

growth throughout the season and years to come.”

After the women’s game, it was the men’s turn to take the field. The CUE men’s soccer team is under new leadership as Luca Timoteo from Italy is now assistant coach to Ian Skitch. He had this to say when asked about the transition: “Soccer is different in Canada than in Italy. It is like a different sport. The players growing up in Canada are good players, and that has not always been that way. Soccer in Canada is on the rise; not just in quantity, but quality as well. In the last five years, I have seen more teams and players from Canada playing good soccer. I think this team is trying to go to nationals, but competing is a daily goal.”

The men had a heated close match against the Eagles that ended in a 2-1 victory. The Thunder squandered many opportunities to score, but had solid defence only allowing one goal that was on a pen-

alty kick. Freshman Rene Nederby from Aarhus, Denmark won player of the game honours. “I just arrived in Canada this week, all I want to do is play soccer here. This is a fantastic start to my journey. The guys are very kind to me, they took me in on the first day and made it easy to fit in on this team,” Nederby said.

Having both teams start the season off with a win is an amazing blessing, but what is more inspiring is how our Thunder have welcomed Nederby to a new school and country. After the 2-1 victory over the Eagles, head coach Ian Skitch said that “getting the first win out of the way is always important in a short season. You got to come out of the gate sprinting in ACAC and if you don’t you put yourself in the back foot.”

I’m proud to say that both teams came sprinting out of the gate! I definitely hope to see more of the same as the season continues. Go CUE athletics!



Check out www.acac.ab.ca to stay up to date on CUE’s Thunder Athletics game schedual and standings!

THE BOLT NEWS

LEARN TO LEARN BY DOING



Inside:

Kriti Shah from the Concordia Arts Society sheds some light on the “secret” she has discovered that is key to a truly positive University experience.

Macalan recaps the first Thunder Athletics games of the year with a summary of our men’s and women’s soccer games and interviews with the players.

AND MORE:

CRACKING THE UNIVERSITY CODE

by Kriti Shah
From the Concordia Arts Society

Starting University can be severely anxiety-inducing. That's why I'm going to share some secrets on how to deal with the struggle. I'll tell you about all the things that Concordia offers including things about the population here and some of the daily goings-on.

I just started my second year here and so far it's been going well. I think that's because I have cracked the code. My first term here was overwhelming. I felt like a guppy in the Pacific Ocean. I felt alone, lost, and overall just small, and that's not just because I'm short. It was because I did not know all that Concordia has to offer. None of my friends were going to attend Concordia and I did not know if I would ever make friends because everyone always seemed to be in their little groups and it seemed near impossible to infiltrate. Every time there was an event hosted by the CSA or one of the clubs I would just try to find a place in a remote part of the school and wander, go to the library, turn on Netflix, and try to kill time until my next class. Classes weren't that easy either. Unbeknownst to me, midterms started not even two weeks into classes; despite the deceiving class times of the average 50 minutes, they were so jam-packed with information that I felt confused and dazed. Then, just as soon as I thought I was getting into the pace of things and that I was ready for the hectic routine of classes and the workload, finals started. By the time of my last exam, I was so tired and frustrated. Everyone talked about this glorious University experience and I was upset I didn't get to live it. However, as the cliché goes, there's always a light at the end of the tunnel. Although my first term was spent mostly alone and in corners of the school, I dis-

covered all that Concordia has to offer. For example, every time I entered the office, Anita, the wonderful receptionist, was so cheery and helpful. Just ask her to point you to the right direction and you'll find the whole school so much easier to navigate. During my time studying in the library, I met Nancy, one of the amazing ladies in Career Services. She helped me strengthen my resume and gave me tips for my future resumes or employers. I got two job offers out of that and they were honestly the best experiences! Then I discovered the wonder that is Student Life and Learning. Any problem you may have, they will be there to solve it! Mirna, the wonderful counsellor took the time to talk to me, made me feel comfortable, and set me up for Learning Accommodations. Due to that experience, when it came time to hand my professors the letter for Learning Accommodations, I realized how approachable most the professors are and how willing they are to help you succeed. This all gave me tremendous confidence to assert myself into more social situations and to speak up in class.

