

A (FORMER) ATHLETICS REVELATION

by Taylor Jevning

This time of the year is significant when you're a university student. We're all likely planning for our final essays and projects, having just finished our midterms. Finals are quickly approaching and we're enjoying the final few moments of freedom we have before our lives and souls are inevitably sucked out through our skulls within the last two months. Many of us are applying for summer work, figuring out our classes for next year, and asking the registrar why in God's name we don't seem to have enough credits to graduate even though it feels like we've been taking five classes a semester since the beginning of time. For myself, and many others, all of these things are true, but there is also a sense of nostalgia that comes from the beginning of spring for a different reason. I grew up an athlete, and February and March were always very important to me because that was when the end of the year competitions, games and events took place. Looking back at my Facebook memories everyday brings sharp pangs of a time I wish I could go back to. It seems so distant however, when all you can seem to focus on is university. Lately, the topic that has been

on my mind as well as many of my classmates', is how to cope with the realization that you are no longer an athlete.

Being an athlete is an identity. It is time consuming, energy consuming, and when you are passionate about your sport, it is emotionally draining. Long gone are the days where you had to cancel plans because of practice, where you had to go to physio to prepare for a competition, or when you could feel the soreness in your muscles from a great morning practice while you're sitting in your math class. I remember all of the sleepovers I had to cancel because of Saturday morning training, but I look back on these memories with rose coloured glasses when I wake up on Saturday morning and wish I had somewhere to escape to so that I could avoid doing copious amounts of homework or laundry that has been piling up in the bin. When you stop doing your sport, you lose many important parts of your life, but also of yourself. My fellow ex-athletes remember the feeling of pride as they looked up and saw their parents cheering them on in the stands. Those nights with your teammates where you participated in pre-competition rituals feel as if they're from another life. It's a surreal feeling to look at something that would be the first thing you would tell someone about yourself when asked what you do, and feel like you have

no connection to that part of your life anymore. There is a gap in my identity where I used to describe myself as a figure skater. Even now as a student, I'm unsure if anything will ever fill that gap in my soul where my sport once was. The part of me that has been lost for myself, as well as many others, is made more real when we put on our clothes from high school and they fit differently (thank you, university). Or the first time you see small children doing your sport and say, "I used to be a figure skater". There are times now when I put on my skates and I feel at home, and everything feels so natural, and I wonder if that's a metaphor for what happens as you get older. In high school, everything seemed so predictable. You wake up, go to school, go to practice, and repeat. When you get to university and start living in the real world, your sense of certainty is stripped from you. You have so many choices about where to work, what to do, and who to be. No wonder it's comforting to remember a time when you felt like you knew what you were doing.

Unlacing my skates and hanging them up in the locker room is one of the many things that university has taken from me and my fellow students. This reminder that I was once an athlete has made me reexamine my identity and realize why we're all here in university. When you're a kid, your iden-

ATHLETICS

tity is given to you. You are a figure skater, a student, a daughter, a friend, and none of these seem to be your own choice. The purpose of university is to create your own identity. It is only natural that we look back at the identities we used to have, and wish for a time when things were more simple. For those of you that are athletes, this time of year is going to be a reminder of who you used to be, and an even scarier reminder that you may have no idea who you are right now. For those of you who were never athletes, maybe you have a different hobby you had to leave back with your previous self, or maybe you just wish things were as simple as they used to be. My own realization that I no longer consider myself an athlete shook my identity, and I wonder if one day I will be as sure of things as I used to be. I'd like to offer as much comfort as I can for those of you who are feeling the same as I am. We have all of the opportunities in the world to be whoever we want, and as scary as that is, it is incredibly exciting. Although you are not who you were four years ago, you are also under no obligation to be that same person ever again.



Election Results

We are pleased to announce the following unofficial election results:

Executive Council:

President: Ian Lee

VP Finance: Brandon Vollweiter

VP Internal: Laura Hebert

VP Student Life: Alex Bedard

VP Marketing: Madeline Ludlage

General Council:

Arts Reps: Adrianna Blitterswyk and Hailey Mills

Science Reps: Benjamin Neumann

Management Reps: Nicholas Burant

Thank you to everyone who ran and voted in the election. Election results will be ratified at General Council on March 19th.

Concordia University of Edmonton | A 207 7128 Ada Boulevard, Edmonton, AB
T5B 4E4 | (780) 491-6237 | csapresident@student.concordia.ab.ca
www.ourcsa.ca

protected by defensively minded teammates Jae Crowder, Marcus Smart, Avery Bradley, Kelly Olynyk, and Al Horford. Thomas provides the C's with an invaluable scoring punch, and his clutch factor has to be worth something, but in as deep an MVP race as I've ever seen, his limited defensive play will work him out of this race. I project Thomas to finish fifth in MVP voting.

Kawhi Leonard, San Antonio Spurs: The back to back defensive player of the year, Leonard has always been known to be an uncompromising defensive player,

but this year he has unleashed an offensive arsenal that has drawn comparisons to Kobe and MJ. In 2016-2017, Kawhi is averaging 26.1 points per game, a career-high, to go with 6.0 rebounds per game, 1.9 steals per game, as well as bringing 0.7 blocks per game to the table. He has done this at a career-high 31.3% usage rate, indicative of his rise to superstardom, a title that is softly spoken about the Spurs organization. To debate whether he's worthy of MVP, it's helpful to look at his teammates. With LaMarcus Aldridge posting his lowest scoring numbers since his

rookie campaign, and Pau Gasol showing his age, Leonard has had to carry the team, and has done so with remarkable efficiency, posting career highs in player efficiency rating (28.2), and true shooting percentage (61.8%). In a year where the San Antonio Spurs might steal the top record in the league from a banged up Golden State Warriors, don't rule out 2017 as the year of the claw. I project Kawhi finishes second in MVP voting, ousting either Harden or Westbrook to third place, in what should come as a surprise to everyone, myself included.

