

The BLUE & White

The Publication Of The Concordia Students Association

March 30th 2005

Issue 11 - Volume 3

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The Is This You? Mega-Contest

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). **THREE PRIZES THIS ISSUE!** (first three people to see us win the prize). So grab your copy of the Blue & White!



Letter from the Editor

Lis Swyripa
Editor-in-Chief

This was my first year attending Concordia - in the brand-spanking new Bachelor of Management program. Attending Concordia has been sort of a different experience, much smaller than any U of A class I ever attended. I suppose my classes could be more comparable to my classes at Grant MacEwan; I even have an instructor that I'd had at Grant MacEwan. Because the Management program is so new, we have had all of our classes at the Gold Bar Campus. Needless to say, I have had very little reason (other than *Blue & White* related reasons) to visit the Highlands campus. It'll be very exciting for the upcoming Management students to have a place at the main campus after we leave - a new building is in the making.

I have very much enjoyed being the Editor-in-Chief of the *Blue & White*. My job was made even easier with the diligence of Story Editor Bonnie Ross, and the creativity of Layout Editor Evan Adnams. Also, Capilano Instant Copy and Printing on 50th Street, who print our papers, has been so accommodating; they are such nice people.

As a member of the *Blue & White*, I have found that student interest has a tendency to wane. What I mean by this is that during the first semester we had

quite a number of submissions. However, as time progressed, the number of submissions declined. It seems as though a large number of students read the *Blue & White*, as there are never any left to dispose of (for which we are thankful). It has been difficult to find out what students liked or disliked as feedback was minimal - I would prefer not to use the term "student apathy" but perhaps this is the case.

It made things quite interesting when we received articles that sparked conversation. If you are reading this, maybe you have some ideas that you think would have worked for the *Blue & White*. Maybe you could let us know what you thought of "Cooking with Clancy," "Ask Barb" as well as the "Is This You" contest so that the future *Blue & White* members can improve your student newspaper.

I can only hope that in the future students will utilize the *Blue & White* to express opinions and be heard.

I would like to thank everyone who has sent us submissions during the past school year and thank you for reading the *Blue & White*. Bye. ☺

Send us your feedback:
blueandwhite@csa.concordia.ab.ca

Don't Give Up, Finding a Job Takes Time

Yovella
Volunteer Assistant
Concordia Career
Services

It's now that time of year when many graduates will be seeking permanent employment. Waiting for interviews and offers of employment can become a task in patience after creating and handing out multiple resumes and letting everyone you come into contact with know that you're job hunting. Here are a few suggestions that will help you during what can seem like a long wait.

Remain confident. Don't expect a prospective employer to be interested in you if you don't have confidence in your own skills, knowledge and abilities. Whether you've been turned down after one or many interviews, remaining confident is still important. Interviewers can easily detect a person filled with self-doubt.

Don't Stop. Regardless of how many interviews you manage to arrange, keep putting out resumes. An interview is not a guarantee of a job offer.

Yes or No: it's your choice. It may be tempting to take the first job offered by an employer, but if you don't feel the job is what you want, it is okay to refuse the offer. Keep looking for the job you want; there is no need to rush into a position.

R & R. If you find that you have put out many resumes and haven't received any calls of inquiry or interviews, look at is your resume. Is your resume up to par or does it need to be revised? The second 'R' is for references. Be careful when choosing people to be your reference. Despite your great skills and experience, references can end up being the deciding factor for employers. If your references are vague or not positive, it can hinder you from getting employment.

Don't come back. Try to fight the temptation of returning to school for a second degree or applying for entrance into a B.Ed. program because you haven't found a job you like by the end of summer. Going back to school and taking more arts and science courses will not guarantee you increased employment opportunities and you may end up in the same position next year.

To all students graduating this year, good luck and best wishes in your future job search. If you would like more information, make an appointment with Concordia Career Services through the Student Services Office (G212). Concordia Career Services are located in the Library (L265).

Ask Barb

Is it Murphy's Law that students get ill as soon as final exam time rolls around or is there some sort of scientific explanation?

A lot of students do become sick with a variety of ailments at the close of each semester. The association between stress and both mental and physical illness is well recognized and has gained general acceptance. Research studies have shown that stress has an association with immune changes. One study found that students who reported high distress during exams demonstrated depressed immune functioning and developed more respiratory infections in the six months following the exam period compared to control subjects.