When the next term started, I made sure to talk to the person beside me in class. Just a simple "Hey how are you?" or "How was your break?" makes all the difference. Maybe you won't find your best friend, but you'll find someone in class to talk to and that makes learning so much easier. This term, I also made sure to speak up when I didn't understand a concept, no matter how "stupid" the question may have seemed. I also used all the resources the professors had to offer. All I had to do was ask them how they could help me help them by fully understanding the concepts in class; that might mean posting their presentations on Moodle or utilizing their office hours for some extra help. As long as you don't abuse that power to use these resources to skip or disrupt classes, they are always more than willing to help you out. And if talking to professors is not your thing, go to the tutor registry and they will find the perfect fit for you. They are so helpful and really make a huge difference in your grades.

I also went to Club Fair Week and signed up for a few clubs. They look great as your co-curricular

OPENING KICK-OFF

by Macalan B-J



September 8th marked the beginning of what is going to be an event-filled year of CUE athletics with both men and women's soccer starting their seasons off at home, taking on the rival: the Eagles from King's University. It has been eight years since CUE has won a championship in soccer; however, the teams have much potential to reclaim the title in the coming years. As tradition, CUE held a pep rally at noon for the soccer teams, and during this time, I was able to speak with CSA President Ian Lee about why these pep rallies are so important to the CUE community.

Ian said that the rallies "show a connection between all students and our athletes program; athletes are a huge part of the community at Concordia. Because of the size of our campus and the huge size of our athletics program in proportion to it, athletes make up about 10% of our student population. It is important that we show support for them, go to the games, and cheer on our Concordia Thunder." It was clear during our pep rally that the Thunder spirit was brewing within many new students at the school; however, that fire is not fully lit. It is on our athletes to perform at a high level and give the school something to cheer about.

"I played on four teams outside of Concordia last year," says Thunder defenceman Michael Mis. "And I train every day. I give it all I've got and try to be the best player I can be."

Mis' testimony is living proof that these athletes work hard on and off the CUE field. His dedication and devotion and that of all CUE athletes should be respected and praised, but most im-

portantly, it deserves our undying support. The women's game all in all was a snoozer. Our Thunder absolutely annihilated the Eagles with a huge 7-0 win to kick off the season with a bang. Jaida Stasiuk earned player of the game honours with a 3-goal performance. "It is good having a big win to start off the season, because it sets a standard moving forward. It scares the opponents, a 7-0 win like we had," stated Stasiuk after the match.

Head coach Frank Imbrogno gave a statement following the victory in regards to the win and the team moving forward: "This win was important; it sets the tone for the season. These players have worked hard during training camp, so this win rewards them for all their work. I think it sets a precedent moving forward, the standard you need to demonstrate every game to maintain success in this league. I try to have benchmarks when bringing players in. Then you always try to improve on those standards. It is important in a university to get players that are academically capable of success at university, and also players that are able to play the game, and able to be coached and learn and grow. Because at the end of the day, the onus is on them to become players, to mature as leaders in the game. It is very important that they have a learning curve, that they are able to take information and actually demonstrate that and improve game to game year to year. We have about six new players and they are all going to play a key role in our team moving forward. They have added a lot of depth to our team. Our training sessions are better than they have ever been in the past. Our senior players are excited to have a quality group of your players coming up and pushing them. I'm excited to see the

IPHONE X: A FILMMAKER'S PERSPECTIVE

by Nick Clark

Last week's Apple Event provided us with a lot of updates about the company's plans for the future in retail as well as info on the new Apple TV and Apple Watch. The highlight for many like myself, however, was the news of the iPhone X (read: iPhone 10).

The iPhone X is the beginning of a massive leap forward for the smartphone industry and represents a few amazing opportunities for indie filmmakers.

The first improvement is the ability to record 1080p footage at 240 frames-per-second. Previously, the 240fps function was only available at 720p, so if someone wanted to make a video with slow-mo segments, they'd have to either record it all in 720p or drop the quality during the slow-mo scenes. This makes the ability to shoot 240fps in full HD a much bigger deal than it seems like at first.

