

CATCH THE WANDERLUST

Making the most of your space during your worldly adventure.

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SOCIAL MEDIA AND YOU

Tips on how to effectively manage your online presence.

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Issue 04

ISIS: THE WORLD RESPONDS



FULL STORY ON PAGE 11.

THE STUDENT'S TURN

Peter Fourlaris Student Life

For my interview this week I decided to give a student a chance to have her voice heard about her Concordia experience. It was my extreme pleasure to hear from Justine Gratton, and share her perspective.

Peter Fourlaris: "What program are you in?"

Justine Gratton: "I am getting my Bachelor of Arts, my major is psychology, and my minor is sociology."

PF: "What year are you in?"

JG: "I am in my third year right now."

PF: "Do you enjoy the environment of a smaller campus compared to a bigger one?"

JG: "I do, I find it a lot better because you get to make a close group of friends. When you are on a large campus, you might meet people once and then never see them again. Also, if you are struggling with a class it is a lot easier

to get help from a professor on a smaller campus than it would be on a larger campus that has larger class sizes."

PF: "What attracted you to Concordia?"

JG: "Definitely the small class sizes. Being able to transition to university from high school is easier here because of the class sizes compared to a large university where the class sizes are a lot larger. It is less intimidating this way. You also get to learn the basic university skills, such as how to write a research paper and learning how to properly cite. You are given good instruction on how to do it and the professors want you to learn how to do it, so that is how you end up going into graduate school in the future you already have some basic necessary skills required."

PF: "What is your favorite hobby away from school?"

JG: "Being in university doesn't leave me a ton of time for extracurricular activities, but I do try fit in time for me to do something I enjoy, which is going to the gym and working out. I enjoy fitness and being

active. It is a good way to relax and get away from the stress of school. I also like to socialize with friends in between classes and outside of school when I want to take a break from my studies."

PF: "What is your favorite movie?"

JG: "Over the summer I read the book "The Fault in Our Stars", which I really enjoyed. Eventually it was made into a movie, so I would say that "The Fault in Our Stars" is my favorite movie. The book was written by John Green which is one of my favorite authors. He has written other books that I have really enjoyed, so when I saw this book on the staff pick at Chapters I definitely wanted to check it out. The story had a really powerful message behind it. It shows that life is unpredictable and you have to cherish every moment of it, and with the support of friends and family you can overcome the challenges that you face in life."

PF: "If you could have any super power, what would it be?"

JG: "I would probably pick

the ability to turn back time, knowing what has happened already, that way you can change the outcome of events. I could correct previous mistakes and also relive fun experiences that I have had before."

PF: "What advice do you have for students entering their first year?"

JG: "Definitely keep ahead of your studies on a daily basis, and don't fall behind. Because once you fall behind it is really hard to catch up. Also pre-read your notes before class, so that when you go into class you have an idea what they are going to talk about."

Thank you very much Justine for a fantastic interview and great advice. I hope you continue to have a great experience here at Concordia.

Finally, if you, the reader, have anyone in mind that you would like to see featured in one of my articles, you can send in your requests to me. I can be reached through my email pfourlar@student.concordia.ab.ca or via twitter @PeterF_94.

INTERNAL TRANQUILITY

Kayle
Sieben

Advice Column

Walking down this dimly lit path as the days turn into night, the lack of sun exposure brought perspective to my sense of self. Am I whole; am I complete?

I hypothesize that answering YES to either of these questions would mark the beginning of the end of life. If nothing is left to be gained, then what is the point of being something? Perhaps our train of thought has become skewed, or maybe individuals refuse to seek what is beyond what they have been told life is supposed to be. My concept is that we should always seek knowledge, always seek improvement.

At this ripe age, we have put high school behind us; we are working towards achieving financial success and eternal happiness. But what is happiness, a moment of pure bliss or a constant presence that sits within us day and night? Happiness is a state of mind that we need to constantly work towards obtaining. Happiness is not

something you obtain and hold onto tightly to never let go. Happiness will escape us, it will slip through the cracks when we least expect it.

Negative circumstances will never cease to occur in everyday life, but it is how we respond to these negatives that will allow us to prolong this sensation of happiness.

So how can we have this sensation come to us on a regular basis? Don't be afraid of the dark.

Simple, right? Let me elaborate: individuals are intimidated of what they don't know, they're afraid of admitting their own faults and they are afraid of showing weakness. These appear to be a common theme in behavior I've observed throughout my life. But why does it have to be this way? We will never know the sensation of knowing everything, we will never be free from fault, and there isn't a human being who isn't susceptible to moments of weakness. Anyone who feels they can defy odds on these topics remains in a blissful ignorance towards what life really is. Humans are

walking paradoxes; we will never have all of the answers, so the only thing we can do is build off of previous human knowledge and behavior to improve our own lives.

