

THUNDER BASKETBALL DOMINATING NORTH DIVISION

by Macalan B-J

Going into Friday's men's basketball game against Lakeland College our Concordia Thunder had an eight game winning streak. You read that right, an EIGHT game winning streak. Due to this epic run the Thunder are now tied for second place in the division with 20pts. Nait holds the top spot with 22pts. Being that each game (like a basket) is worth 2 points, it is not a stretch to say that our Thunder could very well be holding first place within a few short weeks. They must focus on the task at hand and separate themselves from the pack with a win against Lakeland. Some interesting stats that caught my eye whilst researching this dominating Thunder team was their lack of scoring. Our Thunder have only scored 931 points. To put that into perspective the team in last place has scored 1006.

But how can a team with a lack of offensive power win eight straight games? With sound defence and remarkable ball movement. It is clear that the Thunder is extremely well coached when they don't have the ball. Allowing only 797 points against. This is a remark-

able stat that is bested by no one in the North division in which they play. This may not be the most entertaining basketball to watch, but it has proven to be the most effective time and time again, and is the reason for the Thunders' consistent success. "We owe our success to hard work with a lot of guys putting in the extra work," says Thunder forward Mike Malin. "Our defence stands out for those reasons. We put in the effort, have real dedication and teamwork. Our coaches preach execution and consistency and when we deliver we win."

In addition to Malin's wise words Thunder center Bacon had this to add when being asked about their defensive dominance. "Coach pushes us in practice and everybody is trying to make each other better, we know that it is a tough league but we put the work in during practice and it shows on the floor. Our coach wants intensity and communication on defence, that's the key. If you get beat you have to talk to your teammates and make sure he comes in. You got to have your teammates back. It is important to keep pushing, we know that teams are going to get better, and we have been playing very well so teams are trying to catch us."

Last time Concordia played Lakeland the Thunder won by a twenty point spread. However Lakeland's roster does look a little differ-

ent this time around. "They are going to come out with fire tonight," says Bacon. "They have some good players back who did not play last time so it is going to be a different game. We beat them bad last time so we have to expect a heavy push and be ready to play our game. Be on our toes at all times".

The Thunder women are also near the top of their division battling for first place with the Oaks. The women played on Friday against Lakeland as well. I can proudly say that we dominated this game on both ends of the court. Number 5 Newman had a huge game, but it was not enough to beat out guard Walton who won player of the game. "A lot of work and a lot of practice. We practice every day and that has been good so far" says Walton. "This win really helps us this time of the season, the playoff push is on and Lakeland is a tough team so the win is a nice confidence boost. I've had a few years of not doing to good on this Concordia team. These big wins show the hard work we put in, and keeps us humble."

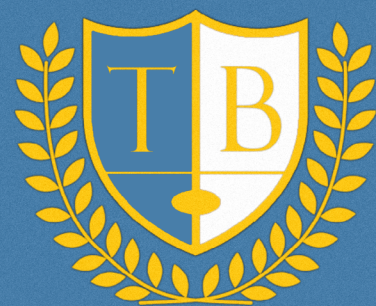
The men's game was a heated fought with tempers boiling over at times. The winner of this game would earn sole possession of second place and be that much closer to the division lead. First half ended with the Thunder up 37-32. "We gotta keep playing hard" said Thunder

THUNDER ATHLETICS

forward Ryan McLaren. "They need this game just as much as we do, but if we keep playing hard I'm confident we can come out with a victory". And Mr. McLaren was right. As our Thunder ended up winning convincingly, putting Lakeland to shame and sending them home on a quiet bus.

Thunder's Kang won player of the game honors and had this to say after the game. "We had a really good week of practice and it carried on into the game, we felt prepared we felt good and it showed on the court. To stay hot we gotta take it one game at a time, one practice at a time. We need to stay focused. My own preparation consists of the breakfast club every morning hitting the gym with Alex, Mike, and myself at seven A.M. working hard to get results."