The likely scenario for this year's MVP will be either James Harden, the assists champion with the marquee beard, killer crossovers, and silky smooth jumps, or Russell Westbrook, the scoring champion averaging a triple double, dunking mercilessly on centers, and putting hoops into the junkyard with his vicious assaults on the rim. However, if chaos prevails, do not be surprised to see one of the above candidates take home the trophy.

Here's hoop-
ing for the best,
Orrin Farries

EDITORS

NICK
CLARK
LAYOUT

KAYLE
SIEBEN
EDITOR
-IN-
CHIEF
IAN LEE
ONLINE

AMY
STEPHENS
STORY

NOT BACKING AWAY: A CASE FOR THE OUTSIDE MVP CANDIDATES

by Orrin Farries

There is a near unanimous conclusion among NBA buffs that the 2016-2017 NBA MVP race comes down to two leading horses: James Harden and Russell Westbrook. Given their superior numbers, and the importance of their individual performances to their team's success, such a conclusion is not without its merits. However, it should be noted that despite their individual greatness, when thinking about the most valuable player as the player who is most valuable in the league, as opposed to just their team, then the

conversation becomes different. James Harden is a knockdown scorer with skilled footwork, and a newfound ability that has seen him soar to the top of the league in assists. Given the depth of the Houston Rockets' roster, particularly when compared to the rosters that other superstars have to deal with, James Harden's assists become slightly less significant compared to Russell Westbrook, who is still averaging an outstanding 10.0 assists per game to go with 31.7 points per game, and 10.6 rebounds per game. Were James Harden to be passing to Enes Kanter, Andre Roberson, and Steven Adams, as opposed to Eric Gordon, Ryan Anderson, and Lou Williams, all capable knockdown shooters, you'd have to imagine that his assist rate would take a dip. Below I've listed the likely runners-up, and provided rationale for their se-

lection as league MVP.

Most Valuable Players:

LeBron James, Cleveland Cavaliers: The Cleveland Cavaliers are abysmal in outings without the King. In the last three years, of 24 games in which LeBron hasn't played, the Cavaliers have a 4-20 record, bad even by the standards of the Brooklyn Nets. Even though the award is based on regular season performance, the unparalleled play of post-season LeBron should factor into the selection. Although the voting media seem to have grown tired of giving LeBron the award, LeBron has shown growth in his own game in this season, moving from an unbeatable force to a team player that elevates the play of those around him. By this measure, I have LeBron as finishing third in MVP voting. As the MVP debate often weighs on the individual strengths of a player in perspective with their supporting cast, LeBron has no leg to stand on. Despite exorbitant spending on the big three; James, Irving, and Love, the Cavaliers have acquired great depth in the buy-out market signings of Deron Williams and

former Golden State Warrior Andrew Bogut. They also deceived the Atlanta Hawks in a trade to acquire three point gunner Kyle Korver. All said, LeBron is still the best player on the planet, and can will his team to win games, but his reservations in the regular season and preservation of himself for the important games in June will likely keep him out of the running for his fifth MVP trophy.

Isaiah Thomas, Boston Celtics: Leading the league in fourth quarter scoring with 10.1 points in the final frame, Thomas has been huge in close games for the Celtics, putting them up against teams that had run up early game leads. Advanced metrics show Thomas to be a notorious liability on defence, posting a defensive box plus minus of -3.6 on the year, a stat that damages his MVP portfolio, but is generally skimmed over in the eye-test, given that Thomas is

SPORTS



STUDENT LIFE

MEET YOUR CONCORDIA MANAGEMENT COUNCIL

by Emily Robbins

At Concordia, we have a ton of clubs that focus on a huge variety of interests for students all around campus. Although most clubs are open to anyone, there are a few that focus on a specific study area for students. For the Management program in particular, we have the Concordia Management Council.

In order to find out more about the Concordia Management Council, we had the President of the CMC, Zac White, who also happens to be the Faculty of Management Representative on the CSA General Council answer a few questions.

What is the Concordia Management Council (CMC)?

Zac White: The Concordia Management Council, or CMC, is one of Concordia Student Associations' student

unions. Its purpose is to represent and hold events for all students in the Faculty of Management. It is made up of five positions:

1. President - Zac White
2. Vice President of Finance - Nic Dove
3. Vice President of Operations - Breanna Grolway
4. Vice President of Marketing - Emma Neufeld
5. Vice President of Communications - Alex Roihjert

Being the Faculty of Management Representative on the CSA General Council also provides me with the chance to attend monthly CSA meetings in addition to CMC meetings. On top of the five selected positions on CMC, every student in the Faculty of Management at Concordia is considered a member at large and can attend any CMC meeting and share their thoughts and opinions, however, they are unable to vote.

What is the purpose of the Concordia Management Council (CMC)?

Zac: The purpose of the Concordia Management Council is to represent and hold events for all students in the Faculty of Management at Concordia. We aim to pro-

vide students within the Faculty of Management with the opportunity to have their voices heard, and with events and fundraisers to support their academic goals. We hope to continually come up with new plans and ideas to improve the Bachelor of Management program as a whole.

In addition to questions asked about the background of the Concordia Management Council, I've also obtained more information regarding the CMC's annual Networking Conference from VP of Communications, Alex Roihjert.

What is the CMC Annual Networking Conference, and how will it benefit Students?

