

**Exploring
Multiculturalism in
Canada.**

An Interview with
Erminia Fuerderer.

>> Page 8



Rock out while you work out.

The pros and cons of working
out while listening to music.

>> Page 7



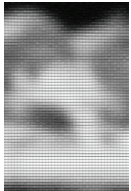
The Bolt.

A CSA Publication.
Dec 2nd, 2013



MERRY CHRISTMAS FROM THE BOLT.

KEEPING TIME.



Life 'N.
Stuff.
Writer

Dear LNS,
I find that as a student I have no time for anything other than school, homework, and work. I barely get time to sleep nevermind maintain a social life. Any tips on time management for a fellow student?

--Bogged Down

(Before I get going on this my editor would like me to point out that Concordia has a bunch of services available to help alleviate student stress and help with time management. Check out Student Life in the Hole Academic Center for more information on those services. All advice listed here is based off of my personal experiences.)

Dear Bogged,
Our Editor in Chief, Nick, dealt with this a little bit a couple issues ago, but with tests right around the corner and the holiday approaching (don't forget that shopping list of stuff you have to pick up) I feel like sharing some of my own tips would be helpful to

you and the rest of the student body.

I think Jack Nicolson said it best in *The Shinning*, "All work and no play makes Jack a dull boy," and the same applies to us students. We can get caught in a loop of going to class, homework, work, nap, and repeat; the real trick is getting out of that cycle.

Tip 1:

Let your friends know that time must be scheduled in advance; it seems like you're being a snob, but if they know that your chance of attending an event increases with a week or two's notice they should be more accepting of this kind of arrangement.

I usually use two and half weeks notice since my workplace needs that amount of time for me to request time off; that way I can organize both school and work at the same time. Also by scheduling this way you can ensure that you arrange your homework/studying around your hang out time. Making time for friends can be tough, but it's necessary if you want to survive your school career.

Tip 2:

Get you stuff done NOW! When you get stuff assigned do it as soon as humanly possible. Procrastination is a schedule killer and the longer you can avoid it the more fun you can have while everyone else is stressing and hurrying to finish their project by the deadline. This tip also works with "Tip 1" because you can ensure that you have time to hang out with your friends on days around your project deadlines. I've found myself having an entire week fairly open because I've gotten things done in a timely fashion, thus allowing me to hang out with friends or significant others on a more constant basis.

Tip 3:

Trying to find a relationship while in school. If you're already having a hard enough time scheduling around your current schedule then adding another person to the mix might not be the best of ideas. If you're already in a relationship then you've probably got something worked out with that other person. If you feel like you're wanting a relationship I'd say let one form naturally. Meet someone at a concert

that you went to? See if they want to go for coffee. Find yourself hanging out with a certain someone from class? Awesome. Going out and searching for someone when you don't have time for a full night's sleep, then prowling around doesn't sound like a great idea.

Tip 4:

Treat yourself. When you find some time for yourself, yes it does happen, do something nice for yourself. Indulge in some nice food by cooking something a little fancier than normal. Have a relaxing bath or take time to do some stress relieving yoga. Play a game with friends on Xbox Live or PSN or just play with random people and enjoy in some fun. You know what else is fun when you find yourself with an extra hour or two? Napping!

I hope these tips are helpful to you Bogged and students of Concordia. I wish you all a stress free holiday and a great winter break. Also don't forget to take a break from studying for those finals, you don't want to burn yourself out before your big exams.

--Life 'N Stuff

AT THE CITADEL THIS SEASON.



Rachel Whipple
Entertainment

Every year the Citadel plays host to some incredible plays and musicals.

Over 115,000 people attended shows at the Citadel last season. This Citadel was founded in 1965 in the old Salvation Army Citadel; the new building, the current Citadel Theatre, opened in 1976. This professional theatre company, with full-time staff of approximately 40 people, is a registered non-for-profit organization. The Citadel engages actors who are members of the Canadian Actors' Equity Association. Production and Stage Door personnel are members of the International Alliance of Theatrical Employees. Every year, the cast of *A Christmas Carol* collects food and donations from their audiences for the Edmonton Food Bank. The Citadel has approximately 600 donors and over the years, audiences have donated over \$500,000. Each

season, the Citadel donates several hundred tickets to non-profit organizations for fundraising activities or for clients and volunteers to attend the theatre.

