

# TIME OUT FOR MENTAL HEALTH

by Macalan B-J

Starting on the sixteenth of January ACAC (Alberta Colleges Athletics Conference) took initiative to raise mental health awareness. Throughout the month there were speakers and presentations about the stresses of university on students and especially athletes, and how to cope with these stresses. Although few students may have been diagnosed and medicated for mental illnesses, it can be assumed that most, if not all, have high levels of stress do to the pressures of performing and competing.

Concordia's mental health week was January sixteenth to twenty sec-

ond, and we were lucky enough to have special guest speaker Anastasia Bucsis give a presentation about mental health issues surrounding athletes. Anastasia has represented Canada twice as an olympic speed skater and has also participated in forty two world cups. She has battled with depression throughout her career and has teamed up with ACAC to share her story and shed light on mental illness.

Thunder guard Purnell spoke about the benefits of athletics on his mental health:

"For me athletics help me so much with keeping positive. The more I play the more confident I am, and that really helps with my overall mood. That also helps me stay focused on my studies and put in the work I need to." As you know, our Thunder have been wiping

the floor with their opponents lately. On Saturday, the Thunder won their TWELFTH straight game and have now earned a spot in first place. Although there are still games left, these consecutive wins have catapulted the Thunder into being a serious threat. After the victory I was able to ask player of the game, Ryan McLaren, about mental health and university athletics.

"It's just a balance of your daily life," said McLaren, "you've got school, family, friends, and you've got to try and balance your time. You need time for basketball, time for homework. That is what being a student athlete is. If you can find a balance you can be successful."

Thunder center Pemberton had a bit of a different take on the matter and had this to say:

"It's a lot of pressure. Pressure from your teammates and from your coaches. Then you have classes on top of that, with limited amount of time to do your homework during the week, then after that you have to be ready to play every Friday and Saturday, it's tough." Finishes Pemberton.

Finally i would like to leave you with a quote from the Thunders basketball head

# THUNDER ATHLETICS

coach Reagan Wood who had this to say on the topic of mental health is his athletes:

"Playing sports can be very challenging mentally. Players put a lot of self worth into their abilities as an athlete. I've seen it first hand, I've experienced it, and when things don't go your way it's easy to get down. With school commitments, and family commitments, boyfriend girlfriend commitments. Whatever you've got, it can put a lot of pressure on young people. As i coach I try to be as positive as possible with the guys. My door is an open door for any athlete that needs to talk. I find it's more challenging with guys as they never seem to want to talk about it. But the guys that have talked to me have been given the resources they need to live a balanced happy life."

Don't suffer in silence, learn from these advocates for mental health, share your story and get the help you need to live a balanced, happy and healthy life.

**NOW HIRING**

*Student Life*

**STREET TEAM**

PAID POSITION

SUBMIT RESUME AND COVER LETTER TO  
NATASHA MILLER: [CSAVPSTUDENTLIFE@STUDENT.CONCORDIA.AB.CA](mailto:CSAVPSTUDENTLIFE@STUDENT.CONCORDIA.AB.CA)

IT'S COAL, NOT CARS

THE BOLT  
ISSUE 10, 2017

LONG DISTANCE VALENTINE

LOVE LOST FOR THE LIBERALS

# LONG DISTANCE VALENTINE

by Taylor Jevning

With Valentine's Day quickly approaching, many people might be mulling over their current relationship status. One thing that so many university students have in common is the fact that many of us are in long distance relationships. This can make Valentine's day a little more difficult for us to swallow. Relationships are complicated enough, especially when you're young, so distance exaggerates some aspects of a relationship, some for the better, some for the worse. While there are so many amazing things that come from being in a long distance relationship, such as a stronger sense of self image and that little things, like hugging or talking face to face, are more meaningful than that of a normal relationship, there are many hardships as well. Valentine's Day, for some of us, can serve as a casual reminder of all the things that make long distance so difficult.

I recently had a friend tell me that a long distance relationship isn't a real relationship, but instead, it's the promise of one. I completely disagree. I've been in two long distance rela-

tionships, one was with my first love when I was fourteen, and the second I'm still a part of now. In comparison to relationships I've been in that were not long distance, there really aren't many differences in terms of commitment or emotions towards the other person. Especially for those people who have moved away from their significant other to come to university, the biggest differences seem to be in the time you're able to dedicate to one another, and in communication. Many people go from being inseparable and spending time with their loved one everyday to barely finding the time to call once a week. Work and school make it harder to schedule time for one another, and if there is a time difference, it only makes the problem worse. If you're in a situation like I am where you're dating an exchange student, which happens at universities like Concordia that have such excellent opportunities for semesters abroad, you could even end up with as big of a time difference as eight hours. It's hard to be happy for your friends when they're talking about their Valentine's Day plans and you're wondering whether or not you and your partner will get a chance to talk on the day at all. When your friends are gushing about being able to take their date out, envisioning the perfect moment

to kiss them, and wondering whether or not they'll be sleeping alone that night, it's hard not to be bitter about the fact you haven't talked to your boyfriend or girlfriend face to face in weeks or months.

