

## FAKE IT 'TILL YOU MAKE IT: SELF-DIAGNOSIS

by Nicole Beaver

I want to tell you a story.

Once upon a time, there was a little girl who was considered quirky by everyone. Her bullies thought she was stupid because of her sheltered Christian upbringing. Her friends thought she had poor social skills from not attending public school. Sure, maybe that had a thing or two to do with it, but nothing was really wrong with her, right? Well, the little girl knew the truth. Deep down, she knew she was different. She didn't think the same way as her peers. She knew little about interactions and sometimes her behaviour was, well, a little abnormal. She knew that if she acted the wrong way, it'd be bad. She struggled a lot but managed to keep a facade up of just being quirky. And then one day, she wasn't. A psychiatrist did an evaluation, sat her down, and explained to her family that the little girl had Autism Spectrum Disorder.

Boom. It was like a floodgate had opened. Suddenly, she had answers and could stop pretending. Well, okay, there was still a problem. The parents of the little girl didn't know that she'd be needing documentation (proof that she was autistic) to help her in the future, so they didn't get any. For the next two years, the girl struggled to get that proof from doctors and in the meantime had only one way of proving that she had an answer: self-diagnosis.

If it wasn't obvious, that little girl was yours truly, and I'm using the story because I think it's high time that someone brings up the subject of self-diagnosis. People normally advise against it. Why? If you do it and turn out not to have what you say you do, it's kind of a dick move in society's eyes. You're seen as a fraud who is trying to get benefits that are only accessible to those with the actual problem. In fact, Psychology Today ran an article titled "The Dangers of Self-Diagnosis,"

which states that "[self-diagnosis is] essentially assuming that you know the subtleties that diagnosis constitutes. This can be very dangerous, as people who assume that they can surmise what is going on with themselves may miss [things]. For example, people with mood swings often think that they have [bipolar disorder]. However, mood swings are a symptom that can be a part of many different clinical scenarios."

Now I agree that, in certain cases, you shouldn't self-diagnose, because you're not always right. But hey, neither is the doctor. When I was undergoing testing, they thought I was bipolar up until my parents were interviewed. In the book *Aspergirls* by Rudy Simone, the author details how misdiagnosis in women with ASD is quite common. Sometimes it's chalked up to hysteria! I got lucky only because I had some very obvious symptoms despite being able to communicate and look people in the eye. My partner at the time was also unable to get a proper diagnosis and treatment and ended up having to self-diagnose as well, which made sense in their situation. Many people cannot afford to pay for a diagnosis—many people are misdiagnosed or not diagnosed at all because they don't fit the standard criteria for it. Self-diagnosing is a double edged sword; it's helpful, but it can also be dangerous.

I had to self-diagnose for two years and hit some nasty stigma. Even now, with the papers, I've been accused of faking it. I'm not suggesting that you should just self-diagnose, though. I understand that it's frustrating, because it takes a lot out of you to chase down what you need. So this is what I suggest to you, my readers, who feel the need to self-diagnose: don't make it your only option. If you want a diagnosis, fight for it. I had to, and I was lucky. I know a woman who, for almost a decade, struggled to get her own. Self-diagnose after you have done all your research, asked questions, and feel like you know for a fact that this is what you have. Stick to it until you do get the proper diagnosis.

For those of you wondering, having a diagnosis on paper does help. It's written proof and can set you up for any helps you need in the future (like our school's Learning Accomodation Services). You're not stupid for self-diagnosing, I promise. It's often the first step to seeking proper treatment.

# THE BOLT NEWS

## ELECT YOUR STUDENT VOICE



**Inside:**  
 WATER CRISIS IN CAPE TOWN - ELECTION CANDIDATES - Meet Emily Stremel brings news of the water shortage as well as advice for conserving water at home. the candidates for the 2018/19 CSA Executive and General Councils.

pg: 1

pg: 7-12

AND MORE:

## DAY ZERO

by Emily Stremel

Day Zero.

Usually a term reserved for doomsday enthusiasts and Hollywood films. But for the nearly four million residents in Cape Town, South Africa, Day Zero is less than 80 days away. On April 12, 2018, Cape Town's taps will turn off.

On Day Zero, all water to non-essential services will be shut off. Schools will close. Businesses will cease to function. All water will have to be brought by individuals from a communal tap with only 200 collection stations around the city. As of February 1, the municipal government is asking that residents limit their water usage to a mere 50 litres a day, what the World Health Organization considers to be the minimum amount needed in order for basic needs to be met. Currently, with 50 litres a day in mind, the city is advising for 90 second showers, 2 litres of drinking water per person, and a single toilet flush. When the taps turn off, however, residents will only have access to half that. Soon, wet toilets will become an impossibility and showers will be replaced with sponge baths.

While we are often taught in school that water is a renewable resource, for the people of Cape Town, it's not quite as simple as just "renewing" it. Cape Town is in its worst drought in over a century; this began in 2015 and is ongoing today. Residents have been asked to be on water saving measures since 2004. South Africa is the 30th driest country in the world, and with climate change, the recent effects of El Nino and a steadily increasing population have all made the situation more dire. Plus, 60% residents have continuously not been hitting their water usage reduction targets, bringing the whole city closer to Day Zero.

The city currently has seven augmentation projects on the go, and upon their completion they will produce 200 million liters per day of drinking water; however, three of the four desalination plants are behind schedule and are not likely to be ready when Day Zero comes. The three other projects, two ground water drilling efforts and one water recycling plant, are also behind schedule. And with the city using 618 million liters a day, the water from the augmentation projects will hardly be a drop in the bucket compared to what residents are used to.

According to Epcor, the average Edmontonian uses 225L of water each day. With a population the quarter of Cape Town's, the Edmonton metropolitan region still uses more water than the total daily handouts that will be allotted to Capetonians as of April 12.

