

The **BLUE** & **White**

The Publication Of The Concordia Students Association

November 15th 2004

Issue 4 -Volume 3

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Seussical

Hilary Dewar

So, you've seen the postings around school, and if you ever check your Concordia email you've seen it there as well. *Seussical the Musical* is a must see. All right, so maybe my opinion is a little bit biased, but that's because I'm in the musical. Even so, I don't know anybody who doesn't love Dr. Seuss!

Our musical director, Binaifar Kapadia, has been absolutely amazing. She's put in countless hours and worked with each of us individually to improve our vocal skills. Our director, Caroline Howarth, has blocked each scene with her intuitive imagination to make it absolutely flawless. Natasha Guindon has taught us all remarkable choreography that pulls each scene together. The costumes will be vibrant and truly spectacular, thanks to Betty Kolodziej and Joanna Torugson. We've all been working really hard in order to make this musical as fun for you as it has been for us rehearsing it.

Seussical will bring in some laughs, definitely some smiles, and a few sighs of frustration. It combines not one of Dr. Seuss's stories but many. Characters such as the Cat in the Hat, Yertle the Turtle, Horton the Elephant, and of course the Whos, all play a part.

Come one, come all! Tickets are available now, so hurry - we will sell out!



November 18, 19, 20 at 8pm

7128 Ada Boulevard

November 21 at 2pm

Tickets \$10.00 for adults

Tegler Auditorium

\$8.00 for students and seniors



Is This You?

If you are in a picture, come by the office or track down a Blue & White staff member to prove that it's you (with Concordia student ID and a copy of the paper). Your prize will be a Cineplex Odeon movie pass (valued at \$14). Limit of one prize per issue (first person to see us wins the prize). So grab your copy of the Blue & White!



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Ask Barb

This week my article is in response to Evan Adnams' article in the last issue. I want to address the very important issue he raised of self-injury. I'd like to commend Evan for having the courage to share his perspective on and experience with self-injury. For those who are self-injurers or who know someone who is, I'd like to offer the opportunity to seek support and to continue the discussion in the form of a support group. If you are interested in joining the support group or would like to speak to me personally, please contact me at 479-9289 or at barbara.vaningen@concordia.ab.ca.

What is self-injury?

Broadly speaking, self-injury is the act of attempting to alter a mood state by inflicting physical harm serious enough to cause tissue damage to one's body. The forms and severity of self-injury can vary, although the most commonly seen behavior is cutting, burning, and head-banging.

Why does self-injury make some people feel better?

• It reduces physiological and psychological tension rapidly. Studies have suggested that when people who self-injure get emotionally overwhelmed, an act of self-harm brings their levels of psychological and physiological tension and arousal back to a bearable baseline level almost immediately. In other words, they feel a strong uncomfortable emotion, don't know how to handle it, and know that hurting themselves will reduce the emotional discomfort quickly. They may still feel bad (or not), but they do not have that panicky jittery trapped feeling; it's a calm bad feeling.

• Some people have not learned how to cope effectively.

One factor common to most people who self-injure is invalidation. They were taught at any early age that their interpretations of and feelings about the things around them were bad and wrong.

They learned that certain feelings were not allowed. In abusive homes, they may have been severely



Barbara van Ingen

punished for expressing certain thoughts and feelings. At the same time, they had no good role models for coping. You can't cope effectively with distress unless you learn how to. Although a history of abuse is common about self-injurers, not everyone who self-injures was abused.

• Problems with neurotransmitters may play a role.

Scientists think that problems with levels of serotonin may predispose some people to self-injury by making them more aggressive and impulsive. This tendency toward impulsive aggression, combined with a belief that their feelings are bad or wrong, can lead to the aggression being turned on the self. Once this happens, the person learns that self-injury reduces his level of distress, and the cycle begins. Some researchers theorize that a desire to release endorphins, the body's natural painkillers, is involved.

Is self-injury just another way to describe a failed suicide attempt?

NO. Self-injury is a maladaptive coping mechanism, a way to stay alive. People who inflict physical harm on themselves are often doing it in an attempt to maintain psychological integrity -- it's a way to keep from killing themselves. They release unbearable feelings and pressures through self-harm and that eases their urge toward suicide. Although some people who self-injure do later attempt suicide, they almost always use a method different from their preferred method of self-harm.

HAVE A QUESTION? Please send us any questions you have for Pastor Garry or Barb. You can drop them in the submissions box or email them to blueandwhite@csa.concordia.ab.ca Questions may be submitted

anonymously

What's the difference between ignorance and apathy? I don't know and I don't care.

On the Edge of Weird with the Chronologically Challenged

Greetings to all in *Blue & White* land — this may be a sleeper — but it's true.

10:30 PM Wed: arrived home from class, worked on a paper till about 2 AM.

11:30 AM Thurs: printed the rough draft at my parents — got a free lunch — Yea! (interesting timing)

1:00 PM: drove my mom to her appointment.

1:30 PM: Went to Conversation Café & Dessert Bar where there would be NO interruptions.

1:35 PM: I'm paying at the till and I hear, "What are you doing here? Come join us."

1:40 PM: I saw two friends whom I hadn't seen for a long time and was thinking of calling last week. Really, I tried to say no, actually, I did say no, and

then one second later I grabbed a chair.

1:42 PM: I looked at my watch.

