



Building an ARC

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Private or
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LETTERS

EDITOR-IN-CHIEF Kristyn Filip | editor@thefulcrum.ca | (613) 562-5261

Thrown under the bus

Re: "Beautiful Girlfriend, Ugly Past" (Dear Di, Sept. 27)

Though I understand the trouble in trying to answer a difficult question, I thought Di's answer to ["Beautiful Girlfriend, Ugly Past"] was quite insensitive, as he had a valid, relatable question that I would've had and got thrown under the bus. The fact that he was considered stupid for falling in love and then having sex, despite reservations, is an unfair point to make. I just think the wrong approach was taken—a lazy approach. An answer that was less standoffish and more sensitive toward the asker posing a possibly serious personal and controversial question would have been more valuable to me as a reader. Instead he was treated like a stereotypical douchebag.

Will Hume
First-year communications student

The guilt of sensitive religion

Re: "Innocence of Islam" (Opinions, Sept. 27)

The crude video *Innocence of Muslims* was an astonishing waste of \$5 million of foolish investments, to be surpassed by the tragic waste of human lives in the recent attacks on embassies within multi-

ple Muslim-majority countries. Yet some among us proceed with yet more waste, that of spending energy in unnecessary sensitivity to defamation of Islam, which Sofia Hashi's perspective may encourage.

It is surely ironic that in her eagerness to condemn those who hastily generalize about Muslims, Hashi herself makes sweeping generalizations regarding "columnists, journalists, religious leaders, and the average online commentator", without naming any influential figures as examples. As such, it is difficult to ascertain whether or not their arguments are portrayed accurately. In any case, prejudiced people who view all Muslims as criminals are one issue. People who condemn the general censorious mentality under which the criminal attackers came to be are another issue. For example, the global Organization of Islamic Cooperation, representative of 56 Muslim-majority states, is currently renewing its decade-long effort to pass a global anti-blasphemy law at the United Nations. Are people who condemn mainstream Muslims as tacitly supportive of such intolerant leadership also being prejudiced, or merely raising a legitimate red flag?

But the disturbing part of Hashi's commentary is where she asserts, "What's happening here is a massacre of Islam through words. Condemning a religion and those who practice it is just

as ignorant as those who hold violent and brutal demonstrations over a stupid video made by a stupid individual." No opinion could be more unsustainable than one condemning mockery as equivalent to killing while also defending freedom of peaceful protest, when mockery is a kind of protest. It is precisely because some Muslims believe defamation of Muhammad to be a "crime" that they are able to perceive violent censorship as a supposedly proportionate response to amateur filming. Hashi appropriately emphasizes the infinite value of free expression, but the people who believe that defamation of Islam is tantamount to torture are the ones who need that lesson most of all.

For the record, Anders Brevik was convicted as a terrorist. And in this case, the anti-immigrant mass-murderer was evidently a product of extreme nationalism. Few would be reluctant to criticize nationalism itself or be sensitive to debate about its alleged harm in cases such as this. Perhaps any other ideology, or dare we say any religion, ought be subject to such similar scrutiny. Otherwise, we face the waste in society from the persistence of sensitive but bad ideas.

Stefan Klietsch
U of O Atheist Community, public relations officer

Got something to say?

Send your letters to editor@thefulcrum.ca

Letters deadline: Sunday at 1 p.m. Letters must be under 500 words unless discussed with the Editor-in-Chief.

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They're building an ARC

illustration courtesy of the University of Ottawa

No, not Noah's—U of O to build Advanced Research Complex

Tyler Shendruk | Fulcrum Contributor

On Sept. 26, the University of Ottawa broke ground on a five-storey building that will house the new laboratories of three of its most prominent researchers. Called the Advanced Research Complex (ARC), the building will be located on the east side of King Edward Avenue, across from the Minto Sports Complex. The ARC, scheduled to be completed in the summer of 2014 at the earliest, will provide multi-million-dollar laboratory space to the university's vibrant photonics community.

According to Mona Nemer, vice-president, of research at the U of O, the new building will make the university a leader in the field of photonics.

"ARC says something about where the university currently is and where it is going," said Nemer.

The philosophy behind ARC is to bring researchers working in the fields of photonics and geosciences together into one space, regardless of their department or faculty. According to Thomas Brabec, chair of the de-

partment of physics, the complex will bring several faculties together.

"The final plan would be to move engineering and physics photonics together," said Brabec. "The drawback is that the physics department is going to be split in half ... but it might not be so bad."

Paul Corkum, one of the three lead scientists responsible for ARC, agrees that organizing scientists by research interest rather than the traditional department won't be an obstacle.

"As you build the photonics, you really want to bring people together," said Corkum. "You want the engineers to know the scientists and the students to talk to each other. That's how science works. So right from early on we wanted to bring people together."

"You want the engineers to know the scientists and the students to talk to each other. That's how science works. So right from early on we wanted to bring people together."

—Paul Corkum
Canada Research Chair in attosecond photonics

Corkum, who currently studies ultrafast laser pulses in his laboratory at the Steacie Institute for Molecular Sciences at the National Research Council of Canada on Sussex Drive, will move to the ground floor of ARC in order to join fellow physicist Robert Boyd and geologist Ian Clark in the state-of-the-art facilities on campus.

Boyd, a world-renowned physicist who

studies quantum nonlinear optics, joined the department of physics as the Canadian Excellence Research Chair (CERC) in 2010. The CERC position comes with \$10 million in research funds, which Boyd will use to study how the velocity of light pulses travelling through material systems can be modified and controlled.

While Boyd recently moved to the U of O, Clark has been in the department of earth sciences for 30 years. His new laboratory in ARC will house a novel accelerator mass spectrometer that will rocket ions to nearly 10 per cent of the speed of light with very little sample contamination. This will allow Clark to detect the presence of trace radioisotopes at much lower concentrations than traditional mass spectrometers do.

"[The] instrument is actually built and ready to be delivered," said Clark. "So it will be put into storage temporarily in Holland where it was built."

Although the ARC building won't be completed until 2014, Clark's mass spectrometer will be installed early, in the fall of 2013.

"I tell you without a hint of exaggeration or hubris, our group is the best in the world for developing these new sources and technologies," Clark said. "It is essential—and the university has been behind us on this—that we stay on top of our game."

In many ways, Boyd, Clark, and Corkum will form the core of the research endeavors at ARC and are responsible for its creation.

In 2009, Corkum and Clark independently applied for large research grants, and the university submitted both applications to the Canadian Foundation for Innovation (CFI). Both applications were successful; CFI's public records report

infrastructure contributions of \$4.7 million to Corkum's project and \$8.4 million to Clark's.

"I tell you without a hint of exaggeration or hubris, our group is the best in the world for developing these new sources and technologies."
—Ian Clark
geologist
department of earth sciences, U of O

"It wasn't a joint project; there were independent applications," explained Clark. "The two of them together were sufficient research mass to justify a new research building and that's what [the university administration] was looking for." The university pooled the funds to construct a single complex rather than two separate buildings or renovation projects for photonics and geology.

Corkum and Clark's two CFI grants alone pay for 40 per cent of the construction costs of ARC. The Ontario government, recognizing the opportunity to have a world-class research facility in the province, agreed to match the CFI moneys, bringing the total to \$25 million. Boyd contributed a further \$1.5 million, and the university administration is covering the remainder of the construction costs (although according to the administration it has currently requested a further \$2–3 million from CFI). A host of private partners have contributed to the scientific equipment that will populate the research centre.

Because of the sensitive nature of the

optical and electron microscopy experiments to be performed in ARC, significant care was taken to design a building that would be stabilized against even the smallest vibrations from the outside world. In standard structures, wind, passing trucks, or even students running to class can cause tiny vibrations to reverberate through the building and misalign laser experiments.

"The ground floor is mechanically extremely stable," said Corkum. "There was a big effort to maintain the stability of the laboratory. The basement floor will be isolated from the building, so if the building shakes, it's okay; the floor doesn't shake. And it will be locked to a seismic plate and subsequently tethered to the base of the rock."

Corkum's laser system will be attempting to image flash frozen cells 50 nanometers (nm) at a time using highly focused laser beams to desorb molecules and reveal what each 50-nm area is composed of, which is the primary reason why ARC is located on the east side of King Edward Avenue.

"All signs pointed to the other side of King Edward," said Clark. "It hit on all criteria: vibration, the space needed, and it was a 'green field'—there were no encumbering things on site."

One thing the U of O cannot afford to do is waste space; however, the core researchers need only two floors. Photonics researchers will be on the third floor and the fourth floor will be space for geoscientists. The three lowest floors of the complex will be completed by 2014, but the top two floors will be "shelved," left empty as an investment in space for the university in the future.

We heart you

U of O Heart Institute ranked number

one in acute care

Jesse Mellott | Fulcrum Staff

In a recent survey by the National Research Council Picker, the University of Ottawa's Heart Institute was ranked number one in acute care in Ontario. The ranking, based on patient surveys, gave top spot to the U of O institution, which was founded in 1969 and forms a wing of the Ottawa Hospital's Civic Campus. Professor Adolfo de Bold teaches pathology and laboratory medicine at the U of O, and is director of the cardiovascular endocrinology laboratory at the Heart Institute.

"The patients come in knowing that they have a world-class institution," said de Bold. "It helps us talk about the overall excellence in the place. As such it helps us with recruitment of top notch [doctors], both in the clinic and basic research environment. It's a multiple benefit that you derive from something."

The Heart Institute combines cardiologists, surgeons, and researchers in one place. It was developed by the now-retired Dr. Wilbert Keon, who decided to put all of these levels of expertise under one roof. Dr. Michele de Margerie, director of the francophone arm of the cardiac rehabilitation program at the Heart Institute and professor of family medicine at the U of O, said the hospital is able to do tests that other hospitals in the region cannot.

"The Heart Institute is the only one [hospital] that does certain tests, such as the angiogram; we are the only ones that have those labs," said de Margerie. "We are the only ones that have electrophysiology labs for electro-cardiac problems, where we can study and treat them. We are also the only heart surgery centre."