A future with no running water may seem like a far-fetched idea to Canadians. We're often told that we have 20% of the world's fresh water reserves at our fingertips, but it's not as simple as that. According to the Canadian government, only 7% of the freshwater is in a renewable state. Most of that water drains toward the Arctic Ocean and Hudson Bay, therefore becoming inaccessible to the 85% of Canadians living across the southern border. And while we don't see dry taps here, there are still First Nations communities that have long-standing boil water advisories, some dating as far back as 1995. As of January 23, the federal government is resolving to have 91 of these advisories cleared before March of 2021.

While water conservation is going to an extreme for Capetonians with grey water being recycled wherever possible, Edmontonians can learn a thing or two from their efforts. Simple measures can be taken: taking shorter showers, replacing old shower heads and toilets to newer, more water-efficient brands, and even choosing more water-efficient landscaping, can seriously affect water usage. And while we do seem to be a ways off from the world becoming a Mad Max-type of reality, next time you turn on the tap, remember that clean, fresh water may not be there forever.

vascular training. Deciding which of the two you prefer is completely up to you. The nature of HIIT also typically makes for a solitary pursuit; it's difficult to maintain a conversation when you're alternating between flat-out intervals and recovery periods. Finally, the HIIT enacts a heavy toll on your body. When I first started my HIIT regimen, soreness and muscle fatigue seemed to be my constant companions and, sometimes, deciding to don my running apparel was a struggle of mind over matter. Overtraining remains an issue with HIIT as there is always the temptation to add more sessions once you begin to see results; this can be counterbalanced by cross-training on off-days. Despite some of these downsides, the results and effectiveness of HIIT stand out in a fitness market saturated with gimmicks and fads. We're sometimes reminded that there is no such

thing as a free lunch, and this applies to HIIT as well.

HIIT isn't magic. It still requires time and effort, but thanks to its advantages, it provides a more time-efficient way to improve cardiovascular fitness, one that doesn't involve endless hours spent on the treadmill or stationary bike. As a form of exercise, you should carefully consider your physical health before starting a HIIT routine, and this is something that should ideally be discussed with a medical professional. Despite these cautions, making the change to incorporate some HIIT into your fitness routine will pay dividends both in the short and long term. It may not look like it now, but summer is around the corner, and starting a HIIT interval now will allow some time for the positive benefits to arrive just in time! Let's make a positive change moving forward.

## ADVICE WITH ALYSSA

by Alyssa

**For a Student who isn't good at complex math, which science courses would you recommend?**

As an Arts Student myself I too had to go through the dilemma many of us come across when we realize we need to take 6 credits of science. What do you have to choose from to complete this requirement? Well, you can take IT: Introduction to Information Technology , BIO 100: Introduction to Biological Systems, BIO 160: Human Anatomy , CH 102: Introductory University Chemistry II , EAS 102: Introduction to Environmental Earth Science, ENSC 101: Introduction to Environmental Studies, MATH 110:Pre-Calculus, and many other Math classes considered 100 level, and PHY 112:Introduction to University Physics II . The official wording from the register is "Any BES, BIO, BIOCH, CH, CMPT, EAS, ENSC, IT, MAT (excluding MAT 220), or PHY courses." That being said, which are the ones that

I would recommend? I took BIO 100 and ENSC 101, and would highly recommend both. I took both class' with Dr. Salvado and she is a phenomenal Professor! Both classes had little to no math work at all, that being said however, there was a bit of math in the Lab's (more-so for BIO) but nothing that was too complicated. I remember in the BIO labs we were able to use Excel to do the math equations and were shown how to input the data to get the correct results. Something to keep in mind is the professors understand that we are not science students, and it is a requirement for us to graduate! The Science students studying for a degree in BIO, CHEM, PHY, or MATH will probably not be in the class you decide to take, as they are designed specifically for Art's or Management students!

Don't forget--early March 2018 classes for next year (Fall 2018, and Winter 2019) will open up!

I look forward to hearing from you CUE- Keep your questions coming!

#AskAlyssa

askalyssaadvice4@gmail.com

I look forward to hearing from you CUE!



# WHY HIIT THE GYM?

by Donovan Makus

Let's face it, the winter season usually isn't the easiest in terms of maintaining a healthy lifestyle. Between the stress of finals, Christmas dinners, and time off from school, it's easy to fall into bad habits. One response to this is to endeavour to make a change in the New Year. Resolutions are made, gym apparel is purchased, and visits are planned, but once school inevitably becomes more intense, it's easy to fall back into the same habitats as before; our available time declines, and it takes time to see results. Now, well into February, the gyms are a little emptier, and as reading week approaches, we have more time available to plan and prepare, making this the perfect time to try fitting in something new in our fitness plans. This is where interval training, specifically high intensity interval training (HIIT), comes into play.

HIIT is a broad, catch-all approach to fitness and training. It can be used with many forms of cardiovascular training from running to cycling, and it is adaptable to individual differences. As a form of interval training, HIIT uses higher intensity sessions to reduce the time spent on each activity, as well to push anyone following an HIIT plan to their limit. A good training plan consists of a mixture of short high intensity bursts, at near-max effort, punctuated with slower recovery intervals, when the heart and respiration rates decline, all before starting another cycle, for variable amounts of time. Adjustments may be required for some exercise equipment (like treadmills) to ensure that the total intensity of HIIT sessions doesn't decrease over time as fitness increases. The exact numbers associated with any given HIIT routine can vary widely from total session times in the mid-teens, to thirty minutes or more. There are many helpful guides available that suggest various interval timings for different workout activities. I typically run a 20-minute, 10-cycle session.

Traditional, or steady-state, cardiovascular training is effective, but comes with a high cost in terms of time. Thankfully, for those of us who don't relish early morning alarms to go running but also don't want to be winded after a short run to class, HIIT provides an alternative that doesn't require nearly as much time. With HIIT sessions usually lasting less than half an hour, it's easy to see the advantage of this form of training in our busy lives. Combine this with all the advantages of HIIT and you have a winning package.

