



# This is an art attack!

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# LETTERS

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

And the award for the most dedicated Fulcrumite goes to...

**Daniel LeRoy**

Without your ops, we'd simply have inions.

# the thryllabus

### Music

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

Oct. 12: Royal Canoe, Savoir Adore, and Trees play Café Dekcuf (221 Rideau St.), 9 p.m.

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

Oct. 14: Code Orange Kids, Black Souls, Stay Here, and War Nerve play Club SAW (67 Nicholas St.), 6:30 p.m.

Oct. 17: Endast, Sleep is for the Dead, and Skies Beneath play Café Dekcuf (221 Rideau St.), 7 p.m.

Oct. 18: Lowtalker, Arms Aloft, Landslider, and Benevenstanciano play Café Dekcuf (221 Rideau St.), 8 p.m.

Oct. 19: The Wilderness of Manitoba and Josef Pollack play Mavericks (221 Rideau St.), 8 p.m.

Oct. 20: Mute, Shot by Jack, and Sidelines play Petit Chicago (50 Promenade du Portage, Gatineau), 8 p.m.

Oct. 21: Fairview, Use As Directed, and Colour Color play Club SAW (67 Nicholas St.), 6:30 p.m.

Oct. 21: The Crackling plays Raw Sugar Café (692 Somerset St. W.), 8 p.m.

Oct. 21: Protest the Hero, Today I Caught the Plague, We Were the Fires of Rome, and Sonburst play Ritual (137 Besserer St.), 6:30 p.m.

### Film

Now–Oct. 24: New Spanish Film Festival at the Bytowne

Cinema (325 Rideau St.)

Oct. 11–14: 23rd Annual One World Film Festival at the Library and Archives Auditorium (395 Wellington St.)

Oct. 12: *Special Forces* released to theatres

Oct. 13: *Brave* plays at the Mayfair Theatre (1074 Bank St.), 3:15 p.m.

Oct. 14: *Laurence Anyways* plays at the Bytowne Cinema (325 Rideau St.), 8:10 p.m.

Oct. 16: *The Texas Chainsaw Massacre* plays at the Mayfair Theatre (1074 Bank St.), 7 p.m.

Oct. 19: *Paranormal Activity 4* released to theatres

Oct. 19: *The World Before Her* plays at the Bytowne Cinema (325 Rideau St.), 9:10 p.m.

### Visual art

Now–Oct. 21: *NATURAL* displayed at Foyer Gallery (1701 Woodroffe Ave.)

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

Oct. 16–Nov. 3: *The Glace Bay Miners' Museum* plays at the National Arts Centre (53 Elgin St.)

### Sports

Oct. 12: Women's soccer: Gee-Gees play the Carleton University Ravens at Matt Anthony Field (801 King Edward Ave.), 6 p.m.

Oct. 12: Women's hockey: Gee-Gees home opener against the Carleton University Ravens at the Minto Sports Complex (801 King Edward Ave.), 7 p.m.

Oct. 13: Men's football: Gee-Gees play the University of Waterloo Warriors at Beckwith Park (1319 9th Line Rd.), 1 p.m.

Oct. 14: Women's soccer: Gee-Gees play the Trent University Gladiators at Matt Anthony Field (801 King Edward Ave.), 1 p.m.

Want your event listed on the thryllabus? Email [events@thefulcrum.ca](mailto:events@thefulcrum.ca)

I can't paw- sibly take any more!



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Send your letters to [editor@thefulcrum.ca](mailto:editor@thefulcrum.ca)

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

Drop off letters at 631 King Edward Ave. or email [editor@thefulcrum.ca](mailto:editor@thefulcrum.ca).

Letters must include your name, telephone number, year, and program of study. Pseudonyms may be used after consultation with the Editor-in-Chief. We correct spelling and grammar to some extent. The *Fulcrum* will exercise discretion in printing letters that are deemed racist, homophobic, or sexist.

