
THE BOLT

A CSA PUBLICATION November 16, 2015 Issue #6



**NOUS
SOMMES
TOUS
FRANÇAIS**

THE BOLT WOULD LIKE TO OFFER OUR SINCEREST CONDOLENCES TO THE FAMILIES AND FRIENDS AFFECTED IN THE RECENT ATTACKS IN PARIS. THESE MINDLESS ACTS TOOK THE LIVES OF MANY INNOCENT PEOPLE. LET US CONTINUE TO STAND UP IN UNITY AGAINST THESE ACTS OF SENSELESS VIOLENCE.

IN THIS EDITION:

P3 - Politics
MYANMAR'S HISTORICAL ELECTION

P4 - Literature
DON'T JUDGE A BOOK BY IT'S COVER

P5 - Editorial
STANDING UP FOR SYRIA

P7 - Campus Dish
MEETING MCDAVID

P8 - Technology
DUDE, SPACE

P9 - Wellness Tip
THE BENEFITS OF SHOWING GRATITUDE

P10- Psychology
DEPRESSION: UNDERSTANDING THE STIGMA

P13 - Mental Health

P14 - Student Life
INSIDE THE LIBRARY

P15 - Fun & Games

P16- Sports
THUNDER TEAMS OFF TO NATIONALS!

P20 - Business
SOCIAL MEDIA IN BUSINESS

THE BOLT²



FB.COM/THEBOLTNEWS



@THEBOLTNEWS



THEBOLTNEWS.COM



@THEBOLTNEWS



CONGRATULATIONS TO THE WOMEN'S SOCCER TEAM
AFTER AN OUTSTANDING SEASON, THE WOMEN'S SOCCER TEAM TRAVELLED TO NATIONALS IN THEIR BID TO WIN THE CCAA NATIONAL CHAMPIONSHIP. THEY MAY NOT HAVE WON, BUT THEY MADE OUR SCHOOL INCREDIBLY PROUD.
GOOD JOB, LADIES!

MEETING MCDAVID P7



Myanmar's Historical Election

by Simone Alaine Polo

It is with the expression “historical” that Myanmar’s recent elections have caught the world’s spotlight of interest. In November 8th of 2015, Myanmar held the first general elections since a nominally civilian government came into power in 2011 concluding 50 years of military rule. Thus, within these conditions, Myanmar has had its political power displaced at the benefit of militia; ultimately, this has brought up questions in regards to whether the opposition will fulfill its promises and in regards to the difficulties that Myanmar will face while instituting political reforms.

The National League for Democracy and their leader, former political prisoner, Aung San Suu Kyi have expressed strong confidence in their party’s chance for a landslide victory. A precedent of this would be that the NLD had “a landslide victory in a 1990 election ignored by the military” (The Globe and Mail) and in 2012 “the NLD claimed

43 of the 45 seats on offer, accruing about 66% of the available votes” (BBC) – given the conditions of Myanmar’s first-past-the-post election system, a landslide victory is possible. Min Aung Hlaing, commander-in-chief of the Myanmarese military has made comments affirming that, in this occasion, there won’t be military intervention.

Regardless of the NLD’s optimism and precedents, it is only to be expected that there are divergent opinions in regards to the election. The Union Solidarity and Development Party (USDP) led by Thein Sein, which is in power, is rival to the NLD in the election. One has to bear in mind that the NLD has gained its popularity from a campaign against military rule. Taking this into consideration, in rural regions with ethnic focuses, it appears to be that the USDP is preferred over the NLD. One of the most prominent issues is that of religious representation, for Myanmar is split between two notable factions: “Religious tension, fanned by Buddhist nationalists whose actions have intimidated Burma’s Muslim minority, also marred the election campaign. Among those excluded from voting

were around a million Rohingya Muslims who are effectively stateless in their own land” (CBC).

Many have expressed disinterest in Sun Kyi’s campaign as it stresses a defence of Rohingya Muslims in the region; consequently, many have expressed support of USDP in opposition to the NLD’s interests.

However, the outcomes of the election have to be framed within the margins of Myanmar’s constitution and political technicalities. For instance, even if Sun Kyi wins the election, she cannot become president. “Article 59F of the constitution states that if one of your “legitimate children... owes allegiance to a foreign power” you are disqualified. That covers both Ms Suu Kyi’s sons Kim and Alexander, who have British passports” (BBC). In addition, the power of the president is highly undermined by the militia. “Key security ministries (defence, home affairs and border affairs) are selected by the head of the army, not the president, and there can be no change to the constitution without military approval” (BBC). Indeed, a Myanmarese president could only have power by radical constitutional reforms.

So, what can we understand

of Myanmar’s situation? Ultimately, there is a displacement of power where authority is held by military forces – the citizens and the kinds of politics that are allowed in Myanmar are framed by a constitution which regulates, restricts, and prohibits what kinds of institutions and assemblies are possible. To institute democracy in its most ideal form (at least where the elected government forms its ministries) seems difficult within these conditions, as it appears that the coercive control of the military will oppose reform. Regardless of these politico-structural conditions of Myanmar, there is an underlying problem over the regulation of citizenship. In the midst of the battle between political parties, the political identities of nationalist Buddhists and Rohingya Muslims presents an idea of who can be considered a member of Myanmarese society and who is granted political participation. Rohingya Muslims are currently regarded as non-Myanmarese people by the local nationalists; thus, within Myanmarese civil society, there is another kind of informal exertion of power to regulate who belongs in Myanmar and who does not.

LITERATURE

Don't Judge a Book by It's Cover

by Adrianna Blitterswyk

A good book can be hard to find, it's almost as difficult as deciding whether you'd prefer chocolate, strawberry or vanilla ice cream for dessert. Some days just any one flavour would do but other times a nice Neapolitan mixture combined with whipped cream and sprinkles can be more exciting than just one lonesome flavour. The same can be said for finding a book, novel or magazine. One genre is nice but sometimes a mixture is better able to capture a reader's attention like a crazy ice cream sundae. However, before our minds can be taken on a whirlwind journey of words, characters, settings and plots the cover has to get our attention.

Literature comes in a variety of flavours. From fiction to

THE BOLT 4 nonfiction, short stories

to novels and magazines to comic books there is an endless combination of genres, themes and messages that can be found. Finding something you would enjoy reading is similar to trying a new food for the first time. While a food may not look appetizing like a mushroom or brussel sprout, a book can be perceived in a similar way. Books can be passed over because the cover lacks eye grabbing attributes like flashy colours or a catchy title, this however doesn't mean that the book isn't worth your time. Before you know that you don't like a new food or a book you have to make the effort to taste it or read the first few pages. While the first few bites might be a little strange, once you get past those first nibbles you can learn to appreciate the food for what it is, something that will nourish your body and help you grow big and strong. Books in a similar way need to be tested out like a new food, by reading the first few pages of a book you get an idea of whether you like the topic, and style of writing. If you never try something new you

could be missing out on something that could change your life. The saying "don't judge a book by its cover" is something I think we should all take into consideration. Just because a piece of writing doesn't look good on the outside doesn't mean that the words within don't hold worth or meaning.

