

CUE THUNDER HOME GAMES

FRIDAY January 26th

BASKETBALL, HOCKEY, & CURLING

*TIMES ARE LISTED AS PM

6:00 Women's Basketball

Ralph king Athletic Centre

8:00 Men's Basketball

Ralph king Athletic Centre

CUE Hockey vs SAIT

8:15 PM @
Clareview Arena
Avonair Rink

Curling- Winter Regional Day 1

FRIDAY February 2nd

BASKETBALL

6:00 Women's Basketball

Ralph king Athletic Centre

8:00 Men's Basketball

Ralph king Athletic Centre

SATURDAY January 27th

VOLLEYBALL

*TIMES ARE LISTED AS PM

6:00 Women's Volleyball

Ralph king Athletic Centre

8:00 Men's Volleyball

Ralph king Athletic Centre

Curling- Winter Regional day 2

Avonair Rink

SATURDAY January 20th

NO HOME GAMES LISTED



THE BOLT NEWS

REFLECT A LITTLE



Inside:

HOW WE AFFECT THE EARTH - Donovan Makus talks ecological footprints and how to measure them.

LACK OF PASSION - Taylor Jevning reflects on what it means to do something you love and channel it productively.

AND MORE:

THE LIFE AND PHILOSOPHY OF MICHEL FOUCAULT (1926-1984)

by Jacob Burgess

Michel Foucault was a French philosopher in the 20th century who was primarily interested in how history could be used to create a better society in the modern world. He dedicated his career to examining and criticizing the modern capitalist state, seeking an understanding of power so he could move it in the direction of a Marxist/Anarchist utopia. Foucault was enormously popular within Parisian intellectual circles, and he was a committed revolutionary character. He organized protests, gave speeches at political rallies and, on occasion, was involved in clashes with the police. Foucault remained politically left-leaning throughout his life, but his particular stance within the left was constantly changing. He grew disenchanted with the French Communist Party after 3 years of membership, disgusted by the rampant anti-Semitism and homophobia within its ranks. Michel Foucault's biggest intellectual contribution was to the philosophy of history. He insisted that a new approach should be taken to how we understand and teach history; events and ideas of the past shouldn't be studied for their own sake--they should rather be used to create a better world in the present and in the future.

Foucault's upbringing, something he was fiercely reluctant to discuss, was extremely privileged. He descended from a long line of successful surgeons, so he and his brother were expected to follow the family tradition and become doctors themselves. Foucault attended many elite upper-class institutions where he excelled in languages and history but did poorly in mathematics and arithmetic. In 1946, Foucault was admitted to the elite École Normale Supérieure

where he studied a variety of subjects, becoming particularly interested in philosophy. He began reading voraciously, spending most of his time alone in his dormitory. His colleagues, who were disturbed by his interest in violence and the macabre, largely disliked him. Foucault decorated his room with images of torture by the famous Napoleonic painter Francisco Goya and became fascinated with the idea of self-mutilation and suicide. After a failed suicide attempt in 1948, Foucault's father forced him to see the famous psychiatrist Jean Delay at the Hôpital Sainte-Anne in France. The doctor suggested that Foucault's distress arose from his having to keep his homosexuality and his interest in extreme sadomasochism a secret from the repressive Parisian society he grew up in. Foucault then became involved in the underground Parisian gay scene and began experimenting with drugs and, eventually, he decided to travel Europe in search of a place where he could freely express his sexuality.

In the summer of 1953, while on holiday in Italy with his lover, Foucault came across Nietzsche's book *Untimely Meditations*. The book contains an essay called "On the Uses and Abuses of History for Life", in which Nietzsche argues that rather than learning about history for its own sake, we should look through history to find ideas, concepts, and examples that can help us to create a better world in our own times. Foucault was deeply affected by the essay, and after reading it he decided to become a certain type of philosophical historian. He wanted to learn how to look back into the past to find possible solutions to the many problems of his time. Shortly after his discovery of Nietzsche's essay, he began working on what many consider to be his first masterpiece: *Madness and Civilization*.