The institute's best asset, according to Vice President of Clinical Services Heather Sherrard, is that it assists pa-

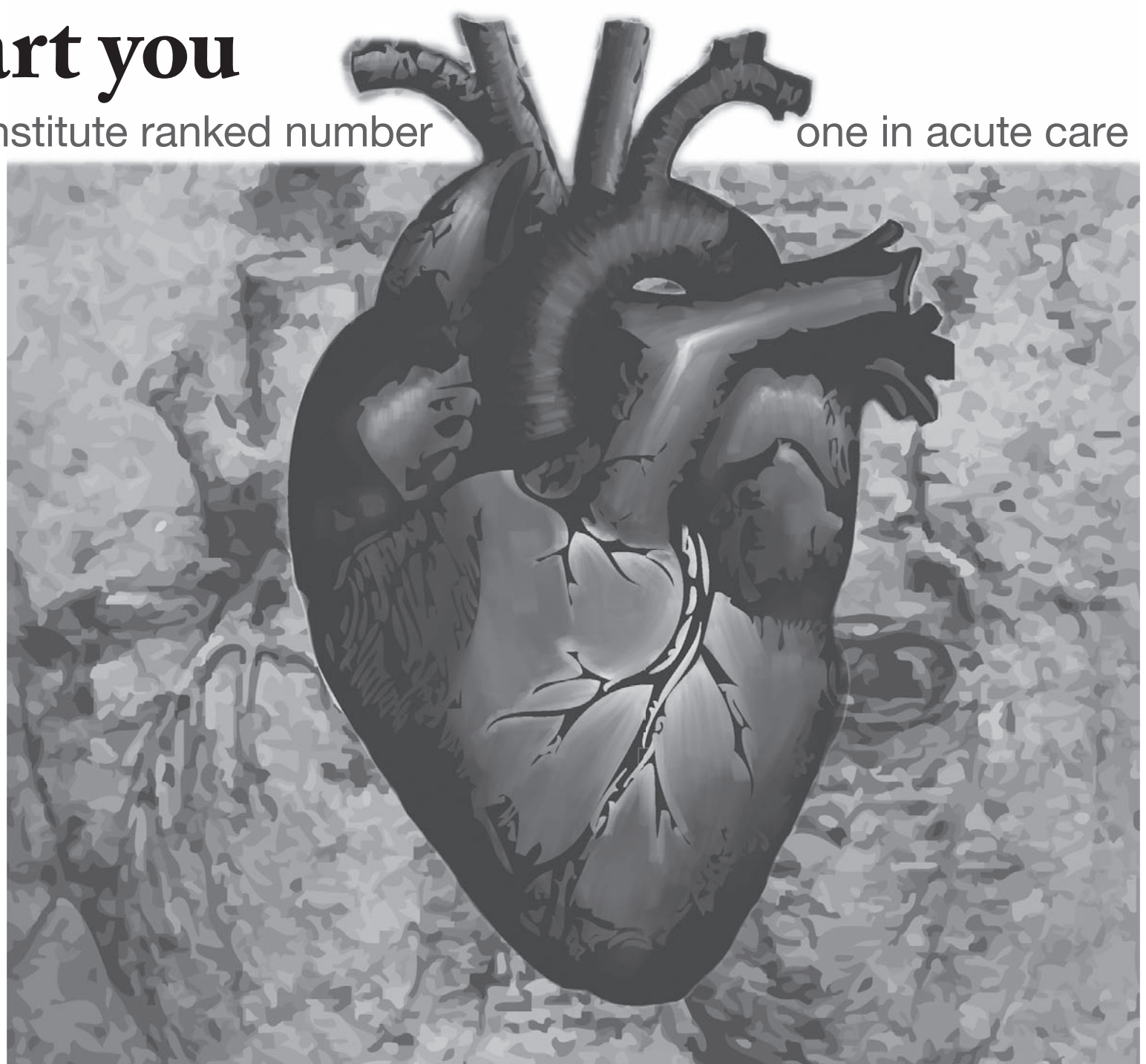


illustration by Mathias MacPhee

tients throughout their treatment.

"We do everything from prevention of heart disease, right up to diagnosing, treating, operating, and rehabilitating," said Sherrard. "We have the full spectrum of heart disease, right from risk factor identification ... to rehabilitation right after you have had heart surgery."

The Heart Institute, de Margerie said, provides medical students at the U of O with particular benefits that other facilities may not.

"I think it's wonderful for the medical

students to see the whole gamut of tests and interventions that can be done on a heart in one place," said de Margerie. "Here, if you are a student, you can take part from the very beginning of the cardiac issue to the cardiac rehab."

"It's a very supportive kind of environment," Sherrard explained. "I think for trainees and students, having the research building connected right to the hospital is very helpful. So when we do rounds, we alter them between clinical rounds and research."

"We do everything from prevention of heart disease, right up to diagnosing, treating, operating, and rehabilitating."

—Heather Sherrard
vp of clinical services, U of O

Acute care, or short-term treatment, is not the institute's only area of expertise. "I think that acute care delivery is just

one area where the institute is known to excel," said de Bold. "We have [excelled] in just about every aspect of the institute. We have [additional] activities that have been recognized. It's all due to the people and the generation of a culture of excellence. If people see excellence in one area, be it in acute care or wherever, then they tend to strive to be the best they can."

This past spring, the Heart Institute was also named in the top 2% of all research hospitals in the world.



the current minister of foreign affairs. The New Democratic Party will look to have a strong turnout, but whether or not their support drops off now that the Conservatives, Liberals, and NDP all will have permanent leaders remains to be seen.

Trudeau's name, youth, and exuberance give him an advantage that neither Harper nor NDP leader Thomas Mulcair can claim. The key in the next election will be the youth vote, and if Trudeau manages to draw us in, he will stand as our next prime minister.

Turning Point

Prime Minister Trudeau 2.0

Andrew Ikeman | News Editor

JUSTIN TRUDEAU WILL be the next Liberal to hold the office of Prime Minister of Canada. Think this is jumping the gun? It's not. Trudeau currently has a 70 per cent favourability rating among Liberals, according to a poll conducted after his candidacy was announced. His closest competitor is fellow Member of Parliament Marc Garneau, who is sitting at 51 per cent. Trudeau has a 40 per cent favor-

ability rating among the general population of Quebec, and a 23 per cent ranking among those who voted Conservative in the last federal election.

Trudeau will be anointed the Liberal Party of Canada's next leader. He's young, he's intelligent, and he looks good in front of a camera. He is the perfect candidate for a party trying to change its direction. The fact that he is the son of one of Canada's most beloved prime ministers only helps his case. It may not be the driving force behind his election,

but it can't hurt.

In a poll released this past week by Angus-Reid, Pierre Elliott Trudeau was ranked Canada's greatest prime minister since 1968—tallying 36 per cent of Canadians questioned. His closest competitor was Stephen Harper, with just 16 per cent, followed by Jean Chrétien at 11 per cent. Ironically, Harper also garnered 26 per cent of Canadians' votes for worst prime minister over the same time span. In another poll, released by Abacus Data, Harper received a 50 per cent

disapproval rating.

I am not saying that Trudeau will win the next election, but when you look at the likely opponents, you can't help but like his chances; he presents a threat to parties on both sides of the aisle. By the time the next election comes around in 2015, Stephen Harper will be in his ninth year in office, and public support may have lagged. If he chooses to resign, who would become the new leader of the Conservative Party? It is slim pickings for the post. The best shot possibly goes to John Baird,

The Debriefing

NDP's Mulcair in support of west-to-east oil pipeline

OTTAWA—NEW DEMOCRATIC PARTY (NDP) leader Thomas Mulcair voiced his support for a west-to-east oil pipeline that would send Albertan oil to eastern Canada. The pipeline would allow producers in western Canada to receive higher prices for their crude oil and refiners in eastern Canada to purchase North American product, as opposed to the imported supplies they are now receiving.

The NDP has traditionally opposed plans for the Northern Gateway pipeline, as well as other pipeline proposals. As opposition to the Northern Gateway pipeline grows the federal Conservatives, Liberals, and New Democrats alike are expressing their support for a pipeline to the east coast.

With oil sands production set to double in the next 10 years, Natural Resources Minister Joe Oliver says one pipeline will be insufficient in meeting market needs.
—Spencer Van Dyk

University of Alberta psychiatry chair resigns amid sexual misconduct allegations

EDMONTON (CUP) —THE INCOMING CHAIR of the University of Alberta's department of psychiatry has resigned, effective immediately, following allegations of sexual misconduct with a patient.

Dr. D. Douglas Miller, dean of the faculty of medicine and dentistry, announced Dr. Claudio Soares' resignation early Monday in a department-wide email to faculty and staff.

Soares was to assume the role of chair Sept. 1, but was placed on leave once the university was made aware that the College of Physicians and Surgeons of Ontario (CPSO) had issued Soares a notice of hearing in mid-July stating he was under investigation for acts of "professional misconduct."

CPSO also issued Soares a practice restriction Aug. 7 on his certificate of registration.

The restriction states that Soares is not to engage in "any professional encounters with female patients of any age, in any jurisdiction, unless the patient encounter takes place in the presence of a female regulated health professional approved by the College."

None of the claims have been proven at this time and a hearing date is still pending.

Dr. Glen Baker, director of the U of A's neurochemical research unit, will serve as the department of psychiatry's interim chair. He previously served as department chair from 2000 to 2005.

The faculty has declined requests for an interview, citing confidentiality for all personnel matters.

—Alex Migdal, *the Gateway*

University of Saskatchewan students protest deportation of University of Regina students

SASKATOON (CUP) — A GROUP OF University of Saskatchewan students have joined in opposing the deportation of Victoria Ordu and Ihuoma Amadi, two Nigerian students attending the University of Regina.

U of S graduate Stephen Davis, who met Ordu and Amadi while living in the same U of R residence as the women in 2011, created the Facebook group "Students in Solidarity With Victoria and Ihuoma" to raise awareness of their situation and gather support.

The group has created a petition that asks Vic Toews, the Canadian minister of public safety, and Jason Kenney, the minister of citizenship, immigration and multiculturalism, to show compassion for Ordu and Amadi by allowing them to finish their studies at the U of R. The petition states that the consequence of deportation is too severe since the students did not intentionally break Canadian laws and immediately attempted to resolve the issue.

The affair began in 2011 when Ordu realized that the social insurance number given to her only allowed her to be employed on the U of R campus. Ordu had been hired to work at a Regina Walmart but after a few weeks of employment she learned from a fellow international student that her SIN number did not permit her to work off campus. Ordu quit immediately and within weeks the Canadian Border Services Agency (CBSA) arrested her.

Amadi, who began working at the Walmart shortly after Ordu, only became aware of the situation when she was arrested at the store by two CBSA agents.

A departure order was issued to the Nigerian students in November 2011, giving them 30 days to leave the country. Desperate to remain in Canada to finish their degrees, the women have been seeking sanctuary in a church in Regina since June 19 when they each received a deportation order.

"Students in Solidarity With Victoria and Ihuoma" held their first meeting Sept. 17 where a petition draft was finalized and the group organized its distribution.

—Anna-Lilja Dawson, *The Sheaf*

Future of education



photo by Justin Labelle

Attendance low at SFUO town hall meeting

Jesse Mellot | Fulcrum Staff

ON SEPT. 27, the Student Federation of the University of Ottawa (SFUO) held a town hall meeting at the university centre agora. The purpose of the meeting was to discuss a recent document released by the Ontario Ministry of Training, Colleges, and Universities that proposed a number of changes to post-secondary education, including offering more courses online, shortening university degrees to three years, and standardizing curricula across the province.

The format of the discussion was question-and-answer style. One of the co-facilitators of the discussion, SFUO VP Communications Anne-Marie Roy, said it was important to inform students on these matters.

"A lot of the questions that we asked

address some of the changes that [the author of the document] wanted to propose to the sector," said Roy. "So I think that was very important to consult students and get their feedback. Essentially in a nutshell, what they are looking to do is to cut spending in post-secondary education, while still delivering post-secondary education to at least 70 per cent of the population."

Sarah Jayne King, former SFUO vp finance and current chairperson of the Canadian Federation of Students Ontario, was one of the panellists. She said she was concerned about aspects of the report, which was written by Glen Murray, minister of training, colleges, and universities.

"Murray proposed condensing a four-year undergrad into a three-year undergrad with three mandatory semesters

with a third of your courses online," said King. "I think that is going to have a negative impact on the quality of education."

Turnout for the event was low, with approximately 30 students attending. Brian Rowley, Board of Administration director for arts, said the low turnout is primarily due to students being unaware of the impact these events have on them.

"These things, people know about them, but they don't necessarily feel that it affects them," said Rowley. "But this is something pretty important, so in that respect there should have been more promotion for it."

The event was promoted by the SFUO via social media and classroom visits by SFUO executive members.

—With files from Keeton Wilcock

HOUSE SITTING

Aborting debate

Christopher Radojewski | Fulcrum Staff

OVER THE PAST week, a private member's bill has caused a great stir in the House of Commons. Private member's bill M-312 motioned to create a special committee to review when life begins as defined in the criminal code. Like a food fight in the cafeteria, all hell broke loose after the vote.

The topic of abortion is quite divisive in Canada. It is a debate that drives Canadians to polar opposite points of view, and for many, compromise is not an option.

No law against abortion has been valid since a challenge at the Supreme court of Canada in 1988; however, in the past few days, the move toward a debate on abortion has occurred, but it wasn't initiated by the government.

