

I WANT TO BE SEDATED

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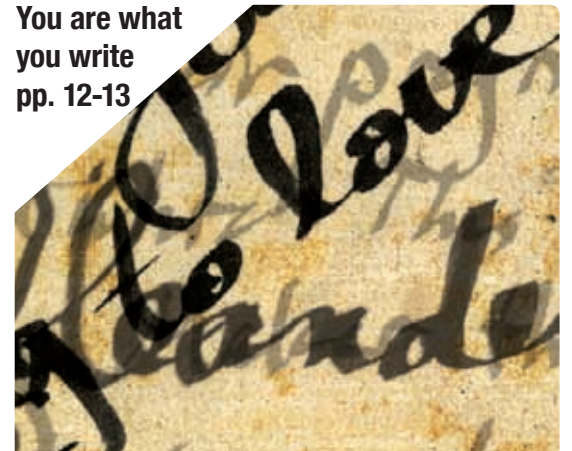


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Your eyes and
ears on campus

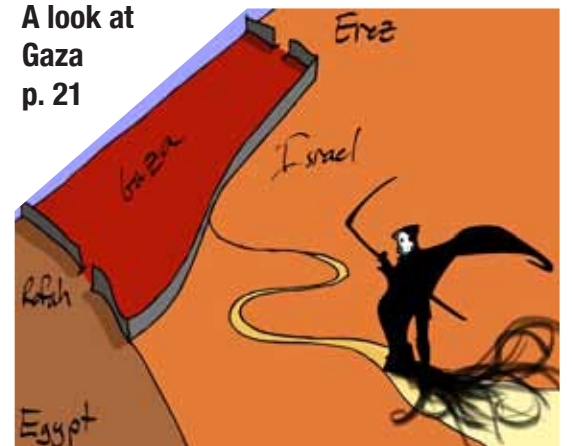
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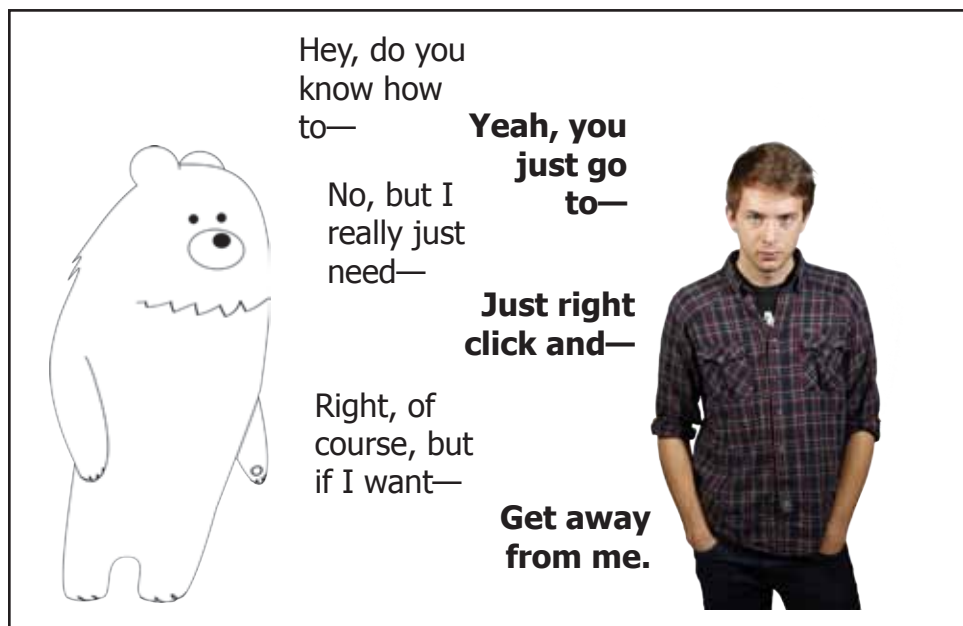
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Medicated campus

illustration by Mathias MacPhee

SFUO reports high levels of antidepressant use on campus

Andrew Ikeman | Fulcrum Staff

The rate of antidepressant use on the University of Ottawa's campus is rising, according to numbers released by the Student Federation of the University of Ottawa (SFUO).

The SFUO, who is in charge of the health plan at the U of O, reported that \$119,049 in antidepressants were claimed through the health plan in 2011. This represents 12.7 per cent of all claims through the health plan for that year. That is up from the \$84,300, or 12.2 per cent, in antidepressants claimed between September 2010 and June 2011—a \$34,749 increase in claims, but only a 0.5 per cent increase. Antidepressants are the second most claimed drugs; the leading claim is oral contraceptives, coming in at \$196,382 or 20.8 per cent of all drug claims.

Students are under a lot of stress in

university, and that stress is not limited to the campus, said Zul Merali, president/CEO and scientific director of the University of Ottawa Institute of Mental Health Research (IMHR).

"University kids are not unique [in their use of antidepressants]; as a matter of fact, if anything, they are under a lot of pressure because they are leaving home for the first time, being a big fish in a small pond in high school, coming to be a small fish in a big pond, meeting many sharks on campus," said Merali. "So there are a lot of pressures ... it's a vulnerable time ... [Campuses] are environments where there's a lot of vulnerability, so it makes sense to me that the numbers would be very high as well."

Depression and mental health issues are something that Murray Sang, the director of the U of O's Student Academic Success Service (SASS), sees as a huge problem on the campus, and on other campuses across Canada.

"Not just here, but [in] all the Ontario universities, there is a significant increase [in students seeking counselling]," said Sang. "We're up about 15 to 20 per cent from year to year, and it's a phenomenon that is certainly on the rise. The Ministry of Training, Colleges, and Universities—which regulates all the Ontario universities—has had a number of meetings regarding student

mental health. So it's an issue."

SASS facilitates mental health counselling, which allows students to drop in and undergo an evaluation, after which they can then be assisted through counselling or receive a referral to a therapist or doctor.

According to Anne-Marie Roy, vp communications of the SFUO, students at the U of O have been experiencing financial strain, which may be the reason behind the increase in antidepressant use.

"The SFUO believes that there is a correlation with financial stress. Obviously students live with a number of stresses, and financial stress is not the only stress that students are going through. But more and more we are hearing that students are stressed about making ends meet [and] paying for rent."

—Anne-Marie Roy
vp communications, SFUO

is not the only stress that students are going through. But more and more we are hearing that students are stressed about making ends meet [and] paying for rent."

Roy pointed specifically to tuition costs as being an important factor in elevated rates of mental health issues on campus, a statement that raised questions among mental health professionals.

"The tuition issue could be a reason, but it's not the sole reason; if it was that simple, we'd solve it," said Sang. "If you are a high school kid, or a [Collège d'enseignement général et professionnel] (CÉGEP) kid, do you pay tuition? No, and are these kids not stressed? They

are showing the same signs. If you talk to the high school counsellors, or the CÉGEP counsellors, they will tell you they are seeing the same kinds of issues. So finances play a role, but it's not the major role ... Even if you were to remove tuition, and make tuition free, I can guarantee you that you wouldn't solve the mental health [issues]. You might solve some of them, but it would be an oversimplification to say that it would all disappear."

Sang also said that the stressful nature of a university student's life can be cause for concern.

"Don't get me wrong; certainly if you can't see where you're going to make a living, how you're going to make a living, you have to pay bills—that is stressful, no question," said Sang. "But in terms of this age segment, this is often when these kinds of psychological and mental health issues present [themselves]."

The IMHR has recently moved toward setting up a new Depression Research Centre, which would be the first of its kind in Canada.

"Our flagship program is the first of its breed in Canada; what we are trying to create is a Depression Research Centre at

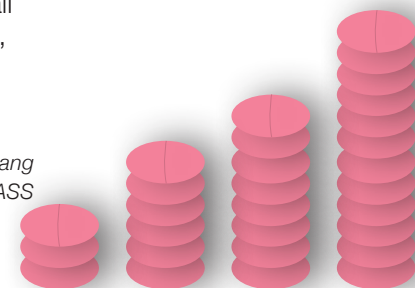
the Royal [Ottawa Hospital]," said Merali. "What we want to do is set up a model, whereby when the patient walks through the door, we would treat that individual like one would be treated [for a physical illness]. For example, if you walked into the Heart Institute, all the necessary tests are taken care of, all the state-of-the-art technologies are applied to the selection of your treatment, and then personalized interventions are delivered. So that's what we are marching towards; we are at the preliminary stages of that."

SASS employs a number of alternative measures to assist students with mental health issues on campus, including the employment of two registered therapy dogs. The dogs, named Tundra and Rusty, are there to assist students in reducing stress. Tundra, who even tweets from @TundraDawg, was first introduced to campus last year, and has been a success, said Sang.

"Each time we set up the visit, we get 25–30 students who come in, play with the dogs, relax, just [get] a chance to unwind," said Sang. "A lot of students, especially the ones in residence, we find, miss their pets. So we find it works. It's not going to solve all the problems, but it is just something else [there to help]."

"Not just here, but [in] all the Ontario universities, there is a significant increase [in students seeking counselling]."

—Murray Sang
director of SASS



SFUO Food Bank in high demand

3,299 people visited the Food Bank in 2011

Spencer Van Dyk | Fulcrum Staff

One in 10 students on the University of Ottawa's campus have used the Student Federation of the University of Ottawa's (SFUO) Food Bank, according to recent statistics released by the SFUO.

With 3,299 students using the Food Bank in 2011 and an undergraduate population of 34,708 students, the SFUO's food bank would appear to service approximately 9.5 per cent of the undergraduate population. According to Chris Hynes, director of the Food Bank, this statistic fails to take into consideration graduate students using the service, as well as any possible dependents of students.

"We do not just serve students here in the university," said Hynes. "Students here are very diverse, and not all are single without children. We serve a lot of clients that have children or families that they need to take care of, so their needs incorporate the needs of their children as well. They do not have to just feed themselves; they need to feed their children as well. We serve families of up to six members, so we'll serve just one individual person, or a two-person family, all the way up to six persons."

Graduate students accounted for 6,004 of the students at the U of O in 2011, and if they are also using the food bank, that means that the adjusted percentage of students using the food bank is 8.1 per cent. Some people are questioning why there has been such an increase in usage of the Food Bank since its inception in 2007.

"In 2007 when we opened the centre, we had 259 students come through the service for the first year," explained Anne-Marie Roy, vp communications of the SFUO. "Last year, we had 3,299 students exactly that came through the service, so the service definitely exploded, and students are definitely using it much more than when it was first started."



A worker stocks shelves at the SFUO Food Bank

photo by Justin Labelle

Roy said that the increase in usage has been gradual over the last few years, and doesn't necessarily reflect a drastic increase in need. Hynes added that most are frequent users, and that the Food Bank does not require students to bring any financial information in order to use the service. Whether the increase in use is due to awareness of the service or greater financial struggle among students is unclear.

"I think it's definitely something that needs to be looked at," Hynes said. "Whenever there is a service like that, whose use is increasing, you definitely need to take a look. I would say that when the service first started, it

was new, it had just started, and then numbers were fairly low. I think a portion of our increase can be attributed to awareness, so people know that we're here, more people are aware that the service is offered."

Roy said that for many students, food is often at the bottom of a long list of things they need.

"It really just comes down to students not being able to manage all of

"Last year, we had 3,299 students exactly that came through the service, so the service definitely exploded, and students are definitely using it much more than when it was first started."

—Anne-Marie Roy
vp communications, SFUO

is at risk."

Roy added that any student looking for additional support and means of sav-

ing money should explore mechanisms within the SFUO structure like the Agora, where they can often purchase textbooks at a discounted price.

Hynes said their primary means of providing support is in supplying "food hampers," which are available monthly and contain basic food items, such as frozen protein (chicken or beef), fruits, vegetables, breads, pastas, milk and dairy products, and other essential kitchen items.

The SFUO Food Bank is supplied by the Ottawa Food Bank, but is always accepting donations, which are much appreciated. Donations can be brought to the Food Bank in the basement of the university centre.

important, Krich proposed an experiment that can discriminate between the two. After being blasted with an extremely short laser pulse, the chlorophyll wire will re-emit light. If the colour of that light is constant and unchanging, then the coherence is electrical; but if it varies, then the coherence is vibrational. Krich says that an experimentalist who can make fast enough laser pulses could immediately tell the difference.

What's he building in there?

The quantum life

Tyler Shendruk | Fulcrum Staff

QUANTUM MECHANICS IS the strange, alien world of the atomically small. Particles are waves, waves are particles—nothing is what it seems. Even if you take it one step at a time, there's no certainty. And no matter how far you run, you stay entangled with those you were close to.

Good thing life isn't like that.

The researcher

Jacob Krich was recently hired by the University of Ottawa as a researcher of high-efficiency photovoltaics and as an

assistant professor in the physics department. Krich studies the ways both organic and inorganic materials can convert light into electricity. He's a theoretical physicist who is dedicated to working on the world's energy problem and discovering new sources of renewable energy. One place where humanity could learn a thing or two is how cellular life makes use of quantum mechanics.

The project

Green sulfur bacteria dwell in the dark depths of the ocean. Little light leaks to the ocean floor, so these cells live a poor life, only dividing once every year or so

(happy, well-fed *E. coli* double every 40–50 minutes). Extreme poverty demands extreme efficiency, and green sulfur bacteria evolved to be adept at photosynthesis.

Green sulfur bacteria could be the poster child for quantum biology. A couple of years ago, it was discovered that the chlorophyll structure that acts as the wire between the cell's little light-antenna and its reaction centre are quantum mechanically coherent.

