

B&W

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A YEAR IN REVIEW: GOOD, BAD, UGLY

BY SARA CAMPOS-SILVIUS

Here's a look back at some impressions from the 2010-2011 school year.

The good:

- The new billboards, logo and website look great.
- The work put in by students at the Blue & White, the CSA, Loveglobal, CASA, Model UN, Philosophy Club, and other student groups. Lots of this is behind-the-scenes activities that many of us may not think about, but these students are making interesting things happen on campus and beyond.
- Putting Student Accounts in the main office.
- The cafeteria having a mandate to make foods from scratch and to use organic and local ingredients whenever

possible.

- ETS service straight to the Hole Centre doors!

The bad:

- Take your garbage to the garbage bin, don't just leave it on the table in the caf. Simple.
- We have lots of students putting on cool events, but we need more students COMING to the cool events. Keep your head up so you know what's going on around campus!

The ugly:

- Parking lot woes. Squeeze in, folks!

I wish everyone an awesome summer! See you next year!



SURVIVING FINAL SEASON

BY ALLISON COMPTON

With finals fast approaching, some of us are in overdrive and stressed to the max. This time of year can wreak havoc on the body and adding the stress of big assignments and exams can really wear a person out! Here are some tips to handle the final exam pressure cooker.

•Manage Your Time

One of the greatest sources of stress at exam time is procrastination with studying and over-commitment. Plan ahead and make a reasonable schedule for yourself and include time for you in that schedule.

•Take a Deep Breath!

Get headaches when you are stressed? If your body and chest seem tight,

breathe in an out for a count of eight for a minute.

•Connect with Others

You would be surprised how much half an hour of reconnecting with a friend can do for your spirits. It can also provide a good laugh that is sorely needed to relieve stress.

•Eat right and exercise

Let's face it, all those hours spent studying aren't conducive to spending hours preparing healthy meals and hitting the gym. But such activities would do wonders for your stress level. Watch your nutrition and try to get active for half an hour per day.

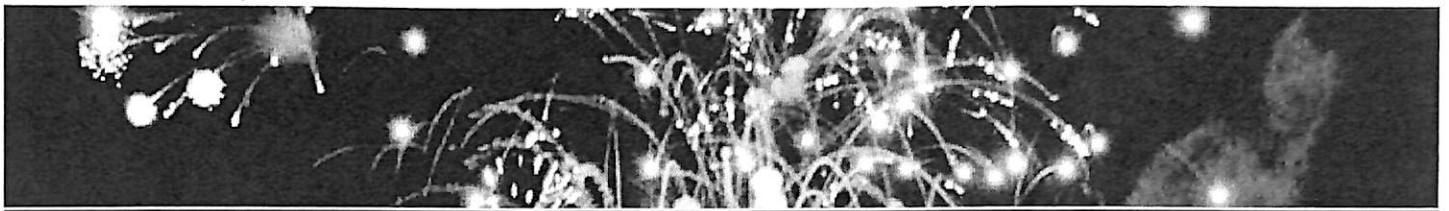
•Take a "One-Minute Vacation"

When you feel stressed, take a minute to close your eyes and imagine a place where you feel relaxed and comfortable. Take in all the sights, sounds, and smells of this place and let the relaxation wash over you.

•When all else fails...Have a Good Cry

A good cry (in private if possible) during periods of stress can be a healthy way to bring relief to your anxiety. Bottled up emotions can lead to outbursts. I'm a big fan of this technique.

Stay healthy and good luck on exams my friends!



ABORIGINAL CULTURE DAY

BY SARA CAMPOS-SILVIUS

Each year the Concordia Aboriginal Student's Association hosts Aboriginal Culture Day on campus. Angela Calliou, VP of CASA says of the event: "We want to show that aboriginal people in school are involved and want to show our culture to everybody."



From left: CASA members Angela Calliou, Lisa Troung, and Ryan Laboucan welcome people to the event.



