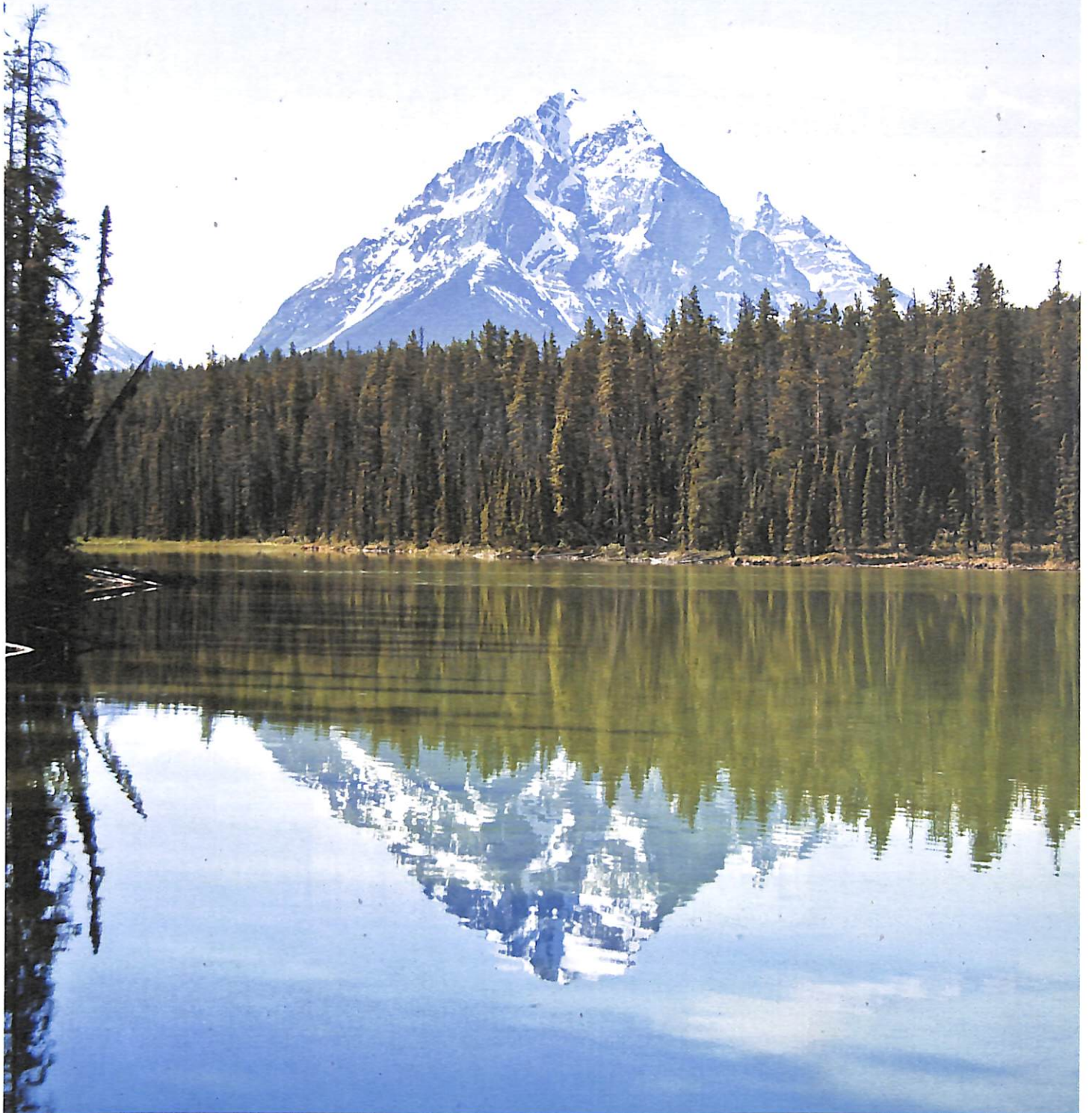


B&W

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COVER ART BY SARAH GALE



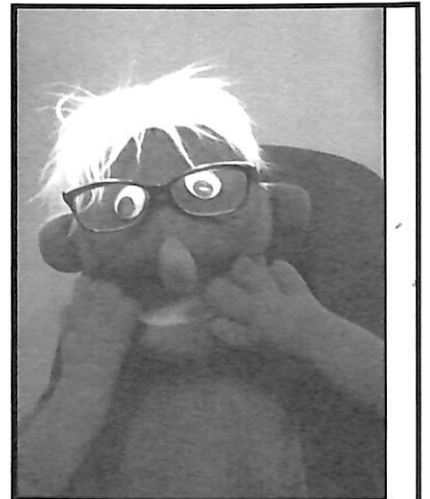
TREE OF ACADEMIA BY JOEL KJEARSGAARD



EDITOR-IN-CHIEF
BRITTNI
CAREY



STORY EDITOR
GRACE
BOX



LAYOUT EDITOR
ALEXANDRA
BENNETT



THE BLUE & WHITE EXTENDS AN APOLOGY TO THE CSA FOR PRINTING AN ARTICLE IN THE PREVIOUS ISSUE ("PONDERINGS OF A PAST PRESIDENT"). THOUGH THE BLUE & WHITE SUPPORTS FREE SPEECH AND OPPOSES CENSORSHIP, WE DO NOT WISH TO DO SO AT THE EXPENSE OF OTHERS' REPUTATIONS. IF YOU WERE AFFECTED BY THE ARTICLE IN QUESTION, PLEASE CONTACT BW.CONCORDIA@GMAIL.COM OR THE APPROPRIATE MEMBER OF THE CSA

STUDENTS AT CONCORDIA ROCK: JOSH GILLINGHAM

BY SARA CAMPOS-SILVIUS

Concordia is home to an array of talented students - artists, writers, musicians, actors, scientists, etc. Josh Gillingham is a 3rd-year Concordia undergrad who plays guitar, sings, and writes his own music - an exciting blend of blues, pop, and folk. He also is a co-founder of Lovglobal, the student group committed to creating positive social change as well as inspiring and empowering students to take effective, compassionate

action in response to the injustices of the world such as poverty. Have a listen to the Gillingham groove - you won't be disappointed. His next gig is March 20th at 7 pm at Cafe Haven in Sherwood Park.

<http://www.joshuagillingham.com/>
Search Joshua Gillingham (Musician/band) on Facebook

DREAM JOBS MAY BE WHERE YOU LEAST EXPECT THEM!

BY ALLISON COMPTON