Prime Minister Stephen Harper promised he would not bring the debate to the House of Commons. Instead, the subject was private members' business, which is a format for individual Members of Parliament (MPs) to raise questions and matters that are usually on a constituency level. Stephen Woodworth, the Conservative MP for Kitchener Centre, initiated M-312.

The great thing about a private member's bill is that it allows MPs to speak up

and make a difference for their constituents. Otherwise, the political process doesn't allow much of a chance for backbench MPs to make an impact. Even the process of a private member's bill only allows MPs to create a motion or bill every couple of years or so, assuming they get elected more than one term.

Many opposition MPs believe M-312 was an underhanded move by the government to bring the issue of abortion to the table, despite Harper's promise. Niki Ashton, the New Democratic Party's critic for the status of women, rose each day this past week to express her disgust over the fact that this motion was even allowed to come forward. The government repeatedly told her this was a private bill, yet Ashton insisted discussion on this issue should be suppressed.

"This is not about an issue of conscience, it's an issue of rights ... human rights," said Ashton. "What Canadian parliamentarians should be thinking about is how we are here to protect rights that are already recognized in our country."

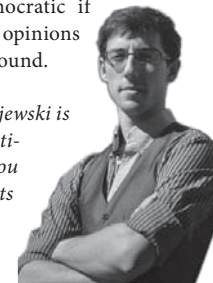
Ashton is mistaken—any issue should be able to come forward in a private member's bill, if it represents the views of the MP's constituency. Declaring what can and cannot be debated shoots demo-

cratic rights in the foot. MPs don't just defend law; it is also their job to create and critique laws to allow changes in society. M-312 may have questioned human rights, but questioning the process of M-312 challenges the right to expression.

Ashton is correct, though, when she says that this is not an issue of conscience. The role of an MP is to represent. This means that when they come to work, they become a window to the views of their constituents. There are bills where MPs are forced to vote a certain way, but when not whipped, the views of their riding take precedence over their own views.

Voltaire said "I may not agree with what you say, but I'll defend to the death your right to say it." Ashton may not like or agree with Woodworth's motion, but the Canadian parliamentary process wouldn't be democratic if not for opposing opinions voiced on even ground.

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





Dear Di...

Dear Di, I met my girlfriend's extended family for the first time at her grandmother's birthday party last week. After my girl introduced me to one of her cousins, she told me she had "a crazy story to tell me about him." When my lady was driving me home later that night, she told me she had sex with her cousin three years ago when they were both 19. She laughed when she told me the story and made it seem like it wasn't a big deal at all, but it actually made me feel a little sick. When my girlfriend saw my reaction, she got angry and told me I was being overly dramatic because "it's pretty normal to fool around with your cousins." I really don't think she's right and now I'm grossed out. What should I do?

—Keep it Out of the Family, Please

Dear KOFP,

Sure, it's pretty normal to fool around with your cousins... if you're a member of the Royal Family circa the reign of Queen Victoria. Is it normal for those of us living in 2012 without blue blood flowing through our veins? Not so much.

While I don't necessarily believe your cutie's cousinly confession should be a deal-breaker for you, I do think you have the right to be concerned and a little creeped out. In the western world, it's generally accepted that blood relatives as closely connected as cousins do not copulate, but there are exceptions to every

rule. You happen to be dating one such exception, and it's up to you to decide if that's something you can live with or not.

I think the obvious solution here is to talk to your girlfriend. From what you've told me, she seems pretty defensive about the situation, so bring it up gently. Let her know you're curious and a little uneasy about what happened and you'd like to discuss it with her. If you approach the conversation from a place of concern and not of accusation, your woman will likely be more willing to talk.

Assuming you're able to openly communicate with your girl, you'll then have to evaluate her responses and make a decision. In all honesty, I'm guessing there's a good chance whatever she says about the night in question won't do much to quell your qualms. Cousin-loving is a taboo many people wouldn't be able to overlook in a partner's past, so don't beat yourself up too much if this is the case. Remaining in a relationship with someone whose sexual history you can't come to terms with isn't fair to either party involved.

Although my suspicions tell me otherwise, I should mention there's a chance that what happened between your girl and her cousin was not consensual. If it turns out this is the case, you should encourage her to seek counselling, perhaps at the University of Ottawa's Counselling and Coaching Service (100 Marie-Curie St.).

Love,
Di

times on any given day and I'm really worried there's something wrong with me.

—Don't Stop Till You Get Enough

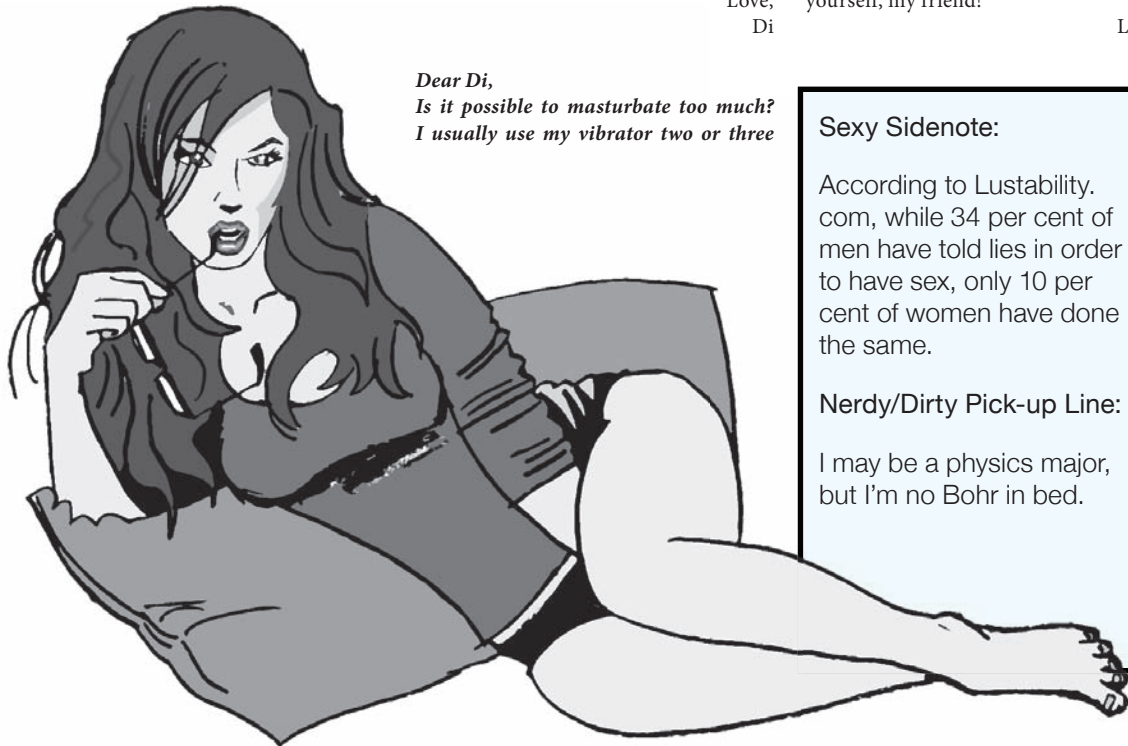
Dear DSTYGE,

Rest easy, dear reader. If your self-love sessions aren't negatively affecting your day-to-day life or relationships, I think it's safe to say you have nothing to be concerned about. Sure, some people would be shocked to learn you buzz the bean two or three times in a 24-hour period, but that doesn't mean there's anything wrong with you. It sounds to me like you have a particularly robust sexual appetite, which is nothing to be ashamed of.

However, if you find yourself skipping out on class or hangouts with friends in favour of fingering your fortress, you might want to consider cutting back. You should also be aware that excessive or overly vigorous masturbation can sometimes lead to physical trauma, so if you're getting down and dirty with yourself on a daily basis, make sure you're gentle on your genitals so not to cause injury.

If you're struggling to develop healthy masturbatory habits, consider making an appointment with a doctor or mental health professional. Otherwise, keep on keeping on—masturbation can help you relieve stress and become more familiar with your body and what turns it on. Most importantly, it's a damn good time. Go forth and fuck yourself, my friend!

Love,
Di



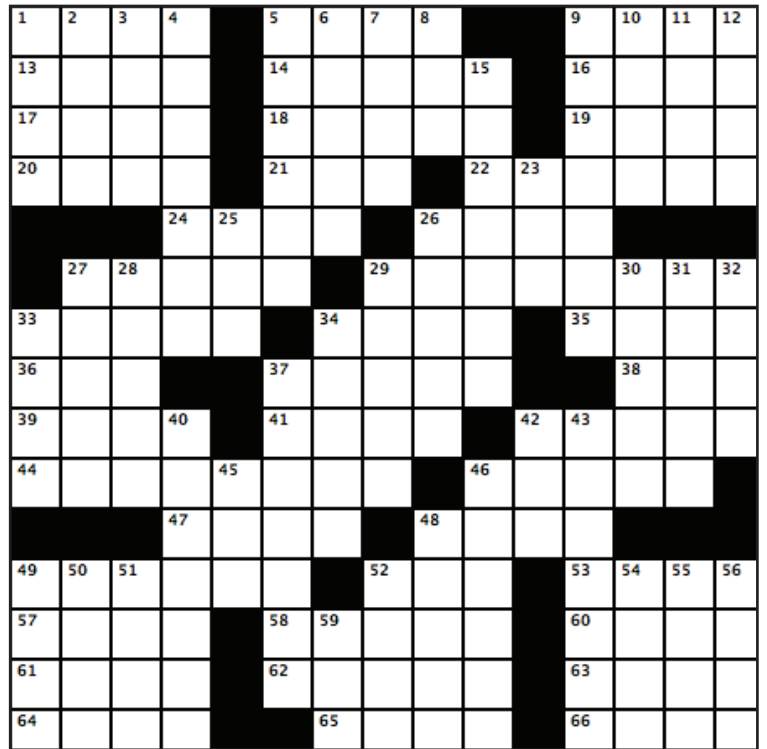
Dear Di, Is it possible to masturbate too much? I usually use my vibrator two or three

Sexy Sidenote:

According to Lustability.com, while 34 per cent of men have told lies in order to have sex, only 10 per cent of women have done the same.

Nerdy/Dirty Pick-up Line:

I may be a physics major, but I'm no Bohr in bed.



Puzzles provided by BestCrosswords.com. Used with permission. Answers on page 20

Across

1- Gyro meat; 5- Ethereal; 9- Forearm bone; 13- Culture medium; 14- Loose outer garment; 16- Animated character; 17- Hindu princess; 18- Antiknock fluid; 19- ... _ saw Elba; 20- Draft picks; 21- Anonymous John; 22- "Gunsmoke" star; 24- Lean; 26- School orgs.; 27- Salsa singer Cruz; 29- Celebration; 33- Renaissance fiddle; 34- Bric-a- _ ; 35- Actor Rob; 36- Fingers; 37- Small moneybag; 38- Charge carrier; 39- Capital of Calvados, in NW France; 41- Ashtabula's lake; 42- Small nails; 44- Embellishment; 46- Actress Anouk; 47- Describes a gently cooked steak; 48- Nightclub of song; 49- Go hungry; 52- Needlefish; 53- Skater Lipinski; 57- Opera set in Egypt; 58- Hagar the Horrible's dog; 60- Corrida cheers; 61- Annoying buzzer; 62- Capital city of Yemen; 63- Narrow inlets; 64- _ sow, so shall...; 65- Devices for fishing; 66- Aggregate of fibers

Down

1- Dr. Zhivago's love; 2- I've Got _ in Kalamazoo; 3- Horse hair; 4- Stiff coarse hair; 5- Apathy; 6- John of England; 7- Architect Mies van der _ ; 8- Hurrah!; 9- Kitchen vessel; 10- Anecdotal knowledge; 11- Denials; 12- Black cuckoos; 15- Casual gathering; 23- Deserter; 25- Sot's sound; 26- Freedom from war; 27- Aromatic wood; 28- "Barnaby Jones" star; 29- Edible plant product; 30- Communication medium; 31- Came to; 32- Contact, e.g.; 33- Puerto _ ; 34- Carried; 37- Noblewoman; 40- Give an account; 42- Apex; 43- Expressive of love; 45- Dallas player, briefly; 46- Main arteries; 48- 200 milligrams; 49- Heroic adventure tale; 50- Sardine containers; 51- An apple _ ...; 52- Basic unit of heredity; 54- Et _ ; 55- Back; 56- Org.; 59- A Bobbsey twin

Need more distractions?

