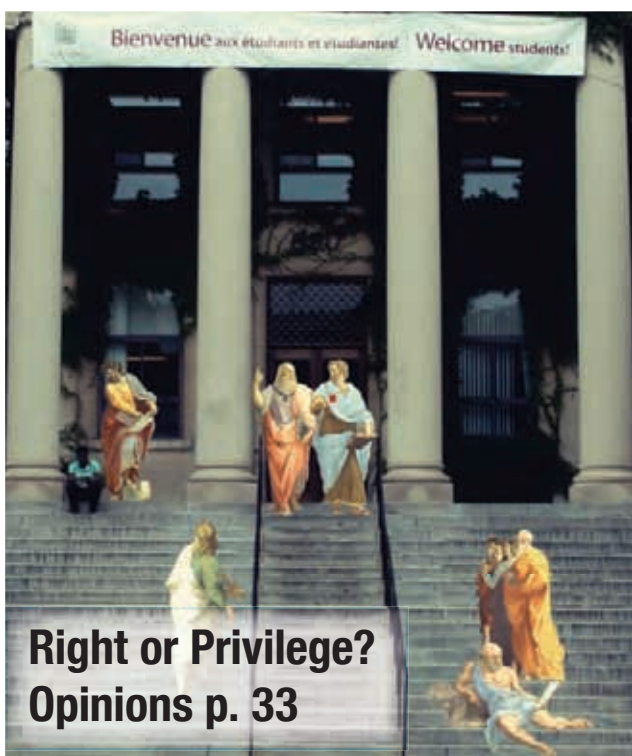




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Frosh so hard!

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Letters must include your name, telephone
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onyms may be used after consultation with
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ous material. The Editor-in-Chief reserves
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Mourning the end of your summer fling?

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go into choosing a university are?

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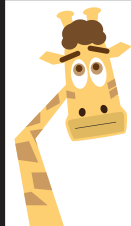
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Let's get
acquainted...

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NEWS

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GSAÉD elects new finance commissioner

Carolyn Greve begins term

Jane Lytvynenko | Fulcrum Contributor

As of July, the Graduate Students' Association of the University of Ottawa (GSAÉD) has elected a new finance commissioner, Carolyn Greve, following the resignation of Douglas Webb in June 2012.

"It's quite common to have an executive leave throughout their term," said Taiva Tegler, GSAÉD external commissioner. "Our previous finance commissioner, Douglas Webb, resigned at a June council meeting, which became effective as of the July council meeting."

Seven candidates applied to be the new finance commissioner, with Greve coming out the winner.

"Carolyn is excellent," said Tegler. "She joined our team with knowledge of student unions [and] with excellent knowledge of finances. She is fluently bilingual—which is crucial to be accountable to our members. She began work and was engaged with the rest of the executive. I couldn't have imaged her transferring in more fluently than she has."

Although it was only recently that Greve moved to Ottawa from Regina, she said the transition has been smooth.

"When the [finance commissioner] position came up I thought it was a great opportunity to take my activism side and my finance background and hopefully do some awesome things for grad students at [the U of O]," said Greve.

"I have a month to get situated, see how everything is, and develop friendships and professional relationships so that we have that foundation going into the rest of the year," Greve added. "We all have similar ideas, and goals,

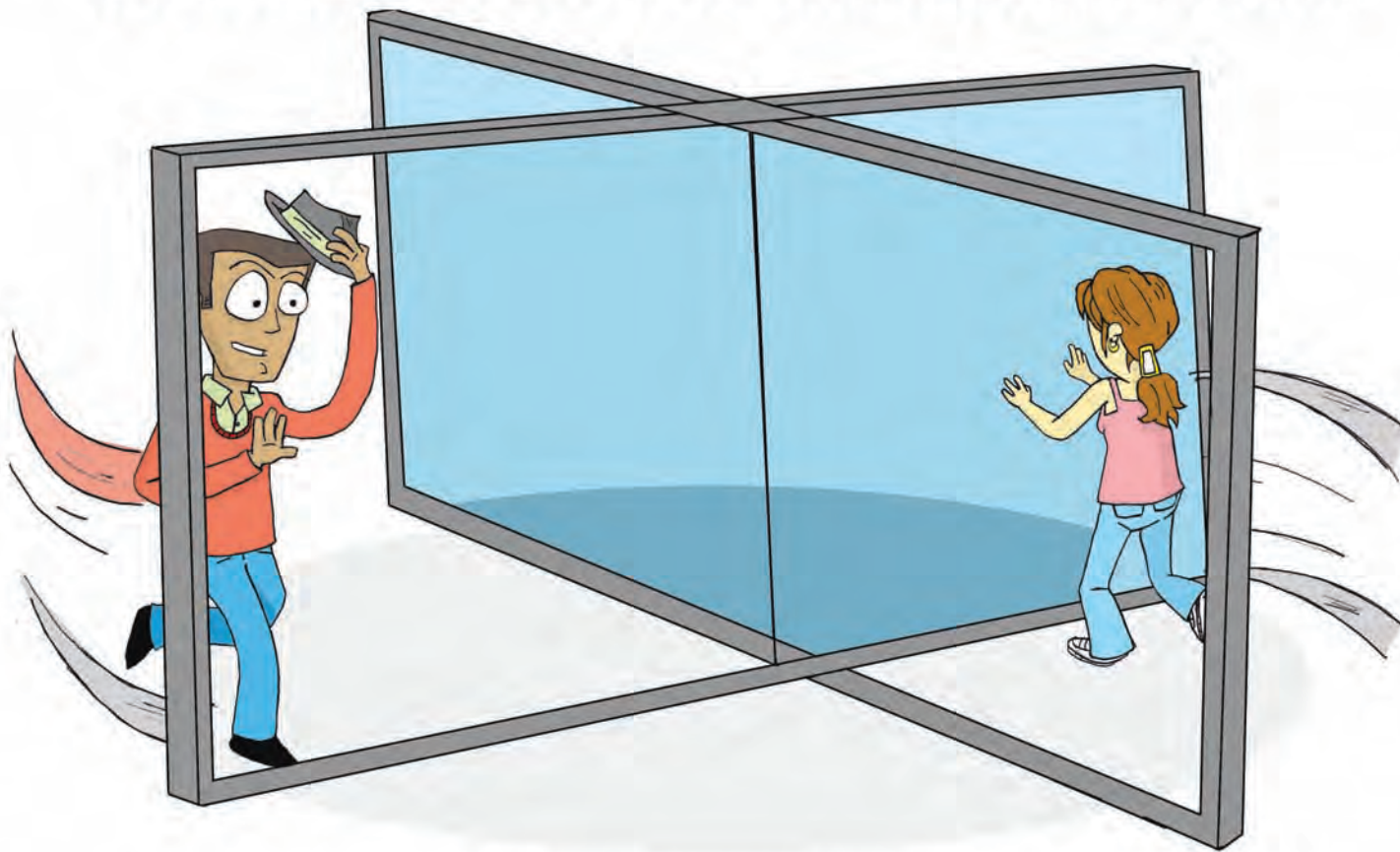
and visions for this organization, so I'm looking forward to working with all of them."

Greve's first goal is to ensure financial transparency at GSAÉD and to explain to students in layman's terms where their money is going.

"It's our responsibility to have as transparent a financial process as possible so, that if anyone has any questions ... they can get answers as quickly as possible," said Greve.

Her first goal is to ensure financial transparency at GSAÉD and to explain to students in layman's terms where their money is going.

The Revolving Door of the GSAÉD Executive, where:



"It's quite common to have an executive leave throughout their term."

-Taiva Tegler, GSAÉD external commissioner

Illustration by Devin Beauregard

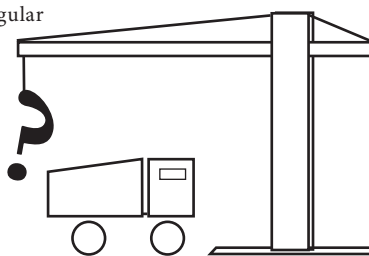
Tegler thought the commissioners had a productive summer and looks forward to several major projects GSAÉD has planned for the year.

"This summer has gone much more smoothly than last summer; the team is very cohesive; we rely on mutual support and respect," said Tegler.

"What we're focusing on right now is how awesome it is to have Carolyn with us. She's present in the office on a regular basis; she's absolutely diligent in

her work," Tegler continued. "The day-to-day functioning of the organization depends on the finance commissioner and their ability to respond to students ... and be accountable. She has been fulfilling those tasks above and beyond."

Douglas Webb was unavailable for comment.



What's he building in there?

Forcing the fate of filaments

Tyler Shendruk | Fulcrum Contributor

YOUR BODY IS made of trillions and trillions of cells of different types. Each cell knows its type, but what determines the type of cell that each becomes? How did your liver cells know to specialize into a liver or your brain cells to become neurons?

The researcher

Andrew Pelling, the Canada research chair in experimental cell mechanics at the University of Ottawa, does research on the interface between molecular biology, physics, and engineering. He's

interested in the dynamic mechanical properties of cells and how they control cell differentiation and tissue formation.

On top of running a multidisciplinary laboratory in the physics and biology departments, Pelling partakes in bioart and engages in social media. One of his ongoing projects is an artificial tissue sample that automatically tweets its growth to the twitterverse.

The project

Pelling wants to know how a cell's fate is set. In particular, he is interested in how external geometry and forces can signal strong cues that determine how a stem

cell differentiates or that encourage a specialized cell to change its behaviour.

Pelling pulls, stretches, and pokes individual living cells. One way he manages this mechanical manipulation on such tiny life forms is by retrofitting an atomic force microscope into a tiny prong for poking and pulling. This way, he can apply very controlled forces onto specific spots on cells, such as their nuclei.

The key

Pelling poked the nucleus of various cells and watched the response. He observed that immediately after the poke,

the long filaments that run from the nucleus to all corners of the cell (forming the cytoskeleton and giving shape and rigidity to the cell) would quickly deform in response to the force on the nucleus, rather than reacting directly to the force of the tiny prong pushing down on the cell.

Much more slowly, the entire cytoskeleton would reorganize itself by retracting the filaments from the edges of the cell and then relaxing into a new structure. Instead of occurring equally throughout the cell, however, restructuring occurred in only one or two locations.

Restructuring its cytoskeleton is just one way that a cell can respond to stress. In fact, Pelling has been looking at many other environmental cues, like stretching the surface that a cell is living on or placing cells in confining geometries. Cells dynamically respond to a complicated set of environmental signals that ultimately determine their fate.

Are you doing interesting science? Do you have a professor who can't stop talking about his or her research? Let us know at research@thefulcrum.ca

Meet the new GSAÉD & SFUO

Andrew Ikeman and Ali Schwabe | Fulcrum Staff

A new school year means new executive members of the Student Federation of the University of Ottawa (SFUO) and the Graduate Students' Association (GSAÉD). The *Fulcrum* sat down with the new executives to give you a look at who will be in charge at the SFUO and GSAÉD this year.

GSAÉD



Taiva Tegler—external commissioner

The Fulcrum: What do you hope to accomplish this year?

Tegler: I'm focusing more inward this year and looking at the campus and what kinds of resources are there for graduate students; so I'm really happy to work on two campaigns specifically. One is around mental health awareness and the other one is around childcare. With those two campaigns, I'd like to highlight what resources are available [and] then look at where we're lacking—where there are gaps in services for students. We've got an upwards of three-year waiting list for childcare on campus for example—that's an issue. So mapping out resources, providing students with information on what exists, and then connecting that to sort of the broader understanding of barriers to accessing to education. What do students go through? There's no average experience, so I'd like to connect that to issues of tuition fees, to issues of research funding, these types of things.

What is something you wish you knew in your first year?

I wish I knew a lot in my first year. I would say one huge thing I wish I knew that I did not have to live in residence. I was among a number of people that had a hard time in residence. I was really isolated, I was really lonely, and I think it's a difficult space to live in. So one: I think maybe connecting to more resources on campus; I wish I knew more about the student services when I was in first year; and then I wish I had taken a house outside of residence.

What events on campus are you most looking forward to this year?

A lot. Without our grad house at the moment or without having Nostalga, we have to be really creative so I'm looking forward to seeing what some of our departmental associations will do this year. I know some of them will be using 1848 as a space until the grand opening of our grad house. I'm also looking forward to academic events. We'll be running panels around certain ... copyright, around research integrity, around the rising tuition fees for graduate students. We're also running academic writing retreats. And that's a new project this year, so I'm really looking forward to seeing more of those happen. They're basically a space for students to come together and to work on their writing, to skill-share, to have workshops on how to improve their writing and find better support. Those are just starting and I'm looking forward to seeing how they'll work for graduate students; I think they're a great resource for them.



Patricia Barra de la Tremblaye—student life commissioner

The Fulcrum: What do you hope to accomplish this year?

Barra de la Tremblaye: First of all, we have our grad house that is supposed to open in the second semester so we're focusing on building, [and] having new programming for the new grad house. We're also ... doing a survey to know what students want; and we'll try to include what comes out of that survey and also do a lot of student-focused, association-focused activities. So all of the fall semester I'll be doing grad nights, but they'll be organized with student associations so they'll be really focused on student associations. [I want to] focus on what students want this year, that's what's important to me.

What is something you wish you knew in your first year?

When I first started university I didn't know that there were so many student-run services; I didn't know of any of the services

and it just came as I got older and as I got more mature.

What events on campus are you most looking forward to this year?

Welcome Week is super big this year. We're having a boat cruise and we haven't had an off-campus activity for probably 20 years or more, so it's going to be a really big event. I'm really looking forward to our boat cruise, and we're also going to have Zumba dancers on the boat, so it's going to be really fun.



Carolyn Greve—finance commissioner

The Fulcrum: What do you hope to accomplish this year?

Greve: I hope to keep our organization in financial security, but have more transparency, so everyday students can come into our offices if they want to learn about the finances of our organization.

What is something you wish you knew in your first year?

For me, I wish I knew about all the services and campus life that went on, because I just came on campus, went to classes, and left. So the clubs that are run by the different centres or different organizations, I wish I had tapped into that earlier on.

What events on campus are you most looking forward to this year?

I am really looking forward to 101 Week—to just getting to know all the different graduate students from different faculties. It's easy to make friends in your one little faculty—but to reach out, so as an arts student, to meet people in science, meet people in kinesiology, studying law, and so meet students in all the different faculties.



Brenna Quigley—university affairs commissioner

The Fulcrum: What do you hope to accomplish this year?

Quigley: I'm hoping to help develop a supportive and productive research community on campus for grad students.

What is something you wish you knew in your first year?

I definitely wish I knew how valuable it was to get involved in student associations—how much you can get [out of it]. You are meeting a ton of great people, you are building really great skill sets, and it just enhances the learning experience as a whole.

What events on campus are you most looking forward to this year?

I'm looking forward to our writing retreats—GSAÉD is organizing many writing retreats... Also our interdisciplinary conference will be pretty amazing this year. Coming up soon we have 101 Week—that'll be pretty fun. And later in the year our grad house is reopening.



Caitlin Campisi—internal commissioner

The Fulcrum: What do you hope to accomplish this year?

Campisi: We have a really great team of executives this year, so I am looking forward to working with my team on a lot of innovative social events that I know other people are working on. I am super looking forward to the reopening of the grad house and Nostalga—so I guess that's what I am hoping to accomplish this year.

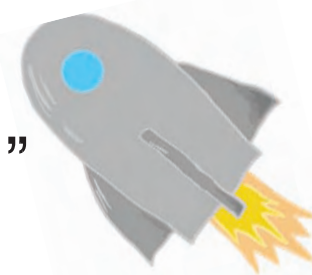
What is something you wish you knew in your first year?

When I was in first year, everything seemed really big; everything seemed new and nerve-racking. I think I was little intimidated to get involved—so I think if I could go back, I'd tell myself not to be afraid to get involved; there is something for everyone on this campus.

What events on campus are you most looking forward to this year?

We have a really great 101 Week planned—lots of fun events. We have a boat cruise [and] a post-secondary education panel. After that, I am—like I mentioned before—super excited for the reopening of the grad house and Café Nostalga. Being able to sit on the Nostalga patio with a beer is what I'm looking forward to.

“That’s one small step for man,
one giant leap for mankind.”



Neil Armstrong
1930–2012
Thank you for inspiring countless
dreams.
May you rest in peace.



Ethan Plato—president

The Fulcrum: What do you hope to accomplish this year?

Plato: Our team goals for the year are to increase our participation in our student federations. That is a big thing—and it might be hard to gage—but I really want to see more people involved and engaged in our association. That’s a big goal of mine. Something that might be more tangible is that I want to get our participation in elections up more next year. There are a couple of smaller things we are working on too: we are doing a lot of different events this year, we are focusing on businesses—we want to get all of our businesses in the black. That’s something [VP Finance] Adam [Gilani] will be working on as well. There’s obviously continued advocacy that goes on; we are hoping to get some prior budget consultation with the university to hopefully preempt any tuition increases.

What is something you wish you knew in your first year?

I wish I hadn’t thought that things would be so simple. You know everyone thinks that they’ve got it figured out—they’ve done high school, done that hurdle—about to tackle more, and [then] you realize: every year in university you un-learn just more and more things, and the more you seem to learn about the world—or whatever field you’re studying—you realize how little you actually know.

What events on campus are you most looking forward to this year?

Well 101 Week is going to be awesome, I’m really excited for that—also really nervous. I’m really stoked for the TEDx talk that is going to be planned, because it is something I think we can do more of on campus, and bringing in different people... Also very excited for Winter Challenge—there’s going to be someone running around dressed as a Yeti, so that’ll be funny.



Anne-Marie Roy—vp communications

The Fulcrum: What do you hope to accomplish this year?

Roy: I hope to have more students engaged in the student federation, and hopefully something that will come from that is higher voter turnout next year.

What is something you wish you knew in your first year?

Something I wish I knew in my first year would have been about the student federation actually. I wasn’t too familiar with it in my first year. I discovered the student federation in my second year, and was so impressed with what I found. I would have loved to be involved for another year.

What events on campus are you most looking forward to this year?

The events I am most looking forward to on campus this year are the Francophone Gala, coming up in November—it’s a first and it’s organized by the Bilingualism Centre—and Winter Challenge! I’m excited to see what Jozef [Spiteri] and the Yeti have in mind for the event!



Kate Hudson—vp student affairs

The Fulcrum: What do you hope to accomplish this year?

Hudson: I think something that the whole executive has identified as something to work on is outreach, and to really be able to get in touch with our members and be able to represent our members to the fullest extent possible. I think more consultation, and being able to provide great services to the students.

What is something you wish you knew in your first year?

Lots of things! For one, I wish I knew how to get between buildings without going outside. That’s a silly one, but [I also wish I knew] how many opportunities are available on campus. That could be services, our many clubs, just being able to be involved in something that you are passionate about, and knowing what’s out there, I think that is the most important information to get out to first years.

What events on campus are you most looking forward to this year?

All of them! I think Jozef [Spiteri], our vp social, has amazing ideas. I am really excited for Winter Challenge and the Yeti. I am also really looking forward to 101 Week. This is going to be my fifth 101 Week and it’s definitely my favourite time of the year. I absolutely love it.



Jozef Spiteri—vp social

The Fulcrum: What do you hope to accomplish this year?

Spiteri: Hopefully by the end of 101 Week, there will be a new standard, so there can be growth. I think 101 Week has been stagnant for the past eight years—with the number of 101ers, with the kind of events we do, with the kind of week it has become. Bringing back Winter Challenge, so that way we have a winter orientation week. Give some pride to the student bar—so bring in the atmosphere that is a student bar, here to represent the community that surrounds it. The world record [for largest dodgeball game] is also not a bad one to walk away with, but that’s still a lot of work in progress.

What is something you wish you knew in your first year?

That you should be involved. I remember walking in in first year, and thinking: I will not be involved; I will just do my classes and walk out of here. I wish from year one I had been involved, and made other things happen.

What events on campus are you most looking forward to this year?

So far we have 101 Week that’s on its way, the week after 101 Week, Dub FX at St. Brigid’s [Centre for Arts]. Dub Fx is an [Australian] b boy who uses loops to create music. That should be very interesting for students; check it out, it’s September 13. Then we have the infamous Retox, which is for 101ers and guides. Following into October, we have TEDx, that’s October 13. Further in the year, we have the Winter Challenge, which is from January 11 to 19, with Snow Stock being on the 19th. There’s a whole bunch of little elements I’m bringing in, including new music, new spaces, and is pop-up concerts all over campus. We also have the 6,000-person dodgeball game, which is coming ahead slowly and steadily. I am the most excited about the TEDx event. It is something I wanted to do for a very long time. I think it’ll be a very good way to showcase the university and the students.