Dealing with academic schedules, part-time jobs, family and social activities tends to be stressful enough, but then add the extra workload of writing papers and studying for finals and many students find the stress almost overwhelming. Dealing with all this responsibility creates an ideal breeding ground for such ailments as colds, flu, mononucleosis, and strep infections.

Stress adds flavor, challenge and opportunity to life. Without stress, life would be dull and unexciting. However, too much stress can seriously affect your physical and mental well-being. Recurrent physical and psychological stress can diminish self-esteem, decrease interpersonal and academic effectiveness and create a cycle of self-blame and self-doubt. It is important for your health that you find the optimal level of stress that you can learn to manage effectively.

The best way to cope with unhealthy stress is to recognize when your stress levels are building. While we often think of stress as the result of external events, the events themselves are not necessarily stressful. It is the way in which each individual interprets and reacts to an event that produces stress. People vary significantly in the type of events they experience as stressful and the way that they respond to these events. Public speaking is a good example: while some people see it as routine, others see it as highly stressful.

Stress is a part of every student's daily life. Your personal stress requirements and the amount which you can tolerate before you become distressed varies with your life situation and your age. As a university student, the greatest sources of events you experience as stressful are likely to be relationships, academic and social situations, environment and lifestyle.

A critical first step in coping with stress is taking stock of the stressors in your life. Here are some ideas on how to manage stress in your life.

1. Take a Deep Breath!

Stress often causes us to breathe shallowly and this almost always causes more stress!

2. Manage Time

One of the greatest sources of stress is over-commitment or poor time management. Plan ahead. Make a reasonable schedule for yourself and include time for stress reduction as a regular part of your schedule.

3. Connect with Others

Being by yourself is fine, but being lonely is different. A good way to combat sadness, boredom and loneliness is to seek out activities involving others.

4. Talk It Out

When you feel something, try to express it (appropriately, of course!). "Bottled up" emotions increase frustration and stress. Share your feelings. Perhaps a friend, family member, teacher, our campus chaplain, or myself can help you see your problem in a different light.

5. Take a "Minute" Vacation

Create a quiet scene. You cannot always run away, but you can dream. Imagining a quiet beach scene (my favorite!) can take you out of the turmoil of a stressful situation. When you have the opportunity, take a moment to close your eyes and imagine a place where you feel relaxed and comfortable. Notice all the details of your chosen place, including pleasant sounds, smells and temperature.

Barb van Ingen



Student Stress Scale

Instructions

The Student Stress Scale is scored by adding the points listed for the checked life events.

Scores of 300 and higher indicate a relatively high health risk; scores of 150 to 299 indicate a 50/50 chance of serious health problems within two years. Check those events you have experienced in the past six months or are likely to experience in the next six months.

Past / Future

1. Death of a close family member ____/____ 100
2. Death of a close friend ____/____ 73
3. Divorce between parents ____/____ 65
4. Jail Term ____/____ 63
5. Major personal injury or illness ____/____ 63
6. Marriage ____/____ 58
7. Fired from job ____/____ 50
8. Failed important course ____/____ 47
9. Change in health of a family member ____/____ 45
10. Pregnancy ____/____ 45
11. Sex problems ____/____ 44
12. Serious argument with a close friend ____/____ 40
13. Change in financial status ____/____ 39
14. Change of Major ____/____ 39
15. Trouble with parents ____/____ 39
16. New girl or boy friend ____/____ 38
17. Increased workload ____/____ 37
18. Outstanding personal achievement ____/____ 36
19. First semester in university ____/____ 35
20. Change in living conditions ____/____ 31
21. Serious argument with instructor ____/____ 30
22. Lower grades than expected ____/____ 29
23. Change in sleeping habits ____/____ 29
24. Change in social activities ____/____ 29
25. Change in eating habits ____/____ 28
26. Chronic car trouble ____/____ 26
27. Change in number of family get-togethers ____/____ 26
28. Too many missed classes ____/____ 25
29. Change of school ____/____ 24
30. Dropped more than one class ____/____ 23
31. Minor traffic violations ____/____ 20
- TOTAL _____

LINEXLINES - LINEXLINES - LINEXLINES - LINEXLINES - LINEXLINES - LINEXLINES - LINEXLINES

Isn't it funny how one day you realize how everything is so very different.

Drinks Are On Me!

For my last issue I thought we would have a little fun. These drinks are great and easy to make. So if it's for that pre-final exams stress party or for freedom post final-exams, you will ensure yourself (as well as your taste buds) a great time.

