

The **BLUE** & **White**

The Publication Of The Concordia Students Association

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Issue 2 -Volume 3

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Is This You?



We are having a new contest in the Blue & White!

There will be random pictures from around campus placed in each upcoming Blue & White issue. If you are in a picture, come by the office or track down a Blue & White staff member to prove that it's you (with Concordia student ID and a copy of the paper). Your prize will be a Cineplex Odeon movie pass (valued at \$14). Limit of one prize per issue (so first person to see us gets the prize). So grab your copy of the Blue & White!

HOW TO SUBMIT TO THE BLUE & WHITE

- You can submit articles either by emailing us at blueandwhite@csa.concordia.ab.ca or by dropping a floppy disk in the Submission box outside the CSA offices.
- Please save articles in rich text format (.rtf). Send articles as an email attachment. Questions, line x lines, suggestions, and short announcements can be sent in the email themselves.
- Be sure to include your full name and ID number with your submission. We cannot use your article if you don't include this information!
- If you want to write under a pen name, we still need to know your real name and ID number. Include these and let us know what pen name you want to use.
- Questions for the psychologist and pastor and line x lines may be submitted anonymously.
- All submissions will be edited for spelling, grammar, punctuation, etc. They will also be edited for racism, sexism, and other inappropriate content. All submissions should reflect the mission and policy of Concordia and the CSA and will be edited for that. The editor reserves the right to refuse to print any article that is deemed inappropriate for the paper

CANADIAN DISCO IDOL

Chrissy Klein

The night at Jubilations Dinner Theatre was a highly anticipated night. Concordia students and friends got all dressed up for the sold out event. We went to see Canadian Disco Idol. Disco fever was in the air with Disco Sue serving upside down pineapple cake and ABBA playing in the background. I don't know who voted for Disco Duck but somehow he managed to win the competition. There were some great acts that even featured Concordia students. Sarah Klein and Christy Julius got to be back up dancers/singers for one contestant. A bunch of Concordia's finest men poured out onto the stage for the classic "It's Raining Men." It was a fun night with great entertainment. Watch for more great CSA events in the future!



Ask Pastor Garry



Pastor Garry Dombrosky

What is a Lutheran?

Since I've been on campus I've heard a lot of definitions of "Lutheran" that aren't accurate, such as: Lutherans sit in the back pews, like to sing old, slow hymns poorly, have issues around the use of alcohol, or are some sect that gathers in the chapel daily to do secret ceremonies or mental indoctrination. None of these defines what we mean by Lutheran as a

Christian denomination, especially with respect to what it means that Concordia is a Christian university with a Lutheran heritage to guide it.

To be a Lutheran means, first and foremost, to be a Christian. A Christian is one who believes that Jesus Christ is the Lord and Savior of all, that He is God's Son sent into this world to show us the true will of God, and that the Bible is God's means of speaking His truth and His intent to the world today.

We are called Lutheran because of a man – a sinner just like us – who, hearing God's call, set out to call God's church back to its true roots in Christ at a time when it was not faithful to its calling. We do not worship Luther, but thank God for his ministry, a ministry that has made him one of the key personalities in the last 1000 years of human history.

Lutherans talk about Law and Gospel. Law is the fact that as human beings we find ourselves broken, imperfect and helpless to truly effect eternal change in ourselves. Law is about honesty. Honestly facing who we are and what we are not.

What we can't do and what we need to seek in mercy from God. Gospel is simply the good news that empowers us to face honestly the truth of ourselves because God has declared to us, in words and in His own flesh and blood, that because of Jesus' sacrifice on the cross, we can stand forgiven, renewed and claimed as the very children of God. Law and Gospel together lead us to the wonderful healing that is God's gift offered to all people. Lutherans, like all Christians, live in this forgiveness, mercy and hope that God can work to turn our lives around by His great love.

Like all denominations, Lutherans have little quirks and things that reflect our history, our challenges, and our cultural heritage. Music, liturgies, and forms of worship are shared with all Christians. We focus on some areas more than other denominations but we are part of the whole Christian church on earth in our desire that God's Word and grace be extended to all people.

An important aspect of Lutherans is their desire to be teachers and learners of God's Word. Because of this Lutherans have a strong history of founding schools and universities to help people study the wonder of God's creation, the meaning of His message for the world today, and to enable each person to discover their unique calling from God so that they may serve Him and others through their daily lives. Concordia reflects that desire to learn the truth about God and His creation.