Madness and Civilization (1961)

In this book, Foucault argues against the commonly accepted idea that people with mental illnesses are taken far better care of than they were in the past. Foucault examines the history of the concept of madness and traces its evolution back to three distinct phases: The Renaissance, the 17th and 18th centuries, and

Winter Regional

Concordia is hosting the winter regional this year. The games are played at Avonair Curling Club. They will consist of the same teams that were present at the fall tournament. This regional will determine seeds for provincials--only the top four teams qualify for provincials for both men and women. The women will play six games and the men will play five.

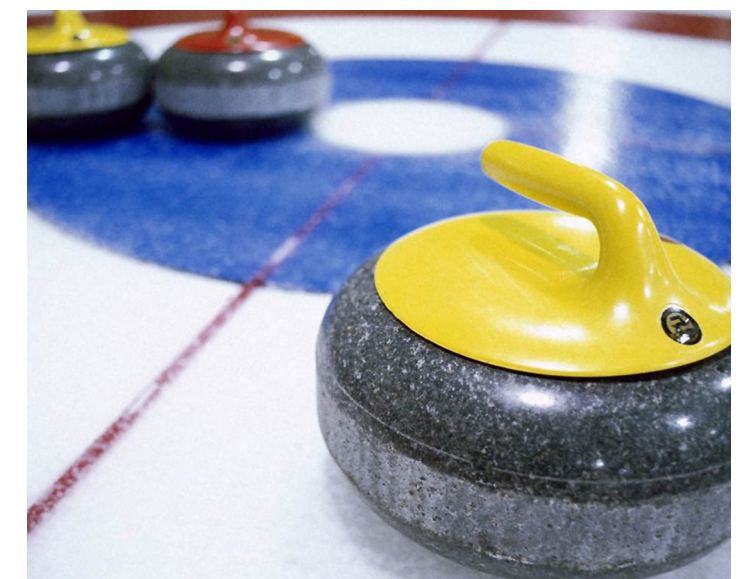
Provincials

The top four teams will qualify for both women and men with Round Robin game play for all tournaments. Provincials this year are hosted in Camrose.

Nationals

To qualify for Nationals, the gold and silver teams from Provincials generally move on, although it fluctuates yearly. Nationals are hosted in Leduc for the 2018 season. The Leduc arena is an elite curling club, and it is a both massive privilege as well as an extremely rewarding experience to be able to play at this club!

Good luck to this year's men's and women's teams!



- The *Hammer* is the team that gets the advantage of throwing the last rock--a major benefit.
- The *House* consists of varying circles with dissimilar dimensions, and it is the distinct colours which mark their dimensions.
- *Rocks* are generally 44lbs!
- Veronica and Madysan told me that the *Hack* is similar to rubber running blocks emplaced in the sheet (ice) at each end. The hacks are used for the players to push off of on the ice and propel themselves and the rocks.
- The *Shoes* are specially designed so that one is used to grip the ice and the other is used for slipping.

Fall Regional

Results:

The Concordia Curling Women's team won 6-0.

Teams:

Red Deer College, NAIT, Macewan, Old's, Augustana, CUE, Portage. It was hosted at Portage (St. Paul). Veronica noted that the women's team had one new player while the men's team had two new players. Both teams were "super happy" with their results. The women's team came in first place in the tournament and the men came in second. This puts more pressure on the men as they will need to win more games in the winter regional to qualify for provincials.

Lots of the athletes can boast accomplishments that reside outside of the ACAC. The CUE Thunder players are highly qualified. Maddy and Veronica both made Team Alberta in 2015, and Taylor made team Canada in 2017 and won gold. Great job! For the boys, Evan Van Amsterdam has been to two provincial finals for junior curling--no small feat.



THE SCOOP ON CURLING

by Rebekka Hay

Hello, Concordia!

Our curling team has been working super hard this year and has done an incredible job representing the school. Even more exciting--they are hosting the Winter Regional (discussed below) at Avonair Curling Rink.

I had the chance to sit down with Madysan Theroux and Veronica Maschmeyer. Together, they are the leads. Maddy is currently in her second year of both curling and university. Moreover, she is pursuing a Bachelor of Arts with a major in Religion and a minor in Education. Meanwhile, Veronica the "skip" (whose nickname is "Ronnie") is also in year two for both school and curling; she is a Sociology major with a minor in Education.

