

THE

BLUE AND WHITE

CONCORDIA UNIVERSITY

A BLAST FROM THE PAST.



Jonathan
Tychy
Co-Editor

Welcome to the throwback issue of The Bolt! I've had so much fun designing the paper this past year; it's a rewarding, entertaining, aggravating, maddening, hilarious, and fulfilling project which I have grown to cherish every minute of. This issue we decided to switch things up, and go back in time all the way to 1935, to the first issue of Concordia's paper, then known as, "The Blue and White." The paper remained named as such until 1955 when the name briefly changed to the "Aurora Borealis" before quickly changing back. Then in 2011, we reconfigured

once again and emerged as "The Bolt." The original 1935 issue is kept in the Lutheran Historical institute located here on campus. I was able to take a couple pictures of the first issue, which I have uploaded to theboltnews.com for your viewing pleasure, I highly recommend you check it out. My favorite part of our little time warp was the war-time articles from the 40s; there's a lot of feeling in those articles by some dedicated writers. Be sure to check out the historical institute yourself, it's a great resource and an awesome experience.

Looking back through these papers, I can't help but wonder what

the layout editors of the time saw for their vision. The Bolt has come a long way since its inception. As I've been working in publishing for a while, I know that even though you may have an idea in your head, it is super satisfying to see everything come together and usually nothing like you first expected. That's largely how this issue was produced; it's all about following your gut. So if you are one of those special people with an eye for design I encourage you to follow your instincts. Take inspiration from others, build something from that inspiration, tear it down, remake it, publish it, and finally, stare at all the mistakes you still

didn't work out. Trust me, there will be many.

The Bolt is a constant evolution, which I hope to see in some sort of unrecognizable state after I leave. If you think you have what it takes to be the next person to tear it all down, keep us in mind or email us your suggestions. Just promise me you'll never put orange font on a red background. It's a great experience and hopefully you'll have the chance to work alongside some amazing writers and editors as I've been privileged to do. Enjoy our throwback and be sure to enter the draw Concordia contest at the bottom of the page. See you next issue!

THE UNITED STATES OF EUROPE.



Ramiro Medina
Polo
Politics

A week into January of 2014, the Vice-president of the European Commission, Viviane Reding brought up the main topic of discussion for the European Union until mid-spring: whether the European Union should move on from solely being an economic union, or to become a political union as well. The idea of forming the United States of Europe has already received diverse mixed responses on how the members of the European Union feel about the consolidation of the union on a new level. Reding has called for the consideration of a "true political union" to be in the agenda for the EU elections coming-up during spring. According to Reding, this would entail the formation of a superstate with a high political power. This means independent

parliaments and governments would play only a minor local role. The political structure for the United States of Europe would set the European Commission as government with two chambers: the European Parliament and a "Senate" for the Member State. This clarifies how minor of a role local government would have in this state. Reding's suggestion undermines the idea of sovereignty with the intention of moving forward to greater political intent, through the general governance of Europe via the European Commission.

As responses go on, Britain has demonstrated its opposition to the idea of forming the sort of state that Redding is suggesting. Britain has been pushing to reduce the power of the European Union, thus logically the idea of a European state with full power was rejected by the nation. A EU official

has stated: "we assume Britain is leaving the EU, so we don't even bother thinking about British sensitivities at the moment." However, Britain is not the only one who has reflected anti-EU movements. France, Greece, and the Netherlands still remain skeptical about the idea of forming this sort of state. There is an environment of European skepticism amongst several of the countries involved, but nonetheless, there is still support towards the cause.

José Manuel Barroso, the president of the commission, has stated that the centenary of the Great War would be used by the EU to warn against Euro-skepticism, far-right arguments, and anti-European parties, for these are seen as a possible threat to European security which could cause war in Europe. Both Barroso and Reding believe that the EU is maintaining

stability far better than any recording institution before it, and consequently should be embraced and maintained by transcending into a political union that consolidates it. However, Reding has stated that nonetheless "there is a lot at stake. For the outcome of these elections will shape Europe for the years to come."

In addition, before forming a super state, there is a requirement for a revision of the collective debt, reforms on wages and prices, and prevention of state bankruptcy. Thus, in order to carry on with this motion, all European states must begin to shift their focus in preparation of the potential reforms that may have to be undertaken for the sake of the United States of Europe.

LOVE AND HATE.