The very idea of any of these being false is absurd. One must have the ability to admit to not knowing, but be eager to learn and find out the truth. Admit your faults to yourself; once you are aware and admit there is an issue, the easier it is to work on self-improvement. Single out behaviors you deem a problem and work towards changing it. It's nothing to fear, everyone has their individual set of faults. Everyone has moments where they feel their world is crashing down. Don't be afraid to show your true colors and seek assistance in dealing with these circumstances. A helping hand can go a long way and it can benefit you more than you may believe. Having a support system is necessary in dealing with traumatic life moments. These small steps will empower you, allow you to focus on self-improvement, and allow you to further connect with mankind.

Answers aren't always obvious. Sometimes it takes a leap of faith in one direction to find out how you really feel about something. Life is a series of complications mixed with radical emotions, all the while factoring in conscientiousness. No one is supposed to have this game of life figured out and no one is supposed to have all the answers. This is what makes human life such a unique gift. As string theory states, there are infinite universes with infinite possibilities. Each decision we make can present our lives with a new set of circumstances. So be open, be loving, be caring, be everything you've ever wanted to be. Don't fear the past; learn from it and grow as an individual. Become something greater because of what you've been through, don't let what you've been through define who you are. You are not alone, everyone has their own set of baggage they carry with them.

If you have any questions you'd like answered please contact The Bolt or email me at kdsieben@student.concordia.ab.ca. All entries remain 100% anonymous.

HEART SONG

Rachel
Whipple
Entertainment

His poem is a lovely confession of lost love.

Casey uses pretty imagery to express how she feels.

She relies more on a sense of hearing than sight. Often

romantic poetry focuses on how love interests or

nature look, rather than how they sound. The choice

to make note of voices in an interesting one.

Romantic poets try to use all

of their senses to describe their love interests. Many

times how things look are described. For example,

in Shakespeare's famous love poem, "Sonnet 18",

he speaks of a woman's exterior beauty. He

mentions her "golden complexion" and how fair

she is. The choice Casey makes to describe her love's

voice is one that is less common. She compares

his voice to a song or instruments playing. This

makes for a refreshing and beautiful description.

Casey's inspiration is a relationship that she had

left. She says this poem is about "how romance can

seem like a fairytale love story, but can unexpectedly

end." She describes love as a moment that quickly fades.

Another message behind the poem is to learn from

the past. Love can sound so sweet and beautiful, but

just like someone's voice, it can fade away very fast.

Casey believes it is best to move forward and not

look back. She realizes that relationships become

lovely memories, but we shouldn't "regret the

things you can not change."

Heart Song
by Casey McCarthy

The sound of your voice
is like a heavenly song
with each note it plays,
every tune.

Soft gracefully as each
word slides off your soft lips.
They become a harmony that
Translates into a symphony.

One by one they seem to
Caress each other with soft
Waltz like patterns.

The sound of your voice
makes me
Smile as it makes me fall in
love more

And be memorized by your
beauty.

That moment soon fades
away

And becomes no more
But a distant memory.



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A BREATH OF FRESH AIR

Ramiro Medina

Polo

Music

The Hardcore Scene of Edmonton is definitely one of the most interesting things to keep an eye out for, when looking for passion, expression, comradery, community, and (what I shall call...) in-your-faceness that provides it with such a definite character. You will hear of this scene of music in many different places, be it Vancouver, Montreal, or even outside of Canada. Search up on YouTube "Anderson Cooper's very own heavy metal song," and you will find Anderson Cooper talking about Cryptic's song appropriately titled "Anderson Cooper."

With that said, there are many bands (some of which might pop-up in the Bolt again) that are worth taking a look to see what they are doing. Cold Lungs is one of these interesting gems. These guys have been building up a strong presence in the scene, from their initial line up to their current noisy three-piece arrangement. Currently they have an EP out in their Band-camp called "Broken Head/ Broken Home" for free.

Q: How did you guys start playing as Cold Lungs? Tell us some of Cold Lungs' history.

A: Cold Lungs started about

a year ago, we played our first show in November of last year and started writing and jamming together a few months before that. We started as an idea between Justin and our original vocalist Myles to do something more melodic than projects we had previously been involved with. And then we got Zach, Ty, and our original bass player Graham involved because we were friends and all of us wanted to do something similar. We were offered a tour with our friends in Time's Tide during July which caused some scheduling issues with Graham and Myles, so Justin switched from guitar to bass and the three remaining members all picked up some vocal duties; we started playing louder and we're at where we're at today.

Q: What would you say Cold Lungs sounds like? What is the band influenced by?

A: Our first EP sounds like we were all listening to a lot of Touche Amore and Pianos Become the Teeth, which is 100% accurate, and we were wearing our influences on our sleeves. The new stuff we are working on sounds quite a bit different, we have a lot of influences; but, this time we wrote a lot less around wanting to sound like something and more just what we wanted to write. The songwriting is a little more patient and it's a lot noisier, but overall, we're incredibly

happy with what we're doing.

Q: What are you aiming to do with your music? What do you have to offer to your audience?

A: I think most people who choose to spend a majority of their time making music are doing it (for lack of a better word) for selfish reasons, they do it for themselves. We aim to do something we enjoy and we get something out of, and when we play it live, it's less of a "here, take this away from it" and more of "this is what we do, take from it what you will," whether that be enjoyment, confusion, or just complete indifference.

