

Thunder Sports Update

by Scott Bancarz

It has been a very busy Fall semester for Concordia Thunder Athletics. As per usual, 10 of the 12 Thunder teams kicked off their seasons in the Autumn with only Indoor Track and Badminton having to wait until January to get started. It is also typical that in the world of athletics, there have been some notable highlights...and a few lowlights.

Soccer

Right out of the gate, the Concordia Thunder soccer teams continued their tradition of excellence. The men's program - under second year Head Coach Ian Skitch - put together a very competitive squad even though only six players returned from the 2014-15 edition of the team. Although the men fell just one victory shy of the playoffs, Coach Skitch's recruiting skills will pay dividends going forward as his steady hand will ensure some much needed stability for the program. The women's program saw a return to the CCAA National stage after a three year absence. Placing a very respectable 6th at the tournament, Head

Coach Franco Imbrogno has a solid core of returning players already in place for next year and will be looking to better that result in 2016-17.

Golf

The Thunder Golf team also had a very successful season highlighted by a hole-in-one in the ACAC Championship



practice round by team veteran Brendan Algeo.

Cross Country

In Cross-Country Running, Coach Matt Norminton took both of his veteran-laden teams to the CCAA National Championships where the women's team came within two points of taking the Bronze medal. On the men's side, Kirk Sundt just missed the medal podium with a strong fourth place individual finish.

Hockey

In Men's Hockey, second year Head Coach Dan Glegloff did a masterful recruiting job over the off-season and the infusion of talent is beginning to show dividends. As of this writing, the team is just 4 points out of a playoff spot and are looking for a strong push down the stretch to

close the gap on the front runners.

Basketball

In Basketball, the Thunder Women's team is starting to find their feet. After going 0 and 6 out of the gate, the Thunder has won 3 of their last 4 games and has put themselves back into the playoff picture. The Men's bball team has had a rockier-than-expected first semester and as of this writing, are sporting a 4-6 record with two games to go be-

fore the Christmas break. There are a number of bright spots on the horizon though, as the team will be getting an infusion of fresh blood in the second semester with several players returning from injuries and academic restrictions.

Volleyball

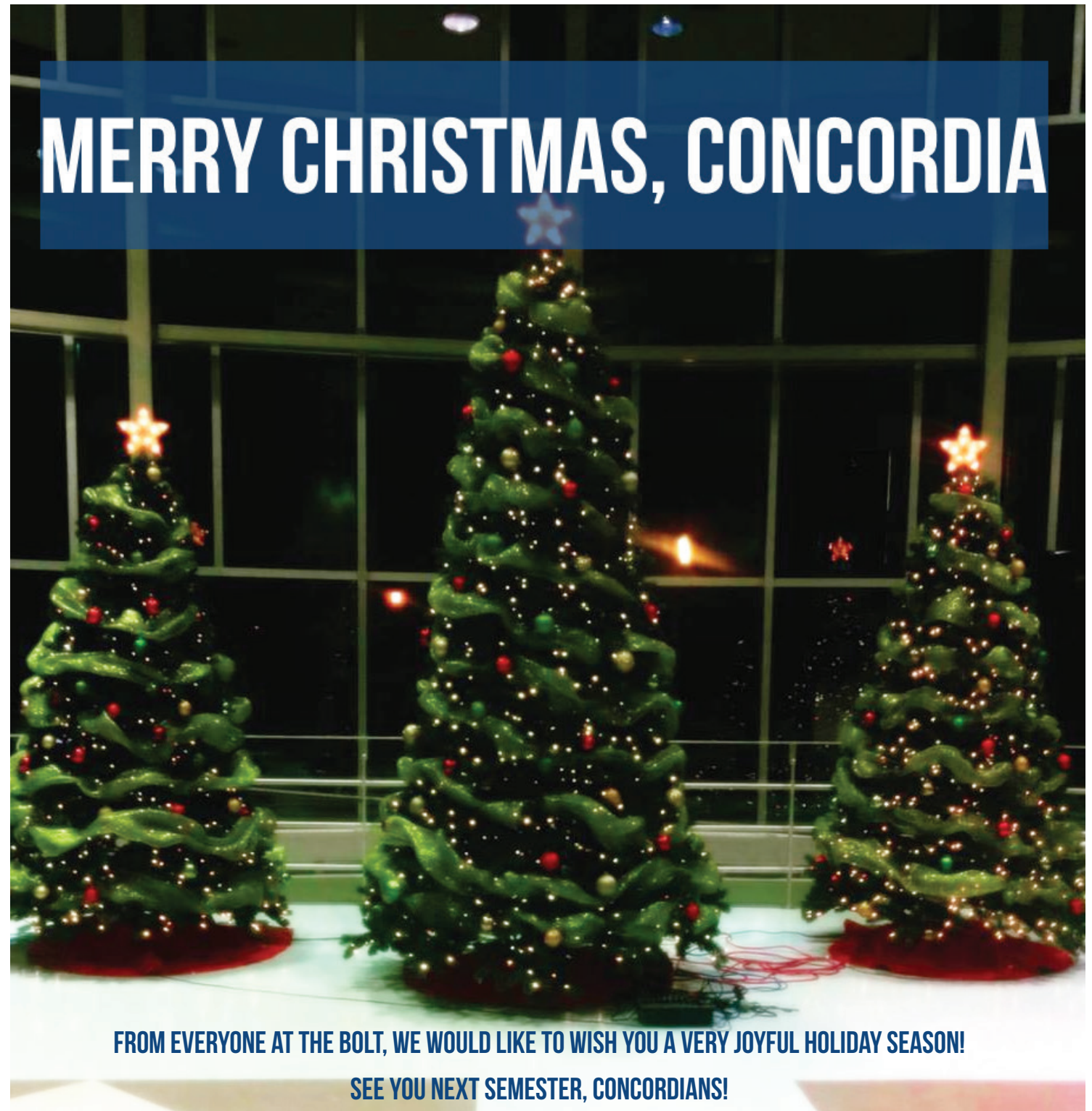
In Thunder Volleyball, both the men's and women's teams have struggled to find the win column. The women's team had only 4 athletes return from last year's squad and the new recruits are going through the growing pains of transitioning from high school ball to the ACAC level. On the men's side, The Thunder have played some very entertaining volleyball and have twice come within just a couple of points of winning matches but so far, that first victory has proved elusive. With a mid-semester coaching change, the Thunder Men have taken on a refreshed appearance on the court and are looking to push their opponents back after the Christmas break.

Curling

Finally, Thunder Curling is icing a mixed team for the 2015-16 season. With 4 of the 5 curlers being veterans, they will be strong contenders for ACAC Championship hardware come March.



MERRY CHRISTMAS, CONCORDIA



FROM EVERYONE AT THE BOLT, WE WOULD LIKE TO WISH YOU A VERY JOYFUL HOLIDAY SEASON!