"Mmmaybe a ½ hour wouldn't hurt."

1:12 PM (or thereabout): I grabbed my ½ cup of tea, said thank-you and goodbye.

1:14 PM: I marched over to another table with my paper on it. I must have read that first paragraph about a hundred times before editing and finishing it.

Approximately 3 hours later as the sun slipped slowly into the west, I drove home. From 5:00 — 8:00 PM I typed and rearranged. At 8:30 PM at the Concordia Library, with the helpful staff, I emailed the professor with the attachment and carbon copied myself. I printed a hard copy from the disk — it feels good to be finished.

9:00 AM Fri: read hard copy of paper previously sent to the professor —

"What! Unbelievable!" It was the same unfinished copy as yesterday morning — I was mad. Ran downstairs to check the disk, which was OK. Then I pressed the OFF button instead of EJECT and lost connection. —More huffing and puffing.

My daughter said, "Yea, that's when a sense of humour comes in handy." I was not amused. Sometime later, I stamped my foot and bravely said, "This will not ruin my day—It's my birthday and I will have a good day." My daughter raised an eyebrow and said, with hesitation, "Okay."

11:30ish at Concordia — checked my email and you know what?

THINGS ARE NOT ALWAYS WHAT THEY SEEM!!!

My paper was sent complete with quotation marks and a conclusion. OH JOY!!

Life in the Spotlight

Is it just me, or do you agree that Eminem has been unfairly critiqued by critics, politicians, activists, and the general public?

Even if one disagrees with his lyrics and lifestyle, he still deserves credit for putting himself out there. Eminem is real. In a world full of superficiality, I have lots of respect for that. Nobody is perfect, and it's nice to see an artist making apologies instead of diverting attention from their personal problems. It's refreshing.

I don't know about you, but I would rather know the whole messy truth about a person than a pack of lies and cover ups. Being worshipped and hated is really tough. Celebrities have a more difficult time covering up their 'dirty business' than many others and that has a massive emotional cost. I appreciate celebrities that don't front.

No matter what he says, does, smokes, or doesn't

smoke, I respect Eminem for being true to himself and his art. It would be nice if the general public would lend more tolerance to celebrities than they do. Lack of tolerance is an issue everywhere, be it Hollywood, university, or businesses. Celebrities actually help the rest of us by enabling people to redirect another's attention from their own personal masks to focus on the breakdown of Hollywood's "stars".

Money really isn't everything. Even celebrities (as in Martha Stewart...) are at risk for bankruptcy as a result of bad investments, exceedingly large donations, divorce, seedy accountants, translators, lawyers, etc... I can't fathom the amount of money they must sink into security and privacy alone. Rights that most people take for granted become a huge expense for people constantly in the spotlight.

Lighten up and give celebrities a break; fame isn't all it's cracked up to be.

Christine May

TICKETS ARE NOW ON SALE FOR THE CSA CHRISTMAS FORMAL!

Once again this year it will be held at the Fairmont Hotel Macdonald.

The date is Friday, November 26th.

Cocktails at 6:00 p.m. dinner and dance to follow. Cash bar.

Tickets are \$25 each and available from Greg van Middelkoop (VP External) or the Student Affairs office.

Only 200 tickets available....don't wait!

Drop your submission for LINE X LINES in the submissions box or email it to us!



Single Parent Students Peer Support Group



Providing an opportunity to informally connect online with other Concordia University College Students who are single parents to:



- Encourage, support and empower one another through the exchange of information, advice and experience
- Share insights about classes, parenting issues and/or form study groups with students who share common challenges

Juggling parenthood and school isn't easy—why not join a group that will encourage you not to give up.

Check us out at:

<http://lists.concordia.ab.ca/cgi-bin/mailman/listinfo/singleparent>

Learn how to deliver Powerful, Effective, Captivating Speeches that your audience “really” wants to listen to!

TOASTMASTERS

is the key to . . .



- ☛ **Building** “quick” thinking skills that will help you think on your feet and express yourself confidently, clearly and decisively.
- ☛ **Gaining** self-esteem, self confidence and assertiveness.
- ☛ **Learning** how to relax, plan and present captivating speeches.
- ☛ **Conducting** powerful, informational, motivating conversations.
- ☛ **Articulating** your message so that your target audience “hears” and understands the message you are delivering.
- ☛ **Knowing** that “how” you say something is as important as “what” you are saying.
- ☛ **Acquiring** internationally recognized credentials in public speaking.



Toastmasters meets every Friday at noon in the Guild Conference Room (next to registrars office). Walk-ins are welcome, bring your lunch, bring a friend. For more information contact Burgandy at 231-7364.

Bella's Beef Bucket

The *Blue & White* is an under-funded paper that sells minimal advertising yet continues to dedicate valuable space to staff opinions and the CSA's self promoting articles, including photos.

I hate picking up our student paper and reading Scott Lyons' promises of devotion to the students at Concordia. What is he really doing for us? To me, it looks like he is Pastor Garry's protégé. His articles are strikingly similar to Pastor Garry's. It makes me question whether the CSA election was fair last year. WHO elected the CSA – the students or the staff???

We the students are funding the CSA and the *Blue & White* when we pay our tuition. It seems that the Blue and White is more concerned with flattering potential references (the staff) than publishing articles focusing on their true employers (the STUDENTS).