Reading is an escape that can take you places you'd never be able to go in real life. No cover or page should go unturned, each book is an opening to an undiscovered world. The power of words is impeccable. A lot of people today focus on the flashy colours and pictures that grab your attention over a well phrased slogan or title. Words alone can intrigue a potential reader to pick up a book and see if it fits their interest, appearance isn't everything. Words are a powerful part of life, they have the power to spark emotions, make change and introduce a reader to a world of knowledge. Some of the best novels ever written will be missed if readers don't take the chance to try something new and pick up a book never considered before. When I was in the

eleventh grade I almost passed over a book that really changed the way I perceive the world and everything around me. This novel, I almost missed out on because the cover didn't capture my attention. The novel is called Wild Geese written by Martha Ostenso. If my teacher hadn't encouraged me to read this novel amongst others in our school book club, my mind would have never been able to experience and appreciate the message behind the story and all the words held on those pages. At a first glance I took this novel amongst others for granted, but I believe that since that time I have grown just a little bigger and stronger because of novels like this one.

When we can all learn to appreciate a novel for its prose and meaning not it's outward appearance then these strategies can be taken even further in life. Thus, when you're deciding on your next dessert crusade or novel, remember that the outer appearance isn't what counts, it's what's written within that holds all the meaning and worth.

EDITORIAL

Stand Up For Syria

by Kayle Sieben

Canada is a country that prides itself on multiculturalism. Anywhere you go, you're able to observe this diversity. On our streets, in our workforce, and even in our government. This diversity, in my opinion, allows Canada to have a broad range of not only culture but ideas as well. Muslim culture is often the most scrutinized; not the religion itself, but the radicals which lie within the label. These select few have stirred a lot of trouble and controversy, most recently the attacks in Paris. The senseless acts, which took the lives of 129 innocent people, have caused a tremendous outpour of love and support from countries across the globe.

This act was meant to strike fear into the minds of people around the world, and it may have done just that.

Saturday morning I woke up and was browsing through Facebook, and noticed a status update from someone I know. The gist of it was essentially this:

"close the borders to all Syrian refugees because there is a 13% support for ISIS within the group of Syrian refugees." Immediately I got the sense that this statistic was skewed, and it was. The poll was taken in November 2014, and only polled 900 refugees in Turkey. This can hardly be applied to a population of hundreds of thousands of refugees. Will there be ISIS supporters? I wouldn't doubt it, but I trust our country's due diligence and immigration processes to keep all Canadians safe.

Here's the thing, in a large population of any race, religion, or culture there is going to be those bad apples. On August 5, 2012, a radical Christian man massacred 6 innocent individuals in a Sikh Temple in Wisconsin. A group of radical atheists were responsible for the suicide bombing in Iraq on July 2014, taking 29 innocent lives with them. And of course, there is the most well-known ISIS who have brutally slaughtered thousands of lives. The point is, these radicals can exist in any form from any one.

ISIS is the most well-known and disturbing of the radical Muslim groups since many of Al-Qaeda's leaders were killed off. ISIS shows brutality with is completely inhumane. This group of radicals have terror-

ized individuals across the globe, using guerilla tactics to attack their enemies. ISIS has killed ~250,000 civilians in Syria, which is why there is now an influx of refugees fleeing for a better life across Europe and North America.

Canada has offered to take 25,000 refugees by the end of the year, which is where things get interesting.

The individual whose Facebook status I referred to believed that letting in even one Syrian would be a threat to Canadian people, which may be plausible. However, in a populous of 25,000 individuals, there are far too many innocent lives being denied the opportunity to live a good life. A life where they don't need to fear gunfire and bombs. A life where their daily lives aren't dictated by despicable radicals. We can't use the generalization of Muslims being a threat to cover an entire population, it's just not fair.

Observing videos from Paris' attacks afforded some insight into what it's like to be in this type of environment. Watching dozens of people in sheer panic, fearful and running for their lives struck a nerve within me. These people were trampling the wounded to get themselves to safety, dragging soon-to-be dead bodies in hopes of finding some

sort of help. The empty weeping and cries for help left a permanent imprint in my head.

The French were faced with this for a few hours, and words can't begin to describe the tragedy. Syrians face this life every single day. This was a brief glimpse into the world of radical Islam, and it has had a permanent imprint on the world. How could anyone in good faith turn their backs on those who are unwillingly forced into these scenarios regularly? Why should Syrian's have to wake up and question whether or not they will all be alive by days end? They shouldn't.

Taking in 25,000 refugees is no small order for Canada, I'll admit. Our society may be a tad uncomfortable and we may have to adjust. I, for one, don't mind having to adapt my life to give these individuals an opportunity to experience safety and a higher quality of life than they would otherwise never be afforded. It's easy to take our life for granted in Canada. So try and empathize with these individuals before scrutinizing them. No, they won't be perfect. No, they won't all be model citizens. But they are all human, and that's what unites us all.

FASHION FLASH

Dressing Warm for Winter

by Brianna DeSouza

There are many popular fashion trends for this fall and winter, and I'm

going to take a look at a few of the major ones that seem to be the most popular. Let's start off with



chunky knit sweaters. Turtle-necks are especially trendy right now as I have said before but any thick knit sweater will do. If you want a more modern look, you can try tucking a knit sweater into a high-waisted pencil skirt. Or for a more relaxed but still just as stylish look, take an oversized knit and layer it over top of skinny jeans or even a cute maxi dress. The bigger and chunkier the sweater the better, that's my motto!

A nice flat black boot, is another major piece this season.

THE BOLT⁶ These can be in leather or

suede and for the winter are best a small heel or none at all to avoid slipping once it gets icier on the sidewalks. These can be worn with anything from a lovely silk dress to a tweed pencil skirt.

Flared jeans are back in a big way as well, as hard as it is to believe. But since they can be a hard look to pull off the trick is to stick to the higher waisted jean styles. And then to accentuate your waist you can either wear a cropped top or just simply tuck in your shirt. Thankfully the low-rise flare jean trend has not yet come back.

Another huge trend that we're seeing again this year is plaid, plaid everything. Skirts, shirts, jackets, pants, boots, even bags, all plaid is good. Plaid is so common and simple that you can experiment in treating it like a neutral color and mix it in with other prints or even more plaid for a fashion forward look.