Q: What can you tell us about the Edmonton hardcore scene?

A: It's doing some amazing things. Disabler, Exits, Time's Tide, BreakBeat, Lesserman, Ringleader, Failgiver, Lucid Skies...There are a ton of bands in Edmonton right now doing some great things, and we are just happy to be a part of it in any way. It's in a way better place than it has been the past couple of years, and that is great to see. We're also involved with the Big House Music Collective in Edmonton, which is basically a non-profit label run by a bunch of people involved in the local scene with the purpose to get people's music out there from bands we love. And Canadian hardcore is in a great place too right now: Stepping Stone, No Blood No

Foul and Wormwood from Saskatchewan, Open Letters, Anchoress and in all honest too many bands to mention in Vancouver - just all around great stuff going on.

Q: What about recording experience? What do you have going on in terms of releases?

A: We're currently working on a new EP called "New Pictures/Old Frames;" as of right now we're hoping to get it out in November, but we're still figuring everything out with it, so a definite release date hasn't been set. We're all incredibly happy with it, it's more in line with what we want to do right now and we're hoping anyone who takes the time to listen will enjoy it too.

Q: How are things looking like for Cold Lungs in the future?

A: As good as they can be: the three piece thing is going to allow us to tour more frequently. We don't plan all too far ahead, but all we can do is hope for the best and keep pushing forward.

Cold Lungs has two shows coming up: First, they are opening for Fall City Fall with Lesserman, Failgiver, and Disabler at The Armory, October 18th. Next, they are playing Clean Up Your Act Production's Bands as Bands show as Retox, October 31st. Check them out on Facebook, and hey, swing by a show sometime.

OUICCA SHOOKA

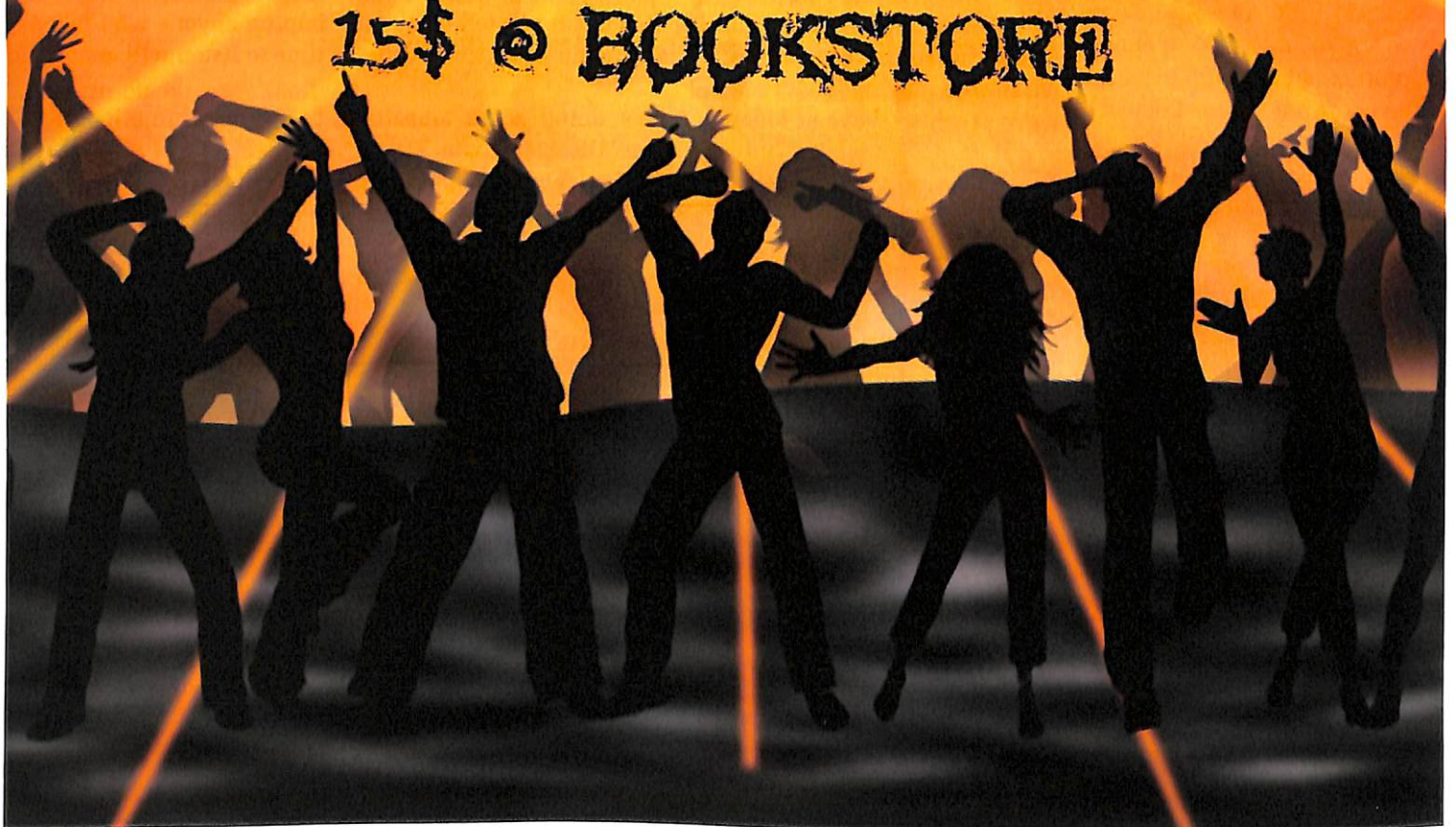
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FUN AND GAMES

