



the **BOLT**

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Meet the Masters



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ANNOUNCEMENTS:

THE CSA HAS A NEW WEBSITE

WWW.THETHUNDERBOLT.CA

GET ALL THE LATEST CSA NEWS, UPDATES, AND THE BOLT IN ONE PLACE!

from The Foxhole...

Alexandra Bennett

I don't like to play favorites, but I can't ignore it any longer; autumn is the best season of the year. I love the weather, it's the perfect combination of warmth and wind; crisp, but not so cold that it hurts my fingers (winter, take notes). I like being able to wear my long wooly scarf, which I wrap three times around my neck, even though it is scratchy. It seems that I will be able to wear that scarf a lot more often now that fall is fading and what I hear is expected to be a rather harsh winter is drawing near. So please

enjoy one of our last issues of the autumn season (we'll see just how long that snow holds off). We have a response to a piece from the last edition, a discussion on traditions, some entries to our new and ever expanding "entertainment section," and of course more of those great recipes. We also now have an interactive website where you can post pictures, leave comments, or check up on what's new. As always, we love your comments, critiques, and heck, even your responses to articles. The Bolt is made better by you!

How To Deal With Exam Anxiety

Angela Anderson

I suppose everyone experiences this phenomenon called exam anxiety at some point during his or her university years. However, if you are the student that gets anxious before every exam, perhaps you need to make an appointment with Dr. Barbra van Ingen, the school psychologist, or with Student Life. They will be able to assess if you need additional help to overcome your anxiety. After all I am just a student, and only impart the skills I have developed over my three years here at Concordia:

1. You must be honest with yourself. Did you put in enough hours of studying? I will not tell you how many hours you need to study because I know there are classes that I study for less than others, but the recommendation is that you study at least 2 hours per hour in class. I like to prioritize my classes based on difficulty and degree requirements courses. I find it is best to review notes every night

and then do a major review each week. I also like to get my weeks reading done on the weekend.

2. If you find you get nervous when you need to wait for an exam I suggest not arriving to class too early; however, you also don't want to be late because this will add to your anxiety.

3. I find that exercising the night before an exam relieves a great deal of stress.

4. I never study the day of an exam; I find it just makes me confused by the material I already learned.

5. Try to find a way to apply what you have learned, or learn a mnemonic.

6. Eat. It is so important as students to eat breakfast. Also, you should eat balanced meals and healthy snacks throughout the day. Have you ever tried to concentrate when your stomach is gurgling?

7. Get a good night's sleep. There are at least two good reasons to make sure

you sleep:

a. You will retain what you have studied.

b. You will not feel tired during your exam.

8. Be sure to read over the assigned chapters. As I said in number 1, it is good to be a week ahead of your readings. It is an even better idea to read them more than once or, in some instances, to make good notes and to reread things you do not understand.

9. You should also make sure you start studying for an exam well in advance. Midterms are fast approaching, so if you have not begun to study, now is the time!

10. I guess because I am a Psychology student, I believe this is the most important tip. Be positive. If you have done all you can do, and know you have put effort into studying well, relax and know that you will do a good job.

Climate Change and the Importance of Environmentalism

Sasiri Bandara

Everyday human activities, from driving cars to mining coal, produce pollutants which enhance the natural greenhouse effect of our planet. This human induced warming has led to a major environmental crisis, known as climate change. Although climate change may not seem so bad at first glance, scientific research from various parts of the world is revealing the serious threat it poses to life on Earth. The bleaching of coral reefs, rising of sea levels, and extinction of certain plant and animal species are among countless ways that the nature of our world is being reshaped due to climate change.

According to the United States Census Bureau, there are approximately 7 billion people living in the world today, which translates to an immense amount of stress on our environment. Our ever-increasing demand for goods and services is gradually transforming the nature of the Earth, and unless addressed immediately, we may not be able to reverse these effects.

The evidence of environmental destruction and climate change are everywhere you look. Increased concentrations of atmospheric pollution are resulting in the melting of glaciers and ice shelves, which is drastically altering the hydrologic cycle of our planet. Warmer ocean waters are increasing the intensity and frequency of catastrophic tropical storms and hurricanes, such as Hurricane Katrina in 2005.

Forestry and agricultural practices are causing even more problems, like acid rain and algal blooms. Of course, our extracting, transporting, refining, and consuming of petroleum also disturbs ecosystems and food chains.