Life 'N
Stuff
Writer

Dear Life 'N Stuff
I love and hate my boyfriend right now, and I'm not sure what to do. We've been dating for almost 2 years now and moved out together a few months ago. There are days where he's fantastic, kind, thoughtful, and I love him. Then there are days where I really hate his guts and certain things he does. The little things annoy the heck out of me to the point where I just shut down and give him the silent treatment. I think he loves and hates me just as much because sometimes he gets angry at me just for being me. I don't want my relationship to end but I'm worried things are just getting worse. Is this normal?

-- Boyfriend Hater

Dear Boyfriend Hater, Its very typical of young couples to have problems when they begin living with one another, especially if neither has lived on their own before. So don't worry too much! That being said, its definitely not an ideal situation. Moving away from home can be very stressful and sometimes people take out that stress on their partner. Although you're an adult, while living with your parents you likely depended on them to make your life a little easier, without even realizing. It is likely that as you

transition into a more independent lifestyle your responsibilities feel endless, or you may subconsciously expect your partner to do things for you that your parents would have done. When you've had a long week at school and you don't feel like cleaning or doing laundry, it's important to realize that your significant other most likely feels the exact same way. Don't depend on a partner to be a surrogate parent when it's convenient for you, and you're likely to fight much less. Staying on top of your responsibilities will make both of your lives easier. Another common problem for young couples who live together is money. living on your own can be very expensive, especially while in school and unexpected costs can pop up a any time. Even if you and your boyfriend don't fight specifically about money, if one (or both) of you is stressed about finances tensions can build up. People are far more likely to have outbursts or overreact when worried about making ends meet. Its important to be open and honest with a partner about any financial concerns once you have committed to living in the same home. You are now depending on each other to make frugal decisions in order to pay bills and feed yourself. Set a realistic budget that you both think is fair and if you or your boyfriend goes over

budget approach the issue gently and without judgement. Getting angry or being impatient will only hinder future c o m m u n i c a t i o n , especially on touchy subjects like money.

Its likely that the biggest problem that you and your boyfriend are having isn't that you are beginning to hate one another, but that you are simply sick of each other. The exciting parts of domestic life lose their appeal quickly and when the honeymoon ends couples can be at each other's throats over the smallest things. When a couple doesn't live together they have time to be themselves on their own, in the privacy of their home. Once you move in together your every move is before an audience, which would exhaust anyone. But don't fret! The inevitable invasion of privacy from living with a boyfriend is definitely not a deal breaker, and it does not mean you need to cast aside an otherwise healthy long term relationship.

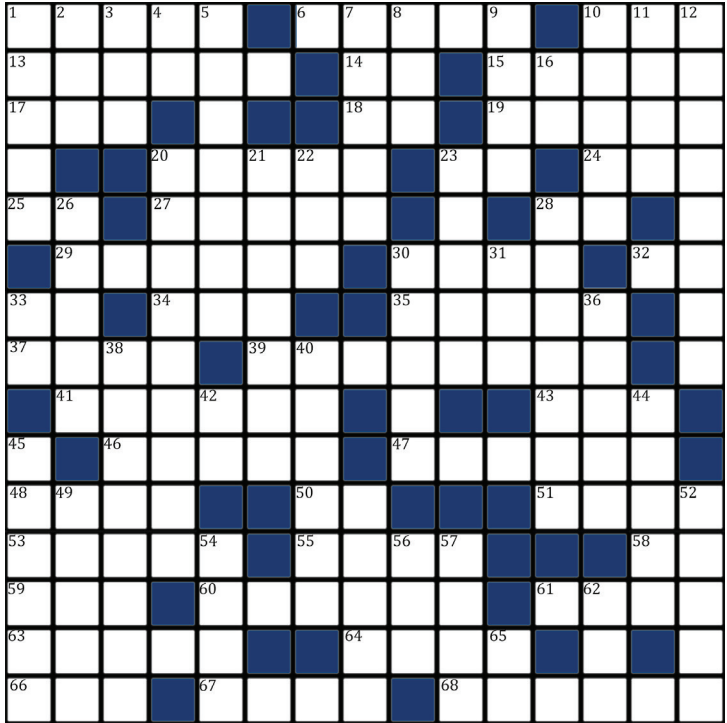
Respecting each other's space is key. I know several couples living together that have designated separate places in their home where, if need be, they are free to escape for some alone time. Although if you are living in a small space like an apartment or a basement suite, this may not be feasible, so make an effort to do things in a different room

than your partner. Do not be afraid to explain that you need an hour or so to yourself sometimes. As much as you love your boyfriend, if you spent all of your spare time with him you'd go crazy. Even just knowing that individual space is an option can do wonders for a relationship.