Above: Cree elder Fred Champion prepares to celebrate the pipe ceremony in Tegner.

Left: One of the beautiful paintings by Edmonton artist Lawrence Beaulieu.



WHY ARE WE IN LIBYA?

BY ALLISON COMPTON

Here we go again! On March 20th, a coalition force from the United States and other countries conducted air raids over Libya. Peter MacKay said that four of Canada's CF-18 fighter jets and two CC-150 Polaris planes were contributed the effort. The official word from Ottawa and from the Minister of Defence Mackay is that they are ridding Libya of the means for Gadhafi to "target civilians". I'm not one to support vicious dictators, but I'm calling Ottawa's bluff on this one. Maybe I've lost my youthful idealism at too young an age, call me a cynic, but I don't think that Ottawa cares anything for the people suffering under Col. Gadhafi's regime. If they did they would have acted a long time ago. They are acting now, only because Libya is such a huge exporter of oil and gas to the western world.

I don't know about you, reader, but it makes me irrationally angry when politicians try to take the moral high ground and claim that they are going into Libya for the sake of the oppressed masses, while in fact they are so beholden to corporate industry and big oil that they can't separate where government ends and corporate interest begins.

It makes me angry that a majority of the population will allow government to feed them this line because it is more convenient to look the other way so they can drive their gas guzzling SUV's. I wish more people would exercise their democratic rights and do something about it when we are blatantly lied to. To me this is a spectacular failure! Why are we electing people whose only response is to call in people with guns to solve their problems? If history tells us anything, it is not a society's leaders that suffer from war, it is the civilian population that will suffer, not Gadhafi and his henchmen. Don't we elect these people to be politicians and solve world problems through diplomacy while keeping the public interest in mind?

"While the truncheon may be used in lieu of conversation, words will always retain their power." *

I think my youthful idealism just came back.

* This quote from the movie *V for Vendetta*

KITCHEN CHEMISTRY: BAKING SODA AND BAKING POWDER... WHAT'S THE DIFFERENCE? (AND A REALLY GOOD RECIPE FOR CHOCOLATE CAKE)

BY KRISTEN MARTINOSKI

The International Year of Chemistry (2011) is a celebration of the achievements of chemistry and its contributions to the well-being of humanity. This can refer to large global issues, such as developing ways to provide people with clean drinking water or developing crops that thrive in arid regions of the world. But have you ever thought about how chemistry applies to you?

Chemistry is all around you. Consider baking soda. That white powder that comes in the little orange Arm & Hammer box. Baking soda is what chemists call "sodium bicarbonate." Baking soda is pure sodium bicarbonate; this means that the little particles of baking soda are made up of NaOCCOOH (see Figure 1).

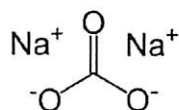


Figure 1 Sodium bicarbonate

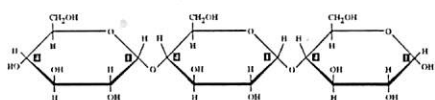


Figure 2 A starch molecule

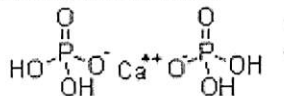


Figure 3 Monocalcium phosphate

Chemical structures taken from <http://en.wikipedia.org/>

There are many practical uses for sodium bicarbonate at home. First of

all, it makes a great deodorizer. You can sprinkle some baking soda into your refrigerator, your cat's litter box, a stinky garbage can, or your sweaty gym shoes. Sodium bicarbonate can also be used as a food-safe, environmentally-friendly, low-abrasive cleaner. Sprinkle some baking soda onto a damp sponge and your pots, pans, counter tops, chrome, tile, and ceramic will sparkle.

Sodium bicarbonate is also commonly used in baking. When the baking soda is combined with a wet ingredient and an acidic ingredient, it reacts to form bubbles of carbon dioxide gas (CO_2). In the oven, warm temperatures cause the bubbles to expand, resulting in light, fluffy, and flavourful baking. So what happens when you decide to swap baking powder for baking soda?