Pina Colada Perfecto

1 oz of creme of coconut
2 oz of pineapple juice
1 ½ oz of club soda
mix over ice.

Peachy Freeze

¾ cup cold milk
¾ cup chilled peaches
¼ tsp salt
3 drops almond extract
½ cup vanilla ice cream
Blend milk, peaches,
salt & almond extract until smooth.
Add ice cream and blend until
smooth.

Root Beer Twist

2 tsp lime juice
twist of lime rind
root beer
ice cubes
Place 3-4 ice cubes in tall glass. Add
lime juice and rind. Fill with root beer and
stir gently.



Coffee-Apricot Cooler

¼ cups coffee, chilled
½ cup chilled, apricot nectar (juice)
1/3 cup cold milk
½ pint coffee ice cream, softened
Mix coffee, apricot nectar, and
milk together. Add the ice cream and
beat until smooth. Pour into chilled
glasses.

Peanut Banana Smoothie

2 large ripe bananas, peeled, sliced,
frozen
2 cup milk
1/4 cup creamy peanut butter
2 tbsp. sugar
1 tsp. imitation banana extract
Place all ingredients in blender.
Blend until smooth. Pour into tall glasses
and serve immediately.

Bon Appetit!

EMPLOYMENT OPPORTUNITY

The Admissions & Financial Aid Office
is currently accepting applications from
students for an
ADMISSIONS ASSISTANT

Pick up an application form and
job description at the
Admissions & Financial Aid Office (G202)

Application Deadline:
Friday, April 1, 2005

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Concordia Thunder Wins Nationals

The Concordia Women's Basketball team saw a rematch with the number-one-ranked Fraser Valley Cascades in the National Championship Final at SAIT on March 19. We played Fraser Valley during the Christmas break this year and lost by 15 points, so we were pretty pumped for the rematch. In front of 600 people, our team came out flying by shooting 64% from the field in the first half.

However, although we were up 46-31 by half, we knew we couldn't let up. We came out strong and dominated the second half and silenced the Fraser Valley fans. It was obvious that we wanted the Gold; the Cascades didn't know what hit them. We ended up beating them by 23 points, with a final score of 86-63.

Our whole team stepped up and played an amazing game with five of our players scoring in double digits: Amber Smart, Lauren Green, Kayley Brooks, Ashley Nealon and Jenna Burden. Amber Smart ended off her ACAC basketball career by

being awarded an All-Canadian Award, as well as tournament MVP. Ashley Nealon was named to the first All Star team and Janet Ariss was awarded to the second All Star team. Our bench stepped up big, with player of the game Jenna Burden scoring 12 points, and Lauren Green scoring 11.

But it was our depth and heart that won us the National Championship. We worked hard all year and had to overcome many obstacles to get us to that final game. The amount of support from fans and family that we have received is amazing. We could not have done it without

them. I am so grateful to be a part of a team that is so close, I would not have wanted to share that experience with anybody else. We would like to thank our coaches for the perfect ending to our fairytale season; we could not have done it without you.

Ashley Nealon



Transforming Tsunami Shock and Sorrow into Global Citizenship

The first response of watching the onslaught of the December 26th tsunami waves is deep compassion and the desire to bring relief. Students are no exception. Arriving back after the Christmas break, many students were concerned and wanting to help. For some students, this compassion was the direct result of experiencing the tsunami or of family members living in these areas. This concern culminated in the creation of *Global Citizenship Days* at Concordia. Part of Concordia's vision is preparing graduates who will serve society as dedicated leaders and responsible citizens and who use their learning for the benefit of the wider community. This exciting initiative gave students a forum to demonstrate their leadership at a time of global need and to share their learning on global issues with the wider campus.

Alicia Kokolski's family were in Phuket, Thailand as the tsunami hit. Only the selflessness of several Thai airline attendants, who rushed them onto their plane

early, saved her and her parents from being caught in the waves by ten minutes. They saw the tsunami from the airplane window but did not realize its significance until they landed in Bangkok and later Chiang Mai. Frantic, they struggled to get in touch with Alicia's brother and girlfriend who had stayed in Phuket. Agonizing hours passed until they finally reached them. While a safe distance from the beach, they experienced the waves carrying bodies and debris all around them. The Kokolski family has been forever marked by this experience of a narrow escape from death. The trauma of witnessing such overwhelming death and destruction compelled Alicia's family to give thanks to the Thai people who gave so selflessly in the midst of their own tragedy and to remember those who had died. While her parents initiated a church relief effort, Alicia also wanted to find a way to contribute as part of the Concordia community.