Shows this season include:

Clybourne Park:

Contemporary Comedy
Jan. 25 – Feb. 16, 2014
By Bruce Norris
Directed by James MacDonald

Disney's and Cameron Mackintosh's Mary Poppins:

Family Musical
Mar. 15 – Apr. 20, 2014
A Musical based on the stories of P.L. Travers and the Walt Disney Film.

Romeo and Juliette:

Classic Romantic Tragedy
Apr. 5 – 27, 2014
By William Shakespeare
Directed by Tom Wood
Featuring the 2014 Participants of the Citadel/Banff Centre Professional Theatre Program

Make Mine Love:

Screwball Comedy
May 10 – June 1, 2014
World Premiere

By Tom Wood

Directed by Bob Baker

Starring Rebecca Northan & John Ulyatt

The Daisy Theatre:

A Modern Vaudeville
IN THE CLUB
Sept. 28 – Nov. 17, 2013
Presented by Ronnie Burkett
Theatre of Marionettes
Starring Ronnie Burkett

A Christmas Carol

An Edmonton Holiday Tradition
Nov. 30 – Dec. 23, 2013
Adapted by Tom Wood

Based on the story by Charles Dickens

Directed by Bob Baker and Geoffrey Brumlik

Do you want what I've got? A Craiglist Cantata.

Contemporary Comedy Revue
In The Club
Feb. 5 – 23, 2014
By Veda Hille and Bill Richardson
Directed by Amiel Gladstone
An Acting Up Stage Company & Factory Theatre Production
Get your season tickets today!
Toll Free 1-888-425-1820



CONCORDIA SPORTS UPDATE.



Bailey Gardecki
Sports Writer

I hope everyone is doing well this fine week of December. We are on the final stretch people. Literally. Finals are nearly here and Christmas break is upon us so everyone just keep on truckin' till the 12th and I promise you will be satisfied that you stuck it out!

Now for our sports update! Concordia has had a few rough weeks for our teams here on campus. The Concordia curling team (yes we have a curling team!) played their first

tournament of the year on the 22, 23, and 24 of November. The men's team played some really great games in Camrose, with Skip Jason Ferster's guidance, unfortunately as every new team usually struggles with cooperation and communication the boys were left without a win come Sunday morning; then early that morning the curling rink ice machine kicked the bucket and their final game was cancelled. The ladies fared a little better with their games. Their first was a nail biter against the very tough Lakeland ladies and Willow Frissel did a fantastic job of anticipating the next shot. The game was a loss however by only one measly point in the final end. By the Saturday night of the tournament the ladies were tired, but worked together like a well-oiled machine. With

this they managed to put away the Portage voyagers in 3 ends with a 10 point lead!! Well done ladies! I'm sure that the next play down will be a fantastic opportunity for both teams to excel!

Concordia Thunder hockey had a rough couple weeks with two losses to the Augustana Vikings. Friday November 22nd's game was a rough 3-7 loss; however Saturday's game was a closer match, where the guys gave a more solid performance losing the game by a heartbreaking two points 6-4.

I just briefly wanted to touch on the Lethbridge Men's volleyball team crisis, for those who don't know what I'm talking about I encourage you to Google ACAC volleyball. Nearly the entire

team was suspended from the ACAC for recreational use of MDMA (which is basically Ecstasy). I, as an athlete was completely appalled at this stupidity; obviously this was a team activity if nearly 20 people are suspended because of its use. Not only does this reflect badly on those individuals but other athletes in the ACAC will have to pay the price. I see an increase in drug testing in our near future and possibly more anti-doping courses over the course of the next few years. As a result of this event, the Lethbridge men's team had to withdraw from the ACAC because of a lack of eligible players. The 4 or five individuals who did not participate in this misconduct are also facing repercussions. Use your heads people!