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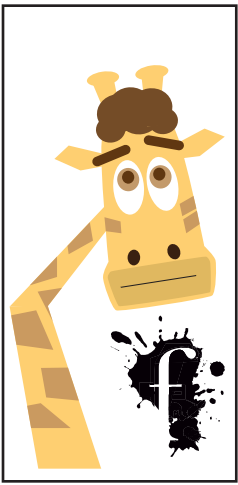
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You think you know, but you have no idea. This is the story of the *Fulcrum's* independence

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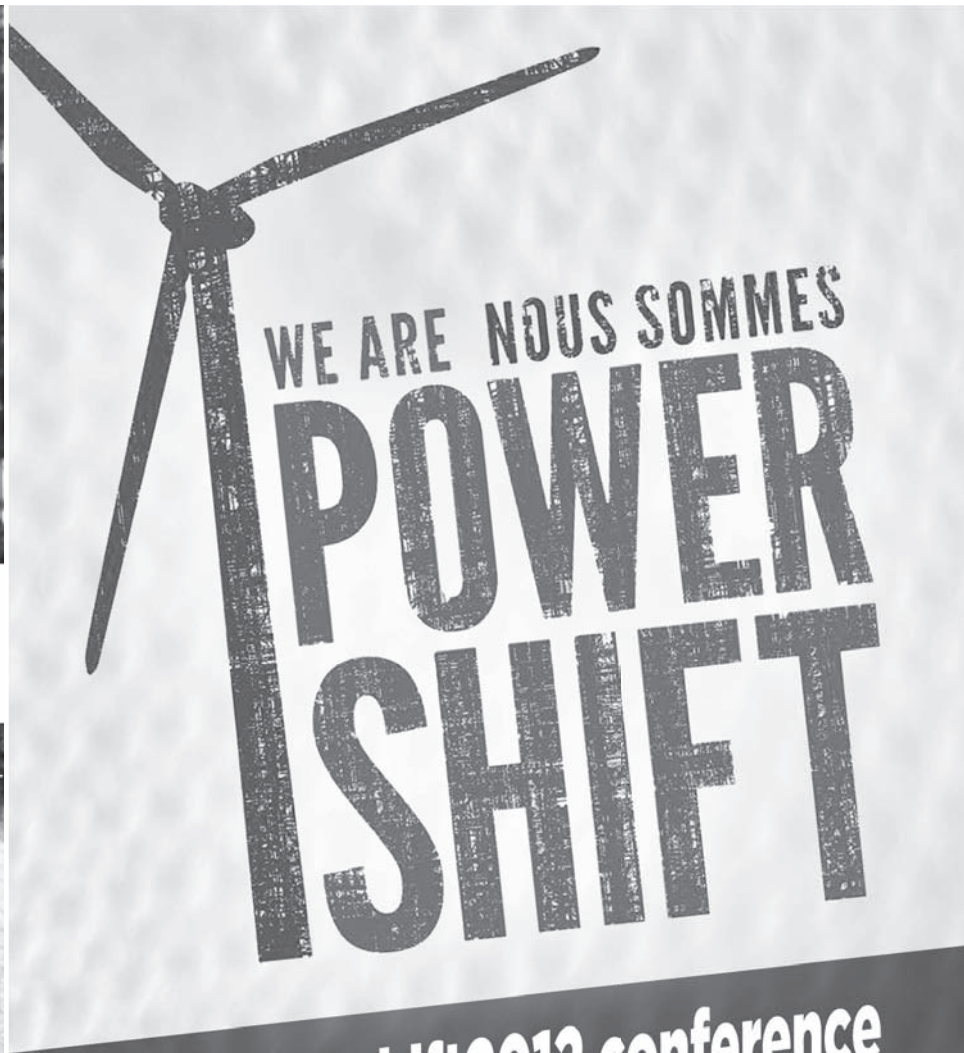
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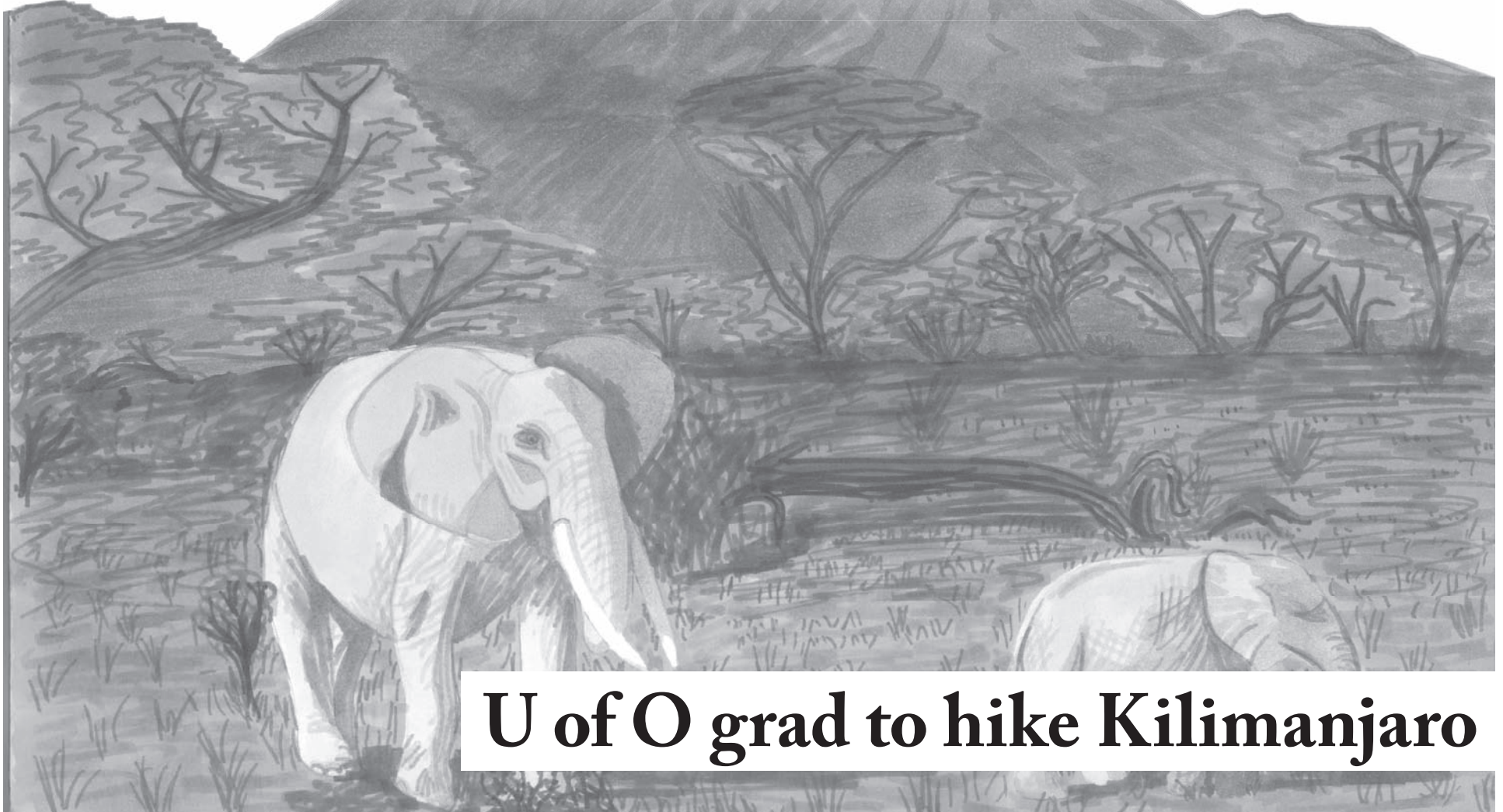
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## U of O grad to hike Kilimanjaro