With graduation fast approaching, my Education classmates are, to put it mildly, generally flustered. The process of keeping up with school work and preparing applications for teaching positions is no easy task. Also, it's a bit of a sobering fact that the people we've spent two years building bonds and friendships with are now people who we are competing against for employment. Not to mention the recent budget announcement from the government of Alberta. This got me

thinking about all the ways I can use my degree besides as the obvious classroom teacher.

- My dream job is to work for UNESCO. I want to help improve teaching and education throughout the world
- Places hire people with B.Ed degrees to edit educational textbooks for developmental appropriateness and content accuracy.
- Companies hire people with B.Ed degrees to create materials for, run

their training programs, and assess their employees.

- Museums, art galleries, and places such as the Telus World of Science need teachers to help run education programs for field trip groups.

Not only does this lesson apply to education students. I think that if you think outside of the box, your degree has many more possibilities that they once believed. So do your research, your dream job may be where you least expected it.



ON THE INSIDE: A RESPONSE TO "PONDERINGS OF A PAST PRESIDENT" BY BRITTNI CAREY

In an article printed in the previous issue of the B&W, Quinn Moerike presents us with a student body furious with an apathetic student government. I find this to be an unfounded picture for two reasons: first, many students here don't know what the CSA is, and those that do have most likely never taken their issues to the CSA office in person; secondly, the members of your student government are some of the most approachable, hardworking people I know.