Alex Roihjert: The Concordia Management Council's Annual Networking Conference is a yearly event that CMC has been hosting for the past thirteen years. The purpose of our Annual Networking Conference is to provide students with the opportunity to meet and build long-lasting relationships with local business professionals. It also opens up opportunities for students to seek internships, and get advice in choosing the direction or path to take

with their professional business career. The annual conference mainly seeks to give students exposure to professionals, and an opportunity to connect for future business purposes.

This year's CMC Annual Networking Conference will be on Saturday, March 18th 2017 at the Derrick Country Club, with doors opening at 5pm and a three course meal being served afterwards. There will be a variety of different business professionals to network with in all areas of emphasis for Management Students. Along with the chance to network with business professionals, there will also be a number of speeches, including former LA Kings player Darwin Bozek who is now controller for the province of Alberta. This event is a huge opportunity and is highly recommended for Management students to attend!

Be sure to say hello to your Concordia Management Council members around campus!

TWO FISH,
ONE FISH, NO
FISH

by Allison Crawford

Canadian provinces and American states that share the border along the 49th parallel are riddled with all different kinds of fresh bodies of water such as streams, rivers and lakes. These sources of freshwater systems provide animals - amphibians, reptiles and mammals alike - habitat space and sources of food for their dietary needs. Sources of fresh water also provide humans with accessible drinking water and recreational areas for one's own pleasure.

Invasive fish species have become a growing concern, particularly in this case for waterways of North America, especially in the coastal regions, Great Lakes and surrounding areas. Invasive fish species have the potential to cause serious harm to the surrounding environment and natural ecosystem by disrupting the natural balance of the ecosystem, threatening species diversity and the abundance of native species present. The resulting loss of native species such as fish due to newly introduced invasive

species may lead to other non-environmental consequences such as economic loss through the commercial, agricultural, aquaculture, and recreational industries.

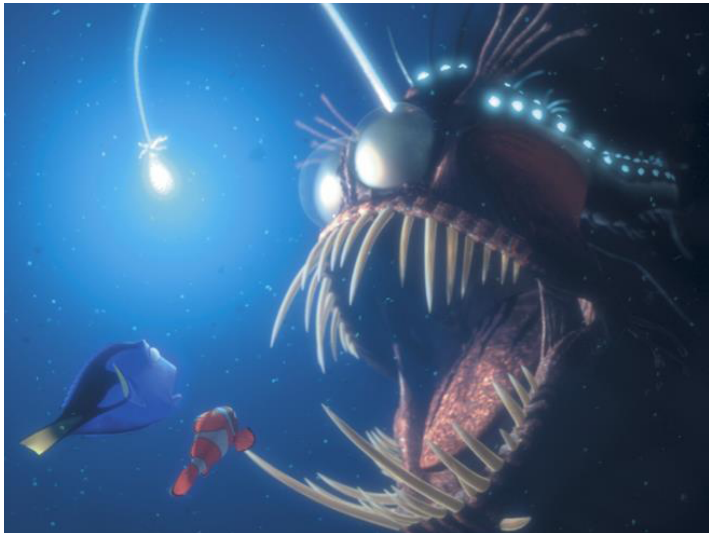
Due to the ease and frequency of waterway contamination by non-native fish, the introduction of invasive fish species is of a great concern. Usually, non-native aquatic species are introduced via the dumping of large amounts of ballast water by large ships. On a macroscale world wide, with the exchange of ballast water daily in international waters, aquatic organisms ranging from phytoplankton and zooplankton to fish are released into areas where they have never been found before. On a microscale, species can be introduced into new water ways and systems via recreational activities such as boating and fishing, as well as, humans illegally dumping unwanted household aquaria into the water system.

A new invasive fish species making an infamous name for itself in North America is the Northern Snakehead. The Northern Snakehead is a predatory fish which is native to the waterways of China, Russia, North and South Korea. It has been found in some American states such as New York and Maryland, as well as,

recently found (and removed) in the Canadian province of British Columbia. To the adult Northern Snakehead, there is no known natural predators, making it a top predator in its newly inhabited ecosystem. Their diet consists of fish and their eggs, toads and frogs, small reptiles, mammals and birds. Having a high ability to adapt to various grades of ecosystems - it can survive out of water in moist conditions such as wetlands - and thrive in poorly oxygenated water making it a threat to the local native species.

To combat this invading species and prevent it from coming into Ontario's waterways, the province of Ontario has implemented a ban on all 28 subspecies of the snakehead under the Invasive Species Act, thus making it illegal to buy or keep as a pet.

Monitoring of water-



SCIENCE

FUN AND
GAMES



SHOW TIME!

Here's what's playing this week:

Logan
18A

Kong: Skull Island
PG

The Great Wall
PG

The Lego batman Movie
G

A Dog's Purpose
PG

Ballerina
G

Before I Fall
PG

Fifty Shades Darker
18A

Fist Fight
14A

Get Out
14A

John Wick: Chapter Two
14A



More pics on www.imfunny.net

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

SUDOKU

Across

- 1. Highway exit
- 5. Talk
- 9. Depart
- 14. Butter substitute
- 15. German title
- 16. Scary
- 17. Ripens
- 18. Irrelevant
- 20. Wicker material
- 22. Scent
- 23. Gore and Roker
- 24. "___ Street"
- 25. Extend a subscription
- 27. Defeat
- 29. Revised
- 33. Undercover gp.
- 36. Less messy
- 39. Marco ___
- 40. Consuming
- 42. Adriatic, e.g.
- 43. Hollers
- 44. Gambling city
- 45. Morally pure
- 47. Actress Sandra ___
- 48. Alternate route
- 50. Ages
- 52. Genuflected
- 55. Biblical mountain
- 59. Certain poem
- 62. Shakespearean monarch
- 63. Take a breath
- 64. Interpretation of what one sees
- 67. English river
- 68. Pseudonym
- 69. Present!
- 70. Tear apart
- 71. Property claims
- 72. Margin
- 73. Pub potables