To add insult to injury we see the same faces in almost every issue: Scott Lyons, Pastor Garry, and Barbara Van Ingen (whom I love...). If the students have issues for these people they are VERY accessible; they do not deserve a regular column in OUR paper.

Also, we all watch Bonnie Ross schmooze professors, in her column “Meet the Prof”. This is a STUDENT paper, with a focus on impressing the administration rather than pressuring them to do a good job. We pay large sums of money to go to school here. After two classes, if we choose to withdraw as a result of a bad professor, it comes out of our pockets, without refund. The column should be called “RATE THE PROF” so we can inform each other on professors who are not doing a good job.

There are no checks and balances in this school for the students because the CSA and the *Blue & White* continue to advocate the staff rather than the students. They sacrifice our student rights for the sake of a good reference.

I hope this article makes it to print...

Signed,

An honest activist

Dear Honest Activist,

Thank you for writing an article for this paper that you dislike so much. I'm not trying to be rude, but usually when someone is giving “constructive criticism” they include alternatives or solutions. I understand the point you are getting at, but consider this: the amount of students who both write and read the *Blue & White* has improved substantially this year. Perhaps people enjoy learning about the people who are influencing their education. Once again I thank you for writing because now you are one more student with an opinion in the paper.

Bella

beefbucket@hotmail.com

Dear Anonymous Activist;

Yes, of course your article made it to print.

Thank you for sending Bella your article and providing us with some feedback about how we're doing as "your" student paper. I would like to clarify some points in regards to a few of our articles in the *Blue & White*.

· The Concordia Students' Association is comprised of students. They are students who represent you, as students, to the Concordia faculty. (*If you have any evidence of the staff stuffing the ballot box, please come forward and I will personally investigate.*) Feel free to communicate with the CSA; that is what they're here for. They even have regular office hours. Articles introducing your elected representatives, including a picture, are there so that you know who they are. They are not "self-promoting" articles, they are self-introducing articles. There are only a couple CSA members remaining to be introduced; then you won't have to read any more about the people you elected to represent you.

· "Meet the Prof" was created for the sole purpose of introducing students to profs who they would not necessarily have the chance to meet. There are plenty of good profs at Concordia, with interesting backgrounds. Allowing students the opportunity to read about their teachers, whether they are in their class presently, or in the future, makes them more human – not just a person who gives them lectures and exams. If you have had any good or interesting profs at Concordia, please let us know and we will interview them as well. Or, if you have had a bad experience with a prof, again, let us know. Maybe you can provide us with the column you suggested, entitled "Rate the Prof." I'm sure it would be very interesting for students to read. We do want to hear what you think and what your experiences have been.

· Your opinions may be similar to those of other students who may be too shy or afraid to voice them. Which leads to my next point: In your article you wrote, "If students have issues for these people [Pastor Gary, or Barbara Van Ingen] they are VERY accessible; they do not deserve a regular column..." These articles may benefit those who are too shy or afraid or embarrassed. If one student has a question, it is likely there is another student who thought of the same question. It isn't a question about how accessible these people are.

The point of these articles is for the interest of the students. We are very open to suggestions for article ideas. We invite you to send us the kinds of articles that you wish to see in the *Blue & White*. We also thank every student who has submitted articles to us thus far, and look forward to the ones we receive for each upcoming issue. Thank you again, Anonymous Activist for providing us all with your opinions. Please feel free to provide us with more articles, as well as constructive criticism so that we may continue to make the *Blue & White* a better student publication.

Lis Swyripa

Editor-in-Chief

lswyripa@csa.concordia.ab.ca

Response to the Beefs

I've read Bella's beefs in the last two issues of the *Blue & White*. They got me thinking about my time at Concordia and my own problems with the administration.

There has been the odd time where I was at the right office, waited in line, and when it was my turn was promptly sent to another office. When I got to the second office, I was sent right back to the first. By this time I was rather angry, which means I was probably not my nicest.

This is rare. Most of the time, as long as a person is at the right office to start with and actually has a specific concern, it will be taken care of directly.

As to rudeness, I have never gotten any; usually friendliness or at the worst abruptness. It's a job! I'm sure the people in the Concordia offices have good days and bad days. I know there are days that I just can't stand being at work; it's not the job it's me. I'm in a cranky mood that day and would rather stay home, only I have to go into work. I'm sure that many times we students are having bad days and are less than pleasant to the office staff. Is it any surprise we get it back upon occasion? We can't expect others to be miraculously better than we ourselves can be.

The people in the offices are not there to be our slaves to do our every little bidding. They are generally willing to help out if they can. When I think back on the times I complained about the office services (other than the above mentioned one) most of the problems were with me. I didn't understand about a government form, got frustrated by it. This clouded the way I saw the service because it didn't go my way or wasn't as fast as I would like. The office staff did their best to help me. I can't ask for more than that.

Squirrel



WRITE FOR THE BLUE & WHITE!

Please send us your submissions, ideas, and articles, and help us make the *Blue & White* a paper worth reading! Check out the CSA Post for submission information or visit the CSA website at www.csa.concordia.ab.ca (under construction) for more information. Submissions can be dropped into the submissions box or emailed to blueandwhite@csa.concordia.ab.ca. If you have questions, email us, call us (479-9211), or drop by the office. We'd love to hear from you!