Thankfully however, we are changing our bad habits. We are turning to alternative, eco-friendly, forms of energy such as solar, hydro, wind, and geothermal. In fact, our city is taking steps in the right direction by implementing various environmental programs and emphasizing the importance of recycling and replenishing. Edmonton is also progressively making the switch to hybrid busses and expanding the LRT system, which is obviously powered by electricity. Now, as students and young adults, you and I have to follow up on the fight against climate change. It is our responsibility to prevent further destruction and begin reversing the effects of this problem. We have to get involved and implement sustainable living practices in our communities and the world, so as to preserve this planet for ourselves and future generations.

Ultimately, by changing our perception of nature and showing more respect for the planet which we call *home*, we will be able to overcome environmental issues like climate change.

Winter is fast approaching, so I have pulled some delicious and warm recipes for this issue. Please enjoy, and, as always, I am very excited and willing to answer all of your cooking and baking questions; e-mail them to the Bolt!

Vegetarian Chili

- 1 tablespoon olive oil
- 1/2 medium onion, chopped
- 2 bay leaves
- 1 teaspoon ground cumin
- 2 tablespoons dried oregano
- 1 tablespoon salt
- 2 stalks celery, chopped
- 2 green bell peppers, chopped
- 2 jalapeno peppers, chopped
- 3 cloves garlic, chopped
- 2 (4 ounce) cans chopped green chile peppers, drained
- 2 (12 ounce) packages vegetarian burger crumbles
- 3 (28 ounce) cans whole peeled tomatoes, crushed
- 1/4 cup chili powder
- 1 tablespoon ground black pepper
- 1 (15 ounce) can kidney beans, drained
- 1 (15 ounce) can garbanzo beans, drained
- 1 (15 ounce) can black beans
- 1 (15 ounce) can whole kernel corn

Heat the olive oil in a large pot over medium heat. Stir in the onion, and season with bay leaves, cumin, oregano, and salt. Cook and stir until onion is tender, then mix in the celery, green bell peppers, jalapeno peppers, garlic, and green chile peppers. When vegetables are heated through, mix in the vegetarian burger crumbles. Reduce heat to low, cover pot, and simmer 5 minutes.

Mix the tomatoes into the pot. Season chili with chili powder and pepper. Stir in the kidney beans, garbanzo beans, and black beans. Bring to a boil, reduce heat to low, and simmer 45 minutes. Stir in the corn, and continue cooking 5 minutes before serving.

Basil Chicken

- 2 chicken breast, diced
- small onion, diced
- 2 cloves garlic, diced
- 1 teaspoon hot sauce
- 2 tablespoon basil (I used dry)
- 2-3 tomatoes, diced (or 1 large can diced tomatoes)
- Salt/pepper to taste
- Angel Hair pasta

This recipe initially called for Parmesan cheese but it is good without.

Cook chicken pieces. Sweet onions and garlic with chick-

en. Add seasonings and tomatoes let simmer. Serve over cooked pasta.

Chewy Gingersnaps

Cream 1 cup brown sugar and 3/4 cup shortening

Add 1/4 cup black strap molasses and 1 egg

In another bowl blend all dry ingredients

2 1/4 cup flour (I use brown)

2 teaspoon baking soda

1 teaspoon ea. cinnamon and ginger

1/2 teaspoon cloves

1/4 teaspoon salt

Add to wet ingredients; mix well.

Refrigerate for 1 hour.

Roll out using white sugar. Use enough that the dough is soft and not sticky. Use cookie cutter to shape. Dough should be about 1/4" thick.

Preheat to 375F

Bake about 10 minutes.

The Origins of Our Traditions

Jordan Morgan

As a child, and even an adult, doing what's asked of you is typically a rewarding behavior; however, questioning the reasons for those behaviors is an entirely different matter. On October 31st children and adults will be participating in another Happy Halloween with all the typical and traditional activities such as costumes, pumpkin carving, and pranks, but how many actually know the true origins of this tradition and the many other holidays we celebrate in North America?

Behind every tradition there is a reason or purpose; we have Remembrance Day on November 11th to remember the fallen soldiers and their sacrifice in war. Some research suggests Halloween's origins can be traced back to Ancient Rome; while others suggest the Celtic Festival of Samhain (a festival marking the beginning of a new year) resembles more of the modern Halloween, with it being on November 1st and its association with All Saints Day. But why celebrate Halloween, Easter, Christmas, and among other holidays? Some celebrate for religious purposes and others because of family tradition but, how many know exactly how, why, and when these traditions started? How many actually care? Most people will assume what they've been told is true their whole lives and never bother to question or ask why they do the things they do; keeping to what is familiar and fashionable. As University students isn't it important to be critical and objective in our quest for knowledge? Even the Holy Bible states "Prove all things; hold fast that which is good." (continued on next page)

The Origins of Our Traditions (continued)

Jordan Morgan

(con'd) (1 Thessalonians 5:21). Shouldn't we have reasons for our actions?