Ask Barb



Barbara van Ingen

Why don't I remember my dreams? Is something wrong with me?

Studies have shown that we experience our most vivid dreams during Rapid Eye Movement (REM) sleep. During REM the brain is very active, the eyes move back and forth rapidly under the lids, and the large muscles of the body are relaxed. REM occurs every 90 - 100 minutes, 3 to 4 times a night, and lasts longer as the night progresses. The final REM period may last as long as 45 minutes. Less vivid dreams occur at other times during the night.

Some people have no difficulty remembering several dreams nightly, whereas others recall dreams only occasionally or not at all. Nearly everything that happens during sleep – including dreams, the thoughts which occur throughout the night and memories of brief awakenings – is forgotten by morning. There is something about the phenomenon of sleep which makes it difficult to remember what has occurred. Most dreams are forgotten unless they are written down. Sometimes a dream is remembered later in the day or on another day, suggesting that the memory is not lost but for some reason very hard to retrieve. Sleep and dreams also are affected by a drugs and medications, including alcohol

To improve your dream memory, remind yourself before you fall asleep that you want to remember your dreams. Keep a paper and pen by your bedside. As you awaken, try to move as little as possible and try not to think right away about your upcoming day. Write down all your dreams and images, as they fade quickly if not recorded. If you can't remember a full dream, record the last thing that was on your mind before awakening, even if you have only a vague memory of it.

I've been dreaming about dying; am I going to die?

Many people have dreamed that they died or hit bottom in a fall and they have lived to tell the tale! You can explore the meaning of these kinds of images just as you would explore any others that might occur in your dreams. However, if any aspect of your dreams worries or distresses you, talk to a professional mental health practitioner about your concerns.

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Meet The Prof

If you're a history student here at Concordia, sooner or later you will meet Dr. Judith Meier. I was lucky to get her for my very first history course here at Concordia, and pleased to have the opportunity to take another course with her this semester. I met Dr. Meier over lunch after our class one day for this interview. She eats in the cafeteria with the students, and our interview was an hour of insight and learning for me.

What degrees do you have? I took my Ph.D. in Medieval English Law, and also did fields in Renaissance and the 16th century. We also had to be examined in another field, so I did Scholastic and Reformation Theology. This went well with the History because religion and history are so intertwined, especially in the Middle Ages.

How long have you been teaching here?

[smiles] I came here in August of 1971.

You were once a dorm mom here?

I lived in the dorm, had the title of "dean of women" – was really the dorm counselor. Most of the women were in high school, as there were only 60 university students here then (there were twice as many high school students). The high school and the university were in the same buildings back then.

What did you want to be when you were growing up?

To teach 1st and 2nd grade. I went to teacher's college for a Bachelor of Arts in Education. As a senior I did student teaching, and found out I didn't like the kids and

they didn't like me. This was a huge crisis, as I didn't know what to do now. I had some good professors with good advice. They suggested I do a master's degree and teach high school. I had enough history courses to be accepted into history. I was later hired as a T.A. at the college for three years, and decided to teach college. Teaching was my calling, but I had to find my niche in it. Thirty years ago when I was getting into this, most professors were male. I was the only female T.A. hired at the time.

What got you into history?

I always loved history. I remember drawing Egyptian pyramids as a child in elementary school.

Why do you like history?

History is a story, but it's a true story: it is about real people doing real things, coping with real problems in a real world. It gives us a useful perspective on the present. Political leaders and events are no worse today than they were in the past.

What is a memory from university?

My graduate school was in a small town, and there was nothing to do. All the grad students drank beer and smoked pot for entertainment. I never got into that, as beer put me to sleep. Back then, the students could smoke in class; it was AWFUL! Smoking was the 'in thing' to do.

What's a favorite pastime?

Reading.

What's a favorite book?

Well written murder mysteries, especially British. There are a lot of

good historical murder mysteries. *Shogun* by James Clavell is a well-written historical murder mystery I'd like to have my students read for class, if it wasn't so long. Two good writers are Ellis Peters (medieval murder mysteries) and Anne Perry (Victorian murder mysteries).

If you could meet any historical person, who would you want to meet, and why?