All in all it was a great day for Thunder basketball. Both teams one and both teams are now in sole possession of second place with first close in sight. Keep up the great work CUE athletes. And be sure to grab a pocket schedule from the bookstore so you can catch the next home game.



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ISSUE 9, 2017

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FOR

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SAVING FACE FOR RUGBY

by Orrin Farries

There is a certain mystique about the sport of rugby. People who don't know much about the sport may think of it as a bloodbath: a brutish hooligan's sport, only for the bold. I contest that while the great game of rugby has drawn a couple of pints of blood out of me, I would never want them back, for each drop spilled has taught me a lesson.

For instance, in my first game of rugby for St. Albert in the 2010 season, I tried to seize the opportunity to tackle an opposing player who was about to kick the ball away. If I had the sense to block the trajectory of the ball rather than make the tackle, or had I stuck to the fundamentals of tackling and kept my head from crossing my opponent's body...well let's just say I wouldn't have titanium plates in my face.

Breaking my face was pretty gruesome. Worse yet was that I had underpinned that season to be my big push to make the regional representative team, the Prairie Wolf Pack, and had ultimately prepared by bringing myself to an all-time high of 210 pounds. All that work

of force-feeding and lifting heavy in the gym was fractured along with my face; the recovery required two months of non-solid foods, and no strenuous activity that may reopen the fracture lines that were covering my face. As you may imagine, those restrictions were not very conducive for maintaining a 210 pound frame.

The result of the injury was not all tragedy. The inability to work, exercise, or play rugby, afforded me the opportunity to read, which I did often while fastidiously flexing my smile on the right side of my face, as I left reconstructive surgery with somewhat of a droopy face, a countenance that simply would not do.

The time off from my life as I knew it, also provided me the opportunity to further my studies of the German language. I took one of those two months off to go to Dresden, Germany, right at the onset of the 2014 World Cup, and I lived in a hostel for 4 weeks while attending the Goethe Institute (a school for learning languages). Those four weeks were the most transformative weeks of my life. Being thrust into the fold of a new community, using a language I was only sparsely accustomed to, and spending nights completely enveloped in the vivacity of a country all standing behind

one team as they persevered to capture the Holy Grail of Football.

The most telling tale of the German's vigor for their football team was the night of the 7-1 slaughter of the Brazilian National Team, where the local beer garden was offering a half-litre of beer for every goal Die Mannschaft (The German National Team) scored. They kept their word, and not a single person, countryman or otherwise, left the garden that night knowing precisely what had just unfolded, but we were all quite raucous about whatever it was that had just transpired. When I landed back in Canada after my extended five week stay in Europe, I was not sure why, but I knew that I had to get back on the horse. I knew I had to get back into the heat of battle with my teammates.

My first practice following the facial fracturing, I was told by my coach that I was not only going to be starting the game on the weekend, but that I would be wearing the number 8, which in rugby terms, means I was set to commandeer the all-important scrum, and face up against one of the biggest men on the other team.

I was an anemic 185 pounds upon my return from Europe, however, in my head, I was a be-

hemoth. I had titanium in my face to shield me from crushing blows, and I had the heart of a lion going into that first game back from injury. I did not just want to return to the game of rugby to impress my teammates, my coach, or my parents. I returned to the game of rugby for myself, to prove that I'm the good man that you can't keep down. I returned to rugby for me, and it became the greatest lesson that rugby has ever taught me: to claim victory not for any vain reason, but for the victory of self.

My rugby team, the St. Albert Rugby Football Club (SARFC), claimed the Alberta Cup that year, and went on to do so two more times under two different coaches. The thrill of the threepeat may never have been experienced by me had I let my broken face get me down. Now when I rub my eye and feel the plate and screws right beside my eyebrow, I am not regretful that I stumbled poorly into a tackle and came out asymmetrical. I am proud to have fallen, as it made me get up.