Long camel coats for outerwear, or something similar with a belt at the waist to give it a more feminine look. To spruce up the coat you can tie the belt loosely behind your back or even

remove the belt all together so the coat hangs straight down instead of cinching in at the waist. Another major trend for outerwear is the puffy jackets. The puffer the jacket the more trendy it will look, they say this is the year to embrace your inner Michelin Man. Aside from being trendy, these are warm too so no need to worry about that factor. There are also parkas for outerwear as well, parkas with big buttons and fur on the hood. To spice up your parka you could pair it with something soft and feminine, like a lingerie inspired slip dress or a slinky silk cami-sole.

There's also patterned tights, from fishnet to lace, animal print to embellished, fall is all about the texture. To keep the looks sexy and cool try sticking to neutral colors like black, white and nude and to chose sheer patterns and fabrics that let your skin peek through.

Now for the trends in accessories. For jewelry it is all about the statement earrings, but the real statement is the asymmetry. You could try, instead of wearing two big bold earrings, to wear one on one side and a simple lit-

tle stud on the other. The blanket scarf is another major trend for this season, also my favorite and maybe your favorite too! There isn't just one way to wear this though, there's quite a few ways actually, let's look at some of them. So there is the classic loop, fold the scarf in half and wrap it around your neck, tuck in the ends so the bundle doesn't come undone. And then the bandanna, where you fold the scarf into a triangle, take the corners of the triangle and tie it around your neck. Then tuck in any loose pieces and voila! You can also



do a body wrap over top of your clothes. For this look you take the scarf fold it in half and wrap it around you like you do with a towel when you get out of the shower. Fold in the edges a little so it doesn't look too much like a dress and pair it with a thin little belt to bring it all together. There's the cape, where you fold the scarf into a triangle and drape it over your body, so it almost looks like a poncho. You could even pair this with a thin belt as well for some extra flare.

Hopefully these tips can help inspire some trendy and comfortable outfits for the rest of the school semester.

CAMPUS DISH



Meeting McDavid

by Checkpoint Charlie

Earlier this month, our dear friend Connor sustained an unfortunate upper body injury in a game against the Flyers. His left clavicle is now on the mend while a whole city anxiously waits in subdued mourning. Regardless, the number 97 certainly has had a positive impact on the team in his first 13 NHL games.

In the meantime, an intense series of surgery, physiotherapy and recuperation is in his future. On top of that, he might be fortunate enough to get some serious downtime. This extra free time might just allow him to ex-

plore our city a little more. This untimely injury will let him see the things he has wanted to see most. In his case, that would mean visiting the Edmonton Valley Zoo.

Ironically enough, him and I both ended up at the zoo at the same time.

I often spend my Thursday afternoons alone at the zoo. Once biochemistry class ends at 1pm, I joyfully take the bus and complete my assigned homework before enjoying some colorful animals at the zoo. I make sure to pack along fancy cheeses, croissants and Skittles so that I am truly prepared for whatever the zoo has to throw at me. So it was very much to my amazement that Connor McDavid was doing the same.

He was very much undercover and low-key when I first caught wind of him. He was wearing an overly large bucket safari hat, a tan trench coat, and eating a two scoop vanilla ice cream cone. It was clear that this man was thoroughly enjoying himself. However, I did find it strange that he was eating ice cream in

almost the middle of November. Regardless of this fact, I knew it was him. One does not simply misplace or forget his wonderful and very youthful smile. In person, it truly is a sight to behold.

I stealthily followed him around the Bighorn Sheep exhibit. He laughed to himself frequently, and often pressed his hands up against the display glass windows. I noticed that he would silently talk to the animals, but they tended to take no notice of him. Unfortunately, these Bighorn Sheep were unfamiliar with his relentless dangles, sick hands and unquestionable control of the slot.

As he continued to tour the facility, I planned to make my move at the Zebra site. I later found out that he had saved the Zebras for last because they are his favorite animals. He enjoys the fact that they so closely resemble referees.

It was definitely a slower day at the zoo, so I had plenty of opportunities to easily start a conversation with the kid. I confidently made my approach, and initiated conversation. He was into it. Before I knew it, we were touring the compound

together, enjoying one another's company. We chatted in length about baseball, politics and ice cream. We didn't talk hockey or discuss shoulder anatomy. No autographs or pictures were exchanged; I strictly focused on keeping things socially acceptable and normal. It had the feeling of two old friends shooting the breeze and cracking wise.

He spoke in length about his plans to complete a university degree in economics once he hangs his skates up farther down the road. I was also surprised to learn about his devout love of gardening, and his extensive vintage pin collection. All in all, this ended up being a very pleasant and revealing experience for the both of us.

I parted ways feeling a heightened sense of optimism for the Oilers organization. The exciting potential of this young man is staggering. We are very fortunate as a city to have the opportunity of fostering his talent. Good things are to come from this well mannered gentleman.

Thanks for the chat
Connor.

TECHNOLOGY

Dude, Space

by Nick Clark

And we're back from the break, with more news about science-y stuff here in the Bolt. Last month was smartphone month, where I walked everyone through the different types of smartphone operating systems available and then pitted them against each other in a fight to the death. This time around we're taking a slightly different approach and looking at something on a bit of a larger scale. Space. Dude, space.

There are a couple of reasons why I decided to make November space month, but the biggest one – which is also the topic of this article – is by far the most interesting and/or terrifying; take your pick. On October 31, a dead comet officially named “2015 TB145” passed by us and the moon at 487,446 kilometers. To lend some perspec-

102,998 kilometers away from the moon's orbit. That's pretty far if the furthest measurement you're familiar with is your trip to and from school every day, but in space the distance is much smaller than it seems, especially when you take into account that 2015 TB145 is taller than the Empire State Building at 0.61 kilometers (or 2,000 feet) in diameter. Now don't get too bent out of shape about the potential end of the world, we weren't in any real danger from this comet. The fact of the matter is that 487,446km really is still quite a large distance and NASA has been tracking it since October 10th. Plus, we all made it through the night right? Even despite the giant screaming space skull hurtling toward us from the void beyond.

Oh did I not mention that part? 2015 TB145 has a nickname, and that name is “Spooky”, based on not only the timing of its arrival on Halloween night,

about 384,448 kilometers away from us, so it passed by about 102,998 kilometers away from the moon's orbit. That's pretty far if the furthest measurement you're familiar with is your trip to and from school every day, but in space the distance is much smaller than it seems, especially when you take into account that 2015 TB145 is taller than the Empire State Building at 0.61 kilometers (or 2,000 feet) in diameter. Now don't get too bent out of shape about the potential end of the world, we weren't in any real danger from this comet. The fact of the matter is that 487,446km really is still quite a large distance and NASA has been tracking it since October 10th. Plus, we all made it through the night right? Even despite the giant screaming space skull hurtling toward us from the void beyond.

but also on its appearance. If you like you can visit <http://bit.ly/1RK2yva> on your favorite internet viewing device (perhaps a new smartphone you recently learned about??) to see the tweet NASA put out with an image of Spooky and see for yourself. That's right, it's a skull. Could it be from an ancient alien civilization sending us a message? An intergalactic practical joke? Or is it perhaps just us humans seeing what we want to see? Probably the latter but hey, who says science can't be entertaining? That being said, I would actually like to teach you guys something about all this so let's take a look at some of the technical stuff behind this almost world-shattering event.