Quantum coherence is a weird thing. It lets one single photon delocalize. The photon ripples through the chlorophyll wire, taking multiple paths simultaneously (rather than taking one single

route, which might be slower or more costly); therefore, the green sulfur bacteria don't lose time or energy.

The finding

But Krich isn't so sure that there's an electronic quantum coherence at all.

The early experiments saw oscillations, which are the hallmarks of quantum coherence, but Krich points out that they might not be electrical coherence: they could be the quantum mechanical equivalent to vibrations.

Present experiments can't tell the difference. Wanting to determine once and for all whether quantum effects are im-

portant, Krich proposed an experiment that can discriminate between the two. After being blasted with an extremely short laser pulse, the chlorophyll wire will re-emit light. If the colour of that light is constant and unchanging, then the coherence is electrical; but if it varies, then the coherence is vibrational. Krich says that an experimentalist who can make fast enough laser pulses could immediately tell the difference.

Are you doing interesting science? Or do you have a professor who can't stop talking about their research? Let us know at research@thefulcrum.ca.



Café Alt rolling in the dough

SFUO-run business making 15.5 per cent more than last year

Jesse Mellott | Fulcrum Staff

Café Alt is making over 15 per cent more money than it was at this time last year. The Student Federation of the University of Ottawa (SFUO)-run business experienced a dramatic increase in sales over the month of September. During the first 25 days of this school year, Café Alt's sales were \$30,786.80; during the first 25 days of the 2011 school year, sales were \$26,648.57. That is an increase of \$4,138.23 or 15.5 per cent.

Adam Gilani, vp finance of the SFUO, said there has been an increase in revenue in all businesses that are run by the SFUO, including the Agora Bookstore, the Pivik, and the campus bar 1848.

"[Café Alt] is one of the businesses I want to see improve a lot because it fills a unique sort of niche on campus for students who may not want to drink at the bar or be the party type of people," said Gilani. "The café and the vibe that it's got going on, [is] a lot more for students that are interested in music, whether it's listening to music or performing."

As for the café's increased revenue, Gilani explained it may stem from the SFUO's attempts to market Café Alt more broadly.

"There were a few different angles we took; the first, when I started in May, was to put in a new marketing strategy to cross-promote Café Alt at our other two businesses on campus, which are 1848 and Pivik," said Gilani.



Café Alt has been extra busy this year

photo by Sean Done

"[Café Alt] is one of the businesses I want to see improve a lot because it fills a unique sort of niche on campus for students who may not want to drink at the bar or be the party type of people."

—Adam Gilani
vp finance, SFUO

"The students that visit the Pivik and 1848, they now know about Café Alt."

The need to grow Café Alt's brand, as Gilani explained, is at least in part because of its inconspicuous location in the basement of the Simard building on the U of O's main campus.

"Those who know about Café Alt, they love it and always go back, but very few people knew about Café Alt to begin with," said Gilani. "It's in the basement of Simard and not entirely easy to find."

Café Alt recently changed its coffee

"There were a few different angles we took; the first when I started in May was to put in a new marketing strategy to cross-promote Café Alt at our other two businesses on campus, which are 1848 and Pivik."

—Gilani

supplier to Detour Coffee from Toronto.

"It's really high quality, and we're the only ones in Ottawa that serve it," said Gilani. "We were able to increase the quality [of our product] without increasing the prices drastically."

Café Alt has played host to artistic events on campus, including a surprise show by Juno nominee Craig Cardiff, and is currently hosting an art exhibit through the month of November (see page 9).

—with files from Jane Lytvynenko

HOUSE SITTING

Friday musical chairs

Christopher Radojewski | Fulcrum Staff

IF YOU WANT to see something funny, take a trip to the House of Commons during question period (QP) on Fridays. Despite Friday being very much a working day, you will find the House almost empty, with about a third of the members of Parliament (MPs) in their seats. Some must wonder, where are these representatives whom we pay to be on the Hill for a full work week?

QP on Friday is the only place outside of kindergarten and birthday parties where playing musical chairs is acceptable. This isn't something you would notice if you're watching it on TV, unless you're really observant. MPs have become skilled in front of the camera. Since the list of speakers is already confirmed before QP begins, members will rearrange themselves in

the area around the MP speaking in order to make their bench look full. Sure, you won't notice them moving from behind a TV screen at home, but it is really fun to watch them shuffling around from the gallery in the House.

All parties are guilty of this display, except those with few members like the Green Party and the Bloc Québécois. Most Canadians are unaware of where their MP sits—so why would the audience notice where they sit? But on a Friday not too long ago, those from the riding of Argenteuil—Papineau—Mirabel must have thought their MP, the NDP's Mylène Freeman, sat everywhere in the House of Commons. She moved constantly to cover up that the House was very short of New Democratic Party (NDP) MPs. We as citizens know that constituency work is important—how

else could MPs represent citizens if they were never present to listen to their concerns? But I'm intrigued by the fact that all parties feel they have to hide that no one is sitting on any given day.

Canada isn't the only country whose MPs skip out of the Legislature. Actually, the record of attendance for Canadian MPs is great compared to other countries, like Ireland for example.

"Irish [Teachta Dála] (TDs) [Legislative members] attendance record at parliamentary debates and other parliamentary functions is rather poor," said Matthew Kerby, a professor of political science at the U of O who completed his PhD at Trinity College in Dublin, Ireland. "Consequently, the local dimension in a TD's life is very important given that's where the votes are located."

Kerby explained that this is due to the

voting system in Ireland, which has TDs competing as individuals in their riding against other candidates from their party and other parties. Thus the focus for Irish TDs has become less about the country and more about the riding.

In Canada, MPs still have to compete for votes in their riding, which is why constituency work is so important. If MPs are to do their job properly, they should do the job in both their riding and in Ottawa. That is why MPs spent the week following Remembrance Day in their ridings, on a break from parliamentary business. MPs get a week-long break from the Hill roughly once every three weeks.

We can't have all this shifty business (pun emphasized). Canadians want transparency and productivity in parliament, since they pay MPs' salaries with

their taxes. The charade must stop. MPs should not feel the need to hide their absence in the House if they are doing work that benefits their constituents. If MPs are doing their job well, they should have nothing to hide.

No more games in the House. Let's leave the musical chairs to the professionals—the six-year-olds.

Christopher Radojewski is the Fulcrum's political columnist. If you have any comments or questions, email politics@thefulcrum.ca



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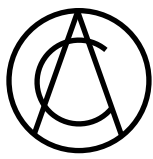
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A child's view from Gaza

photo by Justin Labelle

Exhibit at Café Alt showcases works of art by young survivors of Israeli assault

Krystine Therriault | Fulcrum Staff

Someone in our relatively peaceful society can only imagine the violence that occurred during Operation Cast Lead, a 22-day assault on Gaza by the Israeli military in the winter of 2008-09 that cost more than 1,400 Palestinians their lives, 352 of whom were children.

An exhibit titled *A Child's View from Gaza* was put together by activists after

the assault, and is currently on display at the University of Ottawa's Café Alt. The exhibit consists of work done by surviving children who attended an art therapy class to deal with their trauma.

Canadians for Justice and Peace in the Middle East along with the U of O's chapter of Solidarity for Palestinian Human Rights (SPHR) will host the exhibit at Café Alt until Dec. 12. It will be open for viewing throughout the week during regular business hours (8 a.m. to 6 p.m.) and will stay partially open after hours on evenings and weekends.

"We're very proud to bring *A Child's View from Gaza* to the University of Ottawa," the SPHR club said in a statement to the *Fulcrum*. "Too often in conflict situations, and especially in the context of conflict between Israel and

Gaza, the suffering of innocent civilians becomes overshadowed by security rhetoric and a focus on numbers and death tolls."

The majority of the pieces—which were created by children ranging from grade school to high school—depict dark scenes dominated by themes of death and destruction. One piece of artwork by Asil, age 10, shows a child crying behind bars with the words, "I want the right to live. Even the right to play. Even the right to freedom. Even the right to be safe. Stop the siege on Gaza's children."

U of O social sciences graduate and Café Alt general manager Alex Maltby offered his own impression of *A Child's View from Gaza*.

"There's a certain purity that stems from a child's perspective that yields a different interpretation of the situation."

—Alex Maltby
general manager, Café Alt

said Maltby. "There's a certain purity that stems from a child's perspective that yields a different interpretation of the situation."

"This exhibit brings attention back

to the most vulnerable in the situation: children," the SPHR continued in its statement. "War has tremendous costs, and these pictures reflect not only the children's experiences of trauma, of family members dying, of white phosphorus being dropped on the UNRWA [United Nations Relief and Works Agency] school, of being trapped in Gaza and unable to leave—but they also show viewers a real look at the reality on the ground through photographs from the conflict."

Art has given these children a chance to communicate their pain in a way that touches more deeply than news headlines. The exhibit reminds its viewers not to take for granted the safety and freedom that children in war-torn countries can only dream of.

In a nutshell...

Former U of O choir and orchestra conductor takes on new role

Agnes Grossmann returned to Ottawa in her new role as conductor for the Taiwan National Choir to conduct a performance at Christ Church Cathedral on Nov. 21. Grossmann began her career leading the University of Ottawa choir and orchestra and holds an honorary doctorate from the university.

The concert was presented by Music and Beyond and the choir performed Brahms, Mendelssohn, Bruckner and a collection of Taiwanese folk songs.

Grossmann toured the world as a pianist until she injured her hand and turned to conducting. She has had a 30-year conducting career working with orchestras and choirs around the world, including the Chamber Players of Toronto and the Vienna Choir Boys.

The Taiwan National Choir has travelled exten-

sively since its formation in 1985 and has collaborated with famed singers Plácido Domingo, José Carreras, and Diana Ross. In 2011, it was named best choir at the International Festival of Sacred Music in Italy. The Taiwan National Choir's repertoire includes cantatas, masses, and folk songs from various countries.

—Sabrina Nemis

U of O organization holds movie ticket giveaway to create hype for fundraising

The University of Ottawa's chapter of Building Walls of Wisdom (BuildWoW) gave away free tickets to a *Silver Linings Playbook* pre-screening throughout the week prior to the showing on Nov. 19. The new movie starring Robert De Niro, Jennifer Lawrence, and Bradley Cooper is about a man recently released from a mental institution who

moves back in with his parents and tries to reconcile with his ex-wife.

BuildWoW gave the tickets away in hopes of generating enough hype for a \$1,000 sponsorship from Alliance Films, the Canadian distributor of *Silver Linings Playbook*. The organization wants to add this money to their recent second-place winnings from a campus poutine-eating contest hosted by Smoke's Poutinerie. All proceeds will go toward building a school in Nicaragua.

BuildWoW was founded in 2009 by U of O alumnus Geoff Morgan. The organization raises money for and aids in the construction of schools in areas of extreme poverty. Its goal is to build 10 new schools by 2019. So far, BuildWoW has secured funding to build schools in Kenya, Ecuador, Sri Lanka, and Ghana.

—Sabrina Nemis

Residence Life exceeds fundraising goal at annual benefit show for United Way

Students gathered in the Alumni Auditorium for the 12th annual Residence Life benefit show for the United Way on Nov. 14. For \$2, the audience enjoyed an evening of singing, musical instruments, and dancing.

"We really have talent at uOttawa," said Residence Life employee Hadi Wess. "I enjoyed it to the max."

The inter-residence fundraising contest, which preceded the event, exceeded its goal of \$5,000 and raised a total of \$5,700. The money was donated to the United Way.

The United Way conducts research and works with community partners to identify areas of need within communities across Canada and supports them through various programs and partnerships.

—Sabrina Nemis

THE CAMPUS QUESTIONNAIRE

There are a lot of people at the University of Ottawa. Let's hear what they have to say.

Adapted from the French television host Bernard Pivot and, more recently, *Inside the Actors Studio* host James Lipton, the Campus Questionnaire asks who you are. You don't have to be famous to answer these simple but entertaining questions.



Yanis Khamsi
Second-year bachelor of arts

What is your favourite word?
Superfluous.

What is your least favourite word?
Blood.

What turns you on creatively, spiritually, or emotionally?
'60s soul music.

What turns you off?
Apathetic or indifferent people.

What is your favourite curse word?
Pute.

What sound or noise do you love?
Laughter.

What sound or noise do you hate?
Self-important people speaking.

What profession other than your own would you like to attempt?
Famous rock star.

What profession would you not like to do?
Garbage man.

If heaven exists, what would you like to hear God say when you arrive at the pearly gates?
"I'm proud of what you did down there."



Maryse Inglis
Second-year major in music

What is your favourite word?
Schadenfreude.

What is your least favourite word?
The c-word.

What turns you on creatively, spiritually, or emotionally?
Music.

What turns you off?
Rap music.

What is your favourite curse word?
Fuck.

What sound or noise do you love?
The sound when your hands are dry, and you rub them together.

What sound or noise do you hate?
Microphone feedback.

What profession other than your own would you like to attempt?
I would like to try to be a musician.

What profession would you not like to do?
Mortician.

If heaven exists, what would you like to hear God say when you arrive at the pearly gates?
"I'm a troll." [sings the troll song while moon-walking away]



CAMPUS STYLE
Emily Bray
Fulcrum Contributor
The camera's on you! We've turned the lens on students to take a look at who's wearing what on campus.



Czarina Pacaide

"Wear nude tights under patterned ones. Much warmer for cold Ottawa winters!"

Program:
Third-year international development

Favourite restaurant:
Yummy Sushi



Taylor Davidson

"I love shopping second-hand; layering vintage clothing is my favourite way to look cute and unique."