Elizabeth Lange

Continued on page 6

Global Citizenship Continued...

Sithara Fernando's family immigrated from Sri Lanka years ago, yet much of their extended family still lives in Sri Lanka. They too spent frantic days trying to reach their family and were relieved to find they were all safe. Sithara was a guest in the Sociology 102 class on "Social Problems" to introduce the history of Sri Lanka to fellow Concordia

students and to describe the political and economic challenges the nation will face during reconstruction. Alicia came to the class laden with newspaper and magazines comparing the distinct differences in Thai and Canadian media coverage. These

stories and the strong compassion felt by other members of the Sociology 102 class led to a class poster project that evolved into "Global Citizenship Days."

What the class began to learn is that being a global citizen does start from compassion. We are all part of part of God's creation, all part of a global web of humanity. "What happens to one, happens to all." But global citizenship goes well beyond that. The media plays a profound role in a democratic society by keeping us informed of events and issues and connecting us to humanity. Yet, how well does the media provide a spectrum of voices and perspectives? The second element of global citizenship is to become well-informed by looking behind the images, the sound bites, and critiquing the ownership and interests that shape our daily media diet. Students began to compare and contrast many sources of information and to identify stereotyping, media spin, structural bias, vested interests, and sensationalism.

On February 4, in the midst of our study, Nelson Mandela spoke to those who had gathered in Trafalgar Square during the G7 meeting. He compared poverty to South African apartheid: "Like slavery and apartheid, poverty is not natural. It is man-made and can be overcome and eradicated by the actions of human beings." The third element of global citizenship is to become knowledgeable by asking good questions and seeking deeper understandings from solid research, not just the popular media. The class set out to answer questions about the causes of poverty that the Tsunami Disaster had compounded as well as identify the characteristics of the most effective long-term development projects working to eradicate poverty.

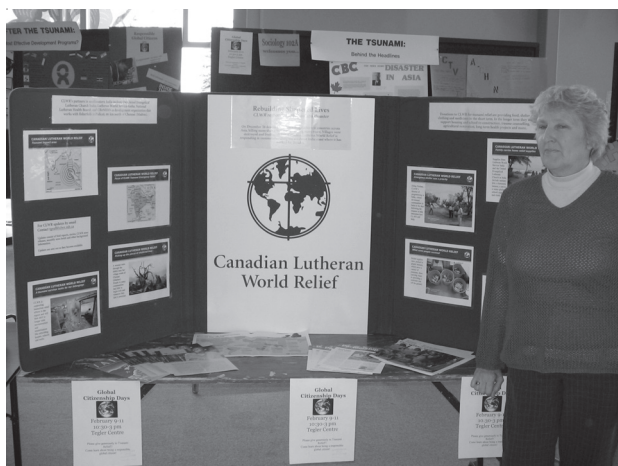
"Recognize the world is hungry for action, not words."

These words of Mandela, part of the global campaign entitled "Making Poverty History," resonated with this class. As young people, they too are hungry for action, to make a difference, to serve humanity. Yet, we all know that good intentions can have negative consequences. They researched how to choose which agency to give relief money to, ways to give donations, good local and global agencies to volunteer with, and other avenues of action that can make a difference. They explored national and international policy alternatives, such as untying aid, more just global trade policies and debt forgiveness as well as personal consumer habits including non-exploitative options like organic food, local or fairly traded products that do not connect them to sweat shops, child labour, and environmental degradation.

These four elements - feeling deep compassion, being well-informed, becoming critically knowledgeable, and taking action - took students from typical responses of feeling overwhelmed, depressed, and ineffectual to feeling empowered. They became global citizens! Gurmeet Mahal says, *"This course helped me develop a clear understanding on global poverty and the cause and effect of it. There is so much we as citizens can do to help those in need and make a difference, and make a contribution to our global community. There is so much students can do in our university campus about social problems. By studying poverty, knowledgeable students can actively contribute their time and effort in putting together fundraising campaigns and by working together, they can share their knowledge with others."*

The class did share their knowledge with the Concordia campus through a poster display and student fundraising campaign from February 9-11. The Concordia community was very supportive in taking the time to read and enjoy the display of their learning and the students raised over \$600 for the agencies they chose: Canadian Lutheran World Relief and the Red Cross. Jenna Stewart describes the significance well: *"The students of Concordia are spending thousands of dollars to be here and do not have much money to spare. Yet they still donated what they could afford to help the less fortunate. This whole experience was a great learning experience and I look forward to continuing Global Citizenship Days for years to come."*

Alicia concludes, "I just want people to think about how fragile life is and how we need to care for one another." This class went on to make remembrance ribbons to honour the slain RCMP officers... a sign that empowered citizens and faithful people support each other in times of sorrow and then commit to creating a just and more peaceful world in their own hearts, their local communities, and in the global village.