Baking powder, like baking soda, is a leavening agent (i.e. it makes the dough or batter rise). Baking powder contains sodium bicarbonate (i.e. baking soda), corn starch (see Figure 2) - a drying reagent to absorb moisture, and monocalcium phosphate (see Figure 3), an acidic salt. Whether you should use baking soda or baking powder depends on the other ingredients in the recipe.

Baking soda, which is basic, is good for recipes where the soda can be balanced by an acidic ingredient such as yogurt, buttermilk, chocolate, honey,

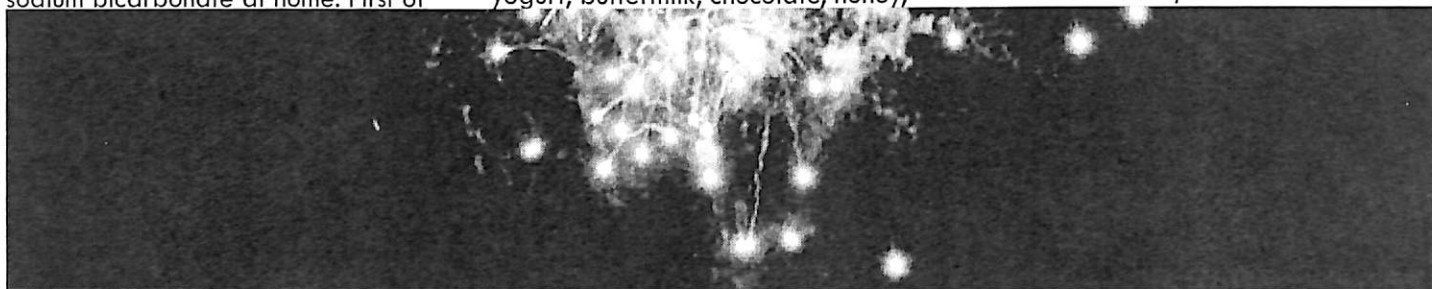
or brown sugar. Most cookie recipes call for baking soda. Be cautious not to use too much baking soda—this makes cookies coarse and crumbly.

Cake and biscuit recipes that contain neutral (not acidic) ingredients often call for baking powder. In these recipes, the baking powder will still cause the batter or dough to rise, even though there are no acidic ingredients, because the baking powder itself contains an acidic salt (remember the monocalcium phosphate). If you don't use enough baking powder, your cake will be dense and tough. But don't overdose the recipe on baking powder to avoid this because too much can cause the batter to rise too quickly and collapse into a crumbly mess.

Some recipes, such as the Chocolate Zucchini Cake recipe I have shared with you, call for both baking soda and baking powder. Why are both leavening agents needed? In these recipes, the baking powder does most of the leavening. The baking soda neutralizes acids in the recipe; it also adds tenderness to and contributes to the rising of the cake.

Try the recipe for Chocolate Zucchini Cake; it's delicious! And don't forget the baking soda—you need it to neutralize the acid in the buttermilk and chocolate chips!

Check out the Recipe on the Back Cover!



A QUESTIONING ARTICLE

BY DAVID SUPINA

It was, in retrospect, the perfect storm for a fact to strike me.

I was sitting in my History and Theology of Evangelism class, a course I have thoroughly enjoyed, reading as rapidly as I could to catch up, and was enjoying the real life anecdote of a world class, possibly the world's greatest, violinist. And a simple fact, mentioned in passing, shook me. He practiced violin nine hours a day. This man had managed to play one of the world's most difficult concertos perfectly with a snapped string.

My immediate response was that I needed to start playing ten hours a day.

But this bothered me more, and lingered with me through the day more than I expected. Why did it bother me so much? Surely it wasn't because I wanted to be a violinist (at least not a virtuoso) or even that proficient with my own instrument (I play the piano), but simply that no matter how I am to structure my life, nine hours a day dedicated to developing my skill is implausible, if (hopefully) not impossible.