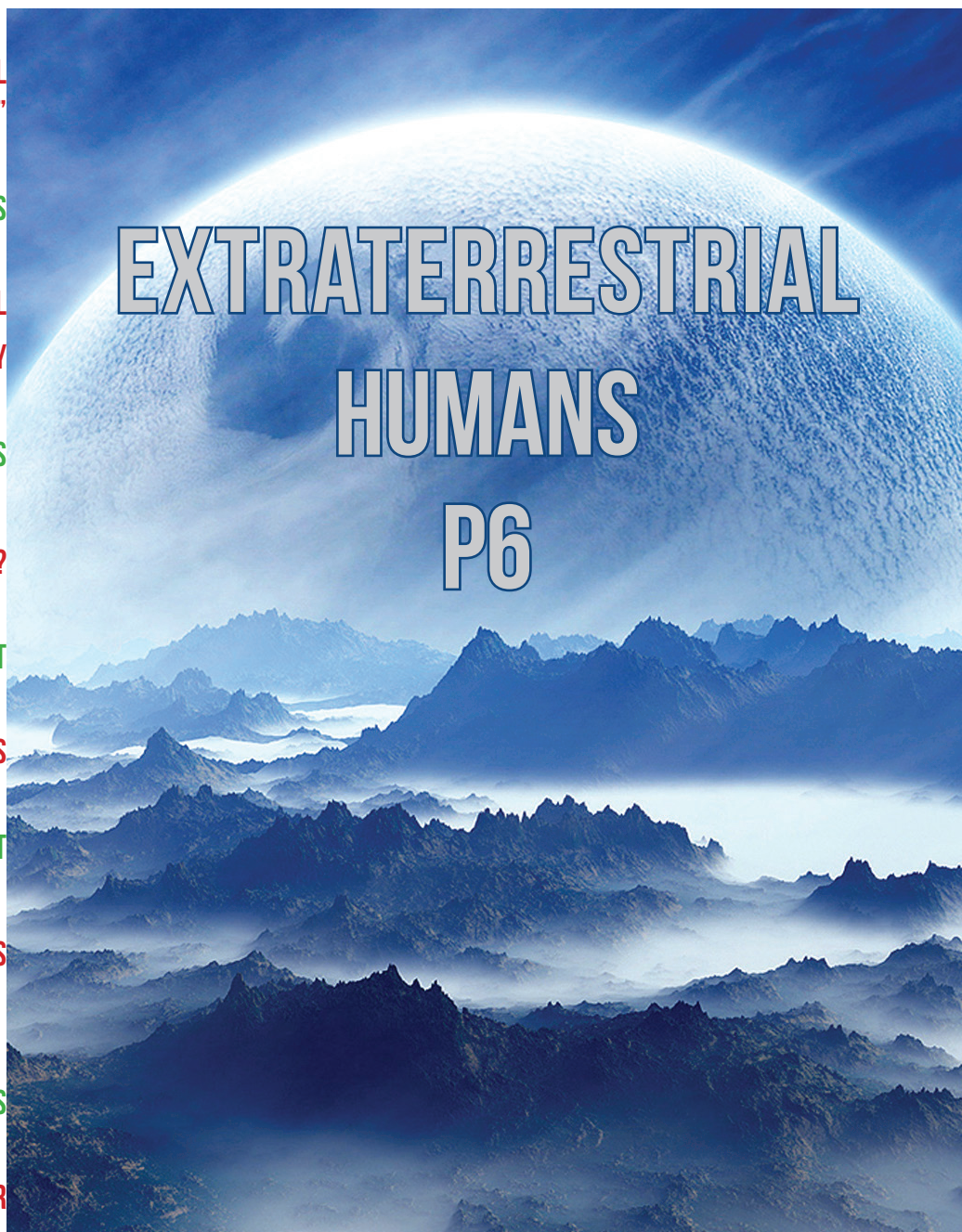
SEE YOU NEXT SEMESTER, CONCORDIANS!

THE BOLT'S TOP CHRISTMAS SONG LIST

DEAR ROUGE - HAVE YOURSELF A MERRY LITTLE CHRISTMAS · DONNY HATHAWAY - THIS CHRISTMAS
 KANYE WEST & BEYONCE - CHRISTMAS IN HARLEM · MARIAH CAREY - ALL I WANT FOR CHRISTMAS IS YOU
 RUN DMC - CHRISTMAS IN HOLLIS · BING CROSBY - WHITE CHRISTMAS · FRANK SINATRA - JINGLE BELLS
 BAND AID 1984 - DO THEY KNOW IT'S CHRISTMAS

IN THIS EDITION:

- P3 - Politics**
"DAESH" AND THE IDEOLOGICAL DE-LEGITIMIZATION OF "ISIS"
- P4 - Literature**
THE POWER OF WORDS
- P5 - Editorial**
CARBON TAX & GLOBAL RESPONSIBILITY
- P7 - Campus Dish**
DRINKS ON CAMPUS
- P8 - Advice**
CAN YOU FEEL IT?
- P9 - Wellness Tip**
DEAR FIRST YEAR STUDENT
- P10- Technology**
STAR CLUSTERS AND QUASARS
- P12 -Fashion Flash**
THE RETURN OF LEOPARD PRINT
- P13- Breaking the Silence**
DEPRESSION 'S OTHER SYMPTOMS
- P15 - Fun & Games**
- P16- Sports**
AN UPDATE ON OUR TEAMS
- P20 - Business**
BARRIERS TO WOMEN'S CAREER



SPORTS

		MEN'S BASKETBALL		
NOVEMBER 27	NAIT (95)	CUE (67)	8:00	NAIT
NOVEMBER 28	CUE (102)	NAIT (104)	8:00 (4 OT)	CUE
DECEMBER 8	GPRC	CUE	8:00	GPRC
DECEMBER 9	GPRC	CUE	3:00	GPRC
DECEMBER 15	TKU	CUE	8:00	KING'S
		WOMEN'S BASKETBALL		
NOVEMBER 27	NAIT (70)	CUE (47)	6:00	NAIT
NOVEMBER 28	CUE (59)	NAIT (80)	6:00	CUE
DECEMBER 8	GPRC	CUE	6:00	GPRC
DECEMBER 9	GPRC	CUE	1:00	GPRC
DECEMBER 15	TKU	CUE	6:00	KING'S

MEN'S BASKETBALL STANDINGS










NORTH DIVISION		GP	W	L	PTS
	KEYANO HUSKIES	12	11	1	22
	NAIT OOKS	12	10	2	20
	LAKELAND RUSTLERS	12	6	6	12
	GPRC WOLVES	12	5	7	10
	KING'S EAGLES	12	5	7	10
	CONCORDIA THUNDER	12	4	8	8
	UOFA-AUGUSTANA VIKINGS	12	1	11	2