MEN'S VOLLEYBALL SET MILESTONE.

Joel Mrak
Coach

For the first time in the history of the Thunder Men's Volleyball program, the team swept both games of a weekend series AND won a match in straight sets. On Friday in Olds, the Thunder got out to a good start taking the first set 25-20 before faltering in an extra-point nail-biter second set (29-30) and again in the 3rd set (19-25). However, the Thunder dug deep and in a thrilling comeback, took the 4th set in extra points 28-26 before sealing the deal with a 16-14 finale. Connor Reeves had his

biggest night of the season with 25 kills, 2 blocks and 2 digs. Adam Baker also showed his skills with an 8 kill, 2 ace and 3 dig performance. Captain Alex Ingstrup showed his consistency recording 10 digs, 1 block and an ace. Connor Reeves was the Player of the Game.

Back at home on Saturday night, the Thunder kept the momentum going and took the Broncos in straight sets 25-16, 25-23 and 25-22. First year Nick Dove had another strong outing in his young ACAC career recording 15 kills, 6 digs and a block while Connor Reeves also had his second outstanding night in a row tallying 14 more

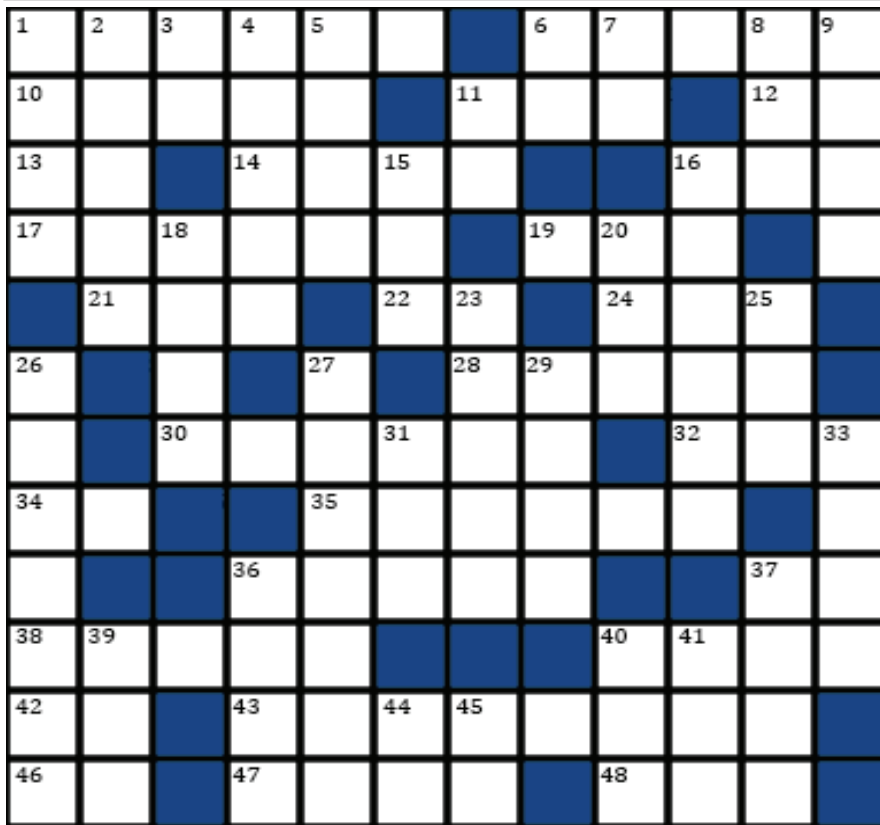
kills and an ace. Libero Matt Fulton added 17 more digs to his conference leading total. Nick Dove was named Player of the Game.

A very proud Coach Mrak commented on the milestone setting weekend for the program. "It was nice to get our first league win of the season out of the way on Friday in a tough environment. Our team showed tremendous resilience to finish off that match in Olds; it was really a gutsy win. Saturday night was a much different game and our team executed the game plan perfectly. We stayed calm and under control and didn't give up the lead even

when there was a little pressure. Connor had an outstanding weekend with 39 kills, 2 blocks and 1 ace for a total of 42 points in 2 matches. I can't say enough about how well he has played this season and he just keeps working on getting better. It was also nice to see other guys step up and make contributions."