In curling, there are no captains, but the rules are somewhat complex. I am going to do my best to go over them the way Maddy and Ronnie explained them.

The Rules of Curling

On each team, there are four players (not including subs), each one having a different position: the lead, second, third, and the skip. This is also the order of the throwers. To begin, the lead throws two rocks, and on the other end of the curling rink (called the "sheet"), the lead on the other team throws two and will then sweep six, which subsequently restarts the rotation. After the lead has thrown the two, it then moves on to the second player. The second thrower is usually in charge of take outs, which is effectively hitting out opposing team's rocks. Then, the third will throw the third set of rocks and measure any rocks that appear to be similar in length to the button; they determine the score and are also responsible for marking the score.

They hold the broom while the skip throws, thus guiding the skip to throw their rocks to the chosen. Finally, the skip generally makes the decisions for what shots the team will play, and Veronica said that "a large part of this position is strategy and aptitude." Another job given to the skip is to sweep behind the t-line in the house, because they are generally at the opposite end while the rest of the teams makes their shots.

Points

As each end draws to a close, points are determined via the rocks closest to the "button," and this is how the team scores points. One rock is one point. If it is very close, they will then measure to determine which is closest. Furthermore, there are sixteen rocks for one end for a total of eight ends. The rocks are of alternating colours. Games usually last around two hours. Some important things to note with curling:

- Each team takes turns throwing one rock at a time for a total of sixteen rocks.
- Each player will get one throw for each end along with two sweeps per shot.
- "Sweeping"- the brooms melt the ice through friction, which then aids in maintaining the speed of the rock. Additionally, the sweeping manipulates the rock via how it curls towards the button.

Pregame/ Description of the Curling Rink

Each team receives a ten-minute practice period before the game and this is determined by a coin flip. The third always does the coin flip. After the ten-minute practice, there is one minute set aside for who gets the "hammer," and this is determined by whichever team throws a single rock closest to the button. This is referred to as the "draw to the button." This also can determine tie breakers in the event that there is one.

the modern experience. Foucault asserts that, in the Renaissance, life was much better for the mentally ill than it subsequently became. The mad weren't considered to be "sick," but instead, they were just seen as "different." They were allowed to wander freely alongside the sane and were even revered in some circles for the fact that they demonstrated the limits of reason. In the mid-17th century, Foucault observes that a new understanding of the mentally ill had emerged--one that medicalized and institutionalized the insane. Seen as people who are ill rather than different, the mad were taken from their families, locked up in asylums, and used as test subjects for the newly emerging medical treatments for mental illnesses. Foucault uses the same method to examine medicine more broadly in his next book: *The Birth of the Clinic*.

The Birth of the Clinic (1963)

In his next book, Foucault attacks the idea that medicine has become more humane over time. He acknowledges that medical treatments have become more effective but also draws attention to the change of attitude between doctor and patient. Foucault believed that the 18th century gave rise to the "professional doctor." These doctors tended to look at their patients with what Foucault called "The Medical Gaze," seeing them as sacks of malfunctioning organs rather than fellow people. This attitude, Foucault argues, dehumanizes the patients and removes the sense of compassion that should be present when a doctor treats a sick patient.

Discipline and Punish (1975)

In this work, Foucault turns his attention to the modern justice system. Once again, he claims that some aspects of our penal system are actually far worse than they were in the past. While the modern justice system may seem to be fairer and more humane than when the state used to publicly execute criminals, Foucault argues that our justice system simply has the illusion of being fairer and more humane. He points out how, in the past, the condemned per-

son would often become an object of sympathy, and the crowd would sometimes even riot in support of the prisoner. This was possible because the justice system was more transparent and gave the citizens more power to revolt if they disagreed with the decision of the state. In the modern justice system, on the other hand, everything happens more or less in secret and out of the view of the public. It is far more difficult for citizens to change the mind of the state because all of the decisions and punishments happen behind closed doors. This is why Foucault saw our modern penal system as sickeningly barbaric.