Ok so maybe world-shattering is a little extreme. Spooky is only 0.61 kilometers wide which is big, but not that big. For perspective, the estimated size of the asteroid that scientists claim put an end to the dinosaur era was 9.7 kilometers. There is also another key difference between that asteroid and 2015 TB145, and that is the

type of giant space rock they are. Spooky is probably not actually an asteroid like NASA originally thought. As per the most recent records, it is believed to be a comet – or more precisely, a dead comet. The difference between a comet and an asteroid is composition. While asteroids are made entirely of rocky materials, comets also have dust and ice components, which are what give it a tail. This is because asteroids are formed much closer to the sun where ice cannot remain solid due to the heat. The distinction of a dead comet however, means that the comet has lost all of its ice and dust coating, leaving only a rocky core. Also it was Halloween, so having the word “dead” in the title just adds to the mood.

So there you have it, a little science with our tech, and a little spook with our space. Next time we'll talk about the technology that gave us that beautiful image of Spooky, as well as many of the other views of the distant areas surrounding our planet: Giant Telescopes.

WELLNESS TIP

The Benefits of Showing Gratitude

By Courtney Hunt, Mental Health Street Team

Mental health is something we all have in common - yet, regardless of its impact on our lives, it can be easy to ignore. Nevertheless, mental health is an incredibly important part of everyone's lives, and as students, with our busy, often stressful schedules, it is important to find some time to focus on not only our physical but also our mental well-being. Though there are many ways to do this, I'm going to focus on a new trend that has been sweeping the Internet and changing people's lives for the better, showing gratitude.

Lately, gratitude projects have become quite popular among people of all ages and lifestyles, and for good reasons. Studies have shown that in recognizing and being grateful for the things in your life that deserve gratitude happiness levels have been increased by up to 25%. Some claim that it has positively influenced their relationships with others as well as their spiritual, physical, and mental well-being. Thanksgiving is not the only time of the year to reflect on the things we have to be thankful for and spend time with the

people we love. Why limit the happiness and sense of peace that comes

from gratitude to one day a year? With gratitude projects, thankfulness can become a part of your everyday schedule. Taking a few moments everyday to be thankful and grateful for all that we have in our lives can be a freeing, stress-relieving practice, taking our minds off of the negative for a few moments and re-focusing our brains on the positive, beautiful aspects of life. I hope you can find a gratitude project that works for you, and feel the benefits of showing gratitude in your own life!

As students, we have pretty busy schedules, and don't always have time for a lot of extra activities. That's why I've found 5 daily gratitude projects that don't take up too much time; and can easily fit into a busy student's schedule (not to mention they cost little to no money, as our budgets tend to be just as tight as our schedules!).

1. Morning Coffee Gratitude

A lot of us make drinking a coffee or tea (or five) an integral part of our morning routine, so why not use this morning ritual as a tool to starting our day in the right direction? One way to show gratitude is to take a moment when making or drinking your morning coffee to reflect on the things in your life you have to be grateful for, this can even

be as simple as the fact that you are enjoying a nice warm cup of coffee, or even just enjoying the warmth of the mug in your hands. The simple things can be the best things!

2. Putting things into perspective

With busy exam schedules and tight impending essay deadlines, things don't always go the way we want them to. I know I've gotten exams back and looked at my grade and wished I'd spent just a little more time studying. But gratitude doesn't have to be saved for only the positive moments in our lives. By asking questions such as, "what did I learn from this experience?" or "how can I benefit from this?" we can put negative situations into perspective and put at least a little bit of gratitude and positivity into our day.

3. Gratitude Trigger

Placing an object somewhere in your home, dorm room, or even your notebook that will remind you of the things you have to be grateful for can be a quick and easy way to boost your mood. For instance, place a picture of your loved ones in your binder to remind you of the wonderful people you have in your life, or by placing a "thank you" sign above your desk you can remind yourself to be grateful during the good times and the bad.

4. Gratitude partner

It can be difficult to motivate ourselves to be happy and positive when we're in the middle of

a stressful time, so finding someone to be your "gratitude partner" can help you to feel thankful even on those not-so-great days. You can feed off of each other's ideas and remind each other of the things you each have to be grateful for on those days where it may be hard to come up with something on your own.

5. Gratitude journal

Another easy, affordable way to show gratitude is to use a gratitude journal and write down at least one thing a day you have to be grateful for. You can use a piece of scrap paper, buy a cheap journal or notebook, or even start a file or memo on your cellphone or laptop. When you're feeling down, you can read through these daily gratitude entries and remind yourself of all the wonderful things you have to be thankful for in your life.

Everyone has things to be thankful for, and sometimes it can be hard to remind ourselves of the positive in our lives, especially when we're under a lot of stress. But, by taking a few moments everyday to show gratitude, we can lighten our moods and benefit our mental and spiritual health. I encourage you to try one of these quick and easy gratitude projects, or check out www.365grateful.com or <http://daringtolivefully.com/gratitude-exercises> for more easy ideas to get you started on your path to living a more grateful, thankful life!