The Thunder will now finish off first semester play with a home-and-home series against the CIS-bound MacEwan Griffins. Ahead of a Noon hour pep rally in Tegler on Friday, the Thunder are hoping for a big crowd to finish off the first half of the season with a bang. Go Thunder!

FUN & GAMES



Y A D I L O H B R D Z Y
 R E E D N I E R O U D N
 I H A T N A S C C S O C
 Q Q N S Z Y B P H I S S
 B S S O N Q D O R E Z U
 A K W N B S P P I V H E
 J A E C U P S E S T C B
 R F R A I Q T C T L A J
 B K S N U F U I M J R C
 K B G O Z V D O A L O R
 E J C L Y Z Y H S U L L
 S M A X E G Z C P W E Z
 H G I E L S Y D S E P U
 X G W L N O S A E S R E
 D R S T F I G J U R X C

- Across**
- 1. Newest Android System
 - 6. GPS Suggestion
 - 10. Poseidon's Realm
 - 11. State-of-the-art
 - 12. Tie breaker, so to speak
 - 13. Nickel symbol
 - 14. Ballet attire
 - 16. Wee one
 - 17. Metamorphic rock
 - 19. Symbol for a wave function
 - 21. "Golly!"
 - 22. Operating system, abbr.
 - 24. ___ and outs
 - 28. Ziti or ravioli
 - 30. Naval workers
 - 32. "___ be an honor"
 - 34. Greeting for a dude or a bro
 - 35. Like some olive oil
 - 36. Blackjack request
- Down**
- 1. King of the Empire State Building?
 - 2. Birthday-cake covering
 - 3. Tellurium symbol
 - 4. Newscaster
 - 5. Medical term for behind
 - 6. Related to, for short
 - 7. Response to pain
 - 8. Also
 - 9. Ending for a
 - 11. Pi, e.g.
 - 15. Genesis man
 - 15. Dangerous ray, for short
 - 16. Egg-laying mammal of Australia
 - 18. Compass direction
 - 20. Farm Tower
 - 24. CUCA's Boulevard
 - 27. King of the Empire State Building?
 - 29. Birthday-cake covering
 - 31. Tellurium symbol
 - 33. Newscaster
 - 36. Couric
 - 37. Medical term for behind
 - 40. Related to, for short
 - 44. Response to pain
 - 45. Also
 - 45. Ending for a
- EXAMS**
- 13th Greek letter
 - General on Chinese menus
 - Internationally popular comic book character
 - Slippery swimmers
 - Bro's sibling
 - Kind of whale
 - Plopped down
 - Geoffrey the Giraffe's store
 - Pillows on a plate
 - Gallic angel
 - Sch. near Harvard
 - Gloom's partner
 - Shakira's don't lie
 - Spanish house
 - Hail, of yore
 - Essay style format
 - Misfire
 - Pacino or Yankovic
 - Gift-tag word

- ANSWERS**
- SANTA CHOICE STUDY GIFTS
- SEASON**
- CAROL SLEIGH REINDEER

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

Tell us whats on your mind and if it makes us smile, cry, laugh, or just makes us blow air out of our nose, we'll post it in the next issue. Tweet #DearBolt to @theboltnews.



Rachel Whipple
Entertainment

“Smoke” by Stephanie Schmidt is a song she wrote that uses smoke as a metaphor for adversity in life.

Stephanie was inspired to write this song by a scene from the movie *Angels and Demons* where they mentioned smoke. She has been writing songs for about two years and has written around 35 songs. Stephanie finds that inspiration often hits when she is emotionally overwhelmed and when she needs to get something off her chest. Stephanie is inspired by singers such as the members of Celtic Thunder, Taylor Swift, Ed Sheeran, and Damien Rice. Steph has also been inspired by the lyrics of Liz Rose, Taylor Swift, Ed Sheeran, and Stevie Nicks.

