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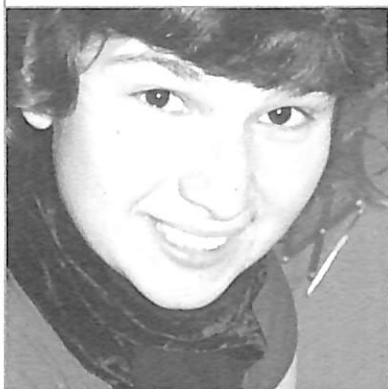
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CHRISTIAN
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FROM THE SPINNEY CHAIR

written by Brittni Carey

Now that you've gotten over your excitement about finally getting to cradle another copy of your beloved B&W in the crook of your arm, I just want to thank you for your patience as we worked through some technical difficulties in getting this issue to you.

In these pages you'll find the first installment of a serial novel about a heroic rock, a break-up story, and thoughts on the trials of being an University student. We're looking forward to hearing your feedback and any other rants, comments, or

creative statements you want to make - and don't forget, we still need your art! All these you can send to our convenient web location at bw.concordia@gmail.com or in person at the CSA office. Happy reading, and mid-terming!

WELCOME FROM THE ATHLETIC'S DIRECTOR

written by Amanda Capewell

As the CSA Athletics Director I would just like to say a quick hello and give everyone a heads up on what will be going on this year in athletics. With lots of new players joining the Thunder family, this season will definitely be one to watch!

As you might have read, the Blue and White will now be putting out two issues a month. This means that not only will I be able to keep everyone up to date on how our Thunder Teams are doing, but at least one issue a month will be featuring profiles on some of our most promising players. So if you're interested in getting to know the Concordia athletes, this is the place to look.

I would like to thank our Concordia athletes as well as everyone else who came out to the BBQ and the Toga party! Hopefully everybody got a chance to get to know some of the players and meet a few new people (or at the very least have a good burger).

CONCORDIA INTRAMURALS

Come out to Concordia's gym night for an evening of community bonding and sports. It doesn't matter how much athletic prowess you have; as long as you're willing to play hard and have fun, this is the event for you. Intramurals run Sunday nights from 8:30 to 10:30pm, and the cost is only \$5 a person or \$25 per team of five for the whole year. So far, teams have participated in volleyball, basketball, and soccer, along with team relays and photo challenges. Points won each night are tallied at the end of the year to see which team will become Concordia's Intramural Champions. A great opportunity to meet some new people, stay active, and have fun! Are you up for the challenge? Contact John Halvorsen at jhalvors@student.concordia.ab.ca for more information. We'd love to see you there!

BREAKING UP WITH THE MAIDEN OF SEATTLE

An excerpt from the blog of Mr. Josh Gillingham

After a refreshing holiday on the west coast I am online once again faithfully reporting my fair-living exploits. Summer evaporates everywhere around me and I find fall condensing onto my calendar. Of course, settling into my university schedule will bring new opportunities and challenges to this Live Fair project, the first of which will be a challenge, namely, the issue of caffeine.

My appreciation for chai lattes, specifically from Starbucks, has mutated into a grotesque obsession bordering on addiction. Besides this progressive mutation, the expense of daily chai purchases is simply ridiculous. This past year I attempted (without success) to donate five dollars to charity every time I bought a chai latte as a form of guilt payment to cover my indulgence.

However, inconsistency on my part, coupled with a monstrous monthly tea bill, has caused me to realize that recovery will come only through complete separation. For that reason, dear maiden of Seattle, I hereby bid you adieu for this semester.

Beyond the cost of such drinks, I believe it is important that we view ourselves in the scope of the whole world. For me, part of this project is the slow and certain realization that I am not the only human being on this small speck in the universe, and that comparably insignificant sacrifices on my part could lead to drastic improvements in the lives of others. Were I to redirect half the money I have spent on chai annually, I could easily finance the digging of a well in Africa, the purchasing of farm animals for a family in India, or the

payment of textbooks fees for a struggling university student in downtown Toronto. I think I might just do that.