I'm writing this article because there are many of us in university that are in long distance relationships, and this month is going to be tougher than the usual. I want this to serve as a casual reminder to support your friend's happiness this month. If you're in a long distance relationship, make time for your significant other, and don't let the distance discourage you from loving that person with your whole heart. Even if you find it cheesy, don't feel bad about taking Valentine's Day to be straight forward in your relationship and reaffirm how much you love the person you're with. It's still not too late to send a handwritten letter by snail mail, or to remember to send that extra good morning

or goodnight text. For those of you that aren't in a long distance relationship, support your friends who are. For Valentine's Day this year, I think everyone should focus on loving their significant other regardless of their current situation and just plain loving the people around them. Being in a long distance relationship is a great reminder that the holiday isn't about chocolates and flowers and expensive dates, but a day to remind us of how lucky we are to have people who love us in our lives. As much as Valentine's Day can be a difficult day for people in long distance relationships, it's also the best reminder to be appreciative of your partner and keep putting in the effort, because they're worth it.

# ADVICE



# SPORTS

# WELLNESS AND FITNESS TIPS

by Adam Schuster

Hello Concordia, my name is Adam Schuster and I believe in fitness.

All joking aside though, we are well on our way into 2017 and with the new year's passing many of you may have some new goals in mind whether it be personal, academic, or health & fitness. For those of you who are looking to expand your knowledge of health & fitness, I'm hoping to help. My main goal is to bring you information that is both simple and practical. For this particular issue, I'll be focusing on resistance training. Basic weight training can assist you in so many ways, whether you are looking to get in better shape, or are a competitive field athlete. Muscle is what allows your body to move through space, so naturally building stronger legs or getting a stronger upper body will allow your muscles to produce more force, to run faster, hit harder, or just look awesome. A list of exercises however is not a plan. Without a

plan for progression a list of exercises is worthless. For example, if you choose a squat to build stronger legs, if you don't make any progress on your squat, what are you expecting to actually change? You can't start out squatting say 100 lbs and 6 months later be doing the exact same thing. In order for a muscle to continually adapt and get stronger you must continually provide a new stimulus. The simplest way to do this is through progression, either by adding weight or repetitions to an exercise whenever possible. The good news is that this is really easy to do when you first start training! In order to start progressing you have to first figure out how many times a week you can train. Any amount of time will work as long as you stay consistent, however, training more frequently will yield better results as it allows more chances to progress per week. With this in mind training full body two to three times a week could be one option, or if you have the time training four times a week with two upper and two lower body days would work as well.

Here is a really easy way to look at progression: Every time you train add some weight to each exercise, say five pounds, or an ex-

tra set each session until you can add weight, then bring the sets back down again. Simple.

What are the best kinds of exercises? Well it depends, all types of exercise are good, but the best type for people most of the time is free weight compound exercises. Free weight compound exercises allow you to do more work because of the amount of muscles involved. Hence the term compound meaning multiple joints and muscles working together. This is not a blanket statement however, as some people may have past injuries, or flexibility or mobility issues that hinder them from doing certain free weight compound exercises. For example a

leg press can replace a free weight squat if you suffer from lower back or knee issues. It's all about common sense, if it hurts don't do it.

Hopefully I have given you a couple of helpful tips that can assist you in your New Year's resolutions, as well as the ability to enter the gym with not only confidence but purpose the next time you do so. Join me next time as I break down exercise selection, training for your goals and much more.



# LOVE LOST FOR THE LIBERALS

by Kayle Sieben

*"We are committed to ensuring that 2015 will be the last federal election conducted under the first-past-the-post voting system." - Liberal Party of Canada*

We were so close, weren't we? A campaign that was fueled by promises of a better, more fundamentally sound Canada; something we as Canadians have longed for. For the latter years of the Stephen Harper legacy we faced muzzled scientists, fear-mongering tactics, and selective media representation.

Trudeau and Liberal Party of Canada, with the aid of empty promises and an immaculate marketing campaign, was our one-way ticket out of a suppressed populous to a glorified, inclusive, and loving Canada. A Canada that welcomed a diversity of culture and opinion. A Canada that would rid itself of the broken and outdated systems in place.

It all seemed too good to be true, but 39.5% of us bought it, myself included. In the beginning Trudeau made waves by announcing a 50/50 gender split in the cabinet "because it [was] 2015," he unmuzzled scientists, and followed through on his middle-class tax cut. There was widespread be-

lief that we, the citizens, made an incredible choice in electing the savvy, young, junior Trudeau. We gave this party a majority, hoping that the campaign filled with lucrative offers would follow through on most, if not all of its promises.