Program:
First-year commerce

Favourite store:
Value Village

Text RUSH to 22333 to receive text alerts on eligible upcoming shows!†

liverush.ca

†Standard text messaging rates apply. *Some restrictions apply. Must be between the ages of 13-29.

movie review



Red Dawn



THE 2012 REMAKE of 1984's *Red Dawn* follows a bunch of teenagers equipped with military equipment on a mission to save their small American town from an invading North Korean army. Honestly, the premise is super cool (and I don't use that descriptor lightly). I like to believe we all have these what-if fantasies in our heads sometimes, like, "What would I do if a bunch of soldiers just ran into my house?" *Red Dawn* plays along with this fantasy nicely but grows too dependent upon it, which only leads to the entire film becoming more unrealistic with every passing minute.

The storyline is supported by a single opening montage explaining that North Korea is hell-bent on eliminating the United States. Other than that, there is no explanation for any plot points. The character development is weak and stereotypical, kept interesting only by the fame of Josh Hutcherson (*The Hunger Games*) and Chris Hemsworth (*Thor*), and they are subpar at best. I'm amazed that the producers cast Josh Peck (from the kids' TV show *Drake & Josh*) as the lead. He looks high as a kite during the entire film, and acts like it too.

Expect a lot of explosions and gunfights, but without blood or gore, due to the film's PG-13 rating. There were two highlights: 1) the ending scene, which was shot pretty decently; and 2) when Isabel Lucas's sixteen-year-old character fires a rocket-propelled grenade with ease and grace. But all in all, *Red Dawn* proves that sometimes a fantasy should remain a fantasy.

—Michael Robinson

album reviews



Deftones
Koi No Yokan
| Reprise



DEFTONES ARE ONE lucky band. They managed to escape the late '90s nu-metal movement unscathed, as demonstrated by their continuing commercial and critical success. That success could be due in part to the group's willingness to incorporate a myriad of unusual influences into their sound, ranging from '80s new-wave to '90s post-hardcore.

The group's previous release, 2010's *Diamond Eyes*, saw the Californian alt-metal band playing a heavy, straightforward sound that was more akin to their first two albums. This was a nice throwback to their formative years, but was also disappointing, as 2006's criminally underappreciated *Saturday Night Wrist* had finally embraced the dreamy, shoegazey sound that Deftones had been building up to for years.

It's because of all this that the band's newest effort *Koi No Yokan* really pleased me; it retains the heaviness and production style of *Diamond Eyes* while incorporating the synth-filled soundscapes of *Saturday Night Wrist*. Tracks like the programmed-drum-laden "Entombed" and the epic "Rosemary" showcase Deftones at their most atmospheric, while songs like "Leathers" and "Poltergeist" reveal that they will always have a penchant for taking the intensity up a notch.

Overall, *Koi No Yokan* is an excellent step in the right direction, and it is truly rare to see a band peaking this late in its career.

—Max Szyz



Klarka
Weinwurm
Continental Drag
| Saved By Vinyl



KLARKA WEINWURM WAS a name that I had never heard before in my life, and surely many Canadians will remain oblivious to her existence, despite her two-week tour in support of *Continental Drag* that took her from Nova Scotia to Ontario.

A fixture of the East Coast music scene, Klarka Weinwurm has collaborated with artists such as Jon McKiel and Shotgun Jimmie. Weinwurm previously released some promising EPs, but *Continental Drag* is her first full-length release. Guitar, violin, deep bass, and husky vocals meld with wandering and simplistic lyrics for this 11-track folk-pop album.

Weinwurm, who has crossed the country several times and seems to be deeply connected to Canada's natural side, began a recording career in Toronto before moving to Nova Scotia in search of new inspiration. It seems as though she should either return to her roots or fine-tune her new sound for the future, because this recent endeavour was a real drag (pun intended). At times it was boring, at other times strange. On several occasions during the album were small flickers of hope, where part of a song would start to take a more catchy direction, but shortly afterward that spark of excitement would die and I would go back to wondering what exactly it was that I had gotten myself into.

—Krystine Therriault



Crystal Castles
(III)
| Fiction



TORONTO'S CRYSTAL CASTLES always stood out among their modern electronic contemporaries thanks to the duo's dark atmosphere and front-woman Alice Glass's often screamed vocals. However, their abrasiveness was infused with a melodic side, resulting in numerous tracks that could make a dance floor go wild. Their darker side began to manifest more on their 2010 self-titled album, and on *(III)* it has arrived in full force.

(III) may be difficult to swallow for some, as there's hardly anything here that could be described as danceable. The group eschews their former 8-bit "Nintendo-core" sound in favour of eerie synths perpetrated through dense, lo-fi production value. It's nowhere near as immediately gratifying as their previous work, particularly due to band member Ethan Kath's production. He does create a dark atmosphere, but many tracks feature so much reverb that it's distracting and buries Glass's vocals throughout the album. The band does continue their tradition of producing excellent closing tracks; "Child I Will Hurt You" is one of the few songs where the production is effective.

Overall, *(III)* is still a solid slab of dark electronica; just don't be surprised if everybody gets bummed out when you throw it on at a party.

—Max Szyz



HUMBER

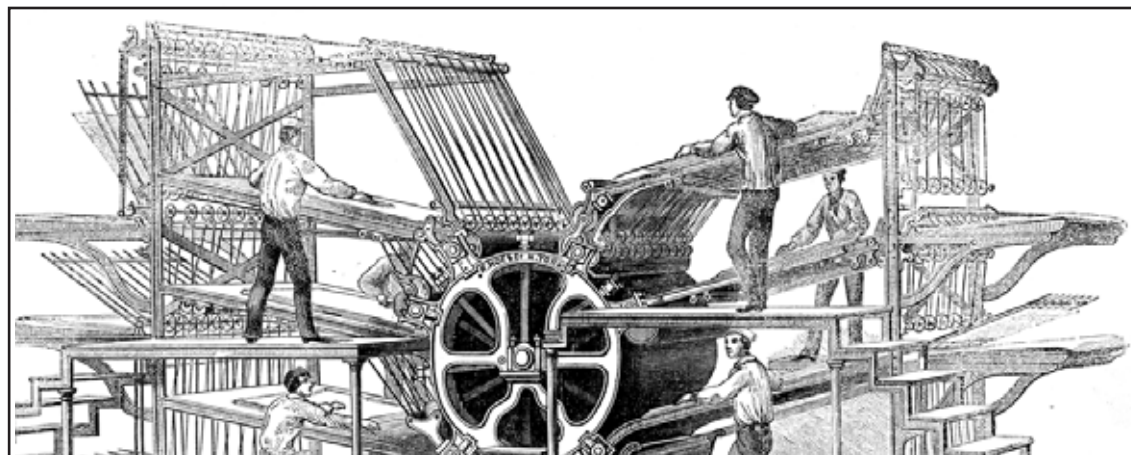
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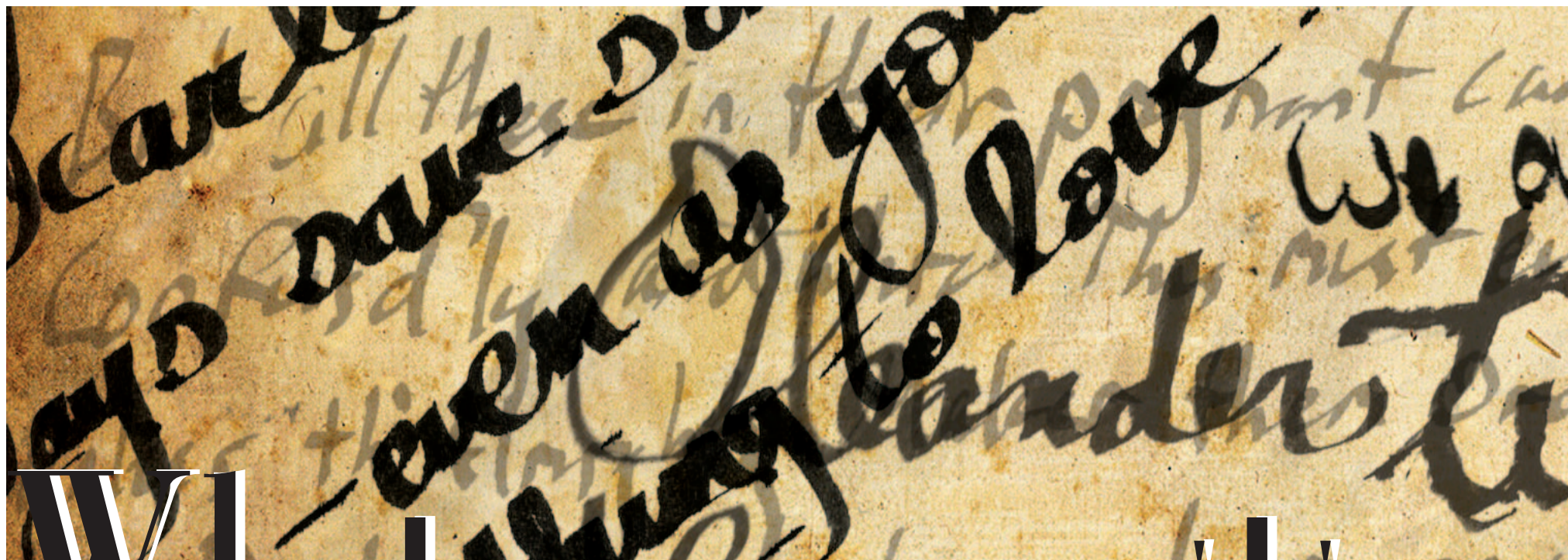
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Put it in print.



arts@thefulcrum.ca



What your writing

Graphology as a legitimate clinical science

Ali Schwabe | Fulcrum Staff

What if someone took a look at your class notes and suddenly knew you were bulimic? What if they saw your signature and were able to tell you the career you're best suited for? Graphology is the science of analyzing handwriting and connecting it to human psychology, and although the practice is not sophisticated enough to diagnose eating disorders or predict professional success, it's pretty darn close.

What have I gotten myself into?

I wasn't sure what to expect when I agreed to undergo a projective personality assessment. Annette Poizner, the

Toronto-based registered social worker and psychotherapist who analyzed my writing, had sent me an email out of the blue: she explained that she uses clinical graphology in her practice. She wrote to me hoping to bring it to attention in North America, where it is used less commonly than in places across Europe and in Israel as a tool in the field of mental health.

I was open-minded but skeptical. How much can a person's handwriting actually reveal about their personality and psychology? If graphology is a legitimate science, why hadn't I ever heard about it before?

Poizner, who holds an MA in social work from Columbia University and a PhD in education specializing in counselling psychology from the University of Toronto, had me complete, scan, and email her a number of different handwritten works. I drew a detailed picture of a tree, wrote out a page outlining what I did that day, wrote down my 10 earliest childhood memories, and sent her a few copies of my signature.

A few days later I gave Poizner a call, and with only those four pages to go off of, she presented me with a shockingly accurate assessment.

It began with flattery.

"You're a rich character; I call you gifted with a range of skills and interests," said Poizner. "You have lots going on. For example, on one hand, you're highly organized. On another level you have strong concentration skills, you're highly disciplined, and you have high standards."

As she spoke she described the vocations I would be best suited for, suggesting I could be very effective in an administrative role or as a librarian, but that I also had the ability and intelligence to become a doctor. But not just any doctor, Poizner warned.

"One thing I would say is you would be not good as the emergency doctor—right?"

My response was a jaw drop in immediate recognition that she was right—I don't handle crises well and am known to make bad decisions if I don't have time to think things through.

Poizner explained how my handwriting revealed this aspect of my personality.

"You are very detail-oriented; you're a slow, thorough type; you are logical, processing one detail and fact at a time in a linear way," she said. "You're a detail lover who loves to go slow... Look at your 'I' dots, oh my goodness. Some

of them are careful little dots. Think of what it takes to make a perfect circle 'I' dot, as opposed to somebody who's in a rush—[their dot] tends to be a slash because they don't have the patience."

What's the point?

Poizner has experienced clinical success using graphology in her psychotherapy practice, where she works primarily with individuals dealing with anxiety, obsessive compulsive disorder, depression, and other struggles with mental health. She believes the key is to not rely solely on graphology, or any other tool in her arsenal.

"Because people are so fundamentally expressive of their patterns, we can have them do virtually anything, and as clinicians we can become trained observers," she explained. "So if it's handwriting, we can do that—dream interpretation, analyzing memories, getting people to make a drawing for you—there's a myriad of things you can do. The most important thing is to not just rely on one tool. You bring all the data together and then you get some soft ideas. Then you say, 'Let's see if these themes are meaningful to the client,' and then you have that discussion with them."

Naturally, everything she told me at

the beginning of our interview was welcomed. It's not exactly hard to believe an assessment is right when the assessor tells you you're brilliant and well suited to be a doctor. Poizner recognized this. She explained that when you give general information to an individual and they see it as very accurate about them specifically, it's called the Barnum effect.

"If you give your average university student feedback based on a personality test; [if] you give everybody the same results: 'You are intelligent, responsible, etc.' and you include an issue, i.e., 'You tend to judge yourself too critically' or something, all of the students will agree that there was a high degree of accuracy," she explained.

Poizner has witnessed her clients having "Ah-ha!" moments of self-recognition when she performs analyses, and doesn't believe it's simply the Barnum effect. The longer we spoke, the more I had to agree with her. She pinpointed a number of my traits—traits that just couldn't apply to everyone.

How'd she know?

The first thing she said to convince me that this wasn't some quack science occurred at minute 12 of our discussion.