On the subject of the camera, the built-in stabilizer from the iPhone 7 plus is being upgrade for the iPhone X: while the 7 plus stabilizes only the wide angle lens, the X will feature a newer version which stabilizes both the wide angle and telephoto lenses. Having the wide angle lens stabilized is great for most shots since, typically, you'll be relatively close to your subject. Now though, with the telephoto lens' ability to zoom further without losing quality, stabilizing it will make handheld shooting while zoomed in much easier.

Now comes the big one. The iPhone X boasts some

impressive new facial recognition and augmented reality features. The immediate applications for these are Apple's new FaceID (the successor to TouchID) and some AR games they showed off at their event. These features are impressive but the potential for all those new sensors and all of that new processing power go far beyond gimmicks.

Two of the biggest challenges small-time filmmakers face are finding convincing locations and finding actors. One way around those limitations is to animate the film. I'm sure most of us have seen the amazing things individual animators have done online over the years at one point or another. Unfortunately, we're not all skilled enough to pull that off--I know I'm not. Now imagine being able to take advantage of a comprehensive motion-capture app that runs on your iPhone. This power to animate characters and capture environments would give a lone filmmaker with nothing but an iPhone and a story to tell the opportunity to fulfill that story. That person could capture movements and facial animations for one, ten, or one hundred characters without even needing to step outside and, perhaps most importantly, without needing to purchase expensive performance capture equipment (the \$1319 CAD price tag of the iPhone X pales in comparison, I assure you). I wouldn't expect the quality to rival that of Dawn of the Planet of the Apes anytime soon, but the opportunities are certainly exciting to think about.

Of course, it will be up to Apple to decide how much access to the iPhone X's sensors they give to app developers (or if they want to develop their own motion-capture app), but I hope they see the value in pursuing applications like these.



Photo courtesy of Apple.ca

and you get to meet so many people! There's a club for almost every interest you have and if you don't see a club that you wish was there, talk to Laura, the CSA VP Internal, and she'll help you get started! The clubs not only offer a chance to make new friends and get in on more activities, but you actually get a feeling of fulfillment when helping out during events. In fact, a club that I joined gave me so much experience I decide to run for an Executive Position and I got it! That provided me with even more experience behind-the-scenes of the clubs.

I also started paying more attention to the posters around the campus. I started going to the events and pep rallies and had such a great time. Even if you don't have someone to go with, you can just go and find a seat for the show. All the faculties and the Concordia Students Association (CSA) put on amazing events that you shouldn't miss taking advantage of. Oftentimes, they even have food at the event, and what's better than learning and enjoying yourself while getting a free meal? I found a poster to join the Concordia Arts Society and immediately signed up! I didn't know if I would get the position, but at least I would be able to say I'd tried. Fortunately I did get the posi-

tion and now I'm VP Communications and Marketing for the CAS (Concordia Arts Society) and it has been an incredible journey thus far. I have worked with some of the hardest-working people and all of them have such kind personalities. I've learned all that the CSA does, stuff that I missed out on during my first year. I want to make sure you don't miss out though, so make sure you keep an eye out for the posters around campus and follow all the CUE social media accounts (including the CSA) to discover some great events!

I also love reading The Bolt. The editors put their time in to make this a great publication. You get to read some great stories and articles. You get to learn about all the on-goings in school through this medium. The best way to get the full experience, however, is to write an article for them. That's why I'm here, writing and telling you about my experience at Concordia. Each issue has a great deal to offer, and it's definitely worth your time.

To make a long story short, take advantage of Concordia. Talk to all the caring people, go to the events, join a club, read The Bolt, and just smile! It will make your university experience so much better.



THE BASICS

by Nicole Beaver

Let's get down to the basics of mental health. I'm sure a lot of our readers know what Mental Health is. Your brain is an organ of the body and, as such, it should be taken care of, protected and stimulated. However, when it comes down to the finer details of things, many don't know the fundamentals of mental health issues. For instance, exactly what is the difference between a mental illness and a mental disability? Are people with both just plain crazy and dangerous? And what does "Neurotypical" mean anyway?