Check out the blog of the week: Marriageconfessions.com

This blog follows the ups and downs of Katie Brown and her husband Chris. Katie's honest, heartfelt posts will often make you feel better about your own relationship, if only by showing you a non-Hollywood perspective of love, and proving that other couples have silly arguments and make unglamorous bathroom jokes too.

We get the bear facts.



Write for us!

Things Fall Apart | XKCD





The end of film—in its literal sense

Mayfair Theatre holds fundraiser to raise \$55,000 for digital cinema package

Bethany Ditzel | Fulcrum Contributor

The other day, I was fortunate enough to catch a showing of Quentin Tarantino's 1994 classic, *Pulp Fiction*, at the Mayfair Theatre.

This was my first time seeing it on the big screen, and as soon as the immortal line, "I love you too, Honey Bunny," prompted whoops and cheers from the audience, it was clear to me that this was the way Tarantino wanted his film to be watched: projected against the wall of a well-worn but undeniably cool theatre, complete with cigarette burn cue marks onscreen and the sound of the 35-mm reel spinning in the projector.

"When you watch a film in a theatre on 35 mm, you're experiencing something you can't experience at home," says Mayfair Theatre programmer Lee Demarbre. "When I'm sitting there watching a movie, my mind is not only fixated on the light bouncing off the screen in front of me ... what's going on behind me in the projection booth is just as important. If I

"The quality of the image can never be as good digitally as it is on 35-mm celluloid."

—Gary Evans
U of O communications professor

The Mayfair Theatre may have to close in 2013

photo by Justin Labelle

know I'm watching a digital video projection, it's not special for me."

Since 1889, movies everywhere have been shot, distributed, and projected at 24 frames per second on 35-mm film, but come January 2013, all new projects will be shot digitally. By the end of this year, studios and distributors will no longer be producing or shipping film prints. This means that the Mayfair Theatre will have to drop \$55,000 on a digital cinema package (DCP) to stay in business.

In order to raise the money needed, the Mayfair is celebrating its 80th birthday in style by holding a monthly countdown of every decade's best films since the theatre's opening, starting with the '90s and going all the way back to the '30s. This month is all about the '40s, and will include a showing of the 1942 hit *Casablanca* on Oct. 21.

With directors like Martin Scorsese

admitting that the fight for 35 mm is over, coupled with the fact that by 2013, 83 per cent of theatres will be using digital projection, it seems that the traditional film format will become a thing of the past.

Ottawa's oldest movie theatre may not survive this change. For 80 years, the Mayfair has treated Ottawa's population to a unique cinematic experience, and nowadays is the go-to place for independent, foreign, and cult films, as well as the latest releases.

Dembre says that unless the theatre raises \$55,000 to buy the necessary DCP projector to screen digital films, "we're dead meat." In fact, most independent cinemas in North America will be dead meat. The Mayfair and other independent establishments like it must adapt to survive.

Christopher Nolan, director of such films as *Inception* and *The Dark Knight*

trilogy, has advocated to preserve celluloid film, having stated that "the danger comes from filmmakers not asserting their right to choose that format. If they stop exercising that choice, it will go away." This can also apply to the audience.

But why should you care? Surely this is just part of the inevitable modernization of cinema, right? According to University of Ottawa communications professor Gary Evans, it matters because there is a radical difference between 35 mm and digital.

"The quality of the image can never be as good digitally as it is on 35-mm celluloid," says Evans.

Digital movies are noticeably digital; the picture is precise and perfect but also sterile and cold. Meanwhile, film is warmer; the colours are richer and have more depth.

"As a filmmaker, I have an affinity for celluloid," says Demarbre. "Watching *The Expendables 2* at SilverCity was like watching a YouTube video on the big screen."

"Good digital presentation does exist, but big cinemas aren't doing it right," Demarbre continues. "Picture quality is deteriorating in big cinemas, the quality of bootlegging is going up, studios are creating a lie called 3D and a lie called IMAX. If they are going to do that, they have to make sure that the presentation is better than at home."

Evans says the filmmaking process has been altered, especially where editing is concerned. Editing will become "an altogether different enterprise," he notes. Manual techniques like cutting on action, match cutting, and other methods that have been historically associated with moviemaking will be abandoned.

Without a doubt, digital filmmaking is simpler and easier; to print a film on 35-mm reels and ship those reels to theatres costs about \$1,500, while digital film distribution costs about a tenth of that.

While this certainly means that more movies can be made, it doesn't necessarily mean that those will be quality movies.

"When you're looking at a 35-mm print of *Pulp Fiction*, you're looking at a positive of the negative that was in the camera on set when they made the movie," says Demarbre. "You're looking at something that is exactly the way Tarantino intended you to watch it. *Pulp Fiction* deserves that kind of presentation, and the studios are not going to make that available anymore."

To contribute to the Mayfair Theatre fundraiser, visit mayfairtheatre.ca.

Take it to heart



Illustration by Ojo Agi

How students can recognize healthy relationships

Martina Gannon | Fulcrum Contributor

Most students have seen a friend trapped in a harmful relationship, or maybe you've been stuck in one yourself. Sometimes it can be difficult to pinpoint exactly what's wrong, or how to deal with it constructively. This can be stressful—the reality is that the fallout from an unhealthy relationship can range from minor to seriously damaging.

Multiple studies have shown there

are a number of benefits that come from being in a long-term relationship, including better health and a longer life. A 2007 Finnish study conducted at the University of Jyväskylä called "What Makes University Students Happy?" found that meaningful relationships formed in university are one of the top three contributors to students' happiness. Meanwhile, a Canadian study carried out by the National Longitudinal Survey of Children and Youth demonstrated a link between youth depression and unhealthy relationships with parents and peers.

The *Fulcrum* sought out wisdom from students and experts around campus to find out exactly what constitutes a healthy relationship and how students can work toward building and maintaining healthy romantic relationships.

The good

Greg Killough is the student health coordinator at Health Promotions, part of the University of Ottawa's health services.

He identified five qualities of a healthy relationship, summed up by the acronym SHARE: safety, honesty, acceptance, respect, and enjoyment.

"Basically, in a healthy relationship, you need to feel safe. You're not worried about your partner harming or abusing you physically, emotionally, or otherwise. And you're not feeling inclined to do the same to your partner," he said. "A healthy relationship is not ... one where you keep secrets from each other. It's very open and honest with communication. You're accepting of who your partner is, what their values are, what their beliefs are. You respect each other and think of each other as equals."

Naomi Martey is a third-year U of O student studying international development and women's studies who volunteers at the Women's Resource Centre. She recognized communication and

dependability as significant relationship makers or breakers.

"[A healthy relationship means] having someone who you can rely on to be on time and listen to you—an unreliable partner can't build a strong relationship."

Rosemary Ernhofer, a Student Academic Success Service (SASS) counsellor, identified four characteristics crucial to maintaining a strong relationship.

"Honesty, openness, respect, empathy," she said.

Although these seem to be obvious qualities anyone would want from a partner, it isn't always easy to identify whether or not they are lacking when you're blinded by emotion. Sara Quinton* is a U of O student who was in an unhealthy relationship. She didn't recognize the negative aspects of her relationship until her partner broke up with her.

"He had flaws," explained Quinton, "but I minimized them because I loved him. [For instance,] he didn't control what I did, but always had an input."

Donald Martin, a registered psychological associate and manager of SASS Counselling and Coaching, listed balance as the key to a healthy student relationship.

In addition to the balance of work, school, and friends, Martin maintains another equilibrium is needed for sharing mutual respect: the positive feedback you give your partner should always outweigh the negative. Ideally, the ratio should be 3:1, praise versus criticism.

Killough added that relationships should also be enjoyable.

"Ultimately, in a relationship you should be having fun," he explained. "If all of those [SHARE elements plus fun] are there, based on what I've seen, that's kind of what a healthy relationship looks like."

Test Your Love

Take this highly unscientific quiz to see whether your relationship is so spectacular you're in danger of awesome overload or if you're better off just buying a cat.

When you think of your significant other while masturbating, it leads to...

- An orgasm so violent you end up in the emergency room with a sprained wrist.
- The immediate death of your arousal.
- A pleasant experience with a happy ending.

On your way to dinner with your cutie's parents, you...

- Pick up a bottle of wine or a pie for dessert.
- Get over-excited, drive 30 km over the speed limit, and unsuccessfully try explaining your way out of a ticket because you just could not bear the thought of missing out on catching

up with the future in-laws.

- End up at the wrong place because you hadn't yet bothered to update your GPS with your new lover's parents' address.

It's time to buy your babe a birthday gift. You...

- Drop two grand on the purebred Cavalier King Charles Spaniel puppy your boo had to have—hey, that's what student loans are for, right?
- Forget, and end up grabbing one of your textbooks from last year. *Syntax: A Minimalist Introduction* was a great read; you're just sharing the love.
- Bake a cake and get them a subscription to their fave magazine.

“Basically, in a healthy relationship, you need to feel safe. You’re not worried about your partner harming or abusing you physically, emotionally, or otherwise. And you’re not feeling inclined to do the same to your partner.”

—Greg Killough
student health coordinator

The bad, and the ugly

We’ve all heard the saying, “If it ain’t broke, don’t fix it.” But certain warning signs can indicate that something does need to be fixed, or that the relationship needs to be ended. According to the experts, there are specific behaviours that should cause an individual to take a step back and reevaluate if this is the right relationship for them.

Martey believes co-dependency is dangerous and detrimental to relationships.

“When a person is so reliant on someone, they can lose their own personality,” she said. “When one person is your entire world, you can’t change, you can’t grow.”

According to Ernhofner, a lack of engagement from one partner is a sign that the relationship won’t progress.

“[There’s a problem] in a relationship where partners are not equally committed—when [one partner is] not being accessible enough to solicit trust, not being responsive to needs of the friend/lover, and not being engaged enough in the relationship,” she said.

Killough describes an unhealthy relationship as one where there’s no respect.

“Unhealthy relationships tend to revolve around control—sometimes even fear—and a lack of respect for each other,” he explained. “So when you’re in a relationship and someone isn’t respecting who you are, what your values are, what your goals are, then that’s not support[ive] of what you want to accomplish.”

Quinton feels one of the reasons she stayed with her ex for as long as she did was because his negative qualities weren’t extreme.

“He wasn’t all bad, and did great things for me. That being said, the bad did outweigh the good. When he made the decision to leave, I came to my senses,” she said. “He didn’t constantly put me down or treat me badly, but when he

did it was bad.”

Communication, communication, communication

When asked for advice on how students can deal with relationship issues or conflicts, the experts agreed: communication is key.

“The biggest thing, I think, is communication and being honest with the person that you’re with,” said Killough. “One of the natural instincts that people have is that when someone is having an argument with you, in your head you’re formulating a response. What’s helpful is to listen to what they’re saying and try and see that other person’s point of view and [accept] that that is the way they feel.”

Martin had a similar take.

“[It’s] mostly a matter of talking to each other about wants and needs. Don’t assume. Ask,” he advised.

“Communicate instead of assuming. Assumptions often cause a partner to shut down and withdraw or blame, neither of which helps a relationship,” added Ernhofner. It seems the saying is true: when you assume, you make an “ass” out of “u” and “me.”