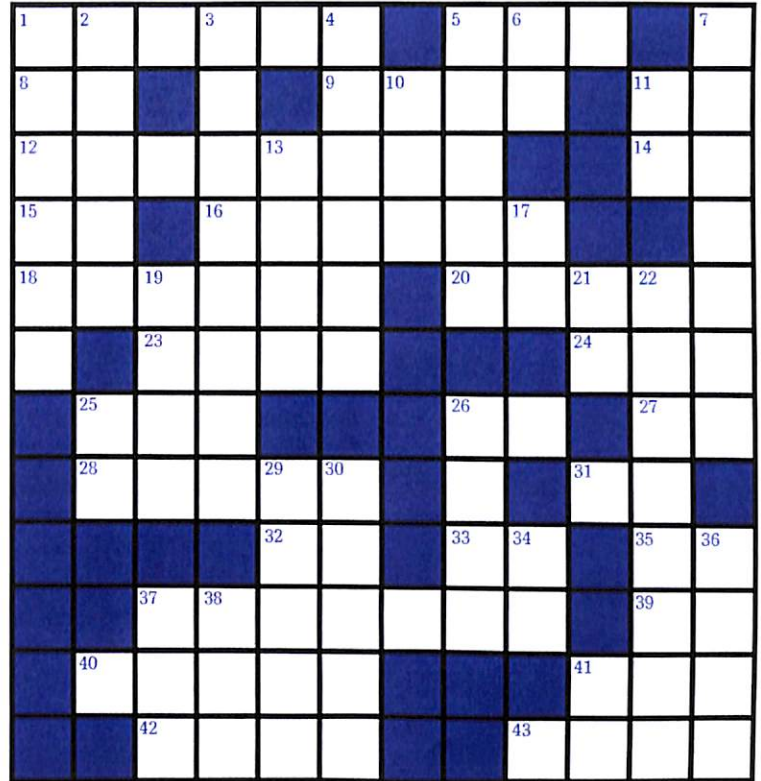
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FALL
AUTUMN
RED
ORANGE

YELLOW
LEAVES
RAKE
WINDS

PUMPKIN
SPICE

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



ACROSS

1. "Merci" or "gracias"
5. In support of
8. Poet Housman's initials
9. Composer's creation
11. Compass direction
12. Kermit has a "connection" to them
14. Scale member
15. Mister, for short
16. Game of love?
18. She sprang from Zeus's head
20. Chinese fruit with a brittle shell
23. Extremities
24. Bowling target
25. Seething
26. Osment played one in 2001
27. Being sportsmanlike playing online
28. Performer with a painted-on smile
31. Acidity factor
32. Scoreless tie
33. U degree
35. AM alternative
37. Park-pond sight
39. Common Latin abbr.
40. Monopoly piece

41. Woman in a garden
42. Sass, slangily
43. Sonny and Cher, once

DOWN

1. Place for a touchdown
2. Coward's lack
3. Company whose name roughly means "leave luck to heaven"
4. As ____ possible
5. Flintlock musket
6. Operating system, abbr.
7. Grade school focus
10. Dominate, in leetspeak
11. Niners' home (Abbr.)
13. Fold
17. Spanish yes
19. Patch up
21. Cdn. news agency
22. Congratulatory slap
25. Roman 1100
26. Actress Jessica
29. Impressed, and how!
30. Like some gases
34. @
36. Track event
37. Spoil
38. Start of a Verdi aria
41. Euro alliance