WOMEN'S BASKETBALL STANDINGS








NORTH DIVISION		GP	W	L	POINTS
	LAKELAND RUSTLERS	12	12	0	24
	NAIT OOKS	12	10	2	20
	GPRC WOLVES	12	7	5	14
	UOFA-AUGUSTANA VIKINGS	12	6	6	12
	KEYANO HUSKIES	12	4	8	8
	CONCORDIA THUNDER	12	3	9	6

SPORTS ACAC STANDINGS






MEN'S HOCKEY STANDINGS

TEAM	GP	W	L	OTL	T	GF
 NAIT	16	16	0	0	0	32
 UOFA-AUGUSTANA	18	10	3	2	3	25
 RED DEER COLLEGE	18	10	6	0	2	22
 KEYANO COLLEGE	18	9	6	1	2	21
 PORTAGE COLLEGE	18	7	6	0	5	19
 SAIT POLYTECHNIC	18	6	8	0	4	16
 MACEWAN UNIVERSITY	18	6	10	1	1	14
 CONCORDIA	18	5	9	3	1	14
 BRIERCREST COLLEGE	18	2	16	0	0	4

WOMEN'S VOLLEYBALL STANDINGS

TEAM	MP	MW	ML	PTS
 THE KING'S UNIVERSITY	12	12	0	24
 GPRC	12	8	4	16
 LAKELAND COLLEGE	12	7	5	14
 KEYANO COLLEGE	12	7	5	14
 NAIT	12	6	6	12
 UOFA-AUGUSTANA	12	2	10	4
 CONCORDIA UNIVERSITY	12	0	12	0

MEN'S VOLLEYBALL STANDINGS

TEAM	MP	MW	ML	PTS
 UOFA-AUGUSTANA	12	9	3	18
 KEYANO COLLEGE	12	9	3	18
 THE KING'S UNIVERSITY	12	8	4	16
 NAIT	12	8	4	14
 CONCORDIA UNIVERSITY	12	0	12	0

POLITICS

“Daesh” and the Ideological De-legitimization of “ISIS”

by Simone Elaine Polo

As of late, a particular trend has been picking up in terms of how to refer to the terrorist organization most commonly known as “ISIS.” The term “Daesh” has begun to circulate major political circles as a method of displacing the ideological stature that this organization has in relation to Islam and the rest of the world. The use of the term “Daesh” has been reported to provoke anger out of members of this organization (NY Daily News), who have shown preference for the terms “ISIS” and “ISIL” given to it in the past. This shift in discursive practices notes a change in how the subject of the Daesh is conceived, why should one use a certain one over others? If we return to an earlier article on the Socio-Political-Cultural, we must remember some of the comments highlighted by social crit-

ics, Michel Foucault and Judith Butler. “In order to have a subject that is subjected, or rather a subject under subjection, it has to be produced; and this act of production makes a subject which becomes culturally intelligible” (The Socio-Political-Cultural) – this is the current discursive change in our understanding of the Daesh; in the terms of Ferdinand de Saussure, the signified organization has been given a signifier through the term “Daesh” to further establish its political relations in terms of mutual hostility, the being, or the subject of the organization signified has been changed by the signifier in place, for the intent is to delegitimize its status as representative of Islam to Western discourse. To understand the change effected by a change in signifiers, one must understand the meaning of “Daesh.” “Daesh is an acronym that stands for the Arabic name of the Islamic State: Al-Dawla al-Islamiya fi al-Iraq wa al-Sham” (Global News) – in this sense, the term “Daesh” literally translates as something very similar to what “ISIS” and “ISIL” have stood for. Nonetheless, mere semantics undermines the symbolic importance

of this change in signifiers. Daesh “sounds like an insult, resembling the Arabic word “daes,” which refers to something that stomps, or crushes” (CTV News); some have also associated the term to reflect the destruction of temples, which in turn reflect the un-Islamic character of the organization. Thus, it is in the terms of a caricaturing depiction that the ire of the organization signified as Daesh is triggered. This practice can be analogous to some extent to the use of the term “cisgender” in the discourse of sex at gender, for both displacements of the signifiers – from ISIS to Daesh; from man/woman to cisgender – aim at change in the normative practices and ideas surrounding what is signified. However, it is this very caricaturing depiction that brings the “Daesh” signifier into question – the caricaturing signifier is ultimately aiming at a de-legitimization of the organization as a state and as Islamic. Nonetheless, in literal translation, these terms are still referred to; thus, to call the organization Daesh only displaces the ideas of state and Islam for the Western discursive practices (of those who

lack knowledge of Arabic). The caricature-esque character of the “Daesh” signifier has been criticized in another regard – the discursive practice of the term “Daesh” displaces the legitimacy of the threat for an infantile defence mechanism; it is the notion that the organization gets “pissed off” at being called names it doesn’t like, and we want to do it because it doesn’t like it. This displacement aims at a commodification of the traumatic experience of the West through a denial of threat – whereas this is not an open venue to those who live under the Daesh regime, for to use the term disliked by the regime rewards one with losing one’s tongue. I shall admit my own uncertainty upon which term to use; thus, I shall end the article with an open question: What kind of discursive practices are most adequate to refer to the organization most commonly known as “ISIS”? What is the benefit of utilizing diverse signifiers? And in what ways do we want to change our understanding of what is signified by the signifiers we utilize?

LITERATURE

The Power of Words

by Adrianna Blitterswyk

Words are the building blocks of the world. Through speech, poetry and literature words express the emotions, ideas and hopes of the human population. Words hold historical value. The diversity of languages spoken today demonstrate the vast complexity of words. Without the influence of words we would be missing a major piece of fabric in human existence.

In the world today there are over 6,000 different languages spoken. The languages of English, French, Italian, Portuguese, Arabic, Mandarin and Dutch are only a microcosm found in the larger world. Through these languages it is found that there is more than a thousand ways to say something as simple as “Hello” or “Thank You”. Words have proven to hold power and mean-

ing as the **THE BOLT** 4 m e d i u m

through which change occurs. When people are able to express their thoughts and ideas through the medium of words and language positive changes are possible. Take for instance the words of F. Scott Fitzgerald in the Great Gatsby- “Whenever you feel like criticizing anyone, just remember that all the people in this world haven’t had the advantages you’ve had”. Fitzgerald’s words can spark a thousand different thoughts. Through this quote it is illuminated that not everyone comes from the same upbringing but that this difference makes us human, thereby to discourage others is to discourage yourself. It is evident that words cause us to think, and those thoughts turn into ideas, those ideas into opinions and opinions into our emotions, our emotions ultimately making us human.

Words from great authors and poets past and present hold the ability to capture a reader, the words they share have the power to spark powerful new thoughts within a reader, some even powerful enough to cause a real

change in our world. The medium of literature is something that should be held on to as it is a common recorded form of communication that has lasted and will last forever. The same can be said about the traditions of oral storytelling and public speaking. Words have proven to last and live through generations of people as they have been repeated and shared over time. In Shakespeare’s “Sonnet 55” it is expressed that “Not marble, nor gilded monuments/ Of princes, shall outlive this powerful rhyme/” (Shakespeare 1-2), as he states that the words of his poem will live on forever, while the physical entities of the world will not. Even though Shakespeare is also expressing that his love will stay alive through his words, it is still prevalent that words do outlast the physical world as we know it.