History of Sexuality (1976-84)

Foucault's last work was a multi-volume book in which he argues that our modern understanding of sexuality is actually far more repressive than it has been in the past. While we may think that we have a fairly liberal understanding of sex, Foucault argues that sex has become relentlessly medicalized. He called the age we live in "Scientia Sexualis" (Science of Sexuality). He looked back to the cultures of Rome, China, and Japan, and detected what he called "Ars Erotica" (Erotic Art). These cultures were interested in how they could increase the pleasures of sex rather than simply understand and label it in the way our modern culture tends to do. He finished the last volume of this work in 1984 in the hospital while dying of AIDS at the age of 58.

Michel Foucault encourages us to see past the optimistic smugness about the present and suggests that we should reconsider the past in order to find ways of thinking and doing things that might, perhaps, be more effective than how they are now. Many academic historians tend to dislike Foucault's work as he wasn't particularly concerned with total historical accuracy; he saw history as a gigantic warehouse of ideas, some good and some bad. Rather than simply believing that the way things are now must always be an improvement on the way they were in the past, we should sift through history's ideas in search of the ones we can still use to create a better world in the present.



WOMEN IN THE WORKFORCE: EQUAL OPPORTUNITIES

by Emma Bott

Equal employment opportunities and pay is a hotly-debated topic in the news today. We've all heard the stories of women who get paid less than their male coworkers who do the same job. Equal pay for equal work is gaining more and more recognition because of popular figures like Amy Schumer, Natalie Portman, Jennifer Lawrence and Debra Messing (to name a few). In Canada, white women earn 87 cents to men's \$1. In 1981, this pay gap was 77 cents to every \$1. In 36 years, the only progress made is 10 cents. Black women make even less at 69 cents to every \$1 earned by men. Indigenous women make 59 cents, and hispanic women make 54 cents. This is an upsetting reality, and it begs the question of why it is still an issue in 2018.

There are two concepts we need to understand in order to promote equal pay: equal pay for equal work, and equal pay for work of equal value. Equal pay for equal work is defined by Canadian Human Resources as "[t]he principle or policy of equal rates of pay for all employees in an establishment performing the same kind and amount of work, regardless of sex, race or other characteristics of individual workers not related to ability or performance." Equal pay for work of equal value, on the other hand, is defined as "[t]he principle of equal pay for men and women in jobs with comparable content; based on criteria of skill, effort, responsibility and working conditions." Equal pay for work of equal value is a crucial part of the Canadian Human Rights Act.

A barrier blocking women from succeeding is the invisible glass ceiling. The glass ceiling allows women to view higher level jobs that stay just beyond their reach. It is an obstacle in the way of female career advancement, especially at the top of large companies. In most large corporations, the existing top management are men. Shared perspective is a major factor causing this preference. Another barrier is family. Women, who are still thought of as primary caregivers, are more prone to worry about the effects of their jobs on their families. Think about it: when you were a kid and were sick, what you did you want? Most of you probably wanted your mom to take care of you. There are a lack of proper support systems in place in most workplaces for new parents. What are some examples of systems that could be in place? One option is mentor moms, which pairs new moms with other working moms to learn how to juggle tasks. Alternatively, some companies help women phase back into work following maternity leave. The first week back, women only do 50% of their regular workload, the second week they do 75% and finally, the third week they are up to 100%.

Another reality is that women are more likely to opt for non-standard employment types. Some work part-time, telecommute, and have shift work. An issue with this type of employment is that nonstandard employees do not often get the promotions and benefits that full-time employees do. Women also tend to look at how their career choices affect their mental and physical health more than men. If a career choice is damaging to their physical or mental health, women are more likely to re-evaluate and change career paths. The last barrier is made up of stereotypes and behaviours. There is a recurring idea among many that women do not have what it takes to be leaders. The social role theory explains how people tend to picture the same characteristics when thinking of a leader, and these characteristics just happen to describe typical male



SHOW TIME!