WOMEN'S SOCCER SECURES PLAYOFFS

Franco Imbrogno

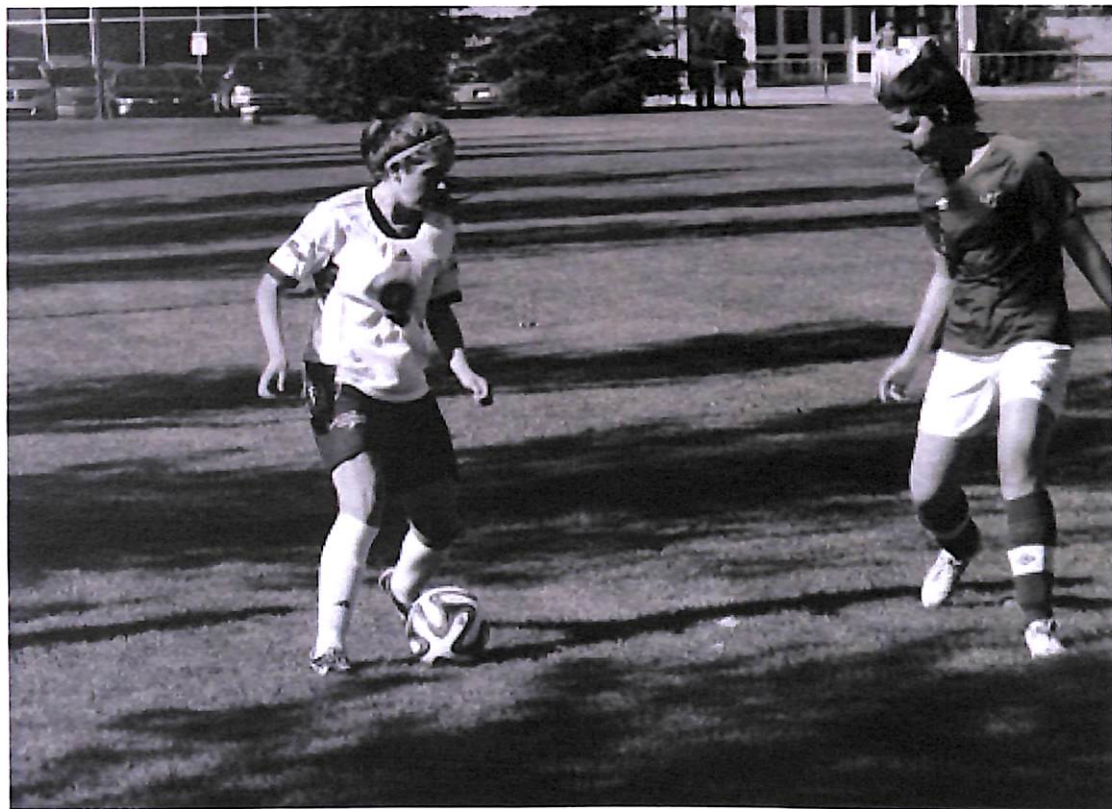
Women's Soccer

The Concordia Thunder Women's Soccer team may have lost a battle on the weekend but they have 'won the war', assuring themselves a second place finish and a berth in the ACAC Championships. On Saturday, the Thunder faced off against the Oaks at NAIT in what should have been another classic battle between the two ACAC North arch-rivals. It was a sunny afternoon with all the familiar ambiance of a playoff match up. Then the whistle blew to start the game and the only evidence

of anything classic following the start was a Tim Horton's marquee standing tall over one of its franchises across the road from the field. Right from the start, the NAIT women bullied their way at will and Concordia was crushed under that charge, conceding goals in a domino fashion and finishing the half down 5-0. "If one were to look at the first half stats in percentile, in particular to winning the first ball or the second, our numbers would be appalling; probably single digits," said Coach Imbrogno. However, the second half stats were the polar opposite. The CUCA women transformed themselves and came out fighting. They

battled and won the majority of loose balls and more importantly brought forth an element of the game that has been absent the whole season; a physical brand of competitiveness. "Players need to get stuck in to send a message to the opposition and also to rally their own teammates. It's not anything illegal but playing aggressive is paramount." It started with first year player Maggie Boras going in hard to tackle a NAIT player who had earlier fouled Maggie, but was missed by the referee. That spurred on the rest of the Thunder ladies and collectively they played a high pressure and physical style of play that had been

missing from much of the rest of the season. "You could have all the talent in the world, but if you don't have the will to compete then it's a waste of that talent." Concordia were the aggressors in the second half and created several chances but were unable to score. They did keep the home team at bay and eliminated their opportunities. The game ended in a 5-0 loss, but watching the women after the match, it looked as if they had won the game. It had nothing to do with the score; it was the battles that they endured in the second half that they were excited about and that they had created something they could build on.



The following day, the Thunder traveled to King's University College for an afternoon match that held playoff implications for both teams. A win or a tie by Concordia would seal a trip to the ACAC Championships. With that thought in mind, the Thunder Women scored three goals to advance to the postseason. Brittany Boe and Kalie Berezowski scored the first two goals with veteran Alexa McGillivray nailing the third goal of the game to solidify the win. The Thunder have one game remaining. After the traditional Thanksgiving bye week, the Thunder will play their final home game on October 18th versus Keyano College.

LET'S GET PACKING

Kelsea
Gillespie

Travel

One of the toughest parts of traveling somewhere, at least for those of us who have extreme difficulties in making decisions, is deciding what to pack. I realize this problem may be gender specific, although nothing ever is entirely. I, for one, suffer from back pain and fatigue from chronic over-packing. Although this may sound much like a joke, it really is a thing.

On the eve before my departure, I set myself up for complete failure. The packing did not commence until 1:30am. I had never packed my belongings into a backpack before, and I had no idea how to begin for those clothing items that I was sure I wanted to take. How do you begin packing? What should be in the bottom, what should be on the top? For me, the challenge was more or less struggling through extreme exhaustion and over stimulation from a weekend of 48-hour babysitting before my departure (DO NOT DO THIS. I repeat, this is a really bad idea before a trip). Many meltdowns occurred that evening, as my overtaxed brain began to lose control over my sanity. So, if you ever plan on going backpacking, here are a few tips to get you through the painful task of packing up your life into a knapsack.