Words are our way of expression; we read, talk, sing and write all through the medium of words. I find it so bewildering how much power one word can have. One may say that “Sticks and stones may break my bones but words will never hurt me”, but the

truth of the matter is that words have both the power to hurt and destroy as well as the power to build and uplift. Words are a weapon that needs to be chosen wisely and with good intentions. Significant individuals throughout the history of the world are remembered because of their provoking speeches and words shared while still living. Take for instance the words of Mahatma Gandhi- “Be the Change you want to see in the world” or those of Martin Luther King that “We must build dikes of courage to hold back the flood of fear”. Both of these prominent figures amongst many others throughout the history of the world are remembered not just because of their great impact but also the change they were able to create by using their words to sway others rather than the hand of violence.

As you go on through your week, take a moment to appreciate the freedom words allow us in our lives. Words grow and fade just like every human and we need to remember that there is meaning and worth in every single one.

THUNDER SPORTS

HOCKEY				
NOVEMBER 27	RDC (6)	CUE (3)	8:15	BILL HUNTER ARENA
NOVEMBER 28	CUE (2)	RDC (1)	7:00	PENHOLD ARENA
DECEMBER 8	SAIT	CUE	7:00	SAIT ARENA
DECEMBER 9	CUE	SAIT	8:15	CLAREVIEW
DECEMBER 15	GMU	CUE	8:15	BILL HUNTER ARENA
WOMEN'S VOLLEYBALL				
NOVEMBER 27	CUE (0)	NAIT (3)	6:00	CUE
NOVEMBER 28	NAIT (3)	CUE (0)	6:00	NAIT
DECEMBER 8	CUE	UAA	6:00	CUE
DECEMBER 9	UAA	CUE	6:00	UAA
DECEMBER 15	CUE	LAKELAND	6:00	CUE
MEN'S VOLLEYBALL				
NOVEMBER 27	CUE (1)	NAIT (3)	8:00	CUE
NOVEMBER 28	NAIT (3)	CUE (1)	8:00	NAIT
DECEMBER 8	CUE	UAA	8:00	CUE
DECEMBER 9	UAA	CUE	8:00	UAA
DECEMBER 15	CUE	LAKELAND	8:00	CUE

CROSS COUNTRY TEAMS

	WOMEN	MEN
1 ST	LETHBRIDGE COLLEGE	LETHBRIDGE COLLEGE
2 ND	CONCORDIA UNIVERSITY	CONCORDIA UNIVERSITY
3 RD	RED DEER COLLEGE	SAIT POLYTECH

INDIVIDUAL

	WOMEN	MEN
1 ST	JAMIE WIGMORE – GPRC	ALEX HARDING – LETH
2 ND	MARRIYA JENKINS – CUE	KIRK SUNDT - CUE
3 RD	EMILY LUCAS – LETH	ANDREW HARDING – LETH

Barriers to Women's Career Success

by Kira Pelletier

Today, there are more women than ever as part of the workforce. As a politically minded female management student, women leadership is an important topic for me, especially women leadership in politics. Still today, there are many barriers to women leadership, barriers that affect every woman in almost every career path.

The first barrier blocking women from succeeding is the invisible glass ceiling. The glass ceiling allows women to view higher level jobs, but are unable to reach them. It is an obstacle in the way of female career advancement especially to the top of large companies. Still today in most large corporations the existing top management are men. Men are more likely to promote other men into top management positions, because they more commonly share their perspective. In Canada, only 20.8% of membership on corporate boards are women. This is slightly better than the USA

where only 19.2% are women. Norway is best country with 35.5% of members of corporate board members are women. The glass ceiling, is mostly present in large corporations and applies to

The second barrier is familial as well as personal health. Women, who are still thought of as the

primary caregiver, are more prone to worry about the effects of their jobs on their families. Women who have children are less likely to travel long distance over an extended period of time. They worry about the potential of having to uproot their family if they are offered a job in a different location. A growing cause for women to put their career on the back burners is that once they go back to work a lot of companies do not have proper supports to assist new parents. The first six months after the return from maternity leave are essential in determining a woman's future work path and whether they can juggle both a career and children. Some companies have started programs such as mentor moms, which pairs new moms with other working moms to learn how to juggle. Another way companies help women come back to work is the phase back to work program. The first week back, women only do 50% of their regular workload, then the second week they do 75% and finally the third week they are up to 100%. Women also tend to look at how their career choices affect their mental and physical health more than men. If a career choice is damaging to their physical or mental health women are more likely to re-evaluate and change career paths.

The third barrier, another huge issue, is globalization. In many cultures today, women are still not accepted as equals. For Canadians, with our 50% women cabinet, we would struggle with cultures where women are not viewed as equal. So, for the travelling businesswomen, authority issues have been known to arise in a culture unaccepting of women in power. The types

of jobs that may be unacceptable are anything where local men who do not view women as equal have to report to report to female supervisors

The fourth barrier for women is stereotypes and behaviours. There is a recurring idea among many that women do not have what it takes to be a leader. The social role theory explains how people tend to picture the same characteristics when thinking of a leader. These characteristics just happen to be characteristics of typical male behaviour. Although there are different approaches to management, typical female behaviour tends to undermine confidence in them as leaders. Right now, cultural and societal norms of seeing the men as the protector and women as the nurturer. Part of the problems with these stereotypes are that they are unconscious. People don't often realize they have these stereotypes. A popular trend among blooming female leaders is to lean in. Sheryl Sandberg wrote the book *Lean In*, to encourage women to ask for what they want in their careers and to be more aggressive. The good news is that like the glass ceiling this barrier is slowly being faded as there is more evidence that this is changing and that stereotypes are starting to change. More men are working to understand women leadership. Election results recently have shown that people are more comfortable with women in a position of power. Having two female premiers of Alberta and so many female members of government at all levels. There stereotypes beliefs are starting to be phased out as men and women become more educated.

The fifth barrier is the oppor-

tunities and types of employment. Because of families, women tend to have non-standard employment. They work part time, tele-commute and have shift work. The problem with this type of employment is that nonstandard employees do not often get the promotions that full time employees do.

CMC News

The CMC is having a bake sale on Friday December 4th. Our annual networking conference will be held on 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. The CMC is excited to announce that we are providing all 4 options for apparel: cardigans, sweatshirts, pullover and zip up hoodies. Orders will be taken the week of January 18-22 in Tegler, there will also be sample sizes in Tegler so that you be sure to order the right size. 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.

Carbon Tax & Global Responsibility

by Kayle Sieben

This week, Rachel Notley and the Alberta's NDP unveiled their new plan to tackle climate change. The plan includes a carbon tax (while setting the limit on emissions to 100 megatonnes), the phasing out of coal-fired power by 2030, and reinvesting that carbon tax levy into clean energy research, green infrastructure as well as residential energy reduction programs throughout the province.