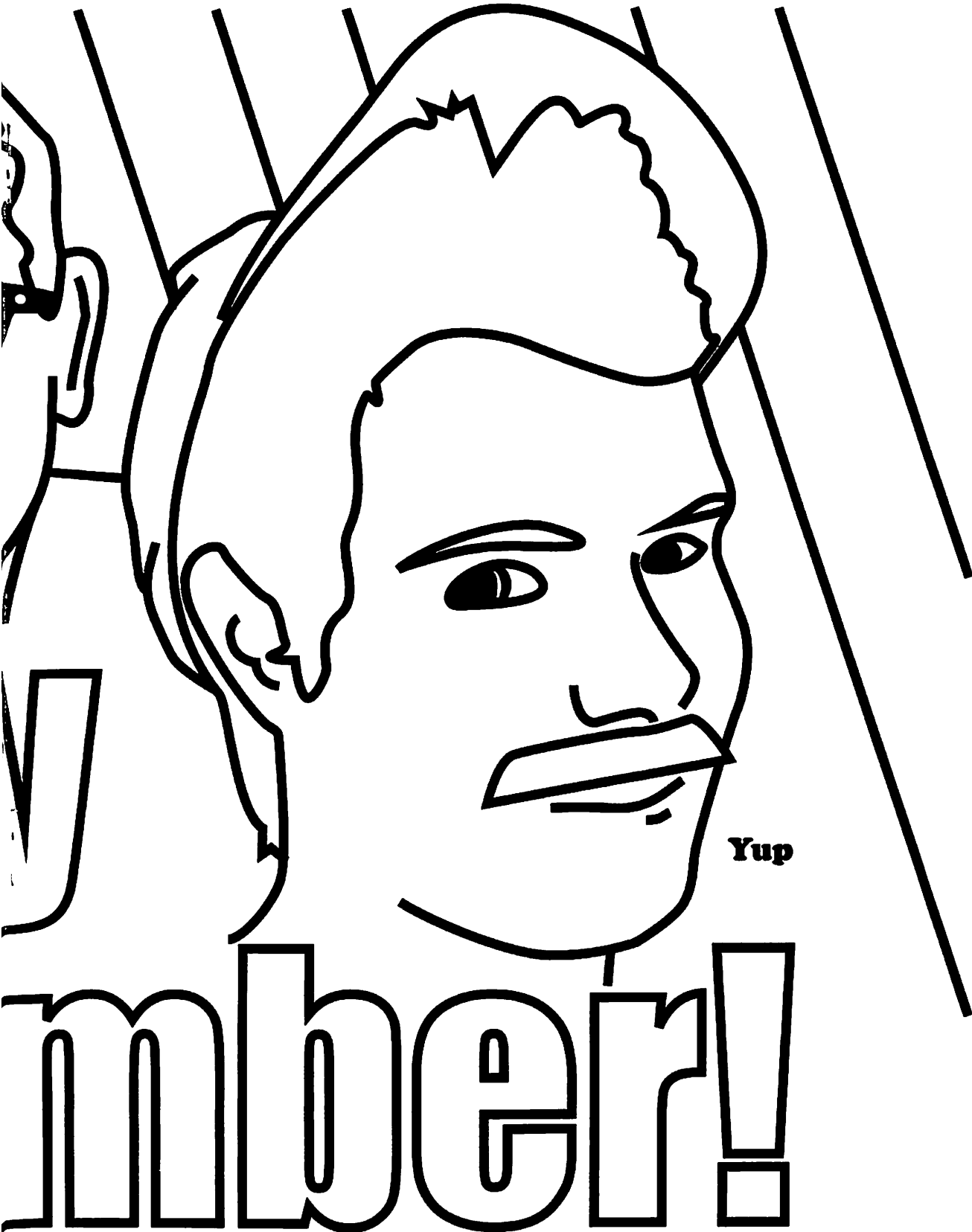
COLOUR TO DONATE



Happy
Mover!

FOR EVERY COLOURED PICTURE WE RECEIVE, THE BOLT WILL DONATE \$1.00 FOR MOVEMBER

YOU CAN GET THESE COLOURED PICTURES TO US A COUPLE OF WAYS: TAKE A PICTURE AND SEND VIA SOCIAL MEDIA OR EMAIL, OR PULL OUT THE SHEET AND DROP IT OFF AT THE CSA OFFICES. KEEP GROWING THOSE MUZZIES, FELLAS!



PSYCHOLOGY

Depression: Understanding the Stigma

by Mitchell Dixon

“Your pain is the breaking of the shell that encloses your understanding. It is the bitter potion by which the physician within you heals your sick self. Therefore, trust the physician and drink his remedy in silence and tranquility.” - Khalil Gibran

Throughout the brightest days and the darkest nights we have all, at one point in our lives, felt some form of depression. Whether it is a result of a lost loved one, or even failure on an exam, we sometimes find ourselves unable to stand up to the dark shadows which enshroud our everyday lives. Sadness and sorrow are no strangers to the human condition. For some, depression is a concept which lies just beyond our understanding. But for others, depression is an anchor; dragging their limp bodies across the bottom of the cold, dark ocean. But how exactly does one define depression?

THE BOLT ¹² How does one attempt

to understand and relate to someone suffering from a major depressive disorder? These questions I will attempt to answer here today.

So first off, what exactly is depression? “A depressive disorder is an illness that involves the body, mood, and thoughts. It interferes with daily life, normal functioning, and causes pain for both the person with the disorder and those who care about him or her.”

As someone, who for a long time has been dealing with depressive issues, I can say that of all the different psychological ailments one can suffer from, depression is one of the most psychologically and physically demanding. Living with untreated depression is like living at the bottom of the ocean. The pressure, the inability to breathe. The burning sting of depression weighs on an individual like the world weighs on Atlas' shoulders. Everyday growing larger, heavier, and more difficult to carry. I once heard someone describe living with depression to be like living in a body that fights to survive with a mind that tries to die.

It's like being the last one alive

on the entire planet. The people you see every day are emotionless shadows going about their lives in chaos, and randomness. And yet they can smile, they can laugh, or at the very least pretend. But for someone who suffers from depression, every smile is a muscle too weak to move. Every laugh, a hollow and empty sound made from a dying man unable to let others see his deep and intimate pain.

Another common question in regards to depression is “How do you help someone suffering from extreme depression?” A major problem helping someone deal with depression, is that every person copes with depression differently. Where talking and spending time with someone could greatly help one person, others need time and space to think. The greatest advice I could give to someone who has a friend or family member suffering from depression is to just be there for them. Let them know that whatever they are feeling isn't irrelevant or useless. That whatever they are going through is okay. That it's okay to cry and to break down. That pain and sorrow is natural and okay. I have heard many people say that it's never okay to let depression

define you. But for me, my depression has made me stronger, and more resilient. It has made me more sensitive to the feelings and emotions of others because I can relate. I can make someone feel just a little less lonely in the world.

And to those of you who are dealing with depression. There is nothing wrong with what you are feeling! The emotions and anxieties you are feeling do not make you weak, if anything it shows the strength you have by simply being able to get up in the morning.

You are NOT weird, you are NOT stupid, and you are NOT weak.

You ARE unique, you ARE intelligent, and you ARE strong! And no matter how deep into the rabbit hole you may fall, there is always hope. And one day you can and will beat depression!

Thank you for reading my article today, I hope that by writing this I have been able to give you a new outlook on depression and those suffering from it. That being said if anyone needs advice on dealing with depression, or even just needs someone to talk to, my email is always open!

Mitch.mabugat@gmail.com

MENTAL HEALTH

Emotional Abuse: A Fairytale Gone Wrong

by Anonymous

I have suffered with depression. For me this depression stemmed from an unhealthy relationship. I don't know if he was ever aware of the amount of damage that he did, as it wasn't something we talked about. I wish I had realized how unhealthy the relationship truly was and looking back at it now wish I'd been smarter about the whole situation. Although it is possible that I would have suffered this



what triggered it for me. I have always been an anxious person who get stress headaches on a regular basis. I often find myself unable to eat because of the stress. So depression has never been much of a stretch.

