

## AUTUMN SPORTS SCHEDULE WRAPS UP

by Scott Bancarz

With the Autumn Reading Week break comes the conclusion of competition for the Autumn-only sports: Soccer, Golf and Cross Country Running.

Going into the season, the expectations were very high for Thunder Women's Soccer. After having captured ACAC Silver in 2015-16, the ladies headed to Champlain College in St. Lambert, Quebec as the ACAC Wildcard entry for the 2015 CCAA National Championship. For the current 2016-17 season, Head Coach Franco Imbrogno was able to keep more than 75% of his team intact, needing to recruit just 4 new players for the new campaign. As a result, the Thunder came out strong in Week 1, winning their first contest of the year and earning a tie against arch-rival NAIT, something that hadn't happened in 4 years. The dream of a first place finish in the ACAC North took a serious blow in Week 2 however, when the unthinkable occurred and the Thunder dropped back-to-back decisions to the Grande Prairie Wolves;

marking just the second time the Thunder had lost two in a row in some 10 years. However, the resurgent Thunder Women recovered their poise and fought back to lock up the third-seed in the ACAC North Division on their way to hosting the 2016 ACAC Women's Soccer Championship. With that seeding came the inevitable confrontation with arch-rival - and eventual Gold Medalist - NAIT that saw the Thunder topped 1-Nil in the semi-final, putting them into the Bronze Medal game and out of contention for a second consecutive appearance at the CCAA Nationals. The Thunder Women bested the Medicine Hat Rattlers to take the ACAC Bronze Medal for 2016.

On the Men's side, the season outlook from late August was one of 'cautious optimism'. Having just missed the playoffs by one game in 2015-16, Head Coach Ian Skitch had done some masterful recruiting for 2016-17 and added a great deal of team speed and offensive punch. Like their female counterparts, the Thunder Men's Soccer team found themselves the eventual 3rd seed in the ACAC North and moved past the Lakeland Rattlers in the quarter final for the inevitable clash with top-seeded Keyano. The Thunder fell to the two time Gold Medalist Huskies and faced

off against NAIT in the Bronze Medal game. Having missed the playoffs for the previous four years, the Thunder Men made the most of their opportunity and came away with ACAC Bronze and a triumphant return to the medal podium for the program.

The Thunder Golf program has long been the 'quiet child' of Concordia athletics given the short season and lack of spectator accessibility. However, the 2016-17 season saw a distinct uptick in the sport's profile with Concordia hosting the Northern Regional tournament (a first for Thunder Athletics) and then - in another first for the program - having a Thunder athlete qualify for the CCAA Nationals. Two sport athlete (Golf and Badminton), Kassidy Turcotte finished 4th overall at the ACAC Championships on October 2nd and through the CCAA infill process, headed to the easternmost point in the CCAA when she travelled to Charlottetown, PEI's Holland College to compete at the National Championship from October 18th to 21st. Turcotte finished a very respectable 14th out of 30 competitors and put the Thunder Golf Program firmly into the spotlight.

After a record year for Thunder Cross Country Running in 2015-16, Head Coach Matt Norminton knew he would

## THUNDER ATHLETICS

have a major rebuild on his hands for 2016-17. Having lost almost his entire Men's team to graduation, Norminton has done another masterful job of recruiting and put both the Men's and Women's programs right back into the thick of the action in the ACAC. Competitive throughout the Grand Prix season, the ACAC Championships saw the Women's team really come into its own with a Bronze Medal winning performance. In what has become an annual tradition for the program, Thunder XCR will be sending athletes to the CCAA Nationals. At the time of this writing, student athletes Elise Nawrocki, Baylee Frissell, Haley Dunwoodie, Rachael Smillie, Bailey Troccoli-Hughes and Ana Zulic are packing their bags for Sault College and will compete in the 2016 CCAA Cross Country Running National Championships on November 11th and 12th in Sault Ste. Marie, Ontario.

Congratulations to all of our 'Autumn' athletes, who have firmly set the tone for 2016-17 for all of Thunder Athletics





## AN ART ADDITION

by Checkpoint Charlie

Recognizing that this issue of The Bolt is centered around the local artistic community, I thought that I would shed some light on a few of my favorite sights in and around campus. On top of that, I will try my best to direct your attention to other noteworthy events taking place in the city's art scene.

At the moment, Concordia seems to be slightly lacking from an artistic perspective. When casually scanning the halls and various study spaces around campus, you would be hard pressed to be able to point out colourful pieces of art and inspiration. For the most part, there just isn't enough content to look at. Currently, Concordia has a very sporadic spread of randomly placed art and historic pictures. We need to try and create a more collective and uniform artistic layout for everyone to enjoy. All that being said, we do have a few subtly placed pieces.

Our most vibrant installation at the moment, is the beloved buffalo. This colourful animal

can be spotted on the outdoor patio which is located on the west side of campus. The buffalo patio is a space which has frequently been used successfully for both beer gardens and barbecues. I'm fairly certain that this particular buffalo used to be one of several sculptures which at one time, were scattered all around the city. Each buffalo had been painted by a local artist, and each one had a particular theme. Our dear buffalo, who was once named Bentley by the student body, has seen better days. His color is starting to fade, and his base/legs have been damaged from excessive partying.

Since we are still on the west end of school, let's chat about another of Concordia's landmarks. There is a beautiful oil painting located just a few steps below the administrative offices in the older part of the building. This particular painting was given as a gift to our current President and Vice-Chancellor Dr. Gerald Krispin. It's a lovely illustration of the original front door to our university. The drawing itself is painted from the perspective of someone who is looking at the front door from somewhat of a side view, rather than from straight on. It really is a nice painting.

Concordia does have an interesting past, and we definitely have our fair share of old pictures hung up around school. One of my favorite original photos can be found in the hallway which connects the cafeteria to the science wing. It's an old picture of the Concordia men's basketball team from 1923. Other timeless pictures show past graduates, classrooms, professors, priests and staff members. A newer addition to the collection, is a large portrait of our school's chancellor, the Honourable Allan Wachowich.