This comes as a major shock to the portion of the populous who seem to be unambiguously opposed to the idea that Alberta plays a major role in emitting greenhouse gases.

As someone who tries to remain globally conscious, this motion passed by the NDP government has me excited for the future of our province. Personally, I'm offended the slogan "Texas of the North," as you may have heard being used to describe Alberta in the past. I'd like to think of our society as being more civilized than the gun-wielding, fast food

slanging, non-universal health-care having Texans!

Okay, okay. Deep breaths.

The fact of the matter is that even Shell, Cenovus, Suncor, and Canadian Natural Resources Limited have spoken out in support of the carbon tax, set to be rolled out in 2017. Taxation will begin at \$20/tonne in 2017, and increase to \$30/tonne in 2018. It's an ambitious move for the newly elected NDP, and a bold move for the future of our province.

As you may have noticed in the past year, the price of oil has dropped significantly. This was a direct result of Saudi Arabia producing a surplus of oil after re-opening multiple refineries in the middle east. Instead of decreasing their production to match the demand, thus keeping the price steady, they elected to continue to refine an abundance of oil.

Of course this can't last forever; there's only so much oil to produce. However, with such major investments into sustainable energy, like the \$1 billion investment from Bill Gates' personal account, the days of oil being the global industry dominator could be numbered. Companies like Tesla want to rid the auto industry of being dependent on fossil fuels to become completely electric. Investment

in green technology continues to gain traction worldwide. Climate change is a global crisis, and it's about time our government responded to it.

Job loss is a significant counterpoint of those complaining about the recent changes in Alberta. The fact of the matter is, the layoffs come down to greed and lack of diversity within our economy. These companies annually turn in profits ranging from hundreds of millions to several billion. Let's crunch the numbers on a scenario we

have the facts for: corporate tax (which received similar backlash). For the record, corporate tax rates are applicable to those companies making over \$500,000 after all expenses have been paid (employees, stock, equipment, etc). Now, for simplicity, let's say a company turns in a profit of \$1,000,000. In the old tax rate (10%), this company would take home \$900,000 profit. Under the new tax rate (12%), they will take home \$880,000. The difference of only \$20,000. I am yet to hear a fair response as to why 2% of profits warrants thousands of layoffs province wide, because the only justification is greed.

Despite these changes and the drops in oil prices, these companies will turn in profits. Yet, they will disguise these profits

as net losses because of cancelled infrastructure investments. This is where lack of diversity plays a small role. With investment being halted, these companies will naturally have an excess of employees. Yet, it's unjust to simply cut off the well-being of thousands of lives. I think there should be more responsibility for these companies to repurpose those employees being left behind. Companies ought to work for the betterment of society, not simply to appease their investors.

In Alberta, we're relatively secluded from risk of natural disaster. Climate change doesn't really affect us for the most part, yet we're one of the major contributors. In fact, the countries who will suffer the most happen to be some of the poorest, non-polluting countries in the world. These nations stand little chance in combatting rising sea levels, stronger natural disasters, and a consistently rising temperature. Unless our world rises up, this could be the defining issue of the 21st century. I believe we hold a responsibility to do what we can to combat global warming.

We need to rise up, Alberta, and emit the message to the globe that we will lead the way to a better tomorrow for everyone.

SERIAL FICTION

Extraterrestrial

Humans

by Austin Schuester

It all started when they had found footprints on the surface of sterile planets at the edge of a new solar system. They were distinctly, unmistakably, human footprints. Naturally, after such a discovery, the race was on to get to the inner planets of this new solar system, where probes had revealed a planet that was almost identical to Earth itself . . .

The landing pod landed uneasily on the ground, sending the three of us forward with a lurch, Stacy and Zyk were unconscious, bleeding. I was disoriented and on the ground of the pod when I opened my eyes, smoke quickly filled the cabin. I coughed and tried to wake the others up, but stopped when I saw the human-istically familiar sight of a blue sky outside the window of the

From space, it looked like Earth. Was it just another... Earth? I thought to myself, scrambling to get a connection with the command ship in space. Well, to hell with it. Our sensors and AI would tell them we've crashed. They'd send help for us. Zyk and Stacy were alive. I shot to my feet and regretted it, instantly feeling dizzy. I secured my respirator with shaking hands and opened the airlock. I waited for it to pump the air. It opened like a curtain. There was blinding light from a sun like star.

I stepped out onto... grass . . . Grass! The sky was a little bit of a darker shade of blue than Earth's but it was still undeniably blue. Plants surrounded me, not the trees that I grew accustomed to back home, but plants twice as tall. They were a stranger shade of green, lighter and more bluish than on Earth. My wrist pad told me that the air composition was 32 % Oxygen, 64 % Nitrogen, 3 % CO2, and 1

% trace gasses. I shook my head into each other's eyes, staring. I trembled a little. The dissatisfying feeling of now, feeling as if I, no, we, we both, don't know anything. What? How? Why? What!?

It was terrifying, beautiful, shocking. Was it real? I approached him, dreamlike, slowly. He wore an expression of defensiveness on his face. No, a threatening one. I raised my head a little with my mouth open, put my hands up. I'm not hostile. You're safe. I approached closer. His eyes narrowed, he stepped back, my hands still in the air. He was standing only a few feet in front of me. There were tears in my eyes. Tears of disbelief, wonder. I extended my hand. I boldly and assertively decided to get a literal grip on what I could hardly believe was reality. His hand rose slightly. I touched it with my finger, and felt a shiver of inexplicable emotion surge through me, a torrent of feelings, images. Two worlds touching. I was hyperventilating. I looked up into his eyes and smiled.

FUN & GAMES

Drawing a Blank

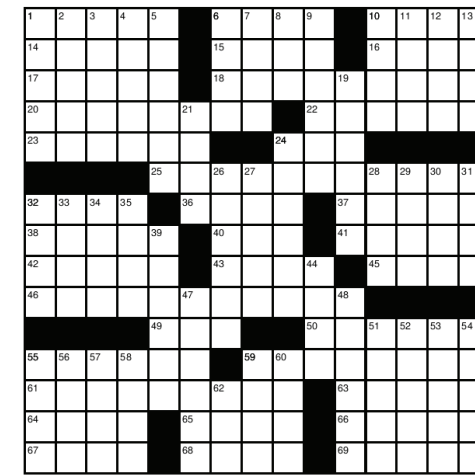
ACROSS

1. Conflicting
6. It may get get plastered
10. Faithful
14. Time to cut it close?
15. Grimm bad guy
16. Parks on a bus
17. Chronicler of a mammal/amphibian challenge
18. It's on a roll for decorators
20. Kettle contents
22. Respect them
23. Strands in 45 across, perhaps
24. Potential paternity proof
25. White, blue, and red banner
32. Belmont advice
36. One on the Mohs Scale
37. Select
38. Word when Juan went?
40. Even so
41. Goshawk's gripper
42. Feature of some VH-1 videos
43. Emulated an axle or an axel
45. It gets 22 hours of sun on 6/21
46. Description of Joseph (John) Merrick
49. "Strange Magic" rockers
50. Conservative complaint
55. Spread out
59. Zoomorphic Pepperidge Farm cracker
61. Buy it by the glass
63. Treaty signed by RMN