The difference, I think, is the plausibility of focus. If I were to spend nine waking hours, where would I find the time to be a student?

The entire system seems rigged to distract you from any sort of singularity. You're required to construct a class schedule that, due to the demands of a multiplicity of students, is going to be fragmented and irregular. One hour between these classes. Two hours between those two. Eight hours from the first class to the last on one day, and only one class on another. Any sort of rhythm is extremely difficult to develop. That is, of course, before

you consider that the typical semester is going to require you to shift gears radically between the demands of one class and another. What you do to prepare for and pass one class has nothing to do with the workload in another.

And that is another issue. At least half of your degree, assuming your major is more or less connected to what your vocational hopes are, only half of your credits will end up connected to your degree. That means half, or more, of the work that is already divided and fragmentary, might have very little to do with what you ultimately want to excel at.

And upon further reflection, what bothers me most is that this is not a problem unique to university. This was the model all the way from Kindergarten. Learn this. Learn that. We're going to count, we're going to draw, we're not going to let you draw anymore because math is more important now, we're going to read Shakespeare and Austen whether you have the tools to appreciate them or not. Perhaps there is something to be said for a broadness of education in early years, but at what point is there room to assert one's passion in life, or encouragement to truly excel at anything in particular? You're into your adult years and given far more agency to choose what you wish to study, yet you still are not permitted focus.

The counter-argument is that focus on a particular thing is something to be done in a master's program. With all due respect, if I had stayed inside the lines, I would have spent Kindergarten through to the fourth year of my undergraduate degree dashing from one class to another, switching gears constantly, never lingering on one

particular subject very long. I already have been diagnosed with ADHD; I don't need reinforcement. How has never staying on one area of study very long through 13 years of public school plus 4 years of university prepared me, exactly, for the supposed greater focus of graduate studies?

Furthermore, the system seems to make it difficult to find ways around it. You have three options for paying your way through university; you can either get scholarships, get loans, or work your way through, and none of these will allow you to focus on a specific calling or vocation. If you're attached to scholarships, you either need to be blessed with a naturally organized and brilliant mind, or work tirelessly to stay on top of your classes and their various demands to maintain your average. In short, you need to be a professional student, a master of the system's natural fragmentation, and that's not going to leave you much time for anything. Or you can work your way through school. But that simply takes the time you might allocate to the extra studies you need to properly prepare yourself for your career on a part-time, dead-end job that will not prepare you, but will at least let you graduate without debt. Or you can just get loans. It may allow you to put just enough work into your classes and focus your energies instead on the things you recognize as necessary to excel, but the problem is that if you're reliant on loans, you will likely be compelled to find work immediately upon finishing your degree. If you do not find work directly in the field that you wish to develop, as is often the case, then your development period may ultimately be cut short.

Continued on next page...

A QUESTIONING ARTICLE CONT'D

Continued from previous page...

Of course, you can simply come from a very wealthy family, but for those of us who were born poor and hungry, that knowledge does little to satiate.

I'm not questioning the usefulness of education, but I do think it does make

it extremely difficult to become brilliant at a particular thing. Perhaps we have resolved ourselves to an age of machines, where all brilliant will be automated, and human will be reduced to flexible middle managers, widely knowledgeable, and employed to simply apply the more specialized talents of human invention rather than

do it themselves. But maybe naively, I don't know if a machine will ever play as good a concerto as a master. And sadly, I don't know if I'll ever be afforded the opportunity to find what is worthy of nine hours of attention. Will you? How liberating is your liberal education?

OUR HERO, A ROCK - INSTALLMENT # 11

BY DAVID SUPINA

The eleventh, and last, of our weekly installments of David Supina's serial novel, Our Hero, A Rock. For the end of the story go to David's Blog: <http://ourheroarock.blogspot.com/>

"So what happened?" Rose asked, clutching the Rock, stroking it gently.

George was grinning. "Oh, not much. He screamed like a girl. And started yelling something about UFOs."