Now let me put your minds at ease first and foremost: as someone who has Autism Spectrum Disorder (formerly known as Asperger's Syndrome), I have befriended, dated, and met individuals who have had anything between depression to a fascinating case of Dissociative Identity Disorder! I do my research, and I, for one, know what it's like to live day-to-day with something this impacting. We, as people who are not "neurotypical," do things that are crazy. We can be the most difficult people on earth to live with, deal with, and understand. But let me emphasize that we live, breathe, and feel the same as you, albeit altered. Not all people with mental illnesses and disabilities are crazy, and I should know; I dated someone with diagnosed Schizoaffective Disorder as well as Dissociative Identity Disorder (formerly known as Multiple Personality Disorder). I will touch base on this and other psychosis/delusion-based disorders in future articles. What does "Neurotypical" mean, you might ask? Well, a nice little clinical definition of it is basically this: Those who do not display autistic/other negative neurological patterns of thought or behavior. For the non-science majors and those who do not have a big vocabulary, it basically means, "your brain is okay!"

Now here's where it gets tricky: people with autism, such as myself, use the word to differentiate ourselves from the collective norm of "okay-brained" people. But we have a neurodevelopmental disability which is very different from mental illnesses, so I'm going to use another set of definitions and somewhat dumb them down.

Mental Illness is a non-contagious disease of the mind that develops over time. It can be genetic, develop with substance abuse or with physical/emotional trauma. Common illnesses associated with this (caused by chemical deficiencies in the brain) include depression, anxiety disorders, Bipolar disorders, stress-related disorders, eating disorders, personality disorders, Schizophrenia, and other delusion-based illnesses. These can be developed at any time from childhood to late adulthood and can impact anyone.

Mental Disability or, I grimace as I write this, "a Mental Handicap," is a non-contagious condition in which the brain does not develop properly and can have impacts on not only functional capabilities, but also how the person can live daily. Often stemming from substance abuse or genetics, these are normally contracted during the gestation period. These include Fetal Alcohol Syndrome (FASD), Attention Deficit Hyperactivity Disorder (ADHD), Attention Deficit Disorder (ADD), Epilepsy, Autism Spectrum Disorder (ASD), physical trauma to the brain, as well as other intellectual disabilities. They can develop mental illnesses as well.

The one thing these all have in common is that severity levels always, always, always differ! Someone may be more depressed, less anxious, more able to "function" without help, less able to deal with people, etc. No one is at just the same level and everyone deals with things differently. After all,

in the summer by doing a few weeks of one course while you're working. Without taking a single extra course yet, my first year meltdown has barely put me at a setback, allowing me to still graduate, as a transfer student, the summer of my fourth year.

If you ask me right now where I'll be in five years, I'll tell you I have no idea. The same goes for in twelve hours. The only thing I can be certain of right this moment is that I love sociology, I love doing classes on it, and I know it's going to benefit me in the future, whether the future is in twelve hours or five years down the road. I hope for all of you that during your degree, you don't have a single setback, a

single hiccup, or any reason to feel discouraged, but let's be real: that just isn't going to happen. So, when setbacks occur, I want you to remember that there's nothing you can go through that countless students before you haven't been through already, and they lived to tell the tale. University can be an incredible facilitating place to learn about yourself and the world around you but, believe me, it's not the be-all-end-all of the world. You're all capable of finding something to do with your lives that you're passionate about, and whether that be at Concordia or elsewhere, I wish you the best of luck.

Just a quick reminder: midterms are coming.



May 2018

Peru Mission Trip

Registration Opens From: September 6, 2017 - December 1, 2017

Contact: Adrianna Blitterswyk at ccu@student.concordia.ab.ca for more information.

\$2250

Per Person - Payment and Fundraising Options Available

UNIVERSITY DROPOUT

by Taylor Jevning

At the beginning of every school year, it becomes apparent that there are people who show up and know exactly what they are doing. Believe it or not, there are some people who have known what they wanted to do with their lives since the seventh grade. The students who show up in their first year and already know their major and minor seem ambitious until you ask them the same question in their third year and they give you the same answer (I'm looking at you, biology and psychology students). Unfortunately, I'm not one of those people and this article is for the ones who have no idea what they are doing, or even the ones who say they know what they're doing but are just faking it. The best advice I can give to anyone who feels lost every time they show up at university is this:

It's not the end of the world if you screw something up in university.

No, really.