8. MTV "top ten" show
9. The seat of Lewis and Clark County
10. The most prolific songwriter in hist.?
11. Product made from Cannabis Sativa
12. Kind of group or manual
13. Pencil holders?
19. Earth, e.g.
21. Hardware fastener
24. Judgmental statement?
26. Declines
27. Sought beauty?
28. Diego's dessert
29. Eponymous Disney islander
30. One fifth of a methane molecule
31. 24 across portion
32. Record
33. Word with American or film
34. Corncob, for one
35. Du jour item
39. Object with minimum surface area per volume
44. NBC division?
47. Not even close
48. Acknowledges briefly
51. Legal, in a way
52. Nabisco wafer
53. _____ Park, Colorado
54. Word which can precede each component of 18, 20, 25, 46, 59, and 61 across
55. "That's not good!"
56. Court plea, informally
57. Its famous for having a bad liver
58. DOD part-timers
59. Summer swarmer
60. Vintner's prefix
62. Part of a Japanese island

This puzzle was created using CrossFire (<http://beekeeperlabs.com/crossfire>)

Robert Stockton



CROSSWORD

SUDOKU

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

QUOTE OF THE WEEK

WEEK 1: "DURING A TEST; PEOPLE LOOK UP FOR INSPIRATION, DOWN IN DESPERATION AND LEFT AND RIGHT FOR INFORMATION."- UNKNOWN

WEEK 2: "BAH,' SAID SCROOGE, 'HUMBUG.'"

-CHARLES DICKENS, A CHRISTMAS CAROL

STUDENT LIFE

Seeing Canada Through Fresh Eyes

by Peter Fourlaris

This week it was my absolute pleasure to have a chat with Giovanna Delbem, Giovanna is one of Concordia's international students. We had an excellent conversation and I got to learn more about her, including her thoughts of being in Canada, her favourite movie and book.

Peter Fourlaris: Where are you from originally?

Giovanna Delbem: I am from Brazil. I'm from a city near São Paulo.

PF: What are your thoughts about Edmonton and Canada?

GD: I really love Canada! The weather is too cold, but that is okay because I really love snow. Edmonton is a really big city, and I feel like everything here is too big, and I'm so tiny here!

PF: Besides Edmonton have you visited anywhere else in Canada?

GD: Yes I've been to Vancouver,

Banff, and Jasper.

PF: What program are you taking at Concordia?

GD: I'm in open studies, and I'm taking psychology courses at Concordia

PF: What is your favorite hobby?

Events to decrease exam stress!

Dec 2 Pet Stress Buster in Tegler from 11:30 am - 1 pm

Dec. 4 Yoga in the Ralph King Gym from noon - 1 pm

Dec 7 - 11 Relaxation Room in S308 Mon, Tue, Wed 8:30 am - 4:30 pm and Thur 8:30 am - 2 pm



by away from school?

GD: I like to dance. Dancing is my favourite hobby. I like ballroom dances like Salsa, and I like ballet too.

PF: What is your favorite movie?

GD: I think my favourite movie is The King's Speech. It is about

King George VI, and how he had problems with speech. And then his dad died, so he assumed power in place of his brother, but he can't talk because of his speech problems. So he went through a therapy to help him with his speech.

PF: What is your favourite book?

GD: My favourite book is The Book Thief. It is about the Second World War, and a girl that would steal books. She started living with another family that was taking care of her; she didn't know how to read. She would steal books, and her brother

taught her how to read. Then when the bombings happened she would read her books for everyone.

PF: Tell us something about yourself that most people would not know

GD: That's a difficult one. I think most people think that I am shy, but I really like to talk, and I think that I am funny.

PF: If you could have any superpower, what would it be?

GD: It would definitely be teleportation. Because, if I could teleport, then I could go anywhere, at anytime, it would be so nice.

Thank you, Giovanna for a very fun interview. I will definitely check out The King's Speech and The Book Thief. I hope the rest of your time in Edmonton and Canada is a great experience for you.

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. Until next time, have a great winter break, and I look forward to seeing all of you in 2016!

CAMPUS DISH

Drinks on Campus

by Checkpoint Charlie

As we are all well aware, Concordia is currently lacking an on campus drinking establishment. These tend to be the ideal places for students to let off some serious steam and make some new friends. Nothing like ending off a tough week at school with a beer on campus. Then again, there's nothing like finishing up a tough Tuesday lab assignment with a beer. Mind you, a beer at school is always a solid combo. It's a pairing that is deeply embedded in the university ideal. Traditionally speaking, the two go together like peanut butter and jam. It's the fraternity boys drink of choice. Beer, is the cultural underpinning of academia. Students seem to really come together over a few brews. I've witnessed this moving phenomenon on multiple occasions. It's a very beautiful process to behold firsthand. I always look forward to ripping some drinks with my friends at the U of A or McEwan. Usually, I will try to get as many friends together as possible to meet up after class on any given Friday. Prime time is between 2pm and 4.

This gives me enough time to leave Concordia, and hop the LRT at

Commonwealth Stadium. From there, it's a 14 minutes and \$3.20 ride to the U of A. At the Uni of Alberta, they have quite a few drinking stations to choose from. More often than not, my friends and I frequent the two main spots. The first, is called Dewey's. It's more on the east side of main campus; a block away from HUB. This historical building used to function as one of the school's original power plants. Once the building was decommissioned, it was remade into a bar. Back when my dad was attending university -circa 1981- this drinking pit was aptly named The Power Plant. It's a very industrious style old square brick building. It's main space is jam packed with pool tables, and a smaller upper level is adorned with multiple couches; ideal for lounging.

The other place we go, is the Room At The Top. Student's strictly refer to it by its acronym RATT or simply the rat (animal). Located on the seventh level of the students union building, this spot offers an exceptional view of campus, downtown, and the river valley. Truly one of the most unique lookouts in the entire city. Huge windows

make up the entire perimeter of this bar, so make sure to bring some friends and some sunglasses. Also, be aware that you need to either have a U of A ONE card on you, or be a guest with someone who does. If it's really busy, you won't get in without that. Dewey's on the other hand, doesn't have this same rule.

Concordia also has some special places, they're just a little harder to find. None of them are on campus, but they are all close by. I am going to share two of our best spots here with you today.