Liz Kessler—vp university affairs

The Fulcrum: What do you hope to accomplish this year?

Kessler: I’m hoping to get more people involved in campaigns through the campaigns committee and the many different organizing groups we have. I am hoping to improve the rights of students who live in residence specifically, because that is one area that has been neglected—in terms of how we can improve their situation. I am hoping to improve transit services to campus—or at least put pressure on the university to improve transit services around campus.

What is something you wish you knew in your first year?

I wish I had known that it is cheaper to not live in residence. I think a lot of people go into first year assuming it’s the best way to go, and I now actually realize that I would have probably saved money if I decided to live off campus. I think I was mature enough and independent enough to handle it, everyone assumes that the cheapest option is to live on campus.

What events on campus are you most looking forward to this year?

I am looking forward to 101 Week; I think it’s going to be great. Jozef has some really exciting plans.



Adam Gilani—vp finance

The Fulcrum: What do you hope to accomplish this year?

Gilani: One of the things I’d like to do over the year is make sure we improve the services that we have for students. Things that are directly related to my portfolio are the businesses. What I want to do is save students’ money. What we are doing is this year we are starting a breakfast at 1848—so it’s super cheap breakfast, around five dollars. Café Alt will have better quality coffee that’ll be around the same price. So that’s pretty much my goal this year: make sure wherever we can we save people’s money.

What is something you wish you knew in your first year?

I guess I would tell myself to get involved right from the beginning. I had a little bit of a slow start in that sense. My first year I wasn’t super involved in anything in particular, but I’d definitely tell myself to get out and go to every event possible. There are all sorts of little clubs that have events that you think “Meh, whatever,” but you can meet all sorts of really neat people.

What events on campus are you most looking forward to this year?

I’m super excited for 101 Week actually. I am really excited to be involved with the wild and stressful time that 101 Week is. There is something about the adrenaline you get during huge events like that. Even throughout the year we have a lot of cool activities planned. There’s going to be a TEDx at the University of Ottawa, and that’ll be something really different and really neat.

—with files from Kristyn Filip
Photos by Andrew Ikeman & Kyle Hansford



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The Debriefing

U-Pass lines shrink

OTTAWA—STUDENTS ANTICIPATING LONG lines at the U-Pass distribution centre will be pleasantly surprised this year. According to an article that appeared in the *Fulcrum* September 2011, last year's distribution was hampered by technical difficulties, which resulted in long lineups. The delays eventually forced OC Transpo to step in to assist the Student Federation of the University of Ottawa (SFUO) in their distribution of the student bus passes.

"We worked really hard this year to prevent [what happened last year] from happening again," said SFUO VP University Affairs Liz Kessler. "We made a lot of changes to the system that we are using to produce the cards, which makes it faster and simpler for students."

Kessler estimated that wait times for students this year will be reduced from last year, even as more and more students prepare for the beginning of the school year.

The U-Pass will be effective Sept. 1 and is available for all full-time students registered at the U of O.

—Andrew Ikeman

Quadruple amputee swims the Bering Strait

ANCHORAGE, AK—ON AUG. 17, French swimmer Philippe Croizon completed his swim across the Bering Strait. Croizon does not have arms or legs due to an electrical accident he sustained in 1994. He used paddle-like prosthetic limbs in order to swim the strait. The expedition was one part in his latest series of missions, such as crossing the English Channel this May.

The original plan was to leave from Alaska's Little Diomed Island and arrive at Russia's Big Diomed Island. However, the four-kilometre distance was cut short due to a lack of cooperation on Russia's side. It took Croizon only one hour and 15 minutes to complete the swim to Russia's maritime border, the revised destination point.

While the swim was shorter than initially planned, Croizon still faced a number of challenges, such as the cold water—around 4C—which required Croizon to use multiple wet suits. The water was not only cold but rough and choppy, with swells reaching eight feet. Even with a swim partner and four vessels accompanying him, Croizon had trouble navigating due to a heavy fog.

Each of Croizon's journeys are part of an effort to raise awareness of the capabilities of people with disabilities.

—Alex Kemp

Layton's legacy remains intact

TORONTO—ON AUG. 22, 2011, Canadians were shocked to hear that Jack Layton, the NDP leader at the time, had lost his long battle with cancer. This heartbreaking news came only months after Layton led his party to a second-place finish—with many of the seats coming from Quebec—during the May 2011 election. Although certain critics initially viewed the widespread public mourning of Layton as a maudlin over-reaction, a new poll suggests many Canadians continue to hold the man in high regard. Harris/Decima, who conducted the poll at the request of the Canadian Press, found an overwhelming 91 per cent of people surveyed believed that Layton made a positive impact on the country.

Comparatively speaking, recent political leaders like Stéphane Dion and Michael Ignatieff could only muster up a 36 and 30 per cent positive rating respectively. Layton's widow and Toronto MP Olivia Chow attributes this continuing sentiment toward her husband to the people's ability to connect with Layton on a personal level, especially in regard to his socially progressive policies and his optimistic outlook on life.

—Kyle Darbyson

Canada forgives Côte d'Ivoire's \$130-million debt

OTTAWA—CANADA HAS AGREED to release the government of Côte d'Ivoire of its \$130-million debt in order to help the east African nation regain financial solvency. President Alassane Ouattara—a former International Monetary Fund (IMF) economist—has made debt relief a priority since taking office in 2011.

Côte d'Ivoire fit the eligibility requirements established by the IMF and the World Bank, allowing them to receive \$7 billion in debt relief. The Côte d'Ivoire's current debt is estimated at \$13 million.

While the country's debt problems date back decades, the state of its resources has been tumultuous since the recent civil war. The government of Canada said they hope that by erasing Côte d'Ivoire's debt, the country may begin to build a stronger economy and focus on social programs.

—Andrew Ikeman

Town and Gown comes to U of O

New committee hopes to improve student-community relationship

Keeton Wilcock | Fulcrum Contributor

WHILE THE PHRASE "town and gown" may be a familiar one to university students around the world, for most people at the University of Ottawa the connotation is foreign. No longer. Come September, U of O students will for the first time be represented by a major neighbourhood-to-student organization—the Sandy Hill Town and Gown Committee.

Christopher Collmorgen is the acting president of Action Sandy Hill, a volunteer committee that represents the community and has been a major partner in the development of the Sandy Hill Town and Gown Committee. Collmorgen explained that the new committee is a pilot project involving several partners working together to reduce disturbances, improve property standards, and generally better the lives of people residing in the university-adjacent community.

"It's about peer education and peer-to-peer relationships," said Collmorgen of the committee. "Through the establishment of Town and Gown we give real credibility and weight to the issues that we're facing here in Sandy Hill."

Collmorgen explained that because the U of O's student population has approximately doubled over the last decade, long-term residents of Sandy Hill are seeing more young adults moving into their neighbourhood than ever before. This demographic shift has both positive and negative aspects, but the one constant is that it requires a coordinated response if all residents are to co-exist peacefully.

"There's an increased pressure on city resources, and city infrastructure maybe isn't being kept up or being maintained," said Collmorgen of the recent student influx to Sandy Hill. "The end result is that there needs to be more education on what it means to live cheek-by-jowl with people in a near-campus, urban environment."

The Town and Gown Committee is seeking representation and input from many groups, including the Student Federation of the University of Ottawa, the Graduate Students' Association of the



photos by Sean Campbell

Party-goers fill the streets at Somerset and Chapel last St. Patrick's Day

University of Ottawa, and the Ottawa Police Service.

Uday Jaswal, an Ottawa Police district inspector, stated in an interview with the *Fulcrum* that the Ottawa Police Service is happy to be part of the new committee and that they expect real change to come from it.

"I think there's going to be some tangible deliverables that come out of this," said Jaswal. "When we look at some kind of community-based solutions to some of the issues we're looking at, it's a positive thing."

Despite Collmorgen and Jaswal's optimism, some Sandy Hill residents are not wholly convinced the committee will have immediate results in improving the relationships between the more mature population and the students.

"It sounds like a good idea, but this is the first year that they're putting this to work," stated Amiel Carrier, a second-year civil engineering student who moved into the neighbourhood about a year ago. "So when frosh week comes around I don't think that many people are going to think much of it and they're just going to continue on with their partying."

The effects of the Sandy Hill Town and Gown Committee remain to be seen, but students and long-term residents alike will get an inkling of what they can expect from the organization in September, when the committee will greet students and work to educate all community members during its official launch period.

Turning Point

#Twitter&Elections

Andrew Ikeman | News Editor

THIS NOVEMBER, THE citizens of the United States of America will flock to the polling stations to either re-elect their current president or elect a new one. Many people base their vote on how the candidate is portrayed by the media. Since the 2008 U.S. election, one specific social media platform has exploded: Twitter.

During the 2008 election, Barack Obama was able to skillfully craft a social-media-based campaign push, which was so effective it turned him into a celebrity. In this campaign, however, both Democrats and Republicans have been able to manipulate Twitter users into advancing their own goals. Seemingly with each passing day of the campaign, a new

trend on twitter emerges, and politicos on both sides weigh in on almost every possible angle of this election. Twitter has essentially made pundits out of all of us.

Maybe the most incredible part of all this is that the trends are generally dichotomous. For example, one day #IAmNotADemocratBecause—which was started by Mitt Romney supporters—was trending, and within a few minutes, #IAmNotAREpublicanBecause—which began with Obama supporters—also began trending. One common theme of these tweets is that the ones that attack Mitt Romney often allude to things like his time at private equity firm Bain Capital, or his billionaire status, while the trends that attack Obama are based solely on his record in the past four years.

No matter what the trend was, the

styles were the same: the Democrats used sarcastic humour to insult Romney, while the Republicans used strong worded accusations to hurt Obama. A quick look at these trends would suggest the American electorate has been able to better inform itself on the issues and candidates than in previous campaigns. If one candidate should say something—about anything at all—it is trending on Twitter within moments. It would seem as though we are entering a new age of information.

This recent trend of immediate judgment of political candidates will likely become the norm in the United States and Canada. With the Quebec election approaching, we will see trends popping up that could potentially make or break a campaign. Better brush up on your hashtags.



A look at Vanier Tower

New Faculty of Social Sciences building nears completion

Justin Labelle | Fulcrum Staff

The University of Ottawa will have its first new building since the completion of the Desmarais building in the fall of 2007. The new social sciences building, Vanier Tower, will be open to the public in the fall, and the *Fulcrum* was able to go behind the scenes in its final days of construction.



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- SFUO executive video introductions
- Additional Vanier Tower construction photos



- 1) Exterior view of Vanier Tower
- 2) A lounge area almost ready for occupants
- 3) A touch of old with the new; brick wall from former exterior recycled for new interior at Vanier
- 4) Workers taking advantage of the natural light from the large windows
- 5) Construction workers grinding steel on the ground floor
- 6) Plastic wrap covers what will be Vanier Tower's living wall

ARTS & CULTURE

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'Happy pride' takes over at annual parade

LGBT community marches for diversity, acceptance, and self-expression

Dayna Prest | Fulcrum Contributor

OTTAWA CAPITAL PRIDE 2012 culminated in a fabulous display by Ottawa's queer community during the annual pride parade on Aug. 26.

The theme of this year's pride celebrations was "come out and play"—a play on words that was taken as a call to action by the hundreds of supporters who attended receptions, boat cruises, vigils, and other events from Aug. 17 to 26. It's at this time every August that the city hosts official pride celebrations and LGBT groups and supporters demonstrate the meaning of pride.

With more than 80 groups participating in the parade and an estimated total of 35,000 in attendance, the diversity of people, perspectives, and lifestyles was a sight to take in. Hundreds of spectators cheered on the marchers and were treated to colourful floats, safe sex tips, and fun giveaways. The atmosphere at the parade showed just how proud the community is—almost everyone was friendly, smiling, and wishing each other "happy pride."

Diversity, acceptance, and self-expression are tenets of a vibrant queer community such as the one that exists in Ottawa.

"We're definitely a very diverse group," said Capital Pride Chair Loresa Novy. "We have lots of drag queens and drag kings ... but we also have families, organizations like Ten Oaks [a summer camp project for children from LGBT families], and different LGBT family groups."



With the official designation of Ottawa's first gay village on Bank Street this past November, and numerous local and national businesses and organizations supporting Pride Week, there was much cause for celebration.

"It was well attended," said Novy. "It was our largest one yet."

Pride Week in places like Ottawa is a display of diversity, but it's also a chance to confront issues faced by the queer

community such as homophobic bullying, street harassment, and discrimination.

In June, Ontario saw the passage of Toby's Act, an addition to the Human Rights Code that would officially codify the rights of transgendered people. The provincial government also passed the Accepting Schools Act in June, as part of its anti-bullying legislation that would enforce zero tolerance for sexual



photos by Justin Labelle

assault, gender-based violence, and incidents involving homophobia in Ontario schools.

The significance of pride celebrations this year was also emphasized by recent international events, such as the ban on pride celebrations in Russia for the next 100 years. The human rights of the LGBT community have been legally restricted in places all around the world, as has their ability to protest to get those rights

back.

The first pride celebration in Ottawa was organized in 1986. It has since expanded from gay pride to the whole LGBT community and has provided a chance for everyone to come together not only to celebrate, but also to reflect on how far the struggle for rights has come, and how far it still has to go.

—with files from Adam Feibel

No appointments with nature

Aidan Parchelo | Fulcrum Contributor

ALMOST 50 PIECES of art adorn the walls of HeARTwood Gallery—photography, paintings, and mixed media alike—for *Pieces of 8*, an exhibition showcasing a selection of work produced by local artist Aimee Britten over the last five years.

While this is Britten's first formal exhibit, she has been creating all her life.

"I've done it forever," she says. "When we emigrated from Belgium, one of the last things that my parents did was have some official photographs done of the family, and there I am with a paintbrush. That picture was taken when I was about four—so at four, I was drawing stick figures with fat heads."

Despite a lifetime of creating art, Britten was quick to mention that she doesn't consider herself an artist in the conventional sense; she has had to follow her own path to creation.

"I certainly didn't go through the training and education process that people who are artists these days are going through," she explains. "I didn't go to art school, I didn't take art classes—I just produce."

For Britten, choosing between photography and painting typically depends on her source of inspiration. "Because I can't make an appointment with nature—they don't keep their appointments and don't

show up on time, and they don't stay—typically I'll have to produce some kind of art."

Her photography tends to focus on human-made structures.

"Man does produce some interesting things," she says, "but not necessarily in the ways that we are used to looking at them."

Timing is everything when it comes to her photos; capturing a perfect picture is all about waiting for the right moment. Britten doesn't use Photoshop or any sort of post-processing tools.

"What you see is what you get," she says. "I prefer to work with the image and create a really good image that I can capture, and then I don't have to sit there for hours and fiddle with it, and fine-tune it, and change it, and recompose the image. I try to have a great composition to begin with."

Along with leaving images unaltered, novelty is central to each of Britten's pieces. There is a surprise of some kind in all of her works—something embedded that is not normally seen. Britten adds that she often finds some of her inspiration out in the field and takes it back to her studio to expand on it.

On any given day, Britten will have up to 20 canvasses throughout her home, in various stages of completion. For her, art is more than just a job. "I want to produce things that people will enjoy having on their walls in their house, that are either calming or that are inspirational," she says.

HeARTwood Gallery provides a free month-long exhibition space for artists, who are selected based on the quality of their work.

Seldom lacking inspiration, one of the greatest challenges Britten faces is finding enough places to showcase her art.

"There are very few walls in Ottawa with display space, so I'm thrilled to be at HeARTwood Gallery," she says. "But you're always [thinking], 'Oh, there's a wall... I wonder if I could hang something.'"

The showing has received a steady number of visitors throughout August, as evidenced by the many comments in her guestbook, ranging from short thank yous to lengthy, elaborate scrawls. Midway through the exhibition period, one of her larger paintings—featuring two mute swans—was purchased by Ottawa's honorary keeper of the royal swans.

For this local artist, art is about looking beneath the surface and re-creating what she finds. "Life is as much about mystery as the obvious," says Britten, "and I'd like to present the mysteries."

Aimee Britten's Pieces of 8 exhibit is at HeARTwood Gallery until Aug. 31. Proceeds from sales of her work will be donated to the Hopewell Eating Disorder Support Centre and the Circle of Promise breast cancer awareness organization.



photo by Aidan Parchelo

Aimee Britten showcases her art on exhibit at HeARTwood Gallery


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The end of another festival season

Students highlight this year's entertainment offerings from around the country

Canadians of all ages love to take advantage of the few months of warm weather—that elusive thing we call “summer”—and give summer a new name: festival season. Now with just a few stragglers left (Ottawa Folk Festival, anyone?), that time is coming to a close. The Fulcrum asked students to recount the highlights of this summer's festivals in whatever Canadian city they call home—from Vancouver to Montreal to right here in Ottawa.

Bluesfest Ottawa, Ont.

Eager fans gathered to see their favourite bands in the flesh at this year's Bluesfest in Ottawa from July 4 to 15. As an avid music fan, I read over the lineup release and fan-girled over seeing Young the Giant, City and Colour, and Sam Roberts Band; however, I must say I was taken aback by the highly “electro” motif of this year's festival.

Despite my initial hesitation about the many electronic artists that would be performing, I tried to keep an open mind and enjoy the shows. My boyfriend and I travelled from stage to stage, enjoying the melodic rhythms of Hey Rosetta! and the recklessly defiant Runaways-like sound of The Pack A.D.

Eventually I gave in to the hype and watched Skrillex, LMFAO, and Snoo Dogg. I'll admit that their musical stylings put me off, but their fans were intensely enthusiastic and surprisingly polite. The Deltron 3030 set on the Electro Stage was a high-energy show that brought out fans of all ages.

Billy Bragg, John Mellencamp, and The Sheepdogs were also among my 10 favourite acts, each bringing a unique sound to their performances. All in all, I felt that the complete spectrum of genres at this year's Bluesfest only enhanced its already-stellar reputation as one of the most entertaining festivals Ottawa has to offer.

—Tina Wallace

Osheaga Montreal, Que.

With artist lineups that continue to impress year after year, it's hard to believe that Osheaga has only just celebrated its seventh year. But with a breathtaking venue like Parc Jean-Drapeau in a city as electrifying as Montreal, it's easy to see how this relationship would thrive.

So despite the predicted thundershowers for most of the weekend, record-breaking crowds turned up. The metro situation was messy to say the least, but



photos by Justin Labelle & Jason Rose, compiled by Kyle Hansford

the event itself was well organized. I had bought tickets months ahead in anticipation of seeing a group perform the best album I have heard in several years: *Hurry Up, We're Dreaming* by the French electronic band M83.

Outstanding performances included The Black Keys, Santigold, and Bloc Party. Bands played on various stages including some in a forest, which made for an interesting ambiance. Unfortunately, the weather took a turn for the worse, but this did nothing to alter the plans of the performers or the crowd.

My entourage and I eventually made our way to the stage in anticipation of M83. It was getting dark, but the fans were pumped and the energy could be felt for miles. The band took the stage and delivered an incredible performance both musically and technically.

—Nadia Helal

Wolfe Island Music Festival Wolfe Island, Ont.

Situated right off the shore of Lake Ontario, just a 20-minute ferry ride from Kingston, Wolfe Island exists quietly with a population of just 1,400 people. But from August 10 to 11, you wouldn't have known it was so modest.

Wolfe Island Music Festival (WIMF) embraces this intimate island feel and pulls

it off with humble perfection. Fans flocked this year from all corners of Ontario to see the likes of Elliott Brood, Hollerado, Rich Aucoin, Sam Roberts Band, and more.

Torrential downpours? No problem. Fans packed the festival grounds, which consisted of two side-by-side baseball diamonds, one for the stage and one for the tent village, a festival slum of sorts, where attendees camped out for the weekend.

The festival offers an intimate vibe quite unlike what you might find at other major festivals. Sneaking backstage is a breeze (or so I've heard...) and the artists are always down for a drink or two afterwards at one of the nearby bars. The festival boasts a great number of local vendors who offer things like homemade longboard decks, organic coffee, local jewellery and more—with each vendor even friendlier than the last.

The community embraces the festival each year, allowing the doors of bars and restaurants to stay open a little later than usual. After the show, hundreds of people flock to the tent village to party, play Frisbee or Hacky Sack, or just relax on hammocks and check out the island's field of windmills. WIMF is a truly intimate, low-key festival you could never find anywhere else.