Here is what is playing in theaters this week:

- Coco G
- The Post PG
- The Commuter PG
- Pitch Perfect 3 PG
- Ferdinand G
- Hostiles 14A
- 12 Strong 14A
- Phantom Thread 14A
- Den of Thieves 14A
- Insidious: The Last Key 14A
- Molly's Game 14A
- The Greatest Showman PG
- Jumanji: Welcome to the Jungle PG
- Star Wars: The Last Jedi PG

Cinaplex North

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

SUDOKU



CROSSWORD

Across

- 1. Opposite of deplete
- 6. Kings or Wizards, e.g.
- 10. Line-__ veto
- 14. On the up-and-up
- 15. Beastly sort
- 16. Implicate
- 17. Outdated anesthetic
- 18. Cool one's heels
- 19. Hardly a libertine
- 20. "Halt!"
- 23. Very small amounts
- 24. Unrealistic potato chip portion
- 25. "Love Will Keep Us Together" songwriter
- 28. Port on the Barge Canal
- 33. Lennon's widow
- 34. Kin of nah
- 36. Half of an odd couple
- 37. "Halt!"
- 41. Sound of spring, for some
- 42. Kind of chamber
- 43. Lend it or bend it
- 44. Mall tenant needs
- 46. Parched feeling
- 49. Animated chihuahua
- 50. 500, to a stationer
- 51. "Halt!"
- 58. Type of board
- 59. Bedfellow
- 60. Wane (with "out")
- 61. Toward one side of a ship
- 62. Melancholy
- 63. "Granny" Ryan
- 64. Closing document
- 65. Sunrise direction, in Sonora
- 66. They're for the birds

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
20						21					22			
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25	26	27				28	29				30	31	32	
33					34	35				36				
37			38	39					40					
41						42					43			
44					45			46	47	48				
				49				50						
	51	52				53	54				55	56	57	
58						59				60				
61						62				63				
64						65				66				

Down

- 1. Novelist Waugh
- 2. Parcel (out)
- 3. Certain foreign leader
- 4. Naptime in Salamanca
- 5. Run in the raw
- 6. Hamlet's relatives
- 7. "Heavens to Betsy!"
- 8. Like Death Valley
- 9. Shower participant?
- 10. Broken
- 11. Seamen
- 12. Give off
- 13. "Little Women" woman
- 21. "A Bell for ___"
- 22. Fly in the ointment
- 25. Jerks make them
- 26. Son of Cain
- 27. "Tiny Bubbles" singer
- 28. Construction particulars, briefly
- 29. Part of a Beatles refrain
- 30. Type A's medical problem, supposedly
- 31. Fiction's Marner
- 32. Exercise, as influence
- 35. Kaput
- 38. Best reviewed
- 39. Displaying listlessness
- 40. Choral work
- 45. Infuriate
- 47. Millinery adjunct, perhaps
- 48. Arriver's phrase
- 50. Group three with thee?
- 51. Tactic of 44-Across
- 52. Sloth's home
- 53. Troubles
- 54. Superabundance
- 55. Holiday times abroa
- 56. It may be due on a duplex
- 57. "___ Tu" ('70s hit)
- 58. Father, informally

behaviours. Although there are different approaches to management, typical female behaviour tends to undermine confidence in them as leaders. Right now, cultural and societal norms see men as protectors and women as nurturers. Part of the issue with these stereotypes are that they are subconscious and many people do not realize they even carry them. In Sheryl Sandberg book Lean In, she encourages women to ask for what they want in their careers and be more aggressive in order to be seen as leadership material. We are faced with a dilemma now, and that is whether it is people who should change or if stereotypes are what need to evolve.

In Canada, we have employment equity, and in the US, there is affirmative equity. Employment equity programs are defined by Canadian Human Resource Management as being "developed by employers to undo past employment discrimination or to ensure equal employment opportunity in the future." The Employment Equity Act is a piece of legislation that works to remove barriers and promote equity. There are four groups that the act focuses on: women, people with disabilities, indigenous people, and visible minorities. According to Canadian Human Resources Management, there are seven major steps in establishing employment equity programs:

- (1) Exhibit strong employer commitment
- (2) Appoint a high-ranking director
- (3) Publicize commitment internally and externally
- (4) Survey the workforce for underutilization and concentration
- (5) Develop goals and timetables
- (6) Design remedial, active and preventive programs
- (7) Establish control systems and reporting procedures

The argument against employment equity and affirmative action is that these programs are sometimes referred to as reverse racism. Often, these

people prefer to deny that racism still exists and do not acknowledge that white privilege is a real phenomena. Most people also do not fully understand the programs that are in place. It is important to understand that being anti-racism is not being anti-white; reverse racism and sexism are not existing concepts as racism and sexism are simply the buildup of systems that repress the people under them. The system is unfair to people that are disadvantaged by it. It is worth noting that white women benefit the most from employment equity and affirmative action programs.