Its also important that the time the two of you spend together is good for your relationship. Its too easy to get into a rut when you don't need to put any effort into seeing the person you are dating. Date nights are of the utmost importance to maintain a relationship, and they are a good way to remember the reasons you fell in love in the first place. Get dressed up and try something new. If money is an issue look into any upcoming free events that are happening in the city, or ask about student discounts. A favorite of mine is the art gallery, which after student and public transit discounts, is only \$5 each to spend the day admiring great art with the person you love. You can also take time to go for a walk in the river valley or if it's too cold walk around a mall. Getting out of the house every now and then is good for the heart and soul.

If you're looking for advice feel free to email me at bolt.lifenstuff@gmail.com. Hope to hear from you soon!

FUN AND GAMES.



Across

- Old Photo Tint
- Tea Party Guest
- Frisbee catcher
- The "P" in P.T.A.
- Hosp. drip
- Ship's freight
- Sister Sledge's "We ___ Family"
- Poe's initials
- Trophy or medal
- Tools of the Seven Dwarfs
- 60 min.
- Spring-fed confection
- 007's doctor foe
- Brand of sweetener
- Poet Housman's initials
- Sea witch in "The Little Mermaid"

- Black cat, to some
- Thallium symbol
- Article
- Vietnamese New Year
- Lose one's nerve
- 'Super-food' berry
- Password's partner
- Repeat performance
- Boxer Laila
- Tuckered out
- Furnace, for one
- Anagram for dine
- Kind of current, abbr.
- Piano key wood
51. East-___: certain city dweller
- Didn't keep mum
- 'Just say ___'
- Insurance abbr.
- Earhart of the air
- "The ___ the limit!"

- Pop star John
- Soufflé need, to the French
- Canadian singer Carly ___ Jepsen
- 1982 Disney sci-fi flick
- Popeye's post-spin-ach pride

Down

- Country of Juan Carlos
- Musical ability
- Not post-
- Microsoft Browser, abbr.
- Relic
- "The Sound of Music" teenager
- Sam Spade's admirer
- Green Vehicle, briefly

- Window treatment
- Shrek, for one
- Fictional destroyer of Tokyo
- Say ___
- Bug's bugbear
- Kind of shock
- "The Jungle Book" python
- Any of us
- 1/16 of a pound
- Do a Disney job
- Host with a 276-car stunt
- NFL linebacker Justin
- Drinkers org.
- Counteractive remedy
- Hit with a tranquilizer dart
- Either's partner
- Subtle sarcasm
- Crown clown
- ___ Wafers (Nabisco cookies)
- Mr. Potato Head parts
- Pontificate
- Untruth
- Apply plaster
- Pee follower?
- Hi follower

Can you draw?

Rudimentary shapes?

...No? Stop reading.

Otherwise, if you think you can draw Concordia better than we did, enter **The Bolt's draw Concordia contest!** Illustrate your favorite part of CUCA and send it to **@theboltnews** on twitter with the hashtag **#drawCUCA**. The winner will be published in the next issue of **The Bolt** and famous beyond their wildest dreams.*

**probably not.*

A QUICK RECOVERY.



Bailey Gardecki
Sports Writer

In Sports news a lot has happened in the last few weeks here at Concordia. Our hockey team played some great games the 10 and 11th of January against MacEwan. They started off strong on

Friday night managing to keep the game tied up until the third period, when the Griffins managed to overtake us in the final minutes to steal a 4-2 win. However we managed to battle back Saturday night with a 2-2 tie game! Well done guys! Kudos to Rhys Hadfield for his awesome saving skills

in an outnumbered final 5 minutes of the game! Coming up soon is the Curling team's second tournament of the year here in Edmonton, from January 31 to February 2. Concordia has one more chance to play in the provincial games and they could use your support. Please come on down to

the Avonair curling club near Kingsway to cheer them on. Friendly faces are always welcome! Also our volleyball teams will be playing SALT on the 25 and 26 of January and the ladies are looking for their first win! Athletes are always at risk of becoming injured in their sport, but I have

never seen injury levels in professional sports in such high numbers! Basketball injuries seem to be more often than not these days. I was absolutely heartbroken to hear that Lakers' player Koby Bryant recently suffered another knee injury and will be out on recovery for weeks, but at least star player LeBron

James has just returned to his game after a knee injury. Spectators can only watch horrified as these players push themselves to the limit over and over after their injuries are healed. I have spent this month wondering whether proper precautions are being taken to protect athletes, and questioning

if these players can safely sustain themselves at the demanding pace of professional sports. It's not just basketball players however; there are plenty of other pro athletes suffering from injuries. Tiger Woods is currently suffering from back spasms, and elbow injuries. Do not worry though, he

always returns in time for the majors. Rest and recuperation is crucial to every athlete, and with the added pressures of being in the public eye as a professional player, I doubt these individuals are healing properly. Make sure to take care of your bodies people, they are the only ones you get.