—Jason Rose

Vancouver Folk Music Festival Vancouver, B.C.

There is nothing more “west coast” than the ocean, the mountains, and free-spirited people. While the three-day Vancouver Folk Music Festival probably isn't as authentic as it was 30 years ago, the scenery—combined with the large variety of festival-goers—makes for a unique experience.

Musically, I found that the highlights of the festival were the finale on Sunday night—when the headliners came together to sing the well-appreciated folk classic “This Land Is Your Land”—and the range of Canadian and international artists alike. Of particular note was the rocking performance given by Johnny Clegg from South Africa.

The weather on the coast was beautiful during this year's festival, and I found myself enjoying the view of the mountains and the fantastic food options just as much as the music. The Folk Bazaar, an eclectic artisan market, was open to the general public and made hanging out on the beach a part of the festival as well.

The Vancouver Folk Music Festival is a well-loved weekend in Vancouver for reasons that go beyond the awesome music.

—Emily Glass

Just for Laughs Montreal, Que.

For almost 30 years, the Just for Laughs comedy festival has made me proud to be a Montrealer. Year after year they churn out some of the world's best-known comedians at the height of their game and make everything in the world seem a little bit funnier. It is by far the largest international comedy festival in the world and brings in tourists from all over. Despite the rising costs of tickets and horrible traffic and parking situations, I always make the festival a priority in my schedule.

This year I only managed to catch Jim Breuer performing at the tiny Theatre Sainte Catherine on the last Saturday of the festival. Although it was a short show with no opening act, it was worth every penny. As Joey Elias watched approvingly from the balcony, Breuer's routine brilliantly spanned various periods of his life, effortlessly integrating jokes about hardware store pranks in his youth, the *Saturday Night Live* days—including the origins of “Goat Boy”—his permanent stoner face, and parenting. He didn't shy away from political jokes either, mocking America's support for mujahideen in Afghanistan in the early '80s. The awesome new show, entitled “Mass Appeal,” quickly catapulted him into position as one of my all-time favourite comedians.

—Nadia Helal

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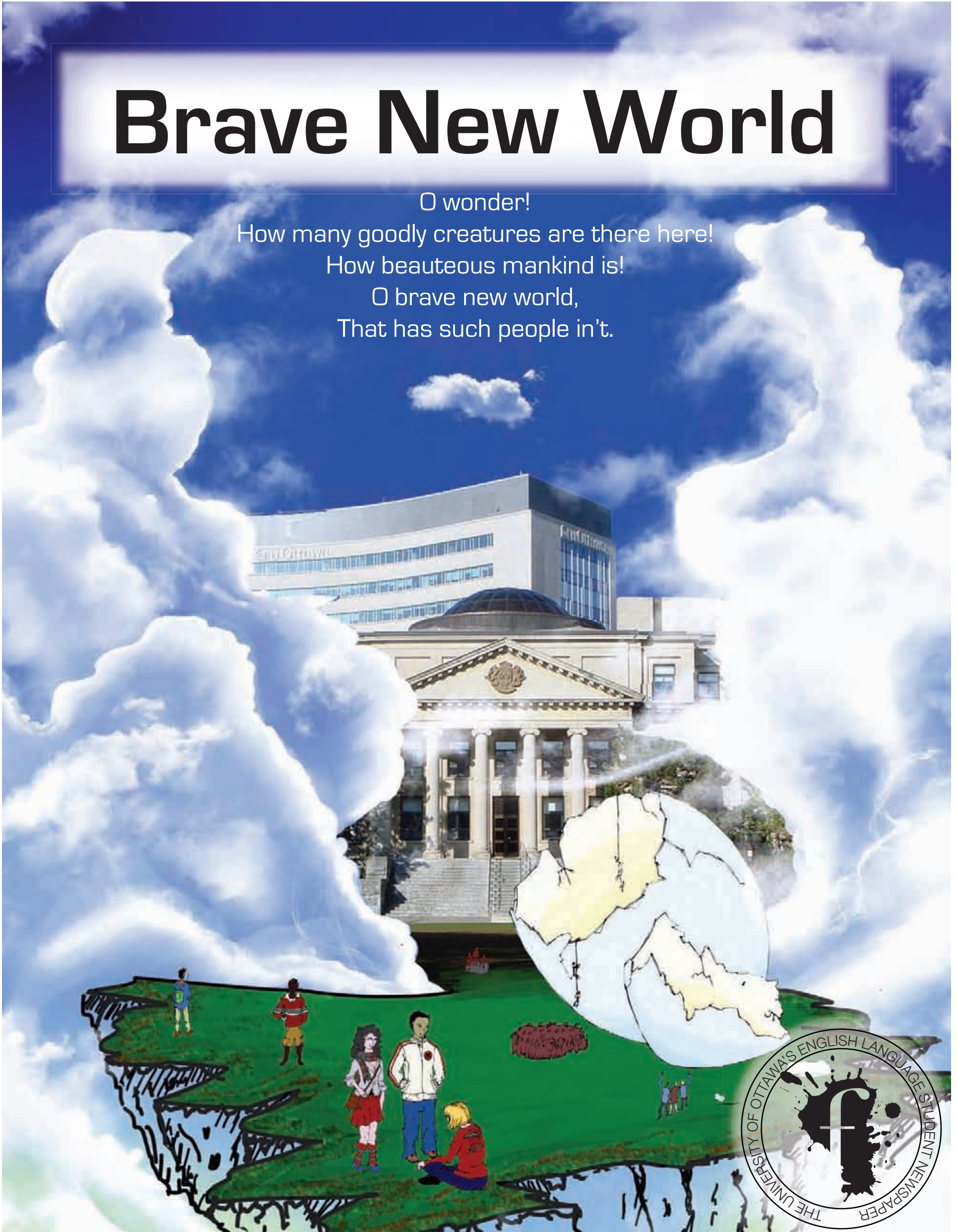
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Homesickness happens

And it's okay to talk about it

Ali Schwabe | Fulcrum Staff

I WAS SO ready to leave home. As the eldest of the four children of my incredible, brilliant, loving, and slightly overbearing parents, I could not wait to move out of my family's house in Sudbury, Ont. and begin my independent life as a student at the University of Ottawa. Fast forward six months: I was a snivelling mess. I was on the phone with my mom every day, alternating between sobbing incomprehensibly and begging her to let me transfer to Laurentian University in Sudbury.

I can't say for sure what triggered my homesickness. I went home for February reading week and had an amazing time with my friends, family, and boyfriend. When I returned, Ottawa paled in comparison. I had to eat the same lame cafeteria food every day, I felt a

ton of stress about courses I wasn't doing so well in, and I was sick of being confined to a 14-by-14 room with another human being, as wonderful as my roommate was.

Once homesickness hit it seemed that any little event that reminded me of home or made my life tougher in Ottawa sent me into a spiral of despair. The first time I was sick and had to visit the clinic and pick up a prescription for myself sucked. Getting a bad grade on a paper was more than enough to set off my tears. I was miserable. I slept all the time, and felt extremely guilty for missing out on making friends and taking advantage of all the opportunities university brings.

According to a report titled "Homesickness Impacts Retention and Academic Performance" put out by EBI MAP-Works there are two types of homesickness. One is called separation, the "developmental process associated

with becoming an independent person, and is related to missing family and friends." I, on the other hand, was going through what the report calls distress, described as "the regret felt for having left home and a strong desire to return home."

The hardest part about homesickness was that I felt completely isolated in feeling it. My friends on Facebook who had gone off to different universities seemed to be having the time of their lives. I didn't think anyone else on my floor was breaking down on a regular basis, wishing they could go home.

Well guess what? They were. At the end of my first year I started opening up to friends about how I was feeling. I was shocked at the response. To some degree, most of my friends had felt homesick at some point in their first year.

So I figured out how to cope. What was most important to me was under-

standing that what I felt was normal. Everyone talks about university as the best time of their life, and I somehow felt that showing any sadness or desire to return home meant I wasn't taking advantage and was wasting my first year, which in turn made me more upset.

I also started hitting up the U of O's free aquafit classes twice a week. I found a spot in the library where I could focus on my school work and escape my room. As soon as the weather turned nice, a friend and I made a standing appointment every afternoon to write in our journals while sitting in the sun. Most importantly, I felt normal again. I told my roommate when I was feeling sad and was comforted by the fact that she was sad sometimes too. The more I understood that what I felt was natural, the less crippling my homesickness became. I went to

the *Fulcrum's* proofreading sessions to meet new people and put my love of grammar to good use. I volunteered in an elementary school and hung out with awesome kids. I was spiraling again, but this time upwards.

So, dear first years, realize that if you miss home, you are not alone. It's normal to feel a range of emotions when you move to a new city, and it's okay to talk about those emotions. Homesickness happens, but it doesn't need to be an isolating experience.

If you are experiencing homesickness or depression, visit the Student Academic Success Service's Counselling and Coaching Service.

Counselling and Coaching Service
100 Marie-Curie (4th floor)
Ottawa, ON K1N 6N5
613-562-5200
Email: couns@uOttawa.ca

Fight the freshman 15: Avoiding weight gain in your first year of university

Maclaine Chadwick | Fulcrum Staff

THE FRESHMAN 15: a dreaded phenomenon you have probably often heard associated with first-year college or university students. Many sources say it's a myth and that first years tend to gain closer to five pounds, but that doesn't mean you shouldn't be cautious about your diet and exercise habits in first year. Kyle den Bak, a certified personal trainer at Executive Fitness Leaders, explains it can be easy to develop bad habits and gain weight, potentially even more than 15 pounds. Here are some unhealthy habits to avoid and tricks to fight the fat.

Careful at the cafeteria

If you have purchased a meal plan, you may feel obligated to eat solely at the cafeteria. The cafeteria's lineup of pizza, sushi, and burgers is certainly tempting, but eating that food every day will leave you feeling gross.

"When people are going away to university, they have that freedom for the first time really," says den Bak. "They now can choose the things they want to eat, and more often than not they choose the things that they wouldn't have chosen when they were living with their parents."

Remember, the cafeteria doesn't have to be your only option if you have committed to a meal plan. Opt for the salad or stir fry bar whenever you can, and keep some simple breakfast foods—like fruits and healthy cereal—in your dorm so that you can skip Coyote Jack's greasy breakfast altogether.

Liquid calories still count

Welcome to university, where alcohol is pivotal to nearly every social gathering you are going to attend for the next four years.

"Alcohol really is a multi-pronged attack on the human body," den Bak explains. If you choose to drink up, keep in mind that the average alcoholic drink has 150 calories, and with each gulp you are increasing the likelihood of stumbling downtown to find some fast food.

"[Alcohol] actually stimulates appe-

tite ... and when you are out consuming alcohol and you're hungry, you get whatever is open which is usually greasy food," said den Bak.

Oh, and puking it up the next day does NOT reverse things. It's okay to have fun with your friends, but be cautious about drinking too much. It's not only bad for your waistline, but for your wallet and wisdom as well.

Stress eating

You might not be feeling it yet, but come midterm season your mind and body will need to cope with loads of stress. Many students fall into the habit of overeating

the wrong foods when trying to deal with the pressures of school, but bear in mind that there are other options.

"If you know that you eat a lot when you're stressed, you need to find a new way of coping," suggests den Bak. "Try some breathing exercises to keep yourself calm, plan breaks in your workload if you have a lot to do, or take a nap if you need it."

If you really feel the cravings calling, make a smart choice about what you consume. "It's not necessarily about the volume, it's about the things that are going in," explains den Bak. Choose to snack on whole foods such as raw veggies to keep you going.

Lack of exercise

University often means you no longer have any scheduled physical activity, such as gym class or an after-school sport, so it's extra important to make time for exercise.

"Realistically speaking, workouts do not have to be long. They should be vigorous and intense, but they don't have to be long," says den Bak. If you are intimidated by the gym, you can work out in your dorm room, with "simple movements like squats, lunges, pushups [and] sit-ups," says den Bak. These exercises are effective in keeping away unwanted weight gain and don't require any equipment.

BEWARE THE DREADED FRESHMEN 15:



THEY MIGHT LOOK CUTE AND CUDDLY, BUT THEY WILL MESS YOU UP!

illustration by Devin Beauregard

Your go-to on campus

Sofia Hashi | Fulcrum Staff

IT MAY OR may not come as a surprise, but the University of Ottawa offers its student body a ton of resources. Writing help, mentoring, and career advice are just some of the many centres available for students to go to for help. So if you're new to this campus or just want to find out more, keep reading for a list of important resources.

Academic Writing Help Centre

Can't formulate an argument properly? Get confused when you hear the words "critical thinking"? Fall into a panic at the thought of writing a university paper? Well, don't worry. The U of O's Academic Writing Help Centre is great at making that transition from high school writing to the world of academia a little smoother. Check out the centre online for more information at sass.uottawa.ca/writing/

Career Services

If you need help writing a cover letter, perfecting your resumé, or getting a job, career services is the right place for you. Helping you ace a job interview and discover where your degree will lead you are just two of the services available for jobless and cash-strapped students. Visit sass.uottawa.ca/careers/ for more info.

Coaching and counselling services

This service is great for students who need someone to talk to or are going through a hard time in any area of their life. To schedule an appointment or learn more about this service, check out sass.uottawa.ca/personal/counselling.php

Dorm Decorating 101

Make your home away from home

Ali Schwabe | Fulcrum Staff

So you've moved into residence. If blank beige walls and questionable carpet stains aren't your thing, read on. The *Fulcrum* has the lowdown on how to decorate your dorm and transform it into home sweet home.

Affordable furniture

Give thanks to the Swedes, for they have designed cheap furniture that looks

good and fits into tiny apartments and res rooms. That's right, we're talking about Ikea, where you can load up on a desk, chair, rug, picture frames, wine glasses, and meatballs for under \$50. Don't miss out on the Student Madness event on Wednesday, Sept. 12 at 8:30 p.m. when buses will leave from Thompson Residence and take you straight to Ikea. For one night only, you'll find exclusive deals just for students. Compete against students from Carleton University, Algonquin College, and La Cité collégiale to win prizes like Ikea products and gift cards. From furniture-building competitions to the ever-popular "Sound Like Sven" contests, you'll have a blast while loading up on anything and everything you need to make your place pop. Return trips are at 9:30, 10, 10:30, 11, 11:30 p.m., and 12:15 a.m.

Posters, posters, posters

Save your money! Although you'll be tempted to spend all your cash at Ikea, keep some tucked away for late September when an epic poster sale comes to the University of Ottawa! For three days, the university centre turns into a poster bazaar. Meander through the aisles and peruse the hundreds of posters—you'll find everything including naked ladies and Disney princesses, artistic prints and motivational quotes. It's likely that the wall art you choose will be up in your room for a long time, so pick something you won't get sick of.

Functionality is key

Make sure your room is not only comfortable, but also useful. Designate your desk for schoolwork, your bed as your place to sleep and watch TV, and the common room kitchen or the cafeteria as the place you eat meals—and then

keep them separate! Studies have shown studying in the same place improves your retention, and keeping your bed as a no-schoolwork, no-eating zone will help you fall asleep faster!

Comforts from home

One of the easiest ways to make your room comfortable is to personalize it with reminders of home. Plenty of pillows and a comfortable throw blanket will turn your bed into a napping oasis. A couple of shaggy rugs can save your bare feet from the questionable carpets. Photographs of friends and family are sure to make you smile. Don't forget to put up some pictures of your new friends too! Little things like using the same Febreze spray and laundry detergent as you did back home will make your new place feel more familiar. You want your room to be comfy, cozy, and a place you look forward to going at the end of the day.

Drink up!

Andrew Ikeman | Fulcrum Staff

101 WEEK IS the perfect time to experience new things, and for those who are of age, why not try new drinks? Here are my recommendations for drinks that are sure to help you have a great night.

1. The Angry Gee-Gee

A new take on the classic Caesar, this drink has more kick than a bucking stallion. Swap the traditional clamato for some red Gatorade to keep you hydrated enough for a bucket of hot sauce.

Ingredients:

- 2 ounces of tequila
- 5 ounces of red Gatorade
- 1 ounce of Frank's Red Hot Sauce

Shake or stir and serve with ice.

2. Jäger Grenade

Who needs Red Bull? Add a light beer instead of the energy drink, and you have yourself a fantastic beverage.

Ingredients:

- 5 ounces of beer: in large glass
- 1 ounce of Jägermeister: in shot glass

Drop shot into beer glass and down it.

3. UN Shot

Here at the *Fulcrum*, we want to bring unity to the world. That's why we present to you this marriage of Mexico and Ireland. Enjoy your diversity, guys.

Ingredients:

- 0.5 ounce of tequila
- 0.5 ounce of Jameson Irish Whiskey

Fill a shot glass with tequila and my favourite whisky, and you may get frisky.

4. The Morning After

Hangovers suck, so to beat 'em you better be prepared.

Ingredients:

- 0.5 shot of whisky
- bottle of Gatorade

Put a bit of whisky in your Gatorade, and it'll take away those pesky hangovers in no time.

5. The Virgin Holy Martini

Some nights drinking is out of the question—whether it's because you have a midterm the next morning, or you simply don't like alcohol. This drink here is a great way to have fun sans booze.

Ingredients:

- can of club soda
- bottle of blue Gatorade

Mix equal parts blue Gatorade and club soda to make a great virgin blue martini. Garnish with gummy bears.

One last thing: make sure you have a way home and that you drink within your limits. Have fun and drink responsibly!



Don't let the dorm bugs bite!

No warning, no relief, no soap in the bathroom

Julia Fabian | Fulcrum Staff

Ispent my university years breathing in the fresh sea air of Victoria, B.C., where I chose to do my undergrad. Along with the University of Victoria's proximity to the ocean, the bunnies hopping all over its campus were a strong deciding factor for me. Also fuzzy, but less cute, were the germs I later discovered lurking in my residence, a building whose delightfully ivy-covered exterior cleverly distracted from the dark secrets hidden within.

Unbeknownst to me, I had signed myself up for the party dorm. Every university seems to have one of these: a res whose name when uttered elicits a more awed and reverential silence than Al Capone's. I, being very much not a party student, was forced to take decisive measures.

Bites in bed can be fun, but not from these pesky buggers

By mid-September I had a self-enforced curfew of 9 p.m. After that time, I allowed myself minimal water intake, and I only ventured out for emergencies. You see, my room was directly across from the bathroom shared by the whole first floor, and it was after dark that the crazies came out.

If you wanted to brush your teeth while someone puked three feet away from you, or to have drunk bodies pound against the already rickety stall as you huddled helpless and pantless on the cold ceramic, or to be photographed (and later Facebooked) via a sudden camera attack somewhere near your ankles, then by all means, leave your room. Which, it should be mentioned, was not without its

own hazards, giant spiders among them. They say university is a time for new experiences, but these were not high on my list as I was reading the brochures.

When alone in the bathroom I might have been spared the unwelcome company of pukers or intoxicated frat boys—in my dorm, the separation of girls' and guys' washrooms was a purely symbolic one—but it was then that the perhaps even more dangerous threats emerged. Over the noise of my toothbrushing, an eerie drip, drip sound only served to remind me of the showers, the corners of which displayed greenish-brown growths I tried desperately never to look at.

From outside would come the occasional distant hoot of a tipsy first

year, and from inside, my strangled yell when I accidentally brushed up against the shower curtain, or let it brush up against me, because that slimy thing seemed to have a mind of its own. If it sounds bad, it was. This was a place where if you dropped your toothbrush, you bought a new one. It's a shame I couldn't throw away my own foot the one time my flip flop came off as I was exiting the tub.

So for all of you out there, if you get stuck in a place that is less than hygienic: make it your mission to make friends, not only with your fellow inmates who can help talk you through it, but with a little bottle called Purell. And have faith: it can only go up from here.