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Wow Evan, That took a lot of guts to write. Good job.

Introducing: VP Christian Life

'Christian Life' – this could mean different things to different people, but please don't let it be a turn off for attending any events that happen to be labelled as such. There are so many ways that you can get involved here at Concordia and so many events that you can attend. Yes, I realize there is the school work too. If you are doing some last minute studying or paper writing on a Sunday night, and feel like you need a break, come on over to Tegler at 7:00 pm for Praise Night (followed by snacks). Other upcoming events are the service event on November 20th and Christmas Party on December 6th. Also, this year there will be a Mission Trip to BC during reading week; if you are interested in going please see me as soon as possible (the deposit was due November 1st but please come and see me if you are interested).

Unlike Paul I don't dream of becoming a rock star, and I think it's a good thing; my first on-stage performance (at new student orientation this year) might have ruined my chances. My dreams are to teach in a Christian elementary school. I'm in my last year of a Religious Studies major and I'd like to apply to the B.Ed after-degree here at Concordia.

It seems so long ago that I got on that plane and traveled from the Hamilton airport to Edmonton in order to attend Concordia for my first year. Now I feel like a WestJet regular (even if I only fly at Christmas and in

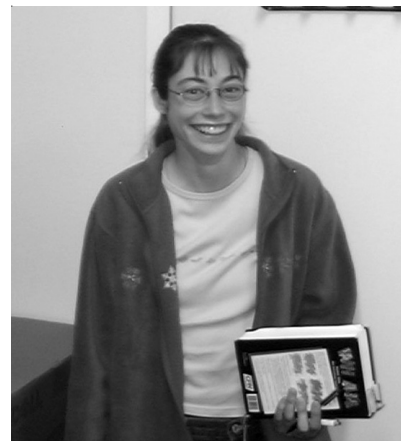
the summer time).

I lived in dorm for the first two years, and I am now living with some friends from Wangerin. The choice to come to Concordia scared me at first, but now I don't regret it one bit! I'm enjoying my time here at

Concordia, and I think... no, I

know, it has EVERYTHING to do with the great people - students, professors, administrative staff, maintenance, and everyone else behind the scenes. There is a friendly smile everywhere you turn! J

If you see me walking through the halls, feel free to stop me and say hi. Also, if you would like to talk about Christian Life events that are going on around Concordia, or have a question for me, please email me: notterman@csa.concordia.ab.ca, phone me: 479-9213, or stop by the CSA offices (A207, last door on the left). I would love to hear from you. God's blessings to you all.



Nicole Otterman

What Are You Going To Do With A Science Degree?

Yovella
Student Volunteer
Concordia Career
Services

Graduating with a Bachelor of Science degree can be a stepping stone to more specific careers in the sciences. These days it's common for students who have already obtained a degree to attend universities, colleges, trades programs, and vocational schools for further training.

There are a variety of career specific programs available for students who wish to continue their education in the field of science. Concordia offers after-degrees in Environmental Health, Elementary Education, Information Systems Security, and Man-

agement. In addition, other institutions offer programs which may be of interest to science majors, such as Medical Lab Technology, Lab and X-Ray Technology, Personal and Fitness Trainer, Respiratory Therapy, Dental Lab Technology, Accounting, Insurance, and Financial Planning.

Science majors can also apply for programs in engineering, law, dentistry, veterinary science, actuarial science, and medical school. Students interested in health careers can pursue training as a holistic health practitioner, nurse, occupational or physical

therapist, pharmacist, optometrist, nutritionist, chiropractor, and more.

A good starting point for researching careers related to the sciences is the following websites: (ALIS) Occupational Profiles <http://www.alis.gov.ab.ca/occinfo> National Occupation Classification (NOC) <http://www23.hrdc-drhc.gc.ca/>

A list of additional websites can be found on the Career Computer next to Concordia Career Services Office (L265) in the library under the category Science and Environment. Feel free to use the computer to browse the sites.

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This is what it looks like when you don't send us many LineXLines

Meet The Prof Dr. Deborah Hemmerling

Interviewed by
Bonnie Ross

One of the things I like about Concordia is the amazing professors we have here. The profiles I've done have only covered a few of these; I could interview them until I graduate and I wouldn't get to talk to all of them. I want to show students that the professors are there to help; they are easy to talk to (even if you're shy like me!); and they're people just like you. Great profs often make the difference between a terrible course and a wonderful course. Everyone knows which profs they complain about and which ones they love. They have a big influence on your courses and your university life. They are part of the university. Dr. Hemmerling is one of those great profs; I'm thankful that I had her for Biology 107, which is one of those "diverse" courses that I had to take for my education (see below!).

Faculty and degrees:

I teach in the Biology faculty. I have a B.Sc., Master's, and Ph.D.

How many years have you been teaching here?

This is my fourth year here.

What's a favorite past-time or hobby?

I like to read. I'll read anything.

What did you want to be when you were growing up?

I didn't have a set goal. I just really wanted to go to university.

How did you get into biology?

I always liked sciences. I didn't write very well - still don't. But I did like science and it appealed to me. I also had a very good biology teacher in high school who was a strong influence.

How did you get into teaching?

You know, it's the oddest thing because I've asked myself this a lot and I'm probably the only person I know who ever did a Ph.D. so that they could get a teaching job. [laughs] I'd teach for a year here and a year there, and eventually I figured I'd need a job with a pension. That was my motivation for doing a Ph.D., was to be hired as a permanent faculty here.