Two people. One is Eleanor of Aquitaine. She lived in 1150-1205, had ten children, and lived into her eighties. She was married to two kings and was the mother of two kings; she was a survivor. She was a strong powerful female in a world where females had no freedom. The other person is Queen Elizabeth I, for much the same reasons. These were women who held their own in a masculine world.

What advice would you give students?

Enjoy your college experience in a variety of ways. I don't think it's wise to do a four year degree in three years. That's too much hard work of a certain kind. This is especially true of undergrads; the purpose of college is to explore things that are new to you. Take a variety of courses; get involved in a variety of things. I do lots of things now (Shakespeare, music, art) that I wouldn't have done if I hadn't had to take the course. I'd never have had the courage to do it voluntarily.



*Dr. Judith Meier
Interviewed by
Bonnie Ross*

Do you have any Beef's for Bella? Been to a good or bad movie lately? Have questions for the Pastor or Psychologist? Gone travelling somewhere and would like to show and tell?

Email us your articles and pictures at blueandwhite@csa.concordia.ab.ca

We want to hear from you!

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To all the smokers who stand outside the Library and Tegler doors: go away, you're not wanted there. Thanks in advance.

Getting Around That Free Drink When You Have To Drive

Elizabeth Batty

CSA's VP External, Greg van Middelkoop, has been busy setting up a lot of casual events for the student body. Fun for us a lot of his tickets are coming with a free drink! But, what about those who have to drive home? Since we are all in university I assume we all take on the responsibility of not drinking and driving.



This is not some stunt to give you yet another lecture (on top of all the ones you have to attend this week) about the do's and don'ts of alcohol. What I am writing about is how one can actually get around that free

drink that comes with your event ticket. I don't want to hear the excuse "I am not attending a stellar CSA event on the basis that it is an alcohol related night and I can't go". These events are too good to pass up.

Three large CSA external events have come and gone: Back to School Eskimos Home Game, A Bus out to the Trap, and Jubilations Dinner Theater. There is still time to get in on the action of future events.

Greg is busy planning two big events for this campus in the near future. Oktoberfest is on October 22, and about a month later is the Christmas Gala. If you want to know more about these events contact Greg at the CSA offices (479-9210) or watch the *Blue & White* for upcoming ads.

To avoid the problem of

that free drink, the first thing you have to do is find a friend who lives in your area who wants in on all the fun. Second is to somehow decide who is going to be the designated driver for that event and who gets the ride home. Everyone has to get home somehow so it isn't like you will be the only one sober. Being the sober person at the event has its perks too, so "party it up" regardless. At the next CSA external event switch who is the DD. This may even work its way into next semester.

If you don't know anyone yet, then start attending Sean Wood's internal events and get to know members of your university. Sean has coffee houses happening in Tegler Center; all you have to do is show up and start mingling!

Hockey Rant

Hayley Phillips

The news that there would be an NHL lockout this year hit most of us pretty hard. *Hockey Night in Canada* has been a fixture in our lives for generations. But seriously, as an average Canadian with a below average pocket book, am I honestly supposed to side with the players on this issue? Let's get sane and consider some facts. Calgary's miracle season aside, our Canadian teams have been struggling, not just in points, but also in talent and revenue. American teams have consistently had the finances to purchase better star power and leave Canada with the young, low budget hopefuls and the snotty hockey players of the league. This leaves Canadians, the creators of hockey, to enjoy watching America dominate *our* game year after year.

The biggest kick in the pants is that it's gotten to the point where I cannot afford to watch my team lose up close and personal. Even perched up in the nosebleeds has become worthy of taking out a per-

sonal loan. Exorbitant ticket prices have affected all hockey fans, as the Oilers' budget becomes increasingly strained attempting to endorse the greedy players' multi-million dollar paycheques. Of course the Oilers are not the only team in the red over high salaries; in reality, there are twenty teams in the league that are drowning in red ink. It's pretty apparent that a salary cap is what is needed to revive the league and level the playing field. I thought sport was supposed to be about team dynamics, not who can write the biggest cheques.

So when you and your buddies are discussing this momentous greedy gong show that is the NHL players association, consider this:

The average Canadian's income- \$31,750.

The average hockey player's salary- 1.83 million.

The boredom of sitting in a dead sports bar in January on a Saturday night in Edmonton-priceless

Bella's Beef Bucket

Have you ever had an awful experience with one of the offices at Concordia?