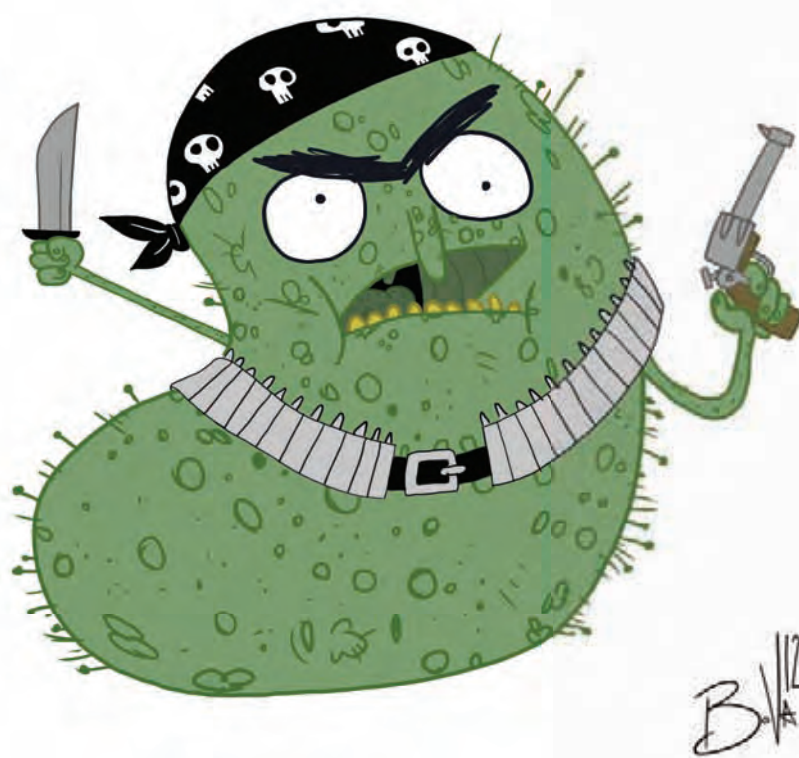


illustration by Brennan Bova

Welcome to the capital!

Ali Schwabe | Fulcrum Staff

Ottawa. Not as big as Toronto, or as sexy as Montreal,

but the nation's capital is an ideal place for students. The *Fulcrum's* editorial board has come together to share our favourite hidden gems. Whether you're looking for banging bargains, vibing venues, kicking cuisine, or anything in between, we've got you covered. Go explore our top picks and discover your own!

1) Wild Oat

817 Bank St.

This vegetarian café is a great place for vegans and health-food lovers, or anyone who likes a great coffee and cozy atmosphere. There's a hot buffet and lots of appetizers and desserts to choose from (many are gluten free). Also check out the discounted day-old pizzas, which still taste great!

2) Book Bazaar

417 Bank St.

This used bookstore has a great selection, helpful staff, and decent prices. Their section on reference books is impressive, and there are lots of new and useful writing guides and language dictionaries. The store itself is big, so set aside some time to wander the aisles.

3) In Touch With Health & Esthetics by Lucie

101 Sparks St.

This is the place for your spa needs. Located in the adorable Sparks Street pedestrian mall, the spa is run by Lucie, who will remember your name and give you a lollipop after an especially painful wax. A student discount card and \$25 Brazilians mean you can't go wrong.

4) Cedars & Co. Food Market

1255 Bank St.

Really fresh fruit and veggies at incredible prices, and a great bulk section too. Worth the trip.

5) Herb & Spice Shop

375 Bank St.

Organic, healthy, and delicious. Need we say more?

6) Ottawa Public Library

120 Metcalfe St.

This library has three floors, lots of study space, and fun magazines and works of fiction for when you're bored with your textbooks.

7) Colonnade Pizza

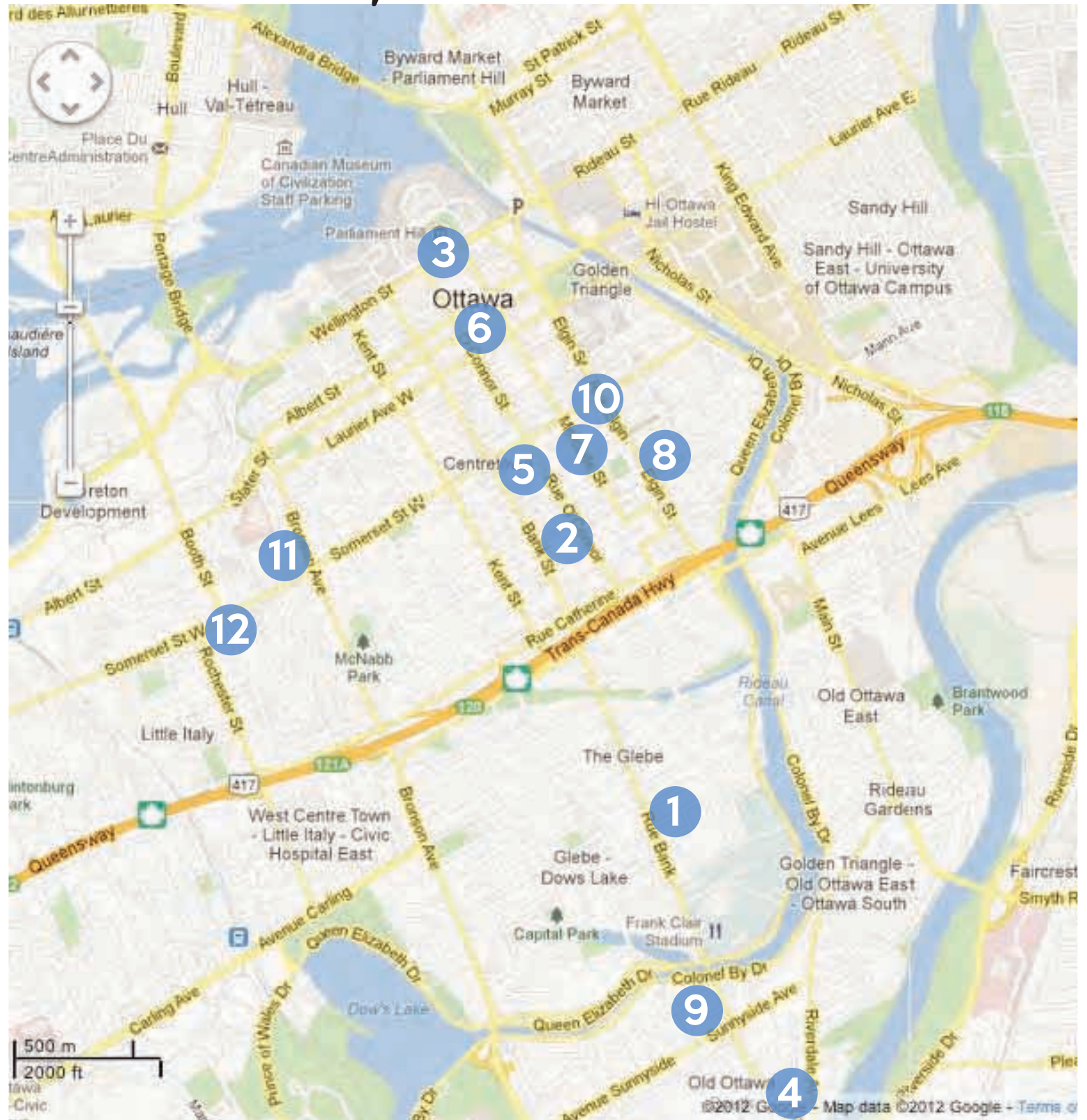
280 Metcalfe St.

Best. Pizza. Ever.

8) The Manx

370 Elgin St.

Cool atmosphere, hangout spot of local politicians, and a very Leaky Cauldron-esque vibe going on. It serves great options for vegetarians.



9) Mayfair Theatre

1074 Bank St.

This theatre is full of character with its vintage decor and unique movie choices. Get transported to another era with a black and white movie, or to a different country with one of their many foreign films. Great place for indie flicks too.

10) Gypsy & Co. and The Record Shaap

209 Gilmour St.

Vintage clothing store plus a very cool indie record store in the basement. Two stores in one!

11) Raw Sugar Café

692 Somerset St. W.

Neat little café that often has acoustic shows, and more recently, some louder full-band gigs. Worth checking out.

12) Pho-Bo-GA

12 Lebreton St. N.

Great value and great food. Leave with an almost uncomfortably full belly for only \$9. It's a really tacky little restaurant, but that just adds to its greatness. Try the banana spring rolls!

Bra Chic

433 Richmond Rd.

The place to go in Ottawa for a legit bra. Seriously.

Three Bakers & A Bike

1281 Wellington St. W

A delightful little local café with some of the finest cupcakes in town. All pastries are baked in-house.

Beyond the beaten trail

Vertical Reality Inc.

161 Middle St., Victoria Island

From outside, the building looks sketchy and abandoned, but give it a chance—inside is an amazing rock climbing venue. Everyone is super friendly and the instructors are hella sexy. Best of all, it's cheap after 9 p.m. on weeknights—only \$6 to get in!

La Vague

1170 Old Innes Rd.

Hookah bar with a great vibe, it also has a basement that doubles as a club/dance floor. After a few hits you can shimmy down and dance the night away. Dress up for La Vague, as they sometimes enforce their dress code.

Laser Quest

1800 Saint Laurent Blvd.

Who doesn't love laser tag? Figure out the bus route and challenge your floor-mates to a few games. We have no doubt they'll respond: "Challenge accepted."

1) Strathcona Park

Located about a 15-minute walk from campus, at the edge of Sandy Hill, this park is great for picnicking, walking, or just sitting and enjoying a nice view of the Rideau River. The park also hosts seasonal art shows, Shakespearean plays, and other events, so keep an eye out. If you're feeling energetic, you can take the bike path through the park and across the bridge.

2) Fleur Tea House

287 Somerset St. E.
Great place to get, well, tea. And pastries! Decent prices and usually quiet enough for studying, this tea house is super close to campus. What more could you ask for?

3) Rideau Centre Patio

50 Rideau St.
On top of the Rideau Centre lies a little-

known patio. Picnic benches and a cool view of Ottawa make this a perfect place to study during the fall and spring. Get there by going up the stairs past the cinema!

4) Tucker's Market-place

61 York St.
Free buffet on your birthday. Free.

5) Mercury Lounge

56 Byward Market St.
Turns into a gay bar on Wednesdays.

6) Ahora Mexican Restaurant

307 Dalhousie St.
A Mexican restaurant with delicious burritos (among other things) and incredible, student-friendly prices. You can usually get a great meal for under \$10.

7) Argozy Books

209 Dalhousie St.
This is an amazing used bookstore hidden deep in the market. Their selection is vast, and they've got books on everything you could imagine, all for great prices.

8) East India Company

210 Somerset St. W.
This place isn't a bargain, but it's the best Indian food in Ottawa. The lunch buffet is \$12.50 and there are a variety of vegetarian and meat options to pile on your plate. The desserts are even better—definitely a place to bring your parents when they visit.

9) La Maison

191 Somerset St. E.
Discover for yourself one of the U of O's most popular bar scenes.

Be sure to order the poutine!

10) Castle Shawarma

178 Rideau St.
Best shawarma in Ottawa. One of our editors promises the spicy garlic and potatoes will make you cry with joy.

11) Pub 101

101 York St.
Looking to get drunk on the cheap? Thursdays are \$3 jager bombs. Have at it.

12) Milk Shop | Victoire Boutique | Workshop Studio And Boutique | Young Janes

234 Dalhousie St. | 246 Dalhousie St. | 223 Dalhousie St. | 1/2-242 Dalhousie St.

Four stores, one street. Although they're kinda pricey, their clothing is unique and chic.

13) Govinda's

212 Somerset St. E.
This place is operated on a non-profit basis by the International Society for Krishna Consciousness, and offers students a \$5 vegetarian buffet. Take your shoes off at the door and get ready for some delicious eats!

14) Mavericks and Café Dekcuf

221 Rideau St.
Mavericks is a larger venue and hosts most rock, indie, folk, punk, metal, etc. shows in Ottawa on the ground floor, while Café Dekcuf is a smaller and more intimate room upstairs. Together, these are a convenient combo for listening to live music, especially when two good bands are playing the same time and you can catch shows downstairs and upstairs.

15) Ritual Nightclub

137 Besserer St.
In the past few years, Ritual has become a prominent live music and party venue in Ottawa. The venue specializes in hip-hop, pop, dubstep, and more recently has helped out with larger punk shows. Its big, high stage and large standing room area make it an indispensable part of Ottawa's musical architecture.

16) Galerie SAW Gallery—Club SAW

67 Nicholas St.
Art gallery by day, music venue by night.

17) The Fulcrum

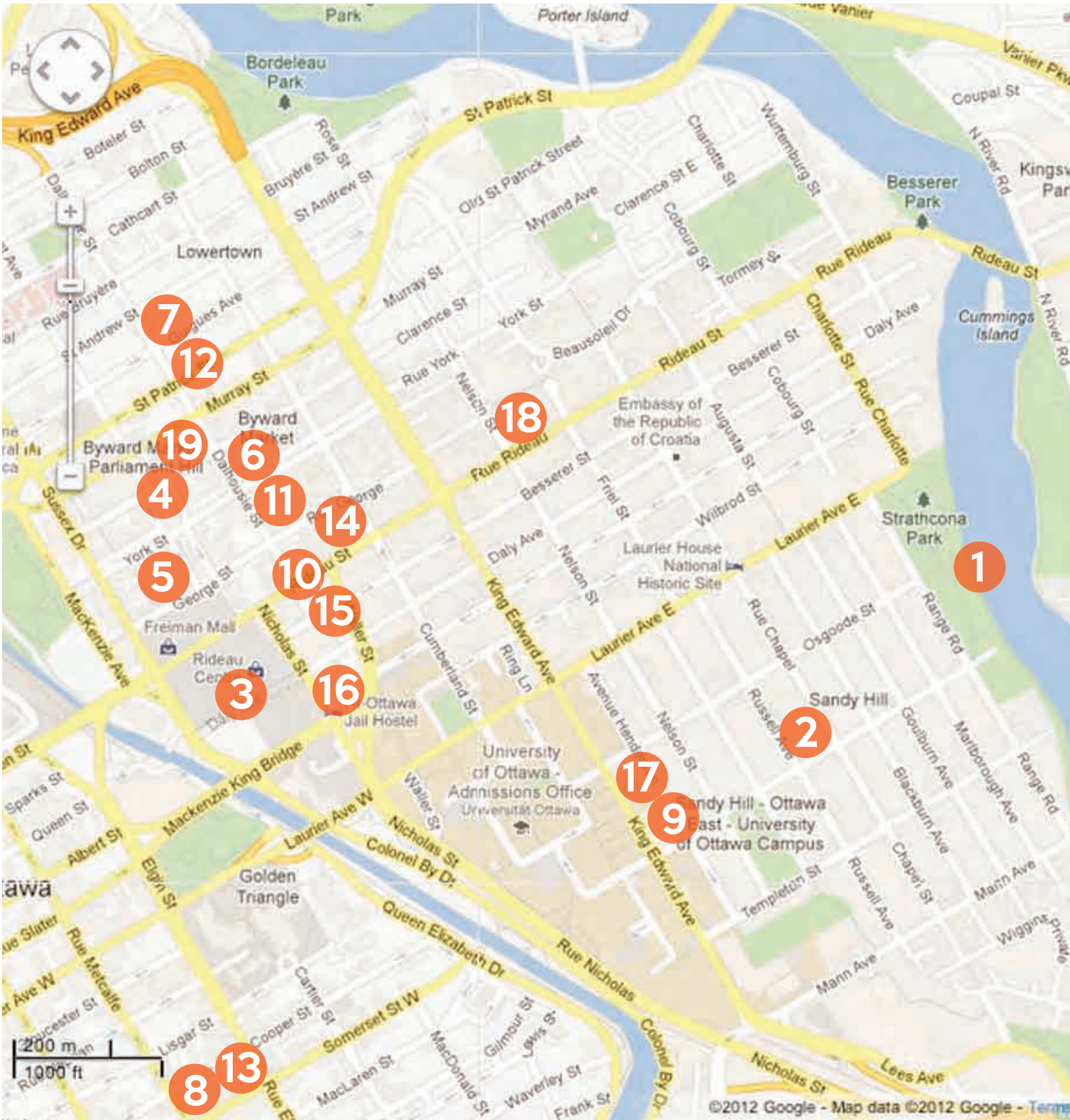
631 King Edward Ave.
We're your English language student press and we're on campus! Come visit us on Thursdays at 1 p.m. to see what we're all about.

18) Loblaws

363 Rideau St.
Students get 10 per cent off on Tuesdays. Seriously. Nothing's better than cheap groceries.

19) Patty Boland's

101 Clarence St.
Awesome place with solid food and a chill atmosphere. On Thursdays and Fridays the pub features live bands!



~ Hello ~
OTTAWA

Map layout by Kyle Hansford

What I wish I'd known

Provisions for your university journey

THEY SAY HINDSIGHT is 20-20. Once you have lived through a certain milestone in your life, especially one as big as going to university, you will inevitably have gained both wisdom and regrets. Wouldn't it be great if you could have that wisdom beforehand, and fewer regrets after? We here at the *Fulcrum* put our heads together to try to give you just that. Perfect vision—or as close as we can get to it.

Time will go fast!

When you're studying for midterms or stressed about writing a paper, it might feel like the school year will never end. But believe me, it will, and if you're anything like me, you'll be left shaking your head at the end of April (or the end of your degree). If your roommates end up becoming your best friends, you'll miss not being able to hang out with them 24-7 once you've all gone your separate ways. You'll miss having some days with just a few hours of class, or luxurious days with no class at all (nine to fives don't really give you free days off). And you'll miss the intellectual challenge of university, even though that intellectual challenge might feel like a bad headache on some days. So enjoy it while it lasts, and don't take anything for granted.

—Julia Fabian, Executive Editor

Prof's aren't as scary as you think they are

When you're just starting university, professors can seem completely terrifying. More often than not though, profs are really nice people who genuinely want you to succeed. They have office hours for a reason: they want you to talk to them. You won't look stupid if you show up at your prof's door and admit you have no idea what's going on. If you ask questions and open a dialogue with these founts of knowledge, you'll be shocked at how

quickly your stress levels drop—and at how much better you'll do in their class.

—Darren Sharp, Online Editor

Never share a bachelor apartment with a roommate

It just doesn't work.

—Adam Feibel, Arts and Culture Editor

Try, try again

It's worth it to try your hardest, even in first year. Ensuring school is your number one priority can lead to an incredible university experience. There are endless opportunities for learning outside of the classroom and making the most of your time at the University of Ottawa, but lots of them require top grades to take part. Whether you want to get involved in the Undergraduate Research Opportunity Program, go on a fully funded exchange to a foreign country, or just avoid stressful all-nighters and enjoy your downtime, the key is getting your academic habits established in first year and giving it your all. You won't regret it.

—Ali Schwabe, Features Editor

Partying isn't the only way to make friends

When I got to the U of O last year, I had come from a small town, and hadn't experienced a lot of partying. So when I was paired with a roommate who liked to throw big parties—with beer pong, girls, and an extravagant amount of booze—I slipped into the culture of the bottle. Eventually, I was going out more than my roommate was. Why, you may ask? Because I thought that by embracing

Grow facial hair: It's a great way of fitting in at underground poetry readings.

Carry a cellphone: Stay alert. The zombie apocalypse is ever present. Remember three buzzes and a whistle and it's go time.

A cricket bat is an everyday accessory: Carry lunch, salute, bash zombie brains, it really is a modern marvel.

A white shirt: a cornerstone to any young gentleman's wardrobe. This is a shirt that says 'I mean business'.

Make wearing a tie a regular occurrence. People in ties change the world. Albert Einstein, Clark Kent, and Annie Lennox; all tie wearers.

Always have a crossbow on hand: In your first year, you're bound to lose Internet connectivity the night your essay is due. This baby will launch that essay in on time faster than you can forget an attachment.

Always carry a messenger bag: Everything will fit. Your laptop, tablet, notebook, and machete. Cause let's face it. The zombie's are closer than ever.

Wear sturdy shoes: As is often the case in first year, you'll probably find yourself with back-to-back classes on opposite ends of campus.

illustration by Devin Beauregard

this lifestyle, I was going to make friends. The truth is, when I was partying, I was not making friends, but embarrassing myself. You don't need to get hammered to make good friends. Some of my best friends I made in university came from meeting people at the *Fulcrum*, or people I knew from residence. If you want to make friends in university, put down the bottle, and get involved in one of the many clubs on campus.

—Andrew Ikeman, News Editor

Embrace your floormates

These are not just the people who you will be awkwardly crossing paths with on the way to the shower or fighting with for the only functional burner on the stove. There is a strong chance that you will be moving in with two or three of your floormates after your dorm days are over, because something about sharing your first year of university in such small quarters creates a friendship different than any other. Keep your door open during the first few days after moving in so that people can stop by and say hi, and

it will soon feel like you have known your floormates forever.

—Maclaine Chadwick, Sports Editor

Go to class

That's it.