In any case, there is still much we don't know but knowledge is at our finger tips. It's no different than not knowing where your favorite brand of coffee comes from. As the reader, I'm not trying to guilt trip your participating of holiday events but, what I hope to have done is sparked a bit of interest and curiosity. If you care to know the origins of some of your traditions, take the time to do some research, you may be surprised on what you find.

The Struggle to Respect Our Parents

Rachel Whipple

Death of a Salesman at The Citadel Theater directed by Bob Baker is an incredible show. I had the unique and wonderful chance to speak with Tim Campbell and Happy Loman, who gave me some insight on what acting really is. The profession of acting isn't about the fame or the money; it is about telling a story. This Arthur Miller 1949 classic takes us on the journey of an older man who struggles with being strong for his family and finding his own happiness. It shows us bits of personal conversations between a mom, dad, and their sons.

Sometimes, I have a hard time respecting and understanding my parents. There is always a teetering balance between what they expect of me and what I want for myself. As post-secondary students, we all want to chase our dreams, party, and make tons of new friends. While having the freedom to find ourselves, we also have the responsibility to think of our parents' wishes. They may not be at Concordia with you, but they still carry you in their hearts. Check out Death of a Salesman at the Citadel Theater on until October 16th.

EIFF Reviews

Pat Chan

It turns out The Bolt is supposed to have an entertainment section, and we had a presence at the Edmonton International Film Festival this year. The festival was poorer logistically this year than previously but none of the participants we sent could name a film they disliked. We'll go through the films The Bolt went to see and tales about the festival overall.

Sisters and Brothers:

A solid, well rounded anthology film about sibling relations. Edmonton's own Carl Bessai's final installment of his trilogy consisting chronologically of Mothers & Daughters, Fathers & Sons, and this, made all the more impressive with some background. All three films were done with a budget of \$0. He convinced actors to participate by encouraging collaboration. There was never a script and most of the lines were improvised. This was so alluring that Cory Monteith, Gabrielle Miller, and Gabrielle Rose all joined on.

Take This Waltz:

The set pieces in this movie were fantastic. By that, I mean the scenes that break up the standard flow of the narrative. For example, there was a hilarious scene with a jazzercise class, a powerfully jarring one with a lightshow-esque carnival ride, and 360° time lapse of a relationship close to the end. These broke up the heavy-handed mo-

Penny Far From Plain

Brittini Carey

Puppet theatre is not just for little kids. Ronnie Burkett has been proving this for the last twenty five years and again brings his marionettes to the stage to wow and challenge in his twelfth production, Penny Plain. The Citadel commissioned this "apocalyptic gothic comedy" to mark the anniversary of Burkett's company, Theatre of Marionettes. Featuring dark, clever, and often humour-driven writing that is painfully accurate, Burkett questions humanity's place in a plastic society that is going to the dogs. The craftsmanship of the marionettes is superb and the creation of the apocalyptic world they inhabit is skillfully done. Burkett's performance as the entire cast is magical, to say the least, and although there are brief snags in character transition, this show is chilling, entertaining, and like all important art, brings us face to face with our own (in)humanity.

Check out future shows at The Citadel at www.citadeltheatre.com

It shows us bits of personal conversations between a mom, dad, and their sons.

notony story of a married woman coping with her temptations of infidelity. Seth Rogan brings a sad humor to his role as the husband and does alright in his dramatic venture, but his wife Michelle Williams is more in her element. Sara Silverman fanboys will be pleased.

The Corridor:

I refuse to comment because the last five minutes of the film were corrupted. No one's fault and I refuse to blame EIFF because no one hears of the 10000s of films they play WITHOUT problems. Until that fiasco, it seemed to be a competent horror take. Not for slasher fans though.

Higher Ground:

For any other article, I would say this was fantastic. It portrays a supremely acted and written crisis of faith that has none of the cliché often associated with it. It will definitely affect those of us more religious more than the agnostics. Devout Christians will likely relate, but not empathize as much as skeptics. I say this for fear of the devout mistaking the end as propagandistic. The supporting cast did their job exquisitely, from the lovable friend, to the always-changing father, and to the confused husband. Even Meta Critic only has one negative review.