Too far gone

At what point in a bad relationship is it time to call it quits? Quinton only saw in hindsight that her relationship was unhealthy—she recognized some characteristics of her partner she had missed out on, and some of her own actions that had contributed to her staying in the relationship.

“I would say the most unhealthy aspect was how dependent I was [on] him. I cut people out because I felt he was all the company I need[ed],” said Quinton. “My advice would be to not make your partner the centre of your world.”

Just questioning whether or not your relationship is good for you is probably an indicator that it isn’t.

“It’s kind of an individual thing ... although I would say that if you think you may be in an unhealthy relationship, then you probably are,” explained Killough. “It’s really trusting yourself. If you don’t feel all those things that we said a healthy relationship has, if you don’t feel safe or accepted or respected, then you’re probably not in a healthy relationship and you need to explore that.”

So how can one go about doing so?

Reevaluating a relationship can be difficult, but there are resources available on campus that can help.

“There are a lot of different ways you can [determine the health of your relationship, but] that is very challenging, especially if it’s a relationship that you’ve been in for a while,” said Killough. “The biggest thing is looking at what resources are available to you. [Health Promotions is] here and we can refer people. SASS has counselling and coaching for people in difficult and potentially abusive relationships. There’s also the Women’s Resource Centre, which offers a lot of support and active listening.”

There’s no shame in asking for help if you’re feeling overwhelmed, if you need support in a situation.

If you’re stressing over your relationship, be honest with yourself and seek the help necessary to get your personal life back on track—with or without your partner. Most importantly, enjoy your relationship. If the enjoyment is gone, maybe it’s time that you were too...

If you think you may be in an unhealthy relationship or you just want someone to talk to, the U of O has a number of available services. Check out University of Ottawa Health Services, SASS Counselling and Coaching, Pride Centre, Women’s Resource Centre, or the Peer Help Centre.

**Name has been changed.*

How to tell the crazies from the maybes

In the wild and unruly world of dating, far too often singles fall for a nutbar with whom they’re about as compatible with as Katie is with Tom. On the other hand, cuties with real dating potential get passed over for the silliest of reasons.

Refer to the golden nuggets of wisdom below to ensure you avoid duds and find yourself some studs:

Crazies:

The Facebook stalker: So your beau makes you a very sweet, albeit unnaturally thoughtful playlist that seems uncannily attuned to your tastes by some form of telepathy. When you question the stalker, they respond by saying, “Oh, when I was searching your Facebook the other day...” Halt them in their tracks and run away. Far, far away.

The “closet” jealous freak: So at first the over-protectiveness was cute and endearing, but now you feel like a trapped bird in a cage. If they’re giving you the bad kind of chills, get your ass out of there before you have to start penning a restraining order.

The slacker: You find their relaxed way of life appealing, and you think maybe TV education could be better than university education. But how attractive will the slacker be when they can’t even motivate themselves for seduction purposes? Abort this relationship before this chump can muster what little energy they have to get off the couch and start it.

The user: Deep down, you know the truth. There is a reason why this person will only call you at night or text you around exam time when they realize they have no notes. You deserve better. Cut them out for good and search for someone who will give you something back.

Maybes:

The childhood friend: This person knows you inside and out and still manages to like you. Yes, your potential partner may have bathed with you when you were little, but hey, at least there’ll be no major surprises if you do get it on!

The boy/girl next door: ‘Twas never a handier invention for regular sex. Just beware of the parents coming home early. Proceed to the bedroom with caution.

The dork/nerd: Nerds got smarts, yo! The hottie of average intelligence can only keep you entertained for so long. Think of how interesting a nerd could be if they applied the same number of hours getting to know you as they do getting to know their textbooks. Let the studying begin...

That little-something-sexy person: Okay, so you’re sure that you don’t fancy them, so what the hell is it that keeps drawing you in? What is that bewitching power they hold over you? Is this crush of yours secretly a wizard/witch? Can they read minds? Nope, this individual just has an alluring inner quality that presses your buttons. It could be a saucy smile, a wicked sense of humour, or maybe just a sexy, quiet confidence. Trust your instincts—this person is worth stepping out of your comfort zone for.

How’d it go?

Add up your score, and see if your “perfect” relationship is doing more harm than good.

Your love is a dangerous thing (8–12 points)

Although you may believe things are too good to be true with your significant other, the truth is you’re in way over your head here. Take a step back, chill with your friends, and calm the fuck down. Your relationship will get stronger when you’re less of an eager beaver.

Everything in moderation (4–7 points)

You’ve figured out love! Your relationship is balanced and fun—congrats! Now go away and stop flaunting, you’re just making the rest of us feel bad.

Forever alone (0–3 points)

Do you even like the person you’re with? If so, please put in just a little more effort. You only get what you give.

Art goes public on Bank Street

Photographs temporarily take over advertisements along historical streetscape

Marley Lewington | Fulcrum Contributor

Ottawa's historical Bank Street has seen a little less advertising and a little more art this past month.

Laura Margita, the curator at Gallery 101, has been busy organizing a public art display on Bank Street in collaboration with Vancouver-based artist Joi T. Arcand. Together, they created an exhibit entitled *oskinikskwēwak*, which translates to “young women,” on display in advertising kiosks along Bank Street between Wellington and Somerset.

“Art, in many ways, is like having a conversation,” says Margita. “And these pieces are having an exciting conversation with the general public in their natural environment.”

“

“[The artists] are trying very hard to come up with novel ideas that will help educate the general public about art.”

—Laura Margita
curator of Gallery 101

The exhibit is part of Gallery 101's new season of featured Canadian artists. Arcand's work has been displayed along Bank Street since Sept. 7. The debut of



Photographs have replaced advertisements along Bank Street for the past month

photo courtesy of Gallery 101

the exhibition was followed by a roundtable discussion that featured a critical essay by Cheryl L'Hirondelle about the symbolic nature of Arcand's work and

the importance of supporting the art of indigenous people.

Margita's biggest goals were to educate the public on the issues of indigenous

people in Canada, to inform them of what Gallery 101 stands for, and to influence them to become more involved in their community. She also believes that

having Arcand's work displayed along Bank Street will help promote art in Ottawa and support local artists.

The intellectual understanding be-

“

“Art, in many ways, is like having a conversation, and these pieces are having an exciting conversation with the general public in their natural environment.”

—Laura Margita
curator of Gallery 101

between artist and curator makes Margita and Arcand a dynamic pair in the art community. Margita's guidance and Arcand's artistic talents have combined to build a novel art showcase. Arcand has photographed and reconstructed 12 vintage images of indigenous people as a “new spin on the old calendar girl.”

When Margita first discovered Arcand's work, she thought the photographs were “so intrinsically beautiful and overtly political.” The heavily colour-saturated photographs provide a sharp contrast of modern women in the natural and political landscape of Canada.

“This is a piece of art that is meant to communicate on a very straightforward level, where you can understand what the image is right away,” says Margita.

In regards to the feedback Margita has received from Ottawa's local indigenous, women's, and art groups, people have been extremely supportive. The community has been making positive remarks about the uniqueness of the display and the politely controversial photographs.

“[The artists] are trying very hard to come up with novel ideas that will help educate the general public about art,” says Margita.

The public can enjoy art freely and conveniently with Gallery 101's unique new public displays of educational art.

The Open Mic

Rewarding the rewarded

When it comes to music awards, even the little guys are doing it wrong

Adam Feibel | Fulcrum Staff

THE POLARIS MUSIC Prize had a good thing going for a while.

It's an award given annually to the best Canadian full-length album, regardless of genre, sales, or record label. It's based entirely on artistic merit; by “best,” they mean “best”—not best selling, in the case of the Juno Awards' main attractions.

We all remember how embarrassing it was when the Juno Award of highest regard, the album of the year award presented at the very end of the 2012 ceremony in Ottawa, was given to Michael Bublé for

his Christmas album. Yes, that happened.

So in comparison, receiving the Polaris prize is a real honour. But what used to be a reward that was innovative and edgy has turned into one that's lazy and predictable.

The 2012 Polaris Music Prize was given to—drum roll, please—Feist, for her album *Metals*. This is completely unsurprising, and upon seeing the shortlist for this year's prize, it seemed highly unlikely that the album wouldn't win. A similar situation occurred last year, when the award was given to Arcade Fire for their highly successful record *The Suburbs*.

It's not like this year's Polaris winner

also won the Juno for artist of the year and adult alternative album of the year (she did), and it's not like last year's winner also won both the 2011 Grammy and Juno Awards for album of the year (they did).

The 2012 Polaris shortlist did include some interesting titles. Japandroids' *Celebration Rock* was a fierce contender for the title. Fucked Up's concept album *David Comes to Life* could've won too, but they already won in 2009. Kathleen Edwards—whose *Voyageur* record was produced by Grammy-winning artist Justin Vernon, a.k.a. Bon Iver—would've been an interesting choice as well.

Drake was also nominated but didn't win, so we can count that as a win for the people. But that doesn't excuse the fact that this year's Polaris winner was, again, completely predictable.

Historically, the award has been quite interesting. The inaugural prize was given to Final Fantasy—for the album *He Poos Clouds*, no less—in 2006, followed chronologically by Patrick Watson, Caribou, Fucked Up, and Karkwa. But after Karkwa's win in 2010, things became rather safe and mundane.

Here's the problem: the Polaris Music Prize is what the Juno Awards should be. Judgment that disregards genres, sales,



and record labels in favour of artistic merit and musical integrity shouldn't be an abnormality, but the standard. Then we wouldn't have to see Nickelback, Drake, or Justin Bieber anywhere, except as cardboard cutouts at the mall or something.

It was once exhilarating to wonder who would win the Polaris prize, but not anymore. And as complicated as it is to argue that Leslie Feist shouldn't win the award, the point is that the award is not hers to win. But sadly, the Polaris Music Prize is now about rewarding the rewarded. And that's really what makes music awards such a bore.

a movie review

featuring an album review



House at the End of the Street



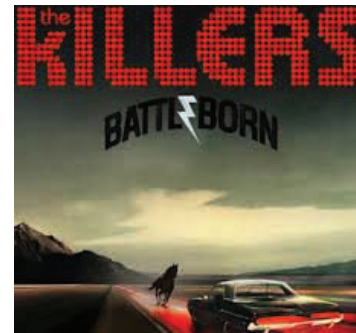
IT'S IMPORTANT TO note I saw *House at the End of the Street* at 10 a.m. on a Monday. I never watch movies earlier than 8 p.m., but I made an exception and headed on down to the advanced screening. This meant it was going to have to be one hell of a movie to win me over. And boy, was it ever.

Honestly, Jennifer Lawrence is perfect. Not only does she play a 17-year-old (only a year older than her famous Katniss Everdeen character from *The Hunger Games*), but she does so realistically, while showcasing a variety of expressions Kristen Stewart has probably never even heard of. Her co-stars in the film, however, are not so perfect. Too much single-parent drama, one-dimensional police officers, and hick-town boyfriends are my only gripes with this film, along with the fact that Lawrence's character is using an iPhone 3G. Seriously? It isn't 2008 anymore.

While the script is basic, the plot is stellar. I was legitimately impressed, and will make an effort to watch it again to catch some hidden clues I probably missed during my initial screening. Technically speaking, I also enjoyed the fast-paced imagery of the shots.

Since it's classified as a horror film, there were some moments to make you jump in your seat and hold the hand of the person beside you, but the storyline of this film is scary enough. And that's exactly where the film won me over. That, and Jennifer Lawrence.