First, decide what the weather will really be like. Knowing that Spain and Portugal have significantly warmer climates than Alberta, I already knew I was packing for warm weather. As an Albertan though, I severely underestimated the ability of the weather to change with the air turning from humid to damp as the sun went down. I did not pack a suitable, multi-functional "warm thing" to wear over my shoulders at night time, which haunted me for the first ten days of my trip. When I finally did consider packing my trusty jean jacket, my companion laughed and told me I would have to unpack at least three things to fit the item in my backpack, something that my overtired self was unable to even consider. I spent evenings walking around in my meticulously packed dresses, completely chilled and unwilling to get gelato late at night (first world problems, I know).

Second, you need to decide whether or not you will do laundry and how often you will do it. While it is NEVER an issue to over-pack underwear (which for most women, does not take up a significant amount of room or weight), it IS an issue to over-pack outfits, especially ones that you find slightly uncomfortable, or are not your favorite color, or you know don't look awesome on you, or you know you won't want to wear... Why did I

pack them? I have no idea. To be completely honest, I did not wear at least half of the clothes I packed, but that night I saw them as necessary. Pfffft.

Third, pack heavy essentials first so you know how much room you have for clothes. This list, though not exhaustive, is completely gender specific: WATERPROOF sunscreen (which is an entirely different story for a different issue), band-aids, band-aids, and more band-aids, soap, shampoo (conditioner, dry shampoo), razors, make-up and remover, baby wipes (never underestimate the importance of baby wipes), toothbrushes, SHOES (limit yourself to three pairs), a warm thing, some warm thing pants, etc.

Fourth, know the order to pack it in. Your medium heavy items should go in the bottom. This might include shorts/pants, heavier tops. In the middle, your heaviest items. It is also important to note that these items should go closest to your back, and never hang out too far (mistake #907 of mine). On top should be your lightest items. This is obviously so your bag isn't top heavy, and does not pull you backwards. When I donned my backpack in Edmonton, where the morning dew kept the air cool and I simply had to walk from the front door to the car, weight distribution didn't seem to matter that much. When it is 40 degrees Celsius, you're tired and hungry, you

need desperately to get out of the heat, and you're searching for your next destination, that backpack begins to feel like the bane of your existence.

Fifth, leave yourself some room for shopping and souvenirs. By the end of my trip, I would have worn my three most comfortable and light outfits in rotation if I meant I had less to carry and room for stuff to bring home. Trip mementos are extremely important to most of us, and we all of a giant list of people expecting gifts from us at home. One of my major mistakes was expecting to visit an important fashion capital, Madrid, and not buying any clothes. Oh boy, how wrong I was and how broke I am now...

Finally, get to know your backpack. Pick one with as many zippers and compression straps as possible. Bigger does not mean better. Get to know each other. Go for walks together before the big day. Sleep together (I'm not entirely joking about this). Spend some time bonding so that your backpack does not become your mortal enemy as it did mine. As I mentioned in a previous article, my backpack became my downfall - the physical representation of my backpacking-virginity and symbol of my idiocy - and caused extreme mood swings and general grumpiness. My friends, pack carefully and thoughtfully, and make a conscious choice to make your backpack your new BFF.

DO SOCIAL MEDIA PROFESSORS WEAR TWEET JACKETS?

Blake
Novak
Business

Put your hand up if you have one of the following accounts; Facebook, Twitter, Instagram, Snapchat, LinkedIn, Tumblr, blogger, Google +, YouTube, or MySpace? I hope that everyone reading this article has their hand up for at least one of those accounts, because social media is a large part of our generation. According to Next Advisor, an independent research firm, 89% of people aged 18-29 years old are using social media in some capacity. This shouldn't be a surprise to anyone, as daily we see people in class distracted by their phones, tablets, and laptops, communicating with everyone who isn't in the room. And it also shouldn't shock any one that businesses and employers are taking notice and jumping on the band wagon. They are using social media for marketing, recruiting and reviewing staff engagement on new levels. Gone are the days when your personal and professional lives are separate and we need to keep ahead of them.

So let's get some more stats out of the way; 93% of marketers use social media. That means that less than 1 in 10 businesses are focusing on you in the real world, instead they pay more attention to your online persona. And here is why; 25% of smart-phone owners

aged 18-44 can't remember the last time their phone wasn't next to them, and only 17% report that they spent more than 3 hours away from it. This gives marketers more time with you, as the #1 use of the internet right now is social media. Yes, that's right, SOCIAL MEDIA. And these statistics aren't even the scary ones. 23% of Facebook users check their account 5+ times a day, and 25% of these users don't bother with privacy settings. This means that you are active, engaged and posting online, and everyone can see what you are doing. So why wouldn't marketers and employers take advantage of this fact?