Fun fact about Stephanie, she owns eight instruments (most of which she hoards in her dorm room).

She owns a ukulele, an electric acoustic guitar, an acoustic guitar, a 12 string guitar, a piano, a keyboard, a bodhran (a small Irish drum), and a violin! She is trying to teach herself all of them. When she isn't writing songs, she is acting, singing, stage managing, and totally geeking out over Harry Potter. Making people laugh is also one of her hobbies. Despite what is going on in her life, she always takes the time to care for others first. Stephanie also enjoys reading poetry; she absolutely loves reading Shakespeare's sonnets.

She very rarely goes into a song with a particular rhyme scheme in mind. Normally, she writes the first two lines and sees what rhyme scheme the song seems to want. This is a very natural way to discover an interesting rhyme scheme while writing. Rather than simply trying to stick words into a box of an ABAB format.

I asked Stephanie, “Would it be fair to call your songs poems, if you don't have specific music in mind while writing them?”

She responded by saying, “I don't always write songs without music in mind. There are occasions where I write songs with a predetermined melody. I have 10 songs that have been put to music. That being said, I believe it is fair to call the songs I write, that aren't put to music, poems because to me, poetry is the equivalent of songs without music. Both poetry and songs portray an emotion that sticks with you”.

One of her favorite quotes about music is from a song called “Dancing” by Elisa: “Music is the reason why I know time still exists.”

Stephanie is a great musician and a passionate songwriter. She endows her songs with plenty of thought and emotion, and always strives to dig deeper.

Smoke

The smoke rises
Higher each day
And try as I might
It just won't go away

We gotta rise
Above it all
Above the fumes
Don't let yourself fall
Rise above before it comes to call
Before it consumes you
Eats you whole

He slithers in
When you least expect
And never does
And never will rest
It will break your walls
And pass your tests
Make you believe
That it's heaven blessed

We gotta rise
Above it all
Above the fumes
Don't let yourself fall
Rise above before it comes to call
Before it consumes you
Eats you whole

We will never know
Why they decide
To leave you crying
With a tear in your eye

We gotta rise
Above it all
Above the fumes
Don't let yourself fall
Rise above before it comes to call
Before it consumes you
Eats you whole

By: Stephanie Schmidt.

TO JAM OR NOT.



Mike Browning
Health & Fitness

To listen to music while working out or not, it is a long and hard debated topic in the fitness community, whether it actually aids in motivation and pace or is only something to cover up the drone of the ceiling fans and crashes of weights into the floor. Some gyms choose to play music, some do not, while some cardio fanatics listen while others prefer the sound of their feet on the pathways. Why do some people swear by music as a motivator while others avoid it like it is a fatal strain of the flu? Does music really help you in your workout? If so, what aspects does it help and why?

Many times this has been researched and depending on the level of training and type of workout the findings differ greatly. The typical finding for cardio is that seasoned runners (or joggers/walkers if that is your style) who were used to running with no music will have little to no affect when music is introduced, even if it a faster paced song,

they will not alter their pace. But someone with little to no training whom is running at a comfortable pace will be affected and typically 'run to the beat' when music is applied, be it a decrease or increase of pace.

According to a study performed by Dr. Costas Karageorghis, the deputy head of research at the School of Sport and Education at London's Brunel University, listening to music while lifting weights creates a heightened sense of motivation by distracting your mind while your heart rate goes up and your muscles become filled with lactic acid, it basically 'numbs the pain'. Faster tempo music motivates you to work harder when performing at slightly above your comfort level, but maximum performance is unaffected by listening to music.

"Music can alter emotional and physiological arousal much like a pharmacological stimulant or sedative," says Dr. Karageorghis, "It has the capacity to stimulate people even before they go into the gym." However, music affects

each person differently, and not all people find it helpful, some even find it distracting, especially if it is lower paced, and not seen as 'pump up' type music. Three songs that fall under a 'perfect beat' according to Dr. Karageorghis are 'Michael Jackson's "Beat It", "Gangnam Style" by Psy and Lady Gaga's "Edge of Glory." However different strokes for different folks, if you enjoy classical music try these on for size, Beethoven's Symphony No. 3 in E-flat major, known as the "Eroica" symphony, and Mozart's Symphony No. 40 in G minor. Both are said to be 'perfect' by Dr. Karageorghis.