Research on HIIT has shown multiple benefits besides the time savings. HIIT has been demonstrated to be just as effective as medium-intensity cardio in promoting improved cardiovascular health. It is highly effective at helping burn calories and improving body composition, and it has also been found to specifically target abdominal fat stores. HIIT is especially effective when combined with diet changes. Additionally, it has also been shown to increase the HIIT user's VO2 max, which is the maximum amount of oxygen that can be made available to someone at peak muscular activity, particularly for people beginning to exercise. Exercise, such as HIIT, also plays a part in our mental health; the corresponding release of chemicals such as serotonin and endorphins help us deal with stress, have better sleep cycles, and experience other mental health benefits. Insulin levels and resistance are also positively changed by regular use of HIIT intervals. HIIT has even been shown to boost exercise enjoyment in some populations as some participants found it easier to perform varying sets in less time than steady-state cardiovascular training. This often proves to be more enjoyable than lengthy, steady-state cardio sessions. Now, having examined the benefits of HIIT, the question presents itself; what's the catch? For HIIT, the answer is complex and personal. The nature of HIIT sessions with their heavy workload is not for everyone. Some people prefer shorter, more intense workouts as they can keep on moving as they count down the minutes. Others prefer the longer, easier workouts found in traditional cardio-

## SHOW TIME!

Here is what is playing in theaters this week:

**Peter Rabbit**  
PG

**Early Man**  
G

**Annihilation**  
18A

**Fifty Shades Freed**  
PG

**Jumanji: Welcome to the Jungle**  
18A

**Game Night**  
14A

**Maze Runner: The Death Cure**  
PG

**Black Panther**  
PG

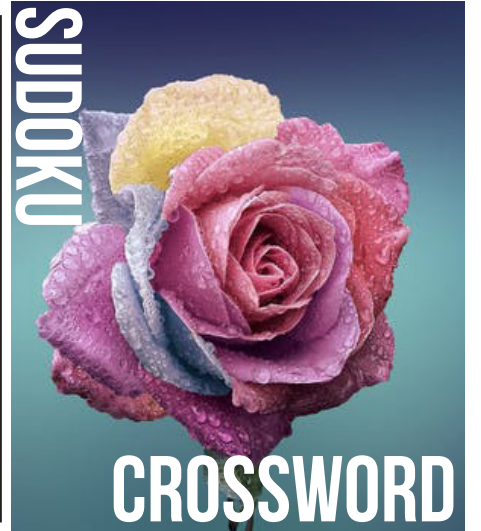
**Samson**  
14A

**The 15:17 to Paris**  
14A

**Three Bilboards Outside Ebbing, Missouri**  
14A

**Cinaplex North**

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



**Across**

- 1. Dictionary cousin of arch.
- 4. Lucidity's opposite
- 11. Basketball Hall of Famer Holman
- 14. Back-rub reaction
- 15. Former film developer
- 16. WWII price-control agency
- 17. Changed one's mind
- 19. Break down
- 20. Kick up some dust at, as a base
- 21. Smitten
- 22. Gobs
- 23. Watchdog, at times
- 26. Meadowlands
- 28. Chewed out
- 31. Former acorn
- 32. "The Good Cookie" author Boyle
- 33. Hogwash
- 34. Guide
- 36. Newswoman Lindstrom
- 38. 17-, 28-, 47- and 62-Across begin with a synonym of this
- 42. \_\_\_-di-dah
- 44. European tourist mecca
- 46. Meadow mom
- 47. Tumult
- 51. Alternative magazine founder Eric
- 52. Ex-quarterback "Boomer"
- 53. Roast, on le menu
- 55. Deceives
- 56. Like action films
- 61. G.I. mess duties
- 62. Nitwit
- 64. Appomattox principal
- 65. More in need of laundering
- 66. Code-breaking gp.
- 67. Finale
- 68. Retrogress
- 69. "Miss Pym Disposes" author

1	2	3	4	5	6	7	8	9	10	11	12	13
14			15								16	
17			18								19	
20								21				
22						23	24	25				
26	27			28	29	30						
31			32				33					
34		35		36	37		38		39	40	41	
42			43		44		45			46		
47	48	49			50				51			
52							53	54				
55					56	57	58				59	60
61			62	63								
64			65							66		
67			68								69	

**Down**

- 1. Dolts
- 2. Ump's call
- 3. Asian mushroom
- 4. Volunteer
- 5. Course in govt.
- 6. Lots
- 7. Egyptian Christian
- 8. Customs duty
- 9. Menlo Park monogram
- 10. P. & L. column heading
- 11. Margarita request
- 12. Point of maximum Earth-moon separation
- 13. Armor-covering garment
- 18. Hand-held organizers, briefly
- 21. Trend indicator
- 24. Little bite
- 25. Playing marble
- 26. Part of UCLA
- 27. "Mangia!"
- 29. Symbol of ancient Egypt
- 30. Bake, as eggs
- 32. Serving aids
- 35. Fitzgerald and Raines
- 37. Time Warner partner
- 39. Shy
- 40. Fess (up)
- 41. Minute
- 43. "Six Feet Under" network
- 45. Aromatic shrubs
- 47. Badger from the bleachers
- 48. Annual Ashe Stadium event
- 49. Did a salon job
- 50. Roll out
- 51. Jazz home
- 54. \_\_\_ citato: in the work cited
- 57. Official records
- 58. Disregard
- 59. Life of Riley
- 60. Time to attack
- 62. Naval rank below capt.
- 63. Hasten

## THE 36 STRATAGEMS: ATTACK

by Tyler DeWacht

Welcome back from reading break! Now that we're getting back into the swing of things, how about some more stratagems to help ease into the transition? As a quick refresher, the 36 Stratagems are a collection of Chinese warfare tactics, and my goal within this series is to apply them to a university setting. In the last issue, I covered the second set of stratagems (the *Stratagems For Confrontation*), which help you fight your opponent on an equal footing. Now it's time for the third set: the *Stratagems For Attack*. This set is designed to help you intimidate your opponent and win before the fight even begins. Let's get right into it, shall we?