"I will definitely say that you are here

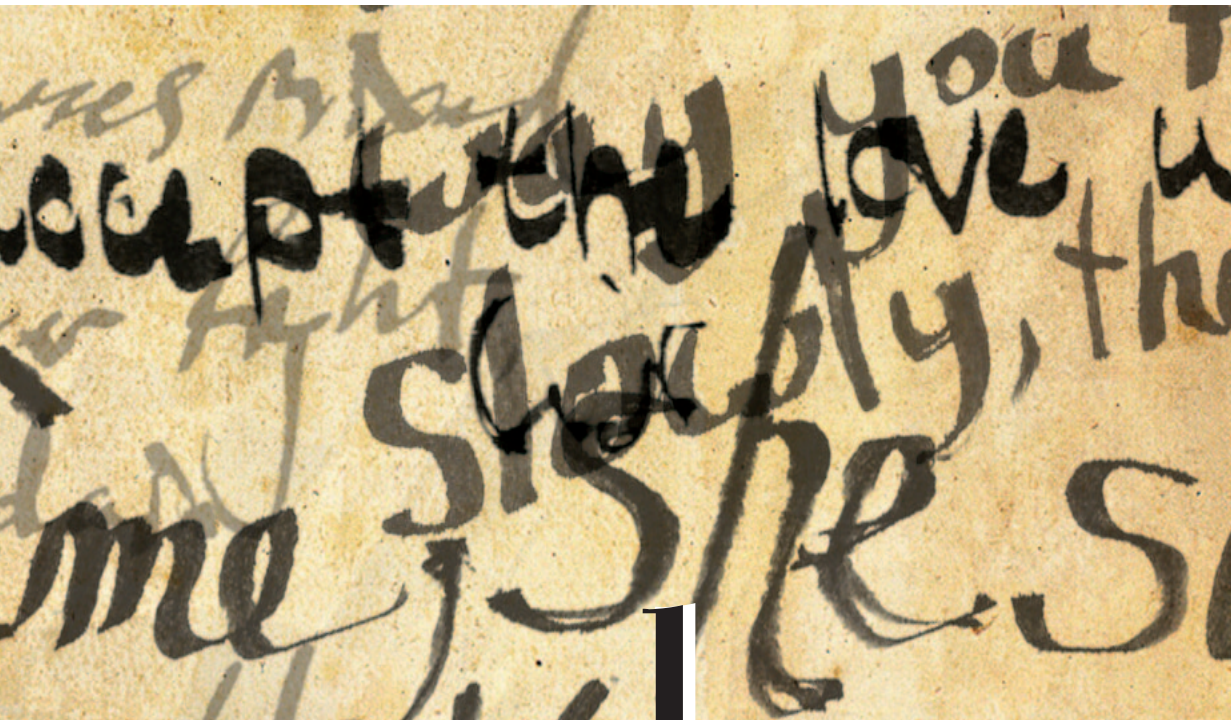
Celeb signatures and what they reveal

Annette Poizner

The recently deceased astronaut Neil Armstrong embedded an interesting symbol in his signature. You will find a rocket and the launch pad. Individuals will often embed some kind of meaningful symbol, unconsciously placed. Usually the conscious mind is quite oblivious and has never noticed the symbol. Notice the strokes that reach high into the upper zone, showing his quest to explore that which is above and beyond.

Sincerely,
Neil A. Armstrong

Look at the severity of the angles in Donald Trump's signature. Angles represent analytical thinking, a sharp intelligence, critical tendencies, and tendencies toward black-and-white thinking. A lot of exertion goes into this type of writing, showing he is a very hard worker; a writer who strips down ideas in the same way that he strips down the letters to bare structures. Not much roundedness, which represents emotions, to be found in that signature.



reveals

illustration by Mathias MacPhee

to be a mother," she stated.

Sure, lots of women are interested in having children in the future, but it's something I've been looking very, very forward to for a long time. My friends and patient boyfriend will all tell you I'm baby-crazy.

Poizner went on.

"You are a sweet, interested person and you like to anticipate positive things. It comes from the handwriting; it's a classic, conservative, conventional handwriting," said Poizner. "The middle zone of the handwriting is the zone of the heart of the real physical world—things like cooking, or making a nice home. The middle zone is a letter M or an O—you are a dominant middle zone writer, so you'd be quite happy to do all those homey things."

Our conversation went on for over an hour, and she continued to accurately tell me things about myself.

She recognized that I'm a people person, but knows I'm an introvert at heart. She told me she was able to determine this through the small size of my handwriting and through my signature; I abbreviate the A of my first name, and then carefully spell out my last. She said this was a sign of reservation, since the first name represents the personal self and the last name represents the public or professional self.

Without knowing my background or family structure, she called out that I was an eldest child.

"You are a conservative traditionalist. Your handwriting is classically seen

with teachers, who are often the parental child. The eldest is called the parental child, who represents the parents' message and authority," she said.

The longer we spoke, the more willing she became to delve into deeper themes she found in my assessment. Poizner became more frank and less flattering—but always accurate.

She explained how the neatness of my writing demonstrates my need to please and desire to follow directions. She said I'm motivated by society's parameters of success, not my own. Once again, she hit the nail on the head. I am embarrassingly obsessed with my grades, following rubrics to a T. I keep track of how many miles I can run, and I thrive off of strong performance evaluations at work. Poizner called me out as a classic good girl and knew only from the materials I sent to her how much I revere hierarchies.

The final aspect that convinced me she was gaining legitimate insights was when she began talking about my emotional maturity.

"You have the emotions of a child—that's why you go into all this self-control, because you're kind of holding back," she said. "You need to grow up."

As insulted as I was, I recognized a grain of truth in what she said. And when I spoke with my parents and friends afterward, they were quick to agree with Poizner and point out specific examples of the qualities she had described in me.

What's next for graphology?

All in all, I was convinced. I had an hour-long conversation with a stranger who, by looking at my writing, reading my 10 earliest memories, and examining my drawing of a tree, knew me almost as well as my closest friends. While graphology is a cool party trick (one that Poizner did perform at parties, back in the day), she is quick to point out its practical, therapeutic merits. In fact, she's written a whole book on them and the science of graphology, called *Clinical Graphology: An Interpretive Manual for Mental Health Practitioners*, which she's hoping will improve North American awareness on the topic.

"Let's say I'm your therapist. I've just met you, I collected all this stuff from you in the first meeting, and on this basis I know a whole bunch," Poizner said. "If I want to do a therapeutic process, then I've just circumvented the next five getting-to-know-you sessions, and I can start very quickly doing an intervention ... Imagine if you were a Pilates instructor; I took a look at you, I looked at your posture, I watched you use your muscles, I know where the imbalances are—now let's go to work. Now I can be very targeted in what we do."

Poizner knows something the skeptics don't—whether you are aware of it or not, your true self comes through in the way you write.

So what does your handwriting reveal? Probably more than you think. f

What does your handwriting say about you?

Use these graphological interpretation principles provided by Annette Poizner to interpret your own handwriting.

Upright slant

Some writers write a script that is perfectly vertical, which is called an upright slant. This writing is objective, formal, and poised; and so too will be the writer. The upright slant writer is more reserved—he or she looks at a situation from the sideline, then decides how emotionally involved to become.

Left slant

Writing that leans to the left reveals a writer even more strongly reserved than one who uses the upright slant. This person is usually introverted and highly private. This person also tends to hold their cards close to their chest.

Teeny little writing

Very small writing is an expression of introversion. It is the writing of somebody with strong concentration skills, increased intelligence—because concentration always improves intelligence—and humility. If the writing is significantly flattened out or tight, it might indicate some type of repression or inhibition. I've seen librarians who write like this.

Large spaces between words

Normally there should be only one character width between one word and the next; more than this implies somebody who has difficulty bridging the emotional gap between themselves and others. This person is distant from their own emotions as well as those of others.

Small spaces between words

Words that are too close together, separated by spaces of less than one character width, can show that an individual is needy. This is the writing of a person who crowds others.

Rounded writing

Loops are the avenue of emotions—my teacher used to say that. The more loops you see, the more emotionality in the personality. Also, rounded writing shows more visual interest in beauty or beautifying the environment. These people tend to shape letters by being very true to the letter form. They honour how something should look, and want their writing to look nice. These people often have a sensitivity for dressing well, interior design, and the like.

Angular writing

Angular writing shows someone who is more detached, analytical, and objective. It's usually the writing of engineers, scientists, and people who are tough-minded and think about issues without troubling over emotions. These writers strip down their handwriting and don't care about the form of the letters that much. They abbreviate the letters. These are dispassionate people and tend to be all-or-nothing types: black-or-white thinkers.

Perfect font

Sometimes we see a handwriting that is fairly rigid and perfectionist, that looks like it came right out of the typewriter. These people are demonstrating through their handwriting a repressive nature which has them potentially suffering from compulsive symptoms and pandering too much to what others think of them. These are the perfectionists. They love to do things right, and tend to also be very control-oriented and have difficulty being spontaneous or just relaxing. They tend to suffer from muscular tension.

Printscript

Printscript occurs when the writer sometimes prints and sometimes writes in cursive. This is an expression of intuition and writing ability. When I assess journalists, most use printscript.

Crashing

For some writers, the lower zone of one line intermingles with the upper zone of the line below—the bottom loop of a "Y" would hit the top of a "T" in the line below it. This is called crashing, and is indicative of an individual who daydreams, often watching an internal TV.

Strong baseline

When the baseline—the line of the text as it moves across the page—is firm and straight, the person writing tends to be very reliable with a strong work ethic. A wavy baseline indicates moodiness, potential difficulties with discipline, and possible medical issues.

Speed

How fast is the handwriting written? Carefully formed letters, and strong attention to dots above letters and other details indicates a writer who prefers to be slow and thorough. Messy writing which races across the page? The individual works at a fast tempo. They may not be great with detail, but they prefer to be busy, dynamic, multi-tasking—they like lots going on.

Cartoonist **Matt Groening**, in using capitals in his signature, is demonstrating rebellious tendencies. Children learn that capitals are only used at the beginning of sentences or nouns. When an individual chooses unilaterally to use them and so defy grammar rules and convention, they're rebelling against society. I guess you would expect as much from the guy who came up with *The Simpsons*!

MATT GROENING

the thryllabus

Want your event listed on the thryllabus? Email events@thefulcrum.ca

Music

Nov. 22: *Cryptopsy, Insurrection, Dissentient, and Deformatory* play Mavericks (221 Rideau St.), 7 p.m.

Nov. 23: *Mother Mother and Hanna Georgas* play the Bronson Centre Theatre (211 Bronson Ave.), 7 p.m.

Nov. 23: *City Lights, Carousel Kings, We Were Sharks, and Remember the Fire* play Café Dekcuf (221 Rideau St.), 7 p.m.

Nov. 23: *The Flaps* plays Pressed (750 Gladstone Ave.), 8 p.m.

Nov. 24: *Theory of a Deadman and Big Wreck* play the CE Centre (4899 Uplands Drive), 7 p.m.

Nov. 24: *Catriona Sturton, Shannon Eddy Smith, and Ashley Condon* play Raw Sugar Café (628 Somerset St. W.), 8 p.m.

Nov. 25: *Lifestory: Monologue, We Were the Fires of Rome, I Spell it Nature, and Mosely* play Café Dekcuf (221 Rideau St.), 8 p.m.

Nov. 27: *Scar Symmetry, Threat Signal, Stealing Axion, Lord of War, and Signs of Chaos* play Mavericks (221 Rideau St.), 7 p.m.

Nov. 28: *Paper Beat Scissors* plays Raw Sugar Café (628 Somerset St. W.), 8 p.m.

Film

Nov–Dec. 2: *European Union Film Festival* plays at Library and Archives Canada (395 Wellington St.)

Nov. 22: *Samsara* plays at the Mayfair Theatre (1074 Bank St.), 7 p.m.

Nov. 23: *Hitchcock* released to theatres

Nov. 23: *Vampyres* plays at the Mayfair Theatre (1074 Bank St.), 11:30 p.m.

Nov. 26: *How to Survive a Plague* plays at the Bytowne Cinema (325 Rideau St.), 4 p.m.

Nov. 28: *Trouble with the Curve* plays at the Mayfair Theatre (1074 Bank St.), 7 p.m.

Nov. 30: *Killing Them Softly* released to theatres

Visual art

Nov–Nov. 25: *Exquisite Corpse* displayed at La Petite Mort Gallery (306 Cumberland St.)

Nov–Dec. 2: *Prairie Companion* displayed at Cube Gallery (1285 Wellington St. W.)

Nov–Dec. 12: *Waasawaabaamina | Prophecies* displayed at Gallery 101 (301 1/2 Bank St.)

Theatre

Nov–Dec. 8: *Pride and Prejudice* plays at the National Arts Centre (53 Elgin St.)

Nov. 23–30: *Footloose* plays at the Centrepointe Theatre (101 Centrepointe Dr.)

Nov. 23–Dec. 12: *November* plays at the Gladstone Theatre (910 Gladstone Ave.)

Nov. 27–Dec. 15: *Mr. Pim Passes* plays at the Ottawa Little Theatre (400 King Edward Ave.)

Nov. 27–Dec. 16: *The Number 14* plays at the Great Canadian Theatre Company (1233 Wellington St. W.)

Sports

Nov. 23: Women's basketball: Gee-Gees play the University of Guelph Gryphons at Montpetit Hall (125 University Pvt.), 6 p.m.

Nov. 23: Men's basketball: Gee-Gees play the University of Guelph Gryphons at Montpetit Hall (125 University Pvt.), 8 p.m.

Nov. 23: Men's hockey: Gee-Gees play the Queen's University Golden Gaels at the Minto Sports Complex (801 King Edward Ave.), 2 p.m.