SPORTS

THE WORST GENERATION YET?

by Taylor Jevning

Why are millennials considered by many to be a terrible generation? When I see the word "millennial" in popular media, I instinctively tense up and prepare myself for the words of criticism about my upbringing and the society in which my peers and I were raised in. How is it that an entire society can look at a generation and think the world is doomed? Millennials absorb these negative messages and judge themselves and their peers for displaying the typical behaviour of a person from that generation. I find it difficult to look at a highly educated, new generation as anything less than hopeful for the world, and struggle to understand why it is that everyone seems to believe that we are doomed.

Some incredible things about this generation are the empathy we have for one another, focus on self-improvement, and level of education. For example, our focus and understanding of mental health is greatly beneficial to all individuals who struggle with those issues, creating the most supportive generation of all time. This generation has produced one of the least discriminatory

societies in history, contrary to what is going on in current modern politics. With the uprising of social justice movements and the acceptance of diversity and rights of minorities, millennials have proven to be strong advocates for equal rights and against discrimination. Being part of a digital generation has provided more opportunities for individuals to become producers rather than passive consumers. We are also the most educated generation of all time. So why, if all of these things are true, does this generation receive so much hate?

Criticisms against millennials claim that we are lazy and entitled, but they say those things as if they're supposed to be negative. I believe that laziness and entitlement in a culture are virtues in disguise. What could be perceived as laziness could actually be resourcefulness. Consider inventions that were made possible for the millennial lifestyle, such as Uber and Netflix. Having things on demand is creative and useful and creates a system where resources are more accessible, and wanting things fast in the name of efficiency is hardly laziness or a lack of patience, though it is a product of both. I remember growing up and watching those around me become media obsessed. Similar to any other advancement, people soon believed that videogames were a negative part

of life and would have detrimental impacts on children. Now research seems to show that video games are mentally stimulating and reinforce important life skills such as the concept of challenge and reward. Video games can be seen as a tool to promote hard work, effort, and overcoming obstacles. There is a commonly held belief that Google is making our generation stupid due to the fact that information no longer needs to be remembered, but having so much accessible information in our pockets actually contributes to how educated our generation is. For each criticism of the millennials, there is a rebuttal.

Any generation, especially in its infancy, is subject to criticism from the generations prior to it who have more life experience, knowledge, and a general bias for the social circumstances in which they were raised. There is not a single generation that has escaped the skepticism of their parents and grandparents.

I tend to choose an optimistic approach to the way the world is progressing. In terms of violent deaths and war, we live in one of the most peaceful time periods in history. Our current generation seems to have the least racist white people, despite what the media tells us as well as the immense amount of progress that still has to be made. We're more educated in things that

harmed generations before us and we choose to go against these things, such as harsh discrimination of the past (does anyone remember segregation?) and the denial of opportunities to certain groups. Sometimes, it is difficult to distinguish between whether the world is actually on a downward spiral that will inevitably crash and burn thanks to media and the constant questioning of current pop culture.

It seems that, in many ways, millennials are no different than any generation before them; we are just as crazy, just as ill-experienced, yet still an improvement on the generation before us, which, in my view, is the most important part. When millennials are old enough to be critical of the new generation that has yet to exist, it's probable that we will be just as critical of the new generation as older generations were of us. I've chosen to be skeptical of articles that talk negatively about millennials because of the mass amounts of positive qualities that our generation exhibits, because life is too short to have to conform to some ideal that tell you not to embrace the culture you are part of.

OPINION

FAKE NEWS VS. SATIRE: DIFFERENCES AND RELEVANCE

by Kohan Eybergen

In our modern world of ever increasing technology and media we are more connected than ever, and communication between people has become so easy and quick that misinformation often spreads more rapidly than the truth. Due to the relatively new invention of the Internet and social media sites such as Facebook and Twitter (yes new, especially when one considers that the printing press was invented around 1440), news organizations now have cheaper and quicker platforms for their news stories. However, just as it is now easier for respected news agencies to distribute information to the public, it is just as easy for any person with access to the Internet to spread any information, true or false, whenever they please. There is no doubt that this is a significant issue, especially when many individuals obtain their news from online sources, and it is not always clear what is fact, and what is fabrication. It is imperative that individuals make the distinction between fake news articles and

articles that have been written with a satirical intent, as these have entirely different purposes.