1	2	3	4	5	6	7	8	9	10	11	12	13
14					15				16			
17					18			19				
20				21			22			23		
24						25			26			
27					28		29			30	31	32
33	34	35		36		37	38		39			
40			41			42			43			
44				45			46			47		
48				49			50		51			
52					53	54		55		56	57	58
59	60	61		62				63				
64			65				66			67		
68						69				70		
71						72				73		

Down

- 1. Zoo sounds
- 2. Pond growth
- 3. Convenes
- 4. Of the mail
- 5. Mandarin or Cantonese
- 6. Dress edge
- 7. Metal suit
- 8. Barter
- 9. Eyed slyly
- 10. Poet's always
- 11. Met solo
- 12. Small bottle
- 13. Snaky swimmers
- 19. Photocopier liquid
- 21. In the midst of
- 26. Rub dry
- 28. Window part
- 30. Narrated
- 31. She, to Pierre
- 32. Medicine amount
- 33. Coagulated milk
- 34. Words of comprehension (2 wds.)
- 35. Slangy negative
- 37. Steeped brew
- 38. Leisure
- 41. Cranny's kin
- 43. Hanker
- 45. Crawl
- 46. Apprentice
- 49. Except if
- 51. Largest desert
- 53. Wood spinner
- 54. Endeavored
- 56. Fray
- 57. Without company
- 58. Looks after
- 59. Milky gem
- 60. Hero shop
- 61. Albany's canal
- 65. Soup container
- 66. Association (abbr.)



FB.CO/THEBOLTNEWS



@THEBOLTNEWS



@THEBOLTNEWS

CUE PRIDE DAY

Wednesday, March 15
10 am to 2 pm
Pride Parade at 12:05



THUNDER WEAR

Friday

wear blue and yellow every
Friday and enter a chance to win tons of prizes

POLITICS

EDMONTON'S 2016 BUDGET SURPLUS

by Kohan Eybergen

The city of Edmonton concluded the year 2016 with a budget surplus of approximately \$64 million, and this is the fifth year in a row that Edmonton has had money left over from their budget. This is a good thing, and the city is putting most of this extra money into Edmonton's Financial Stabilization Reserve, which is essentially a rainy day fund put aside for spending money in times of emergency, such as natural disasters. This "rainy day fund" currently holds \$93 million without the added money from the past year. For each of the past three years, the city council has also directed \$3.5 million of their budget surpluses to Edmonton's plan for affordable housing.

This is some pretty awesome news, especially for the people in charge of the city's budget, but how is it that Edmonton has so much money left over? Well, we saved \$13 million on snow and ice removal, due to the uncommonly mild winters that we have had for the past few years, caused probably by climate change, and the El Nino. Another large chunk of money is from person-

nel costs such as cutting back on overtime hours, and by not filling unnecessary vacant municipal government positions.

However, to fill the role of the skeptic; does Edmonton even do a proficient enough job of snow and ice removal in the first place? It's obvious to anyone who lives in Edmonton that they most definitely do not remove snow from the majority of residential areas in the city. Also, there are many places in Edmonton where the public sidewalks are perpetually icy, for example the other side of the Ada Blvd Bridge near Concordia. It seems ridiculous that Edmontonian's will be fined for leaving ice on the sidewalks in front of their houses, but it's totally fine for the city to leave public sidewalks covered in ice. On a similar note, the city of Edmonton will not plow the more heavily trafficked residential streets, but they will pay someone to ticket people who are parked on these streets for over two hours.

Not only does the city not remove snow and ice from these busy residential and side streets, due to the mildness of the winters in the past few years these roads seem to be more icy than usual. The constant traffic compacts the snow, and then the thaw/freeze, thaw/freeze temperature patterns, that seem to have become the

norm, turn the roads to ice. Obviously icy roads are dangerous, especially when it's warm and people, including children, decide to walk places, or when cars are often parked on the side of the streets causing them to become narrower. Not to mention other cars backing out of driveways onto streets where cars can barely stop due to the ice, which causes collisions.

So considering this trend of warmer winters, why doesn't the city of Edmonton use some of the money dedicated to snow and ice removal on residential areas? Well sit down and get on your tin foil hats folks because I've got a pessimistic conspiracy theory that I've cooked up in my brain space for you. The city of Edmonton doesn't want to spend money on snow and ice removal for residential areas because:

- 1: The majority of collisions in these areas are not very serious, and almost never life threatening, as the vehicles are moving at relatively low speeds.
- 2: It gives the city of Edmonton a reason to use more "sand" on the roads. Sand that more closely resembles the kind of small gravel that you would find in concrete mix (seriously though how is this considered a good idea), and that causes innumerable amounts of windshield damage.

3: Both of these things cause damage to Edmontonian's vehicles, and we're more likely to spend more money on local businesses that repair windshields and bodywork, which stimulates the local economy.

When it comes down to it, it's all about money in the end. The city likes having a budget surplus at the end of the year, which to the credit of the city, does go towards some really important and great things! The city also obviously makes money on revenue from having people going around ticketing vehicles for parking offences, and loses money on paying people to remove the snow and ice on the same residential streets. Similarly, the worsened road conditions in these residential areas create more collisions and vehicle damage, which in turn stimulates the local Edmonton economy. Obviously, these are just my crazy pessimistic theories on the situation. I would suggest that it would definitely be a smart idea for you business people to consider a business that provides crushed rock to the city in the winter.