Like most schools, our library has the most art to offer. Just a few weeks ago, our library had a few pieces showcased from a larger Edmonton based arts initiative. Several pieces of local art were put on display, including a handful of illustrations from local artist Jason Blower. In addition to this, large scale photos of our school were put up around the library, predominantly in the quiet study zone. These unique images, which focused on the building's architecture, had been taken by various Concordia students. This is a truly organic way of showcasing the talent which exists at our school. Running programs like this allows students to share their

## CAMPUS DISH

personal interpretations of the lively atmosphere around them each day at school. As a university, we should try to do a better job of sharing our student's talents in a circulating gallery or neutral space where everyone has the opportunity to submit extra curricular art. A platform like this would allow student to both share and enjoy paintings, photos, illustrations and poems at one time. This is a technique which is used at many campuses across the country. It's a great way of bringing a school closer together because it allows you to experience/establish a common connection through art.

If you are interested in the Edmonton art scene, then I would highly suggest checking out The Royal Bison Art & Craft Fair, happening December 2nd. This trade show has tons of Edmonton based talented individuals selling jewelry, wood work, apparel, leather goods, food, and pictures. It truly is a local collective, and you are sure to find something unique and one of a kind. I will see you there.

## EDMONTON: THEN AND NOW

by Allison Crawford

In 1911, Edmonton was a small city in the vast and newly minted country of Canada, compared to the other large and bustling cities out east like Montreal and Toronto. In 1911, the population of Edmonton was recorded to be 24,900 and in 2011, the population was recorded to be 812,201. The City of Edmonton has changed greatly in the past 100 years; recently in the last decade the city has begun to undergo a facelift of its downtown area, diversified its economy, and radically changed the Edmonton Transit System (ETS).

Edmonton's downtown core use to be bustling in the 1930s, 40s and 50s as seen in pictures from the city and provincial archives. However, with the construction and opening of West Edmonton Mall in 1981, and many businesses leaving downtown for cheaper office spaces it had become a relatively abandoned urban core in a city who had become increasingly car dependent. With constantly changing demographic trends, the revitalization of Edmonton's downtown core has always been a key topic for Edmonton's City Council. Over the past several years the downtown core has become more people friendly; the number of people inhabiting downtown has doubled from

6,175 in 2001 to 12,199 in 2012. With the increase of people living in downtown Edmonton, there has also been an increase in venues such as restaurants, and farmers markets like the Downtown City Market and Mother's Market. This increase in hospitality in the likes of entertainment and food have made the downtown scene in Edmonton more attractive to people of various ages. It is predicted that with the current interest in downtown there will be 19,000 residents living in the downtown core by the year 2024. With this continued interest and optimism, the downtown core continues to flourish with multiple skyscrapers beginning to take form, renovation and restoration of former buildings as well as the construction of more public spaces and pedestrian friendly zones.

The economy of the city has always been based on natural resources since its emergence as a trading post for the Hudson's Bay Company. Coal became a predominant economic commodity during the time from 1880s to the early 1940s. The shift from coal to oil came in 1947 when the first major oil discovery in Alberta occurred near the town of Leduc. With additional discoveries of oil reserves in central and northern Alberta, Edmonton became the predominant home to Alberta's oil industry. Edmonton is a city that still largely relies on the oil industry and the business that comes with it al-

though recently the city has been trying to diversify its economy in the forms of other entrepreneurial interests. For example, in 2009 the City of Edmonton invested millions of dollars into a paper-recycling company called Greys Paper Recycling. The company was based on making eco-friendly stationery from old office paper and clothing using no chemicals and less water than traditional paper mills. Just recently, the company filed for bankruptcy due to poor sales from the inadequacy of the products. The shift to diversify the Edmonton economy has not been swift but it also has not been a complete bust. This may be exemplified by how steady Edmonton's economy is currently even during the economic hardships that our province is facing. Our city is continuing to grow.

The ETS was founded in 1908, four years after Edmonton was founded as a city. Under the previously named Edmonton Radial Railway, streetcars were used to serve Edmonton and the surrounding communities from 1908 to 1951. Following the eventual discontinued service of the streetcars in 1951, Edmonton moved using the trolley bus system. In the 1990s to 2009, Edmonton was one of two cities in Canada to still operate trolley buses. Due to financial costs of upkeep, the City Council voted in favour to move to an all bus system and therefore ended the trolley system in May 2009.

## YEG LIFE

Since then, not much has changed in the terms of bus transportation by ETS besides new and more eco-friendly buses. There has been significant additions to the Light Rapid Transit rail line; expanding the existing Capital line to the southside of Edmonton and adding a new line called the Metro line to the north-central part of Edmonton. Fare prices for ETS has increased over the past several years from two dollars in 2007-2008 to currently three dollars and twenty-five cents. Over the years, ETS has continued to evolve and develop with the changing of times, and with the help from the City of Edmonton, it continues to evolve and develop the public transportation lines of the city for a more effective way to commute daily.

Edmonton is a city that is young and rich with history. It continues to grow, develop and modernize itself as one of Canada's top leading cities. As like other major metropolitan Canadian cities, Edmonton will continue to mature and sectors like downtown, the economy and public transportation will need to be constantly refreshed and revived to keep the past alive and the future rolling.



# WHO NEEDS FEMINISM?

by Taylor Jevning

Being a feminist on the internet in the twenty-first century is a feat in itself, but the questions that come after admitting that you're a feminist are something else entirely. I find it crazy that in a seemingly progressive world that there are still people who are afraid to admit that they agree with gender equality, and even more crazy that feminism is still stigmatized. Out of every argument I receive, the predominant one always goes along the lines of "In the modern world, women are basically considered equal, so who even needs feminism anymore?" and this is a completely valid question. To a person who doesn't spend every day fighting against gender inequality, it's normal to not even consider the discrimination faced by different genders, which begs the question: Who the hell needs feminism?

In short, my answer is: everybody.