A common misconception is that fake news articles and satirical pieces are the same thing, when they are actually the complete opposite of one another. The definition of satire is a literary, graphic, or performing art piece that uses humor and wit to expose or bring attention to the shortcomings, follies, and flaws of a subject, often to incite social change and criticism. In contrast to this, fake news organizations spread misinformation to a specific target audience for the explicit intention to project their falsehoods as fact in order to form the audience's views and perceptions of a subject. Some helpful questions to ask yourself when confronted with news that seems as if it could be false are: 1: Consider the source; is the news coming from a source that you know to be reliable, and do they cite their sources of their information, does the author seem to have an obvious bias? 2: Consider the information; is it information that seems wholly possible, does it seem utterly ridiculous? (Most satire will be obviously absurd on purpose to exaggerate the point the author is making). 3: Consider the context; is the information presented in it's original context? For example, if

the news article is about an important individual's most recent speech, have you seen or heard the audio or video of the person speaking, and does the context match the news article in question? If it does not, the words that the person uses could be quite misleading when taken out of context.

Although the presence of intentional, false, and misleading information is not a new thing, considering the similar nature of political propaganda which has been around for centuries (think war time posters and newspaper headlines), the news and media in the world is now more saturated with false information than ever. Similarly, satire has also existed for ages. For example, Jonathan Swift, the author of Gulliver's Travels published in 1726 and A Modest Proposal published in 1729 was a famous satirist. In A Modest Proposal Swift suggests to the British people that the way to solve the famine in Ireland is to have the Irish citizens eat their own starving offspring, which seems to be an obviously ridiculous suggestion meant to prove a point. The most important difference between straight-up fake news and satire is that fake news is intended to mislead individuals, whereas satirical pieces are created with the purpose to foster critical thinking and to en-

courage the audience to observe matters from different perspectives.

This distinction between fake news and satire and the identification of fake information is extremely relevant today as many people are formulating their opinions and worldviews based on false information. It has become much easier for individuals to come into contact with and share misinformation with others. In addition to this, fake news websites have also been shown to play a large role in affecting large public decisions such as the very recent United State's federal election, or on whether or not your children should be vaccinated (they should be). A few websites that are useful when checking facts of all kinds and have reliable news are: Statistics Canada's statcan.gc.ca, cbc.ca, and Health Canada for Canadian information, and factcheck.org, and politicalinformation.com for American political information. So in short, remember to always think critically and question the way we think about and interpret the news and media. If you have doubts about something, research it!

PSA

STUDENT LIFE

I DON'T KNOW WHAT I'M DOING (BUT THAT'S OK)

by Taris Breaux

I left high school knowing exactly what I wanted to do with my life and exactly how I was going to get there. However, once I got to university my entire perspective changed. University wasn't what I expected. It wasn't quite like what I had heard from other people or seen on TV, with endless interesting classes that would keep me from zoning out like I did in high school. With courses that had nothing to do with my degree, an early morning, and a long commute reality struck

hard. University came with the studying and stress that high school had, but multiplied by around ten (or more depending on the week), and with the freedom of choosing whether or not to go to class (making that decision is a struggle on its own). This has all left me questioning and confused: "Is this really what I want to do for the next few years of my life? Did I make the right choice?" Through all of these questions, I have learned a few things. For one, I am definitely not the only person questioning my decision in going to university and constantly pondering what the meaning of life is. Humans have a hard time being sure of themselves, constantly wondering "what if?" What if I chose to go to a different school, or entered a different field? What if I decided to leave every-

thing behind right this moment by booking a one-way plane ticket to somewhere far away? With this in mind, I looked to those around me, from my two best friends, to my mom, and each of them has had (or has) similar feelings as to what I'm feeling right now. Do many of us really know what we want to do with our lives, who we want to be? Probably not. So for everyone out there questioning the choices they have made, whether it is going to university in general to the degree that you chose, you are not alone. There are plenty of us who have no idea what we're doing with our lives- trust me. You have time to decide who you want to be. Even if you do decide to change, the change won't happen overnight. It takes time, but in the meantime we can en-

joy what we have right now. While I personally may not enjoy spending so much of my time studying, university has given me chances that I may not have gotten if I hadn't chosen this path.