Better This World: (continued on next page)

(con'd) I left angry at this film which is how I know it was good. The documentarians set out to tell the story of the Texas Two of the 2008 Republican convention and did a startlingly good job. I left that theatre hating everyone involved and I know that was the intention. It's rare for a documentarian to leave you having to decide who the good guys are for yourself, if there even are any.

We Were Here:

Documentary on the AIDS breakout in San Francisco. No statement because the person we sent to see it didn't write anything.

F*ck My Life:

That's the literal name of this flick from Chile. It's like (500) Days of Summer, but good this time. That's right hipsters. Come get me.

The Skin I Live In:

Bizarre. That's the best word to describe any of Pedro Almodovar's work. I hate to say anything about this movie because you need to see it for yourself. Suffice to say that there'll be subtitles (Spanish) and the nudity is actually RELEVANT to the story line for once.

Upside Down (The Creation Records Story):

Documentary on Creation Records. Hearing amazing stories from some fascinating people as though you were in the room with them. More than a few older folks left the theatre because it was too loud. It won't convert anybody to the indie scene, but for those already indoctrinated, this one's for you. Indie=record labels consisting of nine employees.

24/One:

Is a challenge put on by the festival to create an entire short with certain requirements (a prop, silly line of dialogue, etc) and submit it for viewing at the end. This year's winner was 4th Wall Productions headed by Bart Padjasek, Baljot Bhatti and Shawn Gray. All of whom are currently NAIT students.

View the film (and support/follow local talent) here.:



Moon Point:

I don't remember much of this movie. It's not because it was bad, but because it was fun in an indie way. A family way. Sean Cisterna is the kind of director who invests in people more than anything else. His ENTIRE cast (save the children) travel with his movie because that's how much passion they all bring to the project. They worked on the job because they wanted to be there. There were even well-known TV actresses Paula Brancati and Kristen Gutoskie. I did not spend much time with them, but got very close to leads Kyle and Nick. The end result was like the end of Fear and Loathing; parties that got madly out of control (200+ people /w two DJ's in a house with no one that lived there in attendance) coupled with mad amounts of drugs and capped off with a furious dash to get Kyle back in time for his flight come sunrise. No idea if we'll keep in touch, but this was what I remember press and artist get-togethers being.

Lloyd The Conqueror:

A strange little larping movie filmed out of Calgary and starring Bubbles of Trailer Park Boys, just not as his well known character. There were funny bits but nothing quotable. The main issue I had with it was it was like a friend who didn't know when a joke wasn't funny anymore.

A Bag of Hammers:

This is an amazing film. No two ways about it. I'd prefer you to go and see it before reading on because I don't want to alter your opinion one way or another. It's based around the titular monologue in the centre of the film and the speech is as powerful as it should be. Two best friend con artists rent out their front house to a young boy and his mother with excellent performances all around. Up-and-comer Rebecca Hall plays the sister to one of the grifters if you need star power. The one that steals the show is 12-year old Chandler Canterbury who tries to befriend the duo. The film gives you just enough auxiliary information on the back story of the characters to feel fleshed out yet not overexposed. Its all given through a soft touch, not any overblown dialogue exchanges which is extremely rare in mainstream film. Even though there is no inclination of homosexuality, this is the strongest argument for flexibility in the family unit I've ever seen. The shocking thing is that it's not about a gay couple, unless you CHOOSE to believe it is, and I sure didn't see it that way. It is getting a wide release, so if you get the chance, see it. It will be worth viewing regardless.

Recycling the Reel: A Pirate's Response

Erik deLange

For those of you who did not read Pat Chan's previous article I highly recommend it for a look into a popular pious perspective on why the Film Industry is decaying: it's those damn Pirates! Mr. Chan essentially says that the film industry is suffering because people are pirating movies; Hollywood is no longer willing to take risks and is pumping out generic sequels, remakes, and comic book movies because it is the only thing we'll pay for. He says "Making music, movies, video games, takes MONEY. Why would someone continue to make these things if they can't make a living? If an artist has to decide whether to make another movie for kids to pirate or to feed his own children, 10 out of 10 times he's going with his kin." Great stat Mr. Chan, I won't go into how history proves that just patently (pun?) false.