However, the more exposure we get of Justin and the Liberals, the more sour a taste is being left in Canada's mouth. For me, the promise of reforming Bill C-51 and electoral reform were major selling points. I volunteered my time and efforts to assist Randy Boissonault, a Liberal candidate, to get elected here in downtown Edmonton. I was completely sold on the ideas and the promises the Liberal party gave us.

Now, I feel like a bit of an ignoramus. Issues I vehemently argued for, promises I assured people would come true, have fallen by the wayside. My heart truly aches that I believed everything they fed me.

On February 1, 2017, Mr. Trudeau announced their party would not seek electoral reform for the 2019 election. As of now, there has been no mention of Bill C-51. Other promises broken: \$3 billion invested annually to better home-care services, reducing small business tax from 11% to 9%, guaranteeing First Nation communities have a veto over natural resource development within their territories, and investing \$300 million annually towards

the Youth Employment Strategy (to name a few).

Wow. I'm at a loss for words, especially considering it would likely take me this entire column to list the broken promises made by the Liberal Party.

Now, I'm not ignorant enough to believe that every campaign promise will come to fruition, but it's the magnitude of promises being neglected that is concerning to me. Even worse? Our Prime Minister gets more attention for taking his shirt off than breaking the trust of over 30 million citizens. It's absolutely astonishing that Trudeau has repeatedly stated 2015 would be our last election under the first past the post system. He has stated this prior to, during, and after the election.

"A clear preference for a new electoral system, let alone a consensus, has not emerged," Trudeau wrote.

If I recall, minimal effort was done to inquire about a desired electoral system. MyDemocracy.ca asked a series of vague political questions, asking users to choose one of five potential responses to questions that should require at least some elaboration. The site was ridiculed from the start by all sides of the opposition as being a gimmick.

They were right! The survey resembled a BuzzFeed "Discover what Simpsons Character You Are" type of questionnaire that dodged the heart of the

# FROM THE EDITOR

matter. On top of that, they wasted \$250,000 to develop the site. I could have done the same job for free, and I would have been able to garner some tangible results.

I'd like to tell you this article is unbiased, but it's completely biased and I know it. I'm incredibly shocked and appalled by the level of betrayal the Liberals are showing us.

I don't know whether Trudeau has disavowed his own values, or if the old boys at the Liberal club have swung the hammer of authority, all I can tell you is that I'm not happy, and you shouldn't be either.

What happened to accountability? What happened to transparency? What happened to the Trudeau who spoke to us of "sunny ways?" As the turmoil continues to unwind, please, be sure to make your voice heard in some way. Turn the trigger fingers into Twitter fingers, it's better than nothing. Make yourself heard; apathy is what they desire from us so that they can continue to drive down the wrong side of the road unattested. Together we can create the Canada we all long for; the one we were promised.

# POLITICS

# IT'S COAL, NOT CARS

by Kohan Eybergen

As of January first, 2017, Alberta's NDP government has implemented the new provincial carbon tax, which is a tax of twenty dollars per one metric tonne of carbon emissions. Over all, the popular sentiment that most Albertans have to this recent tax has been negative, and many people seem to be expressing the view that they feel like they are being punished for driving a car and heating their homes. However, although this new tax is a minor inconvenience to some Albertan's pocket books, the Alberta government will be putting the majority of the money generated by the carbon tax into renewable energy sources to supply electricity for the province. Perhaps the most important environmental project that the Alberta government will move forward with due to the newly generated funds, is the phasing out of coal powered electrical plants by the year 2030.

Right now Alberta depends on coal-powered

plants to generate the majority of its electrical energy, and the province of Alberta emits more pollution from our eighteen coal plants than the rest of the other provinces's coal plants combined (Government of Alberta website). Sixteen percent of Alberta's greenhouse gas emissions are attributed to the burning of coal, and the particulate matter that is released into the environment is extremely dangerous to every organism's health. Although phasing out the use of coal to create electricity seems like a difficult and expensive feat, it is extremely possible and has already been done in Canada's most populated province.

In 2014 the province of Ontario closed down their last functioning coal plants, and experienced immensely positive results. Since phasing out coal Ontario has eliminated thirty megatonnes of greenhouse gas emissions annually, which is the equivalent to the emissions produced by seven million vehicles (news.ontario.ca). In addition, there have been zero smog advisory days in the entire province since 2014, where as before, Ontario had 240 smog advisory

days from 2003 to 2013 (airqualityofontario.com). Now that the province of Ontario is coal free they get their energy from alternative, more sustainable sources. They are now powered by 60% nuclear power, 24% hydroelectric power, 10% natural gas, and 6% wind energy (Ontario Ministry of Energy).