illustration by Kelsey Shore

### Climb to raise money for Canadian charity WaterCan

Martina Gannon | Fulcrum Contributor

RECENT UNIVERSITY OF Ottawa graduate Brittany Moorcroft is about to embark on the experience of a lifetime. To mark the 25th anniversary of WaterCan, a charity that aims to provide developing nations with clean drinking water, Moorcroft will climb the highest peak in Africa, along with a team of 22 other Canadians, including Ben Mulrone; Tyler and Alex Mifflin, hosts of TVO's *The Water Brothers*; and Paul G. Smith, president of VIA Rail. The *Fulcrum* talked to Moorcroft over email before she left for Africa.

**The Fulcrum:** What gave you this particular idea for raising money?

Brittany Moorcroft: The project basically fell into my lap—I'd wanted to experience the challenge of climbing Mount Kilimanjaro for a little while, but wanted to do it for charity as I'd had some experience fundraising in the past and found it really rewarding. WaterCan, an Ottawa clean-water charity who have various clean-water projects in East Africa, are celebrating their 25th anniversary with this "Climb for Life" campaign. Their original goal was \$75,000 but has been upped to a quarter of a million as we've had so much support. A team of 23 people from across the country are fundraising and travelling to Tanzania to visit WaterCan's projects and climb Kilimanjaro. For fundraising, I've hosted games nights, Pampered Chef parties,

and a "Warriors for Water" charity yoga in the park event in Orleans. Support has been great—especially from my family and work. It's very endearing to see how generous people can be.

**Can you talk a bit about why you got involved with WaterCan and why it means so much to you?**

It was a fourth-year public relations [PR] course at the U of O that first educated me on the importance of clean water. I'd always known how important it is to conserve, but living in Canada where we are lucky to have access to one of the largest sources of fresh water in the world, clean water is taken for granted. In PR we had to prepare for a mock news conference posing as a clean-water organization—I

became an expert on well-digging, Ethiopian coffee farming, and the various risks dirty water poses for people who have to make use of it. Access to clean water has a deeply profound ripple effect—it promotes health, economic growth, gender equality—all good things. In the 25 years WaterCan has been working in East Africa, they have helped more than 1.2 million people with their programs. But 780 million people worldwide still lack access to clean water and basic sanitation. It's a solvable problem.

**What will completing this climb mean to you and your cause?**

It will mean I completed a huge personal challenge I've set up for myself. When I graduated from the U of O, I felt a little

stunted, like I had no one challenging me anymore, so my friend and I began giving each other weird little challenges like not complaining for a week or finally learning to cartwheel. That morphed into real goals we'd set for ourselves, like learning to rock climb. One day I said, "I want to climb Mount Kilimanjaro for charity." A year and a bit later, I'm actually doing it. To have this experience, I consider myself really, really lucky. I can't wait to see the immediate and long-term effects clean water will have on communities in need.

*Moorcroft will depart for Tanzania on Oct. 11. Follow her climb at [kiliclimbforlife.tumblr.com](http://kiliclimbforlife.tumblr.com), and donate to her at [give.watercan.com/goto/brittany](http://give.watercan.com/goto/brittany)*

## On the offensive

### Algonquin College Students' Association takes out ads against OC Transpo

Jesse Mellott | Fulcrum Staff

THIS PAST AUGUST, OC Transpo initiated an age cap disqualifying all students over the age of 19 from purchasing student bus passes, forcing them to buy adult bus passes. The adult passes cost \$96.25 per month, a \$19.50 increase from the student passes, which are sold for \$76.75 a month.

Recently, the Algonquin Students' Association (ASA) started running ads that criticized OC Transpo for these changes. The ads were part of a campaign entitled "Age Does not Define a Student," funded by the ASA. The Facebook page created by the ASA features a photo of the

campaign with the caption, "Keep fares fair: OC Transpo ended student rates for anyone over 19."