YOU IS KIND,
YOU IS
SMART, YOU
IS...
CREATIVE?

by Ester Latifi

“Everybody has a creative potential, and from the moment you can express this creative potential, you can start changing the world.” - Paulo Coelho

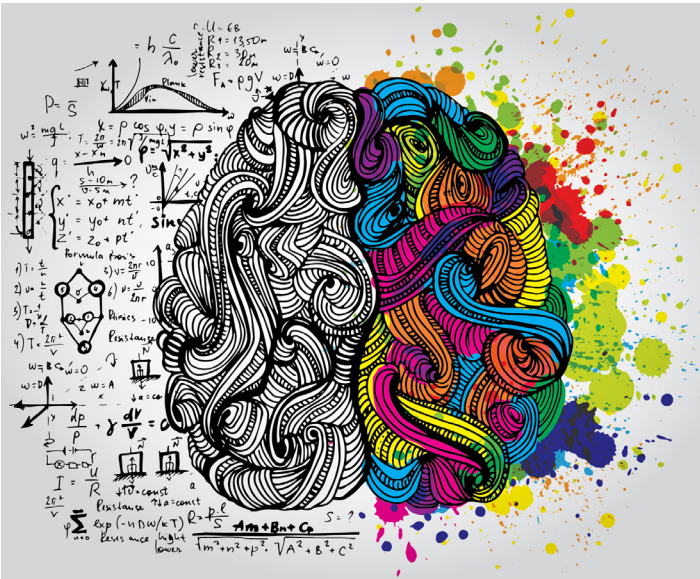
One of the things I’ve heard people say time and again is “I’m just not a creative person.” While you may have heard that some people are more left-brain dominant and others more in tune with their right-brain, I feel like this whole idea is nothing more than a myth.

Creativity is so complex; there are many ways of expressing it, and it is not limited to the “artsy” or “musical” people out there. In fact, I would argue that whether you feel that you are left- or right-brained, you are more than capable of being creative and expressing that natural creativity (yes, I said ‘natural’). In other words, if you have a brain and are capable of thought and reason—congratulations! You’re creative. Supposedly being more in tune with one side of your brain does not magically limit your abilities, so it is entirely possible to have a mathematical individual who plays the piano and an artistic person who enjoys math. So the question remains: is creativity limited to a particular type of personality?

Creativity is defined as

“the use of the imagination or original ideas.” I think we can all agree that having original ideas does not require being into painting or sculpting. Scientists often have ideas that they test, and some of those ideas end up becoming scientific theories—still others making it as far as to become scientific laws. People often rule out what they are capable of, making blanket statements such as “math isn’t my thing,” “I’m not an artsy person,” or “I’m not musically inclined.” While there is something to be said for your natural strengths and weaknesses in different areas, I think that by saying things like that, you’re immediately limiting yourself, and in turn, potentially missing out on something you might love or enjoy. For the longest time, I used to be convinced that I was left-brained, telling everyone that I was a science-y person and that the only reason I was good at music was that music has mathematical elements that I naturally excelled at. If you asked me about poetry five years ago, I would’ve laughed in your face, because poetry was something that seemed abstract to me. I didn’t know how a poem about different footpaths in a forest could represent

ENTERTAINMENT



life choices (“The Road Not Taken” by Robert Frost). It all seemed so ambiguous, confusing, and pointless to me that I never took the time to try to learn the mechanics of a poem, and in turn, I just never read poetry, because “poetry isn’t my thing.” I assumed that since I was good at math, I’d never be the sort of person to voluntarily read a poetry anthology. Today, I write poetry for fun. It’s my favourite kind of writing. I love analysing poetry, and being able to write it has become therapeutic for me as far as my struggle with anxiety is concerned. Sometimes I stop and wonder how much more I might have been able to develop this skill had I not shunned it throughout my teenage years. Furthermore, I’ve switched from being a bio major to being an English major over the last year—there’s the “I’m left-brained and can’t be good in the arts” myth debunked. I can still be good at math and science if I put my mind to it, but I’ve decided

LOGAN: A
FAREWELL TO
CLAWS

by Orrin Farries



Gentle spoiler warning: In the closing chapter of his career as the most popular superhero, Logan was as perfect an opus as Hugh Jackman could have delivered. Throughout his 17 year career donning the adamantium claws, Jackman has gone from scrawny, furious, rebel-without-a-cause, to huge jacked man, to old man Logan as is seen in this most recent release. What has to be appreciated when looking at Hugh Jackman’s portrayal of Wolverine, is that he has forever changed the perception of the character. In the comic books, Wolverine is a short, grizzly character whose compassion is seldom expressed, and his loyalty

never pledged. However, through nine film appearances as Wolverine, the collective perception of him has changed. Whether or not another A-lister takes on the role, this generation of moviegoers will forever think of Hugh Jackman when thinking of Wolverine.

In Logan, audiences across the globe where given a performance of finality and closure, breaking open the character of Logan, (whose name in the movie is James Howlett) exposing the fragility of his mental health, showing the toll that immortality has taken on his psyche. The movie opens with a scene of Logan waking up from a drunken slumber inside of the limousine he drives for work, outside, a group of Latino gang members are trying to take off the chrome rims of the vehicle. Logan stumbles out of the vehicle, giving out the typical Wolverine, “You don’t want to do this” warning. They shoot him with a shotgun. Logan goes down, it takes him a minute to collect himself and to get back into the fray. Upon getting up, Logan receives an asskicking from several of the gang members, kicking him on the ground, and producing screams of true anguish from our protagonist. Channeling his inner rage, Logan extracts his claws mostly, the index claw of his right hand struggling to fully eject from its fleshy sheath. This is when the movie really began to turn the

gears, showcasing R-rated brutality in the dismembering and dispatching of the gang members, followed by Logan, showing impaired healing, limping into his vehicle and driving off into the night.