Rose laughed. But the Rock did not seem as impressed. "Was that really necessary? This world does have effect on the real world. The man will likely be jittery for reasons he can't understand tomorrow morning. And he might be that way for some time."

"Well so what!" George said, getting a little red. "It's not like he didn't have that coming!"

Daisy's face portrayed a bit more guilt. "Maybe we did go a bit far. When he jumped out the window, I was a little scared that we were high up."

"Well, maybe the bit about eternal torment was a little much. Although maybe the 3 bending into handcuffs around him, and the 4 putting a choke-hold on him while the 1 kept beating him probably didn't make him feel too good..." George seemed to be giving way to guilt, too.

"Why did the 6 and the 9 have to form a ninja star? Even if they didn't hit him, it certainly scared him when they broke his table into lots of little pieces."

"I think he was just freaked out that all those little pieces were sixes and nines, too."

The Rock was not impressed. "You do realize the man might have had a poor heart. He could have been frightened to death."

"Well, maybe," Daisy said, fidgeting, suddenly looking very guilty.

"Oh, I don't believe it..." George said. "It was perfectly harmless. It's not like any of this is going to hurt anyone."

"I keep telling you, but you won't listen..." The Rock was becoming impatient. "You need to consider the consequences more carefully. This won't just end here. Things are going to be different... You-"

"I thought you said this was a dream? Dreams go away when you wake up." George made the last bit sound a little like a question.

"You're kinda mean, Theodore..." Daisy muttered to the Rock, kicking at dirt with her sneaker, glancing up occasionally with a reprimanding glance.

"No, don't say that..." Rose said, moaning. "He..."

The Rock cut her off. "You know what, George? Maybe I should use little words for the little person you are, so you can understand..."

"George, there's something you should know about Mr. Rock..." Rose offered, but nobody was paying attention. Daisy was standing between Rose and George, who was all but ignoring Rose, who held the Rock in her tiny hands.

To be ended on David's Blog: <http://ourheroarock.blogspot.com/>

B&W Forum

Graduation Banquet tickets are now on sale!

Tickets are \$50 plus GST and are sold in the Bookstore. Each Graduate receives one free ticket (non transferable) and is able to purchase an unlimited amount for your guests. If you have any mobility issues or special food accommodations, please email grad@student.concordia.ab.ca

The menu for the evening will be

Salads:

Market Salad (Tossed greens with carrots, tomato, cucumber with various Northlands dressings)

Caesar Salad (Romaine lettuce and asiago cheese, Caesar dressing and side served artisan croutons)

Greek Bulgur Salad (Greek bulgur, feta, cucumbers, scallions)

Mixed Green Salad (Mixed greens, mango, tomatoes, and sunflower seeds with various Northlands dressings)

Hot Entree:

Sundried Tomato marinated chicken breast with basil pesto (no pine nuts)

Roasted prime rib of beef with au jus and horseradish (carved)

Spinach and ricotta cheese cannelloni baked in tomato and béchamel sauce

Roasted seasonal vegetables

Paprika roasted baby potatoes

Dessert:

Cheesecake dessert platter with various fruit

Chocolate Zucchini Cake

Ingredients:

- ½ cup buttermilk
- ½ cup margarine
- ½ cup oil
- 1 ¾ cups sugar
- 2 eggs
- 2 cups grated zucchini
- 2 ½ cups flour
- 4 tbsp. cocoa
- ½ tsp. baking powder
- 1 tsp. salt
- 1 tsp. baking soda
- 1 tsp. vanilla
- ¾ cup chocolate chips

Directions:

Mix all ingredients except the chocolate chips in a large bowl. Beat with a mixer for about 4 minutes. Pour into greased 9 x 13 inch pan. Sprinkle chocolate chips on top. Bake at 350°F for 30-40 minutes. Test with toothpick to see if the cake is done; the toothpick should come out clean when the cake is done. Cool before enjoying this incredibly moist, oh-so-chocolaty cake.