Upon observing the aforementioned facts and statistics about Ontario's phase out of coal, it begs the question; how come Alberta doesn't already use nuclear power to supply electricity for its people, and why are we still burning coal? If Ontario can generate 60% of its electricity for their population of 13.6 million people by way of nuclear power, why does Alberta not do the same, especially when one considers that Alberta has a significantly lower population of 4.146 million people? The idea of building a nuclear power plant in Alberta is not exactly a new one, and the most recent proposal for a nuclear plant in our province was abandoned in 2011. The Bruce Power Company, the same company that owns and operates the Bruce nuclear power plant in Ontario, made the proposal and the nuclear facility was in the planning stage to be built in Peace River Alberta. Unfortunately, the project was scrapped due to heavy opposition towards the idea from the local population, and the fossil fuel industry. The fact is, the majority of the population just do not know enough about nuclear energy, and are thus frightened by the idea of it.

However, now due to the

new carbon tax, the Alberta government will be investing more into other renewable energy sources such as wind farms, solar fields, and hydroelectric plants. A common criticism of renewable energy is that it could possibly put people who work in the fossil fuel industry at risk of losing their jobs, which is a valid concern especially in our rough economic state. In response to this criticism, one might consider the amount of job opportunities that will be created by the renewable energy industry's demand for workers. Certainly wind farms, solar fields, and hydroelectric facilities (and possibly one day nuclear power plants) don't just spring out of the ground and operate themselves! We will need plenty of workers to build, maintain, and operate these sources of renewable energy for years to come, creating thousands of permanent jobs and careers for Albertans. Luckily the province of Alberta has vast amounts of empty space just waiting to be utilized for renewable energy, and we most definitely have a high demand for jobs, and plenty of workers to meet that demand. With the recent implementation of the carbon tax, Alberta is taking its first steps toward joining the race for renewable energy sources, and a coal free future.

The graphic is a purple rectangular box with white and yellow text. At the top, it says 'CSA ELECTIONS' in yellow. Below that, the word 'RUN' is written in large, bold, white letters. Underneath 'RUN', it says 'NOMINATION WEEK' in white. Below that, the dates 'February 13th-17th' are written in white. At the bottom, the slogan 'Your Democracy Needs You' is written in a yellow, cursive font. On the left and right sides of the box, the words 'NOMINATION WEEK' are written vertically in white. There are also small yellow stars on the left and right sides.

# SORRY, HOW MUCH IS IT?

by Allison Crawford

Where would you go if you had the choice to study abroad? I, myself, am currently studying abroad at the University of Iceland in Reykjavik. I arrived in Reykjavik on January 2nd, 2017, and it has been interesting, to say the least. Everything here is either different, the same, or somewhere in between. Sometimes Iceland is very North American, other times it is European and then you also get that sense of Icelandic identity as well.

One thing that I was informed of by a few people before coming here to Iceland was how expensive it is. Now, I was prepared for it to be expensive, being informed by others, but

also through looking at the relative cost of living charts and using an online calculator to compare the cost of living in Reykjavik to Edmonton. However, I was still blown away by the costs of simple things such as a cup of coffee or even a one-way ticket bus fare. What I did not take into consideration was the amount of tourism that has been going on in Iceland due to cheap airfare rates and the layover deals that Icelandair offers. With the increase in demand, tourist companies, hotels and restaurants increase their prices because they know that tourists will continue to pay them.

I do have to say however, that the additional taxes Canadians pay like GST and PST are always added into the price here. When going out for dinner or on a tour, the prices also include tip so that you don't have to worry about

adding an extra fifteen to twenty percent onto your already hefty bill. Other exchange students that I have encountered also find Iceland to be extremely expensive compared to their own country. Interestingly enough, however, I have not met a lot of Icelandic people who believe that it is comparably more expensive here on their tiny island. To give you a basic idea of what I mean, let's do some math:

So, the Canadian dollar (CAD) currently sits at an exchange rate with the Icelandic Krona (ISK) for 1 CAD equalling 80 ISK. Some basic goods and services vary in price depending on where you go and what region you live in, though in the capital area, the average cost for a small cup of coffee is 450 ISK (\$5.63 CAD); a dozen eggs costs 565 ISK (\$7.10 CAD); a basic sandwich from the library

# BUSINESS

cafeteria costs 790 ISK (\$9.88 CAD); a bus ticket valid for 75 minutes costs 440 ISK (\$5.50 CAD); a movie ticket costs 1,600 ISK (\$20.00 CAD); a main dish at a midscale restaurant costs between 2,000-4,000 ISK (\$25-\$50 CAD); and a glass of beer costs between 800-1200 ISK (\$10-\$15 CAD).

There are some great places to go for a relatively "cheap meal" if you are living on a student budget or just not interested in paying the exorbitant prices. The Student Cellar at the University of Iceland is a great cafeteria. Here they sell everything from bar snacks, breakfast, supper and dessert. Anyone is welcome here but if you are a student at the university, you get discounted pricing. And then on the last Friday of every month, they hold a "Totally Broke Friday" event where you can purchase pitchers of beer for about half-price.