Miscellaneous Events

Nov–Nov. 30: Movember! Visit Ca.movember.com to learn more

Nov. 22: Ugly Holiday Sweater Party at 1848. Bring a canned good or non-perishable food item for early holiday donations for the SFUO's Food Bank

Nov. 26: Reduce your University of Ottawa library fines by donating non-perishable food items.

hard

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

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Listen in and join the campus conversation.

Wee halve a spelling checker
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wee kin knot sea.
Wee strike are quays and type a word and weight for it to say.
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Not. We need your help catching our mistakes. Come help our proofreader Tori on Tuesday evenings from 3 p.m. onward at 631 King Edward Ave.



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MR. PIM PASSES BY

by A.A. Milne
directed by Joe O'Brien

Nov 27 - Dec 15 8 PM

A hit play in 1919, this whimsical, quirky play is written by the famed writer of *Winnie the Pooh*. A quaint, elderly gentleman, Mr. Pim, drops in for a visit. His casual comments about a chance meeting with a "rogue" throw the lives of his host and hostess into complete disarray.



photo by Justin Labelle

Men's basketball dominates in homeopening game

THE GEE-GEES MEN'S basketball team hosted their first game of the season on Nov. 16 to a loud and supportive crowd whom they did not disappoint, overcoming the McMaster Marauders 84-62.

The Gee-Gees controlled most of the game, shooting 58 per cent from the field, and dictated the speed of the game with a fast-paced first half that saw them up 11 at the end of the second quarter.

"We had a great week of practice, so we felt confident heading into this game," said head coach James Derouin in a press release sent to the *Fulcrum*. "The important thing we wanted to focus on tonight was being aggressive and controlling the tempo of the game, which Mike [L'Africain] did a great job of doing for us."

The Gee-Gees maintained their strength and kept a 20-point lead throughout most of the fourth quarter. Third-year guard Johnny Berhanemeskel led the Gee-Gees with 23 points, four rebounds and three steals, followed closely by fifth-year guard Warren Ward who posted 18 points, seven assists, and nine rebounds.

—Danny Bronson

Women's basketball team gets first win over McMaster

AFTER TWO CONSECUTIVE losses on the road last weekend against the Western Mustangs and University of Windsor Lancers, the U of O women's basketball team won an impressive 82-55 victory at home against the McMaster University Marauders on Nov. 16. This weekend's triumph was the Gee's first win of the season.

"We knew from the beginning that our team would be at its best later in the season, but we saw a glimpse of how well we can play tonight," said head coach Andy Sparks in a press release.

"The first half was a bit out of control because they were able to throw off our

tempo, but we were able to calm down after halftime and perform well," he continued.

The Gee-Gees led 37-29 at halftime, and shot 40.5 per cent from the field. Fifth-year forward Jenna Gilbert was the game's lead scorer, with 17 points, two assists, and three rebounds.

"It was nice to come off with a big win tonight and just come together as a team," said forward Maddie Stephen, who scored 14 points and had 15 rebounds.

—Spencer Van Dyk

Gee's defeated in last minute by Brock

AFTER A NECK-and-neck first half against the undefeated Brock University Badgers on Nov. 17, the Gee-Gees women's basketball team suffered a close 57-61 loss, with Brock sinking their final basket at 45 seconds left in the game.

Despite the Gee-Gees' determination going into the second half, and forward Tatiana Hanlan's amazing back-to-back three-pointers on offense, Brock's ability to make the most of U of O's weak defence and ball control won them the game.

"Being aggressive is part of our game plan, and we did a good job tonight, but I have to give all credit to Brock for their great performance," said head coach Andy Sparks.

Maddie Stephen maintained her impressive scoring streak from Friday's game against the McMaster Marauders, with 12 points and 16 rebounds in the game.

With seven seconds remaining in the fourth quarter, the Gee-Gees were down by only three, and managed to gain possession of the ball, but a foul led to a missed chance at a comeback.

The Gee-Gees will host Lakehead University and the University of Guelph at Montpetit Hall next weekend.

—Spencer Van Dyk

Women's volleyball team makes seven straight wins

FULL STANDS AT Montpetit Hall greet-

ed the Gee-Gees women's volleyball team (7-0) on Nov. 18, when they hosted a determined Western University Mustangs squad in regular season Ontario University Athletics (OUA) action. While the visitors did manage to steal a set from the nationally fourth-ranked Gees, the University of Ottawa team ultimately came out on top, three sets to one.

The Gee-Gees came out strong in the first set, easily shutting the Mustangs down in a 25-15 victory, but they suffered a minor setback when Western bounced back to take the second set 26-24. The set was only the second that the Gees have given up this season. The Gee-Gees regained their focus and took the third and fourth sets 25-18 and 25-13 respectively, to keep their undefeated streak alive.

Third-year communications student and Gee-Gees hitter Karina Krueger Schwanke led the team with an incredible 17 kills in the game, while fourth-year setter and ethics and society student Christina Grail pitched in with five service aces and a number of great assists.

The Gee-Gees' next game will be on Nov. 25, when the Royal Military College Paladins will host them in Kingston.

—Keeton Wilcock

Women's hockey knock off Carleton 4-3

THE U OF O women's hockey team were looking for redemption this Sunday at Carleton University after losing the first home game of the season to the Ravens on Oct. 12.

The Gee-Gees got off to a strong start in the first period with a goal by Valerie Gobeil in the ninth minute, and held their lead until the second period when Raven Sadie Wegner equalized the game on a breakaway. An untimely penalty for the Gee-Gees put them in a tough fight, but forward Janie Paquette scored short-handed on a rebound from forward Jessica Bouchard to put the Gees up by one

more goal.

The third period started with a quick goal from the Ravens to tie things up, but with 10 minutes remaining in the game, the Gee-Gees went on the offensive once more to pull ahead. Their third goal was scored by defender Maude Laramee, who managed to force the puck in following a pile-up in front of the Ravens' net. Victoria Gouge of the Ravens tied the game with only four minutes remaining, but a well-placed pass from forward Jen Delange to forward Carling Chown in the final two minutes of the game gave her a breakaway that resulted in the game-winning goal for the Gees. The Gee-Gees outshot the Ravens 37-26 and fought hard for their 4-3 win.

The Gee-Gees' next game is on Nov. 24 at the Minto Sports Complex, where they will play host to the Concordia University Stingers.

—Wyatt Brakeboer

Men's hockey team ends losing streak

IT TOOK THREE weeks, but the U of O men's hockey squad is finally back in the win column. After a six-game losing streak, the Gee-Gees beat the Concordia Stingers 6-3 to get a win at home, bringing their season to 5-3-4.

"This game is good, positive news for the team," said Gee-Gees head coach Real Paiement in a press release sent to the *Fulcrum*. "The losses have been hard on the players, so the win is going to give us the opportunity to practice with more positive thoughts."

The Gee-Gees scored fast and often in the first period, achieving a four-goal lead, but had to fend off a strong three-goal comeback from the Stingers in the second period. The Gees managed to hold off the Stingers and scored two more goals in the last five minutes of the third period to put the game away for good.

The game resulted in injuries to the Gee-Gees roster. Forwards Craig Moore

and Nicolas Larocque-Marcoux did not return to the ice after stepping off with injuries.

Second-year forward Matt White played a great game, tallying three assists and getting the final goal of the game. Other goal-scorers were forwards Moore, Jean-Bernard Voyer, Paul Forster, and Guillaume Donovan.

The Gee-Gees will be looking for another win as they get set to play Queen's on Nov. 23 and the Royal Military College on Nov. 24 in their final two home games before the exam break.

—Danny Bronson

Swim team places second overall

IN THEIR LAST home meet of the season, the U of O Gee-Gees swim team placed second overall in the Stratten Divisional Championships from Nov. 17-18. The Gees hosted the Brock Badgers, the Queen's University Gaels, the Trent University Excalibur, the University of Waterloo Warriors, and the Western University Mustangs at Montpetit Hall for the meet.

In the women's category, third-year Eryn Weldon outswam her competitors to three first-place finishes: the 200m and 400m individual medley and the 200m breaststroke. Other first-place finishes for the Gee's women's squad came from third-year Nicole Lachance in the 200m and 400m freestyle and second-year Julia Tunney in the 200m backstroke. Although it wasn't a first-place race, Lachance set a U of O record in the 800m freestyle with a time of 8:58:77.

The Gee-Gee men had four first-place races. Rookie Robert Bonomo took the 200m backstroke and 100m freestyle, and second-year Connor Michie won the 100m and 200m breaststroke races.

The Gees swim team will head to the University of Toronto to race in the University Cup and Canada Cup from Nov. 24-25.

—Maclaine Chadwick

Meet a Gee-Gee

Cassie Seguin | Women's Hockey

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.

Meet Cassie Seguin, a third-year psychology student at the University of Ottawa and goaltender on the women's hockey team. In an email interview with the *Fulcrum*, Seguin talks about the misconceptions of women's hockey, whom she idolizes, and why the U of O is so great to play for.

The Fulcrum: Can you describe a week in the life of a Gee-Gees hockey player?

Cassie Seguin: A regular week for us is pretty busy. We have five practices a week, Monday through Friday. Specifically, on Monday we have a goalie practice, Tuesday is power skating, and Wednesday through Friday are regular practices. Each practice is about an hour to two hours. Outside of that, we have strength and conditioning every Tuesday and Thursday, plus one training session on our own, yoga every Wednesday, and

then we have to stickhandle and shoot off-ice once a week. Then we usually have our games on the weekend.

How long have you been playing hockey? Why did you start playing?

I've been playing hockey since I was six years old. I started playing partially because my Dad had played and also because I was jealous of my cousin who used to play. So when I asked my Dad if girls could play, he signed me up and I've been in love with the game ever since.

Do you or the team have any kind of good luck ritual?

I don't think that I have a good luck ritual, but I certainly have some superstitions. I have a couple of songs I listen to before every game and a pattern of how I get ready in terms of gear prep. It just helps me get into the zone and focus on hockey.

Who was your idol growing up?

Patrick Roy. He was my favourite goalie for a very long time, and he also played for the Colorado Avalanche when I was in love with their team. I wanted to be the kind of goalie he was.

What is the best part of being a Gee-Gee?

The best part of being a Gee-Gee is probably how supportive our school is. We're so lucky to be attending a university that cares as much about its student-athletes as it does its other students. We're given a great opportunity at the U of O to play our sport at the highest level and attend a very academic school at the same time.

If you could play any other sport at the U of O, what would it be and why?

It would definitely be volleyball. I loved it growing up and particularly in high school. I just love how it is such a team sport and requires a lot of quick reflex actions and play anticipation, just like being a goalie in hockey.

What is the biggest misconception about women's hockey?

I think the biggest misconception about women's hockey is that it isn't a physical sport. Although we're not allowed body checking, we are definitely allowed body contact. Our games tend to get pretty physical, particularly when there are rivalries involved.

What are your plans for after graduation?

After graduation, I would like to pursue a master's degree in either sports psychology or neuroscience. Following that, I would love to work with athletes, whether it is helping them to train their mind to achieve consistent and controlled focus, or whether it is to work with an athlete recovering from a concussion. At the end of the day, when I've graduated and I've hung up my skates, I want to stay involved in sports as much as I can.



photo courtesy of Richard Whittaker



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From the Sidelines

What's in a name?

Maclaine Chadwick | Sports Editor

TO SOME FANS, it's as important as naming their first-born child. The return of the Canadian Football League (CFL) to Ottawa has fans brainstorming and tweeting about what to name their upcoming football team, due to start playing in the revamped Frank Clair Stadium in 2014. Rough Riders is out, as is Roughriders, and so is Riders—basically, anything that sounds like the name of the Saskatchewan franchise isn't allowed back in Ottawa as a condition of the CFL returning. Some ideas have been tossed around to replace Rough Riders and Renegades—the Highlanders and the Bootleggers, to name a few. Even though the "Name the Team" campaign created by the Ottawa Sports and Entertainment Group hasn't kicked off just yet (keep an eye out for it soon, though), here at the *Fulcrum* we thought of some Ottawa-isms that we think should be contenders for the CFL team. To clarify, only some of these are serious. And by some, I mean none.

The Third-Time's-the-Charmers

First, it was the Rough Riders who played in Ottawa from 1876 until 1996, then after a break, the Renegade name took over for four years. They say the third time's the charm, so let's drive the point home with this name. I'm picturing halftime entertainment to be "The Charmers," a crooning barbershop quartet headed by Rick Astley.

The Beavertails

Imagine the smell of Beavertails and hot chocolate wafting through the new stands of the Frank Clair Stadium instead of the tired old pizza and beer. Imagine the insanity when the team gets a touchdown and tiny Beavertails are sling-shot into the salivating crowd. Imagine the skyrocketing cholesterol rates of Ottawa's children.

The Sinkholes

Ottawans went nuts over the news of the sinkhole on Highway 174 this summer. If it doesn't stand a chance as the team name, maybe coaches can develop a play called "the sinkhole" in which the ball suddenly disappears from the field.

The Rough Winters

Brace yourselves, cheesiness is headed your way. Hopefully you enjoy Vanilla Ice's "Ice Ice Baby," because that song will be played after every touchdown, field goal, tackle, and completed pass. We may not be knee-deep in snow by the time the Grey Cup is placed in our arms (positive thinking, people!) but we may as well bring some Ottawa Valley chill to the games and freeze out the competition.

The Angry Pages

STOP OFFENCE.

The B-Listers

This may come as a surprise, but an assortment of B-List celebrities once called Ottawa home. Team mascots could include Tom Cruise (Let's face it, he's dropped down a notch), Dan Aykroyd, and Tom Green. Pair up Bryan Adams and Alanis Morissette to sing the anthem and we're good to go.