—Michael Robinson



The Killers

Battle Born | The Island Def Jam Music Group



AFTER FOUR YEARS without an album, Las Vegas four-piece The Killers are back with *Battle Born*, a polished, twelve-track work that's probably best defined as indie-rock-heartland-punk-pop. The music is distinct from previous albums, like the rawer gem that is *Hot Fuss*, or the more Springsteen-inspired *Sam's Town*, but it is still distinctly Killers.

The one thing that really sets *Battle Born* apart from The Killers' previous work is the unabashed romanticism (cheesiness?) that have always been contained in their lyrics, but that are even more present than ever before. This is evidenced on the opening track, "Flesh and Bone," where frontman Brandon Flowers states, "I'm not sure how / This natural selection / Picked me out to be / A dark horse running in a fantasy." As noted, no holding back here.

The band's passion comes off best on "Runaways," the album's first single and stand-out track, which edges towards arena rock anthem. "The Way It Was" and the title track are two more songs that show the heartland rockers in a positive light; they're the kind of romantic, catchy, electric-guitar heavy, slightly epic tunes that a music snob might scoff at...after they notice their head is bobbing.

Battle Born will absolutely live up to the expectations of Killers fans and alt-rock lovers in general, as the album is in the style of the heavily layered, glossy, and fully conceptualized works that brought The Killers their initial respect. Now, eight years removed from *Hot Fuss*, The Killers are back, and a few goofy lyrics withstanding, as strong as ever.

—Keaton Wilcock



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Fired

photo courtesy of Sports Services

Gee-Gees interim head coach released after 0-5 season

Maclaine Chadwick | Fulcrum Staff

At the beginning of this season, Gary Etcheverry was handed the ideal football team, boasting ten returning captains, record-holding and all-Canadian players, and a fresh batch of talented and eager rookies. Less than five months later, he has been let go from the coaching position.

The Gee-Gees football team has spent their 2012 season facing hurdle after hurdle.

First, their head coach Jean-Philippe Asselin announced his resignation from the team upon accepting a position as offensive coordinator for the up-and-coming Carleton University Ravens football program.

Then there was the relocation of the Gee's home turf from Frank Clair Stadium to Beckwith Park while an on-cam-

pus sports field is being completed.

To say the season got off to a rough start is an understatement, but players and administration alike held out hope that Etcheverry would lead their team to success—until Sept. 30 when he was released after failing to win a single game.

"I think at the beginning of the season, hopes were high and a lot of the players bought into a lot of the things that the coaches were saying—the schemes, the personnel, bringing in new coaches," explained Brendan Gillanders, fourth-year running back and captain. "[But] somewhere along the way there was a lapse in communication between the players and the coaches, and that accumulated into a much bigger problem and a little bit of division within the team."

It was after the second game of the season, which the Gee-Gees lost 47-36 to the York University Lions—a perennially weak team—that brought Etcheverry's double-wing formation into question.

"I think everybody on the team, coaches included, felt that the York game was a game that we should have won, so that did raise a lot of eyebrows," said Gillanders. "However, it's a results-based profession, so any time a team goes 0-5,

eyebrows are always raised."

Colin Timm, assistant director of programs for Sports Services said that the losing streak forced the team to reevaluate their coaching staff.

"Historically, we've had such a strong program and strong sense of success, so for us going through the season ... losing is very difficult," he said. "When you start seeing repetition in that, you have to start questioning everything in the team, not just leadership but things that we can be doing to find a better way to get that win."

Etcheverry's release follows a loss to the fifth-ranked Queen's University Gaels on Sept. 29, even though the game was arguably their best his season.

The team members and Sports Services administration are still looking to the future with high hopes.

"Come out to a practice during the week now and [see] the cohesion between our coaching staff and our players—the willingness to learn and the willingness to help; this is a team that is very close and very tight-knit and confident in what they can do," explained Timm.

Gillanders and his teammates are re-

lieved about the shift in coaching strategies that the Gee-Gees will finish the season with.

"Everyone views this as something that needed to happen," said Gillanders. "We are all extremely competitive, we all want to win, we all want to be put in the best possible situation to win, so in terms of the team and where our head is at, we are just going to try to win the next three games."

On the evening of Oct. 1, Sports Services announced the additions and modifications to the coaching staff that will carry out the final three games of the season, as the search for a long-term coach gets underway.

Assistant head coach and defensive coordinator Cory McDiarmid, offensive coordinator Corey Goff, quarterback coach Wayne Jacobs, and defensive backs coach Joel Lipinski will all remain in their respective positions.

Marcus Adams will take on the role of assistant coach to both offense and defensive coordinators while Luigi Costanzo and David Miller will continue overseeing special teams; Costanzo will extend his responsibilities to coaching running

backs as well.

Additions to the staff include Gees' football alumnus Kyle Kirkwood—who will fill Adams' role as offensive line coach—as well as alumni Cyril Adjeitey, Matt Edgeworth, and Tyler Aldercotte, who will all work part time with the wide receivers.

"I think that this move will do nothing but put us in a better position to win on all sides of the ball," said Gillanders.

Timm outlined three main goals for the team: winning the next three games, reviewing recruiting procedures for coaches and players, and moving forward together as a team.

"We're probably situated in the best position we possibly could be at this point to move forward, but the future for Gee-Gees football is a dramatic increase in development and investment that's going to carry us forward," he said.

The Gee-Gees will play their sixth game of the season against the University of Toronto Varsity Blues on Oct. 6. The next home game will be played at Beckwith Park against the University of Waterloo Warriors on Oct. 13.

APRIL 18: PROGRAM MANAGER JP ASSELIN ANNOUNCES HIS RESIGNATION FROM THE U OF O

AUG. 14: BECKWITH PARK ANNOUNCED AS TEMPORARY HOME OF THE GEE-GEES

SEPT. 25: PLAYERS AND ADMINISTRATION DEMAND CHANGES TO OFFENSIVE STRATEGY

OCT. 1: TEMPORARY COACHING STAFF ANNOUNCED, HUNT FOR A LONG-TERM COACH BEGINS

MAY 23: GARY ETCHEVERRY HIRED AS INTERIM HEAD COACH

SEPT. 3, 8, 15, 22: GEES LOSE FOUR CONSECUTIVE GAMES

SEPT. 29: GEES PLAY THEIR BEST GAME OF THE SEASON, BUT STILL LOSE TO QUEENS

SEPT. 30: ETCHEVERRY RELEASED AS INTERIM HEAD COACH, 133 DAYS AFTER HE IS HIRED

Gees top CIS rankings

Women's soccer ranked first in Canada

Danny Brasco | Fulcrum Contributor

For the first time since 2007, the University of Ottawa Gee-Gees women's soccer team has been named the number one team in the Canadian Interuniversity Sport soccer rankings.

Shortly after reaching the number one spot, the Gee-Gees played host to the Royal Military College Paladins on Sept. 26. The game got off to a slow start but the Gees came through with a 4-0 win. Backed by great goalkeeper Olivia Clarke and a strong defensive line, the Paladins maintained a close game.

"[We] probably could have scored more had we not shot within [Clarke's] range," said Gees coach Steve Johnson. Even with the strength in the Paladins' net, it didn't take the Gees long to catch on and break the stalemate. After ten minutes, Gees striker Pilar



The Gee-Gees celebrate their first place ranking

photo courtesy of Richard Whittaker

Khoury took a pass from teammate Lily Wong and put the ball top corner for the 1-0 lead. In the 12th minute, the Gee-Gees had a great shot and rebound opportunity, but a goal was

denied by Clarke's quick goaltending.

The strong offence from the Gee-Gees meant that the majority of the first half was played in the Paladins' defensive zone. Even when the Paladins

challenged and the ball crossed into the Gee-Gees' end, there was always a goalie or a player to stop them. With just under a minute left in the first half, the Paladins had two corner kicks and

their best chance at scoring a goal, but the Gee-Gees held on to their 1-0 lead until the whistle blew.

The second half of the game put the Gee-Gees' defensive players to work. Gees defender Gillian Baggott scored the second goal of the game in the 75th minute, and in the 78th minute Gees defender Chiara Quadri took a perfect corner that went to the far post and in.

"They don't come that often," said Johnson, referring to the defensive goals. "[Quadri] certainly got a nice spin from the ball."

The Gee-Gees weren't done scoring, though, and at the last minute defender Lia May Blake put a beautiful shot in the top corner, bringing the final score to 4-0 for the Gees.

While playing on the road, the Gee-Gees maintained their winning streak and top-dog ranking, but unfortunately goalies Alexandra Girouard and Cynthia Leblanc's combined shut-out streak ended with a single goal from the University of Toronto Varsity Blues on September 29. The Gees also trumped the University of Ryerson Rams 1-0 on their Sept. 30 match. The Gees season now stands at 10-0-1 as they head into another weekend on the road, first playing the Laurentian University Voyageurs on Oct. 6 and then the Nipissing University Lakers on Oct. 7.

Volleyball victory

Gee-Gees serve up a win in pre-season classic

Spencer Van Dyk | Fulcrum Staff

LAST WEEKEND, THE University of Ottawa women's volleyball team took the gold at the 2012 Gee-Gees pre-season classic for the first time since 1994. The team ended the tournament with a straight five out of five wins.

Four out of six of Friday's matches went all the way to five sets, but the excitement and anticipation remained high on Saturday as the Gee-Gees battled it out with Sherbrooke University Vert et Or in the semifinals, beating them three sets to two.

This victory comes right on the heels of the team's success at a tournament at the Université de Montréal the previous weekend. They beat three of the four Réseau du sport étudiant du Québec teams at the tournament and finished with a 3-2 record.

Gees coach Lionel Woods said he hopes the team's great results will paint an accurate picture of what is to come this season.

"In Montreal we had a night match that kind of put us fighting for first place, but I think the entire group stepped up and was fiery and wanted to win," he said. "We were very competitive."

Woods said his team's competitive spirit and drive translated to a gold medal win this weekend.

"[It was the] same thing here this weekend. I think a couple times we let our foot off the gas pedal, but in

both our matches against Sherbrooke, when we had to put our foot down, we did, and those were two great five-setters. And again, two games against McMaster [University on Sunday]," he said. "I think for a 12:30 match, day three, first two sets, we were very disciplined, very structured, and everything went solid. It wasn't very emotional, but we never slowed down, and we seemed to just do our job. Sometimes it's go to work and just punch the clock, and I felt that was today. There were very few errors."

On day one, the Gee-Gees beat Sherbrooke in an exciting 3-2 match, followed by a 3-0 win against McMaster. On day two, the team took a 2-0 win against McGill University, and then had another five-setter match against Sherbrooke, finishing with a 3-2 win. Finally, on day three, the Gee-Gees beat McMaster for the second time in a 3-0 win.

Fifth-year student and Gee-Gees team captain Kathryn Wehrer expressed her excitement at winning the tournament for the first time, and being able to do so in her final year on the team.

"It's just an awesome feeling to start off the season this way," she said. "I've played this tournament five years now, and we've never even come close to being this solid at the beginning of the year. It's an ideal situation: you start the year with a win, you end it with a win."



The Gees won the pre-season classic with a 5-0 record

photo by Sean Done

Wehrer is looking forward to seeing what this year's rookies will bring to the Gee-Gees' game. Rookies this year

are Sophie Chenail, whom Wehrer describes as "awesome, athletic, fast, and super fun to watch," Véronique Caya,

whom Wehrer says is able to come in and play several different positions, and Michelle Chevalier, who is a new setter for the team.

Gee-Gees hitter Colleen Morelli spoke about both the pressure and the excitement of not only winning, but of winning two consecutive tournaments.

"Last weekend we played five games in the span of three days," she said. "That's a lot of volleyball, so to come back and do it again this weekend was a bit nerve-racking. You've got to rest bodies, but I think everyone rose to the occasion after a couple sets in the first Sherbrooke game, and we pulled it out, and it's just been really good ever since."

Coach Woods noted what he believes the team can improve on and where they will go from here.