Now that we've covered the hard stats, let's look at the recruiters' point of view for social media. For those of you who have taken Intro to Human Resources, you'll know that interviews are not a very reliable source of information to make a judgment on you as a person. Either you are at the top of your game, dressed to impress and flashing that winning smile and credentials, or you are a nervous wreck who is trying to hide sweat marks and stuttering to answer questions. With the rising cost of recruitment and retention, recruiters will look for anyway to differentiate you from the crowd, and justify their decision to hire you. Facebook is the easiest way to do this, as it keeps a history of you since birth,

which is creepy on its own, and also relies on friends and family to tag you in embarrassing statuses and pictures showing the world how "normal" you really are. From there, these recruiters filter your life through their own constructs and decide if you are worthy enough to work with them.

Now this may seem like a harsh reality, and you may be asking "how does anyone get a job in this world", but the truth sometimes hurts. But here are a few helpful hints on how to handle the social media monster;

1. Take a personal inventory of your social media assets. This may sound weird, but it's very simple. Review what you have posted, and make changes for the better. Most social media sites allow you to remove or edit your walls and history, so go ahead and make yourself look good. Party pictures and morning after breakfasts only look good in your mind, seldom in the harsh light of an iPhone camera. You don't need to remove everything, just the posts that are on the far end of the spectrum of "wild benders". Recruiters are people too, and they will understand a few posts here and there.

2. Get rid of accounts that are no longer useful. Remember that Nexopia account you opened in grade 7? Well the internet does. And Google

is not shy about finding that information about you. So do yourself the favor of shutting it down and not letting hackers, spammers or other people use the account for their own purposes. If you don't use it; lose it!

3. Only use what you can manage. Don't sign up for the next big thing in social media if what you are using does the trick. The primary purpose of social media is to create a community for you, and if Facebook, Twitter, and Instagram do that already, then don't rush off and join something that will die in a week anyway. Greatest example of this: Vine. The 6 six-second video clips were quickly replaced by Instagram doing the same thing. If you are looking for novelty, go for it, but if you want purpose, stick with the core basics.

While this isn't going to solve all of your social media and recruitment woes, let me leave you with one take away to use in your future careers; think before you post. I know that this is something that parents have preached for years, and sometimes they get it right. Also, don't forget about the Annual Business Conference hosted by the Concordia Business Association on March 7th, 2015 where you can learn more about the business community and connect with leaders in all industries. See you there!

ISIS: THE WORLD RESPONDS

Ramiro Medina

Polo

Politics

Last time I ended by starting to bring up the international responses to ISIS's activities in the actively in the Middle East and passively Worldwide. Of course, the instances of recruitment in the West has been frowned upon very heavily, and with threats coming from ISIS to the West, threats and actions are been sent in return. Francois Hollande, the President of France has called upon a gathering of different states to assess how to respond to the current happenings. The meeting in Paris brought the support of about twenty-five countries, as well as the support of representatives of the United Nations, the European Union, and the Arab League. This has resulted on air strikes as the only action they are taking against ISIS. But, support comes in different ways: Countries Providing Air Support and Military Equipment: US, Canada, Iraq (authorized France to use its air space and welcomed coalition support in battling ISIS), Jordan, Bahrain, Saudi Arabia, United Arab Emirates, France, Germany, United Kingdom, Australia, Belgium, Denmark, Italy, Czech Republic, Albania, Netherlands, Estonia, Hungary, Turkey, Lebanon.

Allies

Providing

Humanitarian Aid: Sweden, Kuwait, Switzerland, Japan, Austria, New Zealand, South Korea, Ireland, Spain, Slovakia, Norway, Luxembourg, Qatar. Allies Who Have Expressed Support: Bulgaria, Egypt, Finland, Georgia, Greece, Israel, Kosovo, Oman, Poland, Croatia, Romania, Singapore, Taiwan. The following states have been claimed to be part of the coalition by US State Department: Andorra, Bosnia, Lithuania, Macedonia, Malta, Mexico, Moldova, Morocco, Portugal, Serbia, Slovenia, Tunisia and Ukraine.

Non-nation supporters: The Arab League and the European Union.

With this massive amount of support and involvement, this brings about the next question: How are people in Syria and Iraq responding to this? As already addressed, Iraq has authorized France to use its air space, thus it appear that it is one of the prime interests to take out ISIS. Meanwhile, one of nations that lives within the state of Iraq, the Kurdish nation has responded in support of Canada's involvement in Iraq. The article "[Kurdish] locals expressed immense gratitude Friday after it was confirmed that Canada was going to send six RCAF fighter-bombers to join the international air campaign against the jihadists." (Source: The National Post) So, far the

Kurdish population has had to give up a lot of territory to the massacres of the ISIS, both Iraq and Syria are been affected by these attacks. An example of this would be the town of Kobani, Syria. "The main Kurdish armed group in Syria called on its kinsmen across the region to help it stop a massacre in the Syrian town of Kobani as Islamic State militants armed with tanks edged closer on its outskirts and pummel it with artillery fire." (Source: The Huffington Post) And with these attacks, the ISIS fighters come closer to Turkish borders.