The expectation with any Wolverine movie is that Logan will triumph due to his healing ability and his unbreakable skeleton, making Wolverine what we might call the ‘untouchable’ hero archetype. What Logan does so well, which has been seen in comic book story arcs such as ‘The Death of Wolverine’, and ‘Old Man Logan’, is dissolve Wolverine’s physical perfection, transforming the story to one of a wounded warrior archetype whereby the physical battles pale in comparison to the internal struggles. A child of the Weapon X program, throughout his life Logan has felt disenfranchised from allegiances, even at times distancing himself from Professor X and the X-men, however in Logan, Logan must take on the role of estranged father, after learning of an escaped experiment child (X-23) who was created using his DNA, which was taken at the end of X-men: Apocalypse. Upon discovery of this experimental mutant child, Logan is expectedly callous and indifferent, refusing to take the child to refuge until significant monetary compensation is offered. This ties in with the money Logan needs to provide an aging and ailing Professor X with

drugs to keep his seizures at bay. In tandem with their degradative physical states, the poor financial state of Logan and Xavier makes a statement about the treatment of veterans in the United States, living on a prayer of an escape. This theme is compounded by the suicidal thoughts and intentions of Logan throughout the movie, and the dialogue of Professor X, “you’re just waiting for me to die”, which really drives home the dark nature of life and death in the mutant universe.

In sum, Logan presents the viewer a lens to glimpse into an ever growing arc of superhero stories whereby the fragility of the heroic characters is used as a tool to reflect insecurities common to mankind, and the brutality of the film is used to give Wolverine as fitting a final foray as is deserved of the most violent character in the comic book universe. Jackman’s performance is harrowing, sullen, and poignant, relying less on the aggressive portrayal of Wolverine, and bringing out the best of his portrayal of the more human side of Logan.

Final Grade: 9.1/10.0

MOVIE
REVIEW

DEPRESSION

by Lexie Switzer

In my previous two articles, I mentioned how every person will experience mental illness in their life and I stated that no one is alone in their struggles with mental illness. In this article and the ones to come I will be focusing on one mental illness per article, providing statements from people affected by it. The main focus of this article will be depression and the two individuals that I interviewed have both dealt with it. You'll notice that there are differences in their experiences. Both dealt with this illness at different parts of their life and dealt with it in different ways. However, it is not the differences that are important. They are both unique human beings, diagnosed with the same illness, both with the courage to ask for help and the strength to come out on the other side as a survivor.

47-year-old female:

How long have you dealt with depression? Did it take you long to realize what it was?

For about 15 years, I felt hopeless, dark, and sad for no reason. I was vividly aware that I had a good life; a successful career, a loving husband and children but I could

not help the way that I felt. I eventually discussed it with my physician but was opposed to the medication she suggested as I felt it would mean I was "crazy." Instead I took her advice to get more physical activity, spend more time in the sun and start journal writing. I saw no change in my mood so I saw her again, this time willing to try medication. Her comparison of depression and diabetes helped me to see that they were not too different after all; both an illness that can be treated and nothing to be ashamed of. The medication she prescribed had almost immediate effects and I've been on them ever since - it was truly life changing. Have you ever or do you now see a psychologist? Has that helped? I have gone to one in the past but not at this point. It was a tremendous help to have someone provide such an educated perspective. Being able to talk about what I was going through with someone that knew how to help me through my struggles was exactly what I needed. My psychologist was 100% on my team and was able to listen to me without any bias or judgment. **Have you ever turned to self-harm or had suicidal thoughts?**

No

What would you say to someone that is deal-

ing with the same thing?

I would tell them to talk to their physician and/or a psychologist and to research ways to improve their mental wellness as the more educated they are on what they are struggling with the less afraid they will be to get the help they need.

18-year-old male:

How long have you dealt with depression? Did it take you long to realize what it was?

I've been dealing with depression since I was 12. It took upwards of a year to realize what it was.

Have you ever or do you now see a psychologist? Has that helped?

Yes, multiple psychologists. My experience with psychologists hasn't been very positive and I found it helped very little. That being said I do know others who have had positive experiences so I'm not opposed to trying again if I felt it was necessary.

Have you ever turned to self-harm or had suicidal thoughts?

Yes, I have had thoughts of suicide and it got to the point that I did attempt to commit suicide. I was fortunate enough to have someone in my family stop me, so that I wasn't successful in my attempt. Life is a valuable thing

MENTAL HEALTH

and I came moments away from losing it. All of the problems that I was struggling with at that point in my life now seem so small. Suicide is too permanent an option for struggles that can be temporary.

What would you say to someone that is dealing with the same thing?

It gets better. When I attempted suicide I felt completely alone and had no hope for my future. I now attend university and have a serious girlfriend that supports me unconditionally. It may feel like the depression never ends but trust me there is hope.

I write these articles and interview these people in hopes that they will open up the discussion around mental illness, and to show that people can be as unique as the disease itself, both in ways of experience, as well as ways of coping. Stay tuned for the next article which will focus on PTSD.



to explore my other "hidden" talents, and it's turned out to be the best decision I've ever made. I think the mindset that only certain people are creative leads us to stop ourselves from trying new things because we feel that we won't be good at them. I also think that more than anything, we hide behind these statements and use them as excuses, because we're so afraid of failure. While you may never be a Vincent van Gogh, you can still express your creativity in other ways.