ASA President David Corson said the ads were created in part due to these increased fare rates for students.

"First thing we want to do is advise people and make them educated [on the issue]," said Corson. "We want to let people know the situation. There are four reasons why you do advertising, and this one was to advise the public and our students that there is a problem... We would like that age cap removed for as long as possible to benefit the other schools as well."

OC Transpo representatives were unavailable for comment.

Corson said he would like to see Algonquin students have the same access U of O students have to OC Transpo.

"Forty per cent of our students are bus riders," said Corson. "Anything we do has to benefit all students, not just this select group or that select group. We are looking at a solution that is fair to all students. If they are bus takers, they [should] at least get a reasonable fare."

Algonquin College, unlike Carleton University or the U of O, is not a part of the U-Pass agreement with OC Transpo, so students must get their bus pass directly from OC Transpo.



illustration by Julia Pancova



# The Debriefing

NDP's Mulcair calling for minister's resignation

OTTAWA—LAST MONTH, THE deadly E. Coli bacteria was discovered in Canadian beef from XL Foods' plant in Brooks, Alta.—a chief provider for Canadian beef eaters. The outbreak sparked a debate in the House of Commons, where Agriculture Minister Gerry Ritz was subject to much scrutiny and criticism from the opposition.

New Democratic Party (NDP) leader Tom Mulcair is demanding Ritz's resignation, claiming the Saskatchewan MP is refusing to be held accountable for the outbreak. Interim Liberal party leader Bob Rae accused the government of moving too slowly to cap the outbreak, as the U.S. halted XL Foods imports on Sept. 13 and Canada continued to buy beef from XL until Sept. 27.

Ritz continues to defend the food inspection system and says the Canadian Food Inspection Agency continues to work on and improve the required safety regulations.

—Megan Cary

Omar Khadr returns to Canada after stay in Guantanamo

OTTAWA—TORONTO-BORN OMAR Khadr, captured in Afghanistan and accused of terrorism in 2002 at the age of 15, returned to Canada Sept. 29 after a lengthy stay at Guantanamo Bay. Upon arrival at the Canadian Forces Base in Trenton, he was transported to Millhaven's assessment centre, where corrections staff will determine his fate.

In 2010, Khadr plead guilty to the murder of U.S. Sergeant Christopher Speer, a confession that resulted in a deal for an eight-year prison sentence to be served in Canada as early as last November. But Public Safety Minister Vic Toews expressed concern last spring over whether repatriating Khadr was a wise decision. This included concerns that Khadr's experiences in Guantanamo Bay and Afghanistan had "radicalized" him.

The repatriation thus came as somewhat of a surprise, and Khadr himself had no idea he was returning to Canada until last Wednesday. Now, Khadr's fate will be in the hands of the parole board and correction services, where a decision will be made that can take anywhere from a day to several months. There is no clear indication whether or not Khadr will be granted parole.

—Gabriela Yan

Trudeau enters the ring

MONTREAL—IT'S OFFICIAL: JUSTIN Trudeau entered the Liberal leadership race on Oct. 2. The Papineau Member of Parliament (MP) and son of former prime minister Pierre Elliot Trudeau is expected to be the front-runner in the race to become the next leader of the Liberal Party.

The 40-year-old Montreal native has been an MP since the 2006 federal election, but was sometimes regarded as more of a pretty face than a person of real substance; pundit Ezra Levant famously referred to Trudeau as "my little pony."

On the first day of his campaign, Trudeau picked up an important endorsement from Dominic LeBlanc, New Brunswick MP and son of former Governor General of Canada Roméo LeBlanc. The endorsement from his childhood friend gave Trudeau one less opponent for the job, as LeBlanc previously considered running for the leadership.

The campaign is to replace the former Liberal leader Michael Ignatieff, after he resigned following his party's resounding defeat in the 2011 election. The campaign will officially begin on Nov. 28, and the leader chosen on April 28 in Ottawa.