Whether you new or returning student, the first person you talk to at an institute, office, or whatever, should be friendly, caring, and understanding. So why is it that every time I try to deal with finance, registration, or admissions I walk away feeling like crap?

If you walked into a store and the first salesperson you talked to was rude, would you shop there? If you were new to Edmonton and looking for a doctor or dentist and the receptionist was rude, would you want to book an appointment?

Then why would a person

choose to deal with an institution that doesn't put its best foot forward? As a new student (a few years ago) I wondered why I would even want to consider attending a "Christian" university that doesn't seem to believe in the essence of its "title". By referring to Concordia as a Christian-based institute, one would expect a friendlier, more caring, and understanding voice on the other end of the phone, or face at the first desk you arrive at on your first day. Applying for university, paying tuition, and registering for classes are scary and confusing enough without the aid of rudeness to discourage us.

This is my beef of the week, because so many people I talk to

have encountered the same situation, and have asked themselves the same questions. I have worked in the people service industry, and with almost every job I was required to take a course on the "proper and polite" way of interacting with the public. My question is: have any of these people been instructed on how to interact with students? More importantly, do they enjoy their job, or even want to be here?

I would like to have a beef in every issue of the *Blue & White*. Although I have plenty of my own, I would love to receive responses, and your own beefs with whatever; the opposite sex, media, etc. Please email Bella at beefbucket@hotmail.com



Introducing: the CSA President

Let me start this by saying that I know I am only human. Too often people in important positions forget that the *position* is important, not the *person*. I am just a guy who loves his school and wants to make life better for students.

I am a fourth year student majoring in Sociology. I love acting, singing, sports – you name the activity and I would love to be in it. I love life and think that it is too short to let things pass by. Sure, we may not like it or it may turn out a bad experience, but even those failed attempts make this life that much more real. I have a deep faith in Jesus Christ Who gives me the wisdom, strength, and desire for all I do. I want you to know who I am and I hope to get to know you as well! So come talk to me.

What do I do? To put it simply I manage the CSA General and Executive council. That means I am responsible for what they do and I have to keep them accountable to you, the students. Some would call me a parent of the council, others a leader, perhaps a coach, but I see my job as comparable to a sports team manager. What the manager does is the background work so that the team can function. Someone once said that if the CSA President did his job, he would be barely noticeable, because that would mean he had

avoided all issues and problems. I think this is true but at the same time I think that the president has to be fully accountable and thus accessible. To do this, take advantage of my office hours, my email, my phone number, and especially my office hour in Tegler on Tuesdays. CSA can do so much more for you than just run events. I want to hear what your needs and concerns are so I can show you how we are trying to meet those needs. If we are not meeting them, we want to try to find away to do that. The CSA Council is not aloof or unsympathetic.

I am only human. I will make mistakes, I could possibly disappoint you, but I want you to know that I am trying my hardest and will ALWAYS be working hard to give you a council that will perform well *for you*.

God bless you.

Scott Lyons,
CSA President
slyons@csa.concordia.ab.ca
(479-9212)



Scott Lyons

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I feel like space at Concordia is shrinking... every time I walk into the library they are moving things around and invading our study areas.

No More Money for Dope or Drinks? Drug Rehabilitation in Edmonton

Christine May

Everybody gets stressed out once in a while, whether they are a student, business executive, celebrity, or even a therapist. Many people have a drink to relax, others prefer marijuana, and some go as far as heroin or crack cocaine.

If you've fallen into the anxiety-drug trap, and you can't seem to get out, going without some sort of fix can result in some severe side effects: pacing, paranoia, anxiety, inability to sit still or focus, suffering exhaustion yet unable to sleep. These symptoms can become relentless and intolerable, leaving one thinking, "Give me a fix – anything to calm me down!" It's not nice, and the hostility of the user can pose a significant threat to those around him or her. Addictions can result in jail time, debt, homelessness, hallucinations, and even death.

What many users don't know is that there are prescription medications that will ease these symptoms until they pass. The treatment includes anti-anxiety pills and possibly some anti-psychotics. The best way to overcome an addiction is with supervised assistance from a medical professional. This means you will be under continuous observation of a doctor. You will need to go to the hospital and admit that you need help.

The risk is worth it because once you are in the hospital, anytime you suffer from the side effects of withdrawal, the doctor will have the resources to "drug you down." This also means that under professional care you will be able to have a nice, relaxing and healthy sleep. Sometimes a person can fully recover from the physical symptoms of drug withdrawal in as little as two weeks, for others it may take longer.