So, where do these attacks leave ISIS?

The current UN report states that ISIS has committed "killings of civilians, abductions, rape and other forms of sexual and physical violence perpetrated against women and children, forced recruitment of children..." (Source: CBC) all of which are systematic war crimes that must be prosecuted. ISIS's attacks in Syria have brought it closer to the Turkish border which has stirred up Turkey into responding. The Turkish parliament has authorized military involvement in the conflict as it allows the use of its bases for other states involved in the effort.

Along with that there is the formation of anti-ISIS international responses by many different

states contributing in whatever way they can.

Of course, there is a certain perspective I am yet to address: the counter-response. While the West mobilizes into the Middle East, Russia has condemned the particular actions of the US and France. However, Vladimir Putin's own response has been also condemned by other states. Russia's position has moved on into considerations of joining the coalition to fight ISIS, one of the particular reasons about this is that Russia has been considered to be one of the next targets of ISIS. Like Russia, initially Iran criticized Turkey's response to ISIS. Despite these criticisms, Iran is still willing to contribute the anti-ISIS

However, with all of this said, I shall end my article here, for I've tried to address the different responses that the world has had with ISIS growing and expanding. There can only be new developments on the issue from which I will address at some point; however, with that being said, I am not going to be talking about this issue for a few editions of the Bolt, for this is not the only world politics event that is going on and I wish to look at other events. I shall return to this at some point, but now I shall return to a point of observation of whatever new developments occur.

PERSONAL TIME PARADOX

Nicholas
Chevalier

Editor-in-Chief

Where does all the time go? I've found myself asking that questions a lot as of late. Balancing a full time schedule at school, a job, a social life, that all important sleep, and everything else going on can be difficult and I personally am having a harder time this year orienting myself to my new schedule. And so I'm taking this moment to center myself while doling out some advice that I hope helps some of you get yourselves back on track.

Taking time for yourself can be tough, but when you do savor that time. That is something I'm having to force myself to do, the savoring part that is. I have the free time and fill it, but the time goes by so fast I don't take the opportunity to take a moment just for me. It may sound silly but taking that small moment can really revitalize the body and mind. Some do Yoga, others exercise, I play video games. But in whatever you're doing, make sure to take that moment, it can make the difference between being exhausted and having boundless energy.

Energize your work, be it school or a job. Make games out of those monotonous moments to make them more engaging and thus less tiring. It's impossible to do this all the time, let's face it, those last minute homework rushes aren't going to fun (although they might be avoidable), but when you have time to inject a little fun into work or your project. It will not only make you feel better, but maybe inject something extra into your project and get you a better mark. A spoonful of sugar as the saying goes.

As for social life experiences, try and make it out to CSA events or other events that are scheduled and that you can preplan for. Spur of the moment get togethers might not be possible, but be sure to seize those moments when they do arise and you can take the opportunity; just remember not to forgo doing something in order to hang out, because that'll obviously just cause you more stress related issues down the road. Planning ahead for events can also help you get stuff done in a timely manner, knowing that you're rewarding yourself at the end of it. And don't think that looking at your outings

as a reward is childish or weird in any way, we're never too old for that metaphorical stickers that we used to get in school (and in all honestly I'm never too old for stickers).

When it comes to sleep remember it's not always about the number of hours you sleep (sometimes too much can be a bad thing), but the quality of sleep that you get. Make sure to cover standby lights on electronic are covered as the light pollution in your own room can cause you to have a more restless sleep. Also watching a screen before bed is suggested against, although I'm guilty of this almost every night. I've found that it does take me more time to get to sleep after watching a visually striking movie or show. Some of my best sleeps have only been five hours long and that's because I've had time to relax before sleeping and clear my mind.

If you have your own advice to give or stuff you do to relax let us know here at The Bolt by emailing us. We're closing in on that half way stretch Concordia so keep up the good work and make sure to take time out of the day to take a moment for yourself.

Trending - With The Bolt!

#Ebola

The total number of confirmed, probable, and suspected cases 8033 with 3879 deaths and the countries affected are Guinea, Liberia, Nigeria, Senegal, Sierra Leone, the United States, and Spain.

#TurkeyDay

Canadians purchased three million whole turkeys for Thanksgiving in 2011, according to the Turkey Farmers of Canada - about 32% of all whole turkeys sold during the year.

#HockeyIsBack

The official NHL season has begun, so we can all relax around the warm glow of our TV screens with our beers and blankets. Rivalries will be rekindled, comradery sealed in brawls on the ice, and of course groups of Oilers fans huddled together hoping that next season will be better.

#Ghostbusters

Ghostbusters is coming back with an all female cast! The cast is undetermined, but Emma Stone, Melissa McCarthy, Kristen Wiig, and Linda Cardellini were named by Bill Murray as his favorites for a new "Ghostbusters" film.

#Wanderlust

Fall break will soon be on us so pack up your bags and book a flight (I hear Rome is nice this time of year... or any time of year!) The world is your playground!