I don't doubt that I would be feeling just as confused if I had chosen a different path after high school. I also don't doubt I'll be feeling a similar way once I've finished my degree and am starting up the next part of my life. The "what ifs" will keep happening, but in the end, we're allowed to feel that way sometimes.

NOTHING'S SHOCKING

by Ester Latifi

When I wear, wear
my hair
It's a man's world fan-
tasy
I undress in seven
steps
Like your camera's
watching me
I suppose I'll strike a
pose
But that's so predict-
able
I undress in seven
steps because
We can't stop our
picturing love
I'm tired of picturing
love

*

Camera got them
images
Camera got them all
Nothing's shocking
Showed me every-
body
Naked and disfig-
ured
Nothing's shocking
And then he came
Now sister's
Not a virgin anymore
Her sex is violent

The above quotes come from two different songs. The first one, which you may have heard on the radio, is called "Picturing Love" by July Talk. The second is "Ted, Just Admit It" by Jane's Addiction. If you take the time to listen to them or read their lyrics, you'll find that they're both quite descriptive in ways that might make some listeners feel uncomfortable. The two of them directly deal with the way that the majority of mainstream entertainment tends to portray its biggest topics: love and sex.

The truth is that sex sells. If it didn't, most of our entertainment wouldn't even exist. There's an entire spectrum of love and sex—what they are and how they work—whether it's through the means of a love song or a porno. Sometimes it seems that the media presents love and sex as interchangeable terms, because more often than not, one appears to imply the other. July Talk's "Picturing Love" addresses exactly this. The whole song revolves around the way that media has conditioned society to view love and sex in a certain

way, and how a lot of people consequently have that perception so deeply ingrained in them that they genuinely believe real life must mimic the screen. The biggest issue that July Talk addresses is that a lot of the time, women are made out to be nothing more than sexual objects, solely existing for a man's pleasure,"it's a man's world fantasy." This is dangerous because there are many vulnerable young girls who are led to believe that their purpose is to take care of a man's erection. We're so used to "picturing love" that we don't really know what love is anymore. We also forget that love is something that does not have one set definition. It's different for everyone, and because everyone's relationships are different, it's impossible to take something as abstract as love and give

it one physical definition. Just as reality shows aren't entirely candid, the same can be said for love and sex: what's being presented as normal in the media is usually quite far from how things are. The unrealistic nature of the media's version of these causes people to feel like they must be doing things in a specific way, thus causing people to feel disappointment as a result of their expectations being unmet. Even in its tamest form, love is often unrealistic in songs, novels, and movies. Songs often tell us that we should be feeling giddy at all times, and if we aren't, there must be something wrong. In re-

MUSIC



SHOW TIME!

Here's what's playing this week:

xXx: The Return of Xander Cage
14A

Rogue One: A Star Wars Story
PG

Monster Trucks
PG

Passengers
PG

Sing
G

Underworld: Blood Wars
18A

Fantastic Beasts and Where to Find Them
PG

Hidden Figures
PG

La La Land
PG

Live by Night
14A



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

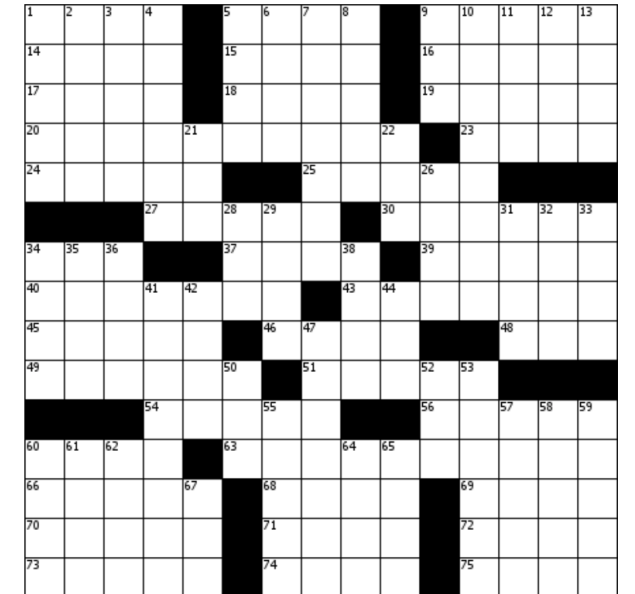
SUDOKU



CROSSWORD

Across

- 1. British baby buggy
- 5. Small wagon
- 9. Vamoose!
- 14. Tibetan priest
- 15. Heed
- 16. Australian marsupial
- 17. Positive votes
- 18. Guns an engine
- 19. Gold bar
- 20. Immaculate ____
- 23. Yard units
- 24. Finance
- 25. Sleep noise
- 27. To the point
- 30. Discover
- 34. Watering place
- 37. Rower's needs
- 39. Not fresh
- 40. Scottish plaids
- 43. Silversmith, e.g.
- 45. More frosty
- 46. Heavenly headwear
- 48. High explosive (abbr.)
- 49. What Moses parted (2 wds.)
- 51. Water vapor
- 54. Yarns
- 56. Piano part
- 60. Diplomacy
- 63. Fort ____, FL
- 66. Rub clean
- 68. Grating
- 69. Craving
- 70. Investigate
- 71. Loan
- 72. Char
- 73. Stitched
- 74. Uneasy
- 75. Fruit drinks



Down

- 1. Location
- 2. Synthetic fabric
- 3. Revise
- 4. Team pet
- 5. Business abbr.
- 6. Aid and ____
- 7. Rewriter
- 8. Heavyweight Mike ____
- 9. Snow runner
- 10. Shredded paper
- 11. Anger
- 12. Sunburn soother
- 13. Damon or Dillon
- 21. Mama sheep
- 22. Head movement
- 26. Take it easy
- 28. Director ____ Howard
- 29. Window frame
- 31. Bridge seat
- 32. Scottish group
- 33. Portable shelter
- 34. Mix
- 35. Horse's gait
- 36. Waterless
- 38. Pepper's companion
- 41. Lab container (2 wds.)
- 42. Length times width
- 44. Shad eggs
- 47. Guaranteed
- 50. Everything
- 52. Tax mo.
- 53. Snake-haired woman
- 55. U.S. symbol
- 57. Ventured
- 58. Pond growth
- 59. Malicious looks
- 60. Recipe units (abbr.)
- 61. Land measure
- 62. Cawing bird
- 64. Bell sound
- 65. Whirlpool
- 67. River bottom



FUN AND GAMES

WHAT IS ART?

by Kayle Sieben

“What is art?” Such a question has been pondered by man for over a millennia. Our interpretation of the world is projected in an extrinsic expression or statement. Art can be verbal or written; it can be sung or spoken; it can be visual or tactile; it can be worn, heard, and tasted. Art can be anything, that’s the most lustrous thing about it. The entire basis, the core of its very meaning and purpose is that it is completely subjective.

What means something to me won’t always mean something to you, and if it does, it likely won’t be interpreted the same. Our past experiences, our tendencies, and our personality all shape the way we soak in the different stimuli around us. Different occurrences incite different responses from all of us because we’ve been conditioned differently. Our environments aid in sculpting who we are; it influences our reactions and intrinsic responses both physically and emotionally. Much like the makeup of a finger print, each one of us has been brought up in a completely unique environment. The totality of your life has never and

will never be replicated.