Got any funny ideas for the name of Ottawa's next CFL team? Share them by commenting on this article at thefulcrum.ca



MISSION NUTRITION | YOU | DIET 0

Easy ways to pump your diet with protein

Maclaine Chadwick | Fulcrum Staff

So you just bought a tub of protein powder, but now what do you do with it? Although mixing it up with some water in a reuseable bottle may be the easiest way to ingest protein, it is certainly not the tastiest, and you could get really bored really fast. There are lots of simple and tasty ways to incorporate protein powder into your daily diet, which will help your muscles get into tip-top shape.

Strengthen your smoothie

A classic strawberry-banana smoothie can brighten up your breakfast, but it's even better if you add some vanilla protein powder for an ice-creamy taste. If you bought chocolate powder, toss it into a smoothie with a banana, low-fat milk, and some peanut butter for a delicious and nutritious snack.

Protein pancakes

Who doesn't love a good flapjack? If you're hesitant about eating excess flour and sugar, try this alternative next time you're making Sunday brunch. Mix four egg whites with 1/3 cup of oats and one scoop of your protein powder, add in some of your favorite fruit, and cook as you would regular pancakes.

Bro-tatoes

Just when you thought mashed potatoes couldn't get any manlier, BAM! Add a scoop of flavourless protein powder along



photo illustration by Mico Mazza

with 1/4 cup of milk, 1/4 cup of margarine, and some salt and pepper to boiled potatoes and mash 'em all together. The key here is to get the flavourless powder...Trust me.

Grown-up Rice Krispie squares

Give this childhood classic an adult

makeover by adding two scoops of vanilla protein powder to the instructions on the box—you may just have to add a bit more butter to get the right consistency.

Add it to cereal

Mix a scoop of vanilla protein powder

with enough water to give it a milky consistency, then pour it over your favorite cereal! I recommend Honey Nut Cheerios or Oatmeal Crisp.

Exciting eggs

Eggs are already a great source of pro-

tein, but if you want to boost your breakfast even more than usual, sprinkle a tablespoon of flavourless protein powder into your scrambled egg mixture. Add some broccoli and tomatoes if you want to make it an even more delicious omelette.

FOOLPROOF FITNESS

The trials of circuit training

Britta Schiemann | Fulcrum Contributor

If you are blessed with a student gym membership, it's unlikely that you would ever consider going to a gym off campus, but sometimes they can be exactly what you need to mix up your fitness routine. If you've never heard of Greco, I should clarify that it isn't a fancy Italian restaurant like its name might suggest. Greco is a circuit training facility where you take part in 45-minute classes aimed to burn loads of calories, make you sweat like no tomorrow, and get you into the best shape of your life.

I tried out a Greco Lean and Fit class this week, simply because I like feeling the burn now and again. What a burn it was—these classes are not meant for the weak of heart or mind. I worked hard and sweated even harder, but it was all worth it in the end.

Here is a rundown on circuit training. Essentially, you complete three rotations of eight different training stations in a span of 45 minutes. Two trainers stand by to provide tips and pointers, but they also provide motivation by intimidation, in the form of yelling.

The word intimidation definitely sums up what I was feeling when I first

stepped through Greco's front doors. Most of the participants were muscular men who were obviously regulars and knew what they were doing. I tried to

look confident, but I felt like a preschooler who was scared of the big kids.

The good thing is that the trainers treat everyone like equals, and explain everything as if everyone is there for the first time. They take you through all the different stations—including kettlebell swings, pushups, crunches, and goblet squats, to name a few. You are told what you need to do, how often you need to do it, and what the proper form is before everyone begins. At first the stations didn't seem

too hard. I recognized all of the exercises from past workouts, so I started off thinking, "I got this."

I didn't have it. My eager mentality stuck around for a whole 15 minutes until I completed my first rotation. Everything—and I mean everything—in my body was burning. My arms felt like Jell-O, my legs were shaking, and I was sweating through my shirt.

Regardless of how I felt, though, I knew that I had to keep going—partially because I was having fun, but mostly because there was a trainer yelling at me and I was, quite frankly, scared of him.

As we were all completing the final rotation, the trainers pushed us even further to do a combination of high-knees to burpies. I was beat—and one of the trainers knew that. Instead of letting

me take a break or call it quits, he decided to stand directly beside me and yell at me to go faster and higher. This marked the beginning of our love-hate relationship. Half of me loved him for motivating me to keep going, and the other half of me—the angry, mortified half—wanted to punch him. Endorphins must have gotten the best of me when the class ended, because I forgot about his drill-sergeant ways

and gave him a high five—the only way I could thank him for not letting me quit, as I was very out of breath at this point.

After the workout, some stretches, and a smoothie, I felt awesome. It was one of the toughest classes I have ever done, but it felt like I had really accomplished something. So, Greco, I'll be seeing you and your drill sergeants again soon.

“Here is a rundown on circuit training. Essentially, you complete three rotations of eight different training stations in a span of 45 minutes. Two trainers stand by to provide tips and pointers, but they also provide motivation by intimidation, in the form of yelling.”

“After the workout, some stretches, and a smoothie, I felt awesome.”



Dear Di...

Dear Di,
My boyfriend and I have been having sex for seven out of the nine months that we've been dating, but I have been using a vibrator for much longer than that. I always successfully have an orgasm when I use a vibrator, but when I have sex, I just can't get the same satisfaction. Is this normal?

—Good Vibrations

Dear GV,
It's totally normal! Vibrators offer intense, consistent stimulation that a finger, mouth, or penis just can't match. When a person is used to getting off only via battery-operated machinery, other options can feel lacklustre, meaning they won't likely lead to an explosive climax. In fact, studies have shown that sex (I'm talking about P-in-V sex) is the least reliable way for women to reach orgasm. But what's a girl to do once she's trained herself on the pulsing bullet? It'll take time and patience, but you can learn how to orgasm sans your favourite sex toy.

Start by focusing on achieving orgasm by yourself; this way you take the pressure off your partner to suddenly satisfy you completely. This will allow you to explore what you like the most, and you'll get the chance to reconnect with some fantasies. When using a vibrator it's easy to become lazy about stimulating your imagination, since the machine's doing all the heavy lifting. Turn yourself on with erotica, porn, a strip-tease courtesy of your beau—whatever gets you hot!

Teasing yourself with solo sessions where you only use your hands will help you wean yourself off of vibrator-only orgasms. Masturbate in different locations, at different times of the day, with different mental stimulation. Explore what gets you close to the big finale. Of course, it would be cruel and unusual to deprive yourself if you find that you're

unable to reach your peak without some good vibrations, so don't feel you need to stop using a vibrator at all times. A girl's gotta orgasm!

It will take time and patience, but if you keep at it, the day will come when you're able to orgasm using nothing but your natural talents. Then it's just a matter of using the vibrator less and less, and your hands more and more. With your boyfriend, start experimenting with positions that allow you to control the depth and style of the sex; get on top of him and grind your clit against his pubic bone. Some women find that penetration alone doesn't give them the stimulation they need to reach their peak—for plenty of ladies, though, oral sex is the solution! Let his tongue get you off before you get to the main act, then enjoy the sex for the good feelings and the connection you have with your man.

Another option is to introduce your vibe into your lovemaking sessions. Some guys might be intimidated, but if you bring in just a small bullet and promise him that it'll enhance the experience, you might be able to have your cake and eat it too.

Love,
Di

Dear Di,
I know you do sex and relationship questions, and I have one that covers both. I've been with my partner for two years, and since the beginning I've been open to him about my desire for him to spank me, tie me up, perhaps get a little kinkier with leather and whips. To be fair, he's always been open with me about his reluctance to do these kinds of acts. He told me he would need a bit of time to get used to it. I believe him, because it's been two years and after about a year he became willing to occasionally spank me. It's now part of our regular rep-

ertoire, which makes me a happy guy.

But I still want more. Is it too much to ask to be strapped to the bed and jerked off? Is it unreasonable to want to wear leather cuffs? He is absolutely worth the wait—totally cute, we click emotionally, and I'm definitely in love. I just wish we could deviate further from the vanilla sex we enjoy together. Do you have any ideas about how to make my fantasies less off-putting for him, or should I just cut my ties?

—Boyfriend Won't Tie Me Up

Dear BWTMU,

It sounds to me like you've got yourself a great, albeit vanilla, guy! I definitely recommend sticking it out. Are you aware that there are ways you can outsource your kinky desires, right here in Ottawa? Provided your boyfriend's okay with it, you can find someone to indulge in your desires fairly easily—just search online for someone looking for a bondage buddy. You can also get tied up by a woman, such as a dominatrix. There won't be any sex involved in these encounters, but you can use the memories of struggling against bondages to fuel fantasies when you're having tamer sex later.

On the other hand, you can take your man's word for it when he says he's working on getting used to your fetishes. The more you two fall in love, the more willing you both may become to step out of your own comfort zones. Don't pressure him, but give him the occasional reminder that you're looking forward to exploring your kinks with him!

Love,
Di

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sudokuhard

answers on page 14

SUDOWEB.COM

Got a question for Di?

email deardi@thefulcrum.ca

Sexy Sidenote:

A 2008 study from the *Journal of Medical Hypotheses and Ideas* shows that men can overcome a stuffy nose through orgasm. Congrats, boys—you've got a medically valid reason to cum when you have a cold.

Nerdy/Dirty Pick-up Line:

I wish I were adenine because then I could get paired with U.



XKCD | Papyrus

MY HOBBY:

GETTING TYPOGRAPHY GEEKS HEARTFELT CARDS PRINTED IN "PAPYRUS" AND WATCHING THEM STRUGGLE TO ACT GRATEFUL.

THANK YOU FOR THE *TWITCH* ... LOVELY ... *TWITCH* BIRTHDAY CARD!





Dating deal breakers

photo by Sean Campbell

What's the one thing that turns you off?

We all have them: little checklists that we mentally tick off when it comes to our ideal romantic partner. Finding people who fit all these qualifications can be exhausting—no wonder there are so many dating self-help guides out there. But while our lists may become different or more complicated as we grow, there's one thing that seems to never change: our dating deal breakers. They're the one quality about a potential partner that instantly turn us off—the one quality that can ruin an otherwise perfectly good chance at love. Whether it's smoking, incompetent texting, or even height, dating deal breakers all make us say no way, and bring us back to square one.

Learn 2 txt, pls

This should come as no surprise given I'm an editor for a newspaper, but I'm obsessed with using proper grammar. When it comes to guys I'm interested in, knowing the difference between an en dash and an em dash is right up there with having six-pack abs. However, I understand that not everyone cares about whether or not the Oxford comma is obsolete (it isn't, by the way).

People seem to be under the impression that grammar is optional while texting—that includes you, Mom. For me, using commas, periods, and proper capitalization is a must when sending a text, and the same goes for anyone who wants to date me. If you're a guy I like and I text you, "Hey, how's it going?" and you respond with, "good how r u," chances are my crush on you will go the way of RIM: down the toilet.

I've met stunningly attractive and intelligent men who turn into near-derthals via text. If you communicate effectively in every other aspect of your life, why dumb yourself down on your phone? Smarts are an absolute necessity for me in any relationship, so if a guy sounds dumb in his texts, that's a deal breaker.

—Darren Sharp

Back it up with brains

I will admit, I'm often the first person to act a bit goofy and silly and will sometimes even dumb down my intelligence; however, my number one dating deal breaker would be someone who cannot hold an intelligent conversation. I find that so many potential relationships are ruined by the other person's inability to say anything smart. Yes, we are on a university campus, but that doesn't mean the people around here are rocket scientists. The amount of people I come across in my day who are just plain old stupid is unbelievable. I may be sexually attracted to a girl and I may even want to have a brief fling with her, but I could not bear to date her long term. Sex and cuddling occupy a very small amount of time in a relationship—the rest of the time is talking. If you can't say something thought-provoking, I'm sorry, but you're not the girl for me.

—Andrew Ikeman

No smoking, please

There are very few things that will immediately sour me on a date. After all, it takes time to get to know a person and see what they're like, so you really shouldn't rush the process. However, if there's one dating deal breaker that absolutely turns me off instantly, it's

smoking. I don't smoke, but I've been around enough people who do to know that I don't like it. Prolonged exposure to the smell alone sometimes makes me nauseous. I've had friends who smoked intermittently around me, forcing me to begrudgingly adapt to the smell, and after we parted ways, I would often smell enough like an ashtray that people noticed. Smoking is simply not pleasant to be around, and it makes for less-than-pleasant kisses. I generally would prefer not to kiss a chimney, but that's just me. So put down the cigarette and we'll have zero problems!

—Max Szyc

Tall girl syndrome

I know it's a faux pas to say, but really, height matters in the dating world—to me, at least. I'm a pretty tall girl. At five feet nine inches, I tower over most of my girl friends. I've never needed help to get an item way up there on a shelf. Going out and hitting the bar scene has usually ended up with me in ballet flats and lusting after the sky-high heels my shorter friends get to rock. Point is: I'm tall. Now, being this tall isn't a horrible thing. In fact, I'm proud of my statuesque body and long limbs, but they definitely seem to narrow the dating pool for me.

I know, I've heard it all the time: "Height shouldn't matter." I've been told this phrase ad nauseum whenever I disclose my one dating deal breaker, but you shorter people just don't understand. I want a partner who I can look up to, whose eyes I can gaze lovingly into. I want someone who I can wear massive heels around. I want someone

who'll make me feel petite for once in my life. That's my one rule and the only one I'll stick by. So if it means being single for a little while longer, I really don't care. As long as my prince charming could double as an NBA guard, I'll have no troubles.

—Weri Dualeh



"I'm a pretty tall girl. At five feet nine inches, I tower over most of my girl friends."