Emotional abuse is blatantly disrespectful, hurtful and controlling. When a person is emotionally abused it cripples them. They are left lacking self-esteem, their confidence is shattered, their independence lost. They are unable to think rationally about their abuser. It's not okay just because it isn't physical.

I don't know why he treated me this way. But the better question is how could I have knowingly let this happen? A very good friend of mine told me that I had been living inside a fairytale, believing in the love that was buried behind the abuse. In my experience many women tend to believe

depression that their Beast will turn into a Prince. They want to fix them, repair what they believe is broken, but most of the time can't.

I became highly paranoid when I found out that he was unfaithful to me. This paranoia was isolating. I was obsessed with thinking about who he might be with. It worsened my anxiety, I barely ate. I lost so much weight that people became concerned for my physical health.

Ernest Hemingway wrote "The most painful thing is losing yourself in the process of loving someone too much, and forgetting that you are special too." I've been there. I lost myself because I was always trying to be the person that he wanted. I worried about what he would think of everything I did or even what I wore. Often when I broke one of his unwritten rules, I would get the silent treatment. For me this the absolute worst because of the incredible loneliness. This loneliness carried on post-breakup and evolved into a depression that I am still battling against.

This summer, I thought about suicide. Thinking about the hurt and betrayal was too much for me to handle. I'm still here because of my friends. When one friend in particular recommended I see a counsellor I was skeptical, I worried that they would downplay my feelings for overdramatic love, I have never been so wrong.

I have started seeing a counsellor. I have incredible friends that help me deal with my loneliness. I spend a lot of time looking at inspirational quotes on pinterest, silly I know, but it helps. I have found healthy ways of dealing. I have been looking at studying abroad to get a chance at rebuilding myself. I want you to understand that emotional abuse is never okay. Never downplay emotional abuse as something normal, it isn't a part of a healthy relationship. If you are feeling alone try to seek help. For me it has been the beginning of my journey to recovery. I'm moving forwards with my life.

STUDENT LIFE

Inside the Library

by Peter Fourlais

This week it was my utmost pleasure to have a conversation with Dan Mirau. Mr. Mirau is an absolutely delightful and charming individual, who clearly loves his job at the Concordia Library and also loves helping students.

Peter Fourlaris: Tell the readers a bit about yourself, what is your job title and description here at Concordia?

Dan Mirau: I'm the library director here at Concordia. I've been here for about 16 years now, I started here doing some web development projects, and information services with the information desk, and I worked my way into this position. I've been the library director since 2004.

PF: What is your favourite part of your job?

DM: I really like working with students, and I love the people here in the library that I work with. I like working collaboratively on a team that shares a common understanding of what it's doing, and has a clear sense of who's doing what. I just love that sense of being a part of a

the most popular question that students ask you for help with?

DM: We get a lot of questions about finding material: books, articles, videos, anything like that. We also get a lot of questions about citations, and how to cite materials for assignments. And I have to say, while they're not specifically library questions, we get a lot of questions about things like passwords, printing, how to use the Wi-Fi, and those kind of IT questions.

PF: What is the most unusual question you have been asked by a student?

DM: Once there was a student who asked us to keep her student identification card here in the library, rather than her carrying it with her because she was afraid her family would learn that she was enrolled at Concordia. I think it says a lot about the challenges that students have in their personal lives, and how privacy and confidentiality are important.

PF: Do you have any general advice for students regarding the library and maximizing it as a student resource?

DM: I'd like all of the students to know how much support that we do offer at the integrated service desk here at the library. We try to send out information that may be helpful as the term progresses, we might do that through email, or Facebook, or

through our Twitter page, we also have a Tumblr page and a Pinterest account. If all else fails they can come in, they can phone, use the chat on the library website, text us, or monitor the social media channels and hopefully we can connect at the right points in time. I like believe that everybody here on the library staff is very friendly and also approachable.

PF: What is your favourite hobby away from school?

DM: I really like reading, I like movies, and spending time with my partner and her family, going outside; hiking and biking. I also write, and do other creative work such as visual arts. I just have too many fun things that I like doing, I could go on and on!

PF: What is your dream vacation spot?

DM: For the last two years I traveled to Croatia with my partner, her family is originally from Croatia so we spend time there. I really do like the Croatian coast. I've been thinking more and more about Paris, and Japan, I think Kyoto. I've been to Kyoto once and I'd love to go back, it's so beautiful.

PF: What is your favourite book?

DM: I can't say I have a favourite because I love books, but a book that I read recently that really surprised me is Moby Dick. I enjoyed it far more than I expected I would. It's a classic; Herman Melville, whalers, a crazy mad Captain, it's just an

unbelievable novel! With classic literature, you often don't know if it will be dry or boring, but Moby Dick is so much more than you would expect.

PF: What is your favourite movie?

DM: Again, it's hard to pick just one, but I really love a film called Days of Heaven, it's directed by Terrence Malick, it came out in the late 70's. It's about a rich sharecropper and these people who work on his farm, it's just the most beautiful cinematography, and it's a really profound story!

PF: If you could have any superpower, what would you choose, and why?

DM: Maybe I would choose to be like the Flash because I could go really fast, I like the idea of time slowing down, and having more of it. There's always far more that I hope to do here in the library and in my personal life than I seem to have time for!

Thank you, Mr. Mirau for a delightful and entertaining interview. And on behalf of all students and staff on campus, thank you for doing such a great job making the library an extremely accessible and valuable resource for all of us to use.

Finally, if you, the reader, have anyone in mind that you would like to see featured in one of my articles, you can send in your requests to me. I can be reached through my email pfourlar@student.concordia.ab.ca or via twitter [@PeterF_94](https://twitter.com/PeterF_94).

FUN & GAMES

The Bolt would like to apologize for the technical difficulties regarding the Fun & Games page in our last edition. We know how much they mean to you.

But hey... Mexico?