Certainly a semester without caffeine would be disastrous, so here begins my quest to find Fair Trade Earl Grey and green tea to replace my beloved chai. An excellent place to start is with the Fair Trade Finder, located on the TransFair Canada website; after selecting fair trade products you are interested in purchasing (tea, coffee, cotton, fruit, etc) the Fair Trade Finder will locate the nearest 26 locations that carry those products. For any avid tea drinkers, Ten Thousand Villages on Whyte Avenue also carries a decent selection of Fair Trade teas.

WHEN THE GOING GETS TOUGH...

written by Alexandra Bennett

It's that time of year once again. The leaves are falling, the weather is turning, and school is back in, which for many students means bills, bills, bills. You just spent five hundred bucks on textbooks, you have to make a car payment, rent is due, oh and you've had to cut back your hours at work. One of the biggest stressors for students this time of year is their finances. Some students are lucky enough to be relying mainly on their parents' generosity, but most are forced to hold down at least one part time job. The task of affording tuition becomes all the more onerous if the student is living away from home, or trying to raise a family while in school. It's a good thing there are many resources for you to tap into that will help keep that supply of KD and Ichiban lasting through the year.

The first place a financially struggling student should look is within their school. Most institutions, Concordia included, offer a myriad of scholarships, bursaries and loans to their students. This money is relatively easy to obtain, and often renewable from year to year. There are awards for being a good student, being a good person, transferring to Concordia from another institution, or just for the student that needs a little extra cash (don't we all?). I would highly recommend that everyone check out the academic calendar, Concordia's website, or student services for more information.

The second place a cash-strapped student should look for some supplemental cash is the government of Alberta, and any

other local government website. There is lots of money that the government gives away, and they're pretty committed to uniting students with money from other sources. The downside is government websites can be frustrating and difficult to navigate, but the payoffs are great. Once a list of scholarships is found, it might be worthwhile to apply to most, if not all of them. Everyone has heard a story about their friend's friend so-and-so, who applied, and won, a scholarship intended for a gender/ethnic group/faculty that they weren't exactly a part of.

Another great place to find hidden stashes of potential scholarship money is in the coffers of big corporations. Many major companies, and even some smaller ones, will offer small scholarships to the children of their employees. Some companies even have scholarship programs set up for their employees. I have a friend who has worked at a major fast food chain for several years and they're paying up to one semester of her tuition. It pays to ask.

Finally, there is the dreaded student loan. The banks are pretty willing to support students - good grades and significant community involvement not necessary. However, student loan money is often not enough to survive on, and can

If none of these options are working for you, don't despair! There are plenty of creative ways to survive college that range from strange to ludicrous (also making great stories). So before you whimper your way to the bank to beg for loans, check out some of

the zanier ways you could be earning some extra cash, and count yourself lucky to be working that awful job... or not.

1. Selling advertisement space on your skin to companies. This is a wacky (and perhaps stupid) way of earning some dough, but it can be profitable if you're willing. Just think back to 2005 when Kari Smith made the news for selling the space on her forehead to an online casino company for 10,000 dollars. If a permanent tattoo seems like too much of a commitment, some companies will settle for temporary tats, or even having their logo shaved into someone's hair.

2. Try your luck at being a tester. Slightly different than a research volunteer, testers are hired to try out products before they hit the market. I've heard of everything from odour testers (are you that desperate?) to pet food testers (are you THAT desperate?).

3. Enter contests. See how much swag you can pick up, then use it, or resell. I would advocate the creation of an alternate email address to be used when filling out the application forms for these contests in order to protect your regular one from the hordes of spam you will undoubtedly receive.

4. Recycle stuff. This option may be especially tailored to the environmentally conscious. Bottles and cans are the most obvious source of income, but there are lots of trash-like items companies will pay to take off your hands. Conversely, you could always have someone pay you to take away their unwanted goods.

5. Invent Facebook.



UNDER-RATED CONCORDIA RESOURCES

written by Maria Sumalinog

Welcome (back) to university. By now you will have settled into a level of normalcy that suits both your need for routine as well as your want for spontaneity. You will have established new friendships, re-connected with old ones, and ditched some—all in the interest of refining your circle of friends. University is a special season in your life. It goes above and beyond that piece of paper, which, by the time you're done, will have caused you about fifty grand in the red. Many (most probably including you) attend university for the purpose of employment, and rightly so. Hardly anyone wants to invest in something that has small foreseeable financial return. But I hope you have had other equally important purposes in mind for attending university before you even signed up for it. There is, after all, no other time in your life especially dedicated for introspection, creativity, and relationships.