I remember being a first year student doing a Bachelor of Commerce studying Human Resources and Labour Relations. It was so terrible that whenever someone asked about my degree, I had to tell them I hated it. My physics and economic marks were dismal and I felt incapable of handling calculus even though my math was strong throughout high school. I was sitting in my calculus midterm, staring blankly at the exam booklet in front of me and I felt overwhelmed. I was an honours student in high school, and for the first time, I looked at an exam and realized it was too much for me. I left the room and called my mom crying because I didn't know what to do. She told me to go to the registrar's office where they advised me to drop that course. When I returned to the midterm a half hour later, my professor was frus-

trated with me because he would have to fail my midterm until I informed him I wasn't in his class anymore. I cried at least four separate times that day. Calculus was one of the requirements in my degree, and I knew I'd never be able to pass it. Suddenly, my entire plan was derailed by something I felt I had no control over and it felt like the end of the world.

But it wasn't.

When I was in the registrar's office, they also helped me change my course schedule around for my winter semester. Instead of a heavily business-based course, I took a science fiction English course, a yoga class, a psychology class, got my statistics out of the way, and in addition to all of these, I took my first sociology class.

Taking sociology for the first time was like a light switch flicked on in my brain. It was something that I enjoyed, was interested in, and somehow, also great at. When I finished that course, I felt nothing but excitement to register for my next one.

Luckily for me, most of the credits from my first year transferred smoothly to a Bachelor of Arts, so I was able to do sociology. Sitting here in my fourth year, I can recall the way I felt the day I realized I didn't know what I was doing. It felt like the end of the world, but somehow, it wasn't, and even more surprising, the whole experience gave me a better idea of what I'd like to do with my life.

If you don't know what you're doing in university, don't fret. A year of open studies where you use up some options credits to try a few courses out is rarely a setback. The point of university isn't necessarily to be a means to an end, or even just instrumentally valuable so that you can get a degree one day. I've learned the hard way over and over again that university is for discovering what it is you want to do right now, and to consider how to plan a future around that later. Dropping a course is not the end of the world. You can always make up for lost time

difference is what makes us unique as human beings! In future articles, I will address mental health illnesses and disabilities, each with their stereotypes and what the real story behind it is. Don't be alarmed though, I'm not just going to prattle on about debunking stigma, although the name of this column is "Breaking the Silence." As a starting

point, I think this is enough information for now.

In the next issue, I will be discussing Schizophrenia.

Until next time, "always remember[,] you are braver than you believe, stronger than you seem, and smarter than you think" -A.A. Milne



ORANGE SHIRT DAY
 September 29th
 11am to 1pm
 Tegler

FEEL THE THUNDER

September 8th
Soccer

September 15th
Hockey

September 22nd
Volleyball

October 6th
Golf/Cross Country

All pep rallies happen at NOON in Tegler.

JOEL DINICOLA: PART 2

by Macalan B-J

(This is a continuation of an interview from Issue 1. If you missed it or want to refresh your memory, you can view the first part at theboltnews.com/local-spotlight)

Macalan: As the writer and director for “Conventional Musical,” are there any moments that are different than how you had initially imagined?

Joel Dinicola: Yes, a great deal of things are like that. Often, transitions don't work the way that you think they will in your head because a body moving in space usually takes longer than a body moving in your brain. Might think they'll just strike it and bring it off left but it's actually more complicated than that; maybe you need someone to hold the curtain open, or you need somebody to whatever. The jokes themselves often turn out different. Comedic timing in your brain is not the way that comedic timing actually works in the real world. Everybody has a different sense of comedy, so your actors and your audiences are going to find things funny in a different way than you do and that's just to be expected. It's hard.

You're directing yourself in the show; you play a couple characters. Would you ever do that again?

When I'm acting, I'm not thinking about the notes that I want to give to other people or the practical problems that a director should be looking at, and that creates a big problem. When I'm on stage, those scenes aren't being looked at with a director's eyes; they're being looked at with

two actors' eyes, which is fine, like you can negotiate how the scene is going to go between two actors, but it's very important I think to have an outside eye as well. So we brought in director Joshua Eastman to look at a couple of those things that Darian and I are in together to kind of help with that. It's challenging. You're probably not doing either one as good as you would be if you were just focusing on one. Directing and acting is a challenge that I don't want to take on again. I think that writing and directing is a little bit more conducive to one another, because writing is an individualistic act that you do in pre-production, whereas directing is in the present.