When you don't know the full extent of what you're facing, try Stratagem 13, *Beat the Grass to Startle the Snake*. See what the snake does, then use that reaction to better understand how to fight it. Similarly, when you have questions about an exam, ask your instructor about it. They won't be able to tell you everything about it, but their answer should hopefully give you a better idea of what to study. That way, you'll be better prepared to fight the snake that is your exam.

To *Raise a Corpse From The Dead*--this is Stratagem 14. Don't take this one literally, because the last thing our world needs right now is a zombie outbreak. Instead, take a dead idea, something that hasn't been used in a while, and revive it for your own use. If one of the books you have

lying around at home is relevant to something you're currently learning, then use it as supplementary material for that course. You can borrow monologues, find dated statistics, gain historical background, and more! Be careful with this, though; make sure the information is reliable before you incorporate it into your studies.

In the library alone, there are many different places to study. There's the computer lab, where you can find things online. In the basement, groups of people can meet together to share information. Upstairs, there are solitary cubicles where you can silently review. Different places work for different people, and it's just a matter of finding the right place for your needs. Stratagem 15, *Lure The Tiger Out Of The Mountains*, works based on the principle of leading your enemy to an area which is favorable for you. Need some quiet time? Give the cubicles upstairs a try. Want quick access to the internet and the printers? The computer lab is the place for you. Prefer studying in groups? The basement can accommodate large groups and small groups alike. When you find that place, you can do what you need to do in the area which benefits you most, whether that's in the library or elsewhere.

When an enemy gets backed into a corner, they tend to have one final, desperate attack. If they're a particularly strong opponent, this can be devastating. To avoid such an attack, just don't back them into a corner. Keep them out of that corner; let them think they stand a chance of winning. This is how Stratagem 16, *Snag The Enemy By Letting Him Off The Hook*, works. Did you get student loans? If you did, then student debt would like a word with you once you graduate. It gave you money, now it wants that money back. Keep it happy by paying it rather than starve it. If you starve it, it'll become desperate and start trying to take that money by any means necessary. Don't back it

it, it broke at the tip, leaving me with no physical marks. I've come to realize that this condition may not be treatable from a biomedical perspective. Even scarier, I've resorted to not eating, and my body is working more efficiently than it had before I noticed the first symptoms. Food and water only seem to weigh me down at this point of optimal performance and bodily efficiency, which, as counterintuitive as it seemed, I enjoyed not having to cook for myself over the past few days.

I can run at speeds only expected from Olympic athletes. My tasks at work are completed within the first hour while I've always been the person to procrastinate and stretch my tasks throughout the work day. Within a week, I've unnaturally become more charismatic. My boss keeps speaking about promotions and my friends invite me out as if I am the centre of every friend group I am a part of. I've been avoiding the situation entirely, isolating myself in my room and blaming the distancing on "medical issues." I'm not being dishonest, and if I admit it, being revered by the people in my life was a pleasant change from always being the person who faded into the background, but there is a sick, unsettling reality about my newfound confidence in that it is accompanied by inescapable, negative thoughts.

When I say negative thoughts, I mean thoughts you can't even imagine. I can picture vividly the potential harm and danger I'm posing to those close to me, and I'm afraid if I don't distance myself soon, I may act on the unspeakable things that keep creeping into the back of my head and planting themselves there as if I've been chipped and someone is controlling me to act out these things that would make me nauseous to describe in detail. The issue is that the more I detach from people, the easier it gets to picture myself carrying out these tasks that would make the most desensitized person's stomach churn. The vivid dreams of dismemberment, arson, and torture of those who are close to me are becoming too real to control. I only really got scared one night; I had a dream about slamming one of my friend's hands in an oven door and holding the door shut, feeling disconnected to the pain and screams that followed. When I went online the next day, that same friend mentioned that he burned his hand while taking food out of the

oven earlier that day, and I changed the topic, unable to cope with the guilt I wasn't even sure I should be feeling.

Ever since the first time I saw the man in the mirror, his eyes so wide that they were bugging out of his sunken in eye sockets and his smile stretching nearly from ear to ear, my mind and body have been preparing me to become almost like a machine that is hell-bent on destruction. I'm at peak physical fitness and growing stronger every day, and the thoughts and actions I am capable of now move closer to the forefront of my brain with every passing hour. I've avoided thinking too much about this, but the dream was in third person, and the expression on my own face matched the man in the mirror: same manic expression, same toothy, twisted grin. In the dream, I looked my counterpart directly in the face in horror as if he was standing right in front of me, and I was filled with dread as wondered if this was how other people would come to see me over the course of the next few weeks.

I turn off the shower for now, knowing well enough that I've wasted enough hot water in the last week trying to cope with the sweating and shaking of my entire body adjusting to it's new "normal." As I step onto the cold bathroom tiles and wrap my towel around myself, I wipe the steam off the mirror messily with my hand to reveal what I've been dreading to see. The reflection smiles at me wickedly, corners of his mouth twisting up all the way to his ears to reveal two rows of brilliant teeth, eyes open and wide in the most menacing display, but my own expression remained neutral. I shake my head, closing my eyes, but when I look back into the mirror, I see the same unpleasant, unsettling distortion of my own face. It has been two weeks since my reflection has been accurate to my actual expression, but at this point, I'm so desensitized from lack of sleep and food which my body no longer requires to pay much mind to it. My watch is showing my heart rate to be about 20 beats per minute, my eyes are burning as though I've left a pair of contacts in for an entire week, and despite my misery, the corners of my mouth are sore as if I've been laughing at the same joke for days straight. I'm going to try to go to bed now, but even though I've turned all of the mirrors around in the bedroom, I don't think I'll be able to sleep knowing he's on the other side waiting.