Our university has plenty of resources to help with your spiritual, emotional, intellectual, physical, and social needs. Allow me to draw your attention to what I'll call "the under-rated jewels of Concordia". They are under-rated because most students

only people of certain types or passions may appreciate or should even utilize them—not true. As a result, such resources are given very little amount of press time. Again, I iterate what university stands for: self-examination, critical thinking and engagement. If such resources are not maximized, it's easy to see why some resent the idea of spending fifty grand on education. It's simply not worth it if you're not willing to engage.

Chapel Time: I would encourage you to come by the auditorium from 10:45 to 11:15 during the week not so much to convert you, but that I would like for you to not miss out on the one opportunity to get to know more about this glorious Person named Jesus Christ. I will warn you that Christians can be hypocrites (and we will admit to it—eventually). But Christ isn't. Plan to be free during that block for a time of prayer, quiet, and songs. It is good for your mind. It is good for your soul. You will not regret it.

The River Valley: That Concordia is only a short walking distance to the river valley was possibly never

intended to be an attraction to the university. But there it is. Perhaps serendipitously, students now have access to nature. I would endorse hiking the trails. It's beautiful there, especially this time of year when autumn is just around the corner. But I wouldn't do it alone and without a good pair of walking shoes.

The Blue & White: Last year when the staff of The Gateway (University of Alberta's official student publication) was rocked by accusations of racism and discrimination, the Blue & White staff (whose editing staff was composed of two Caucasian men and an Asian woman) was busy collecting (printable) works of art from students. My point is, there is that much access to this paper, your paper. It's an empty canvass you are invited to draw on, pending editorial judgment of course. But it is an empty canvass just the same. The paper is just as good as what Concordia students contribute to it. I've been told that "nobody reads the Blue & White" and I would challenge that statement. Are students nobody? I hope you would be brave enough to prove them wrong.

STOPPING HUMAN TRAFFICKING: YOU CAN MAKE A DIFFERENCE!

written by Allison Compton

I truly hope I am not alone in the outrage and sadness I feel in response to this statistic: according to United States State Department data, "an estimated 600,000 to 820,000 people are trafficked across international borders each year; approximately 70 percent are women and girls and up to 50 percent are minors." According to the Campaign to Rescue & Restore Victims of Human Trafficking, profits from human trafficking total approximately \$42 billion annually! There have been international efforts to combat human trafficking, such as the Convention on Action against Trafficking in Human Beings. Also, the United Nations and other non-governmental organizations are taking action to stop human trafficking and prosecute offenders.

Despite these efforts, it takes everyone's involvement to end this barbaric practice and the victimization of innocent people. Here are some small

things you can do every day to end human trafficking:

- Support government legislation that aims to end human trafficking. Write to your Member of Parliament expressing your concern about the need for human trafficking to end.
- Do not support the commercial sex industry by attending "gentlemen's" clubs or watching pornography. Let's face it; if there were no demand, the human trafficking industry would cease to exist.
- Women need educational and employment opportunities. Most women who are trafficked lack such opportunities, and are vulnerable when promised employment and opportunities in other countries. Support organizations like Women Helping Women (www.whwnj.com) that provide education and business

training for women.

- Get your family, friends, and community involved in ending human trafficking. The more people who are aware and working towards its end, the sooner it will stop. Have fundraisers for organizations who aim to stop human trafficking.
- Challenge media that is degrading to women and start talking to young men about this issue. This definitely isn't strictly a women's issue and change starts with young men actively opposing violence against women. For more information on human trafficking, check out these websites: www.humantrafficking.ca, www.humantrafficking.org, www.catwinternational.org

OUR HERO, A ROCK

written by David Supina

Students of Concordia, you are about to be immersed in the greatest literary event to ever hit the pages of the Blue & White: here, for your reading pleasure, is the first installment of a serial novel written by Concordia's own David Supina, a story which will span the entire life of the paper this year. Charles Dickens wrote in this format; we are now pleased to present this modern serial novel under the title Our Hero, A Rock.