The good news is that, like the glass ceiling, these stereotypes are slowly being phased out. People are learning to understand female leadership. There is progress being made in equal pay. Progress has been made across the board, but inattention to these issues will delay further progress.



A LACK OF PASSION

by Taylor Jevning

As a writer, I get to do something I love whenever I sit to write a story or article. Like any hobby or passion, it is an incredible feeling to have a purpose and goal that incorporates the things you love to do into your daily life. Many of the people I have met in Concordia have a wide array of interests--from sports to arts to wonderful things that I can't believe people are even capable of. In an environment with such talented people, it's great to be inspired by the things others participate in and explore your passions further; however, as with any hobby, sometimes it feels like you've hit a wall where you feel unmotivated and cannot find the energy to even participate in something you love. Writing is one of those particular hobbies where a lack of motivation becomes apparent.

Every once in a while, I feel like I get to the point where I have no stories left to tell. I will sit down to write, and instead of words flowing from my brain to the page in front of me, I can't find any part of myself that feels good enough to share things with the world. I get articles and stories written and read them over knowing I can't be proud of what I've written, ultimately trashing hours of work and feeling discouraged. Even when I was an athlete, sometimes I would put my figure skates on and step on the ice and would struggle to perform, while on other days, I felt like I could pour my soul into my programs and my training. It took a huge amount of self-reflection and critical thought to understand this phenomena, and understanding myself better has made these hard times easier.

First, when you're feeling unmotivated while doing something you love, it is important to remind

yourself that you are doing an activity that you do, in fact, love. When we participate in the same activities often, they can easily become part of a routine rather than an act of passion. When I'm dreading writing, I remind myself how lucky I am to have a few hours every week to dedicate to an activity that I want to do, and I concentrate on the fact that this is time I make for myself. Trying to forget about the daily stresses of university, work, having a social life, and managing your mental health is hard to do when you sit down, clear your schedule, and try to focus on something positive. For some reason, I find it incredibly difficult to put my busy schedule to the back of my mind when it comes to doing things I enjoy. Even at concerts or fun activities with friends, I feel nervous and anxious about the responsibilities I'm neglecting when I'm taking time for myself. Recognizing that I have set aside time in my day to sit down and not focus on my responsibilities has made it easier to stay in a positive mindset when it comes to my hobbies, and this has actually led to me channeling my negative energy into my writing (such as in this article). It helps clear my mind and makes me feel more relaxed when I finally re-enter the real world.

Sometimes I can't even bring myself to write. At times, I've gone weeks without writing and felt guilty. As someone who's been there, this mentality sends you into a downward spiral where you feel beaten down and guilty for not being capable of something that once made you so happy. There are moments, though, like in my last article, where you finish something you didn't feel capable of, and you look back with pride. When I sat down to write my last article, I felt so heavy and incapable of expressing myself, and I channeled those negative emotions into my article. When I completed and edited my writing, I felt a sense of pride that I hadn't felt in a long time

HOW WILL I AFFECT THE EARTH?

by Donovan Makus

Every human being has an effect on our planet regardless of their lifestyle. From the most rural herder to a socialite in a modern city, we all have an impact on our planet. The size and nature of this impact, however, varies, and this is the key issue of our ecological footprints.

An ecological footprint is an attempt to quantify, in a simple measurement, the global hectare (which is the same size as a regular hectare), but factors in the average bioproductivity for all productive land and sea areas on Earth--the total impact of someone's lifestyle on the planet. An ecological footprint is similar to a carbon footprint, which measures the amount of CO₂ someone's lifestyle generates, but is more holistic in not narrowly focusing on one aspect (like CO₂), instead offering a better overall picture.

Calculating your own ecological footprint can be daunting. A simple internet search for "ecological footprint calculator" reveals a wealth of different calculators, some fairly simple and others requiring an in-depth analysis. The Ecological Footprint calculator I used was from the University of Michigan's Global Change Program and required in-depth data collection, allowing for a more accurate calculation. For a truly accurate estimate, you will need to carefully track your consumption and lifestyle habits for several weeks--the longer, the better--and factor in events such as vacations that may occur outside of the short time period you were tracking consumption. The beginning of the school year, when we still have plenty of time before tests and assignments are due, is the perfect time to start recording this information. An excellent way to do this is to make daily journal entries to track your consumption, waste,

fuel usage, and more, using the data entry fields from your chosen calculator to guide your journaling.