## THE MAN IN THE MIRROR

by Taylor Jevning

Day 10 - November 21

It's been ten days since I started writing down the changes I've been undergoing. No sign of improvement. These events occurred tonight exactly as I describe them.

I'm staring at myself in the bathroom mirror, making heavy eye contact with a reflection that feels like it is looking through me. To say I have clammy hands would be an understatement, my fists squeezing together in an attempt to grip something for stability, though nothing was present for me to hold onto.

I then remember that clammy hands are a symptom of my condition, wiping them frantically against the fabric of my jeans before hastily adjusting the shower tap to a temperature I don't bother to check. As I remove my clothes, I stare at the reflection once again as if I'm viewing myself in third person. I feel as though that's how I've been viewing myself for days, like I'm watching my body go through the motions as I disconnect from myself more and more. I'd had a sudden, pervasive, overwhelming feeling this would happen from the first time I saw what I had seen two weeks prior, but some part of me is still optimistic that my fate has not yet been sealed.

I step underneath the stream of scalding water, allowing it to wash over my skin despite the temperature being far too hot for the average person. I wonder, for a moment, if my reflection will still be staring at me if I peek at the mirror and caught it off-guard. Since becoming aware of the condition, I've felt as though I'm being constantly watched, like I've been bugged. The thought of it makes me scrub at my skin under the water, attempting to remove a layer of what I'm becoming and uncover a pigment of what I used to be underneath.

The changes are occurring at an accelerated rate.

The first physical sign was my heart rate.

It's not normal for your heart rate to slow beneath 40 beats per minute. That was the first time I realized I needed to see a doctor. He checked my symptoms inconspicuously, attempting to disguise his concern behind thick glasses and a clipboard with a generic assessment sheet. He proceeded with the check-up normally so as not to alarm me, but when he paged someone for a second opinion, I felt the sense of unease wash over me like I'd been woken up from a deep sleep by falling into a bathtub. I wouldn't have even noticed the heart rate if it wasn't for my watch tracking it, but the subsequent changes have been more...noticeable.

My reaction speed has gone up. I've noticed that while gaming online with my friends. I'm not likely to be the top player in a game against my friends due to the fact I have an actual job and an inadequate number of hours to dedicate to improving my gaming skills. Last week, I played a game where none of my friends would have believed it was me playing if I hadn't been using my microphone, and I haven't played since. There's something shameful about displaying symptoms of my prognosis, regardless of whether they are considerably positive symptoms when compared to the sweating, shaking, and metabolic issues wreaking havoc on my worn-out body. I'm more concerned about what this increased performance means, like I'm being physically reprogrammed to be capable of more than the average person, but for all of the wrong reasons.

The shower had become a safe space for me over the last week. Since the first symptoms began, I've lost most of the colour from my face and started presenting as pale and sickly. After a few urgent tests by my doctor, we realized by body could no longer digest sugar properly, and they gave me a prescription for injections I was expected to give myself four times a day. They helped initially, but by the third day, I needed five times the insulin to even begin to stabilize my blood sugar. By the end of the third night, the needle refused to penetrate my skin, and when I tried to force

into a corner, because it will not go down quietly.

Textbooks are expensive, and once they outlive their usefulness, they may as well be worth a bag of bricks to you. So, why not get something of actual value back by selling it? Here is where Stratagem 17, *Cast A Brick To Attract Jade*, comes in handy. You want the green, the jades, the money, but what you have is a used textbook. Somebody else wants that very same textbook for their class, but they don't want to buy a brand-new textbook. If you sell that used textbook on the Book Market at a discount, then they get their textbook, you get some money, and everyone wins.

When the leader falls, the actions of his followers may devolve into chaos without a proper leader--especially true if they were ruled through fear or bribed into participating. In the resulting chaos, you take control and seize victory. This is what it means to use Stratagem 18, *Capture The Ringlead-*

*er To Catch The Bandits*. Who's the natural leader in a classroom environment? The professor. The one who teaches the course, determines the grades, and keeps order in the classroom. I'm not saying you should attack your professor--please don't do that. When it's time for a presentation, you get the stage and you have to take control. The natural leader has fallen from the spotlight, so now it's up to you. Your classmates may begin losing focus, make sure that focus stays on you. Don't let the attention wander. If you did a good job on the presentation, the audience will likely enjoy it, and you should get good marks.

This was the third set of the 36 Stratagems, the *Stratagems For Attack*. 18 stratagems down, 18 stratagems to go! Next up is the fourth set of stratagems, the *Stratagems For Confused Situations*. When you're in a chaotic or constantly-changing situation, that's the set you should consult. You've done good so far, now keep it up!

## CAROLINE'S FINE ARTS FESTIVAL

Need a break from studying and school work? Come to Caroline's Carnival to play some games and see some talented people share their passions and work with you. We'll have different games such as the dunk tank, a sumo wrestling ring, balloon darts, bottle toss and more. As well, we will have different side acts being performed in Tegler along with different One Acts being performed in the theatre and in other venues in the school. All of our students have worked hard on their different projects. So come over to Concordia and enjoy the different fine art acts and talents. Come, play games and enjoy the shows.

Need a break from studying and school work? Come to Caroline's Carnival to play some games and see some talented people share their passions and work with you. We'll have different games such as the dunk tank, a sumo wrestling ring, balloon darts, bottle toss and more. As well, we will have different side acts being performed in Tegler along with different One Acts being performed in the theatre and in other venues in the school. All of our students have worked hard on their different projects. So come over to Concordia and enjoy the different fine art acts and talents. Come, play games and enjoy the shows.