Everybody can benefit from feminism, and I believe that comes from the root of the word. The biggest argu-

ment against feminism I hear is that it should be called egalitarianism instead of feminism, because that way, it would sound more "equal". This argument, unfortunately, doesn't make much sense. The reason feminism is called feminism is because it is the feminine qualities in people that get attacked, no matter what gender, race, or sexuality a person is. Feminism is the fight for everyone to display feminine characteristics no matter who they are, and the fight for the right to be feminine without discrimination. Therefore, feminism is for everybody.

Regardless of who a person is, they're likely going to be looked down upon for displaying feminine characteristics. Being quiet, dependent, emotional, and nurturing would be likely viewed as a weakness rather than a strength regardless of who you are. As a woman, a person could be pressured to fill these roles regardless of her personality, which could take away from her personal career and life goals and stereotype her. As a man, a person could be harassed and viewed as lesser for displaying these characteristics. Feminism works to remove the stigma around feminine characteristics to make being feminine easier for men, women,

and everyone in between. Feminism takes the pressure off women to be mothers and supports men who want to be fathers by fighting for things such as changing tables in men's bathrooms and supporting men who fight for custody of their children. Feminism takes the pressure off women to wear makeup and allows men the freedom to wear makeup. Feminism supports individuals in their interests regardless of who society expects them to be, and for a social movement, that is an incredible feat.

All of these things may be first-world issues, but feminism has an obvious role in lesser developed parts of the world as well. Breaking the traditional family structure is beneficial for everyone who feels forced into a traditional gender role. Feminism provides a support system for women in abusive situations, providing financial support for women who are not allowed an education and are forced to be dependent on husbands and fathers, and supports young girls who are raised in a society that expects them to grow up to be subservient to their family and husband. By discussing and raising awareness for women and girls in these situations, we're able to adequately formulate solutions to

# POLITICS

support people who cannot support themselves. Regardless of socioeconomic status, femininity should not be viewed as a negative, and feminism works to break this traditional view and support the choice of whether or not to be feminine.

Anyone who has feminine qualities needs feminism. The fact that some people are going to read this article and scoff, genuinely believing they have no feminine qualities (newsflash: you do) are the reason we need feminism. Feminine qualities are a part of human nature and nothing to be ashamed of, nor is the lack of feminine qualities. People have fought hard for the rights women and everyone with feminine qualities have today, both legally and socially, and to act like we would have the rights we do today without these people is ignorant. Feminism is for everyone, regardless of who you are and where you come from, and even if you choose to deny it, it will fight for you just as it always has.

# STUDENT SHOWCASE

# EXPLORING WORLDS: AN INTERVIEW WITH ALEX ROIHJERT

by Ian Lee

Alex Roihjert is a third-year Bachelor of Management student at Concordia University of Edmonton and an accomplished artist. He attributes his initial foray into art to the school curriculum in his home-country of

Sweden. There, students participated in hours of painting and crafts each day. It was not until Alex was 15, when he moved away to attend a prestigious hockey academy that he began to realize the profound influence that art had on his daily life; his new school did not incorporate art into the coursework.

Alex explains, "My first year there I racked up a bunch of penalties for reason unknown to myself. This was not normal for me. Luckily they had a mental health coach there and I started seeing him a couple times a week. The course-

work was different. There was a lot more math and there were no crafts or art or anything and I could not express myself creatively. [My coach] helped me get a canvas and some basic acrylic paint and told me to start painting as a therapeutic exercise, when I was done with a painting, he told me to paint another painting and then just wash it away. That canvas basically would just rot away because it got painted so much. But after that I got calmer; After that I realized that this was a part of me."

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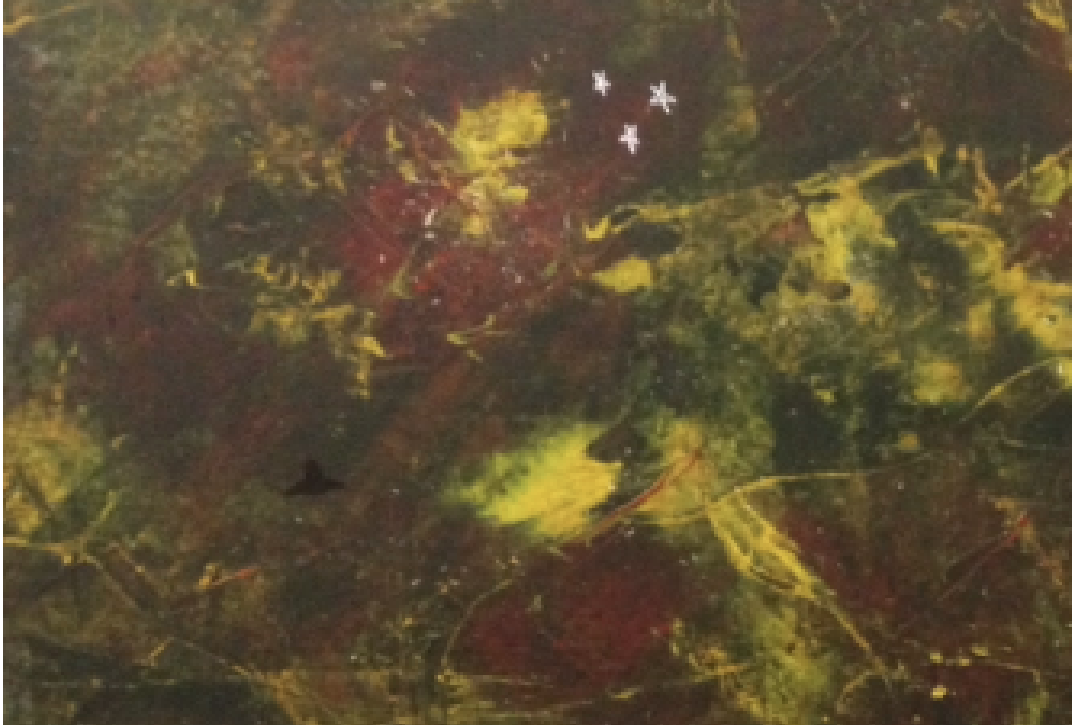
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After school Alex moved to California in the United States to continue playing hockey. While he was there he continued the practice that his former coach had started with him and began working daily on sketches.