Working out to music does not harm you, whether you are a seasoned vet, or a newcomer to the gym, it will either not alter your workout or it will assist in motivation and gains. So with that in mind, how do we use music to benefit our workout? Simple, find something that has a beat which is comfortable to work with, be that rock music, electronic music or pop music. Something that you enjoy and has a good beat to which you can run or lift. It is best

to listen to something you enjoy, because then when the lactic acid begins to flow, you will know the song and what is coming, therefore you are more comfortable and will be able to push through with greater ease. Which will result in better gains from weight lifting, and increased cardiovascular activities.

Just a few benefits of music at the gym to remember:

It can make you feel happier and like you're not working as hard as you really are.

It can also give you a much needed boost to keep moving when you feel tired or uncomfortable.

If you match the beat of the music to your workout, it can help pace your workout be it cardio or weight training or both.

So next time you hit the gym, don't forget your headphones and music player. Why not try it out, there are no bad side effects, and it can only help, or at least drone out the grunts and groans from the juice jockeys!

A TASTE OF ST. JOES.



Ramiro Medina
Polo
Politics

Over the afternoon of November 21st, I met up with an old mentor of mine for an interview in regards to a particular event that over the years has gotten media attention in regards to how multiculturalism is addressed in Canada. My languages' teacher during high school, Erminia Fuerderer has been facilitating an annual event called "A Taste of St. Joes" at St. Joseph High School in the downtown area of Edmonton. In the past, the event has gotten media attention from various newspapers and television stations to present the event to the public; and in order to explain this event, I asked Erminia Fuerderer a few questions about "A Taste of St. Joes" and multiculturalism.

RP: What is "A Taste of St. Joes?"

EF: "A Taste of St. Joes" is an event similar to what Heritage Days is, but with the intention to assist students in making their own judgment and in becoming critical, compassionate global citizens. The event is for students who have a deep passion for their culture and who also wish to explore other cultures. This allows the students to optimize their understanding

of their culture and those of other by presenting their heritage through exhibits, ethnic food, traditional attire, performances, prayers, and presentations.

This year, the 11th annual "A Taste of St. Joes" took place on November 18th, raising approximately \$3500 sent to the Philippine Relief Fund, as well as, Chalice Christian Child Care International. This fund will be doubled by the government of Canada to support the Philippine charity. Also over 200 students participated with 29 countries being represented.

RP: How long has the event been going for?

EF: "A Taste of St. Joes" has taken place for the past 11 years. Before that, when I used to teach in ESL (English as Second Language), we had a similar event called "A Taste of ESL." That event alone took place for 9 years, which makes this tradition 20 years old. However, unlike the current event, "A Taste of ESL" was more private and personal, because it wasn't open to the general public like it is now. It was solely reserved to members of the school board, the students, and the teachers and staff members who were invited for being considered influential aids for the ESL students.

RP: What has been the public response to the event?

EF: The general response has been extremely positive, as everyone enjoys the entertainment, the food, and the building of community. In the past, we have had a lot of media coverage but it is a true testament, when you witness former alumni returning to enjoy the wonderful event.

RP: What are your thoughts on the concept of multiculturalism?

EF: Particularly, in Canada, multiculturalism has been all about tolerating, embracing, and accepting different cultures. Not one culture is better than another. We are one world one family. As we learn from various cultures, we learn about the differences and similarities that makes each culture unique.

RP: In what direction do you think our society is heading in regards to multiculturalism?

EF: In a very positive direction, most definitely. For example, watching the students in "A Taste of St. Joes," gives one a sense that the students are very tolerant and accepting of the many cultures that we embrace at St. Joe's. As the students were building their bulletin boards, there was a sense of family and community. Everyone was helping one another. They were collaborating well by sharing ideas and exploring the differences and similarities of traditions in their own culture.