April 6th-8th, 2018  
Al & Trish Huehn Theatre & Tegler Hall  
TICKETS ARE PAY WHAT YOU CAN @ THE DOOR

# EXPUNGING RELIGION

by Macalan B-J

Why is religion being expunged from our society? It has been the central character in the story of human history. Yet today we notice it less and less in our society. What are the causes, and effects of this phenomenon as it continues to shape the modern day. Why is religion being expunged from our society? These are the opinions of our CUE professors.

**Dr. John Maxfield**

Since the 18th century enlightenment, both of the ideology of secularism, and the idea that religion is superstitious (or even, among some atheists today a source of hate and conflict). An ideology forms that says that the secular society is better and creates a tendency toward a secular societies. Not that fewer people are religious, because evidence says that many people are religious still, but their religion is increasingly privatized.

**Dr. Joy Berg**

First of all the religion as a relationship between God and his people. Our society has pulled away from relationship it seems with a lot of our social media, television, and computers. We are looking at connection on a very basic surface level so the idea of connecting, relationships, and independent connection with God is very important to us that's how we develop in society. These days we have pulled away from our independence as well as pulled away from our life being centered on somebody else. We want our life to be controlled by us, so I think this is another reason that we pulled away from religion and God being so prominent in our lives that we are wanting

to be in control. People in society want to be in control of their lives and the idea that everything that happens around us. Whereas religion and the God relationship means being able to let go of our control of everything and knowing somebody else is in charge of our life I think because of how we framed ourselves and Society in general but there are many different eras through history or Society becomes a certain personality It takes on certain traits not everybody does but our society as a whole and it seems like our society now has taken on the trait of individualism of Independence of money being the most important powerful thing and value for ourselves just for the sake of ourselves wanted to be famous or prominent or whatever rather than looking at Community relationship and giving up of oneself I think we definitely can still as people but our society has evolved into this individualistic state.

**Dr. Gerald Krispin**

Because of the misinterpretation of the causes of conflict people have. When people hold two ideas tenaciously in a relativistic society, people are bothered by that, and I think our society is the type of society where people say, you have your beliefs, I have mine, and they are contradictory but it doesn't really matter. Then when people have a concept of absolute truth have a concept of this is right and this is wrong, then this will obviously offends people's sensibilities who don't like to be told what is right or wrong. Leonard cohen wrote in his song/poem titled The Future the following lines:

*“The blizzard of the world  
Has crossed the threshold  
And it has overturned  
The order of the soul  
When they said repent  
I wonder what they meant”*

risk because of this automation trend.CBC outlines the top five jobs that are at risk; retail salesperson, administrative assistant, food counter attendant, cashier, and transport truck drivers. Jobs that pay less and have less education are most at risk. The effects of automation will impact the job market for the next 10-20 years according to CBC news. Having increased numbers of people unemployed will create a burden on unemployment insurance. Walmart for example has said that no employees have lost their jobs according to CBC News. But just because people have not lost their jobs does not mean work is being lost. Fewer employees are need in these automated workforces meaning employees will mostly likely be getting less hours. Also, these business are very likely to no longer hiring meaning that potential jobs are lost. Some places are planning to transfer employees to other sections. For many companies labour cost is expensive and decreasing the labour force saves money. There are a number of people who use automated systems that admittedly feel bad because they know that they are contributing to their fellow humans losing jobs.

human contact during the shopping experience. The problem with job automation and customer service is that customers who are not technology savvy will become frustrated. While an increasing population have technology skills, there are still those who struggle. Businesses that have most or all of the checkouts automated will potentially lose these customers to stores that have humans at the cashiers. For many business, the automation is in due part to customer demands. In an instant gratified world, customers are no longer patients, they want to shop fast. It is important to remember that even technology malfunction and creates problem. Customers can forget about price check or price matching. People are becoming more and more introverted; dealing with people behind machines instead of in person. For many customers you have enjoyed the zero-human contact. For many businesses they are providing better customer service by no longer making their customers wait in line.

If we want to look at the root cause of this automated system of service where people are losing jobs to technology, we need to look at society. The way our societyhasdevelopedhasallowedforthishappen.

With job automation, there will be less and less



**Free Yoga Class**  
February 7th - GYM - NOON to 1pm

**Free Massages**  
February 14th - Lower Tegler - 10am to 2pm

**Therapy Dogs**  
February 28th - Tegler - 11am to 1pm

Wellness Wednesday  
**February**  
Schedule



## TECHNOLOGY REPLACING PEOPLE

by Emma Bott

Electronic kiosks are starting to become more prevalent in today's businesses, and their appearance is simultaneous with the disappearance of jobs. Technology is starting to replace people's jobs and leading to increased unemployment. According to CBC News, by 2022, there will be more than 400,000 self-checkout systems in North America.

In Amazon's new store, there will be no cashiers, only machines to check you out. Seattle is now home to an Amazon Go convenience store which covers 1800 square feet. When a customer wants a product, they just go in, get it, and leave. The cost is charged to their Amazon account. The store will have sensor throughout it that will track what you have and will charge your account when you leave. A potential problem exists with this, however: what if you have something and put it back and the cameras do not catch it? Another feature of Amazon Go is that Amazon will be able to know what products you are interested in. They can keep recommending items to buy through them. The store will significantly reduce shopping time by eliminating time spent waiting in line for cashiers and self-service checkouts. The maximum employees that Amazon ideally wants to have employed is sitting at about ten people. The store will continue to have employees to stock the shelves--that is, until they have robots to do even that. Amazon only plans to have few physical stores, remaining mostly in their e-commerce world of less employees. The Chinese version of Amazon has now launched its own store without cashiers: Taobao is the e-commerce powerhouse of China. It operates in a system similar to Amazon.