—Sofia Hashi, Opinions Editor

The Food Network is your friend

If I could travel back in time and speak to 18-year-old Kristyn, I would tell her to stop spending money at the cafeteria and the food court and start going to the grocery store—oh, and cut your hair, you ragamuffin. All jokes aside, in my first year of university I burned through way too much cash on sushi and stir fry and spent little to no time in an actual grocery store. When it finally dawned on me that money is not, in fact, an infinite resource, I realized I had better learn to fend for myself in the kitchen. Now, many moons later, I am certainly no Chef Pasquale, but I can whip up a

decent dinner, and trust me, my bank account is all the better for it. So turn on the cooking channel, research recipes online, or spring for a cookbook—your wallet and your waistline will thank you.

—Kristyn Filip, Editor-in-Chief

Don't get discouraged

I'm a terrible student. With a handful of start-and-stops under my belt I can safely say your first choice of university pathways may not be your last. For some of us it takes time to find the right fit. In the meantime, read books, think thoughts, meet people, and shave. Personal hygiene is important.

—Kyle Hansford, Production Manager

Carpe diem

Take every opportunity that falls into your lap. Experience is the ultimate reward of university.

—Mathias MacPhee, Art Director

Your Hull survival guide

Some tips for first-year clubbing

If you turn 18 sometime in your first year, you'll inevitably find yourself partying in Hull, the nearby city just across the Quebec border. Hull offers a multitude of terrifying clubs waiting to welcome new students into their grimy clutches. Your 19th birthday will grant you access to Ottawa nightlife, but until then you're stuck taking expensive cabs to Le Volt or other similarly named Hull bars.

Here's a brief survival guide for making it through those debauchorous evenings with nothing but a strong buzz and a stronger French vocabulary.

Keep track of your friends

The worst thing in the world is suddenly realizing that you've been ditched in Hull. Clubs get packed, people get separated, and before you know it you're standing at the bar alone getting talked up by a guy who is most certainly too old to be there. Always keep one eye on your Coors Light and one eye on the people you came with.

Figure out your way home ahead of time

Whether you plan on leaving a little early so you can catch a bus or

you've put some extra money in your wallet to hail a cab at 2:30 a.m., never go to Hull without knowing how you're getting back. Coming from someone who has had to walk home from Hull in the middle of a winter storm, I urge you to take my word on this one.

Know which bars are sketchy and which bars are ... less sketchy

There is no such thing as a respectable club in Hull. That said, there are definitely ones that are slightly more

classy than others. Knowing which ones to go to and which ones to avoid comes with experience, but commit it to memory once you figure it out. If you keep notes on which bar has the nicest bouncers, which is the most cost-friendly, and which boasts the best creep to non-creep ratio, you will thank yourself.

Never look back after your 19th birthday

Seriously. Never.

—Darren Sharp

How to keep your scholarship (or at least get Bs)

A guide on how to do well in your first year

Sofia Hashi | Fulcrum Staff

IT'S FIRST YEAR and chances are you've scored a pretty sweet deal with an awesome entrance scholarship. Whether it's a few hundred dollars or a couple grand, maintaining your scholarship will probably be a priority for you. While it can seem nearly impossible to keep that cash flowing until next year, the *Fulcrum* has the advice you need to keep your money—and your grades—up.

Go to class

This is probably the most important advice anyone, first year or not, should take. Apart from the obvious teaching that goes on during classroom hours, your professor will also discuss the course material, prep you for exams and essays, and answer questions. So don't blow off school just because you can, unless you have a valid reason. Chances are if you

attend your lectures, you'll be cruising toward a decent mark.

Listen in class

When you attend class, don't go there just to play Tetris or check up on your hometown friends via Facebook. Pay attention, take decent notes, and ask questions. If you don't have any, listen to other students' questions and the answers. You'll be thanking yourself come exam season when you'll have something more than just the professor's slides and the textbook to rely on.

Stay organized

It can be hard to keep track of all your assignments, essays, lab reports, and exams. Enlist the help of a good old-fashioned agenda if you want to stay on top of all your important dates. The Student Federation of the University of Ottawa hands out free planners at the start of the semester in their office located in the university centre.

Take care of your body

We get it. You're in first year, and it's probably the first time ever you've had such freedom. But that doesn't mean you have to party until the crack of dawn every night or stay up on your laptop until the birds start chirping. If you get the proper amount of Zs, you won't feel tempted to skip class to sleep in, or waste

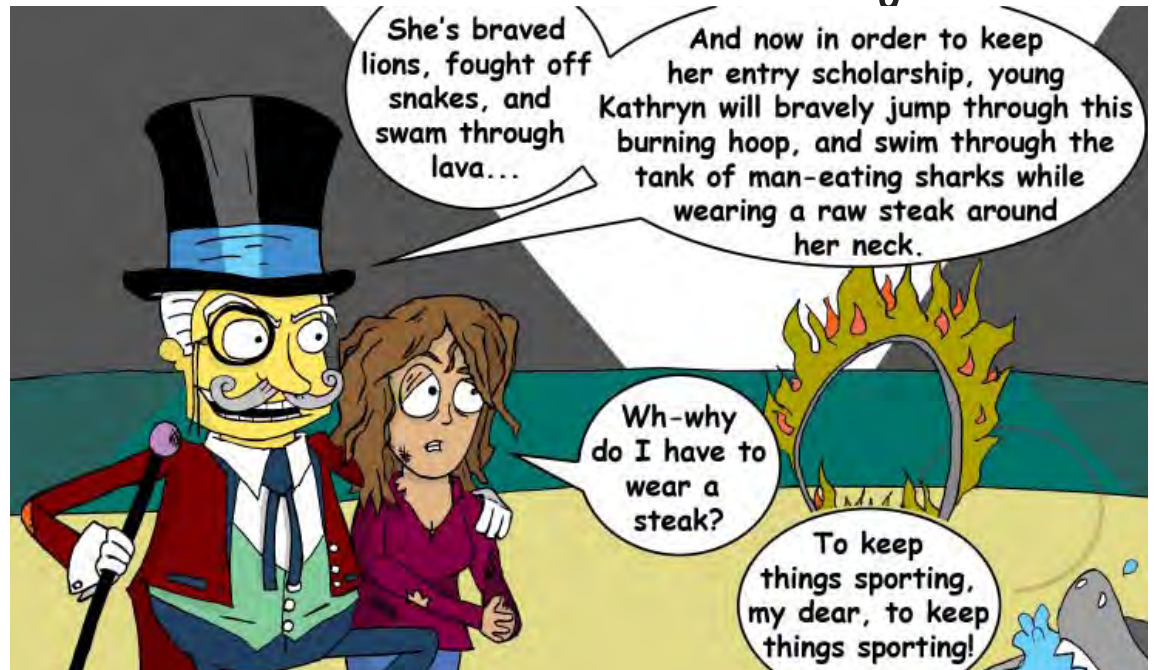


Illustration by Devin Beauregard

precious study time snoring on your bed. Same thing goes for your overall health. Don't get into the poutine routine every day for lunch. Eat healthy and exercise so you have enough energy to tackle your hardest classes.

It's all about balance

University isn't just about the parties,

getting drunk, and having crazy stories to tell about your first year. Remember the main reason why you set foot on this campus: to get an education. That doesn't mean you can't hang out with your friends or have some fun. The key is to manage school and your social life so that neither one gets neglected.

Don't procrastinate

It's really easy to let things pile up in university, and before you know it, it's midterm season and you have a million things to do. That's why if you keep up with your readings and start major assignments weeks in advance—not the night before they're due—you won't be stressed out come exam time.

Fresh for fresh

Start the year off right with these creative recipes

Adam Feibel | Fulcrum Staff

STARVING STUDENTS LOOK no further. Just because the university life might leave your wallet a little empty, doesn't mean your stomach has to be too. The *Fulcrum* has some tasty meal suggestions which will satisfy your taste buds and your budget alike. Whether you are sick of cafeteria food, want to impress your friends, or are just looking for some variation in your diet, you've come to the right place. These easy spinoffs of everyday staples will help keep your stomach full, your waistline slim, and your money in your pocket.

—Julia Fabian

The perfect bagel sandwich

I make these several times a week. You can try out both vegetarian and non-vegetarian arrangements—the sandwich is equally as good with or without cold cuts.

- Makes 1 serving
- 1 bagel of your choosing
 - 1 tomato slice
 - spinach leaves
 - spicy eggplant
 - cold cuts (recommended: Hungarian salami and/or oven-roasted turkey breast) (optional)
 - mayonnaise
 - honey mustard

- Split your bagel in two and slide it into the toaster. Wait impatiently for it to finish toasting.
- Pile on your cold cuts if you want, then your tomato slice, spinach, and spicy eggplant.
- Top it off with mayo and mustard. Cut your sandwich in half without ruining it, and enjoy.

Chicken caesar wraps

These things are simple to make and filling. Grab some of those pre-seasoned chicken breasts that come in a box (I did the math, and they actually cost less per fillet than the fresh ones—I mean yeah, they're frozen, but what am I, made of money?). I recommend asiago caesar dressing; I could eat that stuff with a spoon (actually, I believe I have). And avocados are good on pretty much everything.

Makes 3–4 servings

- 4 skinless, boneless chicken breasts
 - 4 pita bread rounds
 - 2 tomatoes, diced
 - 3 cups of spinach or lettuce, chopped
 - 1 avocado, peeled and chopped (optional, but recommended)
 - caesar salad dressing
 - Parmesan cheese
- Cook chicken breasts on medium-high heat for about 10 minutes, until chicken is tender and no longer pink. Cut into slices when finished.
 - Lay pita bread on a plate and coat it with caesar dressing.
 - Cover surface area with diced tomatoes, spinach or lettuce, avocado, and Parmesan cheese.
 - Fold in half and eat.

Chickpea masala

This is way easier to make than it looks—and it's cheap, too. A can of chickpeas costs around a dollar, and the produce section is generally quite cost-efficient. The seasoning—the key ingredient for flavour—will cost you quite a bit (about \$5.99 at a regular grocery store), but will last you many, many uses.

Makes 2–3 servings

- 1 can (540 ml) of chickpeas
- ½ cup of diced onions (white or yellow)
- 1 large tomato, diced
- 1 broccoli stalk, chopped (or about 2½ cups of frozen broccoli florets)
- 1 cup of peeled or chopped carrots
- Indian masala seasoning
- couscous (optional)

- In a large pan, heat cooking oil over medium heat. Add onions and cook until they look like cooked onions.
- Add diced tomato, broccoli florets, and carrots, and cook those too.
- Dump in those chickpeas and stir in the Indian masala seasoning.
- Stir in couscous to give your serving size a boost—or if you just love couscous. (Optional)

OK, not OK.

Maclaine Chadwick | Fulcrum Staff

It's OK

- To use Wikipedia as a starting point for research
- To only wash those jeans once in a while
- To have a crush on your cute prof or TA
- To be a few minutes late for a lecture during the first week of classes
- To get lost on campus
- To fail a test
- To skip that 8:30 a.m. philosophy lecture just this one time, because you're really tired
- To ask a question in class, even if you think it's a stupid one
- To have sex in your dorm room
- To let loose once in a while
- To embrace new relationships
- To get notes off a friend once because you were sick
- To get help writing an essay
- To wander aimlessly as you explore new places
- To be scared silly

Concerned about what is and isn't acceptable now that you're officially in university? Use this guide to help!

It's not OK

- To use Wikipedia as a source
- To only wash your underwear once in a while
- To pursue said crush
- To be late for class any other time
- To press the buttons on the campus emergency phones for directions
- To let that break your spirit
- To make a habit of skipping classes for no reason
- To be that guy who rambles for 20 minutes straight
- To do it while your roommate is six feet away
- To be hungover every single morning
- To embrace cheating on the one back home
- To never bother writing your own
- To get wasted while your smart friend writes you an essay
- To find yourself lost without a plan to get home
- To let that get in the way of your university experience

How to: Survive your first day of class

A guide to making it through this hectic day

Darren Sharp | Fulcrum Staff

BACK IN ELEMENTARY school, the first day of class was always both an exciting and scary event. What would you wear? Who would you sit with? Would you like your teacher?

Newsflash, freshmen: Nothing has changed. The morning of your first class—or afternoon, if you're lucky—is going to be filled with apprehension. The concerns you had at eight years old are the same concerns you're going to have at 18—with a few grown-up twists, of course.

With that in mind, here are some tips to ease those first-day jitters.

Find your classroom before the morning of

While you'll probably be busy during frosh week making decisions you'll regret the entire year, take a half hour at some point to find the exact location of your first lecture. Looking up the building online is not enough; put down the vodka Crystal Light and make it happen. Don't be that student who stumbles into class 45 minutes late because you got Morisset mixed up with Montpetit.

Choose your class friend carefully

This is the eternal student dilemma: Who do I sit with? This decision is no less important now than it was in first grade. The person you choose to sit beside today will likely be beside you the entire semester, whether you like it or not. Much is at stake.

The most important factor in choosing a class friend should be their note-taking ability, as this is what you'll rely on them the most for. This is admittedly hard to judge off of a simple glance, so show up early and make conversation with potential candidates while you wait outside the classroom. A good class friend will seem genuinely excited to be there. A bad class friend will reek of last night's party and appear eager to log on to Reddit or Pinterest as soon as his or her laptop is open. Use good judgment.

Read your syllabus

One of the first things your prof will do when you enter the room is hand you a syllabus, which is just a fancy university term for a course outline. Read it. Immediately. This cannot be stressed enough. Flip through those pages and you'll find everything you need to know about what you've gotten yourself into: a topic calendar, the textbooks you'll need to buy, how



photo by Justin Labelle

up you're going to be graded, and so much more. Knowing all these things right out of the gate will keep you from being completely overwhelmed when it's October and suddenly you have seven essays due in as many days.

It's okay to dress up

Looking good on your first day is not just for kids. You're going to be surrounded by people who will be with you for the next few years, so why not dress to impress? I'm not suggesting you suit up or wear your best gala dress at 8:30 in the

morning, but you'll be shocked at how quickly your classmates will fall into the habit of stumbling into class in a hoodie and sweatpants. Let the hallowed first day of school from your childhood remain sacred by putting a little effort into your appearance for this special day.

Stop, drop, and roll: Five reasons to leave the lecture hall

Jane Lytvynenko | Fulcrum Contributor

AFTER A LONG summer wrestling with Rabaska you finally have it: the perfect schedule. Sure, some reviews on Ratemyprofessors.com make the hairs on the back of your neck stand up, but at least you have Fridays off. Despite your satisfaction with your timetable, if you walk into the classroom and encounter any of the following, run far, far away.

The crazy professor

Just because the scholar teaching you

isn't wearing a bunny suit—although some do—doesn't mean he or she is sane. Look for telltale signs of danger, like a naked mole rat scurrying in a cage or an office chair that has been refashioned into a throne. Don't take any chances if your prof has a maniacal twinkle in their eye, or you might just end up turning into one of their evil minions. Or a rodent.

The journey to class

Sure, that 5:30–8:30 human sexuality course on Thursday evenings really sets

up your long weekend, but can you realistically make the journey to Lees Campus in five minutes? If you have to whip out a map of Ottawa just to figure out where you're going, opt for a class that hits a little closer to home.

That one kid

The prof is OK, the class is close by. You sit down, open your laptop, and just as you're about to navigate to Facebook you hear the unmistakable voice of that one kid. He raises his hand before the professor even opens

the syllabus; he asks a question that has nothing to do with the material; and he relates it to a horrifying personal experience. If the knockoff of the Riddler is in your class, you should run and never look back.

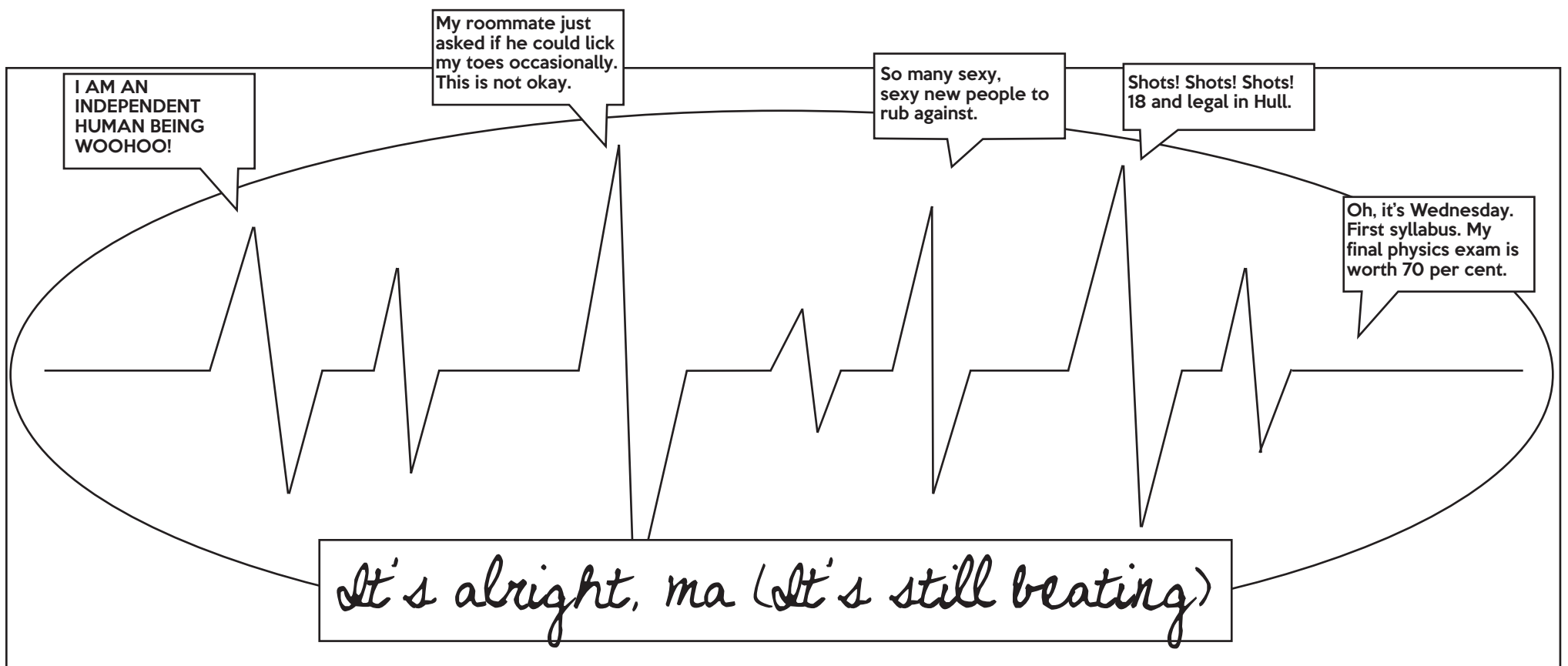
It's a conspiracy, man

Why is your chemistry professor teaching you how to protest? Who approved a curriculum on the power of The Man? Is your final exam really a real-life reenactment of Project Mayhem? If your syllabus reminds you

more of the Occupy Movement manifesto than the subject you're supposed to be studying, the only place you should be marching is out those classroom doors.

Fears of cyber revolutions

If you're going to stick to your perfect schedule, you're going to have to be able to entertain yourself with the wonders of the Internet when theories class gets boring. If your professor bans electronics, ban the professor.



Separating fact from fiction

Don't believe everything they tell you about university

Kristyn Filip | Fulcrum Staff

UNIVERSITY IS EITHER the best time of your life or the worst, depending on who you talk to. Your mom will tell you it's a four-year lesson in maturity, while your favourite cousin will say getting an undergrad is comparable to living in a non-stop beer-induced fog for 36 months. But what's the truth about university? *The Fulcrum* is here to set the record straight about some commonly told post-secondary myths.

There is no such thing as a "cool crowd" in university

Newsflash: There are almost 40,000 students on this campus. No one knows that you were president of your high school council, the best basketball player your small town has ever seen, or voted "Most likely to live in his mom's basement forever" by your grade 12 class. No one knows, and to be frank, no one cares. So whether you wandered the hallways of your high school like a demi-god or a total dweeb, it matters not. Forget about your old reputation and take advantage of the opportunity to start fresh.