FINDING A GOOD FIT.



Mike Browning
Health & Fitness

Recently I have had many people come to me for information regarding many aspects of the fitness world. Most of the time it is a simple question to answer; however, lately many people have asked me about gyms. Which one to go to? How much should I pay? Where will I find my best workout? So, I have decided to compile a short-list of how to find the proper gym for you and your fitness goals.

In this day and age finding a gym that works for you can be quite difficult. Be it a group training scenario, such as Cross fit, Orange Theory Fitness, or a more personal level such as a local gym or community leisure center. When looking into a fitness center personal goals and time commitments are very important. You also need to consider which amenities you require (or desire). Be it mostly cardio, weights, or things such as steam rooms and saunas. Based on your fitness goals, you will require different equipment. Are

you looking to shed that Christmas weight? Tone up your existing muscle? Or build new muscle? Those are the three main reasons people hit a gym. If you are looking to shed those few extra pounds you may, or may not, have packed on over the Christmas break, then you are probably looking for somewhere with good cardio equipment. Look for facilities with rowing machines, treadmills, elliptical, stair-masters and bikes. Also, be on the lookout for quality (and certified) personal trainers.

If you are looking to tone current muscles, build up a bit more muscle, or even enhance your stamina in the gym, there are options such as Orange Theory Fitness, or Crossfit. Both are group personal training, but give you limited access (at a fair price, or basically unlimited for a ridiculous sum of money). These facilities don't offer much for your solo workout (if at all), and in my case, left me needing an alternate gym membership because they were not the workout I was looking for. If you are looking to gain

muscle and bulk without going the steroid route (or even with help from those good old anabolic boosters) there are great options out there, from your neighbourhood gym to one off the beaten path, like Axxis Gym (where I currently go on an almost daily basis). There you will find an assortment of equipment and people, from the strongman competitors to the body builder and his physique competitor girlfriend. However, you also find average Joes much like myself, and that girl who has a strange obsession with that thigh machine.

Personally, I suggest to anyone who approaches me to check out the small neighbourhood gym first, as it is usually the best fit, and always has a welcoming feel about the place. Unfortunately, the downside is that you can rarely find a proper 24/7 small gym these days. If you want that, you usually have to go to a bigger name gym like SNAP Fitness, or Gold's Gym.

Another golden point for finding your fit, look at the amenities the gym has, from their pro shop,

which should offer a large selection of pre-workouts, proteins, vitamins, bulking agents, and even gym wear and tensor wraps. Having a bistro is also a massive benefit for most people, as you can grab quality healthy food on the run. Some people may even want to look at things such as saunas, steam rooms, showers, tanning facilities, etc. Lastly, look at the classes offered (if any), and the costs associated. Many gyms do not include the classes in their monthly member dues.

Once you find a gym that satisfies your desires, from trainers, to equipment and amenities, try it out for a while before locking into a long (and always worthwhile) membership. As I always suggest, lock in, don't just do monthly. Monthly memberships cost more than a 2 year term. If you are serious about getting fit, go all in, don't over train, but do spend the time on yourself, it will only make you happier with yourself in the long run. Live, Love, Lift.



Theodora Macleod
Education

I cannot explain how convenient it is to live with the person you are interviewing. For the second time in my Bolt career I sit at the dining room table with a list of questions and a dog at my feet. Between my mother's dance class and my night class we have finally found time to talk about things other than who will be home when. But this isn't a normal conversation; we're not about to discuss the books we are reading. Tonight she's not my mother; she's Rachel MacLeod - M.Ed. - Department Head of Social Studies at St. Joseph High School.

TM: How did you end up in Education?

RM: When I went to university to do my Bachelor of Arts, I was planning to go to law school. Then I met your dad and we got married the summer after I graduated with my BA. He got a job teaching in High Level and so we moved across the country. I always knew I was going to go back to school eventually, but I didn't plan on having a baby so soon. My plans were put on hold for a few years. While I was on maternity leave from my job at the local library I got to substitute teach for a couple of days (in northern Alberta they cannot always find certified substitutes) I found out that I really enjoyed it. I had never envisioned myself as a

teacher, but it fit. When it came time to make a choice between going to law school or into education, the decision was all about time. No matter what school I chose to attend it would mean being far away and taking you with me. Law school was three years, B.Ed was two; it was a practical, mathematical answer.

TM: A lot of young parents find themselves juggling school and children, how did you manage that, and with your partner so far away?