As I said before, your argument is compelling and popular; however, it is horribly familiar. This exact problem was raised with the invent of The Printing Press (mass distribution will kill the book industry! Now? It's bigger and more profitable than ever), The Photo Camera (stealing a copy of someone's property), The VCR (Why pay for videos when you can duplicate them for free?), The Cassette Recorder (Remember: Home taping is killing the music industry!), and libraries!

On the surface, the library sounds like a radical Socialist idea that will lead us all into extreme poverty! Who is going to pay for a book when you can merely sign one out for free? If authors cannot make a profit they are going to stop writing altogether, when it comes to writing a novel or feeding kids 10 out of 10 times they're going to choose feeding their kids? But what happened? New generations were inspired by the love of reading! All ages, race, creed, and socioeconomic statuses can take out a book and read it for free! And even now, one of Canada's most beloved authors, Margaret Atwood, is lobbying Toronto Mayor Rob Ford against shutting libraries down! The artists love the library!

The only difference between the invention of the print

-ing press, the photo camera, the VCR, Home Taping, libraries, and file sharing is that never before has there been so few and so powerful unified media conglomerates getting into bed with the government. (Just Google the changes in copyright law from the invention of Mickey Mouse™ till now). Their "Stealing" rhetoric is also patently false. Stealing removes a physical item from someone thus causing losses in damages; if I pirate a movie or don't buy it the exact same effect takes place, except that now I've had the chance to see their work = free advertising.

This leads me to the other major fallacy of your argument. You explained that piracy has gone up and that the film industry has pumped out more generic content than ever. This is the correlation/causation fallacy. There is certainly a correlation between the rise in piracy and the rise in generic content from Hollywood studios. But might I suggest that instead of x causing y that it's the other way around? I've begun pirating because there's a plethora of terrible movies out there and I can't pay \$10

a pop to see them all! The movie studios know that if you liked Shrek, you are very likely to see Shrek 2, and it's a great system whereby you have to pay money upfront before you even see the movie and if it turns out that the movie was garbage "Too bad!" They have your money. Therefore, it is not just okay to pirate to Shrek 2 before you buy. It is your moral obligation! We must not fork over any more money to large studios for their cookie cutter drivel, we must support movies like the ones you outlined in your second paragraph. Art is not a commodity to be bought and sold. Could you imagine if an artist forced you to pay upfront for his painting before you saw it? That would be outrageous! Take in the painting, let it affect you, move you, and shape you, and if you like it then, and only then, for goodness sake support the artist!

Questions, Comments, Responses! Let's keep the conversation flowing @erikacoustik on twitter.

Concordia Thunder Hockey Wraps Up Read-In Week at Norwood Elementary

Karen Leonhardt

Nine members of the Concordia Thunder Hockey team were welcomed into the Grade Six class of Norwood School to read to the students. Read-In Week is a Edmonton Public Schools program where guests from the community are invited to read to school children and encourage them to discover a life-long love of reading.

The players talked to the students about their experiences in school, their favorite sports, and their future plans, sharing with them the importance of education. Some team members read their favorite stories from their own childhood, or from books recommended by our librarian. (Thanks to Jenna Innes, Librarian and Superhero, for gathering a great selection

of books!)

After reading, the members of the hockey team played a lively game of floor hockey with the students. One highlight of the morning for their teacher included seeing a student, previously reluctant to take part in any physical activity, running and playing with the team. As they said their goodbyes, one student voiced the feeling of the group, saying, "Can you come back every month?"

Norwood is an inner city school in a neighborhood characterized by low-income families and challenging social problems. Children in these schools often face unique struggles, and the school works hard to provide a safe and supportive environment for their students.

The partnership between Concordia Thunder and Norwood School doesn't end with their morning of reading. The team and fan club are collection donations throughout the month of October including healthy non-perishable snacks for their lunch program, books for their Home Reading Program, outdoor play equipment and money for playground improvements. A donation box is located in Tegler. All items gathered will be presented to the school at a special afternoon game on Saturday, October 22 where the children will be our special VIP guests.