"That was the first year that I was only playing

over ninety-percent of his 48 sketches sold at the exhibition, he was inspired: "I realized that people were interested and people liked what I was doing. So I told myself that next time I would start painting; I want express myself in another medium. Two years later I had a second exhibition: Another World. My paintings



hockey and I realized that that didn't fulfill the need in me and so I started doing the sketches on the side and that year I had 48 sketches."

Those 48 sketches would become the source for his debut exhibition My World in Stockholm. My World was meant to be an opportunity for Alex to share his art with his friends, family, and community, but when

did not go as well, partly because they were more expensive, but I realized that there was an interest. People came up to me and they wanted to see more. I still get emails from friends and family asking when is my next exhibition."

I asked him about the progression of his style and the difference between My World and Another World;

he had this to say:

"My World was just kind of letting people into my world and showing them that this is what I do every day. I don't normally show other people because I do it for me, but I wanted to share that with them. And then Another World, that is where I go a step further and say that I do

a sketch and then say, based on that sketch, I will do a painting and then keep the sketch for myself or do whatever with it. That is Another World. This is also where I started to play around with colours. Not

just a pencil with my sketches. I started using colors. I paint with acrylic paints. It is an oil water based painting.

Alex has never had any formal art training outside a few art workshops that he attended in Sweden where he was influenced by Swedish artists Jonno Jakobsson and Manfred Pepper. There he learned about Vedic Art. Vedic Art is

FUN AND GAMES



SHOW TIME!

Here's what's playing this week:

Doctor Strange  
PG

Miss Perigrine's Home  
for Peculiar Children  
14A

Trolls  
G

Arrival  
PG

Hacksaw Ridge  
14A

Inferno  
14A

Jack Reacher: Never Go  
Back  
14A

Keeping Up With the  
Joneses  
PG

Ouija: Origin of Evil  
14A

The Accountant  
14A



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SUDOKU

CROSSWORD

Across

- 1. Wristwatch info
- 5. Phonograph record
- 9. Lessen
- 14. Inspiration
- 15. Stench
- 16. Marine
- 17. Telegraph symbols (2 wds.)
- 19. Warble
- 20. Snooze
- 21. Audience member
- 23. Gambling cubes
- 26. Dusk, to a poet
- 27. Defunct USAF branch
- 30. Crows' calls
- 32. Traps
- 37. Poor me!
- 39. Permit
- 40. Skill
- 41. Shredded
- 42. Build
- 44. Mexican coin
- 45. Student doctor
- 47. Promissory note
- 48. Pronounce indistinctly
- 49. Wanted
- 50. Catches
- 52. Witness
- 53. Cauldron
- 55. Shakespearean King
- 57. Excessive emotion
- 62. Silly ones
- 66. Consumer
- 67. Made believe
- 70. Pseudonym
- 71. King's title
- 72. Actress \_\_\_\_ Moore
- 73. Brief
- 74. Cloth measure
- 75. Irritated state

Down

- 1. Robbins and Allen
- 2. Adored one
- 3. Nothing more than
- 4. Soothed
- 5. Trumpeter \_\_\_\_ Severinsen
- 6. Bride's response (2 wds.)
- 7. Soft drink
- 8. Mediterranean island
- 9. TV attachment
- 10. Rural building
- 11. Enthusiastic
- 12. Saga
- 13. She, in Nice
- 18. Long, narrative poem
- 22. Lab container (2 wds.)
- 24. Chart of days
- 25. Wide-spouted pitcher
- 27. Lustrous fabric
- 28. Solo
- 29. A la \_\_\_\_
- 31. Beer mug
- 33. "Heidi" setting
- 34. Film spools
- 35. Come afterward
- 36. Boutique
- 38. Kernel
- 43. West Virginia product
- 46. Opposite
- 51. Wise person
- 54. Drunk
- 56. Tears apart
- 57. Warmth
- 58. Connecticut university
- 59. Agitate
- 60. Afternoon parties
- 61. Opera solo
- 63. First garden
- 64. Highway vehicle
- 65. Rework proofs
- 68. Be mistaken
- 69. Senator \_\_\_\_ Kennedy



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THE NEW AND IMPROVED MACBOOK PRO

by Evan Hoogewoonink

On October 27th, 2016 Apple announced their newest reveal, the Macbook Pro. There have been many changes to this new device, since it's predecessor came out in 2015. Everything from screen display, thinness, the apple logo, and even a touch bar.

Unfortunately for consumers, the 13 inch, 2.7GHz processor, 128 gigabyte storage model starts at \$ 1,549. This price does not include the new touch feature, if you wanted touch the price increases to \$1,899. The 15 inch Macbook Pro is staring

at \$2,449 for the 2.2GHz processor, 256 gigabyte storage model, but with the touch feature? A staggering \$2,999. Next up is the weight and thinness of the laptop. The 13 inch model is 14.9mm thin, (17% thinner than that of the previous generation), weighing half a pound less than the last generation. The 15 inch model is 15.5mm thin, (20% less in volume than that of the last generation). It weighs only 4 pounds, which is very light for a 15 inch laptop. As for the Apple logo, on the new Macbook Pros it no longer lights up. Apple has replaced the old logo with a metal Apple on the casing. The 13 inch Macbook Air is now the last MacBook to have a light-up logo, along with the still-available 2015 MacBook Pro. As for the most dra-