"There's always lots of things we can improve on. ... I think our next step is not to get too fancy, and not to get too big-headed," he said. "We are not better than our last match. We are very good when we're very focused. We are very floppy when we're not. We've got something to do here; we're trying to win a championship one match at a time. For Sept. 29, pre-season, it was a very mature match, so if that's our starting point, then here we go."

The Gee-Gees begin their regular season at the University of Windsor on Oct. 20. Their first home game is on Nov. 3 at Montpetit Hall.

MISSION NUTRITION | YOU 1 BLENDER 0

What's rad about radishes?

Maya McDonald | Fulcrum Contributor

I'LL ADMIT TO being a lover of all vegetables—all except radishes. To me, what makes them so unforgiving is their strong taste. But unfortunately for my taste buds, radishes are among a number of foods that doctors and other health specialists recommend for their nutritional value and health benefits.

So I began researching these raunchy root vegetables and decided to give them a second chance. The Centers for Disease Control and Prevention helped influence my decision with their informative nutrition facts. Radishes are rich in vitamin C—a half-cup serving satisfies approximately one sixth of your recommended daily intake—which is essential to keeping you looking and feeling strong and healthy. The same serving of radishes also contains one gram of fibre, which helps regulate your digestive system and control caloric intake.

Most people mix radishes into a salad of leafy greens, cherry tomatoes and cucumbers, which is great if you can stand the taste of them. But if you're sensitive to their pungency, here's a fun way to sneak radishes into a sweet fruit smoothie. This recipe was tested and labelled delicious by yours truly, and if I can eat it, then I'm sure you can too. I fell in love with this particular smoothie recipe for one reason—the radishes remained undetected when blended with the fruits I had in my freezer at the time. Feel free to use any fruit you like—the taste of the drink can totally be controlled by the creator.

Rad-iculous fruit smoothie

- 1 cup skim milk (substitute: soy, almond, or rice milk)
- 2 cups frozen fruit (I like using strawberries, peaches, pineapple, mango, and papaya)
- ¼ cup chopped kale
- ¼ cup chopped radishes
- ½ cup vanilla yogurt (substitute: sweetened plain yogurt)

This blended concoction makes about 3–4 servings, just enough to share with your roommates or to put it in the fridge and save for another day. Shake well if you opt for the latter choice—the contents of the smoothie will separate over time.

The amount of nutrients in this drink will get your morning off to a great start, or you can sip it throughout the entire day for a boost in between meals.

It looks like the trend of adding veggies to smoothies is sticking around for a while, so hop on board with this recipe and get blending! f

Meet a Gee-Gee

Abdul Haqani | Wrestling



photo courtesy Abdul Haqani

Martyn Dahal | Fulcrum Contributor

"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.

THIS WEEK, THE *Fulcrum* met up with Abdul Haqani, a second-year joint honours political science and economics student at the University of Ottawa and a rookie with the Gee-Gees wrestling club.

The *Fulcrum*: When did you start wrestling and what got you into it?

Abdul Haqani: I started wrestling this year and I was always passionate about it but never got a chance to actually do it. I found out about the team via Facebook and the rest, as they say, is history!

Take me through a week in the life of a wrestler: how do you prepare for the week? How many practices do you have? What are the competitions like?

There are three practices a week and I try to make all three but usually just get the chance to attend two. I have a part-time job to help pay for school so I can't always make practice. I work out throughout the day to build power. As far as competitions, I haven't had one yet but it is supposedly tough. It is a brand new club team playing against established teams, but we should be

good to go.

How do you feel about the upcoming season? Any specific goals?

My only goal is to make weight which means to put on weight and get stronger. I also want to better myself to win a couple of matches.

What is your favourite wrestling move or technique?

I love the double-legged takedown, because I'm really good at it.

What would you say is one of the top misconceptions about wrestling?

People probably think that a little guy will always end up facing a giant and get pummelled, but there are weight classes. I don't think the general public is aware of that.

If you played any other sport, what sport would it be?

I've always loved rugby. I'm way better at it and I love the team aspect of it. In wrestling, it's just you and your opponent.

If I asked your teammates to describe you in one word, what word would they use?

Hardbody. Hardbody is not a practice, it is a way of life.

Who is your idol?

Vince Carter, because I love basketball. He carried an entire Raptors team (my

favourite) into the playoffs and had some of the best dunks ever.

What is something most people do not know about you?

Most people don't think I'm smart because I work out a lot and wrestle. They have this impression that I am a jock without brains before I meet them.

How do you manage to balance school-work and wrestling commitments?

Being in joint honours political science and economics isn't as bad as it sounds. Most of the work comes from readings, and I keep up with them regularly, so the actual work is smaller than it seems. I attend at least 2/3 practices a week. Time management is everything.

Do you plan to keep wrestling after graduation?

We'll see. I'll be busy with work but if I find the time and I need the fitness, I'll do it. I wrestle because it gets me active and it's fun.

What is your favourite part of being a Gee-Gee?

I'm from Ottawa and I always wanted to go to the U of O, so it is amazing to not only go there but also represent them in athletics. f

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



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Whose health right is it anyway?

illustration by Mathias MacPhee

Public vs. private health-care debate back on the table

Canadian courts just may be opening up the health-care battle with cases gearing up to challenge the current system. Years have gone by since the Supreme Court of Canada banned Quebec from using private health-care establishments for medically mandatory services, but B.C., Alberta, and Ontario are all going to face the Supreme Court in hopes of creating a private health-care system. It's a debate that's been plaguing politics for many years: how should health care be administered to the masses?

Point: Private isn't the way to go

Private health care: Seems like a good idea, right? No wait times, you get what you pay for, the hospitals get cleaned more often—who wouldn't jump on

board? Maybe the millions of people who can't afford to go to a private doctor every time they have any illness, disease, or mild malady.

Private health care is health care for the richest in society. If you have the money, or your company's benefit plan has the money, then you get to be healthy, but if you can't pay for your blood pressure pills or diabetes medication, well, that just sucks for you, doesn't it?

“If the best and brightest were to go private, who would be left for the public health-care system? For the most part it would be those doctors who scraped through medical school.”

The concept of the two-tiered system creates a problem: why on earth would a doctor be a public doctor, when they could make a lot more money as a private one? The money for private doctors is incredibly lucrative, and people are hedonistic. If you say to a person, “You can help a lot of people, but you have to work a ton of hours for shit pay, or you can make a lot of money and work fantastic hours,” it's easy to predict which one they'll choose.

If the best and brightest were to go private, who would be left for the public health-care system? For the most part, it would be those doctors who scraped by in medical school. So while rich patients get the best, those without a lot of money get screwed

over.

Our health-care system isn't perfect, but fact is, it's the best system out there. Canadian medicare is emulated around the world. In the U.S.—a country reliant on the private system—Barack Obama used the Canadian health-care system, combined with Mitt Romney's system set up in Massachusetts, in the original plans for his health-care reforms.

Canadians have a government right now that does not like public health care. In the next few years, the health-care issue will be addressed and when it does, we should all be very afraid.

Public health care is sacred. It is a part of our identity as Canadians. Free health care is the best thing about being crazy socialist Canucks, and we should embrace it.

—Andrew Ikeman

Counterpoint: the best of both worlds

Two people walk into a clinic. Both of them suffer from severe arthritic hips and are in need of a hip replacement. The first person has to wait three months before seeing a specialist, and then is put on an 18-month waiting list for hip surgery. The second person goes in to see a specialist the day his hip begins to hurt and gets an appointment for surgery for the following week. As inequitable as this may seem, both these individuals exist in every Canadian neighbourhood. The difference is that the first story is about my 85 year-old grandmother and the second

story is about her dog.

“Wait times for most major surgeries average over a year in many provinces, although the interprovincial variation is significant (with some of the shortest wait times on the west coast, and the longest in Quebec).”

Nanos Research, a prominent Canadian polling company, surveyed Canadians last month on what issues they considered the most important, and found that “keeping our health-care system strong” was our number one priority. In the paltry economic climate that we are all living in right now, I think the fact that health care beat out our employment issues says something quite significant about how seriously we take our medical system.

How strong is our universal public health-care system in practice, though? Wait times for most major surgeries average over a year in many provinces, although the interprovincial variation is significant (with some of the shortest wait times on the west coast, and the longest in Quebec). Nonetheless, all life-threatening surgeries are thankfully dealt with immediately. Despite its flaws, we Canadians have generally been enamoured with our universal access system over the years, especially in contrast to what our southern neighbours had until Obama's reforms in 2010.

But could we re-jig our health-care

system to provide better service to all citizens? An argument of interest, recommended by institutions like the Fraser Institute and the Canadian Health Coalition, refer to the potential of a two-tiered system or a public system with a small private option.

Private health care would not be a new thing in Canada. Recent figures indicate that 28 per cent of our health care is paid for out-of-pocket. Think of going to the dentist, seeing a psychologist, counsellor, optometrist... the list goes on. What is illegal in many provinces is paying for services that are provided for under the Canada Health Act of 1984.

In 2009, Nanos Research found that 92 per cent of Canadians want to find a public solution to our health-care problems. In some ways, I agree. Why should one Canadian get service quicker than the next? We are a much more egalitarian society here in Canada than in the U.S., and this is something I am proud of.

The model I have seen proposed is one where doctors become allowed to open up private clinics across the country and charge fees to clients with the capacity to pay. This would supplement their salaries, providing significant incentive to stay in Canada. In line with this, the doctors would be legally bound to spend at least 75 per cent of their time in the public system, upholding the Canadian value of providing quality service to all. They would then have more time for those without the ability to pay, cutting wait times for all Canadians.

—Daniel LeRoy

Stop the self-diagnosis

Choose the person in white over the website

Justin Dallaire | Fulcrum Contributor

His name is Dr. Google. Web MD is his office, and he seems legit. He knows every illness in the book, and will narrow down your aches and pains to a short list of likely maladies, no questions asked. It's no wonder he's becoming the most popular medical doctor around. But with the highest number of misdiagnoses, he may just be the worst doctor to ever have graduated from medical school.

Dr. Google has become convenient, perhaps a little too convenient. In fact, according to recent studies, 80 per cent of people who visit health and medical websites self-diagnose on a regular basis. It's as simple as quickly searching your symptoms and finding out what disease you've just contracted. In a matter of minutes, you have the answer to your most troubling questions.

The convenience of the Internet has led more people to consult online physicians than doctors. The choice seems reasonable, considering the lineups we expect at medical clinics ("What do you mean, a three-hour wait?!"), the embarrassing situations that can arise ("Can you describe the burning sensation?"), and the simple fact that many of us don't have a regular GP.