Being a university student does not automatically make you a brilliant person

Sure, your grades were high enough to get you accepted into university—you might even have been "the smart kid" in your high school's graduating class—but don't let that go to your head. If anything,

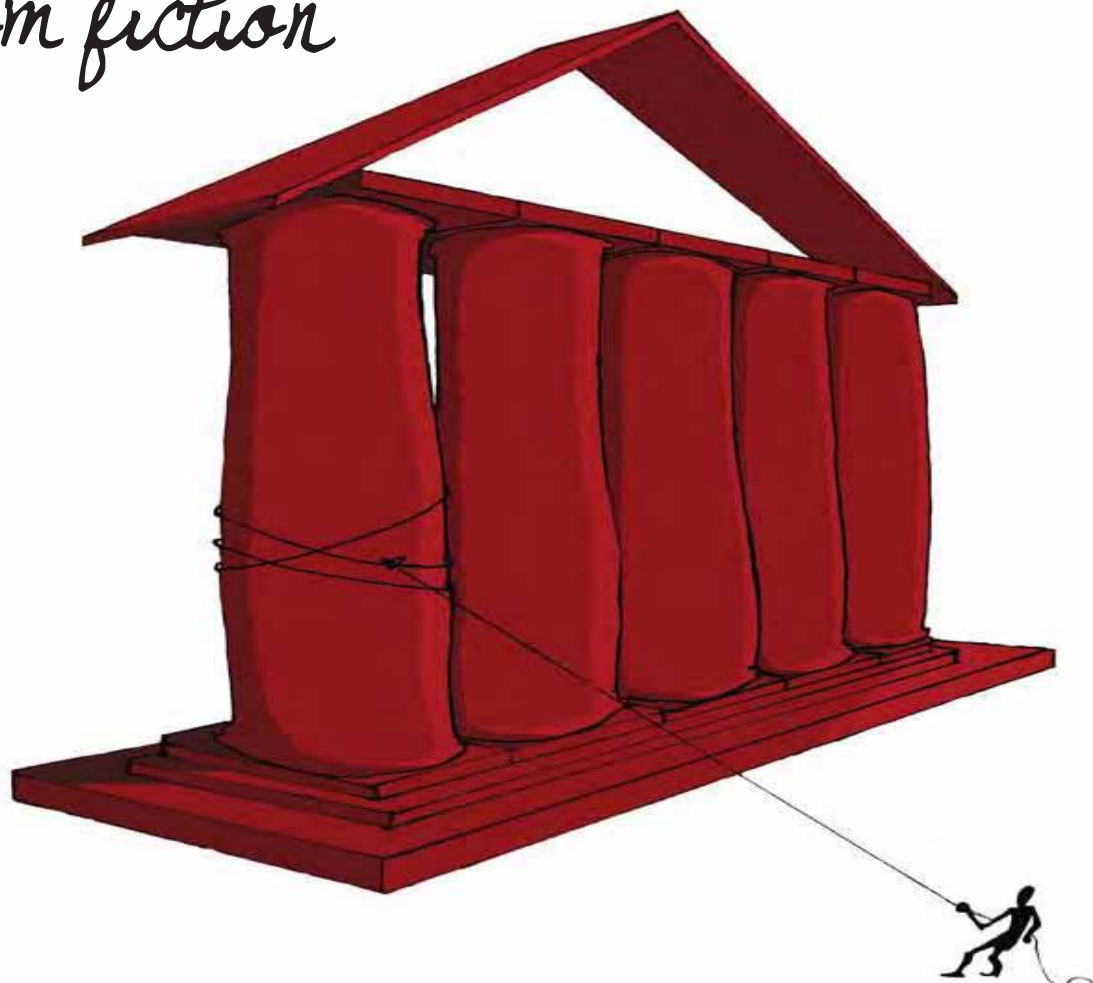
attending a month or two of university classes will only make you realize how much you actually don't know about the world. Not convinced? Ask a graduate student to explain his or her master's thesis to you.

It's OK to change your major

So you've spent your entire life dreaming of graduating university with a degree in nursing, only to find out after one week of school that you're never going to pass your anatomy class and you couldn't care less about ethics in health care. Fortunately for you, you aren't locked into your major—but don't wait too long to change it. The longer you remain in a program you plan on switching out of, the more difficult it becomes to get out without seriously disrupting a typical four-year undergraduate studies plan. Make an appointment with an academic advisor to discuss your options and get yourself into a program you truly enjoy.

Frosh friends ≠ forever friends

Ah, frosh week, the seven days that launched 1,000 semi-permanent friendships. A typical day consists of waking up as early as your hangover will allow, dressing in your graffiti-covered, faculty-approved T-shirt, and running around the campus and city in a frantic attempt to participate in as many events as possible. In a span of 24 hours, you're bound to meet dozens of new people, all of whom are feeling just as nervous, excited, and desperate for friends as you are. You'll find yourself pouring your heart out to the person fluffing and folding next to you in the laundry room, discussing your career aspirations with a stranger in line for free hotdogs, and dishing to



Debunking myths, one pillar at a time

illustration by Mathias MacPhee

just about anyone who will listen about how you lost your virginity. After sharing such intimate details of your personal life with total strangers, you'll feel bonded to them forever—but don't be fooled. Frosh friendships tend to be like summer tans—give them a few days and they'll begin to fade into oblivion. The people

you meet in the hallways of your residence, in class, and while participating in extra-curricular activities? Those will be the friendships that stick.

Orgies galore! Or not

I hate to be the bearer of bad news, but living in residence doesn't necessarily

equate to non-stop sexy times. Sure, it might make hooking up a little less difficult—a walk of shame is much easier to pull off when you only have to trudge up one flight of stairs—but many people in residence are celibate, in committed relationships, or, you know, too busy studying to spend any time screwing.

Bus a move!

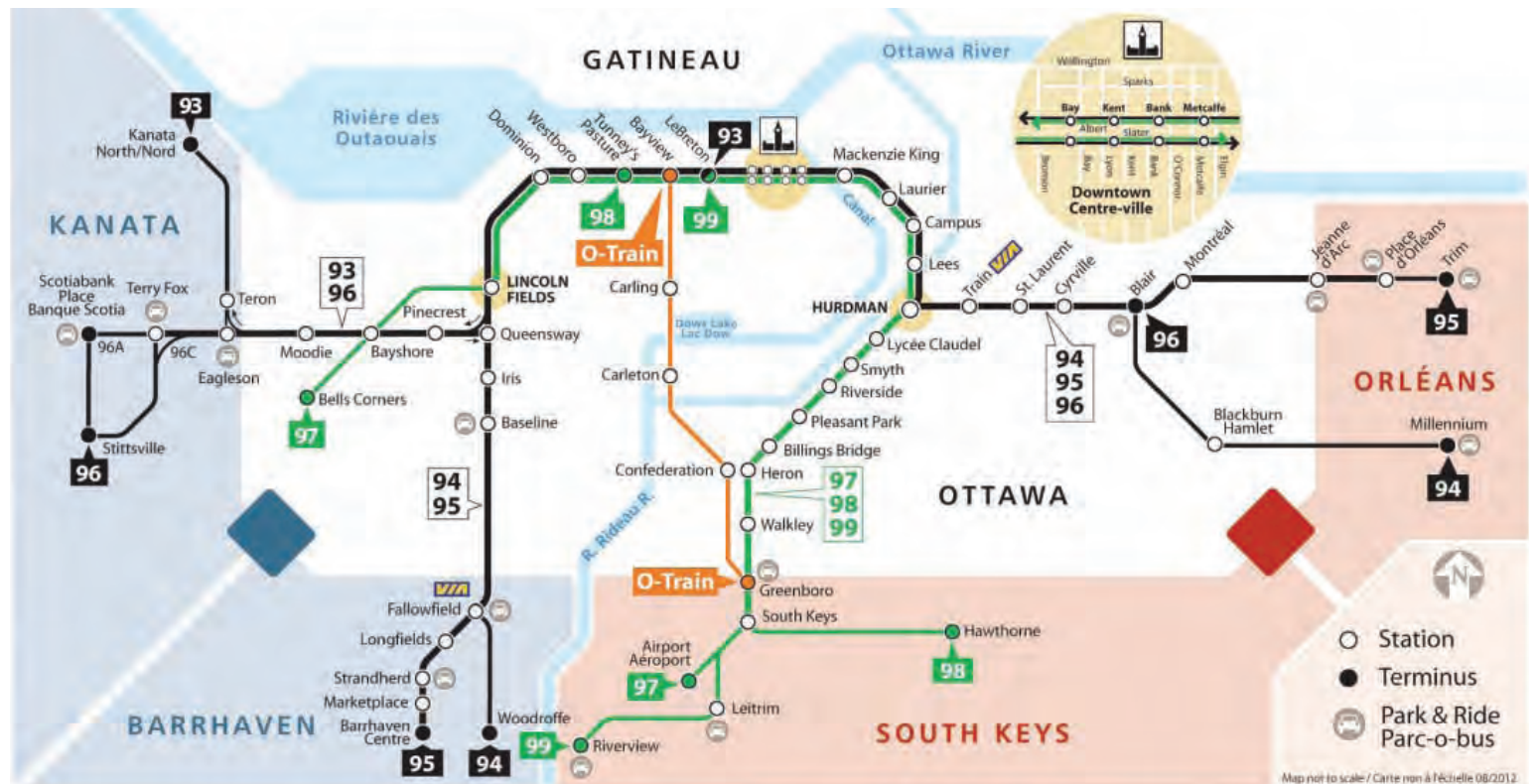
Learning the ins and outs of Ottawa's transit system

Julia Fabian | Fulcrum Staff

SURE, CARS ARE super cool, but you might not have access to one anymore now that you've flown the coop and are on your own. Whether that's the case or you just want to know more about Ottawa's bus system, look no further. Becoming familiar with the OC Transpo schedules, routes, and pitfalls will make your life a lot easier and ensure you get to enjoy all that this great city has to offer.

You can check out www.octranspo.com to plan your route and find detailed information on fares and schedules, but here are some extra tips:

- Text 560-560 with the number of the bus stop and the route number to get an updated arrival time of your next bus. You can also call (613) 560-1000 and punch in the bus stop number when prompted.
- Don't be tempted to jump on the back of the bus without a valid pass or transfer. Even though you may not be caught, the chance of being stuck with a hefty \$150 fine is not worth the risk.
- If you're coming back to the downtown core, most of the buses in the 90s will get you there (the 95, 96, 97, etc.). So if you're running late and you're a few stops away from campus, know that there is more than one route that leads to home.
- Dress and pack accordingly if it's cold or looks stormy. Not all bus stops



For a complete listing of schedules and routes, check out octranspo.com

have covered (or heated) shelters.

• Do your research on routes if time is an issue. The 85 and the 97 will both take you to Bayshore Station, for example, but if you have somewhere to be, the 85 can feel like it detours through Toronto. Likewise, the 1 is the longest bus ride of your life, and the 5 seems to drive around at its own pace. Know which routes to avoid!

• If you're biking and you get tired, fear not! Some buses (especially the major lines in the 90s) have bike racks on the front where you can ditch your wheels and ride home in style. Just don't forget to grab your bike as you get off the bus! Check the OC Transpo website for more information on which buses are equipped with bike racks.

• OC Transpo passes and transfers are accepted on Gatineau buses too, so don't limit yourself to this side of the river. Visit www.sto.ca to find out more.

• In case you're wondering why those people are looking at you weird, you might be sitting in the reserved section of the bus. Leave the front area of the bus for the elderly and people with disabili-

ties, and move to the back if it's getting crowded.

• Take advantage of transit. Cars can be more of a hindrance than a help, especially when you're facing traffic, gas prices, or the lack of parking downtown. Feel free as a bird as you hop on and off those buses. You are among the lucky ones.

A definitive volume to accompany you through the ups and downs and ins and outs of your first week here with us. Within these pages we hope to surprise and support you. We offer up past mistakes and encourage you to make your own. We are not a collective of experts, but we are a collection of students. Inside you will find a map of our favourite spots, tips to decorating your hundred square feet, and some of our best recipes. Embrace the knocking of your knees as you stroll to your first class. Enjoy the dance of your tongue between your teeth the first time you taste Oscar Wilde. Allow the mundane task of buying soap charm you with the epiphany that you are now independent. Welcome to your life. Please enjoy responsibly.

— *Kyle Hansford*



movie reviews

ParaNorman



THESE DAYS, MOST animated kids' films seem content with trying to appeal to the broadest possible audience, which means that few directors are willing to take daring or creative risks in the genre. However, this is not the case with the new stop-motion animated film *ParaNorman*, whose directors seem dead set on sculpting a unique feature that resembles a kind of grindhouse horror movie for kids.

That being said, the film's plot line is actually pretty standard, as it tells the classic story of a misfit who is relentlessly bullied, but rises to the occasion when faced with trouble. In this case, the 11-year-old protagonist, Norman, is an outcast because he can speak to the dead, a trait that actually comes in handy when a witch's curse sets a horde of zombies loose on the fictional town of Blithe Hollow.

Outside of this familiar framework, *ParaNorman* sets itself apart from other children's films with its distinct visual aesthetic, which consistently comes across as an extremely personal independent art project helmed by someone with a love for low-budget 1970s and '80s horror cinema. On top of its superb animation, voice cast, and score, *ParaNorman* isn't afraid to explore dark themes and subject matter such as deep-seated middle-American prejudice, mob violence, and the ugly side of religious persecution.

The film is also legitimately scary and maybe too intense for smaller children; it might be a good idea for parents to pack an extra pair of underwear when accompanying their kids to an after-dark screening.

—Kyle Darbyson

album reviews

Metric

Synthetica | Metric Music International



SYNTHETICA MARKS THE fifth and arguably most fully formed studio effort from the Toronto four-piece, Metric. Fans of the indie-rocking vets won't be disappointed with their latest album as the group sticks to their strong points and delivers a semi-thematic 11-tracker that's grounded in a solid base of measured defiance.

In the strong opener "Artificial Nocturne," frontwoman Emily Haines quietly but confidently tells us that she's "just as fucked up as they say," presumably due to the ingenuine nature of the ultra-electronic, mass-produced world the band has found

itself a part of. The significance here is real, as Haines et al. spend the remainder of the album contemplating whether it's possible to remain authentic in a living arena stuffed with artificiality. The line is smarter than it sounds.

It's tough to pick standouts from a tracklist so consistently strong, but "Youth Without Youth" and "Lost Kitten" add some diversity to the disc before the title track rolls around and serves as the album's thesis.

"The Wanderlust" is another highlight; guest artist Lou Reed of The Velvet Underground manages to complement Haines on the synthesized, sweet-sounding track before the group takes it home with "Nothing But Time."

Synthetica is a good effort with enough deliberate pondering and new-wave sounds to appeal to their existing fanbase, and not enough of either to be inaccessible to new listeners. The album is just about what you'd expect from Metric. But is that a compliment, or a criticism?

—Keeton Wilcock

Wintersleep

Hello Hum | Roll Call Records



WINTERSLEEP'S UNIQUE SOUND continues to soar on their latest album. *Hello Hum* presents a different side of the Juno Award-winning indie rock band; it showcases their ear for different sounds as they experiment with instruments that would not normally be used together in a song. An excellent example is the first track on the album, "Hum," in which they use so many different sounds that the song feels like a collaboration of genres. Even though the result is unique, it does feel cluttered and overwhelming at times.


Of course, not all songs are like this; others bring to mind bands like Foster the People and MGMT. But in the end, Wintersleep still holds their own sound and originality.

We cannot forget the lyrics, which seem to point to a deeper meaning in the songs and lead you to ponder their inspiration. The dark words in "Permanent Sigh" belie the lightness suggested by its sound. Think Ed Sheeran's "The A Team" in this case.

Overall, this album is worth a listen if you are into the more alternative side of rock, where experimentation with different sounds produces different results for each song.

—Edyta Dabrowska

Passionate about music and movies?
Write a review.
Email arts@thefulcrum.ca




The Gillingham Fire Demonstration

Absolver | Self-released



FROM BEGINNING TO end, this band leaves no stone unturned. The Gillingham Fire Demonstration's almost schizophrenic hardcore sound might put off the casual listener at first, but *Absolver* brings together a vivid resonance that fully drives its deep lyrical content.

The band does an amazing job of capturing the chaos of their stage shows that leave the viewer exhausted just watching. Musically, they tie together something that any-

one who likes Dead Swans, Converge, The Chariot, and Listener would enjoy.

The intensity of the EP's six tracks doesn't let up until almost the end; during the final track "Pages," the fervency changes gear and the music is stripped down to a vocal summary at a whole new level. The overall result is cathartic—a release that once hatched, allows you to walk away knowing you can be free of what tries to sway you or hold you back.

The band is based out of Ottawa and will perform live at the annual Halloween Hardcore event at Mavericks on October 31. *Absolver* is available for free on the band's Bandcamp page.

—Tabitha Grove

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the thryllabus

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Music

Aug 30: StillNative plays Mecury Lounge (56 Byward Market Sq.), 9 p.m.

Aug. 31: Guttermouth, Remember the Fire, and Finderskeepers play Café Dekcuf (221 Rideau St.), 9 p.m.

Sept. 2: Natural Child, MV and EE, Organ Eyes, and Average Times play Babylon (317 Bank St.), 8:30 p.m.

Sept. 6–9: Ottawa Folkfest at Hog's Back Park (Colonel By and Hog's Back)

Sept. 7: Sleep is for the Dead, infiltration, The Channel 4 News Team, Anchor on the Ocean Floor, Paradigm Divide, Of Burning Empires, and Constructing the Future play Club SAW (67 Nicholas St.), 6 p.m.

Sept. 7: Julie Doiron and the Wrong Guys and Dearly Beloved play Café Dekcuf (221 Rideau St.), 9 p.m.

Sept. 7: Zoo Legacy, Fire and Neon,

and Big Dreams Team play Ritual (137 Besserer St.), 8 p.m.

Film

Aug. 31: *The Possession* released to theatres

Aug. 31: *Killer Joe* plays at the By-Towne Cinema (325 Rideau St.), 9:05 p.m.

Sept. 3: *The Avengers* plays at the Mayfair Theatre (1074 Bank St.), 4:30 p.m.

Sept. 4: *To Rome with Love* plays at the ByTowne Cinema (325 Rideau St.), 4:30 p.m.

Sept. 5: *Take This Waltz* plays at the ByTowne Cinema (325 Rideau St.), 4:30 p.m.

Sept. 7: *The Cold Light of Day* released to theatres

Visual art

Now–Sept. 9: *The Revolution is called*

Atlantis displayed at the Ottawa Art Gallery (2 Daly Ave.)

Now–Sept. 16: *Like Father, Like Daughter* displayed at the Cube Gallery (1285 Wellington St. W.)

Now–Sept. 16: *Haycock* displayed at the Cube Gallery (1285 Wellington St. W.)

Aug. 31–Sept. 30: *The Price of Sex* displayed at La Petite Mort Gallery (306 Cumberland St.)

Theatre

Sept. 7–29: *Stones in His Pockets* plays at the Gladstone Theatre (910 Gladstone Ave.)

Sports

Sept. 1: Women's soccer: Gee-Gees play home opener against the Ryerson University Rams at Matt Anthony Field (801 King Edward Ave.), 1 p.m.

Sept. 2: Women's soccer: Gee-Gees play against the University of Toronto

Varsity Blues at Matt Anthony Field (801 King Edward Ave.), 1 p.m.

Sept. 2: Women's rugby: Gee-Gees play home opener against the Carleton University Ravens at Matt Anthony Field (801 King Edward Ave.), 3:30 p.m.

Sept. 5: Women's volleyball open try-out at Montpetit Hall (125 University Pvt.), 6:30 p.m.

Sept. 6: Men's basketball open tryout at Montpetit Hall (125 University Pvt.), 7:45 a.m.

Sept. 7: Women's rugby: Gee-Gees play against the Montreal Carabins at Matt Anthony Field (801 King Edward Ave.), 6 p.m.

Sept. 8: Women's soccer: Gee-Gees play against the Nipissing University Lakers at Matt Anthony Field (801 King Edward Ave.), 1 p.m.

Miscellaneous happenings

Sept. 2: Sigma Alpha Mu fraternity BBQ

with Nu Sigma Pi sorority (159 Henderson Ave.), 5 p.m.

Sept. 3: Alt 101 Drag Show at the University Centre Terminus (85 University Pvt.), 8 p.m.

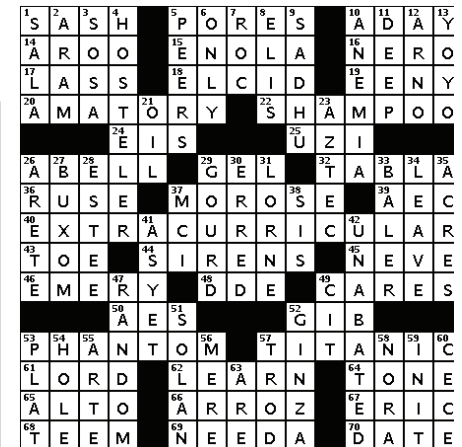
Sept. 3: Sigma Alpha Mu fraternity wing night at Father and Sons (112 Osgoode St.), 8 p.m.