Even within the Faculty of Arts, there are so many disciplines (music, English, fine

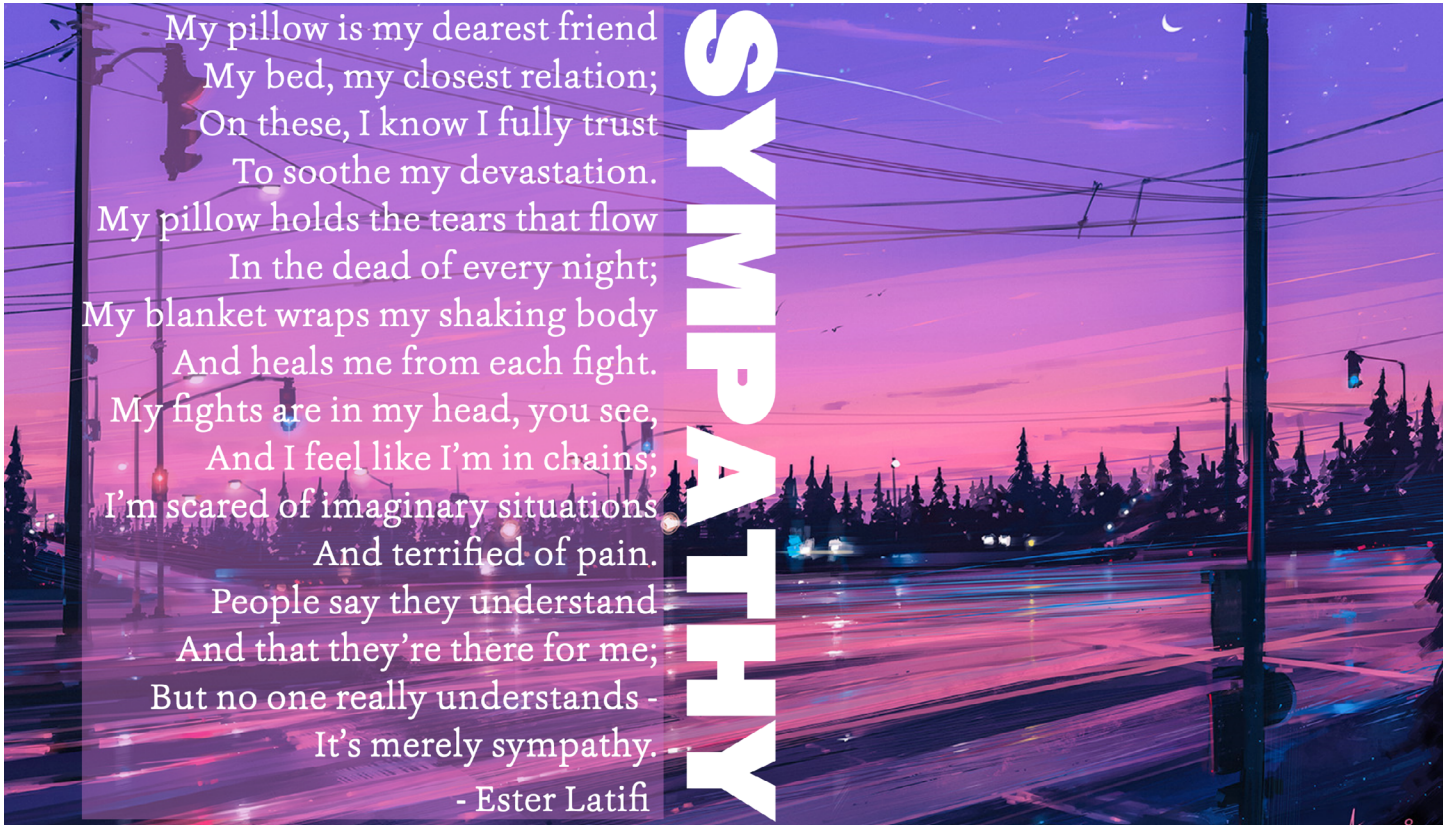
arts, language); even a "right-brained" individual cannot be simultaneously good at all of those things. The same goes for the science kids. I have a friend who is a genius at physics and chemistry yet struggles hard in biology. Actually, you are engaging both hemispheres of your brain in whatever you are doing. For example, if I were to write a book, I'd have to be very knowledgeable and have solid research to back the subject I am writing about—and that's something that is classified as being very "left-brained." Engineers, similarly, must have a visual idea of what the bridge they're design-

ing will look like and how it will structurally blend in with its surrounding architecture.

Everyone has a creative capacity, and creativity itself is not something a person is born with, it's learned. As well, there is no one proper way of expressing creativity. Whatever your "thing" may be, please don't be afraid to expand your horizons and try new things! Don't let your perception of what creativity is limit you to living in your comfort zone. If I had never begun to write poems, I might be facing my crippling anxiety with no outlet, and as a person, I'd be significantly less

stable than I am now.

I am not denying the reality of being better at some things as opposed to others; I just want to assert that oversimplifying your abilities is a very harmful thing. Be open to trying new things even if they don't fit into your realm of familiarity. You might discover a new hobby or learn a new skill, and it's okay if you aren't the best at it! Also, stop telling yourself that you aren't creative because that's just not true. Whatever it is you're good at, you have so much to offer, and there are so many ways that you can manifest your own original ideas.



TK CAB'RAL

by Kayle Sieben

Hip hop and Edmonton are words that we may not often put in the same sentence, until now. A new wave is hitting the scene, and he goes by the name TK Cab'ral. I had known of TK for years, but after his latest release I knew I needed to give this guy the spotlight he deserves. TK is pushing the limits of Edmonton hip hop, straying from the classic struggle rap we perpetually see in this city and giving us some loopy beats, fresh flows, and a wide range of vocals. Off the record, TK told me one of the reasons his music has seen such immense growth is that he records a song every single day. This dude is completely dedicated to the craft, and it's evident throughout this interview.