My dear hearts and gentle creatures, there have been a great many stories in the world, and I am sure you have heard many of them. And as enthralling as these stories might be, this story is not like them. For they tell tales of the heroic and handsome, magical and mighty, determined and dangerous, but most of all, of those strangely like us. What we shall concern ourselves with is heroic but not handsome, magical but not mighty, and determined but rarely dangerous. But most of all, our hero is not strangely like us, though certainly strange. Our hero is, after all, a rock.

At the time of our story, our hero was sitting in a grassy field, relishing the bright sunshine of a mid-summer day. A small rock, one much too large to be a pebble, but too light and easy to pick up to be anything like a boulder. If you've ever met a rock, you would know this rock was very comfortable, like most rocks, with sitting very still, as impossibly content as a rock could ever be. This was very tragic, given that this rock was about to be picked up by a young girl.

This young girl, who happened to have sandy blonde hair, large blue eyes and a slight overbite smile that seemed a constant on her lips, had lifted our poor rock with an uncomfortable speed, and was staring at it eagerly.

"Rose! George! Look at what I've found!" she cried with a slight tremble of excitement in her voice.

"Oh, what is it, Daisy?" came a grumbly, mumbly boy's voice. "We've been running for a really long time. Maybe even an hour."

"George, it's a rock."

George looked carefully. He had large brown eyes, and a large nose. His hair was a messy, mopy brown scattered in every direction, and he had a thin, lean build. "So you dragged me all the way out here for a rock? And not even a very good one. It's kind of funny looking."

"No it's not! I think it's very handsome." The rock felt very much like blushing. "And I think it has a name. Can you think of a good name, Rose?"

Rose had short back hair that seemed like it couldn't decide between being curly and straight, and troubled eyes that seemed almost black. Possessing a gangly build, her nose was thin, and her entire face seemed small and a little sunken. "It's... just a rock."

"Come on, Rose," Daisy said with a hint of being tired of this sort of thing, very much the big sister. "Use your imagination."

"It's a rock." Rose repeated, staring at Daisy with a look that made Daisy shiver and feel afraid.

Daisy lost her smile. She sighed, averted her eyes from Rose's gaze, and walked away a few paces, then turned back, her smile brighter than ever. "I'll have you know this is a... a great hero! Yes! He's slayed dragons and rescued princesses and saved whole kingdoms!"

George glumly shook his head. "How? It's just a rock. Did it stare them to death?"

"It's all about the heart, George! This rock has more heart than a million princes! It has the heart of a hero!"

By now the rock felt like turning a bright red, though it remained its normal shade of gray, sitting silently in her palm.

Daisy stepped right in front of George, and passed the rock into his hands. "Come on George. Just pretend."

George stared carefully, turning the rock slowly over in his hands. "Right," said Daisy. "His name is Theodore the fearless. He is a very kind and warm and funny rock, and he eats a lot of food. And he always fights for what's right."

George shook his head furiously. "No, no, no. He's not that type of rock. He's a wise rock that tells everyone what the right thing is, and everyone is supposed to follow him, because he's so wise. But no one does. What really happens is everyone laughs at him then goes off and gets eaten by horrible monsters with giant teeth."

Daisy sighed. "George, you're always so glum."

George held his head high. "That's just the way things are."

Daisy turned and smiled at her sister. "Rose, what do you see?"

As Rose took the rock, a slight chill held her. "I see..."

Rose grew very still and silent, and Daisy and George both looked at her curiously. Suddenly her eyes seem to widen, and her mouth parted, as if she was about to say something...

"Nothing. It's just a rock," she mumbled, shoving it back into Daisy's hands.

"Rose..." Daisy moaned, clearly exasperated. "You have to try! Here..." she put the rock in her sister's hands. "You're going to hold onto this until you can tell me what Theodore is like."

"Wise-Rock." George piped up suddenly. "A better name is Wise-Rock."