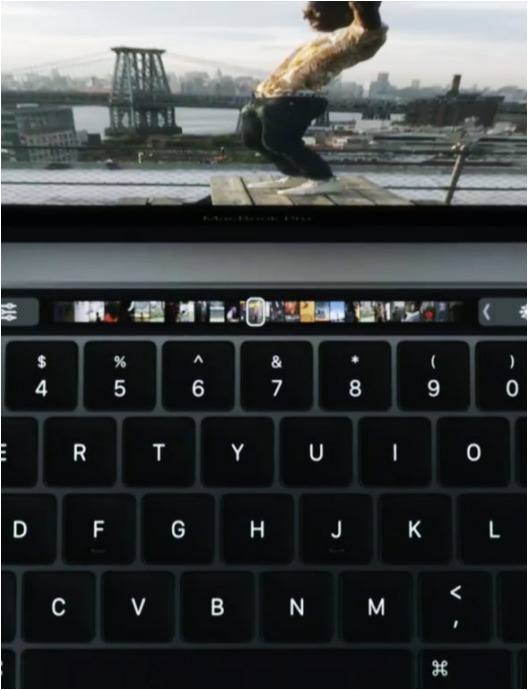
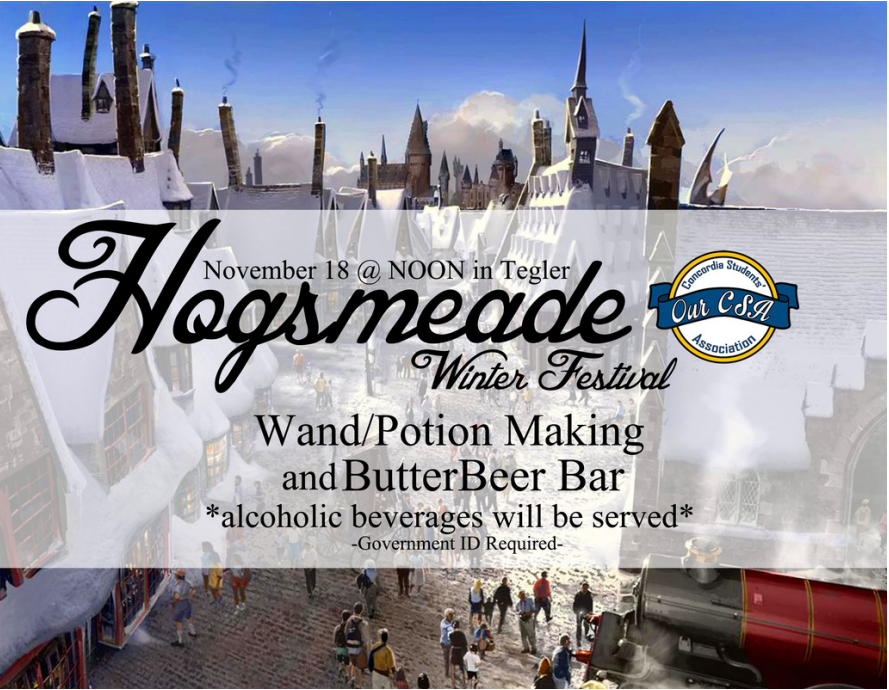
matic of changes, Apple has taken a huge step on this next detail, their first ever touch bar. It's a customizable strip-screen that allows for slicker control to certain apps and software such as photo editing or iMovie. The touch bar also has touch ID, similar to your iPhone.

Now onto the specs, Apple has improved the displays on both new Macbook Pro models, making them 67% brighter. They also have 67% higher contrast ratio and display 25% more colour than the previous generation. Apple has claimed that the speakers have twice the dynamic range of audio in comparison to their last generation. That means that this Macbook can play up to 58% louder and has up to 2.5x louder bass.

TECHNOLOGY

Compared to the older Macbook, this new one is going to have 130% faster graphics, up to 3.8GHz turbo processing, and up to 10 hours of battery life. The new Macbook Pro also has an up to 2x larger trackpad than the older one and has 4x more key stability.

Even with all of these new features, some are left disappointed, hoping for a touchscreen display. The features do undoubtedly sound great, but it's up to you, the consumer, to decide if they're worth their hefty price tag.



a modern style of art developed by Swedish artist Curt Källman in 1988. His method was inspired by certain Indian philosophies and the teachings of his mentor Maharishi Mahesh Yogi. One of the guiding principles of Vedic art is that each canvas already contains a great work of art; it is simply the job of the artist to reveal it. These ideas are present in many of the new pieces that Alex has created. He talks of his painting Invasion:

"I still use the same technique that I was taught for therapy. Because I still do paint for myself but let people in too. Before would paint for myself and not tell anyone but now when I am done with that feeling or expression I can hand it off to someone. [In Invasion] what you see is a mountain chain. These are actually thick layers of black paint that I put on as a first layer. Then I put six or seven layers on top of that; scratching off paint and putting on paint... I put the underlying mountain chain in the background knowing that at the end I want this to become a

mountain chain, but on top of that I painted my feelings and emotions, and things that I needed to get out. And then at the end I painted something on top of it. It is kind of a chaotic thing where I do not know exactly where it is going at the beginning."

It has been over a year since Another World and Alex has designs on a third exhibition and he is eagerly finding inspiration for more paintings. He explains that he gets most of his inspiration from his family and friends here in Canada and at home in Sweden, he continues, "it is good for me to look around here and say, 'how can I get the same inspiration from the things around here that I do from back home?' Even in the river valley. I go for walks there occasionally... for an hour or two and just soak in the nature."

"When I have these exhibitions- because I paint an idea in my head, or an inspiration, or feeling, but when I exhibit it I get people coming viewing it who do not know my background and my influences which have

shaped me into who I am now and what led me to create this, and they will come in and look at it with their influences and their views. I love listening to other people talk about my art and what it means to them because that means that my painting... instead of having one story, I could exhibit it and if I had 150 guests it would then have 150 stories."

This was really exemplified by his experience with his painting Earth Landing: It [Earth Landing] kind of plays with this idea that are we alone in the universe or not and there is also this conspiracy theory that people talk about the moon landing, is it real or not. So this kind of plays a little on some of those aspects. I had some people see it and say, 'oh yeah this is NASA landing but they really did it on earth in the arctic somewhere.' And someone else said, 'Oh-no, this is aliens that have landed on earth and now they have said this is ours now, and have planted a flag on it.' This is one of the really cool things that has pushed me in wanting to move from having this as just a hobby to more of a profession."

I tried to get a glimpse of what his next "world" might look like for his third exhibition and what kind of style that he

hopes to develop for it.

