing to recognize these truths could cost you the one thing that everyone wants to achieve but few actually ever make a reality—financial freedom.

In order for me to accomplish this goal, I have to tell it to you like it is and not sugarcoat anything. I am not going to indulge your

fantasies about “instant riches” or stroke your “lottery winner mentality.”

The truth is that becoming wealthy is hard . . . but not impossible. In fact, I am going to show you just how possible it is for you to become wealthy if you are willing to become teachable and follow the plan that I lay out for you over the course of the school year.

Becoming wealthy is a systematic process that is based on sound fundamental principles that, if properly applied, can help you achieve all your goals and aspirations.

Before I get into the “how-to” and “step-by-step” minutia, we need to methodically create a foundation on which everything else I teach you can rest upon. Trying to rush the process by immediately focusing on specific “techniques” or “methods” is akin to trying to construct a skyscraper without any blueprint. You might make a little bit of progress but

eventually the whole thing will just topple over.

So what is the first step to embarking onto the path of becoming wealthy and financially independent? The answer may surprise you . . . perhaps even shock you . . .

It has nothing to do with any specific investing strategy, money management technique, or any type of “get rich quick scheme.”

The most important secret of wealth creation is to recognize and accept that you alone are solely and completely 100% responsible for your personal financial situation.

Before you react defensively, read that sentence again. I didn’t say you are the cause of your situation. I said you are responsible for it. By taking responsibility for your current condition, you also assume responsibility for your future. Nobody can change your fortune but you. And nobody else will. The sooner you accept that reality, the sooner you will shed

the anger and blame and begin to feel financially powerful. Without it, you cannot move forward, even by a single inch.

Know this, embody this, and trust in the process that I am going to layout for you. Believe me, you are in good hands now and nothing would make me more satisfied than seeing my fellow students begin having financial success in the capacity of which I know they are capable yet fail to recognize.

Stay tuned for my next article where I am going to reveal my \$13,000 savings secret and show you exactly how to apply it immediately into your life to begin making radical and drastic change.

P.S. The CBA will be having it’s first event—The CBA’s Annual Social—on October 6th. Keep your eyes peeled around the school for more details in the next few weeks. I look forward to seeing you there!

IT'S GAME TIME!

**THE UPCOMING
GAMES LIST IS NOW
WITH THE REGULAR
CALENDAR ON
PAGE 12
OF THE BOLT**

**COME CHEER ON
YOUR THUNDER
TEAMS!**

CBA
Concordia Business Association
ANNUAL SOCIAL
LIVE BAND **HOUSE DJ**
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TRANSPORTATION FROM SCHOOL AT 8PM
TICKETS - \$5, DRINKS - \$3
INCLUDES YOUR FIRST BEVERAGE, PURCHASE FROM THE BOOKSTORE TODAY!

CONCORDIA EVENTS CALENDAR

OCTOBER

Sunday, 30 September

- ACAC Championship - Desert Bloom
- 12:00 PM Soccer - Concordia @ Grande Prairie

Monday, 1 October

- ACAC Championship - Desert Bloom
- New Issue of The Bolt

Friday, 5 October

- 10:40 AM to 11:10 AM Student Led Chapel
- 7:00 PM Hamilton @ Edmonton

Monday, 8 October

- 9:00 AM The Bolt Deadline

Friday, 12 October

- 10:40 AM to 11:10 AM Student Led Chapel
- 8:15 PM Hockey - Concordia @ MacEwan

Saturday, 13 October

- Cross Country - NAIT
- 12:00 PM Soccer - Concordia @ MacEwan
- 2:00 PM Saskatchewan @ Edmonton
- 8:15 PM Hockey - MacEwan @ Concordia

Monday, 15 October

- Golf - CCAA Championship - Durham College
- New Issue of The Bolt

Friday, 19 October

- Golf - CCAA Championship - Durham College
- 10:40 AM to 11:10 AM Student Led Chapel
- 6:00 PM Volleyball - Concordia @ Lethbridge
- 8:00 PM Edmonton @ BC
- 8:15 PM Hockey - SAIT @ Concordia

Saturday, 20 October

- 12:00 PM Soccer - Concordia @ NAIT
- 1:00 PM Volleyball - Concordia @ Lethbridge
- 6:00 PM Hockey - Concordia @ SAIT

Sunday, 21 October

- 12:00 PM Soccer - Keyano @ Concordia

Monday, 22 October

- 9:00 AM The Bolt Deadline

Thursday, 25 October

- 6:00 PM Volleyball - Concordia @ NAIT

Thursday, 25 October

- 6:00 PM Volleyball - Concordia @ NAIT

Friday, 26 October

- 10:40 AM to 11:10 AM Student Led Chapel
- 12:00 PM Soccer - ACAC Quarter Finals
- 7:00 PM Hockey - Concordia @ NAIT

Saturday, 27 October

- Cross Country - ACAC Championship
- 12:00 PM Soccer - ACAC Semi Finals
- 1:00 PM Volleyball - NAIT @ Concordia
- 6:00 PM Basketball - Red Deer @ Concordia
- 8:15 PM Hockey - NAIT @ Concordia

Sunday, 28 October

- 11:00 AM Edmonton @ Montreal
- 12:00 PM Soccer - ACAC Championship

Monday, 29 October

- New Issue of The Bolt

Friday, 2 November

- 10:40 AM to 11:10 AM Student Led Chapel
- 7:00 PM Calgary @ Edmonton

GOING TO A THUNDER SPORTING
EVENT?

OF COURSE YOU ARE!

WHILE YOU'RE THERE, WHY NOT
TAKE SOME PHOTOS AND SEND
THEM TO US!

THEY COULD GET PUBLISHED IN
THE PAPER OR ONLINE AT
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ANOTHER REMINDER:

THE CONCORDIA STUDENT'S
ASSOCIATION HAS A STUDENT
FOOD BANK!

IT'S RIGHT ACROSS FROM THE CSA
OFFICES AND IT'S COMPLETELY
ANONYMOUS.

SO STOP BY IF YOU'RE HUNGRY
AND IN NEED OF FOOD.

ON THE OTHER HAND, IF YOU HAVE
SOMETHING TO GIVE, THEN POP
IN AND DROP OFF WHATEVER YOU
CAN.

WANT ANYMORE INFO? STOP BY
THE CSA OFFICES.