RM: I moved back home. I had my parents and friends as a support system. I really missed your dad while I was away. We both missed him, and that was the hardest part. The thing that probably saved my sanity was having a solid schedule. We did everything at the same time every day and I was able to manage my time around my parental responsibilities, I even managed to make the Dean's list both years. Doing something I was interested in really helped too. I actually wanted to do the course work for the most part. I also didn't hesitate to take you with me when I could - to group meetings, evening classes, etc. I had some very understanding professors. I spent so much time on school work that I really valued any time we could spend together. That's also when I learned how to drink coffee.

TM: The school you teach at right now has a non-traditional program. How

does teaching Personalized Self-Directed Learning (PSDL) differ from teaching in a structured classroom environment?

RM: PSDL is not the same thing as distance ed or correspondence. Our students attend every day, but they are not in structured classes all day every day. Instead they will attend one or two seminars a week for each course, and the rest of the time they are expected to work independently on their assignments knowing that they can access a teacher for help at any time. In terms of teaching, the biggest difference that I noticed when I first started was that I had to give up a lot of control as a teacher. That isn't easy. In traditional schools teachers control their learning environment and work load to a great extent, but in PSDL all that depends on the students. I could be on the learning floor working at one of the help desks and there could be one hundred kids and it's likely I don't know all their names, and they aren't all working on the same subject, or even in the same grade. My job then is to ensure there is a productive learning environment plus I have to be familiar with course material from all of the social studies courses, even ones I don't currently teach. As a teacher, it's not about giving students the answers, it's about teaching them how to find those answers, and helping them build their own knowledge and skills.

TM: You had a brief

THE SCHOOL OF MUSIC.



Rachel Whipple
Entertainment

Concordia's School of Music is a vibrant part of Concordia's arts community. Just as it is important to cheer on Concordia's athletic teams, it equally important to support our university's fine arts. There are plenty of opportunities to see many talented musicians perform and to get more involved with music. For example every Monday night, at 4-4:50 pm, in the music auditorium (A314), there are free music seminars that are open to anyone! You don't need to be a music student or even know anything about music to attend. They are educational and very interesting. Some interesting seminars that are coming up include The "Physics of Music" with Dr. Zoltan Berkes on Feb. 10, "Why Music Matters" with Jody Stark on Feb. 24, and a can't be missed didgeridoo presentation and workshop with David Yates on March 24. Also,

don't miss the student performances at this same time on March 17, 31, and April 7. There are so many talented singers and musicians at Concordia. Every time I have watched these performances I have been blown away by the high caliber of talent and skill demonstrated by my fellow students.

Also, most concerts at Concordia are FREE for Concordia students and FREE tickets can be picked up from Student Accounts beforehand.

Here are some other events coming up that you can check out:

The next upcoming orchestra concert is on Feb 2, 2 pm in Tegler. Entitled "Distant Soundscapes," it features: Ravel, Piano Concerto in G Major (with soloist Sarah Hoyt), two Jamaican Pieces by Benjamin, and a symphony by Dvorak.

Concordia's Symphony Orchestra would like to let students know that auditions are open

throughout the year. If you are interested in joining, you can contact the school to arrange an individual listening session (audition) ...it is never too late!

Concordia's Concert Choir is hosting a silent auction fundraiser on Feb.

9. There will be student performances by choir members with special guest Matt Day. This performance is taking place at Bethel Lutheran church in Sherwood Park. Tickets for general admission are \$25 and students and seniors pay \$15. Tickets can be purchased at the door or at Student Accounts. For more information you can email music@concordia.ab.ca.

On Saturday, March 15 at 7:30 pm, the Concert Choir performs in the Robert Tegler Student Centre for the Festival City Winds Advanced Bands, where Wendy J. Grasdahl acts as the conductor.

You can't forget the lovely handbell performers! On Saturday, April 29 at

7:30pm, in the Robert Tegler Student Centre, The Bells of Concordia will be performing their concert called "JUBILOSO!" It will be conducted by Debbie Rice, featuring guest soloist David Yates on the didgeridoo.

From Apr 23-May 8, 2014, Concordia's Concert Choir will be touring in Brazil! This is a very exciting opportunity for the choir and our university to showcase our performers internationally. They will need your help to fundraise for this trip so please help put by either attending one of their fundraisers or simply buying a delicious cupcake at one of their bake sales!

For a full listing and more information of all Concert Choir Concerts check out <http://music.concordia.ab.ca/concert-choir/> For more information and a full list of music seminars and concert listings, please check out theboltnews.com.



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She's new!