We want to get to know

you. How did you initially make your musical ambition come to life?

TK: Since I was a kid, I've loved art. All kinds of art: movies, music, paintings. Everything like that. Music was just the easiest to get into. I also made a promise to somebody that I was going to be a rock star someday. That person meant a lot to me. So that's a really big driving point on why I do my music and why I want to prove what I do is going to be great one day.

Has anything changed since then?

TK: Actually yeah, with that initial thought that "I always wanted to be a rock star." I did play the guitar from about eight to when I was thirteen. But then, nothing against the guitar, it's a beautiful instrument. It's just, I couldn't deliver these emotions I had inside of my head as quick as I wanted to, you know

what I mean? Then I just grew a love for hip hop music to be specific, because prior to that I was only listening to bands like Kiss and ACDC. I just figured rapping was the easiest way to just start teeing off what's on my mind. And now I feel like I'm getting in the position where I don't have to necessarily rely on rap. I don't have to rap ridiculously fast on a whole song, I can deliver certain feelings in other ways.

It's nice to have that flexibility and range. Are there any key influences who have inspired you to be the TK we have today?

TK: I'd have to say, guys who influenced me most would be like Tupac. I like Michael Jackson a lot. Ozzy Osbourne, he's crazy; Kanye West, I think his music's crazy. One of my favourite albums is My Beautiful Dark Twisted Fantasy. I feel like it's

just a nice, whole body of work with a bunch of different sounds. So when I'm making albums I'm kind of thinking in my head like "I want it to be diverse, but at the same time, link to one another."

What meaning or purpose do you try and convey through your music?

TK: It would have to depend on the day and how I'm feeling, things like that. It's hard for me to just release a single. I like to release full bodies of work, because then you can give them the whole range of feelings. Sometimes I want them to feel sad or sometimes I want them

LOCAL SPOTLIGHT



to feel happy, angry, or wonder what the hell they just listened to. That's what I shoot for. It almost works in opposites. On a day where I'm really happy I'll make the saddest song. Because I can go there without it damaging me. I can go to the saddest point because I know the day is going good and I've got a bunch of good things going for me. On my sad days I try my best to make more uplifting music. If I can't go uplifting I'll go to raging, I'll never just mope in sadness.

What does "success" as an artist look like to you?

TK: As an artist, it would just be people respecting [my] work. That's already technically successful, it's just how far do you want to take it, and what is going to cost for you to take it there? Let's say I want to have stadiums solely so I could have some crazy set, with insane stuff from like medieval castles and spaceships. If I wanted to do that, then I need the money to do that. If I want to get the money for that, then I need to start from the ground up so technically I'm not successful, you know what I'm saying? It just depends on where you want to be. But at the moment, right now, with everything I've done up to this point I'm pretty

happy with where I'm at. **One level at time. One thing I've noticed through your music and your videos and overall persona is that you really like to push the envelope a little bit with what you're doing. Do you aim to stand out, is that something you try and do or are you just being yourself?**

TK: Yeah, I'm just being myself. Because initially, when I was like fourteen-fifteen, I hear these flows that are just so whack. But if I listen closely it's like I still rap like that, it's just I learned how to make it work. For the longest time I didn't even know how to count bars. Even now I'm pretty rough at it, I can only feel when it starts and ends. Even when I'm writing my music I can't write it in bars because my rhyme scheme is all over the place. That's what allows me to switch up the flow so many times in my songs.

How can Edmontonians support your rise as an artist?

TK: Just giving my stuff a chance, just listen to it, and if you like it, you know you'll end up sharing it and downloading it, showing your friends. That's all I'd like.

Okay so you've got a show coming up tonight (February 18), what do you do

to get ready for a show?

TK: Initially I had this crazy ritual, but then I realized that made me go too much outside my head. So now, it's almost like every other day.

I noticed the flashy jacket you've got one (Yellow Puffer Anorak – Golde Clothing). How did you get involved with them? I've noticed you repin' a lot of their stuff.

TK: It's my buddy actually, Ty Zar. We initially met when I was sixteen at DC Records. I heard his music, he heard my music. We didn't even speak to each other, there was no need to at that moment. But then there was this other artist Toxik, he messaged me when I was nineteen. He's like "Hey, yo, this Zar guy raps." It's the same guy that makes this (jacket). He said we should all get on a track together, and I'm like "yeah, no problem." They came to my house and we were all chillin'. I knew Zar would be a homie of mine, we just kept chillin' and one day he's like "yo, would you like to model some stuff?" I was getting asked to model, and I had never really thought about it, I was never really confident like that before. Doing that stuff with him made me become way more confident. Back then I was super

shy, I was always inside of my head. Back at O'leary (we went to the same high school) I always had my headphones on, walking around, not talking to anyone. Now I feel like all the things I've been doing, from modelling to directing music videos and making music I'm allowing people to peek inside of my reality in the way I want them to without having to necessarily be like "this is how I think" or "this is how this is," I want them to feel it and sit inside of it.

TK Cab'ral and Golde were recently featured in High Snobiety, a reputable online lifestyle news site which covers fashion and footwear. You can find TK on Soundcloud (@Cab'ral), and I recommend you do. His music will take you on a journey. After recording this interview I listened to his most recent mixtape, 7HOURS, which he challenged himself to record in, you guessed it, seven hours. His personality is transparent and evident throughout the tracklist. Let me assure you, TK is not just a rapper. TK is a musician with a vision. Find him on Instagram @allthingstk, his music videos on Youtube @wearecannibalkingstv. Huge thank you to TK Cab'ral for taking the time on a concert day to have a chat with me.