Cancun MEXICO
Spring Break Capital of the World

February 14th-21st

\$150 Deposit
due December 1st

Final Price Includes:
ROUND TRIP HOTEL FOOD and ALCOHOL

Contact VP Student Life:
csavpstudentlife@student.concordia.ab.ca
for more details

The Classical Puzzle #2 - to Dayton Moore, by Ben Tausig

- Across**
- Teammate of Tony and Tim
 - Provides energy for
 - Talked above one's pay grade, as it were
 - QB Lemon, now in the CFL
 - Orange muppet
 - Like an unassisted triple play
 - Light-hitting infielder acquired by the Mets in exchange for Nolan Ryan (d'oh!)
 - Muezzin's mosque colleague
 - Distance equal to four laps
 - Biblical hymn
 - "Don't ___ stranger!"
 - Sell, as wares
 - South American wool source
 - The Expos got one year of him for Brandon Phillips, Grady Sizemore, and Cliff Lee (oops!)
 - Like some auxiliary verbs



- Schilling, Pete Harnisch and Steve Finley (fuck my life)
- Bereft of love handles, say
- Warhol scarf
- Car on "Knight Rider"
- Give up, as territory
- Condemns
- Play awesome, as a metal band
- One might make songs sound like thongs
- Dos times tres
- Scrubbing pad brand
- "Cheers" barkeep
- x/FP relative
- Left-winger, briefly
- Celtics, of the Lakers
- The NY Yankees lost in it in 2012
- Bits of rope and rubber bones, e.g.
- Like an emo kid
- Starts a hand of poker, perhaps
- Sheep sound
- Wembley Stadium head?
- Stick in the water?
- Rainforest bird
- Board possessed by spirits, supposedly
- Emulates Dock Ellis
- Cigarette additive
- Pretzel maker since 1921
- Those gross orange fish in the tanks of Japanese restaurants
- Jay-Z's club
- Teammate of Melo
- Before the buzzer
- Eating sounds
- Biases
- Heavy Acme Corporation product
- Singer Baker or Bryant
- Ill-considered
- "My word!"
- In addition
- Whiskey barrel trees
- Do Not Call Registry org.
- Valuable stuff in a vein
- Green opening

- Down**
- Flipping burgers, prototypically
 - Flared dress style
 - Where Hercules slew the lion
 - Sch. where Gerald Ford played football
 - Insect antenna
 - Needing attention
 - "Music for Films" musician

CROSSWORD



SUDOKU

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

QUOTE OF THE WEEK

WEEK 1: "THE BEST MATH LESSON WE CAN TEACH COLLEGE STUDENTS THIS YEAR IS TO SUBTRACT A TUITION INCREASE AND BENEFIT FROM THE DIVIDENDS OF HIGHER EDUCATION"- JODI RELL

WEEK 2: "PEOPLE DON'T NOTICE WHETHER IT'S WINTER OR SUMMER WHEN THEY'RE HAPPY"- ANTON CHEKOV

Thunder Teams Off to Nationals!

by Scott Bancarz

A tradition of success is about to get an unprecedented boost as Concordia Thunder Athletics is going to be sending THIRTY athletes to two CCAA National Championships over the week of November 9th to 14th. Eighteen athletes, along with three coaches from the Thunder Women's Soccer team and twelve athletes and three coaches from the Thunder Cross-Country Running team will be representing Concordia and the ACAC on the national stage. This is a remarkable achievement for a small university that will find its athletes competing against schools that in many cases, are more than 10 times the size of Concordia.

Women's Soccer

After taking a silver medal in the 2012-13 National tournament, the team was decimated at the start of the 2013-14 campaign and had to start almost **THE 16 BOLT** from scratch to rebuild the

program. In just three seasons, the team has again risen to National prominence. Ranked 4th nationally at the end of the regular season, the Thunder held the 2nd seed in the ACAC North, finishing with a 7-2-1 record. In the ACAC Championship that was held in Grande Prairie from



October 30th to November 1st, the Thunder took out two teams - including the 1st place team from the South, the Red Deer College Queens - on their way to a berth in the Gold Medal game. Although they came up short against their archrival NAIT in the final, the ACAC silver medal finish gave them their ticket to the CCAA Nationals as the ACAC wild card team.

With the ACAC North Coach of the Year Franco Imbrogno at the helm and bolstered by no less than FIVE All Conference athletes - Jaida Stasiuk, Laura D'Andrea, Maggie Boras, Brynn deVries and Selina Verkland - the Thunder are well positioned to make some noise when the

CCAA National Championship kicks off at Fleming College in Peterborough, ON on November 11th.

Cross Country Running

For the first time in the program's history, the Concordia Thunder Cross-Country Running team will be sending a full complement of 12 athletes to the National Championships. At the ACAC Championships

that were hosted by Lethbridge College on October 31st, both the Men's and Women's team took home silver medals which qualified them for the Nationals. Additionally, two Thunder athletes won individual silver medals in their respective races. Women's XCR Captain Marriya Jenkins - who has re-written the record books for Concordia XCR women with 4 ACAC medals and 2 CCAA medals in her five years with the Thunder, collected another silver to add to her collection. Five year athlete (his last two with Concordia), Kirk Sundt also took home the silver and with his leadership on the field is looking to inspire his teammates on the National stage. Marriya and Kirk - along with teammate Kenton Sportak - were also selected to the ACAC All-Conference team. Having never taken more than 6 athletes to Nationals before, 2014-15 ACAC and CCAA Coach of the Year Matt Norminton now has all the arrows in his quiver heading to the CCAA National Championships which will be held on November 13th-14th at St. Lawrence College in Brockville, Ontario.

THUNDER SPORTS








HOCKEY				
NOVEMBER 13	NAIT (9)	CUE (2)	8:15	CLAREVIEW
NOVEMBER 14	CUE (4)	NAIT (9)	6:00	NAIT ARENA
NOVEMBER 20	CUE	KC	8:15	CLAREVIEW
NOVEMBER 21	CUE	KC	4:30	CLAREVIEW
NOVEMBER 27	RDC	CUE	8:15	BILL HUNTER ARENA
WOMEN'S SOCCER NATIONALS				
NOVEMBER 11	DOUGLAS (6)	CONCORDIA (0)	10:00 AM	FLEMING COLLEGE
NOVEMBER 12	CONCORDIA (3)	MSVU (2)	10:00 AM	FLEMING COLLEGE
NOVEMBER 13	CONCORDIA (1)	INDIENNES (2)	2:30	FLEMING COLLEGE
NOVEMBER 14	ALGONQUIN (4)	CONCORDIA (1)	9:00 AM	FLEMIND COLLEGE
MEN'S SOCCER				
OCTOBER 4	CUE (3)	UAA (0)	2:00	CUE FIELD
OCTOBER 17	NAIT (2)	CUE (0)	2:00	NAIT FIELD
OCTOBER 18	CUE (5)	GPRC (0)	2:00	CUE FIELD
OCTOBER 24	TKU (1)	CUE (1)	4:00	KING'S FIELD
OCTOBER 25	NAIT (4)	CUE (2)	2:00	CUE FIELD
WOMEN'S VOLLEYBALL				
NOVEMBER 13	CUE (0)	TKU (3)	6:00	KING'S
NOVEMBER 14	TKU (3)	CUE (0)	6:00	CUE
NOVEMBER 20	GPRC	CUE	6:00	GPRC
NOVEMBER 21	GPRC	CUE	1:00	GPRC
NOVEMBER 27	CUE	NAIT	6:00	CUE
MEN'S VOLLEYBALL				
NOVEMBER 13	CUE (0)	TKU (3)	8:00	KING'S
NOVEMBER 14	TKU (3)	CUE (0)	8:00	CUE
NOVEMBER 20	GPRC	CUE	8:00	GPRC
NOVEMBER 21	GPRC	CUE	3:00	GPRC
NOVEMBER 27	CUE	NAIT	8:00	CUE