Sept. 4: Alt 101 Bilingual Slam Night at Déjà vu in Morisset Hall (65 University Pvt.), 7 p.m.

Sept. 5: First day of classes!

Sept. 7: PostSecret Live in the Alumni Auditorium (85 University Pvt.), 8 p.m.

Sept. 8: Sandy Hill Community Garage Sale (250 Somerset St. E.), 9 a.m. to 3 p.m.



“The best fame is a writer’s fame. It’s enough to get a table at a good restaurant, but not enough to get you interrupted when you eat.”
 —Fran Lebowitz

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Dear Di... Some good fucking advice

WELCOME AND WELCOME back to the University of Ottawa, dear readers! Although my sexual prowess is such that I should need no introduction, for those of you who don't know me, my name is Di Daniels and I'm the *Fulcrum's* resident sex and love columnist. You read that right. Every week I'll be here, addressing your most confounding carnal conundrums.

No need to be embarrassed. I've heard it all, from freaky fetishes to partner predicaments to masturbation mistakes. Rest assured I'm a gal who doesn't judge. Whether you're a curious virgin or a longtime lover, I'll answer your most burning questions on love, lust, and doing the nasty.

Before we embark on what I hope will be a most pleasurable year for all, I have some advice for you to consider. First of all, truly get to know yourself this year, inside and out. Solo sessions are a healthy, ooooooh-so-enjoyable way to decompress after a long day, and will help you understand what you like and don't like in the sack. Once you figure out what makes your rod throb or your pussy pulsate, find someone who wants to do those things with you.

Second, enjoy sex! Enjoy it with as many or as few partners as you desire. Enjoy it in unconventional places and with unconventional props. Enjoy it as a

one night stand or as a standing appointment. Enjoy it with nipple clamps or anal beads, whatever satisfies your deepest needs. Just make sure it's enjoyable! This means being open to your partner's fantasies—you never know what will end up doing it for you—but saying no if you get uncomfortable. Right now is absolutely the time to experiment, to really delve deeper into your desires and your sexuality; but only step out of your comfort zone when you're sure that's what you want.

Third, for the love of all things raunchy, be safe! University is a time for fun, fucking, and I suppose some academics—you don't want to be dealing with an STI or unplanned pregnancy. Protection is your job, every time.

I encourage you to ask me questions via email (deardi@thefulcrum.ca), Twitter (@Dear_Di), or Facebook (Di Daniels). Don't be shy! I wish you many orgasms this year, dear readers. And I hope you continue to cum back here—I'll be imparting my notable nasty knowledge all year!

Love,
Di

Dear Di,
I am absolutely in love with my high school sweetheart. He's going to a different university about seven hours away, so I won't get to see him—or his penis—as often as I used to. We're going to try the long-distance thing, and the part I'm really worried about is sex. How can I make sure we're both still satisfied when we're no longer spending much time wrapped around each other?

—Lonely Girl

Dear LG,

Ah, long-distance loving. It can be a challenge to keep the sexy spark alive when you're not living in the same city, but rest assured, it can be done. I'm sure you're well aware of the wondrous invention that is Skype. One of the easiest ways to stay satisfied is to have a mutual masturbation session. Watching each other get naked on screen, teasing each other, and listening to your partner's moans as you get closer and closer is just about the hottest thing you can do to close that distance between you. Depending on your comfort levels, you can even add some dirty talk. An easy way to start is by describing an especially tantalizing dream you've had of the two of you. You can also lighten the mood by playing strip poker or strip chess—there are plenty of online options that allow you to create a private room to play one-on-one.

Spontaneity is another key to a good sex life. A hot way to stay riled up is to send each other dirty texts when you're in no position to do anything about it. Wet panties or a boxer tent while in class or out with friends can be unbelievably frustrating—and unbelievably exciting.

Send him a pair of your panties in the mail, tell him about your most recent purchase from Venus Envy (320 Lisgar St.), or write an explicit email stating exactly how you want him to pleasure you the next time you're together.

Most of all, get ready for some mind-blowing sex when the two of you reunite. Keeping the sexual tension high while you're apart makes for the most incredible fireworks (read: orgasms) when you're together.

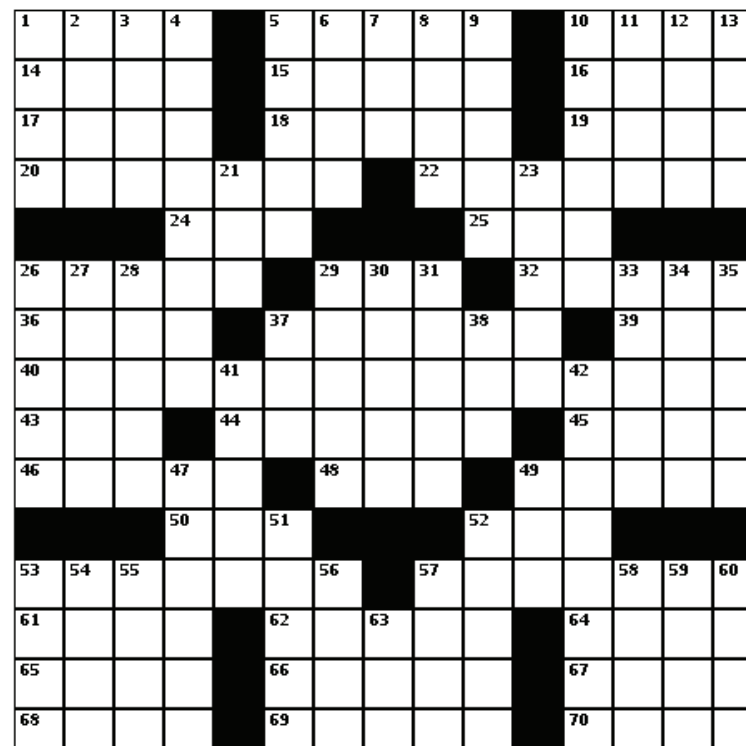
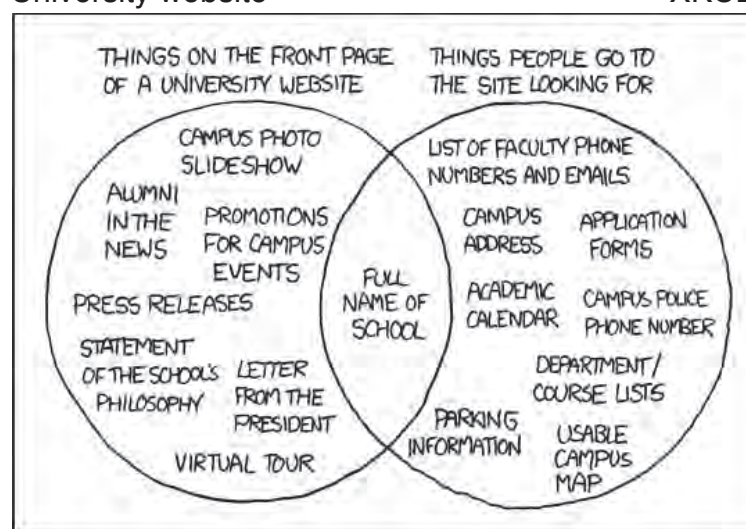
Love,
Di

Sexy Sidenote:

For every clean website on the Internet, there are five porn pages. Go explore!

Nerdy/Dirty Pick-up Line:

It's not the length of the vector that counts, but how you apply the force.



BestCrosswords.com. Used with permission. Answers on pg. 26

- Across
1- Scarf; 5- Skin openings; 10- An apple _ ...; 14- Buck follower; 15- Gay; 16- Emperor of Rome 54-68; 17- Miss; 18- 1961 Heston role; 19- Start of a counting rhyme; 20- Expressive of love; 22- Cleansing preparation; 24- Frozen Wasser; 25- Israeli submachine gun; 26- Clear as _; 29- Hair goo; 32- Small hand drum; 36- Subterfuge; 37- Sullenly ill-humored; 39- Former nuclear agcy.; 40- Like afterschool activities; 43- Digit of the foot; 44- Alarms; 45- Actress Campbell; 46- Abrasive mineral; 48- HST's successor; 49- Feels for; 50- DDE opponent; 52- Tomcat; 53- Specter; 57- Of great size; 61- Nobleman; 62- Get to know; 64- Accent; 65- Choir member; 66- _ con pollo; 67- Slang expert Partridge; 68- Abound; 69- _ lift?; 70- Go out with;
- Down
1- Room in a casa; 2- Composer Khachaturian; 3- Slammin' Sammy; 4- He owns the place where backpackers crash in Europe?; 5- Nobles; 6- Just; 7- Fabled bird; 8- Some Ivy Leaguers; 9- Hindu ascetic; 10- Hemoglobin deficiency; 11- Abstruse; 12- Cartoonist Peter; 13- Spoollike toy; 21- Black gold; 23- Early Mexican; 26- Aggregate of qualities that make good character; 27- Full-bosomed; 28- First name in cosmetics; 29- Melon, e.g.; 30- Made a mistake; 31- TV producer Michaels; 33- Farm machine; 34- Depart; 35- Green _ is the place to be; 37- AT&T rival; 38- Bro's counterpart; 41- So far; 42- With undiminished force; 47- Without pattern; 49- Op. _; 51- Gannet; 52- District in Tokyo; 53- Land map; 54- Gap; 55- Commedia dell' _; 56- Nothing more than; 57- Stepped; 58- Asta's mistress; 59- Monogram ltr.; 60- Gospel singer Winans; 63- 100 square meters;



Need more distractions?

Check out the blog of the week:
1000awesomethings.com



Granted, many of you may already be aware of this blog's existence, but there's no time like the start of school to be reminded of the awesome little things that make life great. Five days a week this blog features a charming description of one of life's little joys, from "The smell of rain on a hot sidewalk" to "Paying for something with exact change." When school starts to suck, check it out.

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Wednesday Sept. 5th

- Grad BBQ at RGN
- Panel on Grad Student Experience
- Trivia Night with the Pride Centre (19+)

Thursday Sept. 6th

- Panel on Student Democracy
- Conference on the Sciences
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Friday Sept. 7th

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SPORTS

EDITOR Maclaine Chadwick | sports@thefulcrum.ca | (613) 562-5931

Fall sports preview

A look at the first few weeks of varsity sports around campus

Maclaine Chadwick | Fulcrum Staff

Back to school, and back to sports. The Gees have been training hard all summer, and it's finally time to compete against other schools in the Ontario University Athletics (OUA). Here is a look at the varsity teams that will be competing during the first few weeks of school, and information on when you can catch a game.

Men's football

Change is in the air for the football team, whose 2011 football season ended sooner than expected when the Gees fell to the University of Windsor Lancers in a quarter-final game and finished fourth in the OUA standings.

The spring of 2012 brought a major coaching turnover to the team, swapping former program manager Jean-Philippe Asselin for veteran coach Gary Etcheverry. Along with offensive coordinator Chris Coulson, will be coaching at Carleton University. Etcheverry, whose coaching resumé boasts positions with the National Football League (NFL), Canadian Football League (CFL), Canadian Interuniversity Sport (CIS), and National Collegiate Athletics Association (NCAA), will work with assistant head coach Cory McDiarmid and a full coaching staff, including former Gee-Gees Josh Sacobie, Craig Bearss, and Tyler Alder-cotte.

The Gees home turf is moving west, from Frank Clair Stadium to Beckwith Park, located about 45 minutes away in the Township of Beckwith. Construction on a new home field at Lees Avenue campus is expected to be finished in November.

One constant from last season is the ten captains who will be returning to the team and helping to welcome 67 rookie players to their already strong roster.

The Gees football season kicks off on Sept. 3 in Windsor. The team plays at home on Sept. 15 against defending Vanier Cup champions, the McMaster University Marauders

Women's soccer

The 2011 season fared well for the women's soccer team, who won 12 of 15 regular season games and earned OUA bronze. The 2012 season is already looking strong: the team tied McGill University and beat Windsor in pre-season games, and are setting their sights on returning to the CIS championships.

Coach Steve Johnson has recruited a talented and well-rounded recruit class, who should mix well with the veteran Gee-Gees, as many of them have played together in the past. Among the new recruits is experienced striker Tessa Dimi-



illustration by Mathias MacPhee

Varsity sporting events at the U of O kick off in early September

trakopoulos, a three-time OUA all-star and former Ryerson University Ram.

The team is also welcoming five first-year players. Goaltender Alexandra Girouard and midfielder Manon Perier are both from Saint-Hyacinthe, Que. Striker Vanessa MacMillan, defender Alexie Morin-Holland, and midfielder Sheniz Eyuzlu all hail from the Ottawa area and have played alongside other Gee-Gees for previous soccer clubs.

The soccer team, who will continue to play at the Matt Anthony Field during the construction of the Lees Avenue sports facility, start their regular season at home on Sept. 1 against the Ryerson Rams.

Women's rugby

The women's rugby team was ranked fourth in the Réseau du sport étudiant du Québec (RSEQ) at the end of the 2011 season. The season will kick off against Carleton, who is new to varsity-level rugby, having played at a competitive club level until now.

The team will be led by Suzanne Chaulk, a veteran entering her 20th year of coaching.

Despite last year's 44-0 semi-final loss to Université Laval, Chaulk expressed anticipation for the 2012 season, which features the return of RSEQ all-star Al-

lison MacCormack, as well as 2011 most valuable player and team captain Sarah Meng.

Students can watch the rugby games at the Matt Anthony Field, where the team will continue to play home games throughout the season.

Cross country

The University of Ottawa's varsity cross-country team has one of the least demanding seasons in terms of travel for events, but one of the highest in terms of training and competition. Runners will be competing at the McGill Invitational meet on Sept. 15, and then travelling to Canton, NY for the

Hoffman invitational before heading to the OUA Championships hosted by York University at the end of October.

The Gee-Gees will face strong competition this year from cross-country powerhouse University of Guelph, whose men's and women's teams took first place in the 2011 OUA Championships as well as the 2011 CIS Championships.

Both the men's and women's teams are coached by Andy McInnis, who has directed the cross-country and track program for five years. Last season's most valuable players, Justin Jakeman and Isabelle Kanz, will both be returning to the team.

Home field advantage?

Gees to play home games at Beckwith Park

Dan Cress | Fulcrum Contributor

THE GEE-GEES have found a temporary home away from home and will now be hosting their football games at Beckwith Park.

With the Lansdowne Park renewal project in full swing, Frank Clair Stadium—the former home of the Gee-Gees—became unavailable. As construction delays pushed back the opening date of a new field at Lees campus, the Gee-Gees were forced to look elsewhere.

According to Jennifer Elliott, Sports Services information and events officer, the search for a new field began in June, as fields in the area were scrutinized and choices were narrowed down.

“There were some backup plans, but I think hopes were all on the Lees Avenue field, said Elliott. “That’s what we were focusing all our energy on at the time, but when it became apparent that wasn’t going to work out, the energy shifted.”

On Aug. 14 it was announced that Beckwith Park, the field 40 minutes outside of Ottawa in Beckwith Township, would be the home of Gee-Gees football for the 2012 season.

Although the decision making process was not lengthy, the work in selecting a field was extensive.

“We basically considered all the fields that were in the area, looked at them and their availability [and] what they had to offer for the team and for the fans,” said Elliott. “The scenario that we found at Beckwith was the best combination of things we were looking for—once you get out to the field you realize how beautiful a facility it is. We just realize the challenge is getting people there.”

The field is a football-first facility, as opposed to other mixed-use fields the committee considered, a factor that gave Beckwith a clear advantage.

Beckwith Park was available for all scheduled home games, another edge in its favour. The committee responsible for choosing the field was also concerned about the players’ comfort level with their new turf.

“What we were really keeping in mind is what was going to be the best option for the players,” said Elliott. “First in our minds, really, was how the players were going to deal with this.”



photo courtesy of Sports Services

Support from the community and Beckwith Township’s council has been tremendous.

“People from the area have already bought up a bunch of tickets, so we know that the community is going to support us,” said Elliott. “The community and council of Beckwith are very proud to have us coming. We just want to make sure we’re providing a chance for our regular fans to come out as well.”

Sports Services will continue to run a free shuttle bus service from the Minto Sports Complex to the field, as they did to Lansdowne.

According to Alex Murata, a fourth-year U of O communications student who has been attending football games since 2009, the free shuttle service to games is necessary.

“The free shuttle is a must if this venue change is to work at all,” said

Murata. “I can’t see many students shelling out cab fare or busing 45 minutes, no matter how committed they are to the team.”

Elliott hopes the space at Beckwith Park will help change the atmosphere of the football games.

“We want to take advantage of the extra space so this can feel like a big field party, with barbecues, music, and more of a festival kind of vibe,” she said.

Murata believes the festival approach Elliott described will help fill seats in the new stadium.

“Tailgating and barbecues in combination with free shuttles would make for a good time and help boost attendance,” he said.

According to Murata, field changes have worked in the favour of football teams in the past.

“It’s hard to say how much a venue change can affect a team’s performance over the course of a season, but if you look at the CFL’s BC Lions, in changing over from Empire Field to the newly renovated BC Place, the jump in attendance seemed to increase morale and help turn a 0-5 start into a run to the Grey Cup,” he said. “If support from both the student body as well as the outlying community is high, it could only be good for the Gee-Gees and the [win] column.”

With the new Lees Avenue field set to become the permanent home of the Gee-Gees in 2013, the goal of the current season is improving the football fan culture at the U of O.

“Next year we will be at our own new stadium that we can call home and make some new traditions in, so we can try to get people looking forward to that,” said Elliott.

For Murata, the new field could lead to a revival not only of football appreciation, but also of school spirit.

“Hopefully, with a new stadium at Lees, we will see a growth in football culture within the student community at the University of Ottawa,” he said. “University sport is a great way for students to interact and bond, creating greater feelings of comradery on campus.”

As for Lansdowne, once reconstruction to accommodate Canadian Football League (CFL) teams is complete, Sports Services hopes to host bigger games, with expected crowds of more than 5,000 people.

Beckwith Park will get its first taste of Canadian Interuniversity Sport football on Saturday, Sept. 15 at 1 p.m., as the Gee-Gees host the defending Vanier Cup champions, the McMaster Marauders.

FOOLPROOF FITNESS

Eight more reasons why going to the gym is good for you

Jayne Kelso | Fulcrum Contributor

DID YOU KNOW that working out can improve your memory? Or that it can make you better in bed? If getting in shape or looking better in the mirror isn’t enough of a motivator for you to get your butt to the gym, maybe one of these workout perks will do the trick.

Look hot, feel hot

Getting your body in shape instantly increases self-esteem and confidence. Essentially, the healthier you are, the better you’ll feel about yourself. As an added bonus, working out is said to promote healthy skin and hair.

Boost your sex drive

Being in shape can lead to hotter, better, longer-lasting sex. To go from

good partner to great partner in the sack, you need the stamina you gain from working out. Not to mention, the more muscular you are, the more calories you will burn during sex.

Train your brain

Studies show that just three weekly sweat sessions can lead to better comprehension and memory, which could extend into old age if you keep up the effort. Why not make studying easier and do your future self a favour by making regular workouts a priority?

Get high

I’m not talking about the illegal kind of high; I’m talking about endorphins. Prolonged exercise releases endorphins, which can act as a pain reliever. They are also thought to be connected to the feel-

ing of euphoria, leaving us with what we call the “runner’s high.” Endorphins can make you feel more enthusiastic—even after you’ve left the gym—and let’s face it, nobody wants to hang out with a Debbie Downer.

Make friends

Having a buddy to spot you not only makes workouts seem less daunting, but also fosters friendship. Making time to exercise together—even if only once a week—is a fun way to bond with an old friend or even make a new one.

Have your backside’s back

Not only are your back muscles going to be fit and toned from working out, but the exercise will also help maintain good posture. Make sure your shoulders are straight and stand tall in the mirrors and

you’ll save yourself from painful back woes later in life.

Your chance to be mean

University isn’t all fun and games. An annoying roommate, a jerk in your class, or your cranky boss can send your blood pressure soaring. Scheduling regular workouts can help you let off steam and stay sane. Try out some kickboxing classes if you find you are getting frustrated on a regular basis. And remember, the more you take out on that punching bag, the meaner your body is going to look.

Pick up

Pheromones—a.k.a. your body’s very own homemade love potion—are released when you work up a sweat. The more pheromones you have floating

around the gym can spark others feelings of attraction and desire towards you. So even if you look like a mess while you’re working out, that cutie on the treadmill might feel the need to say hi on the way back to class.