Concordia was exactly what I needed.

Why?

It's small. The focus is on the students, the undergraduates. I also liked the idea of an institution where you have to take things outside of your field. I had to do that. I didn't do well in them, but I still remember particularly my Canadian History made me look at the country in a totally different way. You need a little bit in order to understand political history over the years. So the diversity is good.

Your specialty is virology. Why do you like it so much?

I always liked DNA. Viruses boil it down to its basics. Plus they're nasty. They do things they shouldn't do; they break all the rules of cell biology. They always sort of amuse me. It really amazes me what they manage to do.

You've led chapel a few times. How does your faith go with your science, or vice versa?

I don't have a problem with this, and I've been lucky to

encounter some good role models, people who are really good at this; they don't compartmentalize it. That's what I try to do. Chapel is almost the most challenging thing I do, because if I have a fact in my hand I can teach it. For me, faith is very emotional, and I have to watch myself that I don't burst into tears in every other chapel, which would be ridiculous. My faith also makes me look at things in a more balanced way. Faith gives you a perspective, allows for questioning.

In Biology 107, you covered evolution in one lecture in about ten seconds. What do you think of evolution?

Evolution doesn't interest me a whole lot, and that's why I don't do a lot in Bio 107. You look at bacteria and viruses, which are very changeable. They can grow resistant to antibiotics. You can pull out their DNA and you look at it and compare it to someone who's not resistant to the antibiotic, and see that it's changed. I don't know if that's evolution or something else. I'm very kind of out there on evolution. The Catholic Church says evolution is creation, that creation was a bigger thing than could just happen in seven days. That appeals to me; I like that idea. I guess the one thing I want from my students is to be questioning, to look at things carefully.

What's something funny that's happened to you as a teacher?

Oh, I've had so many funny things happen to me. A lot of them you could never publish because I'd be so embarrassed. In cellular biology I was rather famous for my really long tests. Plus the class started at 8:00 a.m. The students would all be sitting there going just give it to me and get me started. So I gave them their tests, and about five minutes into the exam I said, "Oh, and you may certainly use *diaphragms* if you want to."

In that same class there was a wee little girl who was always talking. That's my hot button; you could come in and fall asleep, you could read novels, whatever, I don't care as long as you're quiet, because I find it very distracting when you're talking. Well, I hadn't been teaching here long when I walked up to the little wee girl and I stood right beside her and I said, "If you want to talk you can take it out into the hallway right now!" She stopped talking, and the whole class was absolutely silent. They never breathed, and it was so strange. I hadn't been there long when I had to go talk to the chair of the department. I walked into his office, and then the little wee tiny girl came in right behind me, and she said, "Dad, can I have the keys?" That's why they were all so scared! They thought I knew who she was, which was fine, because I wouldn't have done it any differently, but it was just so funny that everyone was so terrified of me. I've had all kinds of funny things happen to me. I really appreciate humor and I've been lucky to have students who reflect that.

What advice would you give to students outside the classroom?

You have to be flexible; you have to be ready for anything. That's always been my motto. In a way I always expect the worst to happen, and I'm always ready for it. Life is going to throw stuff at you.

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To the 15 year old couple who are always in tegler: stop sucking face! Some of us are trying to eat.

Concordia Thunder Sports

Brandy
Robinson

Basketball

The basket ball season is now well under way. Concordia women's and men's basketball teams are a part of the ACAC North Division, consisting of seven teams in total.

The CUCA women's basketball team after six league games are ranked number one in Canada. With a good mixture of veterans and rookies, this year may be a banner year for the ladies. Two rookies on the team, Katie Barrett and Chealsea Day, report that there is good team energy and a lot of camaraderie; this is a key factor for a winning team. Some of the talent displayed this year is shown in the charts. Amber Smart is leading the team with 58 total points and 9.67

points per game and leading the North division with 37 total assists and 6.17 assist per game. Janet Ariss is leading the team in rebounds with 37 total rebounds and 6.17 total rebounds per game.

The CUCA men's basketball team after six games is ranked second in the Alberta North division. Two of the three captains, Darly Balog and Jordan Mottl, are extremely enthusiastic about the potential of this year's team. A change in the team's game strategies as well as attitude could prove hopeful. Coach Brian Ross is focusing on building Concordia Thunder to a successful fighting machine. He is placing immediate

focus on strengthening defensive strategies while maintaining Thunder's resilient offense. Ross and assistant coach Josh McJanet are buckling down on the boys this year, with zero tolerance for uncommitted players. The major focus is nationals for this team. Tough Northern teams motivate Ross and his boys to be relentless at all games and to be key players in the division. Thunder forward Kris Raymond on the rebounding leader charts is averaging 7.5 rebounds per game and ranked second in the North division. A winning attitude backed with intense talent could make nationals not far from Ross' reach.

Cross-Country Running

The Alberta cross-country running championship, which Concordia hosted, took place on October 30. The ACAC championship is the preliminary for ACAC runners to qualify for nationals. The top seven qualifiers will compete at Grant MacEwan on November 12-13. Concordia's Martin Peske qualified to compete at the national level, finishing 8 km in 25:14.00, bringing him to a sixth place finish and reserving a spot on Team Alberta.