The Canada Millennium Scholarship Foundation is looking for someone who is an inspiring leader, an innovative thinker, involved in his or her community and, through it all, somehow manages good grades. If this sounds like the stuff you're made of, you could be on your way to an award worth \$4,000 to \$10,000. Students must be completing their second year of their first undergraduate degree in April 2005. Information regarding this scholarship is available on their website at: www.millenniumscholarships.ca/incourse/ or at the Admissions and Financial Aid Office (G202). Concordia is accepting applications for the National In-Course Award (Millennium Excellence Awards Program) until April 30, 2005. Late applications will not be considered.

If you are a student with a Lutheran or Anglican religious affiliation (active church membership), you may be eligible for the Lutheran Church-Canada Student Bursary, the Lutheran Church-Canada Travel Bursary, or the Harold A. Dietrich University Bursary. The deadline to submit applications for the 2005-06 academic year is JUNE 30, 2005. Bursary information can be found in the Calendar - Section 9.0 - Awards.

New students should have received an application form when they applied to Concordia, however it is important to note that returning students must come to the Admissions and Financial Aid Office to pick up application forms. Forms will not be mailed out. If you have any questions or concerns about this process, please feel free to contact me (Lind Nollski) directly.

Mark your calendars~
Concordia's annual Awards Night is scheduled for Saturday, April 2, 2005 at 7:00pm in the Robert Tegler Student Centre. This event is a great opportunity to celebrate the achievements of your fellow Concordia students. Everyone is welcome to attend!

CATCH THE GREATEST DEAL THIS SEMESTER!

FOOD FOR FINES AT THE LIBRARY APRIL 4 – 27, 2005

Support our campaign by donating 1 non-perishable food item for every \$5 of Concordia fines owing, to a maximum of \$20. Donations from students, staff and faculty without fines owing are also greatly appreciated. When you donate, you will be entered (one entry per person) for our prize draw, which will be held April 27 at noon (see prizes below). Winners will be notified by telephone.

- Concordia Desk Set
- Concordia Desk Clock/Thermometer
- Set of 4 watercolor prints of Concordia campus buildings by artist Jim Cupido
- TD Meloche Monnex Travel Duffel Bag
- \$50 gift certificate from the Concordia Bookstore

The Cafeteria

Korinda Tetz

What has this year's Concordia Students Association done to improve the Cafeteria?

This is probably the most frequently expressed concern of students on campus. After hearing two of the candidates in the recent election advertising their pledge to improve our food services, I decided to see what the previous council had done to effect change on students' behalf. This is what I discovered in an interview with this year's CSA President Scott Lyons...

Progress with the cafeteria has been a slow process, especially since halfway through the year a new cafeteria manager was hired. As a result, Scott had to start from scratch in trying to negotiate with a different manager. Luckily, the new manager was very receptive to some potential changes. However, finance is a concern for Aramark as the cafeteria as a business does not do well. So the council suggested that the company implement a \$1.49 Menu to attract more student traffic. The council was met with a positive response and the change may be implemented soon.

Next, the quality of food for dorm students was a huge issue. Obviously so, as these students are subject to three square meals from the cafeteria. To resolve this problem, Aramark brought in a new chef. Scott says that following this change, dorm students have said that "food quality is no longer a concern". Jubilation - progress is made!



Did you know: If you put money on your Concordia Student ID Card you receive the same discount that the dorm students receive. Money must be put on ID cards in \$50 increments and if it isn't spent, the money is forfeited at the end of the year.

Then comes the next problem, the HIGH PRICES! Scott admits that "in the four years that I have been here food prices have increased tremendously." The issue of prices seems to come down to one question: *is the cafeteria a service or a business?* As our institution has grown, the administration continues to wrestle with this question. How much money should the administration sink into trying to keep prices down and food quality high? Or should they try to make the cafeteria a breakeven business, with food quality at an acceptable level? This is where it feels like a dead end. If food quality is high expect high prices.