Take Kyle Lim, for instance. He's your VP Internal. We share an office, and I swear that within the span of an hour at least three

people come looking for Kyle with something or other. He is receptive to suggestions and maintains an open line of communication, while keeping up with a full course load in his last year of study. I'm not getting all sentimental in order to win your sympathy, but to remind you that CSA members are not treating this job lightly. They want to hear your concerns, and often times have to put up with a lot from people who would rather attack their efforts than work together with them to make this school better. Maybe you think you could do better than members of the CSA; but they are the ones who are actually

dedicating their time and effort. And I'm not denying that issues come up, conflicts arise, mistakes happen; that is normal in any community. What I'm trying to say is that, in order for the CSA to function to its fullest potential, effort must be put in from the students as well as their representatives. More can be accomplished if concerns are voiced, in person, before a decision is made, rather than critiquing the outcome. Working and communicating with your CSA representative in a professional and respectful way can only have a positive outcome for the school. Remember, they are students, too.

NUCLEAR DISARMAMENT IS EVERYBODY'S PROBLEM BY MARINA HUTTON (VP MODEL UN)

Nuclear disarmament is a threat to humanity, but with international cooperation, it is possible. "Global Peace and Nuclear Disarmament" was the topic of this year's Model United Nations. The conference opened with Honourable Douglas Roche, former Senator and Ambassador of Disarmament for Canada, speaking about nuclear disarmament, the threat it poses, as well as action that has been taken to decrease nuclear weapon production. He made a good point about how we, the youth, now have the opportunity to actively participate in making the world a better place. The amount of communication technology available today is making the world increasingly interconnected, enabling us to spread our ideas, viewpoints, and gather people of similar views to take collective action. Douglas Roche stressed the effect we can have on the world; our generation has the potential to ultimately stop nuclear weapon proliferation.

At the conference Concordia, alongside several other universities, debated this issue from the perspective of various countries; our club members represented Great Britain, India, New Zealand and South Africa. Representatives of each country wrote a resolution proposing steps to obtain "Global Peace and Nuclear Disarmament". Through the Model UN we were able to see

the amount of effort and cooperation it takes to pass resolutions in the UN, and that cooperation is essential to productivity. For the first time in Concordia's history, all of our delegations passed their resolutions, which is done by convincing two-thirds of all countries at the conference to vote in favour of the resolution. Some highlights include South Africa obtaining the most votes (27) of any resolution, India overcoming a large deficit in order to get their resolution passed, and club President, Brock Hamley, winning best speech. When asked about his thoughts on the conference Brock said, "This was a tremendous year for Concordia's Model UN; it is extremely difficult to pass a resolution at any conference and yet all our delegates managed to pass their resolutions. It is really a testament to our bright and hard working members." Dr. Elizabeth Smythe reiterated Brock's comments: "I was very pleased at the hard work and serious effort our students put into debating such an important issue as peace and nuclear disarmament. The students were very determined to build support for the resolutions for the four countries they represented. That was reflected in the fact that all four of their resolutions passed."

"Nuclear weapons and human rights cannot co-exist."— Douglas Roche

MARCH 21: INTERNATIONAL DAY TO END RACISM

BY SARAH CAMPOS-SILVIUS

March 21 is designated by the United Nations as the International Day for the Elimination of Racial Discrimination. Some have dubbed Toronto the most culturally diverse city in the world. How does Edmonton compare in terms of diversity? Do YOU know? (Source: Statistics Canada. 2007. 2006 Community Profiles.)

1. The city of Edmonton has a population of over _____.

- a. 700,000
- b. 850,000
- c. 1,200,500

2. Of this population, visible minorities number approximately:

- a. 100,000
- b. 165,000
- c. 250,000

3. People of which cultural heritage make up most of the visible minority community in Edmonton?

- a. Latin-Americans
- b. South Asians
- c. Chinese

4. English and French are Canada's official languages. Around how many Edmontonians do not usually speak either official language in their home?

- a. 92,000
- b. 50,000
- c. 77,000

Answer key: 1 a - 2 - b 3 - c 4 - a

Now that you know some facts about cultural diversity in Edmonton, I hope March 21 will be a day for you to reflect on your own experiences with multiculturalism and celebrate the diversity we share in Canada.

COFFEE IS MY HERO!

BY ALLISON COMPTON

Like a majority of university students, I enjoy a hot cup of coffee in the morning. It's practically a staple of a university student's diet, and many people feel they can't function without it and have the "don't mess with me I haven't had my cup of coffee" face. Have you ever wondered what the effect all that coffee has on the body? Is it harmful? Is it beneficial? Coffee has helped me through some late nights plugging away at assignments, kept me alert during lectures, and in general, a nice cup of coffee can brighten the worst of days.