Running has always been a part of Peske's life, and competing in grueling marathons for nine years of his life helped his success with Concordia's cross-country team. In the off season Peske trains for triathlon competitions in Germany. Nerves are not Peske's concern

going into nationals: "Nothing to win, nothing to lose." Making nationals is just icing on the cake closing a banner year. Coach Harsen is thrilled: "All in all this has been a wonderful year for cross-country running, the best year in the past five at Concordia, raising the bar in comparison to other seasons at least 10 ranks on average, leaving a significant change over all other years."

Harsen is proud of all of Concordia's runners; all runners achieved personal best times at the ACAC championships. This veteran team is dedicated in the off season, maintaining a strict training régime of running and weights. A few runners even have personal coaches. Come next September this team will be ready to leave all others in the dust.



The Cross-Country Running Team

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5 out of every 4 people have problems with fractions.

Soccer

Concordia men's and women's soccer has drawn to a close. Their terrific journey had a disappointing ending. The national hopefuls gave it all they got, but came up short at Provincials hosted by Mount Royal College on Oct. 30-31.

Going into the provincial show-down, CUCA's men's team was ranked second in the province. In the preliminary round against Grant MacEwan, adrenaline was running high and a tied game brought the Thunder into an intense shootout. A close game was brought to a tight finish, and Francis Kyegarikye, Mike Rodrigues, Adam Brinton and Scott Lysenko sealed the deal, winning 4 to 3. This Concordia victory advanced our boys to the gold medal round (finals) against Mount Royal. A disappointing defeat brought the fight to a close, ending the journey with a silver medal. CUCA's goalie Tare Reddenbaum has no hard feelings, saying it was the "best scenario for a gold medal game with two undefeated teams going head to head." Defense Mike

Rodrigues reports that early injuries in the preliminary round didn't help the chance for success, but he still commemorates everyone for doing their best.

Concordia's women's team was in third place prior to the battle of Alberta. The predominately veteran team played a good first round. A mixture of provincial jitters and the Griffin's offense pushed the girls to the bronze medal match. Stomping Medicine Hat with a 2 to zip shutout, the girls brought home the bronze medal.

It was a wonderful close to the season for both teams; next season gives us a reason to hope for nationals. For some Concordia soccer players the season is still giving benefits. CUCA's forward Frank Mahulo, midfielder Cesar Molina, defenders Preet Bahtti and goalies John Hawreliak and Amanda Mawanay have all been chosen to be members on the men's and women's ACAC all conference teams. These players have been recognized for their outstanding efforts and talents in this past soccer season.

Upcoming Games:

Hockey

November 19 against NAIT at CUCA at 8:00 pm

November 20 against NAIT at NAIT at 7:00 pm

Basketball

November 26 at King's at 6:30 and 8:30 pm

November 27 against King's at CUCA at 6:30 and 8:30 pm

Badminton

November 20 at Mt. Royal

November 21 at Mt. Royal

Concordia's Top 10 Ways to Eat Kraft Dinner!

A certain Kraft Dinner commercial has got to be my favorite commercial of all time. I'm not talking about that stupid commercial where that guy makes KD at the Laundromat. The one I like was short lived as I only saw it twice. Four older men are at a burial site... the first man pours in some noodles, the second a spoon of butter, the third a bit of milk, and the last a packet of cheese mix. Sitting nearby is an old lady who looks over at her nearby friend, and the woman replies, "College roommates." It's a tear and a laugh all in one.

With some help I have compiled a list of the top 10 ways to Eat Kraft Dinner. Try them at home; if they work, let us know so we can pass it on and if they don't work, let us know so we can post the warning.

10. No milk: supposedly you can make this simple meal one step simpler, by skipping the milk altogether.

9. In contrast; extra milk can make it extra creamy. I think you would have to be careful not to make it extra runny. If you are finding your macaroni runny just throw it back on the stove and

stir until it reaches the desired consistency

8. Wiener's and Beans: toss them in a pot of KD to make it a more chunky meal.

7. Bull's Eye: KD tastes great with all types of BBQ sauce - the reader's choice was Honey Garlic!

6. Plus cheese: KD can be a baked dish by adding grated cheese on top and putting in the oven.

5. More cheese: Parmesan Cheese is the choice for the topping of most pastas...why not on macaroni?

4. Got beef: ground beef can make KD one meaty dish.

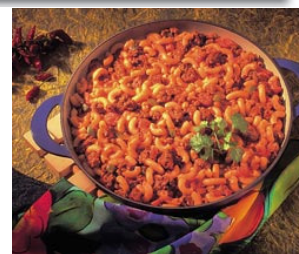
3. Plus vegetables: fry some onions, open a can of tomatoes or other vegetables of your choice, and add it on top.

2. In soup: for the real adventurous, add a couple scoops of pre-made KD to Tomato or Potato Soup.

1. With chili: the two go hand in hand like peanut butter and jelly. Yummy!

Continue to be creative... Dishes made in the kitchen are a form of art. So express yourself.

Bon Appetite!



Cooking with Clancy

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Single, attractive, intelligent, blonde female looking for a single, attractive, intelligent, heterosexual man

Self-Injury and Depression

Anita DeWolfe
freakychic_911
@hotmail.com

In junior high, I became depressed. I was constantly struggling to survive the day. Numbness alternated with painfully overwhelming emotion. Woven into these times were points of madness where I was oblivious to the world and cried for hours or just left myself; my mind, thoughts and feelings became someone else's. I began to write poems about death, suicide, madness, and depression. I never longed for death, but writing about such things released the overbearing emotions, allowing me to just be numb.