The University of Alberta Hospital has an outstanding reputation for helping addicts recover and stay clean. While your freedom may be somewhat restricted if you chose to stay, they do accommodate your needs with smoke rooms, private showers and access to cable television, table tennis, and other forms of recreation. The recommendation of one former user who recovered at the U of A is to pack some clothing, CDs (including a personal CD player), smokes, and money before going to emergency so you are prepared in the case that you are admitted immediately.

All the information provided in this article is from former patients of the U of A hospital. If you know anyone suffering from an addiction, please pass on this article. Help keep Concordia clean, healthy, and safe – say no to drugs.

Poetry
Corner

Featuring:
Marcus
DenBoer

TRAVEL DAY

PART 1

ive got this feeling in my stomach
and a weight in my hand
everything seems from on top of a cloud
i still cant believe its allowed
day was night when night should have been day
take my pack and im away
to here i come to there i go
everyday walk a different road
to the highs and thru the lows
everyday walk a different road.

PART 2

i feel hot and dirty
having travelled many miles
all i want is a place to stay
a place to rest my head.
to lay down my weary bones upon a bed.
and in the morning when i rise
can i clean myself and clothes
and fill my empty stomach
for journeys end is not yet close
there are many roads to travel
many things still to see
if there is a destination
thats not where i want to be

GOLDEN GIRL

how is this golden girl so beautiful
why is this golden girl so cheap

scrape thru to reveal
the hollow tin beneath.

things are never what they seem.
why is this golden girl so empty

why is this golden girl so cheap
studded with diamonds to be beautiful

beneath the gold a common element
true beauty is pure gold
layer on layer she will shine
pure and true, only for you.
she is always beautiful
she always will be beautiful to me.

oktoberfest!!!

Friday October 22, 2004

Starting at 6:30 at Molson House

- catered meal
- live music
- prizes
- lots of FREE beer

and at 9:30.....

A pub crawl featuring three of Edmonton's hottest nightclubs.

- Esmereldas
- Cowboys
- The Armory

All for

\$10!

See Greg (479-9210) for tickets.

Only 75 tickets available!!

Intern Academy

E. Davis

Originally titled "Whitecoats," and filmed here in Edmonton, "Intern Academy" is a big screen movie with its cast & crew taken largely from Alberta and other parts of Canada. I must admit that I have not laughed this hard in a movie since I saw "Dude, Where's My Car?" The movie follows six young medical interns around St. Albert's Hospital, a place under some very questionable management. It starts out looking a little like a student-film, but progresses towards some winning comedic and dramatic moments. For example, what do you do when you give your condolences to the wrong family?



On the down side, director/screenwriter/actor Dave Thomas gives in to crude sexual humour and situations for laughs. This, as well as moderate autopsy viewing and moderate language, gives this film its 18A rating. On the

plus side, some of the most ridiculous characters I have ever seen, notably Matt Frewer (of PSI Factor), Carly Pope, and Peter Oldring, give the movie some sparkle. Definitely a movie most guys would enjoy.

Release Date: September 10, 2004

Starring: Christine

Chatelain, Ingrid Kavelaars, Pat Kelly, Viv Leacock, Jane McLean, Peter Oldring, Carly Pope, Lynda Boyd

With: Dave Thomas, Dan Aykroyd, Maury Chaykin, Dave Foley, Saul Rubinek, and Matt Frewer

Playing: Cineplex Odeon, only at South Edmonton Common

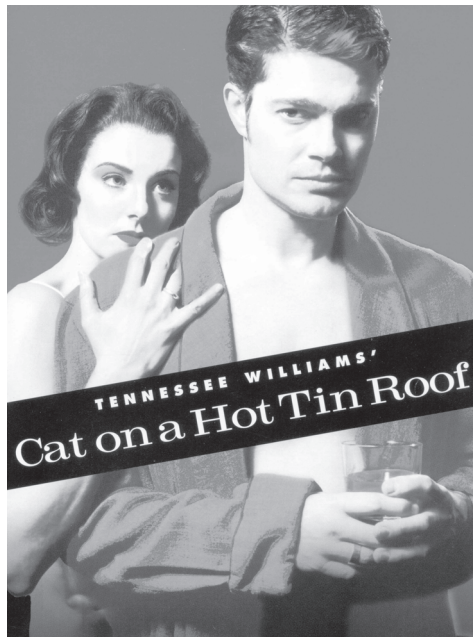


Shot on location at the Charles Camshell Hospital in Edmonton. The director and cast are Canadian.