Multiculturalism is definitely becoming one of the key social forces to Canadian society, and there are various divergent views of whether this is a good influence or not? However, through events such as "A Taste of St. Joes" or "Heritage Days," it is clear how meaningful this is to the society we live in and how this social force manifests itself in our everyday lives.

Photo by Vicenta Quintanilla.



ALL OF IT OR NUNAVUT.



Theodora Macleod
Education

As the first semester comes to a close, I refuse to be one of those people who say “where did the time go?” and “it feels like yesterday we were just getting our syllabi”. Perhaps this may be true, but it’s hard to disregard the past three months. Flipping back through my first five articles as a writer for the Bolt I have noticed an unintentional trend, each article gets seems to focus on someone geographically further away than the last. My latest victim is no exception.

I was put into contact with Elsa Pinkhos by a mutual friend who assured me she was someone I needed to talk to about education. While we didn’t get to meet face to face, Elsa was kind enough to answer some of my questions.

TM: Can you give me a bit of a timeline in regards to your career so far?

EP: I graduated from St. Francis Xavier University in 2001 with a Bachelor of Information Systems, but I was never overly interested in following the money trail like everyone else was in the “technology boom”. Instead I did an internship with the Coady International Institute and I moved to Zambia for about 6 months to teach computer basics. I had always loved to travel and I like being around people so after that I

moved to Kokura, Japan for a year to teach ESL, and following that I moved to Australia for a year on a Working Holiday Visa. Once I returned to Canada I realized that I wanted to do follow one of my passions which was baking and pastry arts, so I did a year of culinary schooling in Nova Scotia, and following that I worked in Yellowknife, Quebec, and Ontario. Finally I decided it was time to go back into school for my Education degree. I received my Education degree a few years ago from UNB.

TM: What was your inspiration for getting into education?

EP: I wanted to get into education because I love to bake and cook, and I think we are losing that skill set in some of the school systems. I think healthy lifestyles, finance, and knowing how to provide nutritious meals for yourself and family in the home are things that have been put on the back burner. Trades haven’t been emphasized enough either in the classroom, and that is something that is extremely short sighted.

TM: So now you’re in Nunavut, what are some of the challenges you face as a teacher there?

EP: Some challenges you would not even think about is how a lot of the extra material we use to teach with is so Southern Canadian based, many of the children I teach haven’t left the North, so they can’t relate to material with things like trees, city blocks, skyscrapers, grass, etc. Also the students in Nunavut are ESL students, their first language is Inuktitut, but

some of the kids almost seem to have two half languages (English and Inuktitut), instead of one language that is strongly developing/developed. Also the climate is harsh, so certain areas have months of darkness and extreme cold, followed by many hours of daylight. It is very hard to sleep during the time of year where the sun shines into the wee hours of the morning. The students often are lacking sleep due to this, or over crowding with the housing situation, some houses in this community have upwards of 20 people in one house. A big challenge in the classroom is keeping the students awake and alert, it is very hard to learn when as a child you do not have adequate sleep and you are growing. The one thing I will say about the Inuit children in Repulse Bay is that they are very friendly, most want to learn, and they are extremely smart!

TM: That certainly does sound challenging. I would not have thought about those at all. Do you have any advice for students and prospective educators?

EP: I would say not to be scared to try different areas of Canada, or even the world! If you are thinking about a more remote area of Canada, ask around, try to find somebody in your own community or city that can give you some insight on the area before you take the plunge. Don’t expect to get your dream job straight out of school, expect to work hard, expect to think about the kids when you get home. Even when you are not in the classroom, your mind will still be on the day’s events, or a difference either good or

bad you may have noticed in a student. Another big piece of advice I could give is that it is important to do some extra-curricular work after school hours, but do not burn yourself out. Start small, and do not take too much on your plate, because you will become overwhelmed, and you will be less useful in your main duty - which is teaching during school hours!

TM: At this time of year I think not burning yourself out is appropriate advice for everyone. Do you have any interesting antidotes you could share with us about your experience as a teacher?