With all these great reasons to hit the gym, you have no excuse but to get at it and get sweating. Remember that if you are studying full time, your student card is also your gym membership. If you don’t have access to a gym or are maybe intimidated by all the equipment, check out one of Ottawa’s many running trails or bust out your parents’ *Sweating to the Oldies* VHS. Just remember that fitness is a lifestyle, and if you put in the time and effort, you will reap the benefits in many aspects of your life.

Meet a Gee-Gee

Liam Williams | Men's Volleyball

Maclaine Chadwick | Fulcrum Staff

"Meet a Gee-Gee" takes a look at the people under the jerseys. Whether they're varsity athletes or otherwise, we ask the players questions you want answers to. We get the dirt, straight from the horse's mouth.

IN AN EMAIL interview with the *Fulcrum*, men's volleyball player Liam Williams talks about being a part of a club team and gives potential rookies a sneak peek at what's to come this year.



photo courtesy of Liam Williams

The Fulcrum: What is the best perk about playing a club sport for the University of Ottawa?

Liam Williams: The best perk is becoming close with your teammates and free entry to all other sports events.

What is the biggest misconception that people have about volleyball players?

The biggest misconception is that all volleyball players are tall. Each team has one or two players who are defensive specialists called liberos [who] do not need to be tall.

If you could play for any major league team, who would it be and why?

I would play football for the New England Patriots, although I would get crushed. I would like to be a quarterback.

What is the craziest thing that you and your teammates have done?

During our rookie party two years ago, a group of rookies played volleyball naked in Morisset Library.

Did you plan to play volleyball when you came to the U of O, or was it something that happened after you got here?

Yes, I was interested in playing when I came to the U of O, and contacted the coaching staff before the season began.

Which school does your team have the biggest rivalry with?

Our biggest rival is Algonquin College. We are from the same city, play often, and are usually at a similar skill level.

What is the best piece of advice that you can offer firstyear students?

Get involved in a club, team, or organization! It will help you meet new people.

If you have a suggestion for an athlete you would like to see interviewed, email sports@thefulcrum.ca

From the Sidelines

This is a Gee-Gee

Maclaine Chadwick | Sports Editor



THERE IS ONE thing I can almost guarantee will happen to you during your time here at the University of Ottawa. Whether you're at a sports game, out at the bar, or just walking down the street rocking some campus swag, an obnoxious student from another university will inevitably shout at you: "What the fuck's a Gee-Gee?"

In a nutshell, the answer is this: A gee-gie is a horse. In derby racing the gee-gie is the first horse out of the gate—quick and determined to win.

When universities began playing sports competitively, referees would refer to respective schools based on their jersey colour. The U of O, wearing garnet and grey, were referred to as the GG's. Bonus points for bilingualism here, since en français our school colours are "gris et grenat." Later on the nickname merged with the mascot of the horse, and our beloved Gee-Gee was born!

The most fun varsity games are the ones played against rival schools—the top three being Carleton University, the University of Western Ontario, and Queens. At these games you will hear "What the fuck's a Gee Gee?" chanted over and over again by the opposing fans, perhaps as a taunting tactic—because no matter how many

times we tell them it's a horse, they always seem to forget—(wink)—and ask again. For us students at the U of O, though, knowing what a Gee-Gee is should be considered prerequisite knowledge.

It genuinely baffles me when I meet students in second, third, and even fourth year who have no idea what our school's mascot is. I'll never forget a time in a third-year course when the professor used the term Gee-Gees to describe the student population and then paused to ask, "Wait, what is a Gee-Gee anyway? Does anyone even know?" I couldn't believe the blank faces and shaking heads. My hand shot into the air as my neighbouring classmate cowered in embarrassment over my eagerness, but I disregarded him and proceeded to tell the whole class what I just told you.

Sure, it's a weird name for a mascot. Some may call it oddly specific, others may just think it's stupid. I say it's an awesome double entendre that carries history and strong symbolism. And it's way more bad-ass than a Raven.



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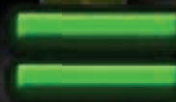
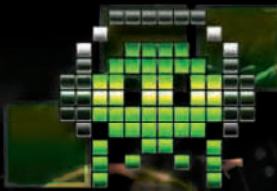
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OPINIONS

EDITOR Sofia Hashi | opinions@thefulcrum.ca | (613) 562-5258

Right or privilege?

Point/counterpoint

Sofia Hashi | Fulcrum Staff

It's a question that has been debated time and time again, on and off campuses: Is higher education a right or a privilege? With the London riots almost two years ago and the province of Quebec more recently coming to a near standstill over a proposed tuition hike, there's no question that education is important and people take it seriously.

While this discussion is by no means new, it has been brought into the spotlight once again by the recent student solidarity tour across Ontario, which aims to lower tuition fees in our province. Supporters believe that tuition increases will make post-secondary education inaccessible. But even as they fight vehemently to keep that from happening, many others see things quite differently.

Point: It's a privilege

Education is a right, but higher education—attending university—is a privilege. This argument may not be politically correct, or even the mainstream way of thinking, but it's the truth.

When discussing access to education, one of the main arguments tirelessly and repeatedly brought up is tuition fees. Here in Ontario, it's no secret that we pay more for post-secondary education than any other province, at approximately \$6,000 a year—money that for most students is not chump change. Nevertheless, it's the price the province has deemed acceptable to charge university goers. Also, fees are only increasing, which is why so many students are up in arms over tuition prices.

"Look to the future," protestors cry out. "Students can't possibly continue to pay these fees, and soon enough there won't be that many students in university." But is this even a sound argument?

If access to education is what they're worried about, maybe these protestors should look at other—arguably greater—barriers to post-secondary education. These other obstacles begin way before anyone sets foot on a university campus. The fact of the matter is that preparation and information about university while in high school is equally as important to how much a university, or college, education costs. Furthermore, your parents' influence and education level affects your decision whether to enrol in university. These are all factors that aren't controlled by tuition costs, but can be cited as barriers to post-secondary education.



photo illustration by Mico Mazza

Universities are also selective by nature. They choose some applicants over others. Usually this choice boils down to academic excellence and your interest in investing in your education. No one has the "right" to be a scholar. What we do have the right to is to not be discriminated against by universities because of our race, religion, political beliefs, gender, or sexuality.

Furthermore, if you can't afford these tuition fees, then you can turn to grants, scholarships, bursaries, and loans. The government does dole out student aid, to which many students are guilty of not even applying for. What we need to do is make potential students more aware of this kind of assistance from a younger age, so more people can enrol in higher education. Don't argue about your right

to education when you've practically been handed one on a silver platter.

Counterpoint: Everyone has a right to learn

I may not be a tree-hugging hippy, or an eager student protestor, but I believe that education is a right and not a privilege. In today's world, many countries offer free schooling from ages four to 18, and after that it's pretty much up to the parents or the student to pay for their education. This system is flawed and will only hurt society in general.

Education is the cornerstone of a well-functioning society. Informed citizens make sound decisions and sustain democracy and the nation's political landscape. Furthermore, by making higher education more accessible, society will

actually end up saving money. Think about how much cash it costs to support a teen parent, or keep an inmate incarcerated. By keeping a child in school, and sending more young adults to university, taxpayers end up saving more in the long run on social services. As well, our country loses money on the people who drop out of school or choose not to pursue a higher education, and the revenue they would've generated in their lifetimes. If cold, hard cash is what society is after, then clearly keeping students in school and making higher education more accessible would only generate more profits.

As students, juggling classes, a social life, and an adequate amount of sleep is difficult enough. Now imagine adding a part-time or even full-time job to

the rotation. The fact is that financial aid barely covers tuition and book fees, much less living expenses. Students face enough stresses before struggling to make ends meet. Without the support of parents, or a large scholarship, it's nearly impossible to attend university full time and receive a diploma in four years.

If higher education was recognized as a right, and tuition fees were drastically lowered, we would see more youth considering university or college. For a country that prides itself on equality, it seems unfair that post-secondary education favours more affluent students. Everyone should have a chance at an education, regardless of how much money they have in their pocket.

Underage: Why tanning for teens should be banned

Nadia Helal | Fulcrum Contributor

School is right around the corner and what better way to prove you've had a sun-filled summer than with a bronzy glow? Upkeeping that tan might prove difficult in Canada's cold climate, and some might use artificial means to hold onto their sun-kissed skin. But lying down under the harmful ultraviolet (UV) lamp of a tanning bed shouldn't be an option for underage people looking to stay brown all year long.



photo by Justin Labelle

Tanning salons know that people will do almost anything for the perfect bronzed complexion, and they take full advantage of this, targeting youths in an attempt to secure life-long customers. Salons downplay the negative consequences of tanning to lure young people through advertisements.

Shockingly, there is no age restriction on tanning in Ontario; minors can take to the tanning beds as long as a parent signs a consent form. But this practice isn't new. Parents have been allowing their teens to roast ever since tanning beds became mainstream in

1979. Then the recent story about the New Jersey mom who brought her six-year-old daughter to a tanning salon surfaced and suddenly it's become a hot topic.

Sadly, there is a significant number of teenagers under the age of 18 who tan regularly. Tanning is very risky, especially when UV radiation devices have been officially classified as carcinogens. According to Health Canada, excessive exposure to A and B ultraviolet rays increases the risk of skin cancer, causes serious sunburns, and damages the eyes.

Just like cigarette and alcohol com-

panies, and the people promoting most things that are bad for you, tanning salons target youth so they can maximize profits by creating loyal, lifelong clients. Young people tend to be easily swayed by their peers and may fall victim to clever advertisement more so than other age groups. The problem is that tanning is not a narcotic or an addictive substance, so the debate isn't so black and white.

Currently, Oakville is the first and only municipality in Ontario that has banned teens from tanning. According to the town's website, the bylaw aims to

protect youth from the dangers of artificial tanning.

Oakville Mayor Rob Burton is all for the new law, stating, "it's important that young people are aware of the risks associated with UV rays and the skin damage caused by the type of radiation used in tanning equipment."

It's disturbing that a teen can walk into a tanning salon and get a tan, as long as one of their parents signs a simple waiver. A call to any local tanning company can confirm there is no minimum age requirement. But it seems as if this is starting to change. Bill 74, also known as

the Skin Cancer Prevention Act, was introduced in April of this year. If passed, the bill would require tanning salons to adhere to strict marketing and promotion practices, including posting health warnings. A similar bill has already been passed in Quebec, British Columbia, and Nova Scotia.

In addition, an ongoing Canadian Broadcast Corporation (CBC) survey shows an overwhelming majority in favour of a federal law banning underage tanning. There is no doubt that this should and will pass; the only question is, why did it take so long? f

Perspectives

There's gotta be more to life

Sofia Hashi | Fulcrum Staff

LISTING WHAT THE *Fulcrum* has taught me would be a laborious task, but I've never been one to back down from a challenge. My time at the University of Ottawa's student-run, English-language paper has taught me to always use an Oxford comma, enlightened me on the differences between an em and an en dash, and made me aware of the Canadian Press Stylebook and the Canadian Press Caps and Spelling. But apart from all the grammar help, the *Fulcrum* has taught me valuable lessons that can't be learned in a classroom.

In one of our articles this week, the editors were asked to share with first-

year students things they wish they had known before they stepped onto the U of O's campus. While my advice was a simple "go to class," there's definitely more wisdom I'd like to impart upon the fresh-faced first years.

Learning in university goes far beyond what's taught in a lecture, or what is written on your syllabus. It's about so much more than reading your textbooks, writing essays and reports, and attending your classes.

It's hard enough in first year to meet people, but exploring campus outside of that lecture hall will help you make new friends—especially if you don't have the luxury of living in residence. Join a club. Trust me, you'll meet loads of different

people, which will make your experience at the U of O that much more rewarding.

If joining a club isn't your thing, then try your hand at volunteering, interning, or working. Too much time during the average post-secondary education is spent by students in a classroom or library. It's time to step out of your comfort zone and work. You'll gain valuable hands-on experience that will give you an advantage when you join the workforce after graduating. And don't wait until next summer to start. There are a few jobs and internships available during the school year. You'll not only learn how to manage your time efficiently, but also find out what you like and don't like to do before you graduate.

As a wannabe future journalist work-

ing at the *Fulcrum*, I've met an awesome group of people and learned valuable skills, like how to attend school full time and work a job that has full-time hours, how to deal with an insane amount of pressure, and, most importantly, how to deal with criticism, be it from the public or from my colleagues. These are all lessons I couldn't have learned inside a classroom; they turn into the kind of wisdom you get without worrying about your GPA. And while I would obviously tell any first year to go to class, I would also tell them that if the opportunity arises, try to learn outside of a classroom. I mean, let's face it, you can't put a price—or a grade value—on experience. f



Have your own opinion?

Share it with us.

Join us on Thursday, Sept. 6th for 1pm at 631 King Edward Ave. for our first staff meeting.

Meet our editors, fellow volunteers, and Schwabe MacPhee*.



*Legend has it Schwabe MacPhee stumbled. It was a Tuesday. He was on a sidewalk. All we can say for sure is that Tuesday is an awful name for a day.



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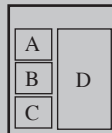
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EDITORIAL

EDITOR-IN-CHIEF Kristyn Filip

A letter from the corner office

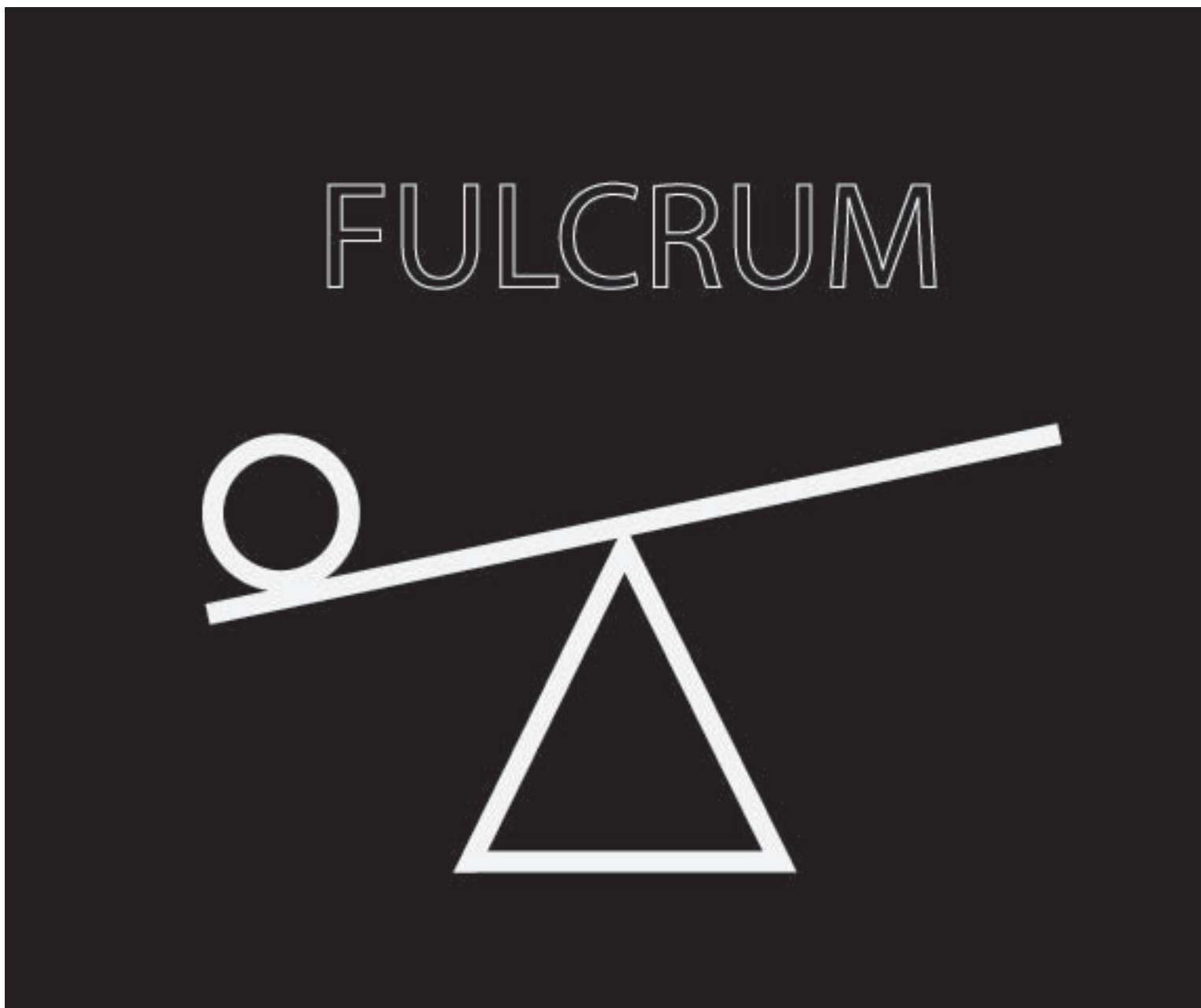


illustration by Kyle Hansford

IN SEPTEMBER 2007, I was an 18-year-old first-year student at the University of Ottawa. I had no friends in the city, no family in the surrounding area, and, to be frank, no idea what the hell I was doing nine hours from home.

Given that I'm a rather social person, I realized quite quickly I wasn't going to last very long in Ottawa if I had only my iPod and \$400 collection of textbooks for company. With at least four years of university stretching out before me, it was high time I actually listened to the oft-repeated advice I usually regarded with an eye roll: get involved.

Walking through the university centre, it was apparent I would have no shortage of choice of extra-curricular activities to join. I could pledge a sorority... But I'd promised my parents I wouldn't make any lifelong commitments until I was at least 30 years old. I could always play a sport... Until it dawned on me that I'd blocked out the memories of grade nine gym class for a reason.

I passed tables inviting students to academic clubs, cultural clubs, and recreational clubs, and yet nothing seemed to

fit. Perhaps this was because deep down, I already knew what I wanted to do: I wanted to write. I knew the university had an English-language newspaper—I'd already pored over several issues of the *Fulcrum* while dining alone in the cafeteria—but with no formal writing experience to speak of, would any campus paper take me?

Bolstered by not-so-distant memories of my twelfth-grade creative writing and English teachers telling me I had a way with the written word, I resolved to attend a future *Fulcrum* staff meeting.

A few short days later, as I walked up King Edward Avenue toward the *Fulcrum* office, the once-nondescript building began to appear more like Edgar Allan Poe's fallen House of Usher. My palms started to sweat; my heart was racing. It was apparent to me that I had confused self-confidence with delusions of grandeur. Here I was—a first-year student, fresh out of high school with nary a published piece of writing to my name—about to walk into the office of the University of Ottawa's English-language student press? Had I lost my mind?

Cue to today, and although getting

involved with the *Fulcrum* has certainly resulted in loss—lost hours of sleep, lost hours of studying time, and yes, momentary loss of my mind—it has also resulted in great gain. My years at the *Fulcrum* have given me an enriching volunteer experience, a workplace that feels like home away from home, co-workers who became treasured friends, and a job that simultaneously terrifies and thrills me.

While the *Fulcrum* may be for me a source of friends, challenges, and a paycheck—a meagre paycheck, sure, but a paycheck nonetheless—I am aware that this paper will never be all of those things to every student at the U of O. It is my hope, however, that it will become *something* to everyone.

Sports fans, I hope you grab an issue of our paper when you want to catch up with the Gee-Gees; political aficionados, I hope our news section is the place you go to stay informed and aware. I want our arts and culture section to be a source of information about entertainment and creativity in our community. I hope our opinions articles make the thinkers think and the weekly feature cures the curiosity of the curious. I encourage

those who are simply looking for a happy distraction from daily life to turn to Di Daniels and her neighbours, the Sudoku puzzle and crossword, and I hope all perpetually plugged-in people will bookmark our website.

Not unlike many students, I find myself pausing for self-reflection and subsequent goal-setting during the first week of September. This year, I resolve to spend the next eight months working: working to fill this newspaper's pages and website with fresh, relevant, and unbiased content, working to make a publication this campus is proud of, and working to make the *Fulcrum* something to you.

—Kristyn Filip
Editor-in-Chief

Kristyn is commonly found writing from the corner office of the Fulcrum, located at 631 King Edward Ave. Should you wish to contact her, feel free to email her at editor@thefulcrum.ca. Otherwise, join us on Thursdays at 1 p.m. for our staff meetings. There you can meet Kristyn and the entire Fulcrum team.



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