Now wouldn't it be great if Concordia had a place like this as well? We all know space is limited on campus, however, you never know what's possible until you try.

# SHOW TIME!

Here's what's playing this week:

**Rings**

14A

**Split**

14A

**Resident Evil: The Final Chapter**

14A

**Rogue One: A Star Wars Story**

PG

**Sing**

G

**xxX: The Return of Xander Cage**

14A

**A Dog's Purpose**

PG

**Hidden Figures**

PG

**Gold**

14A

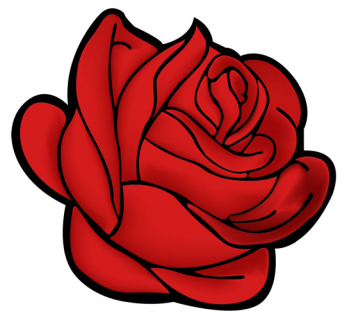
**Passengers**

PG



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

# SUDOKU



# FUN AND GAMES

# CROSSWORD

**Across**

- 1. Soup containers
- 5. Heidi's mountains
- 9. Shaquille \_\_\_\_
- 14. Assist a crook
- 15. Bargain
- 16. Gent (sl.)
- 17. Teamster's rig
- 18. Quite a few
- 19. Yarns
- 20. Decorating
- 22. Diplomacy
- 23. \_\_\_\_ of passage
- 24. Soreness
- 27. Framed (2 wds.)
- 30. City in NY
- 35. Heavenly instrument
- 36. In the \_\_\_\_ (until then)
- 37. \_\_\_\_ glance (2 wds.)
- 38. Picasso and Rembrandt
- 41. Cut grass
- 42. Military warning (2 wds.)
- 44. Refer to
- 45. Most attractive
- 47. One-\_\_\_\_ (biased)
- 48. Whetstone
- 49. Pollen gatherers
- 51. Bun
- 54. Interlocking joint
- 58. Foreigner
- 60. Eat in style
- 61. Additional
- 62. Green sauce
- 63. Divisible by two
- 64. Actor's desire
- 65. Lugged
- 66. Marina sight
- 67. \_\_\_\_-do-well

**Down**

- 1. Roberto's house
- 2. Still snoozing
- 3. Disney fish
- 4. Cowboy's foot support
- 5. Confess
- 6. Less fatty
- 7. Twinge
- 8. Foxy
- 9. Frequently, in verse
- 10. Least cluttered
- 11. \_\_\_\_ Fitzgerald of jazz
- 12. A Baldwin
- 13. Endure
- 21. Small bite
- 24. Top cards
- 25. Talk
- 26. Egg layers
- 27. Musical symbol
- 28. Devourer
- 29. Exchange
- 31. Fails to include
- 32. Fearful
- 33. Ham it up
- 34. Marry again
- 38. Choir member
- 39. Bridle strap
- 40. Family diagram
- 43. Sports player
- 44. Water tank
- 46. Certain steaks (hyph.)
- 47. Visualize
- 50. Happening
- 51. Completely absorbed
- 52. Bread topping
- 53. Catalog
- 54. Opera star
- 55. Burn balm
- 56. \_\_\_\_ of Man
- 57. Malicious look
- 59. Agree silently
- 60. HST's party



# WHAT WE THINK OF SPLIT

by Orrin Farries

Here to help me review M. Night Shyamalan's new movie, Split, are fellow made-up personas, Niles, Monty, Christoph, and Sully. Our review is going to contain some bitter cynicism of the "twists", so, SPOILER ALERT BUCKAROOS.

**Niles:** We don't know what to think of Split. James McAvoy's portrayal of precisely 9 significant characters, was an effort to be applauded. Alas, we weren't convinced by the writing, the supporting cast, and the shameless plug of a future Shyamalan film.

**Monty:** This movie made me straight up cringe guys. Except when McAvoy achieved final form, and got like, jacked up. Guy was huge like Jackman. But this movie was a cheese fondue fest held in Vermont or some shit like that, Vermont's known for its cheese, right? This movie should have been rated R though. The show was McAvoy's, and all the supporting characters were just icing on the beefcake. Being 14A, I only got to see a little bit of leg and push up bra action, but we're pretty sure the girls were underage, so it's just jail-

bait, which is a no go, ya hear me bro? I mean there was a scene where a girl pissed her pants, so that's something. R-rated Would make this movie go from a D+ in my books to a C-. R-rated could include some true violence. The only on screen murder we get is a Goku-like hug of terror applied to an old lady. Come on, Shyamalan. I wanted a bit more sex and violence.