At Walmart, there had previously been self-check-

outs. Usually, for every six kiosks, there is one employee supervising and assisting. Some Walmarts have started testing a new system called scan-and-go. When customers enter the store, they will get a scanner the same way you'd get a cart or a basket; the scanner then produces a bill at the end. Customers then have the option to pay at self-checkouts or at the cashier and greeters at the door check the receipts like they often do now. The plan for twenty Canadian stores has a trial run of the system. Ikea also has self-checkouts that are often left unused in favour of cashiers. The reason for this is that a lot of Ikea's products are big and awkward. Customers don't want the hassle of wrestling with their purchases.

Another variant of this quick check-out trend is for fast food and coffee shops to make mobile ordering available and just pick up your order at the location. This is used in businesses such as Starbucks, McDonald's, and Tim Hortons. Starbucks, for example, has a time-saving app which has led to an increased volume of orders. This increased volume has led to people waiting for their drinks for longer; congestion is still a major issue, it's just where on the supply chain that congestion occurs that's different. This has turned off walk-in customers because they believe the location to be too busy. How is Starbucks responding, you may ask? They are now creating restaurants where only app orders can be picked up. That means you cannot order or sit in this shop. This store is also being test-run in Starbucks's home of Seattle. Starbucks labourers are being allocated to help assist with peak time rushes. Tim Hortons started their app-ordering system just last month. Their app was updated to accommodate. Customers pay through apple Pay or my adding a Tims Card or Credit Card. It is too soon to see how effective this system has been for Tim Hortons.

One of the purposes of these automated systems is decrease the labour costs by employing fewer people. Jobs are needed by people. It is estimated by CBC news that 42% of Canadian jobs are now at

These words talk about the relativism of a society. At the core of this question and what would be my simple answer would be is this. In a relativistic society people who hold to traditional ideas, who hold to ideas that have a long history of conservatism, those ideas are deemed offensive. Whereas the relativistic approach of today is seen to be open, inclusive, and accepting. However paradoxically there is a corresponding intolerance, a corresponding vilification of those who don't want to be relativistic. So relativism becomes its own orthodoxy requiring a certain acquiescence to that particular understanding. It becomes its own ideology that says unless you are now as relativistic, as open, or as accepting as you should be, you are not tolerated. Religion is seemed to be problematic because it puts forth certain truths or absolutes which do not fit into a relativistic society which basically says we should tolerate everybody except those who don't tolerate us.

### Dr. Bill Anderson

I think a lot of it has to do with a number of complex philosophical premises that are being smuggled into our society; from the enlightenment, through the Industrial Revolution, into the concept of consumerism which is being perpetrated through marketing, advertising, and the realm of entertainment. It is commodification of happiness. We think that to be happy is to be guilt free, to do whatever we want and say whatever we want. Consequently religion is perceived as a barrier to that freedom. Freedom is very important to marketing and advertising because it gets the emphasis is on the consumer's choice. You can choose the type of shoes that you want the amount of money that you want to spend on them. More importantly through marketing and advertising we are manipulated into turning wants into needs. We need food, we need

water, we need sleep, and so forth. Now we are told that we need better cars, and better clothes, and a better hairstyle Etc. I think it's a very integrated and permeated throughout society. The fact that we live in the first world country where we have our basic needs like food, water, shelter, clothing and we have an abundance of free time and quite a bit of disposable income. Therefore we are distracted. We are being dumbed down. The focus is being put on the superficial like happiness. There's a difference between happiness and joy. Going to the movies can make me happy for a very short period of time but joy, joy is a deep sense of contentment that you are safe and secure no matter what the circumstances are. We're not really dealing with things on a very deep level. We are being dumbed down and becoming a very superficial culture, Therefore we feel like we don't have a need for religion.

*"We live in a society which says we should tolerate everybody except those who don't tolerate us"*

*- Dr. Gerald Krispin*

Macalan Boniec-Jedras



BRANDON VOLLWEITER



PRESIDENT

Hey Concordia, my name is Brandon Vollweiler and I am running to represent you as your 2018/19 CSA President. My journey at Concordia began four years ago as I pursued my interests in Management with a dual emphasis in Finance and Accounting. Throughout my degree I have learned many things about Concordia and my fellow peers which has only strengthened my pride for this school and its students. These past two years I was given the opportunity to represent you as the CSA's VP Finance. This position has not only increased my expertise and understanding of the CSA, its roles and responsibilities, but I am confident that this experience will only add to my current skill-set making me a very capable president. Let's create a legacy together that will make a difference.

ANDREW PREISS



VICE PRESIDENT: FINANCE

Hello Concordia. My name is Andrew Preiss, and this is my fourth year here at Concordia University. My role on the CSA if elected will be Vice President of Finance. Three years ago I had the opportunity to lead and manage a house renovation project. While in that position I was in charge of allocating a \$600,000 budget. As the CSA is a non-profit organization with a budget over \$700,000, I believe my experience is beneficial and fitting in the role of CSA finance. If I was to be elected I will make sure to stay within our budget means, as well as chair the budget steering committee. As VP of Finance, I would help clubs get firm budgets and make sure all students have a chance to see where the money goes. Vote Andrew Preiss because the Price is Right.

ATHLETICS AMBASSADOR

Hello Concordia!!

I am Rebekka Hay, and this will be my second year running for the Athletics Ambassador position. I think it is necessary that the voice for athletes on the General Council be someone who has a general knowledge pertaining to sports and also can pay close attention to detail. I have both of those bases covered! I am an English (Enhanced) major, and also my minor in Political Science has acquainted me with administrative know-how. Furthermore, I have managerial experience from the Model UN Club!

In regards to my sports knowledge, I have participated in sports continuously, including throughout my varsity career.

I learned a TON last year in the position, and I am hoping to foster the Athletics Ambassador contributions made to the school to the best of my abilities.