EP: One memorable story is when I tried to give a student a used hockey bag (that my nephew had given me) to a student who was totally and completely hockey crazy. The student looked at me and said you should give this to another student in the class, because I don’t have any hockey gear to put inside this bag. It was very humbling, because it was an oversight on my part thinking he would have hockey gear, and the fact that he would have been happy to see a fellow student use it since he could not. I always say I often learn more lessons in a day from my students than they learn from me!

Four different educators with four different stories. So far they have all offered unique perspectives of the career, but the common thread seems to be how much these individuals care about their students.

Status: considering.

THE GIFT OF COURTEOUSNESS.



Nick Chevalier
Editor in Chief

I was listening to the radio the other day and the conversation veered into being polite whilst in traffic. It was surprising to me the amount of people that called in to say that until they heard it on the radio they didn't thank people by waving. Something that simple, a wave, and people don't do it; I just don't understand. So with this being our last article of the semester and with Christmas being just around the corner I figured we could all get each other something, courtesy.

The idea for this became full-fledged at my retail job; some people treat my coworkers and me with respect and understand certain situations, while others act like we've just killed a puppy by not carrying a product that is unavailable at this time of year. I can see the effects of the negativity on my coworkers who are exposed to it day in and day out; they're worn down and stressed and it's not from the work they have to do, but the people they have to deal with. And I know it's

not just my job. I constantly see friends on Facebook or Twitter complaining about customers that come into their establishments; some work retail, others in the service industry, while others in a trade and all of them have people that treat them like junk. Luckily I have Concordia, where I spend most of my time, where people tend to be polite and courteous.

Negative customers have nothing on Edmonton drivers though. I actually enjoy driving in Edmonton (people seem to know what they're doing as opposed to other cities I've driven in), but the drivers can be so rude. I can probably count on my hand the number of times someone has thanked me via wave in the past month, and that number is low. Admittedly I'm one of those people that makes sure you know I'm thanking you by waving like a maniac, but I think I'm just overcompensating for the people who don't. And what is so hard about waving? A little wave? From what I heard on the radio that day it seemed that many people didn't know that waving was the thing to do to thank people. So it seems as if people just aren't be taught the values of courtesy, which

is sad in and of itself.

I have a few examples of the value of courtesy though and I'm going to share them with you, my fellow students. For one it'll make both you and the person you're interacting with feel good; it's surprising the power a smile has or actually listening to the cashier when she tells you that three people called in sick and they're doing the best they can. Two: You'll notice the world more; have finals coming up? Not concentrating on what your bank teller is really saying because you mind is somewhere else? Try listening, make the effort and you'll find you can get out of your own head for a while. Third: You'll get better service. I know I go out of my way to help people when they're polite to me, while demands are met with me doing the bare minimum or refusing to help altogether. Complaining about the service at a restaurant will get you slower service (the wait staff already knows you're going to tip horribly) or poor quality food. And all people have to do is act nicely. Approach your retail clerk like they're a human, not an android or lesser class; you'll get more out of them. Take a look around the restaurant

you're dining in, maybe they're short on wait staff and the employees who are there are doing an insanely good job considering. And feel free to compliment a person on the hard work you see, that's going the extra mile and empowers the worker by letting them know someone is paying attention. Next time you have to call customer support speak in calm manor; don't just come out swinging and you'll get a lot farther with the person on the other end. In the end being courteous has a million ups and little to no downs.

So this holiday season and thereafter lets do what we can to treat each other just a little better and spread the word about being just a little bit better towards others. A simple wave; a "hello" with a smile to a random passerby; complimenting a service employee on a job well done, it is all so simple. It's really just comes down to treating others how you would like to be treated and I think that some people just aren't doing that anymore.

So rock those finals and have a great Christmas break and we'll see you January 6th when our first issue of 2014 comes out! (Have a safe and happy new year too!)

OUR EDITING TEAM:

Nick Chevalier
Editor in Chief

&

Jonathan Tychy
Layout Editor