SPORTS ACAC STANDINGS







MEN'S HOCKEY STANDINGS

	TEAM	GP	W	L	OTL	TIE	PTS
	NAIT	14	14	0	0	0	28
	RED DEER COLLEGE	14	9	4	0	1	19
	UOFA-AUGUSTANA	14	7	3	2	2	18
	PORTAGE COLLEGE	14	7	4	0	3	17
	SAIT POLYTECHNIC	14	6	6	0	2	14
	KEYANO COLLEGE	14	6	6	1	1	14
	CONCORDIA	14	4	7	3	0	11
	MACEWAN UNIVERSITY	16	4	10	1	1	10
	BRIERCREST COLLEGE	14	2	12	0	0	4

WOMEN'S VOLLEYBALL STANDINGS

TEAM	MP	MW	ML	GW	GL	PTS	
	THE KING'S UNIVERSITY	10	10	0	30	7	20
	KEYANO COLLEGE	8	6	2	19	10	12
	LAKELAND COLLEGE	10	5	5	20	17	10
	GPRC	8	4	4	16	14	8
	NAIT	8	3	5	13	18	6
	UOFA-AUGUSTANA	8	2	6	10	21	4
	CONCORDIA UNIVERSITY	8	0	8	3	24	0






MEN'S VOLLEYBALL STANDINGS

TEAM	MP	MW	ML	GW	GL	PTS	
	THE KING'S UNIVERSITY	10	8	2	28	9	16
	KEYANO COLLEGE	8	6	2	19	9	12
	UOFA-AUGUSTANA	8	5	3	19	11	10
	NAIT	8	5	3	15	14	10
	LAKELAND COLLEGE	10	4	6	14	24	8
	CONCORDIA UNIVERSITY	8	0	8	4	24	0







SPORTS

MEN'S BASKETBALL				
NOVEMBER 13	TKU (89)	CUE (75)	8:00	CONCORDIA
NOVEMBER 14	CUE (73)	TKU (77)	8:00	KING'S
NOVEMBER 20	KC	CUE	8:00	KEYANO
NOVEMBER 21	KC	CUE	3:00	KEYANO
NOVEMBER 27	NAIT	CUE	8:00	NAIT
WOMEN'S BASKETBALL				
NOVEMBER 13	TKU (47)	CUE (74)	6:00	CONCORDIA
NOVEMBER 14	CUE (65)	TKU (55)	6:00	KING'S
NOVEMBER 20	KC	CUE	6:00	KEYANO
NOVEMBER 21	KC	CUE	1:00	KEYANO
NOVEMBER 27	NAIT	CUE	6:00	NAIT

MEN'S BASKETBALL STANDINGS

NORTH DIVISION		GP	W	L	PTS
	KEYANO HUSKIES	8	7	1	14
	NAIT OOKS	8	6	2	12
	KING'S EAGLES	8	5	3	10
	LAKELAND RUSTLERS	10	5	5	10
	CONCORDIA THUNDER	8	4	4	8
	GPRC WOLVES	8	2	6	4
	UOFA-AUGUSTANA VIKINGS	10	1	9	2

WOMEN'S BASKETBALL STANDINGS

NORTH DIVISION		GP	W	L	POINTS
	LAKELAND RUSTLERS	10	10	0	20
	NAIT OOKS	8	6	2	12
	UOFA-AUGUSTANA VIKINGS	10	6	4	12
	GPRC WOLVES	8	5	3	10
	CONCORDIA THUNDER	8	2	6	4
	KEYANO HUSKIES	8	1	7	2

BUSINESS

Social Media in Business

by Kira Pelletier

Social media in business can be both your best friend or your worst enemy. There are so many sites: Facebook, Twitter, Instagram and Pinterest, not to mention the business orientated LinkedIn. And like everything relating to technology and social media there are positives and negatives.

Let's start with the bad news.

Did you know that as an employee, you have a duty of fidelity to your employer that trumps your freedom of speech? That means that you cannot post angry facebook statuses about your company. You can't tweet sharp and biting tweets about your boss. You can be reprimanded and even fired for repeated offenses. Once something is posted on the internet it is there permanently and one mistake can be

can also share reviews of your business and their experiences with your business online. Look at the man whose guitar was broken by some United Airlines baggage handlers, his Youtube video that he made in response has more than 15 million views. I too have complained about bad service on Facebook. When I went to Rome, the airline lost my luggage, and the whole "adventure" was chronicled on Facebook. People are more likely to complain about bad service than compliment good service. Why? Because good service is expected.

Now it's time for the good news!

Social media is a great way to put yourself out there and network. The website Ten Thousand Coffees can connect you to working professionals and other students in almost any field from all over the world. LinkedIn is the ultimate business and networking site. Read next issue's article to find out more. Even as a working professional, you can still have your personal social media accounts. Just keep it clean. Go through and untag

yourself from possibly embarrassing and career ruining photos. Ask your friends to please refrain from tagging them in the first place. It is best to not let the situation get too far out of hand in the first place, but especially pay attention to your social media accounts when you're interviewing for new jobs.

For businesses, social media is all about marketing. Every large, successful business today has a social media team working for it. Social media marketing is especially useful for companies marketing to younger audiences. If your target audience are seniors and baby boomers, social media may not be for your company. Small businesses do not always have the resources and knowledge to put into social media marketing, but with technology becoming more and more essential businesses are going to need to be able to keep up.

Like everything to do with social media, there is a good side and bad side. Try to capitalize on the benefits and minimize the damages from social media.

CMC News

The CMC is having a bake sale on Friday December 4th. Our annual networking conference will be Saturday, February 6 at the Derrick. This is a great opportunity to network with business professionals within your emphasis. The conference is especially recommended for third and fourth year students, but ALL management students are welcome. Keep your eyes peeled for the new apparel designs that will be released the week before classes end for the semester. Sample sizes are available next semester the week of January 18-22 in Tegeler. Orders will be taken that week in Tegler as well. If you are a management student who is graduating after this semester but still want apparel please contact the CMC. To get updates on what the CMC is doing keep checking our facebook, twitter, linkedin or our web page. If you want to get involved or have any questions, email us at cmc@student.concordia.ab.ca. If you have any pressing concerns, the management student representative, Kira Pelletier, has office hours from 8:15am-9:15am on Tuesdays and Thursdays.