Play Review: Cat on a Hot Tin Roof

Bonnie Ross

Cat on a Hot Tin Roof is a classic Tennessee Williams' play now being performed at the Citadel Theatre. This play stars Jan Alexandra Smith as Maggie, John Ulliyat as Brick, and Tom Wood as Big Daddy, with Bob Baker directing. The setting is a rich plantation in Louisiana in the 1950's. Big Daddy is dying of cancer, and his two sons and their families have gathered for a last birthday celebration – and to compete for Big Daddy's estate. Tension is rife in the family as family members fight for the inheritance and lie to Big Mama and Big Daddy about Big Daddy's condition. There are moments of hilarity, of shock, of anger as the play



progresses. The actors used most of the bad words I've ever heard, plus a few more, and made a lot of crude sexual comments. Despite this, the play was interesting and definitely worth seeing. Discussions ranged from homosexuality to "mendacity" to adultery. Most of the play is centered on Brick, an alcoholic who doesn't care about life or his father's estate, and his wife Maggie, who'll do anything to get the estate. The play lasts for three hours with two intermissions, but each hour flies by as the audience is caught up in the drama on stage. The play is running until October 17, and tickets cost about \$25-30 for students, so get your tickets soon!

Death of a Cheerleader

It's much too nice out today; one of those days where the weather just refuses to be appropriate for the situation. I feel sad, but it's a selfish sad. I'm sad over how I acted. Everyone's standing in twos or threes, crying and clutching each other, but I'm alone.

Sometimes it seems I'm always alone. My worst fear is to stand in the middle of downtown and scream and stomp and throw things and have no one notice. I tell this to Nathan and he laughs and runs his hand through my hair. Then he rolls over and falls asleep and I'm alone.

It's so hot I think my mascara is starting to run. Good, at least I'll look like I'm crying. I complain about not belonging, but today it's true. I don't think I should be here.

I hadn't seen Kerrie Stansley in nearly twenty years. I didn't recognize her. She was the one calling me, chasing me down the street. I mean I really didn't recognize her. There was nothing left of the head cheerleader I used to worship. Suddenly in a flash I knew her, Kerrie, the name like a firework. So much for turning invisible – the popular girl was running after me! For a moment I was at Memorial Composite, a geeky sophomore, and my dreams were coming true. I had been noticed by Kerrie. Then reality roared back in, and I was standing on a busy street with a stranger panting next to me.

We exchanged the usual how are you's and what are you doing's? I blabbed on about my first chair position in the orchestra, bragged about my great boyfriend, probably got a little too in-depth on my amazing new Ikea desk. I figured it's a kind of once in a lifetime chance. She drank it in, admiration on her lined face. And you still look so good, she said, so young and pretty. I felt a sneer rising up inside me but I squashed it

down. I wanted to be magnanimous. The person who benevolently forgives but silently lords it over the other person so that they never forget how wonderful and yet so self-deprecating you've become, now that your life is perfect. I didn't want to sneer and walk away. Even after all these years, after seeing the wreck she had become, I still wanted Kerrie Stansley to like me. Only now it was my turn to be the beautiful girl, her turn to be the one who comes seeking crumbs of attention.

Finally the service ends and someone tells me how to get to the reception. In the parlor I make awkward chitchat with some of the other women, Kerrie's old cheerleading pals, girls who never had a second glance for me in high school. They look old, used up, how Kerrie looked that day; that day just last week, that day that feels longer ago than the twenty years since high school. From the stilted stop and start conversation I find out

that they hadn't kept in touch with her either.

I consider this defection among the in-crowd as I make my way to the buffet. The group used to seem so close. Now they stand together clinging to glasses of sherry and each other, but there is no love between them, just a fearful desperation. I don't think the tears on their faces are for their dearly departed friend. They're more alone than I'll ever be.

The table is covered with fruit. I take a cherry and eat carefully around the pit, and the dark red juice runs down my hand and over my wrist. I watch it stain my skin for a moment. I imagine this is how her once-perfect, delicate, pompom-waving wrists must have looked when she got too tired of no longer being perfect; when she found herself alone. I pick up a cheap paper napkin and rub my arm clean. I bite my lip to keep from smiling as I realize there's no reason for me to stay. I'm nothing like Kerrie. And I'm glad.