**Christoph:** Now, now Montgomery, you mustn't be so crude. I found that the film provided an eerie commentary on the general public and mentally different persons. It irked me, however, that M. Night impressed upon the public, that there were 24 dissociative identities present in our main character, Kevin. The film itself only credits McAvoy for playing 9 of those identities, and ever still he namely portrayed five of those characters credited. Furthermore--

**Sully:** I'm taking the spotlight now. That's how this works. Just roll with it. There was no twist Shama-lama-ding-dong. You had a great idea with the split personality, but you showed your hand way too soon, even the trailers revealed the goddamn "twist", so everyone knew that "the beast was coming". Then "the beast" came, did some soft core murdering, and then got shut down by having his full

name said aloud. That is some real dumb-ass Ghost in the Machine bullshit, and you know it, Shama-lama-ding-dong.

**Niles:** I'll take the torch, Sully. You think you're good, don't you M. Night? I can understand wanting to expand your brand, but this movie was just a climax that never truly came, all some sort of perverted build up of your own career. You loosely tie this movie with your 2000 hit Unbreakable, which featured Bruce Willis, who was also in your madly successful Sixth Sense. The Bruce Willis cameo at the end of the film is you waving the white flag, submitting that this movie is nothing more than a promotional piece for your brand. The task of developing one of the captive girls, giving her a perfectly atypical upbringing including hunting with your guidance-giving father, and your creepy uncle "Lester", then having the guidance-giving father die, having the sexual abuser become her primary caretaker...it is exhausting. Not a twist, not a hit, just exhausting. I understand that it would feel necessary to develop a character that the audience would level with, but the execution on that was muddy, and the delivery was--

**Sully:** Like 3 hours of shit in a 2 hour time period.

**Orrin:** Alright, all of you back into the chasm

# MOVIE REVIEW

of my mind! Let me try to gather all of my thoughts...Split was not a cinematic masterpiece, not even close. For a psychological thriller, I never truly felt myself on the edge of my seat, nor was I anxious as to the fate of the three captured girls or the multi-person main character. The execution on the brilliant idea by M. Night was choppy, and lacked fundamental structure necessary to truly spook the audience. I must say though, seeing McAvoy play a split personality was truly a treat, and made the movie-going experience passable as the first hyped up movie of the calendar year. However, if as a moviegoer you are looking for a more composed portrayal of a dissociative personality by McAvoy, I would suggest the 2013 film, Filth. In my humble opinion, it is a much more captivating movie, and contains a more diligent display of acting by McAvoy within a better scripted piece.

**Chorus:** Thanks for reading! Don't go see Split in theatres, or do, it's just advice, do what you please!

Our final grade for Split: **4.8/10.0**

# SONDER

by Lexie Switzer

Sonder: the realization that every passerby is living a life just as complex as your own. This particular realization can lead to us being more understanding towards others.

Our generation has shown a tremendous amount of acceptance to the differences and difficulties that those around us face. In order to grow both personally and as a community we must continue this, especially when discussing mental illness. It is a struggle that everyone will face in their lifetime, whether that be directly or indirectly. Our growing acceptance towards others has led to a safer, more positive environment for those who are battling with their mental health. The ability for someone to be open and speak freely about their struggles with mental illness is a privilege that can quite literally save a life.

Although many have become more aware of the complications that being mentally unwell can cause, there are still those who are uneducated on the matter and therefore lack the ability to be understanding. Some people believe that mental illness is simply a part of your mood; that depression is merely a form of sadness, and that OCD is just being neat and tidy. To think that

some consider mental illness to be a "choice" baffles me beyond comprehension. We do not wake up on a random April morning and decide that we have depression. It is a constant thing, not always something that goes away within a week.

I wish someone would have told me sooner that it truly is an illness. A person with diabetes will be diagnosed, and proceed to get proper treatment, whereas mental illness can go undetected. That is because, some time ago, we as a society put a stigma on mental illness. That being said however, our mental well-being is just as important, if not more, than our physical well-being.

I have gone to many different psychologists for help regarding my own struggles and have found the process similar to finding a good hairdresser; the chemistry has to be there. Every psychologist works differently with their patients and finding the right one for you is important. My experience with psychologists has been so beneficial that I would recommend going even to those that are not facing mental illnesses directly. Life can be hard regardless of what you suffer from. Psychologists understand things that you can't always talk to your parents or friends about. Psychology has helped me to understand way more about myself than I had ever thought possible. As a result of my

own struggles, I feel an immense need to use my personal experience for good. It can be frustrating to deal with things that are unknown, especially if there aren't people in your life to support you. I want to be able to support those like me. It can take a great amount of bravery to be yourself. In every word that I write I intend to show the raw truth that life has. It takes the utmost amount of courage to keep living when we feel at our worst, on the days that just getting out of bed can seem like an accomplishment, but we do it. Life isn't the flawless image that I'm sure we all wished it was, but in our own imperfect way we move past our struggles and we survive things that we never imagined possible.