For more information on how you can help, contact hockey@concordia.ab.ca

The U-Pass Debate

Oliver Marlow

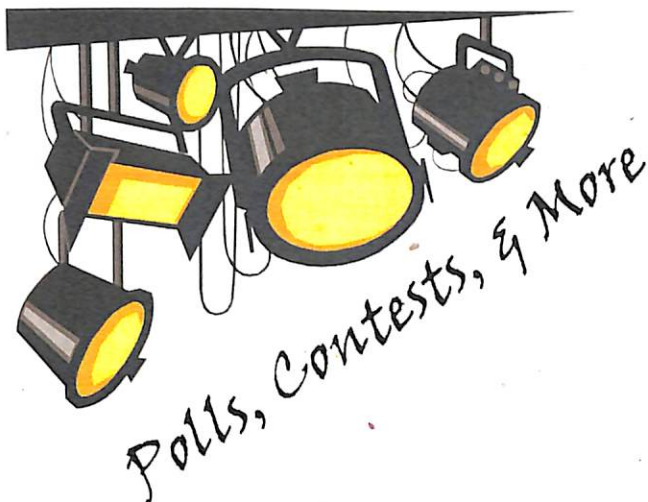
On October 25th and 26th, along with the annual CSA elections, Concordia will be holding its second referendum on whether or not to include the controversial U-Pass onto our student fees. During the referendum last year, 55% voted in favor of the U-Pass, while 45% were against. However, it did not pass due to a "stipulation that 50% of eligible voters must vote." While it was noble of the CSA to ensure the majority of students would have a say in the matter, it was also a little ignorant for them to expect a 50% turnout when only about 25% of 18-25 year olds bother to participate in the federal elections.

This year, the "stipulation" is much more reasonable, asking that 66% must vote

pro-Upass in order for it to pass, regardless of voter turnout. There are solid arguments on both sides of the issue and before you go out and vote there are a couple factors you should probably keep in mind. From the perspective of those against the U-Pass, a large portion of Concordia students drive to school every day and already pay a large annual parking fee. There are also those who live within walking distance of the school or in the dormitories that would also have no use for the pass. On the other hand, for those who don't own a vehicle, the current fee of \$80/month is a lot to pay for the a bus pass in comparison the \$125 per semester fee, ETS is asking for the U-Pass program. Also, as mentioned above, the annual park-

ing fee at Concordia is very high, so even if you do own a vehicle you should consider how much money you could save in parking fees and gas by taking advantage of this program. With the new bus route from Coliseum LRT station to the front door of Tegler, it's very easy to get here from any part of the city using public transit.

My own opinion on this issue is that we should really give this program a chance. The \$125 per semester fee is more than reasonable, considering how much we pay for the rest of our tuition. We are currently the only university in Edmonton that doesn't participate, and it seems to be very successful at the other schools.



The Bolt Asked:

Why doesn't anyone recognize Clak Kent as Superman?

- a) Because he's a comic book character and everyone knows that comic book characters aren't subject to the laws of reality. Duh.
- b) Because Clark Kent wears glasses and Superman doesn't.
- c) Because Superman can fly, and Clark Kent can't.
- d) Wait, Clark Kent is Superman!?!?

Concordia Answered:

- a) 20%
- b) 50%
- c) 10%
- d) 20%

Now we want to know:

Would you pay more in your student fees to have access to a personal tablet computer for the duration of your degree at Concordia?

- a) Yes
- b) No
- c) I need more information before I decide.

Send your answer to concordia.bolt@gmail.com

It's that time of year again... Time for...
The Science Club Brewery Tour

Oct 21, 2011

AlleyKat Brewery

Tickets \$20 + GST (18+)

Available in the Book Store

Meet in front of Concordia (Ada Blvd) @ 5:30 pm

Travel by bus

The Concordia English Department sponsors... A Clerihew Poetry Contest

Poetry doesn't have to be dull, profound, or even moving. It can also be short, witty, and funny. The Clerihew is a poem that is all of these things. Here are the rules:

1. It is only 4 lines long.
2. It only uses two rhymes - lines 1 and 2 rhyme with each other, and so do lines 3 and 4.
3. It has to be about somebody famous (whose name is mentioned in line 1)
4. It should be biographical (but don't worry, you can make it up)
5. It should be funny (obviously!)

Here is an example to inspire you:

Sir James Dewar
is smarter than you are
None of you asses
Can liquify gases.

As you can see, writing a clerihew is easy. So submit your entries (a maximum of 3 per person) by November 1st, 2011 (email them to conrad.vandyk@concordia.ab.ca). All students are welcome to participate and you can write on any famous person you like. Clever rhymes are appreciated, but the most important thing is wit!

Prizes: 1st Place: 75\$ Amazon gift certificate; 2nd Place: 50\$ Amazon gift certificate; 3rd place: 25\$ Amazon gift certificate.

Fame: The winners (and likely some other entries) will be published in the Bolt and on our website.

Silliness: available to everyone.

Wanna join the family and write for the BOLT? Let us know! CONCORDIA.BOLT@gmail.com