He replied, "I will always paint in that therapeutic way [that I learned], in that I just paint over and over. Most of my paintings have seven or eight paintings behind them but I am the only one who knows that. It is me letting go of not just one but nine paintings. It is very liberating to be able to do that because I attach a lot of feelings in my paintings and the person getting the painting doesn't see that unless we have a conversation about it. It is really nice to get rid of those feelings... [but] the direction that I want to take with my next exhibition is that I want to do more of the same kind of paintings. Bigger paintings, landscape paintings with the abstract layers and these little figures"

Keep an eye out in 2017 for Alex Roihjert and his exciting creations. If you want to see more of Alex's art or learn more about Vedic art and the other artists that have inspired Alex, feel free to check out their galleries and instagram accounts.

alexroi hjert.format.com  
jonna.format.com/om-jonna  
vedicart.com/  
manfredpepper.skaparladan.se/ManfredPepper.html





## WHY I LOVE THE WORLD

by Kayle Sieben

It's all too easy to get caught up in the whirlwind of fear-mongering and dreadful outlooks within this world. It's easy to look up and be blinded by darkness, the negatives seem to carry more weight than positives throughout the world. Seemingly no one is concerned with good news. Almost like "you're doing well? Well, no one cares, we've got our own problems." I can't argue the logic of this argument, because it holds true in most accounts. Every country has their own issues; every province, city, neighbourhood, household, and individual.

Stress and negative circumstances are seemingly omnipresent, but it's our attitudes towards them that makes

it seem so perpetual. As an individual who felt cursed with depression for an extended period of my life, it's all too real.

I've stated in previous articles the immense changes I've made in my life to extend the positive circumstances and take control of what I could in life. Yet, even though I've battled my way out I find myself susceptible to dwelling on negatives. It takes constant work and reminders to continue to remain positive and optimistic.

Here's the cool thing. Despite what we're led to believe by flashy news headlines or what ideals we're fed by politicians, humans are absolutely incredible.

In spite of having the cards stacked against the majority (irony at its finest), civilization continues to solve problem after problem no matter what obstacles stand in our way. Whether we

realize it or not, society has advanced immensely over recent decades.

Right now the world is turning itself upside down over the victory of Donald Trump, but there's one thing everyone seems to forget; we drive the ship, politicians merely steer it. No matter what they say or do, we hold the power, even though it doesn't really feel that way sometimes. Let's look at a few examples.

Renewable energy has been in the hot seat in recent years, with incredible pushback from the fossil fuel industry. Of course they don't want to see renewables in the forefront of our energy production, because then they lose. The oil and gas industry rakes in trillions of dollars annually worldwide. For them to fathom the idea of a steady decline in profits is a nightmare. Yet, despite the fear mongering, despite attempting to

## FROM THE EDITOR

polarize the populous to protest the idea of renewable energy (especially here in Alberta), renewable energy is slowly taking over. Solar and wind energy costs have dropped exponentially, while also becoming increasingly more efficient. Costa Rica, Norway, Iceland, and Ethiopia are prime examples of just how far renewable energy has come. Costa Rica operates from 100% renewable energy, and Norway, Iceland, and Ethiopia are close behind at approximately 99%. The movement is happening, and it's happening fast. It should almost be a crime to push for fossil fuels to be the dominant energy source at this point!



## ENTERTAINMENT

## WHAT IS ENTERTAINMENT?

by Ester Latifi

As a formerly homeschooled student, you could say that I did fit in more than a few of the "geeky kid" stereotypes. For example, yes, Anne of Green Gables was my favourite book and movie for a long time (my thirteen-year-old self used to have a pretty big crush on the character of Gilbert Blythe). Yes, I listened to classical music—I still do. Field trips meant that my family would occasionally make a day trip to the Telus World of Science or an excursion to Drumheller so that my mum could make my siblings and I write a report on dinosaurs. Also, I've been reading Dickens and Austen and Shakespeare's works since I was in grade seven because my parents chose to use a curriculum that encouraged such readings in the relatively earlier stages of learning.

With that said, I've been thinking a lot about how I was educated in comparison with what sorts of movies, music, and books I choose to indulge in today. Did the curriculum my mum picked out for me influence what kinds of things I like or dis-

like today? I think so.

I've always gravitated towards classic literature (Jane Austen is the bomb) and older music—I own at least 25 vinyl records that are strictly classical/baroque—and as far as Shakespeare goes, I've never had issues reading his unabridged plays because of how I was trained. I'm not saying that I'm smarter than the average person by any means; I just want to assert that a person's background regarding education plays a massive role in what sorts of entertainment pique that person's interest. Adding to that, I was never formally trained in politics or social studies, so my knowledge of those subjects, as well as my interest level in them, is pretty limited. I don't usually read books that have strong political themes because I simply cannot understand them. Knowledge cannot stem from ignorance.

On the other hand, one of my friends grew up reading more contemporary things and listening to more mainstream music. She was very involved in extracurricular activities, such as dance and theatre, while I was not. I don't think that this is necessarily better or worse than how I was taught and raised, but her education in a school that was decidedly focused on the arts is the reason that she is involved in theatre and

dance even while sticking to a busy university schedule. She has an appreciation for the forms of entertainment that I was unable to develop to the same extent. Alternatively, my fascination with Beethoven and Pride and Prejudice is something she can't relate to, as she was never given the opportunity to explore those as extensively as I did.

It's dawned on me lately that most of the time, a person's entertainment preferences run a little deeper than just taking a casual interest in The Chronicles of Narnia. The chances are that if you grew up with your mum reading you the Harry Potter books, you'd appreciate them as an adult. This isn't to suggest that people who don't grow up with certain forms of entertainment are unable to enjoy them—just that those people might not hold them with the same regard as someone else who did grow up with them.

While I've certainly grown beyond my awk-

ward homeschool stage and branched off from the geeky thirteen-year-old I once was, parts of my childhood have stuck with me. For instance, I'll always opt for Bach's Goldberg Variations when I don't know what else to listen to. I still prefer to sit at home on a Friday night and read a poetry anthology as opposed to going out and singing karaoke with friends. My point is that the way you're trained will set the stage for the entertainment that you find enjoyable; we're all raised differently, and that plays into what we choose to enjoy. That said, next time your friend recommends a song that you end up hating, don't tell them that their taste in music sucks because it's just different from yours. We won't all like the same things, and that's okay!