Frustrated - I quickly point out that Concordia is not the first institution to meet this problem. NAIT faced the same issue. In 1997, food services at NAIT drained \$250,000 a year from the NAIT budget. Determined to change their situation NAIT began purchasing franchises such as Pizza Hut and Mr. Sub, which now generate \$850,000 a year. Why couldn't Concordia purchase franchises?

Scott sighs and replies, "The concern in the past has been that Concordia is too small of a campus. So no major chain wishes to franchise here. Furthermore, we don't have a very large dorm residence." The problems don't seem to end there...one must also consider that despite the fact that it may seem like a very good idea to have a McDonald's in Concordia for it's starving-student-friendly prices and such, the idea really isn't plausible because the cafeteria must support dorm students. Concordia must provide these residents with a variety of healthy food options. Besides, even if we could find a franchisee to provide a variety of healthy food choices - our campus is essentially dead during the evenings, so currently we just couldn't support it. This is when one must question why Concordia is not attempting to run more night classes to best make use of the facility?

Disappointed, I realized that there really was no "quick fix". Nor was it that the Student Council wasn't listening to our pleas for improved food services. Scott had obviously explored many avenues to try to solve the problem.

So now what? Well, we have to keep on searching for solutions and working with Aramark to meet the student's needs. As our campus grows in the coming year the opportunity for change is there. With increased student population comes increased cafeteria traffic provided that the food quality remains high. It is up to next year's CSA to continue to make progress with the Cafeteria. Scott concludes, "It is important to think about the long term as a council. You must put in your piece of the puzzle to effect long term change."

Peter Schiemann

Peter used to throw rocks at my sister. He wanted to sell them, she felt he shouldn't. So he threw rocks at her. Later on, he would grow to pull me around on his bike, take me on walks through the woods of our small town, learn to play the violin, graduate from high school, join the RCMP, and on March 3rd, have his life taken from him in the worst loss of life the RCMP has seen in 120 years.



Peter was killed doing what he loved and what he did best - and it was not being an RCMP officer. Peter was an amazing officer but was not, in fact, on duty when he died. An officer at his detachment was on his way to the now-infamous Quonset to stand guard, and Peter, thinking selflessly, offered him a ride. If Peter had not put his concern for others above himself, he would be alive today.

How does this seem fair? Peter knew full well the risks of being an RCMP officer; he had accepted and made clear to his family the fact that he might die in the line of duty, but to be killed during his time off? Where is the reason in that?

There is none. This is the sad truth surrounding the death of these four officers. There is no reason. There is no fairness. So, as his friends and family, what can we cling to? Not even hope. The night of Peter's death, his brother, Mike, and I went out to try and find some

comfort in being together.

Mike never despaired, or expressed his hope that Peter might be in heaven right now. He had assurance. There was not the slightest doubt in his mind where Peter's faith had taken him. Amongst those who knew him, no sorrow was ever rooted in Peter's death. The only pain was knowing that the rest of our earthly lives would not include the laughter and happiness that Peter brought. There is a comfort in this knowledge unlike anything on this earth can give.

Mike is convinced to this day that heaven is a safer place with Peter there. I am convinced that I will be with him again at the moment of my death, and I pray for the families of the other officers who experience the pain as well. I hope that all those that are hurting from this tragedy would take comfort in the knowledge of a loving Saviour who is more powerful than any evil in this world.

Remember Peter's life, not death, and the faith that he lived every day.

Paul Ney

A Definition of Love

By Maxine Ballard

How can I write beauty
after reading an image of perfection
How do I express emotion
after discovering inspiration
how can I capture time
after you've revealed to me, a moment
how do I pen adoration
after you've shown me such love
[Discovery]
I want to be someone
Incredible for Him
For my thoughts, emotions, to break free
to spill themselves onto places
To inspire the hopeless
Can one put words to feeling?
Can I take a piece of time-
Play. Observe. Analyze.
Run it over and over in my head
[Realization]

Words can be made beautiful
My words can be beautiful
Your words are beautiful to me
Words can define a person
Experience defines a person
Words can be defined
Can a person be defined with words?
Why must two people be defined
Who can define us
Him.
Let's create our definition
[Beautiful]

Poetry Corner



Working Out

Tamizan
Kherani

As I walked into my parents' bathroom one morning and saw my mother standing on a scale, I made a horrific discovery: my mother weighed less than I did!