I was a very weak person and allowed myself to get caught up in the darker side of life. Being from a family where alcohol and drugs are a problem, I took up drinking, smoking and marijuana in addition to cutting. While my parents and acquaintances were seeing one side of me, I was suffering with my unstable mentality.

This went on for nearly six years. I didn't tell anyone because I didn't want people to see this part of me. Eventually, I did try to talk to some friends, but I found out then just how distant they really were.

One day, however, my family found some of my poems and saw my cuts. I thought that that would be it; I would get some support and maybe drag myself out of those despairing depths. I was never so wrong. Instead of finding support and motivation to get better, I was thrown farther into my darkness by my family's criticism and harsh words. It may

have been because they didn't know how to deal with a situation that they never should've had to deal with, but having them ignore my struggle after continually telling me how "stupid" and "mindless" I was (among other things) just depressed me more.

I ended up fighting the depression and coping mechanisms on my own, but I won in the end. I have conquered it, and though it is always at the back of my mind, I have an exceedingly optimistic outlook on life. I am now *living* life rather than just surviving it. I still have some physical reminders of that time, but for now, it's enough that my emotional scars are healing.

I would like to emphasize that although I found no consolation in talking to people, this is NOT how it is for many people. I began helping others with these problems that I dealt with, even while I was recuperating. Letting others know that I had been there and knew what it was like really opened them up, and talking to them helped me get better as well.

Of course it does take time and a great willingness to get better but it can be done.

So for all of you going through this or recuperating, please, open up. Don't miss out on the wondrous thing called life because you don't know who to talk to. Don't think that people won't understand; those who matter will try. If anyone wishes to speak to me or email me, please feel free to, but whatever you do, DON'T STAY SILENT! Life is waiting for you!

Stranger Anxiety

Zil Yarrum

"We have nothing to fear, except to fear ourselves."

The heavy doors make a hydraulic whooshing as they slam shut behind me. Hurrying through the subway I turn my Discman to the level where I can still listen past the music to the outside world. Hear if someone's talking to me. Calling out. Coming after.

I pull open the door to the way out and my heart nearly stops. There's a boy sliding down the railing. The fan turning above us casts ominous shadows as it cuts through the glare of the florescent lights. He says something I don't quite catch. I smile and nod and pull my jacket tighter and run up the stairs as quickly as possible.

Stepping outside I catch my breath again. It's dark. The moon is a ripe globe; the moon is a grinning skull, but still it's dark. Stupid winter with its stupid shorter days. I shouldn't have stayed at the mall so long. It's much too late to be out. To be out alone. The square's open again. Weeks of it being surrounded by a high plastic fence and this is what they have to show: they concreted it. The grass where I sat to eat my lunch is gone, now a mosaic of dull colored stones.

I walk down past the law courts and into the fringes of Little Saigon. The street is full of restaurants with large

picture windows. People inside, laughing and chatting over bowls of rice. I pass an empty lot, then stop, and walk back. Across the way a man in a truck looks up at me. I glance at him, his movement catching my eye, and I am very afraid. He has the interior light on and is doing some sort of paper work. I can see he's in uniform, a security guard. He's okay. He's okay.

Through the lot I get the most incredible view of the northern lights. I've never seen them this clear. My headphones are spewing some country love song. I pull them from my ears and gape. An old man passes me by, giving me an odd look. I want to tell him about the aurora, but he must see it. I realize I wouldn't want him to stop anyway. That's right old guy, keep walking. Slowly I start walking again too.

A trio of men come up beside me at a crosswalk. I turn up my Discman and decide to think the best. Even walking briskly I can't seem to shake them. With every step they are getting closer. It is cold out; maybe they're just walking fast to keep warm. They laugh loudly. I take a sharp turn down a side street and hold my breath. They keep going straight.

I continue down the new, unfamiliar block. This residen-

Continues on Page 11

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Who's for a 'trilogy movie marathon' every saturday in the auditorium? email eadnams@hotmail.com

Concordia Christmas Concert
Saturday Dec 4 and Sunday Dec 5 at
7:30pm
@ McDougall United Church
Featuring:
Concordia Concert Choir
Concordia Ringers
Concordia Community Chorus
Concordia High School Choir
S.O.U.L.
Talk to Wendy in the Music office
for more details.

Canada Career Week Fair
2004
November 19th and 20th
10:00 a.m. to 5:00 p.m.
Northlands Sportex
Free Admission and Free
Parking
Over 120 exhibitors

The United Way
Campaign continues!
Watch posters around
campus and your
Concordia email for
updates and events. This
week's events include:
Nov. 15-17 Silent Auction

You're invited to an ATA Session on November 16 from 7pm-9pm. Topics include:

- Teacher's and Teacher's Assistants and their respective roles
- Professional Issues and Liabilities

Refreshments and a snack will be provide upstairs in the Education Wing.
Brought to you by the ESA!

The ESA needs volunteers for Bissell Centre's Kids Night.