No one can completely recreate an emotion that you have felt. This is where I notice some artists get caught up. Instead of trying to replicate their own vision or feeling, they get caught trying to replicate someone else. It’s not a bad thing to inherently be influenced by someone else, most artists seek inspiration from someone or something! But trying to recreate another’s masterpiece doesn’t have the same effect as using your own imagination to build your interpretation. Personally I aim to incorporate influences from any piece of art I’m lucky enough to witness. As stated in a previous column, I attempt to crowdsource my knowledge, and that extends to artistic influence. Yet, I could never attempt to recreate something that has already been made, that would make my work void of purpose and meaning. What I can do is use certain elements to aid me in building something substantial, something that I want to create from my own feelings and imagination.

Andre 3000 put it simply, “You know, it’s got a kind of line up with what I want to do.” Of course! It seems so obvious, but many people don’t quite grasp it. Don’t do what someone

else is doing, do what you want to do. Play how you want to play, paint your painting how you want to paint it. Art fundamentals of colouring inside the lines and using basic techniques teach won’t help you reach a point of having your art being highly renowned. It will blend in with the millions of other pieces just like it. You don’t see “Painting by numbers” pieces in an art gallery for a reason.

Think of your top three favourite artists of all time. This can be a musician, painter, or photographer, whatever means the most to you. Now think about their work; was their art something that had already been done at the time? Was their work in line with what was trendy at the moment? Or did their work break the ground for an entirely new genre or perspective? I’d guess that it’s the latter. Art that does this will withstand the test of time. This is the reason Mozart sold the most CDs in 2016, over 200 years after his demise.

Art incites emotion; it elicits some sort of response from whoever is taking in its essence. Likely, you’ve heard a song that seemed to completely encompass all of your current emotions and has helped you feel secure, safe, even loved. Music to me

FROM THE EDITOR

has always been therapeutic. Sometimes my friends will hear a song come on in my car, and they’ll turn their nose up to it. It’s because I listened to that song during a depressive state that this song may not sound the most intriguing, but the lyrics hold so much meaning and a message that’s so powerful. I couldn’t expect my friends to understand my state of mind when that song spoke to me.

Everyone appreciates art for different reasons. Sometimes we want to turn up, sometimes we need a friend, sometimes we’re angry and feel like raging, sometimes we feel completely alone. No matter what your mood, music and art in general are there to comfort you.

I think the most incredible aspect of art is that it doesn’t have to follow any specific rules. It allows humans to intimately break down the world around them to their own interpretation.

Art is profound, art is subjective, and art is omnipresent. Soak it in.

ality, love is so dynamic and about much more than simply feeling good. Mainstream music either talks about the really high moments of love or the really low ones, and there aren’t many in-betweens. People in songs are either having sex all day or fighting like there’s no tomorrow. Believe it or not, parents might have a point when they say that “things were different back then,” when something breaks, you should try to fix it rather than immediately throwing it away. Relationships require work, and I don’t think that mainstream

entertainment does the best job of illustrating this. Jane’s “Addiction” makes similar points in a more gruesome way though nonetheless thought-provoking. They state that “nothing’s shocking,” and sadly this rings true. We’re so used to seeing sex being presented in a certain way and violence being pictured as such a normal occurrence that we have become desensitized to just how messed up our entertainment can be at times. Have you ever stopped and asked yourself why you find certain things

appealing? I certainly have. It’s no wonder that bad news doesn’t seem to surprise us anymore, because one quick Facebook check will bombard you with stories of all the horrible things happening around the world. There’s a famous cliché that says “you are what you eat” and in this case, the forms of entertainment you choose to indulge in will absolutely shape the way that you think. The more negativity you feed yourself is correlated with how negative your outlook on life is, the same is true for entertainment. I don’t

want to assert that our entertainment is to blame for our wrongdoings or misconceptions, but I do want to emphasize that entertainment is just that, entertainment. It is not a picture of reality. On the topic of love and sexuality, it is not a framework for what your experiences with those things should be like. I don’t want to be the person to tell you what to watch (or not watch), but I do want to ask you to evaluate your taste in entertainment and ask yourself why exactly you find it entertaining. Don’t let the screen dictate your expectations.