Although I am one of the biggest advocates for seeing a psychologist, I do understand that it can be expensive and time consuming. Therefore, I will provide some tips that my psychologist gave me throughout my struggle. For dealing with anxiety I was given the following tips:

- **Breathing exercises:** Since our breathing changes as our anxiety levels breathing exercises are important. Breathe in through your nose for around four seconds, hold it for two seconds, then exhale for about six seconds. I would recommend doing this over at least six times.
- **Yoga:** The breathing

# BREAKING THE SILENCE

exercises mentioned in the previous point come in handy during this activity. Yoga helps to manage stress and anxiety as it forces you to be in the moment and gives a sense of tranquility and peace. For dealing with depression I was given the following tips:

- **Focus on your health:** Eating well, getting physical activity and getting enough sleep all go hand in hand with a healthier mental being. The healthier you are in a physical sense the healthier your mind will become.
- **Make plans for the future:** Having something to look forward to, whether it's a road trip, a start to the book you've been meaning to read, or just a walk in the park will show that there is hope for the future. As long as you keep doing, life will continue to get better.

I can only hope that as time progresses more people will become as educated as possible on this topic. A world with acceptance is a world worth living in, and it's our time to make mental illness a part of that.

# LITERARY REALISM IN VISUAL MEDIA

by Ester Latifi

One of the things I've learned this semester is the concept of realism within a literary context. "Realism" is defined as the technique an author uses in an attempt to portray people as they actually are, distinctly real (this definition is directly taken from my lecture notes for Dr McNamara's English 393 class). In other words, the author creates his or her characters in a way that makes you feel as though you can identify with them and experience what they are experiencing within a given plot. You're able to get into the characters' heads, individualise them and feel as if you know them on a personal level. Often, this is what causes us to become very attached to certain characters in a book and be able to empathize with them quite profoundly.

What if you were to take the concept of realism and apply it to other forms of entertainment, for example a movie or a TV show? I realise that not everyone is a reader,

so the beautiful thing about realism is that it's not limited to books. I want to talk specifically about realism in the TV show *Freaks and Geeks* and Disney's *Tangled*.

I only watched *Freaks and Geeks* for the first time last fall. My boyfriend had mentioned it a few times, and one night when I was feeling particularly bored and unable to sleep, I decided to give it a chance. That's quite literally one of the best decisions I've ever made. From the beginning of the first episode to the end of the last, I was completely hooked.

The show follows the everyday lives of two siblings, Lindsey and Sam Weir, throughout their high school experience. Lindsey is a 16-year-old girl who is having an identity crisis; the former athlete has become friends with the school's group of "freaks" and the whole plot surrounding her is about Lindsey finding herself in her social environment. Her 14-year-old brother Sam is among the "geeks" of the school and struggles alongside his best friends to escape his geeky reputation and win the heart of his crush, Cindy Sanders (who turns out

to be a dud anyway).

Each episode has its own story, and the best part is that everything that happens in the show, with the exception of episode 17, actually happened to either the show's creator, Paul Feig, or one of the show's writers. Every character is relatable and lovable in their own way. Viewers can feel Lindsey's insecurity on a spiritual level, and we genuinely want her to find her place. We're also able to sympathise with Sam and his friends who feel ostracised in a school full of different social groups, none of whom can accept them for who they are. Real issues are addressed, and Feig does an excellent job of capturing the essence of what it's like to be a teenager. Though the show takes place in the 80s, the concepts explored are still extremely relevant today. As I watched it, I was able to identify myself in different characters, especially Lindsey. I especially love how nothing in the show is out of the ordinary, there are no crazy camera effects or supernatural events; it's simple, it's relatable, and it's easily the best show I've ever seen. I was devastated when there was no "next episode" button at the end of season 1.

## ENTERTAINMENT

Throughout its eighteen episodes, I honestly felt like I was experiencing things along with the characters, and at times, it felt like I was the one going through their different ordeals.

When *Tangled* came out, I saw it three times within a month of the release date. I love all things Disney, but for some reason, this was my all-time favourite film for a solid five years. I love how Disney took a classic story and made it into something so fresh and lovely. In the movie, Rapunzel is a wide-eyed, innocent young girl who has been kidnapped and locked in a tower for her entire life. She wants nothing more than to go outside, primarily to find out what the floating lights are all about. She doesn't know until the end that the floating lights are actually lanterns that her parents, the king and queen, release each year on their long lost daughter's birthday. Although the story isn't realistic at all, Rapunzel's spirit and childish curiosity are

traits that all of us have been able to relate to at one point or another. We get to know her on a personal level, her hobbies, her favourite food (hazelnut soup), and her hopes and dreams. We're all rooting for her and Flynn Rider throughout the film, and nothing