Inner City under-privileged children can come to the Bissell Thrift Shoppe and get gifts for their family for whatever they can afford. We're looking for volunteers to take children around and help them shop for their gifts, as well as help before-hand in putting together gift baskets. Kids Night takes place on Dec 19 from 12:30-3:00. Help putting together baskets are needed as early as 2 weeks before Kids Night. If you are interested in volunteering please e-mail the ESA at Education_Students_Association@hotmail.com with your name and e-mail address.

Canada Career Week Fair
2004
November 19th and 20th
10:00 a.m. to 5:00 p.m.
Northlands Sportex
Free Admission and Free
Parking
Over 120 exhibitors

The ESA is also looking for volunteers to help kids at Abbott School make a Christmas Craft. If you are interested please e-mail the ESA at Education_Students_Association@hotmail.com with your name and e-mail address.

tial area may have been a bad idea. The houses are dark. Each window like a staring eye, each door a possibility of danger, the sighing of gates prickles the back of my neck more than the chill breeze moving them. Block after block feels abandoned, forsaken. Every street light times out and fades as I pass by as if to spite me. The northern lights are gone now, only the harsh distant glare of the moon offers any solace, and it's solace I can do without. I turn again, hoping for a more main street. There's no one else out. As I step slowly over icy patches left over from an early snow, something moves to one side of me. I stifle a shriek. In the rush of adrenaline I make out the outline of a cat.

"Cat, bad cat. Cat go away, away, away!"

The cat scampers off and I take a deep breath and continue. Alone in the dark. In the dark alone. It would be okay if only I could be alone. But I know I'm not. A stranger walks with me, waiting to be revealed. Not yet, not yet. I want to be home. The odd leftover leaf crunches beneath my feet, making me cringe. Bare tree branches like witches' fingers call to the moon, reaching far into the sky.

The feeling creeps up on me, creeps through me. Being watched. I know who's there, always there, but tonight I

can't hide. I start down another block, boxed in by houses and their counterparts, parked cars. The street is black; the lights have all gone out now. Is there someone in that car? No, it's just a reflection of moonlight. There is nothing creepier then people who sit in dark cars. A shudder shakes me right down to my marrow.

A taxi drives by. My shadow is projected large in front of me, then moving in from behind as if running to catch up. The taxi passes and the street is dark again. A slight noise in front of me? Cat? A streetlight goes on, almost overhead. A man is standing under it. It's one of the three from before. How did he get in front of me? I turn a fraction right, then left. Nowhere to run. The narrow sidewalk has become a trap; buildings and cars offer no escape. He steps forward. No time to move back. The light goes out, no fading. Even the moon is lost behind the trees. The northern lights, once so bright, might have only existed in my imagination. The air is filled with a growling and a ripping and a scream. Then suddenly there is silence once more. There is not much left of the man. Once again it's just me, standing there, panting slightly. But I am not alone. In the dark, when the moon is full, I have more company than I'll ever need. More then I'll ever want. Even though it's still only me.

Stranger Anxiety

*Continued from
Page 10*

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I would've PAID to see that!

He sharpened her pencil with his teeth for me...

The Travel Bug

Through the Eyes of a Lion

Diana Ellis

It was the second week of a two-week Kenyan safari. We were in the Masai Mara, the only game preserve in Kenya where you can actually drive off the road, right up to the wild life. We had already seen all the herd animals: zebras, wildebeests, gazelles, and giraffes as well as elephants, hippos, crocodiles, baboons and even the elusive rhino. Now all we were interested in was the big cats, the lions.

Kitty Kitty. That's what we had been calling them for the last few days. There they were, lying in the grass under the trees, three males and a female. Young adults, about three to five years old, likely brothers and sister, according to our guide, James. Lions don't reach maturity until about seven years.

The van stopped beside them and I put my head through the sunroof. After I had taken a few photos, I was drawn to one of the males. He lifted his head and looked directly into my eyes. At first I was fascinated, staring into those beautiful amber eyes. Then I realized that there was intelligence behind them.

I could sense him appraising me. Is she a threat? Probably not. Is she edible? Probably. Would she be an easy catch? Absolutely. Would she put up much of a fight? Not a chance.



My fascination turned to fear. This was a predator, a vicious killer, not just a larger version of my house cat – and he was considering eating me for lunch! But would she be worth the effort? Nah
The king of beasts broke eye contact with me and resumed his nap.

Been somewhere exotic? Share your travel adventures and (high resolution) pictures! Send them to: blueandwhite@csa.concordia.ab.ca

HOW TO SUBMIT TO THE BLUE & WHITE

- You can submit articles either by emailing us at blueandwhite@csa.concordia.ab.ca or by dropping a floppy disk in the Submission box outside the CSA offices.
- Please save articles in rich text format (.rtf). Send articles as an email attachment. Questions, line x lines, suggestions, and short announcements can be sent in the email themselves.
- Be sure to include your full name and ID number with your submission. We cannot use your article if you don't include this information!

- If you want to write under a pen name, we still need to know your real name and ID number. Include these and let us know what pen name you want to use.
- Questions for the psychologist and pastor and line x lines may be submitted anonymously.
- All submissions will be edited for spelling, grammar, punctuation, etc. They will also be edited for racism, sexism, and other inappropriate content. All submissions should reflect the mission and policy of Concordia and the CSA and will be edited for that. The editor reserves the right to refuse to print any article that is deemed inappropriate for the paper

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