"Working out has definitely improved my physical well-being, mental astuteness and my social abilities."

She had given birth to three children and gone through many difficult times in her life and, somehow, she was in better shape than I was. It was then that I decided to change my ways: I would go to the gym once a day and walk for half an hour. It's been one full year since I began this plan and I can honestly say that I never expected so many positive changes. Although I knew that my physical habits would change, I was surprised to see changes in my mental abilities and social life as well.

As I expected, working out at the gym improved my physical abilities. By consistently going to the gym everyday, I developed toned muscles. While they make me feel stronger, I also know they give me more control and balance when facing difficult situations like walking across the Concordia parking lot when it's covered in a sheet of ice. I can even tell that my heart feels stronger as well. Not only do I wake up earlier feeling more refreshed, but I also don't get as tired during the day. This is definitely a change from the siestas I used to have every

afternoon at exactly 2:00 p.m. By improving my physical fitness, I am now compelled to work on other aspects of my physical well-being. As shocking as it may sound, I do not crave chocolate cake and doughnuts any more! I actually enjoy eating a well-balanced diet, including spinach salad, yogurt smoothies and lots of mangos. Although I expected to see changes in my fat to muscle ratio, I never expected to feel more awake during the day or develop a better diet.

Exercising has had a positive influence on my mental abilities by making me more efficient, more organized, and by changing my view of mental challenges. I am able to get more work done in a shorter time period. As a chronic 'worry-wart,' I appreciated this change because I started to sleep better when I finished more homework than had been expected. Taking control of my physical well-being also gave me the motivation to become more organized. My desire to be mentally organized motivated me to write my exam schedules and other commitments in an organizer. Since then, I have not been surprised by a midterm as I walk into class. Instead, I have used my organization to look ahead and plan my social life around my responsibilities. I also found a positive change in my perspective of mental challenges. Unlike my opinion before starting to exercise, I actually became excited to face challenges and started working on papers and homework well in advance of the due date. It was at this point that I realized that problem-solving homework sets were not designed to be completed the night before an exam but over a long enough time

period to think critically. As expected, I gained a better understanding of my class material and my marks improved drastically. Being mentally in control has made my life more relaxed.

Visiting the gym everyday has changed how I interact with others and has given me the confidence to make new friendships and revitalize old ones. All of the physical and mental changes that have taken place since I began working out have made me more confident. By initially going to the gym, I am now not afraid to explore my own thoughts and discover who I am and what I believe. My desire to create my own personality has also helped me meet new people at the gym. I truly appreciate how new acquaintances have no prior predispositions about who I am. I have the opportunity to act like myself without feeling awkward. Since many of the people I meet are very different from one another, I find myself having conversations about topics that I would never have spoken about with my own group of friends from school, such as traveling, hobbies, and even what life means to them. Yet these different people that I meet all have one important similarity: like me, they are motivated to push their boundaries. By being in the company of so many motivated people, I have been in an environment to catalyze my personal growth.

Working out has definitely improved my physical well-being, mental astuteness and my social abilities. Despite all these positive effects that I gained from this simple change in my life, ironically, I still weigh more than my mother!

Interviewing Skills Workshop for Concordia Students

Do you have an interview coming up?

For a job?

For further study after Concordia?

Wednesday, April 6
11:10 am-12:00 pm

In the CSA Conference Room

I cannot come at that time - but I could use some assistance in preparing for interviews?
Contact Dorothy Ritz, Career Services at dorothy.ritz@concordia.ab.ca or drop by the office L265.

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Have a great summer!

thanks for reading

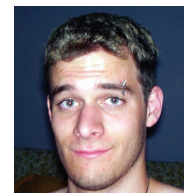
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Go see Halo at the Metro Theatre this week! IT RULES!



Aboriginal
University
& College
Entrance
Program
(UCEP)

Invites you to attend
**ABORIGINAL CULTURE
DAY 2005**

Friday, April 8, 10:30 a.m. - 3:30 p.m.

Robert Tegler Student Centre
Concordia University College of Alberta
Highlands Campus, 7128 Ada Boulevard, Edmonton, Alberta

- MINI-POW WOW ▪ ROUND DANCE ◀
- GIVE-AWAY ▪ FEAST ◀
- ABORIGINAL ARTS AND CRAFTS ◀

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