Zil Yarrum



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The maintenance staff ROCK! We have the best looking campus. But I think students should start doing their part and clean up after themselves!

A Couple Ideas for those Leftovers

Hey all you aspiring chefs and those who are stuck with arguably too much independence. I have a couple of ideas for those forbidden leftovers from our Thanksgiving long weekend. And if you precisely planned and are left without any, you can still make this simple meal.



Main Dish: Quesadillas

Take a flour tortilla and cover it with grated cheese of your choice. Then take chunks of meat: fried beef, chicken chunks, or bits of turkey (that's right – throw on your leftover holiday meet). On top of your meat, dab a bit of ranch salad dressing and throw on a second tortias shell. Bake it in a frying pan on top of the stove until the shell is golden brown and the cheese has melted; flip it over until it is well cooked. Cut it into quarters and throw it on a plate. (Contributed by the Lutz Boys)

Side Dish: Baked Potato Casserole

Take your leftover mashed potatoes or just bake the potatoes fresh. Then add all the toppings

you love: bacon bits, grated cheese, olives, butter, tomato, turkey chunks (if you feel really daring), chopped onions, sour cream, get creative! Sir it all in together and re-bake in the over at 350 degrees until desired temperature. (Contributed by Nicole Otterman)

Dessert: Peanut Butter Ice Cream

This will be so good you will want to eat it first. Take equal parts of vanilla ice cream and peanut butter and beat together until it's an even consistency. In paper cups, drizzle chocolate ice cream and then fill them up with the ice cream mixture. Insert wooden sticks and freeze until solid. Gently pull off the paper cup to find your ice cream treat. You can also use fruit syrup instead of chocolate. If you want to forgo the paper cups, sandwich the ice cream between two chocolate wafers, or throw the mixture in a pan and make ice cream cake. Use your imagination!

Next Issue: Kitchen Disasters!!

Did your holiday turkey just not turn out right, or have you almost burnt the whole kitchen down? The *Blue and White* wants to hear about your Horror Stories! And if it is embarrassing your name doesn't have to be included.

Bon Appetit

Chronicles of the Chronologically Challenged

C.C.

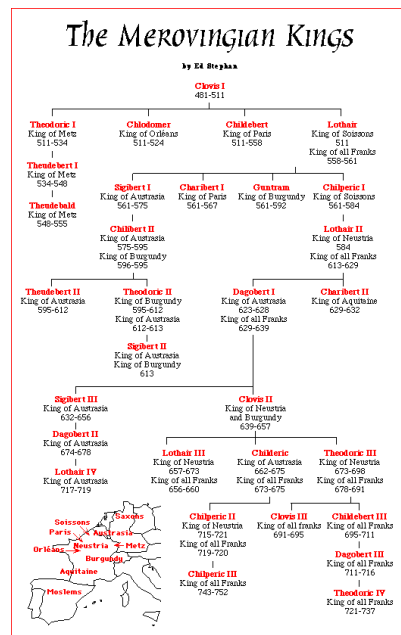
Hey! My first time published in the big *Blue & White* and I made a mistake!! So... this is what it is like to be a writer. The correction of the September 27 edition should read "those who would influence their culture DO NOT continuously follow the status quo." Thank you.

Now I hope all fellow students are enjoying their studies. I've found many Concordians still in shock over the passing of summer and the start of a new semester with new and startling demands. I am not alone!

My ears are ringing with History and English lectures. What do Merovingian kings, innovations of horse technology in military strategy and the 'Beau Monde' have to do with the matter of supper for my

family? I have a night class and I must believe that they will be OK – if they are unable to find anything they like, they are old enough to buy something else. This is troubling to me for two reasons: firstly, they seem fine without me and second, I miss them and the one opportunity in the day to catch up.

The whole idea of going back to school often seems unrealistic; however, this is the journey I am on for now. Some dreams have materialized and more are yet to be dreamed. So much has happened in 5 short hours, that I must believe "all things are possible".



What do Merovingian kings, innovations of horse technology in military strategy and the 'Beau Monde' have to do with the matter of supper for my family?

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Did you know?

There are "concern forms" on
the CSA pole in Tegler. If you
would like the CSA to be
aware of an issue or concern
that you have, please use one.