As a member of this production, I feel I may be too close to the show to give an honest review, so I'll just share some encouragement and tips for any of those young playwrights wishing to take the next step into professional theater:

1. Humble yourself constantly. Never think your work is good enough and never stop trying to make it better. Those who humble themselves will be praised, and those who praise themselves will be humbled. (Jesus said that)

2. If at first you don't succeed, try and try again. Seems like common sense, but it is too easy to let evil win and get down on yourself because of a bad review or a botched performance. It takes time to make pearls in the mouth of an oyster.

3. Accept all critics. Know that the people who will make you a rich and famous playwright are not your friends or family. They are the layperson, the non-artists. Every ticket costs the same, so value all of the opinions the same. This will not always be true, but it is a good rule to follow so that you don't simply hear a criticism and forget about it. Be happy someone cares enough to tell you how they really feel.

SHOW TIME!

Here is what is playing in theaters this week:

- IT**
14A
- American Assassin**
14A
- Spider-man: Homecoming**
PG
- Annabelle : Creation**
14A
- Despicable Me 3**
G
- Dunkirk**
PG
- Girls Trip**
14A
- Home Again**
PG
- Logan Lucky**
PG
- Monther**
18Aw
- The Dark Tower**
PG
- The Emoji Movie**
G
- The Glass Castle**
14 A
- The Hitman's Bodyguard**
14A
- The Nut Job 2: Nutty By Nature**
G
- Wind River**
14 A
- Maplex North**

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

SUDOKU



CROSSWORD

- Across**
1. Writer Angelou
 5. They're kept on situations
 9. Young hog
 14. Stench
 15. King or Cranston
 16. Servant to 68 Across
 17. 68 Across, in Hollywood's 41 Across
 19. City near Boys Town
 20. Be of one mind
 21. Tour-bus occupant
 23. Diminishes
 26. Language suffix
 27. Ring out
 29. Contemptuous sounds
 34. Colloquial pittance
 38. Pennsylvania city
 40. "The Compleat Angler" author Walton
 41. Macabre sitcom or film
 44. Supermarket walkway
 45. Fire-truck accessory
 46. Nut-brown brews
 47. Tribal towers
 49. Satisfy completely
 51. ___ Ridge, TN
 53. Turns colors, as old newspaper
 58. Pennsylvania city
 63. Rob Petrie's wife
 64. Defendant's excuse
 65. 68 Across, in TV's 41 Across
 68. He married Morticia
 69. Bobbing on the briny
 70. "You ___ Me" (Sam Cooke tune)
 71. Designer Simpson
 72. Bush Sr.'s HUD secretary
 73. Assns.

1	2	3	4	5	6	7	8	9	10	11	12	13	
14				15				16					
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41				42				43					
44						45				46			
47						48		49		50			
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58	59	60	61				62			63			
64						65		66	67				
68						69				70			
71						72				73			

- Down**
1. Fable finale
 2. Old saying
 3. Not mine, maybe
 4. Van Gogh's "The Bedroom at ___"
 5. T, to Theocritus
 6. Every single one
 7. Trout tempter
 8. Trap with a noose
 9. Hungary neighbor
 10. Cronyn of "Cocoon"
 11. Face-to-face exam
 12. Dull pain
 13. "___ she blows!"
 18. It might make a general delivery
 22. Braying beast
 24. Pine for
 25. ___ Jessica Parker
 28. VIP vehicles
 30. Baum princess
 31. Banister
 32. Fairy or folk follower
 33. "The ___ the limit!"
 34. RBIs or KOs
 35. Sandusky's state
 36. Bobolink bungalow
 37. Sayers of football
 39. Thoreau composition
 42. Portray as evil
 43. Pay high honor to
 48. Plopped down
 50. Jazz legend Fitzgerald
 52. 2005 role for Rhames
 54. Dogie catcher
 55. External
 56. Twist a wet washcloth
 57. Former Vegas casino
 58. Adventure story
 59. Clumsy sort
 60. "The ___ of the Ancient Mariner"
 61. Explorer Tasman
 62. Grindstone adjoiner
 66. Haw's partner
 67. Siesta