First, all we have to do is look across the Northlands parking lot. Students over the age of 18 are more than welcome to stop by at the Northlands Casino. A quick 8 minute walk from campus gets you to the front door. It might seem to be a little dusty and run down, but the casino is pretty top notch. During that Friday prime time which I eluded to earlier (2pm-4) you can easily walk in and grab a stool right up at the bar. You can also hit some slots if you are low on conversation. The most hilarious part about hitting the casino is the fact that it is such a big transition and culture shock when compared to being in class or at school. It's a good change of scenery which takes very little effort. Consider it a quick holiday. The only downside here is

that you can only pay cash, and the beers are a little more on the expensive side.

However, the real diamond in the ruff is the Royal Canadian Legion. The 178th branch is located just off 112 ave and 82nd street; a quick drive west from campus. In my opinion, this is the unofficial bar of our school. Cheap pitchers, good food and free games of pool. Honestly, it's such a prime secret spot that I shouldn't even be mentioning it, but I think students should take better advantage of this great little place. It's the ideal spot to shoot the breeze and plan out your Friday night. In addition to that, it's fun interacting and getting to know the dedicated veterans and volunteers who help make that place roll. Once you become a regular, you start addressing people by their names. Everybody involved over there is always really interested in the types of things which we study at school. It's a fun place with a super mellow vibe. Just make sure to remove your hat once you enter in acknowledgement of the sacrifices which our troops have made in the past and present. So there you go, a few tricks of the trade. Now all you need to do is grab some friends and some brews. Be smart and please don't drink and drive.

ADVICE

Can You Feel It?

by Matthew Troppmann

Hello Concordia! As many of you probably know, it's the end of the semester, and it's been a quick one. September was not too long ago, and classes have done nothing but roll on by, so here we are. Trees and decorations in Tegler, snow on the ground, lights everywhere and of course, people have mysteriously forgotten how to drive. It's the Christmas season! The herald of three things, legendary among students; chief among them being the holiday break. But one cannot forget the second item, which would be all the coming revels that the season brings. Oh, how glorious they will be. Finally and perhaps most importantly, the gatekeeper to these joyous fantasies: Finals.

Dropping all pretense and silliness (I've been familiarizing myself with *Midsummer Night's Dream* in anticipation of the auditions this week) it is the end of the semester. By the release of this writing, we will

8 be in our final week of

classes. So, congratulations if you are reading this! You most likely survived three grueling months and for that, I am proud of you. You did it sport. Champ. Chief. But that isn't to say you are out of the woods yet. There are still plenty of papers, projects, and other miscellaneous things to get done before we can even think of studying for final exams.

I'm not going to lie to you, it's crunch time and absolutely not the time to dick around. As a good friend of mine frequently tells me, "God love you for a liar" and I'd love if that were true now too, but it couldn't be farther from. This is where things get real for all of us. Tests, papers, they're all approaching at the speed of light. For those of us with jobs outside of school to do, the heat couldn't be turned up higher than it is right now. We've all bought a one-way ticket on the stress express, and that train just left the station.

It's not uncommon for students to freak out or break down around this time. Wheelbarrows of work still need to be done before we are in the clear, and it can definitely feel like all the tires may as well have been slashed. Here is the thing, though: no two people handle stress the same way, so it's impossible for me to give out credible advice on a large

general scale, but I want to so badly. I've talked to so many of students lately, and it breaks my heart. Sleep is lost, relationships are damaged, the ever-present worry that our grades won't be up to snuff. There isn't enough time in the day to get through everything we need to, let alone what we actually want to.

So things pile up, the pressure grows and grows, and it doesn't feel like anything has really been accomplished at the end of the day. I'd love to continue this article positively, to tell you that at the end of the day, you will be one step closer to freedom, having things done, and to not worry about it, or that things will work themselves out. In some ways, that is true. But that's not what this article is about though. God love me for a liar. The truth is none of that is true. We can't just sit on the sidelines of our lives and hope that things will work out if we leave them be. Nothing gets done if we don't do it.

I'm not trying to say "get over it" or "just relax" if things have got you down. That's both silly, ineffective and even counter intuitive. The heaviest burdens are the ones we carry alone. What I am trying to say is, if you feel that any of the above describes you, take a break. If you don't have a pet, find a friend with cats, dogs, or anything fuzzy

and friendly then bribe your way into their home. If, heaven help you, furry creatures result in allergic reactions, go find something you think is fun and do it, guilt free, on me. The school offers help for people in these sorts of situations, too, if you feel you require professional aid. If you feel trapped by your workload, don't let yourself be paralyzed by it. Your work might need to be done by you, but it can sure as hell wait until you are ready to do it.

If you're still with me and paying attention, you may notice that those two last paragraphs are in direct contradiction to each other. You are completely correct in that assessment. But I have a good reason, which happens to be the number one lesson I have learned this term; not just from one class but from all of them, is that there are no easy answers. Real life rarely separates nice and neatly, and contradictions are abundant. What I'm saying here is that no one, not even I, know what is best for you. But you are resilient, all of you, and I know that no matter what, you can find a way to make it work. I genuinely believe that. And you know what else?

I believe in you, Concordia. I know you can do it.

BREAKING THE SILENCE

Depression's Other Symptoms

by Anonymous

My first year of college was filled with the brand of awkward angst and drama that I somehow never experienced in highschool. I had always lived on my family's farm, an area of forest and gravel roads and crop-fields, and went to school in a very small town. Now I was suddenly in the middle of a small city. Moving from highschool or summer jobs in my hometown while living in my parents' house and into a campus dorm to do university work every day is bound to feel like the sudden and abrupt lifestyle change that it is. It did feel especially strange as a first-year student, though. Although I had no family or friends living around my new home, a few close friends did start to visit me almost every weekend. One of these old friends began to develop a rather intimate relationship with one of my new roommates, and I often felt as if she used visiting me as an excuse for visiting him. She didn't respond to my disapproval very well and tried actively hiding from me in my own home, in my roommate's bedroom. In my thoughts, on a

fully conscious level, I was fine: I found it comical. On a more internal level of unacknowledged feelings, however, it would seem I wasn't so alright. I began to experience hypersomnia. Back on the farm a coyote howl might wake me up, but it didn't take me long to become a heavier sleeper with college party music making regular appearances, and then it didn't take long for a sleep-related problem to show up. I would sleep for 15 hours and wake up feeling as if I could happily go back to sleep. I asked my psychology professor about my problem:

"Well are you malnourished somehow?"

"No. I eat quite well."

"Are you depressed?"

"I don't think so."

"Well do you still enjoy the things you usually enjoy doing?"

"Yes."

"Not depression then, eh? Well, I'm stumped."

Defining depression by only certain symptoms like anhedonia (the inability to feel pleasure) or a sleep-related problem is oversimplifying things. I experienced no anhedonia symptoms because of course I would still enjoy my hobbies and entertainments such as the internet or videogames: they can be used as an escape. This was part of a

larger insight I made with the help of a new friend I met in my visual art class, who has always struggled with the opposite problem: insomnia. Discussing things with this new friend helped me realize that I was unconsciously using sleep as a way of avoiding things. This made a lot of sense. In order to avoid my old friend who could always be just outside my bedroom door, I slept. The more I slept, the less time I had to study, the worse my grades got, and in turn my motivation to avoid the unpleasantness of it all would increase. When my parents would call, the first thing they would ask about would be school, about which I couldn't always provide overwhelmingly good news, and so I started to think about ignoring their calls. Cycles of avoidance, fed by guilt. A picture of depression I hadn't been taught about.