NETFLIX & CHILL

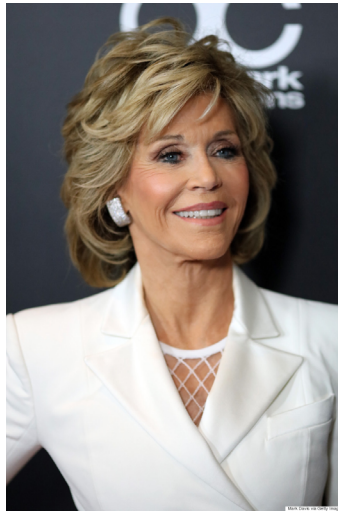
A GUIDE FOR WHEN YOU'RE 30 MINUTES IN, NOBODY HAS MADE A MOVE, AND YOU ACTUALLY NEED SOMETHING TO WATCH

- A SERIES OF UNFORTUNATE EVENTS** A TIMELESS CLASSIC REVAMPED WITH NEIL PATRICK HARRIS AS COUNT OLAF
- THE MIGHTY DUCKS** EMILIO ESTEVEZ, THE MIGHTY DUCK MAN, I SWEAR TO GOD
- BLACK MIRROR** THIS SERIES IS WILD. A SHOW THAT HIGHLIGHTS POTENTIAL DARK SIDES OF LIFE AND TECHNOLOGY
- THE OA** FREAKY DEKE SCI-FI SHOW, NO IDEA WHATS GOING ON... 5 STARS
- STRANGER THINGS** YOU SHOULD KNOW BY NOW
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WHO IS JANE FONDA?

by Emily Robbins

For those of you that pay any sort of attention to current events in Alberta, whether through Facebook, Twitter or even news outlets themselves I am sure you've heard about Jane Fonda's visit to Fort McMurray.



Let's start by getting to know Jane Fonda on a personal level, because in order to understand the issue, you must understand the person. Jane Fonda is a famous American actress, making her first debut on Broadway in the 1960's. Fonda is also a political activist and writer, and has received numerous awards for both lifetime achievements and for achievements throughout her acting career. Although her peak of fame was years before any of us would really know who she was, she is still adamant in her support for First Nations and the phasing out of the oil sands, which is why we as students, and Albertans, know her so well today.

Tuesday, January 10th 2017, was the day that Jane Fonda visited Fort McMurray, Alberta. Saying there were mixed emotions about the visit would be an understatement,

as most of the residents of Fort McMurray were not pleased. On Jane Fonda's part, her visit was to "learn about the impact of oil sands development on First Nations and support their opposition to pipelines that would export bitumen to the United States or overseas"(CBC, 2016). After her ironic helicopter tour of the oil sands in Fort McMurray, Fonda met with a number of environmentalists and indigenous leaders.

Fonda obviously does not support the Alberta Oil Patch, but instead believes that we should invest more in environmentally friendly ways of producing energy and profits. I'm sure most people would agree. Believe it or not, however the Fort McMurray oil sands have some of the highest environmental standards in the world, which is a step in the right direction to increasing our level of environmental-

ly friendly alternatives.

Even if she came with good intentions, Fort McMurray residents felt that Jane Fonda showed little to no understanding of the Oil Sands, while also being biased to its practices, especially since she was brought in by the environmental organization, Greenpeace.

Regardless of the amount of people that disagree with Jane Fonda's take on the Alberta Oil Sands, the main issue is the concept of understanding. Of course, if you are passionate about something, you need to make your voice and your opinion heard. But in retrospect, in order to have a complete understanding of an issue, you have to be able to look at both sides and understand why the opposing side holds the opinion that they do, and be able to listen to both sides with an open mind. This is not just

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important in the case of Jane Fonda and the Alberta Oil Sands, but it is important in life in general - there is nothing worse than talking about an issue with someone that won't even hear you out. The best thing you can do, especially as a celebrity, is come with knowledge, open mindedness, and an understanding of both sides of the issue. We can only hope that more involvement surrounding the Alberta Oil Sands will lead to positive changes that will not only benefit the environment, but also the people that depend on their jobs in the oil and gas industry.

Knowledge is power, and a voice for change is better than no voice at all.

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