REBEKKA HAY



CSA Elections  
**Candidate Speeches**  
March 2, 2018  
Noon In Tegler

Hear What Candidates Have To Say

Analyze Candidate Platforms

Student Government Elections  
Become A Student Advocate

Listen In

Ask Questions

CSA Elections  
**Q&A**  
March 5, 2018  
Noon In Tegler

Student Government Elections  
Become A Student Advocate

Candidate Speeches: March 2, 2018  
Candidate Q and A: March 5, 2018  
Candidate Meet and Greet: March 5, 2018  
Voting: March 8th/9th Via E-Mail Submission



**EMMA SCHMIDT**



**SCIENCE REPRESENTATIVE**



Over the past year I've had the privilege of being the Vice-President of the Concordia Science Society. This opportunity has allowed me to witness what it takes to represent the Faculty of Science and areas that require growth. As a second year Biology major and Chemistry minor, I understand the needs of science students at Concordia and I hope to bring in a fresh perspective to the position of Science Representative. Concordia is a community of people I care about, my work with Student Ambassadors has allowed me to make numerous connections with staff and students that I know will become an asset to this position. These volunteer experiences have also allowed me to grow in my leadership, organization and communication abilities in a way I believe will be beneficial to the CSA and CSS.

**MANAGEMENT REPRESENTATIVE**



My experience is best exemplified through my involvement with being Vice President of Operations for the Concordia Management Council in the 2017-18 school year. This experience has given me the knowledge of how student councils operate, which is something that only a person who has experience in a student council would know. My experience is solidified through being a co-founder and Treasurer for the Social Club at Concordia. This experience has taught me the work that is demanded of an executive in a student council position. I am now also aware of the detail that goes into drafting a constitution as well as making and operating a club.

One of my goals as Management Representative is to get the Management faculty closer as a group. I aim to organize social events like faculty dodgeball tournaments, faculty mixers and adding on to CMC apparel that was so popular this year. I also plan on evaluating our alternatives and making an improvement to the "Make it Awkward" networking conference that was not as successful as planned.

**CHRISTOPHER HRDLICKA**



**VICE PRESIDENT: STUDENT LIFE**



What's up Concordia!

My name is Hannah Ludlage, and I am running for this year's VP of Student Life. In my past two years, and before my enrolment at Concordia, I worked alongside CSA members, helping organize and create multiple events here on campus. In this time of involvement and learning, I have genuinely become inspired to embark on this role of VP Student Life. I am passionate about creating a more engaged University here at Concordia.

I campaign to reach out to clubs in helping them reach their goals - your time is now. To the athletes - that we show off your abilities and talents to inspire our on-campus community - your time is now. To all students - let us discover where you can thrive - your time is now. Together Concordia lets work to create the campus life that you are proud of.

Vote Hannah Ludlage  
Your Time Is Now #GetEm

**HANNAH LUDLAGE**



**MADELINE LUDLAGE**



**VICE PRESIDENT: MARKETING**



Howdy Concordia! My name is Madeline Ludlage, and this will be my 4th CSA election has the Vice President of Marketing. Next term, moving into my 5th and final year of my Bachelor of Management degree. When I was a freshman in 2014, I became the VP Marketings assistant, and after a year of seeing the organisation from the inside out the following election, I became the Vice President of Marketing.

In the office I implemented the campaigns Wellness Wednesday, and Feel The Thunder Pep Rallies; while also growing the CSA's presence both on-campus and online. Since entering into the organisation we now work with more University departments and clubs than ever to help cater a variety of opportunities to the diverse set of student groups at the University. We've come a long way, but we still have lots of growing to do. Together Concordia, let's keep moving and continue to build a community of students eager to leave their mark.

Vote Madeline Ludlage  
#LetsKeepMoving #getsocial

ADRIANNA BLITTERSWYK



VICE PREIDENT INTERNAL AFFAIRS



I am Adrainna Blitterswyk and I'm running for the executive position of VP Internal. The past two years I have had the privilege of working with the CSA as a General Council Member having been one of two elected Arts Representatives. I also sat on all three GC Committees including Budget Steering, Policy and Governance as well as the Mental Health Committee. This past year I have also served as the Concordia Christian Union President spearheading the Missions Trip to Peru. I therefore have a great deal of both Club and Union experience which will aid me greatly in the role of VP Internal. Moreover, I have written for the Bolt in past years, have worked for Thunder Athletics and the CUE Registrar's Office for 3 years. I've grown to love Concordia and would be very grateful for the opportunity to continue serving the CSA as the VP Internal.

Hi Concordia! My name is Alex and I'm currently a 4th year biology major. I have been a part of the CSA for 3 years now, with experience as the Science Representative for 2 years and 1 year on the CSA executive council as the Vice President of Student Life. As the Science Rep I was able to see what it takes to run a club/union on campus, and as the Vice President of Student Life I have been able to gain a lot of experience in event planning and management/governance. I believe that I will make a good Vice President of Internal Affairs because of my experience with the CSA and clubs in the past. I am also looking at adding more roles to the Vice President Internal position, to make the position more focused on internal affairs while still expanding our great club community on campus.

ALEX BEDARD



ARTS REPRESENTATIVES



Hey Concordia, my name is Lauren Hollman. I am a fourth year Political Economy major with a minor in Philosophy. I am currently an editor at The Bolt, am a tutor for students, and have been involved in Concordia's Model UN club over the years. I love being a part of the Faculty of Arts, because I care about this department and what it can do for students. I am running for Arts Representative because I want to explore how we, as a faculty, can get better and do better.

Stop me in the halls and say hi, I love meeting new people!

LAUREN HOLLMAN



ESTER LATIFI



Hey Concordia! My name is Ester.

I'm a third-year student and I'm super excited to be running for one of the Arts Representative positions! I've always taken a keen interest in the arts; as an English major and Psychology minor, I love learning about all the things that make us who we are. I've been playing the piano since I was four, and writing poetry is probably one of my favourite ways to pass time. As the current Story Editor at The Bolt, I love hearing what you guys have to say and believe that everyone is creative in their own way.

I'll see you guys around! Feel free to stop me for a chat at any time.