Daisy ignored him, and held out the rock until, at last, Rose reached out her reluctant hands to cradle the rock.

continued on the next page...

MEET CONCORDIA'S CONCERT CHOIR

written by David Supina

Greetings from the Concordia Concert Choir! For those of you who don't know about us, we are, under the direction of Dr. Joy Berg, a for credit, auditioned group of singers from a variety of programs within the school that performs sacred music, ranging from classical selections from composers like Mozart and Schubert to gospel and spiritual pieces. We are a group with a common passion for music, and a remarkable ability to butcher harmonies, and yet, somehow, miraculously pull it all together just in time to deliver a great performance.

But the road to musically moving moments is paved with hard work, and recently, that began with the annual choir retreat. It was an opportunity to sing, eat together, sing some more, play, engage in social activities, sing, and sing. We sang when we got there Friday evening, sang five or six times throughout the day Saturday, then Sunday morning before we left. Needless to say, it was tiring but fun, and we all came away with a much better understanding of how to sound; how to harmonize, how to pronounce Latin, and how not to

sing loudly on the wrong note. All useful skills, especially the last one. We quickly acquired preferred pieces, such as "Witness", a favourite for both the men and women, due to getting to play Samson and Delilah through the different parts. We also played a number of games while there, making sure the weekend was not all work. Bus surfing, where several choir members tried to stand on the bus without toppling over into their neighbors, was an epic battle between those of us who were balanced and those of us who weren't. Granted, this being a choir, none of us are truly balanced, but that's to be expected. We also played some epic games involving pulling Kleenexes from a box with one hand behind your back, and a game involving transferring Oreos from your forehead to your mouth using only your facial muscles. And at meal times, well, without giving away choir secrets, let us say that rarely have people been as nervous about sitting down.

One thing that's been interesting for all the singers involved this year is how often the parts have been switched around. Due to the

international shortage of tenors, our conductor has had, at different times, had first altos, second altos, baritones and even a bass jumping to the tenor line. Second sopranos have even jumped down to the alto line for support. It keeps things fresh and exciting, as one never knows what one will be expected to sing.

We came back from the weekend much tighter as a group, and that much closer to being ready to perform. But that will not be until the Sacred Musical Festival on October 24th. Come check us out for some truly awesome choral music; after all, you haven't truly heard music until you've heard it sung in four part harmony. If you're a singer that's interested in performing with a creative and friendly group of individuals, consider auditioning for the Concert Choir for next semester. Come talk to me (I'm the guy around the school always wearing the black cap) if you want more information. Or Dr. Joy Berg, who is one of the nicest people you'll ever meet, so don't be nervous!

Until next time....

the continue from the previous page

OUR HERO, A ROCK

written by David Supina

During the car ride back (George's mother, Mrs. Farrow, was very kind in Daisy's opinion, which she quickly voiced, which added to Mrs. Farrow's pleasure and George's annoyance) Rose held the rock like she was carrying a baby in her lap. She said little, even for her, and went through her entire evening and dinner almost wordlessly. Rose's parents asked about the rock she refused to put down, only resting it in her lap, but she only shrugged and continued picking at her broccoli.

Finally, at bed-time, Rose cleared a place on her dresser and put the rock there.

"I suppose you think this is all terribly sad of me," she muttered vaguely in the direction of the rock, "that George and Daisy can think up all sorts of things, and poor slow Rose doesn't come up with anything."

She pulled her pajama top on furiously, as she paced back and forth across her cramped, messy room, stepping between her toys automatically.

"Well maybe I do think you aren't kind or sweet or wise or anything, that you're just rock-like. And maybe that's enough. Maybe I just know that you aren't anything, and you'll never do anything."

And with that, she threw open her covers, dove into bed, and yanked her blankets up so hard, that she exposed her toes.

"Nothing ever happens. Everyone likes to pretend, but... it's just pretend. Dreams just go away and you... you're like everything else." Rose shut her eyes tightly, and fought the strange urge she suddenly had to cry.

But Rose was very wrong. For this rock was very special indeed, and was nothing like anything else in the whole world. For Rose had something to learn, and the rock had something to teach.

To be continued in Issue #3...



Back cover art by Corey Zaal