But this type of self-diagnosis can be dangerous. When relying on the Inter-

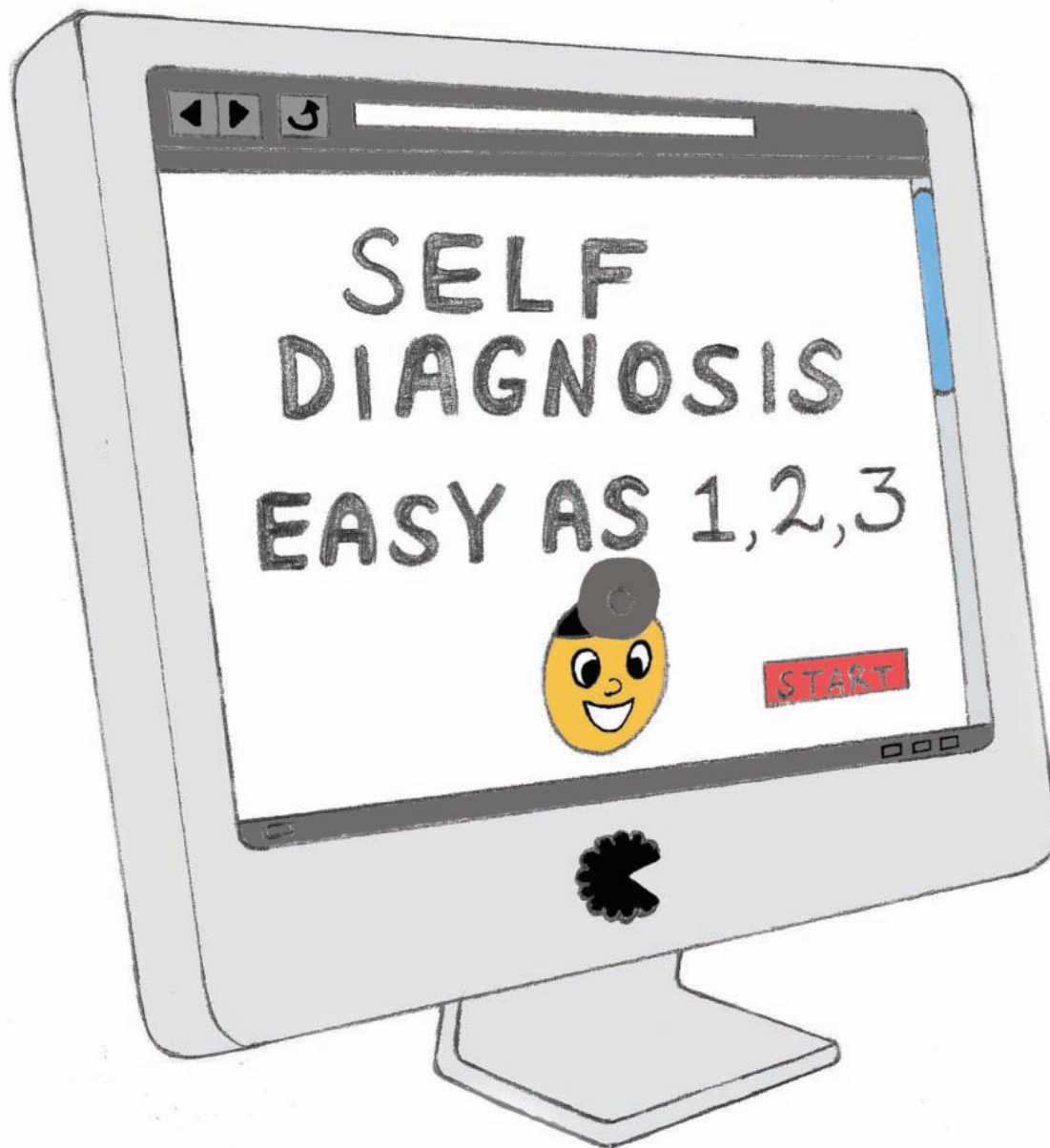


photo illustration by John Baisi

net, you're almost sure to misdiagnose. If you ask Web MD, your incoherent babbling when questioned by a professor in class was probably caused by a brain aneurysm, not your incompetence. Oh, and that pesky headache of yours? Definitely a brain tumor.

These kinds of misdiagnoses, as exaggerated as they may seem, happen every day, and we are as much to blame as Dr. Google. Part of the problem lies in our inability to assess our condition objectively. It is almost impossible not to overestimate the severity of our illness and immediately imagine the worst case scenario.

This distortion of reality can cause high levels of anxiety in individuals who spend many hours self-diagnosing; real doctors suggest this may be the cause of a proliferating condition known as cyberchondria. Symptoms include obsessively researching the causes of your aches and pains, identifying with vague symptoms, posting health-related comments on Facebook, feeling anxious, and feeling even worse once you've realized, after "sufficient" research, that you're probably going to die.

Do not fret. The cure is as simple as the self-diagnosis.

Remember the times you calmed a friend with the words, "Dude, you're fine"? Imagine your reaction toward a friend with the same symptoms as you, and hopefully you'll come to your senses and calm down.

Also, remember that if you can't pronounce the name of the disease you have supposedly been infected with, you're probably the wrong person to be diagnosing it. Leave that to the experts who have spent years in school learning to do just that.

And most importantly, log off and shut down. If you have a serious health concern, go to a real doctor. There's a reason why they're wearing the white coats and why Dr. Google is stuck inside a computer.

Four reasons why we plagiarize

...and it's not just because of the copy and paste buttons

Sofia Hashi | Fulcrum Staff

WE KNOW IT'S wrong. We know it's bad. But the allure of plagiarism just doesn't go away after we learn what the disease-sounding word actually means. Just recently, Margaret Wentz, a lead *Globe and Mail* columnist, found herself in hot water with plagiarism accusations. The newly released movie *The Words* depicts one author's ascent to literary immortality through the act of borrowed words. There's no denying that plagiarism has hit the headlines yet again, and while we're not saying it's right—if you think it's okay, you're one twisted lazy bum—we can't refute the fact that it happens. So why do people do it? Here are the top five reasons:

They're lazy

Writing a piece of awesome literature takes a lot of work. Like, a lot. Ninety-nine per cent of the time it'd be easier to

just say, "Nah, I'll borrow from (insert great literary work) instead." Many people found guilty of plagiarism can attest that it was pure and simple laziness that led to their demise.

They want to be famous

People want the glory and fame that comes from writing well. In the face of their own literary hang-ups, writing a fantastic piece of prose is difficult—too difficult for them to try, apparently. Students who plagiarize because they want a higher grade and don't want to risk failing also fit this bill.

They're afraid of success

This may not be in keeping with the previous reason, but ironically enough, it makes sense. Some people who commit plagiarism are afraid of handing in their own work to be judged—putting yourself out there can be intimidating, even if you don't plan on becoming the next Ernest



Literary frauds beware!

photo by Sean Campbell

Hemingway or J.K. Rowling. Plagiarism is often a misguided attempt by students to keep their own thoughts and ideas out of the limelight.

They have no time

This category is usually reserved for chronic procrastinators. Students who have chosen the "party and bullshit" lifestyle over a more sensible one filled with books and weekend library sessions find themselves looking for a quick fix when all of a sudden their deadline is tomorrow.

The bottom line: Don't do it

Seriously, folks, don't plagiarize. While it seems like the easy way out, or a way for you to show off and seem smarter than your contemporaries, plagiarism is detrimental to your academic life and career. It can have life-changing consequences and may cost you a degree. As lame as it may seem, honesty sometimes really is the best damn policy.



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Crafting a good brew since 1942.

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Recycle this, or the hops will spoil.

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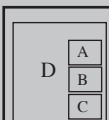
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Occupy: moving forward



photo illustration by Mathias MacPhee

FALL: THE BETTER-looking transitional season. As the crisp air settles in and the leaves ripen, we watch as the warm summer washes away. It's fitting then, that one year ago during a season of change, the Occupy movement took to our streets and parks to protest.

Occupy, the social movement sparked by the Vancouver-based publication *Ad-busters*, brought people together to camp out in city parks in protest of the current social and economic systems embraced by the west.

Now, with protesters marking the one-year anniversary of the original Occupy demonstrations, the editors of the *Fulcrum* reflect on the protests that were and offer our thoughts on staging a successful social movement.

Focus

Easily the most frustrating aspect of the Occupy movement was an inherent lack of direction. The message started at Wall Street and focused on demanding changes to the American economic system. From there, it snowballed into a variety of solidarity protests, each with their own unique mission statement. This lack of focus stemmed from the

Occupy movement's use of an over-democratic decision making process by way of general assembly; every member in attendance had equal opportunity for input. This in turn led to onerous deliberation of each point of business. Case in point: last October, protesters in Confederation Park voted on how to conduct a vote.

The Occupy movement would benefit greatly from focusing on one unanimous goal. By outlining some realistic attainable objectives, the movement could begin to accomplish social reform, and with that momentum, could tackle larger projects.

Leadership

Once the Occupy protesters have settled on a concrete and attainable goal, strong, charismatic leadership is essential to motivating and directing the movement. The "for the people, by the people" mentality makes for a great motto, but fails as a practical organizational model.

The use of the long-form general assembly took the momentum of the collective group and rather than using it to direct them toward their goal, wasted it as the protesters debated amongst each

other.

If the Occupy protesters need a role model, they should look no further than the students protesting in Quebec. The members of the red square movement, who are lobbying to prevent a post-secondary education tuition hike, implemented a leadership model that is proving to be successful. Regardless of whether your beliefs line up with that of the red squares', they have strong leadership that is paramount in both motivating as well as representing their cause.

Any collection of like-minded individuals wishing to accomplish reform needs leadership. Occupy need not fear borrowing strategies from the establishments they wish to change. The principles business leaders employ to grow and expand a corporation can be applied equally as effectively to a movement for social change. Let re-invention be your message, not your method.

Image

Once the movement has identified a goal and appointed a leader, the next step is to cement an image. For the most part, the standard Occupy protester does not reflect the average working-class

Canadian citizen. The transformation of Confederation Park into a campground made many Ottawans believe the protesters were nothing more than squatters, occupying green space but making no progress.

If you wish to have the support of the working class, you have to approach them on their terms. The average Canadian citizen does not have time to waste. If they are the people you seek support from, prove it. Host lunches, town hall gatherings, or meet and greets—whatever it takes to learn who your audience is. Once you have identified your supporters' needs, tailor the movement accordingly. Make sure it walks and talks like your community does. Only then can you truly say you are the "99 per cent."

It remains to be seen whether the Occupy protesters will regroup, re-strategize, and try again in hopes of making a bigger impact than they did the first time around. If fresh thinking and a change in strategy can reinvigorate Occupy the way the fresh fall air does Ottawans, perhaps we will see something accomplished before the first snowfall.

editor@thefulcrum.ca

the thryllabus

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

Music

Now–Oct. 6: O-Town Hoedown at Irene's Pub (885 Bank St.) and Rainbow Bistro (76 Murray St.)

Oct. 6: Metz and Big Dick play Babylon (317 Bank St.), 8 p.m.

Oct. 9: Bend Sinister and The Strain play Raw Sugar Café, (692 Somerset St. W.), 8 p.m.

Oct. 11: illScarlett plays Mavericks (221 Rideau St.), 8 p.m.

Oct. 12: Royal Canoe, Savoir Adore, and Trees play Café D'ek-cuf (221 Rideau St.), 9 p.m.

Oct. 13: D.O.A., RawRawRiot, and Brain Damage play Zaphod Beeblebrox (27 York St.), 8 p.m.

Film

Now–Oct. 24: New Spanish Film Festival at the Bytowne Cinema (325 Rideau St.)

Oct. 4: Video Works at Mug-

shots (75 Nicholas St.), 8 p.m.

Oct. 4: Treepot Indie Filmmaker Festival 4 at the Bytowne Cinema (325 Rideau St.), 6:45 p.m.

Oct. 5: *We Are Legion: The Story of the Hacktivists* plays at the Mayfair Theatre (1074 Bank St.), 9:15 p.m.

Oct. 7: *The Best Exotic Marigold Hotel* plays at the Bytowne Cinema (325 Rideau St.), 2:30 p.m.

Visual art

Now–Oct. 6: *Before I Die* presented at SAW Gallery Outdoor Courtyard (67 Nicholas St.)

Oct. 4: Daniel Martelock Art Opening at The Hintonburg Public House (1020 Wellington St. W.), 7 p.m.

Oct. 5–28: *Peter Shmelzer/Desperate People/New Paintings* displayed at La Petite Mort Gallery (306 Cumberland St.)

Oct. 11–21: *Platform/Photo* displayed at Platform Gallery and Studios (51B Young St.)

Theatre

Now–Oct. 6: *Hay Fever* plays at the Ottawa Little Theatre (400 King Edward Ave.)

Oct. 5–20: *How It Works* plays at the Gladstone Theatre (910 Gladstone Ave.)



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Maria Campbell

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