The annual President's Reception for
Academic Scholars will be held in the
Robert Tegler Student Centre on Tuesday,
November 2, 2004 from 7:00 p.m. - 8:15
p.m. This event recognizes some of
Concordia's top academic students. If you
have received an invitation, please be sure
to RSVP to the Admissions and Financial
Aid Office by October 15th.

Just in time for midterms... join
Chartered Psychologist Barbara van
Ingen on Wednesday, October 13th from
4 - 6 pm in S304 to learn a variety of
strategies to help you Kiss Exam Anxiety
Goodbye!
This workshop brought to you by the
Student Affairs Office.

DO YOU HAVE PREVIOUS STUDENT LOANS?

-Submitted by Linda Nollski (Financial Aid Advisor - CUCA)

If you do not want your previous student loans to go into "Repayment Status" while you are a full-time student, here's what to do:

If you received student loans prior to Aug. 1, 2000 (federal) or Aug. 1, 2001 (provincial) they would be held by a financial institution such as the Royal Bank or CIBC. These lenders will need to be notified that you are still a full-time student so you won't have to start making payments on your student loans.

This can be done by coming to the Admissions and Financial Aid Office (Rm. G202) and completing the appropriate confirmation of enrollment forms (a **Schedule 2** for federal loans and/or a **Form B** for provincial loans). Your lenders must receive these completed forms **before October 31** to ensure they will be processed in time to prevent your loans from going into repayment.

If you did not receive any student loans until after Aug. 1, 2001 your lenders will now exclusively be the National Student Loan Service Centre (federal loans) and/or Edulinx Canada Corp. (provincial loans). These lenders will be updated automatically if you are negotiating new student loans with them again this year, but you must have cashed your loans prior to October 31st. If there has been a delay in processing your student loan(s) and you are unable to cash the loan certificate(s) by October 31st, then you will need to submit the appropriate confirmation of enrollment forms to your lenders.

NOTE: Federal and provincial loans are totally separate. If you received both a federal and a provincial loan last year, but this year you are only cashing a federal loan **OR** a provincial loan, then one of your lenders will need to be updated with the appropriate form.

Example: If you cashed a federal loan (NSLSC) and a provincial loan (Edulinx) last year, but this year you are only cashing a federal loan - then the National Student Loan Centre will be automatically updated, but Edulinx Canada Corp. will need to be sent a Form B before the end of October.

If you have any questions or concerns regarding this process, or if you have other questions regarding Financial Aid, you may book an appointment to see me by calling 479-9220, or by coming to the Admissions and Financial Aid Office (Room G202).

This Week (Oct 12-15th) is... Christian Life Week!

(Watch out for candy!)

Come out to Chapel (every day from 10:40-11:10 in the Auditorium) and Friday Oct 15 join us in Tegler for Praise Chapel!

Wednesday October 13th 7:00 pm Prayer Walk (meet in the glass lounge)

Thursday October 14th 6:00 pm THEME DINNER! (Pot Luck-dress up and bring a food dish)

Sunday October 17th 6:00 pm CONCERT in Tegler! 'Just and 'Traced Image'

Tickets are \$10 but see Nicole Otterman (VP Christian Life) for your \$5.00 discount.

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Now *this* is how a university paper should look!

MMM, TURKEY.

The Travel Bug

The Amazing Blonde

Typically, I am not the most adventurous person in the world. I am quite a “wuss” to be perfectly honest. But, while in New Zealand – considered to be one of the adventure capitals of the world, I found myself 13,000 feet up in the air, about to jump out of a perfectly good airplane. Why, you may ask? Well, everyone else was doing it... Just kidding! I wanted to do something adventurous and something I would never normally have done. Let me tell you, skydiving was one of the most exhilarating things I have ever done! Yes, I screamed like a banshee... and I doubt I could've jumped out of that airplane if I hadn't had that man strapped on behind me. ☺

In the moments just before jumping, with feet dangling, it is such an unnerving feeling – which is probably the scariest part: Knowing that you're going to be falling... it's against human nature I think. But once I was done screaming, and was able to open my eyes, the view was indescribable and I am very glad that I jumped. *Hint: Do not tell your parents *before* the skydive. Only tell them after you've already landed safely. ☺



Been somewhere exotic? Share your travel adventures and (high resolution) pictures! Send them to: blueandwhite@csa.concordia.ab.ca



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