SOME BENEFITS OF CAFFEINE:

A moderate amount of caffeine consumption can have beneficial effects. The main ingredient in coffee is caffeine. Caffeine gives you

that jolt and wide awake feeling because it injects, adrenalin into the blood stream. It helps you feel alert.

Caffeine has also been found to provide the following health benefits:

- * Increases metabolism by breaking down fat, freeing fatty acids and forcing the body to metabolize them.
- * Increases mental alertness and processing speed.
- * Keeps asthma symptoms under control.
- * On average people only consume one third of the fibre they should. Coffee helps keep people regular and decreases instances of colon cancer.

THE DOWNSIDE OF CAFFEINE:

Overall, your coffee intake is not excessive if you have three cups or fewer per day. Caffeine does not become a problem until you start ingesting it in excess. As your body develops tolerance to caffeine, it becomes addicted to it. The symptoms of drinking too much caffeine and the symptoms for caffeine withdrawal are very similar.

- * Restlessness
- * Irritability
- * Anxiety
- * Heartburn
- * Headaches (sometimes severe)
- * Sleeplessness
- * Rapid heartbeat

The key is moderation.

THE RESULTS ARE IN FOR THE BLUE & WHITE'S FIRST EVER POETRY CONTEST!

The Blue & White is excited to present the results of the poetry contest. Thank you to everyone who submitted their poetry. A big thank you to Lisa Martin-DeMoor for adjudicating the entries. Without further ado, here are the winning entries:

FIRST PLACE - AN ODE TO SARCASM A POEM ILLUSTRATING THE USE (AND ABUSE) OF EXAGGERATION BY NATHAN BELZIL

Think of me not as a phrase so verbally agnostic
Or even as something linguistically toxic
Unless results yield naught 'cept misery and woe,
Refrain from speaking! In case you bestow
A minor example of complete disregard
That forces one's mind to declare "en guard"
When faced by the one who would kindly besmirch
The name and true nature of language's lurch
Towards the abyss to be quickly expunged

Expelled and destroyed as grammatical grunge.
They say that which others dare not declare
The right of expression, one's "laissez-faire"
Even if it comes off as a statement unkempt
It serves none but the strange, the socially inept.
But wait; there cannot be nothing but dread.
Let a solution for the felonious and pious be said,
Lest oral anarchy wins and we all lose our heads.

SECOND PLACE - ONE HORN BY BAILEY MAGAS

There's only one to be seen
With locks of beauty, it makes its way through the
world unnoticed.
Nothing is more shameful.
Hope is renewed in one,
For this it, and this it only, is able.
Wonder of the unknown is paralyzing
Slowly running until stepping is no longer possible.
Could it be?

One's heart light is symmetrical to the sparkling it's
eye.
Magic of the soul is braided between the two.
Only few find this.
Nothing is more possible.
Naked eyes, with hollow hearts will always be blind to
this connection,
But if senses are in full bright, you can see them ride
the setting sun,
Both with eyes of the prior nights stars.

THIRD PLACE - THE WAR CHILDREN

BY NADINE ELMASRI

We are the war children,
The ones you never knew,
And you know the reason:
We died before we grew.

We are the war children,
The ones you'll never see,
Who will never be mourned,
Because you killed our families.

We lay in our coffins,
Concrete from wall to wall,
A 2 by 3 box,
Because we died very small.

We don't know why we're in here,
The reason is unknown,
But we know we don't deserve this,
It's cold and we're alone.

Those of us with coffins,
We're the lucky ones though,
Some of us weren't buried,
They couldn't find our broken bones.

Some of us were crushed,
Beneath the buildings that fell down,
In too many pieces,
To be picked up off the ground.

So they left us there,
And no one ever knew,
No one ever claimed us,
Because our parents are dead too.

Whether we're in pieces,
Or placed neatly in a box,
Doesn't change the fact,
That you left us here to rot.

So next time just think,
Before you wage war,
Regardless of what you lose,
The war children lose more...

We are the war children,
The one's you'll never see,
No life, no home, no parents,
Just death, no memory...