—Weri Dualeh

What's going on in Gaza?

And the impact it might have on our campus

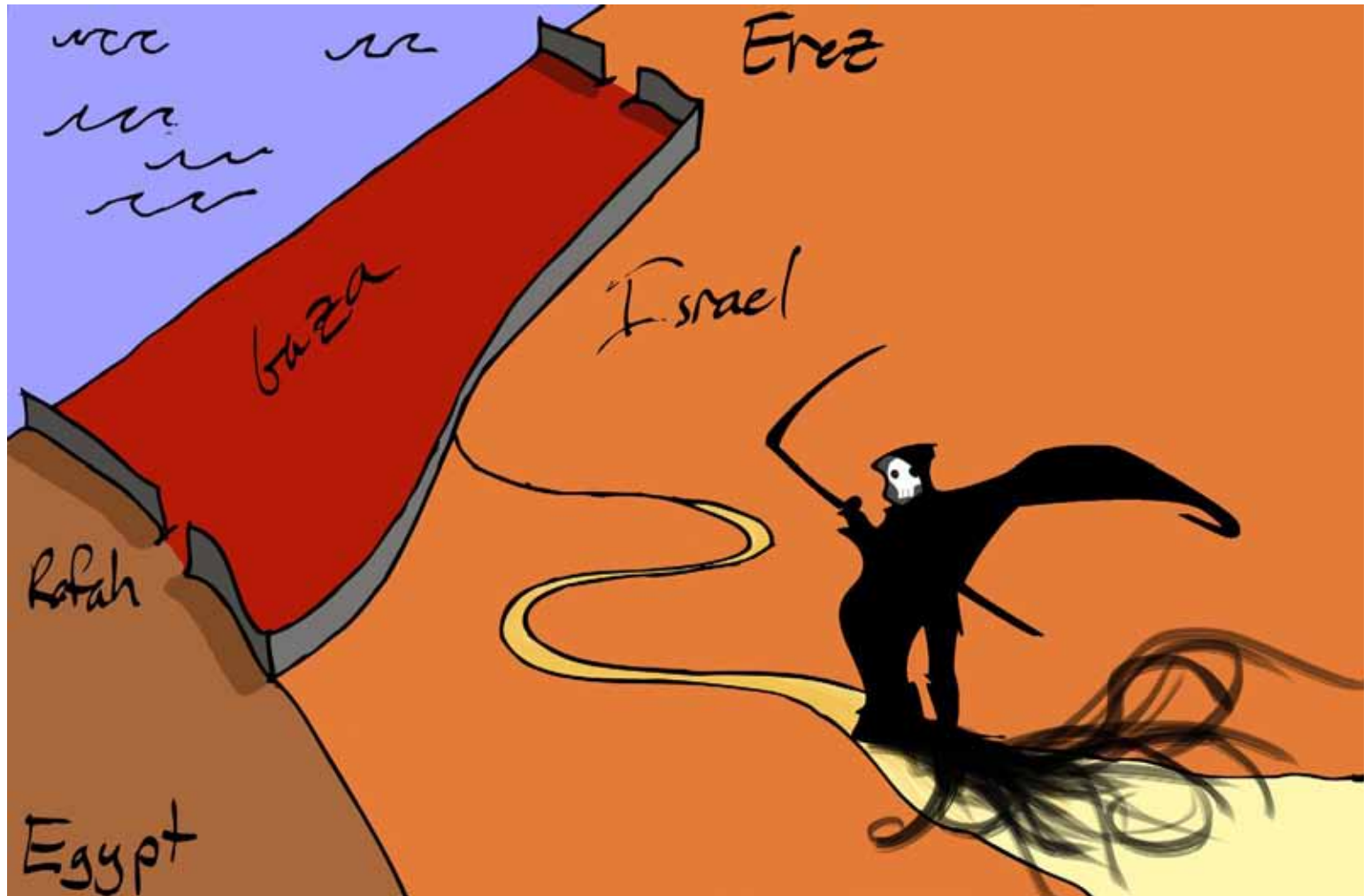
Daniel LeRoy | Fulcrum Staff

After the killing of a Gazan government official, Hamas, the political authority in the Gaza Strip, intensified random rocket fire into Israel. In response, Israel mobilized 75,000 troops on Nov. 16 to prepare for what may come. Almost 100 civilians have already been killed in Gaza, as Israel tries to target the military and political infrastructure under Hamas. Three Israeli citizens were killed by the rocket fire from Gaza, and this has triggered a bout of fighting between the two groups.

While the Gaza-Israel conflict has been reported on constantly over the past week, it leaves many Canadians wondering what it means for us. Why should we be concerned about a conflict so far away from our country?

Over the past few years, both Canadian and American universities have seen an increase in on-campus hostility between pro-Palestinian students and pro-Israeli students. The protests and riots that occurred at Concordia University in 2002 are a major example of the tension that lies under the surface at some universities.

Benjamin Netanyahu, then a high-ranking official in the Israeli government and now the Prime Minister of Israel, was set to come and speak at the Concordia campus. Students who were frustrated at the current plight of the Palestinian people in the Middle East set up protests in an attempt to cancel the event, and when it wasn't cancelled, they directly harassed students as they tried to enter the venue where the talk was scheduled to take place. The pro-



Understanding what the Middle Eastern conflict means for us

illustration by Mathias MacPhee

Palestinian group's actions became violent; group members physically blocked the entrance to the venue, and many windows were smashed.

In his speech, Netanyahu suggested that the inability of one group to listen to the ideas of another was a small sample of the attitudes that had created the untenable situation under which Israelis and Palestinians live every day in the Middle East. The "unforgiving fanaticism," as Netanyahu labelled the actions of the protesters, was a microcosm of the hate for a "free-market of

ideas," which he suggested was the first ingredient in any peaceful society.

The tension between these two student groups shaped the environment during the Concordia campus for the fall of 2002. On the University of Ottawa campus, we have

both a Jewish student group (Hillel) and a Solidarity for Palestinian Human

Rights (SPHR) student group. If the violence intensifies in Gaza, it is possible that tensions may flare amongst those who have particularly strong ethnic, cultural, and religious ties to the region and its people. The Concordia incident sent a clear message to all Canadian universities: we must be more tolerant and educate

our student community so that no such thing occurs again. Imagine if the Hillel and SPHR were to jointly hold an educational event to inform the student population and vent their frustrations on the devastation happening right now to both Israelis and Palestinians. Education and harmony among our generation of students, no matter what their ethnic or political background, could take Canadians one step closer to creating a peaceful and prosperous future for all."

our student community so that no such thing occurs again. Imagine if the Hillel and SPHR were to jointly hold an educational event to inform the student population and vent their frustrations on the devastation happening right now to both Israelis and Palestinians. Education and harmony among our generation of students, no matter what their ethnic or political background, could take Canadians one step closer to creating a peaceful and prosperous future for all. At the end of the day, isn't that what everybody wants? f

Just a job—not a career

Should students care about part-time work?

Jane Lytvynenko | Fulcrum Staff

The moment chicken started flying at my face and creamy coleslaw was dumped down my shirt, I realized I'm probably not taking my job seriously. Sure, the responsible thing to do would have been to wipe the gravy off my glasses and clean the kitchen, but trying to stick my coworker's nose

in coconut cream pie was so much more enjoyable.

When I worked a job with no opportunities, I made the opportunities myself. You know, the opportunity to nap in the back room, try the new dish for free, or call in sick when the latest Call of Duty was released. Chicken will serve itself, I thought, but I'm missing out on some valuable "Jane" time.

It's no secret that I did not see my part-time job at Swiss Chalet as a real responsibility. At minimum wage and with minimum opportunities for growth, who would? Selling chicken was not my goal in life; it was a cash cow enabling me to grab a beer with friends and afford bus fare on the way back.

The way I see it, there will be plenty of time to put blood, sweat, and tears into a 9–5 while trying to break the glass ceiling before it breaks your skull. When the door hits us on the way out of university and we plummet face-first into the real world, we're going to have to deal with stuffy bosses and making a name for ourselves. But serving coffee, sandwiches, or whatever it may be should not come with stress and anxiety.

Our time in university is supposed to be fun. It is one last chance to deform our liver and take thousands of pictures we'll post to Facebook, only to take them down later because Mr. Thousand-dollar-suit doesn't want to hire someone who has been crowned the beer pong champ of 2012. And because our employers are not going to make our time serving sandwiches fun, it's up to us.

Of course, you should always take precautions. Befriend the manager at your workplace to make sure you don't get fired—later on in life, he or she could give you a great reference.

Be nice to your coworkers. And just because it's not a real job, that doesn't mean you can constantly be late, out of uniform, or slacking off. Minimum wage requires a minimum effort, but an effort nonetheless.

So when you go to your next shift, instead of freaking out over productivity, work at your own pace. If a customer decides to put the weight of the world on your shoulders, ask them if they want fries with that attitude. And if your boss is not looking, start a food fight. Sometimes life is better with chicken all over your face and coleslaw down your shirt. f

Preaching to the choir

Why “Gay Men Will Marry Your Girlfriends” falls flat

Darren Sharp | Fulcrum Staff

A College Humour video called “Gay Men Will Marry Your Girlfriends” has gone viral over the past week. It features a group of attractive, rich gay men listing all the reasons they’d be better husbands to the women of the world than would their straight counterparts. These reasons include that gay men are in amazing shape, they’re wizards in the kitchen, and they not only would love to attend, but also already star in, your girlfriend’s favourite Broadway show.

Not to be a fun sponge, but why is the LGBT community using stereotypes to fight stereotypes?

There’s a lot to be said for using humour as a civil rights tool. Shows like *The Colbert Report* have been using comedy and satire to poke holes in anti-gay arguments for years. People who wouldn’t normally know much about LGBT issues will see the College Humor video and perhaps get a few laughs out of it.

But who is this video really aimed at? Anyone watching who believes the stereotypes perpetuated about gay men will see them perpetuated again here and be none the wiser. Anyone who knows that these stereotypes are ridiculous will get



photo illustration by Mico Mazza

a kick out of the clip—but those people already believe in marriage equality. College Humor is preaching to the choir.

I had the same issue with the FCKH8 campaign. FCKH8 is a group that started as a response to Proposition 8, the California bill passed in 2008 that stripped LGBT couples of their recently gained marriage rights. The FCKH8 campaign has been advertised through YouTube videos that show LGBT people and their allies swear-

ing loudly and obnoxiously at the camera. Kids and grandparents alike have been filmed dropping F-bombs galore about why gay marriage should be legal and why its opponents are in the wrong.

Pro-LGBT viewers of the FCKH8 videos found them hilarious and effective, while anti-LGBT viewers simply found them offensive. So what cause was FCKH8 truly forwarding if the only people they had a positive effect

on were the ones who supported the cause already?

“Gay Men Will Marry Your Girlfriends” falls into the same traps. It doesn’t add anything new to the conversation. Instead of coming up with a unique and clever point of view, the video falls back on tired tropes about gay men teaching urban tango and baking an amazing quiche.

For all I know, this video was not in-

tended to be used in the fight for civil rights, which is fine; comedy is allowed to be hilarious for hilarity’s sake. However, if the goal is to make a case for gay marriage, then it falls flat. Using stereotypes to influence people on a social issue only works if the people you’re trying to convince are in on the joke. Unfortunately, with “Gay Men Will Marry Your Girlfriends,” I fear that anti-gay people are laughing at, not with, gay men. f

Understanding mental health

The difference between mental illness and health

Maya McDonald | Fulcrum Contributor

YOU CAN’T PUT a Band-Aid on your brain. But just like any bone, muscle, or organ in your body, it needs to be kept healthy. Mental health is as central an aspect of overall wellness, as is your blood pressure or the condition of your heart and lungs. Schools, medical organizations, and various media all report on the significance of mental health, but many people are left wondering what exactly is so important about it.

Mental health is often misinterpreted in the media, whether it’s on screen or in a paper or magazine. What is actually being portrayed in many of these media outlets is mental illness. Failure to interact in social settings, unwillingness to perform daily tasks, and attempts of self-harm or suicide are all characteristics of mental illness, not mental health.

The Canadian Mental Health Association (CMHA), a not-for-profit organization that seeks to identify, define, and categorize mental health, details

mental health and its importance. The website includes information on how an individual, based on age, tends to respond to difficulties in learning, personal or family crises, various types of stress, and feelings of sadness, grief, or anger. The CMHA seeks to eliminate the stigma surrounding mental health and make the focus towards it more positive.