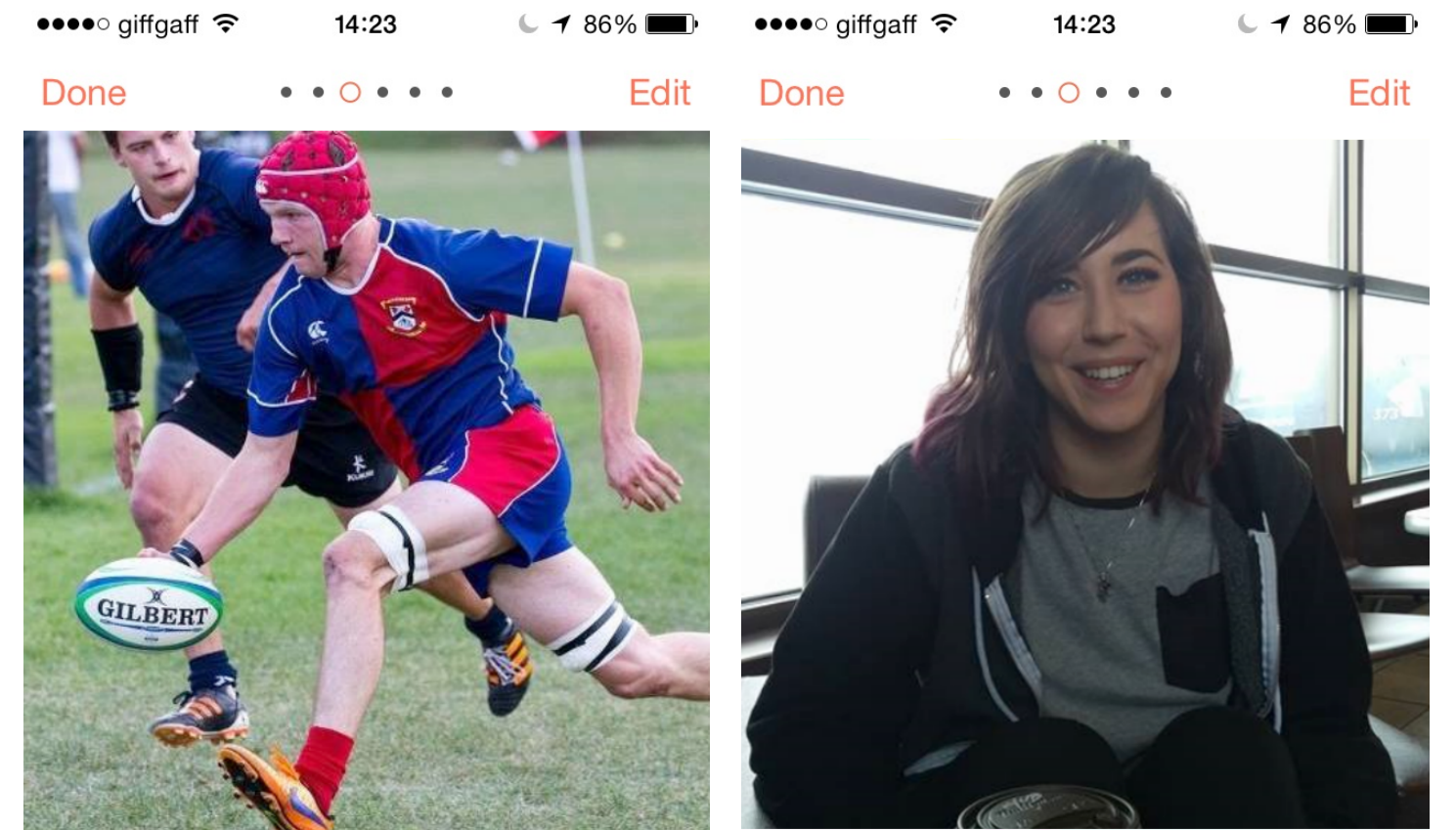
is more annoying than the presence of the evil Mother Gothel. Rapunzel's infectious personality is what makes her so lovable, and it's easy to become lost in the plot and feel as if you're the one on the quest to see the floating lights. We feel like we know

Rapunzel, and because of that, we hate whatever she hates and want whatever she wants.

I wanted to talk about *Game of Thrones* and realism, but I've already gone on too long. I find it incredibly fascinating how this creative

technique engages audiences, and as a writer, it's my goal to be able to incorporate the same levels of mastery into my own works! Sidenote: if you haven't watched *Freaks and Geeks* before, what are you even doing with your life?

## Get Ready to Swipe Right for Love!



Orrin, 22

### About Orrin

Clearly I know a thing or two about wearing protection. Wink Wink. Sometimes you need to play rough.

Looking for love in all the wrong places.

Taylor, 20

### About Taylor

I just want love. I love love. I'll love your dog, I'll love your family, I'll hold your hand. I'm like the biebs, I just need somebody to love.

NO HOOKUPS PLZ