THINGS YOU SHOULD KNOW ABOUT:

INTRAMURAL CLUB PRESENTS:

Dodgeball night: March 22, 8:30 - 10:30 p.m.

Concordia High School Gym

Free Event!

All students, faculty, staff, and fiends welcome!

Looking for Lenten devotions?
Check out: www.lentendevotions.net

The B&W is now accepting applications for the
2012 staff!

- * Editor-in-Chief
- * Story Editor
- * Layout Editor
- * Contract Writers

email bw.concordia@gmail.com for mor information

CONCORDIA SCIENCE WEEK

MARCH 14 - 18

MONDAY MARCH 14: COME CELEBRATE PI DAY WITH A PIECE OF PIE!

DR WOLLARD'S PRESENTATION - TEGLER
1:15 P.M.

TUESDAY MARCH 15: DOREEN KOOY PRESENTS APPLYING TO MEDECINE, GRAD SCHOOL, AND SCIENCE JOBS. AND RESUME CRITIQUE - TEGLER 10 A.M. - 12P.M. AND 1 - 3 P.M.

WEDNESDAY MARCH 16: TELUS PRESENTATION

FRIDAY MARCH 18: FACULTY MIXER - HA 301 - 3P.M. - 5 P.M.

BREWERY TOUR LEAVES 5:30 P.M. TICKETS JUST \$20!



Have an issue?

Lately I have realized that more and more students are complaining about the activities (or lack thereof) on campus. Those of you who have attended Concordia in previous years will recall a greater number of events ON campus. There used to be cupcake and ice cream sales, dodgeball tournaments (actually taking place in Tegler), and inflatable bouncy mazes among other events. My first question was 'why did these events discontinue?' But then I realized that there are many other events that happen and it is up to us to get involved. People that complain about Concordia are lacking the drive to get involved, are uninterested in participating, or are simply unaware.

You always hear that your post-secondary years are the 'time of your life' but I never really realized it until lately. My years at Concordia have had many ups-and-downs, but I have had a fantastic time. I was encouraged to get involved in the 'university life' and make mistakes. You have to realize that YOU are the one that needs to put forth the effort and make the best of your life and your time at school. Stop complaining and participate.

~Jenn Kruse

SOMETHING ON YOUR MIND? LET US KNOW AT BW.CONCORDIA@GMAIL.COM

WHY IS YOUR RESUME SO IMPORTANT? A MESSAGE FROM DOREEN KOOY

Yes, it is that time! Time to begin thinking about your summer work search or perhaps you are graduating and looking for a permanent career-focused job. There are important tools for your search that you will want to prepare. The first important tool to have is a resume! Here are some TIPS:

- Be focused and targeted – Know the job you are applying for and direct your resume to that specific job! A scattered work search leaves the employer wondering and they will pass you up for someone who wants to be there. Even if it is short term, show you want to be there.
- Research – the company and the industry and show you fit to the job description you are applying for. An employer spends only a minute to look and decide whether you are in.
- Embellishment and using extravagant language may be tempting as a way to "sell yourself" - Hold on! Avoid language that is not what you would use yourself or in your field of study or the industry you are applying to.
- Remember that your resume is a legal document and anything that cannot be proven or demonstrated may be considered fraudulent.
- Be Authentic and identify your special attributes and accomplishments, not duties and responsibilities. Be able to back those up with specific examples and references as needed.

- Take Time to complete a professional crafted resume that is edited, error free and clearly identifies the fit you have to the job you are applying for. Avoid an update of a previous resume, as that demonstrates a lack of conscientiousness and focus.
- Send it off with confidence and in the manner in which the recipient wants it! Then prepare for the interview and ready yourself for the call.

There is no room for anything but a flawless, compelling document that reflects who you are and what you've developed and accomplished in the most beneficial light. Regardless of your experience and educational background, your first impression will be summed up in the blink of an eye on a single piece of paper. The purpose of a resume is to make a good first impression and if you cannot achieve this in your resume then your chances of an interview are limited. The competition is on!! That is why a resume is so important!

For further support and information, please see Doreen in Career Services located on the main floor of the Library – L 265; call 780-378-8461 or e-mail careerservices@concordia.ab.ca to make an appointment. Resume critiques are available on a drop in basis every Tuesday and Thursday afternoon.