So how do we cultivate mental health? The CMHA identifies mental health as “striking a balance in all aspects of your life: social, physical, spiritual, economic and mental.” As university students, achieving this balance can seem to get more difficult every day. In order to effectively maintain this balance, you should aim to have an active social life, eat the right foods, get enough sleep, manage your finances, and maintain a positive attitude. All this can be a difficult task—trust me, I know. Between being a full-time student and competitive athlete, volunteering, and working part-time, I sometimes feel as if there is no room to create this balance—and I’m sure

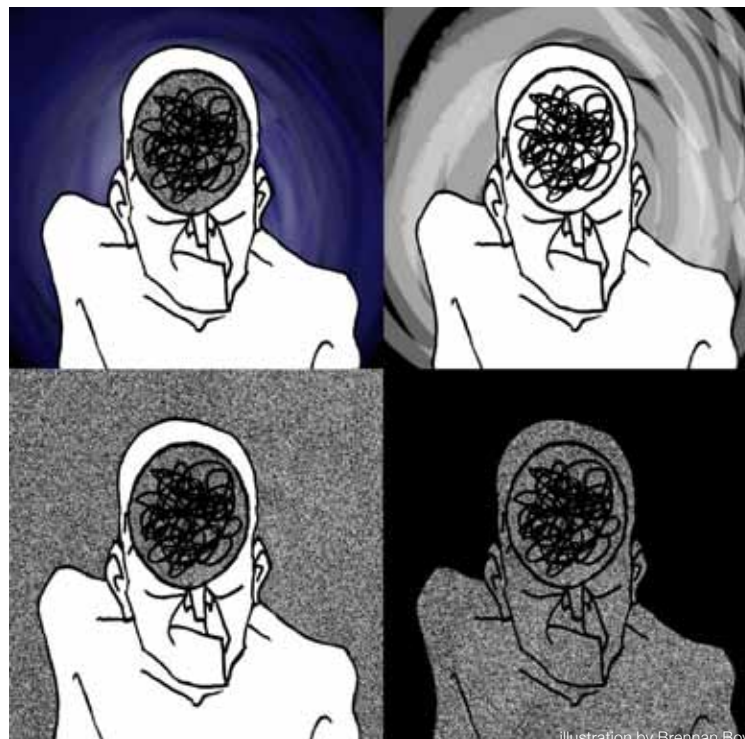


illustration by Brennan Boya

I’m not the only one. So why don’t more people inquire about how to make this change?

The answer is simple. If something seems to be working alright, people tend to leave well enough alone; and if there is a problem, it can be difficult to seek help, especially in an area shrouded by stereotypes like mental health. Statistics Canada compiled a series of facts and figures about mental illnesses, and they projected “that 10 to 20 per cent of Canadian youth are affected by a mental illness or disorder.” While this number may seem high, very few people who are suffering from the disease actually come forward or identify as having a mental illness.

The fact is, you don’t need to have a mental illness to start seeking methods of improving your mental health. It’s the same way you would eat the proper foods to stay healthy, organize your home and work space to stay focused, or go to the gym to stay in shape—you shouldn’t wait until something becomes chaotic to fix it. You only get one brain, so take good care of it. f



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A moment of memory

Father Roger Guindon

President of the University of Ottawa from 1964-1984

Passed away on November 17, 2012, at the age of 92

On Sept. 7th, 1965, the *Fulcrum* ran a piece called "The Enduring Character of the University of Ottawa", in which Guindon described the following as one of the university's "most cherished goals":

"The University of Ottawa is unique in Canada as a bilingual institution. As such it has contributed much to national unity, producing graduates with an understanding of and affection for both the French and English cultures, and able to serve the community all the more ably because of that."

May he rest in peace.

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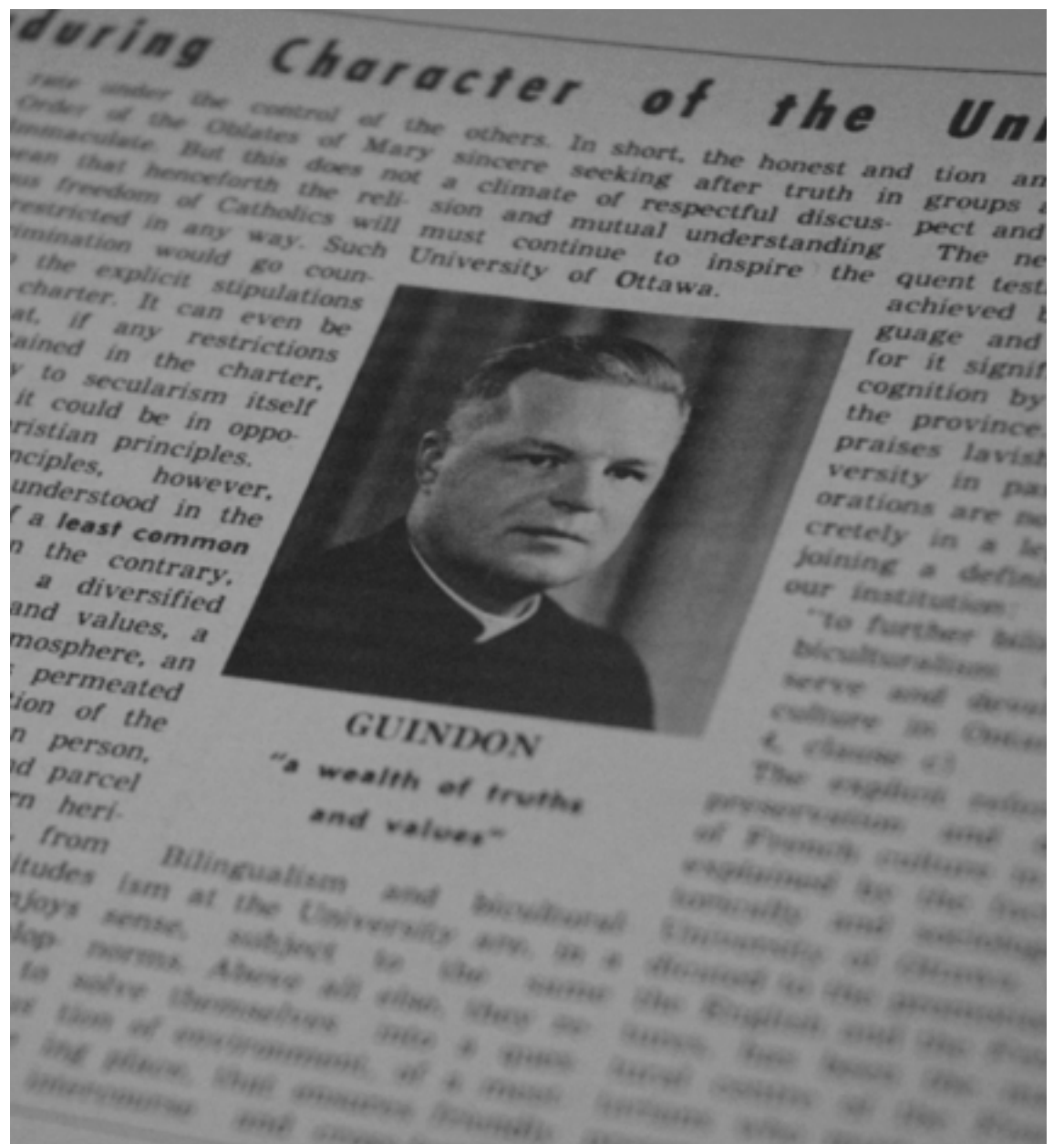


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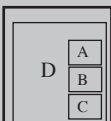
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Virtually useless?

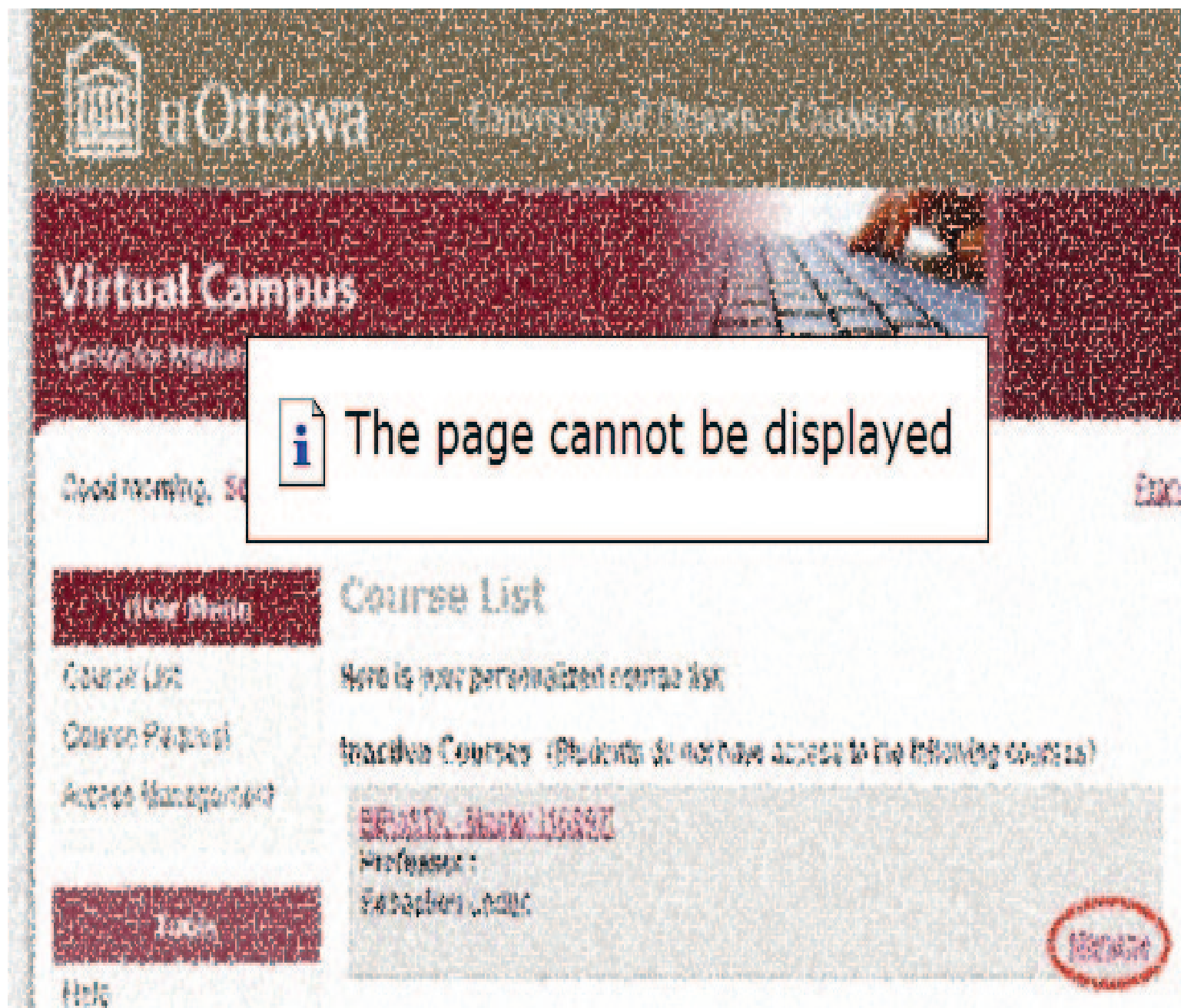


illustration by Mathias MacPhee

FOR MOST OF us, it all began quite simply. A few quiet “oohs” and “aahs” as the teacher stood beside a grey box and proceeded to explain its many functions. We watched as the screen came to life and the eyes of our then-young class laid themselves on their first computer. They were big and bulky machines then, but we were assured that they would one day greatly complement our educational experience.

Cue to today, and we're stuck in a lecture hall, inwardly groaning as the professor fumbles with cords, switches, and buttons in a futile attempt to make something appear, turn on, or start working. This scene ends when a student takes pity on the poor professor, offering to plug in the right cord or download the proper file so that class can finally begin—20 minutes later than it should have.

The reality of attending university in the Information Age is that there is often a major discrepancy between the technological capabilities of our professors—brilliant men and women all of them, but technology mavens, not so much—and us. Certainly there are professors who could use software while simultaneously frying eggs and grad-

ing our papers, but there are more who would rather navigate Dante's *Inferno* than Virtual Campus, the course management system used by the University of Ottawa. As a result, the number of students with “professors attempting to incorporate technology into the classroom” horror stories grows steadily.

In fact, some professors have reached their boiling point and bailed out on Virtual Campus in favour of popular, user-friendly social networking platforms like Tumblr, Facebook, and Blogger. On these sites, the user interfaces have been designed intuitively and with a standard set of features you would find across most similar networks. Here, virtual interactions between professors and students are at their simplest.

If so many of our professors are jumping ship and climbing aboard Facebook and Tumblr, perhaps the university administration should consider switching to a more user-friendly course management system, or, at the very least, begin offering Virtual Campus training sessions to confused professors. From a student's perspective, Virtual Campus isn't so bad—save for the occasional blackout, which conve-

niently seems to happen at the moment we try to log in to check a long-awaited grade—the program itself has all the features anyone would expect to find in a virtual classroom environment. However, easy to navigate or not, Virtual Campus is no good to us if our professors cannot—or will not—use it. If there's something better out there, let's find it and implement it now.

Regardless of which online platform a professor chooses to use, the key here is consistency. As a student body that grew up in the soft glow of a computer screen, we adapt easily to new technologies, but having to jump between Tumblr and Virtual Campus to find course material for one class results in nothing but headaches. Think of the digital student's workflow as a Rube Goldberg machine. The student has taken the time to carefully place each and every piece to ensure a smooth outcome, and when these incompatible platforms are forced together, it feels like someone's misplaced one of our dominoes. To clarify, this isn't a case of student laziness, or an apathetic approach to our schoolwork. This is simply the way the rest of the world works. We don't care if you use acetates or a

digital classroom—we simply ask you to commit to one.

Should “tech savvy” be a requisite trait for every professor at the U of O? Absolutely not. There are countless classes where programs like Virtual Campus would serve no purpose save to slow down a student's learning. As the saying goes, if it ain't broke, don't fix it, and there's nothing wrong with an English or history professor distributing a paper copy of the syllabus at the beginning of the semester and expecting students to take notes sans the aid of a PowerPoint presentation.

Unfortunately—or fortunately, depending on the capabilities of the professor—for every class where the old-fashioned way just works, there are 10 that require the use of technology. It's time for our university to reevaluate Virtual Campus, offer some training to professors, and settle on one universal guideline for incorporating technology into the classroom.

—Kristyn Filip, Kyle Hansford, Julia Fabian, Adam Feibel, Maclaine Chadwick, Ali Schwabe, Sofia Hashi, and Darren Sharp

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