Feeling like I had a better understanding of my own behaviors helped me to try to push past things and improve my grades in time for that year, but my problems with guilt straining my relationship with my parents and with avoiding difficult classes continued on into my year at MacEwan. By the time I switched schools yet again and enrolled at Concordia, my relationship with my parents improved and I had a more productive approach to dealing with

unpleasant classes. I got a tutor for my statistics class when I was struggling in it. I was putting in time and it paid off in the form of successfully passing the class. And so I was one step closer to fulfilling prerequisites for a psychology program.

I don't think my story is a particularly unique one. The implications of intelligence, self-worth, and future potential that students interpret from their grades can quickly translate into a depressive guilt. "I'm here paying for the opportunity to do this work, and if I can't do it adequately then what does that say about me? It's wasteful, this kind of investment into my future is apparently wasteful, and being here feels like a wasteful joke". It becomes extremely important to recognize that the underlying psychology involved may be that worry and guilt are not really motivating forces, anxiety has been proven to hinder confidence and motivation. Insights from my new friend gave me a self-awareness that I was missing at the time, which improved how I dealt with the depressive thoughts, which as a consequence improved my grades and my confidence. I have a long way to go, but it seems more and more that success is measured psychologically, and can start with mental health awareness.

FASHION FLASH

The Return of Leopard Print

by Brianna DeSouza

I'm sure many of us can all remember a time when leopard print was in. Well I have some great news for those who just love animal print... leopard prints are back! Now I have a few tips on how to wear it and pair it.

Pair a leopard print blouse with denim cutoffs. Loosely front-tuck your blouse and finish off your outfit with flats or heels, depending on how dressed-up you want to look. Switch to full-length jeans when it gets cold out, or just layer your cutoffs over tights and wear them straight through fall or even winter if you're brave. Leopard high heels are awe-

some day or night, but, depending on where you work, they might be a bit fashion-forward. Wear leopard flats for work or school and even on the weekend. They're great for dressing up workwear basics like

THE BOLT 12 black pants and white

collared shirts, or even denim. an otherwise clean and simple outfit. A little bit of leopard can go a long way. The simpler and more monochromatic the rest of

They make it easy to take your look from the office to a night out without actually having to change.

Break up a flowy leopard dress with neutral accessories. Most people, when they hear the phrase "leopard print dress," picture something skin-tight and Jersey Shore-esque, but it doesn't have to be that way! Instead of a body-con leopard-print dress, try something loose and flowy. Layer on a belt or a jacket to break up all that print and keep the look grounded with simple accessories and flats. Treat leopard like a neutral and mix it with other prints.

The soft, organic shapes of naturalistic leopard print look great next to more graphic prints like polka dots, stripes, and plaids. Space your prints out, one on top, one on bottom, to keep the look balanced, and layer in neutral-colored clothing and accessories to keep it from getting too busy.

Use leopard as a tiny accent on



your look, the more that touch of leopard will pop. Wear it in the form of a narrow belt to subtly draw attention to your waist, or on sunglasses or a gauzy scarf to draw the eye up towards your face. Keep it casual with a slouchy leopard-print T-shirt.

As far as prints go, leopard is pretty sexy, so it's a great way to add a little edge to an otherwise gender-neutral and somewhat sexless silhouette like a loose T-shirt, basic button-down or straight-leg pant. Add an extra dose of femininity by pairing your unisex leopard piece with something skin-baring like shorts, a miniskirt, or a low-cut tank top.

Wear fitted leopard pants and a moto jacket. There's something a little bit retro about a pair of fitted leopard pants and a tough-girl jacket. Sort of like Sandy in Grease. Then again, everything looks cool with a black leather moto jacket. Carry a leopard bag

with, well, anything. Believe it or not, leopard is a neutral. In fact, it's three neutrals in one; black, khaki, and white. And there is just something about a leopard-print bag that feels particularly versatile. It just goes with everything.

For a dressier look, add a leopard-print faux fur coat and a chic pair of heels to any look.

There are few pieces of clothing more glamorous than a fur coat, but real fur is expensive (not to mention the whole "I don't want to wear clothing made of a thousand cuddly animals" thing). Wear a faux fur leopard coat with everything from a dress to a pantsuit and give your look an instant dose of high-end glamour. In addition to being sexy, leopard print is also intrinsically feminine; it's not a soft kind of



femininity like floral or paisley. It's hard, tough, and aggressive: the perfect thing for adding some womanly oomph to a menswear-inspired outfit like a sharply tailored suit.

Hopefully these tips can help the animal print loving fashionistas incorporate the print into their looks for work, school or even a night out with some friends.

WELLNESS TIP

Dear First Year Students

By Annie Chow and Decan Beddow

Dear First Year Students,

You're not alone in feeling a little or a lot of the panic and confusion that comes along with being a first year student, especially at this time of year, just before finals.

We just want to let you know we've been there. This article is a list of simple things we wish we knew while going through our first years.

Plan your academic calendar! It helps keep you motivated to

study and accomplish the great goal of getting your degree/diploma. It also helps to reduce the stress and worry about the course requirements for your degree. Knowing which courses are essential to your degree helps to avoid last minute panic while selecting courses. If you're doing open studies, it's a great idea to take general courses that are academic requirements applicable to all the programs of studies.

Have a central formal email address where all important contacts/info can reach you.

Get involved on or off campus! There's lots of amazing clubs, activities and sports to be a part of. Whether that just means at-

tending club events once a week, committing to a sports team or just attending festive events within your community. Taking time to get involved can make coming to school a much more pleasant and exciting experience. Having a quick break from a hectic school schedule and taking an hour or less to attend a club meeting or school event can be a great short term stress reliever.

Practice self-care. Self-care is any action you take to improve your physical, mental or emotional well being. This can involve exercising, playing sports, drawing, painting, meditating or simply taking forty minutes to watch a show you enjoy. It is important to do what you

like every so often or else you may become burnt out from the constant work and stress. If you're getting to the point where you stop caring about if you fail a test, take a break. Do what you need to do to feel better. Mental wellness is just as important as grades. But realize the double edged sword of grades; short term pain for long



term gain! Your happiness shouldn't depend on grades! Yes feel great about all the hard work you've done, but don't tell yourself you're only "good enough" if you get a certain grade on your test or assignment.

It's okay to enjoy your youth if you know what I mean, just take calculated risks and always allow enough time to recover so you can study and get an appropriate amount of sleep. Moderation is key!

Always strive to be the best you! Go to the gym, study more, get involved in your community, be kind and helpful!