## STUDENT DEBT — HOW TRUDEAU PLANS TO HELP

by Emily Robbins

Sometimes it feels like we're constantly stuck in quicksand as students, for those of us having to pay tuition costs and living expenses, debt is all too familiar. The most logical way to avoid debt would be to work as much as possible in order to pay it off, but as a student, working means falling behind in studies, assignments and school in general. Everything seems like a lose-lose situation, but in reality, there are many ways to budget in order to help you pay off any debts you have once you've graduated.

According to Statistics Canada, the average debt of a student after graduating is upwards of \$25,000. That is a lot of money considering the fact that the average yearly income for a stu-

dent graduating out of university is usually less than \$50,000 (considering their career path and degree). In May 2016, the Liberal Government under the leadership of Prime Minister Justin Trudeau implemented a change in the financial aid system. In the proposed change, Trudeau suggested a way that low income students (such as current full time students with or without work) could avoid paying back their student loans until they are making over \$25,000 a year. The government also plans to provide 50% more to government grants for students. One of the major down sides, though, especially for undergraduates, is the plan to exempt the tax credit that we gain at the end of each year, which could also cause some students to lose thousands of dollars a year in tax credits. Not only will this plan help students still in their programs, but it will also eventually help graduated students find a job through a program that will match postsecondary institutions with companies that are provid-

ing paid co-op programs in order to increase the chances of a well paying job for students in their field straight out of university.

Since the plan was only implemented in May of this year, it will be years before it is in full effect and fully benefitting students in the postsecondary system. Currently, there are a number of options open to students in order to help pay off their student loans and debts. One of the best options, which are also offered at Concordia University of Edmonton are student bursaries. Student Bursaries are (for the most part) locally funded financial awards that are provided to students in order to help assist with the costs of university. They are dependent on the individual student's financial need, academic eligibility, and sometimes cultural or educational background. For example, Concordia offers a number of student bursaries that range from awards based on a student's GPA, to students of a certain degree (such as students in the management program over the arts and sciences or vice versa). The most desirable aspect of the student bursary award, especially for students that are struggling to pay back student loans, is the fact that you do not need to pay back the money that you are awarded with. Student

## BUSINESS

bursaries, depending on the ones you apply for, range from \$200 to \$2000. Of course, there are other awards, such as scholarships that are offered to students solely based on their academics, which are also available to apply for on the Concordia website.

Other good options that should always come into play is personal budgets on spending the money that you do have, planning for up and coming expenses, and saving any extra cash that you can in order to maintain some sort of backup in case of emergencies. Students should also pay attention to their student emails that they receive, which sometimes may include information on financial assistance provided on behalf of the school or it's affiliated partners. The stress of student debt may sometimes feel like it will never end, but by seeking out more information, not only from the province or government's perspective, but also right in your very own university, you may be able to find ways to help relieve some of the student loan stress quicker than you think.



Speaking of crime, the rates of crime have gone down immensely over recent decades. Despite news sources glorifying every incident and promoting fear, this country has gotten much safer for us to live. Crime rates in Canada peaked in the early 90's and have steadily declined since then, in all areas. Even homicide, which has coined the nickname Deadmonton for our dear city, has been on the decline. It's the fact that murder is now sensationalized that it appears to be on the rise.

We're staying alive, which is wonderful! In fact, life expectancy has risen a full decade since 1960 from 71 years to 81. Why? Well, it's not because of our Prime Ministers and politicians. It's because of individuals dedicating their lives to research, medicine, and serving the people. Advances in medicine have allowed people to go from being diagnosed with a sure death sentence, to being able to overcome that illness to live a full and rich life. I've seen firsthand in my own family, three of my grandparents overcoming cancer, and right now the fourth is currently mid-battle. Instead of feeling helpless, he's staying positive and is still hungry to stay alive. There is enough evidence around me to prove

that he can make it.

Despite this, I felt the need to express my feelings to him and let him know exactly how I felt about him and how he positively impacted my life. What an amazing feat, being able to express ourselves in any way we want. Freedom of expression is what I call the mixture of free speech and the ability to not be ostracized for unpopular expression of our feelings and emotions. 50 years ago, a gay man expressing his love for another was seemingly unfathomable, and in 2016 we had our Prime Minister marching in the Pride Parade. This wasn't because of politicians, this was because of the people pushing for gay rights. No matter what ideology, religion, sex, or race you are free to express yourself. This isn't to say there may not be backlash, but you are free to express it regardless.

We must keep in mind that everyone is entitled to having an opinion, even if it differs from the cultural norm (keep this in mind when trampling Trump supporters). Not everyone who has a differing opinion is a bigot. Opposing views, even when unpopular, are what drive humanity forward. When we use this freedom of expression to have constructive, balanced discus-

sion from both ends of the spectrum we can incorporate ideas from all walks of life. When we obtain this, humanity wins. When we silence opposing views and ridicule anyone who doesn't think in line with us, we're taking a step backwards.

The goal of multiculturalism is to incorporate these ideals and have balanced, well-thought out discussion. Having a fully multicultural society won't happen overnight; we can't force the hand of nature. However, we notice in Canada a distinct shift in the classic "rich white man" politics to a seemingly more welcoming, diverse group of politicians. Our attitude as a whole has shifted immensely from that of the days of old. We'll always be a bit uncomfortable when new ideals and situations are forced upon us, but as they say "life happens at the end of your comfort zone." If our generation wants to have a positive impact we need embrace our new brethren from all walks of life.