Regardless of which calculator you use, the process of recording and thinking about our consumption should raise questions about our relationship with the natural world. When I first looked over the spreadsheet I was using, I was somewhat intimidated by all the information I needed to gather; however, as I journaled and collected information, I became more aware of my personal environmental impact. Often, when we are attending University, we think of what we want to do in life and how we want to have a positive impact on those around us, but do we also factor in the impact of our lives on the planet, which will one day be home to future generations?

This is something we can all take to heart. Rather than thinking of "the environment" or "Earth" in abstract terms, we must think of our own impact and not merely the collective impact caused by billions of human beings. Together we have a massive footprint, but that great impact consists of billions of individual footprints, and while it is easy to talk about the things other people or large countries could change to make our environment more sustainable, meaningful change must start on an individual level with each of us making real, personal lifestyle changes. No matter what number the calculator ultimately gives us, this is the lesson we should take to heart: what will my impact be?



Concordia Visual Culture Society Presents...

JAN

26

3-10

PM



GAMES
NIGHT

EXPLODING KITTENS • 7 WONDERS •
CATAN • JENGA • AND MORE

FREE PIZZA • BOARD GAMES • VIDEO GAMES

STUDENT LIFE

#9

about my own writing. Those moments are what remind me of the fact that I do work hard and deserve to take pride in the fruits of my labor, even though I'm not always in the right headspace. I felt the desire to share that article with my friends and received such positive feedback. Articles like my last one are a reminder that I've come so far in developing my talents, and that when we love the things we do, we should push ourselves to do them--even when we feel like we are at our lowest.

This article is also a product of a lack in motivation and emotional drainage as I'm currently preparing for the start of my final semester of university. I feel so confident in myself and in all of us here that we can--and will--make time for

things we love this semester. Writing this article is proof that you should. Even when you feel a lack of motivation, these hobbies are the things that allow you to take time to focus on yourself and the things you love, which is necessary to find balance and mental stability. This semester, I hope you all hold onto your passions and are able to channel your energies into things that are wonderful and productive in the midst of stress and struggles; I know it can be overwhelming at times. Let us take our successes with great pride and handle our failures with stride, knowing that the things we love are worth our attention. Dedicating a few hours a week to things we love is a great way to stay mentally healthy, happy, and remind us of the fact that we are amazing.

**FEEL
THE
THUNDER**
PEP RALLY SEASON

January 12th
Badminton

January 19th
Volleyball

January 26th
**Curling and
Indoor Track**

All pep rallies happen
at NOON in Tegler.



THE 36 STRATAGEMS: COMMANDING SUPERIORITY

Tyler DeWacht

Good job, you made it through your first week and a half of classes! Now that you've had a taste of the university experience, shall I share with you some strategies for success? In case you missed the previous issue of The Bolt, here's a quick overview of what this series is: the 36 Stratagems are a flexible collection of early Chinese warfare tactics, and my goal in this series is to apply them to a university setting. In this issue, I'll be covering the first set of the 36 Stratagems, known as the *Stratagems For Commanding Superiority*. This particular set is designed to help you earn a decisive victory over your enemy, completely dominating the opposition.

First off is Stratagem 1, which is to *Deceive The Heavens And Cross The Ocean*. This may sound complicated at first glance, but it's actually rather simple in execution. You just mask your real goal, distracting those who would otherwise get in the way. You're deceiving the heavens, crossing the oceans of obstacles to reach your actual goal. Set up a false front, make it seem like your goal is something else and, as a result, lower their guard. By the time they realize what's happening, it should be too late. As an example, let's use customer service. Whether you're volunteering as part of a course or working part-time to earn some money, chances are you'll be interacting with other people. Even if you don't like your role, try not to make it obvious. Your real goal may be to earn money or volunteer hours, but the customers should believe that you like what you're doing. If you actually do like your role, then that's great! If not, then keep this

stratagem in mind; your job will only become harder if people start complaining about your attitude.