I had a moment the other day at a Remembrance Day ceremony. I'm doing my practicum at an inner city school which has a large population of immigrant families. Some parents can barely speak English, but they brought

their families to Canada for a better future. These parents showed up to our celebration in waves, and showed an incredible amount of pride for our forefathers and our country. I shook hands with a father of one of my students; he could barely comprehend what I was saying, and had very limited English, but he had a poppy over his heart and he sang O' Canada loud and proud. It was a rather sentimental moment in my mind, because nothing makes me happier than seeing these individuals not only embrace Canada as home while feeling welcome, but to take pride in their new home.

The politicians steer the ship, we drive it. I'm proud to be Canadian and I'm proud to dedicate my life to making this country and this world a better place. No matter what our government spews out, it's dependent on us, the populous, to make real change.

Remember these points next time you feel overwhelmed by negativity. The world is a beautiful place, it just doesn't always seem that way. Together, we can continue to move forward and advance as a society to perpetuate these sensations of righteousness. These reasons and more are why I love this world.





PAINTING BY ALEXANDER ROIHJERT

## JUPITER

Waltz through the galaxy;  
 Float across the sky.  
 Wave to the constellations  
 As you pass them by.  
 Be one with the clouds  
 With your feet on the ground;  
 Befriend Zeus and Hera  
 If they are around.  
 Swim through the Milky Way,  
 Your eyes wide and wild;  
 Don't fight the urge  
 To wake your inner child.  
 Life is so beautiful  
 When you stop to dream  
 Things don't have to be  
 The way that they seem.

ESTER LATIFI

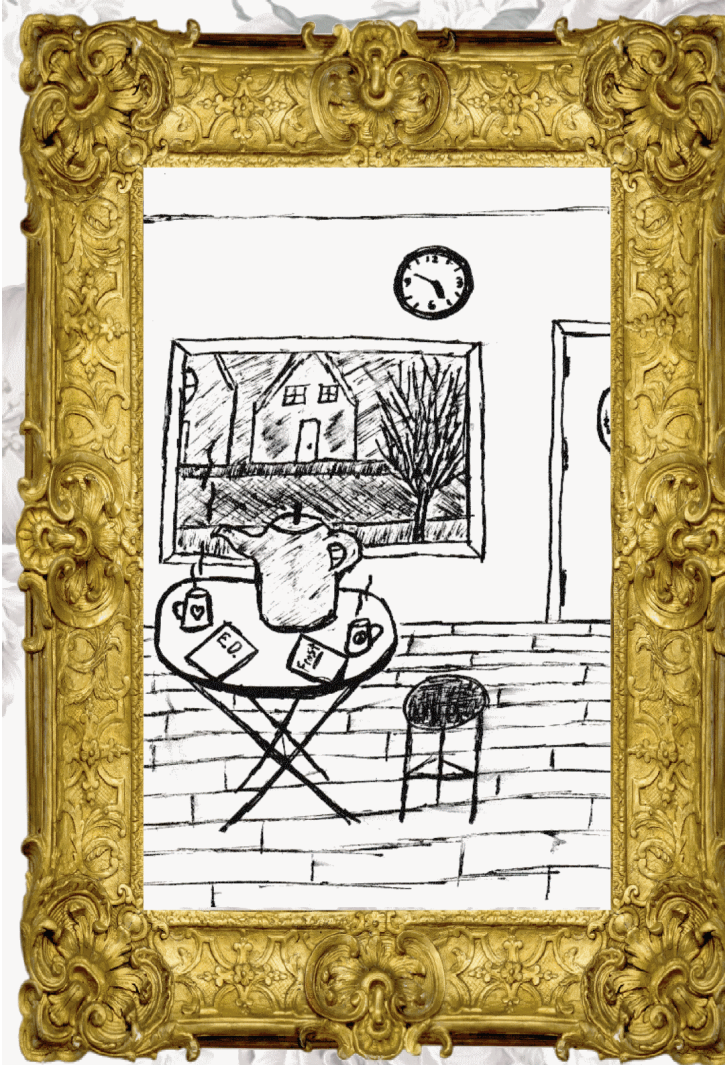
## TOUT LE MONDE

We're all connected  
 We all keep our hearts protected  
 wear our feelings on our sleeve  
 dedicate lives to what we believe  
 Is true love something divine?  
 Is it something I can grasp,  
 and state firmly "this is mine?"  
 Or is love something abstract?  
 In times of despair we retract  
 to keep ourselves in tact  
 We write people off  
 and never look back

KAYLE SIEBEN



PAINTING BY  
 ALEXANDER ROIHJERT



DRAWING AND POEM  
 BY KOHAN EYBERGEN

## A WINTER'S SEIGE

Do you remember December's foggy freeze?  
 How the black ice brought you to your knees?  
 The trees shiver in the streets so bare,  
 Your breath the cold air does ensnare.

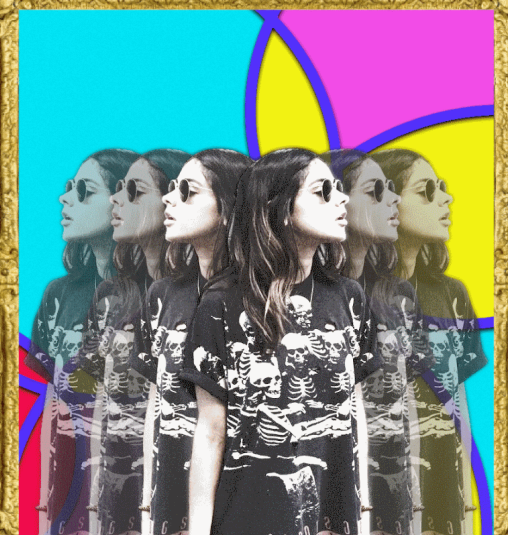
A chill finds it's way from foot through spine,  
 Halos of light shine around streetlamps in line.  
 The frost runs deep, as do roots of trees,  
 A cold so thick it makes one sneeze.

Dry air rakes your skin, lips crack and bleed,  
 Frigid wind mocks you and the warmth you need.  
 In spite of the cold the river flows bravely on,  
 And the Bluejay sings a hopeful song

Winter's harsh bite bearable by remembering warm breezes of spring,  
 And withstanding his strong siege to hear the robins sing.



DESIGN BY KAYLE SIEBEN



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