Next up on the list is Stratagem 2, *Besiege Wei To Rescue Zhao*. For historical context, Wei and Zhao were rival states during the Warring States period, and the name of this stratagem is in reference to an event known as the Battle of Guiling. When Wei began sieging Zhao's capital, Zhao began sieging Wei's capital in return, which had been left vulnerable. Wei's siege force was ordered to retreat home, and they were subsequently ambushed and destroyed on the way back. The point of Stratagem 2 is that when your enemy is too strong to face directly, aim for their weak points. Let's apply this to university assignments—one of the most difficult assignments you'll ever have to face is the research essay. A lot of effort goes into them, they're worth a lot of marks, and procrastination is a very bad idea. They can't be done in a single night, it's just not possible. Problem is, where do you even start? A good place to begin is with the basic structure; it's the easiest point to exploit. Get your ideas and structure down first, and then you'll have a solid platform from which you can attack everything else. It'll still be difficult, but at least you'll know how to attack it, which will make it more manageable. Find the necessary sources, collect the required information, write it down in a polished manner, and voila! You should clear it with passing marks, assuming you did everything correctly.

Building off of the previous example, there's an important note to make about sources. When it comes to assignments, there's a right way and a wrong way to apply Stratagem 3, *Kill With A Borrowed Knife*. Based upon borrowing the strength of others in order to achieve your goals, you should already know what I'm about to say. It's a point which has likely been drilled into your head repeatedly by many different instructors, but it's a very important point which should never be neglected. That's right, I'm talking about plagiarism. It's okay to take information from other sources, it's even recommended or required in some cases. You're borrowing the strength of other minds in

order to strengthen your own work, and that's a good thing. Otherwise, what's the point in writing anything down if nobody makes use of that knowledge? The problem is when you don't properly credit those you got that information from. When you do that, you're stealing their work and claiming it as your own. Nobody likes thieves, and those who get caught earn themselves a one-way ticket out of university. Do you really want to take such a huge risk? Write down all of your sources, even if they seem insignificant.

It may be tempting to play around all the time, but some of that time should be dedicated towards important things, such as exams. However, too much studying can also be a bad thing. A fine balance is required between work and play, which brings up Stratagem 4, *Relax While The Enemy Exhausts Himself*. While the enemy is running themselves ragged, you use your time wisely to prepare for what comes next. You should obviously do some studying, you need to know how to answer the questions. Don't force yourself to study for excessive periods of time though, because it will become counterintuitive and begin to degrade your mental health after a



while. Also, you'll begin losing valuable information as your mind begins to wander. Find the balance which works for you, and you'll be able to pass that exam while other students are struggling because they either slacked off or overworked themselves.

When it comes to keeping up with homework, your breaks and weekends will be your best friends. There's no new homework being added to your to-do list, so that extra time can be used to great effect. Here's where Stratagem 5, *Loot The Burning House*, comes into play. The point of this stratagem is simple: attack the enemy while they're down. With less problems getting in your way, you can take on whatever's there with less opposition. Take on those smaller assignments as they come so that they can't regroup in huge numbers later when things become calmer. The less you have to deal with at once, the easier it'll be to manage when those assignments start getting harder. It's generally easier, in the long run, to solve a few problems per day rather than having to deal with a lot of problems the night before they're due. This next one should be familiar to a lot of people; it's one of the oldest tricks in the book. Stratagem 6, which can be translated as Clamor in the East, Attack in the West, is the classic feint maneuver. Make the enemy think you're going one way and then move in the opposite direction. It has many tactical uses, and any competitive sports players can make good use of it—hockey, basketball, ping-pong, you name it. It's not just restricted to physical activity either; it can be used in other areas as well. If implemented well, a plot twist in your creative writing assignment can take your grade up a notch or two while a well-placed plot twist in theatre can earn laughs or gasps.

Hopefully you can use these stratagems to your advantage, which will potentially give you an advantage over your classmates. This has been the first set of the 36 Stratagems, the *Stratagems For Commanding Superiority*. In the next issue, I'll be covering the second set, *Stratagems For Confrontation*, for situations when you and your enemy are on roughly equal footing. Now go out there and do your best, I believe in you!