—Andrew Ikeman

## Remembering Danielle Naçu



photo by Justin Labelle

### Memorial bike ride to be held for U of O student

Jesse Mellot | Fulcrum Staff

ON THE MORNING of Oct. 11, 2011, Danielle Naçu was on her bike heading westbound on Queen Street, a few blocks away from the University of Ottawa, where she was a student, when the driver of a parked Volkswagen opened her door and knocked Naçu off her bike into an oncoming car. When emergency crews arrived at the scene, Naçu had no vital signs and later died at the hospital from the injuries she sustained. She was 34.

In memory of Naçu's passing, friends and family are holding a bike ride on the first anniversary of her death. According to Seamus Wolfe, former president of the Student Federation of the University of Ottawa (SFUO), it will be a celebration of a life taken too soon.

"It's an important memorial of a vibrant woman who was killed on her bike a year ago [and] who was a student at the University of Ottawa," said Wolfe, who

now helps run the SFUO's Bike Co-op. "I think it's really important that the community comes together, both student and non-student, to celebrate this woman's life. Secondly, it's to put emphasis on having safe streets for cyclists, especially in the downtown core."

This is not the first event organized by Naçu's loved ones. Shortly after the tragedy that ended her life, a memorial bike ride was held to bring together the Ottawa cycling community. Samantha McGavin, media representative and organizer of both rides, said she felt the need to have a ride where people could come together.

"It became a larger event once Brent Naçu, her brother, got in touch with me and said that he was mobilizing her colleagues, family, and friends," said McGavin. "So it became a larger celebration of her life. Those are the twin motivators for the annual ride. One is to celebrate that generous person who was very committed to her community. The other is to contin-

ue to raise awareness about cyclist safety."

Although the memorial ride was started by Naçu's family and friends, there are also students on the U of O campus who are involved in helping to coordinate the event.

"We [the Bike Co-op] have come on board to help with some of our experience in terms of biking in the city," said Wolfe. "[Naçu's] friends and family are not necessarily directly linked to the campus that Danielle was an integral part of."

The ride this year will be held on Oct. 11 at 11:30 a.m. It will start at the corner of Sparks Street and O'Connor Street, continue to Queen Street to pause at the "ghost bike," and conclude at City Hall with words from Naçu's family and Ottawa Mayor Jim Watson.

In addition to the annual memorial bike ride, the U of O has started a scholarship in the faculty of social sciences in Naçu's honour.

## What's he building in there?

Tyler Shendruk | Fulcrum Contributor

### The problem

Science and art are sometimes seen as the incompatible arch-enemies of human endeavours. But art can inspire science, and science can animate art.

### The researcher

Christopher Smeenk, PhD candidate at the University of Ottawa, researches ultra-fast laser pulses at the NRC-uOttawa Joint Attosecond Science Laboratory. He is also a musician who plays

guitar and French horn. For Smeenk, there is no sharp separation between science and art, and no reason why they can't be blended.

### The project

Smeenk is fascinated with the idea of creating performances that can be appreciated by more than one sense. In his eyes, visualizations during musical acts are separate performances, layered over the music—the instrument that produces the sound is distinct from the system that creates the visualization. His ideal is an experience

that merges sensations, so Smeenk invented an instrument that creates both sound and light simultaneously.

### The key

Smeenk calls his instrument the Laser Musicbox. Extremely short infrared laser pulses blast through the air, tearing electrons off their atoms and creating plasma. This short-lived plasma is the cause of both the sound and the colour. The hot plasma rapidly expands into the cool air around it, generating a shock wave (this is actually how lightning makes thun-

der). Smeenk fires laser pulses in quick succession, creating a train of shock waves. The space between the waves sets the notes we hear.

But the plasma does a second thing: light can travel faster through the plasma than through the air. This shifts the visible light from infrared to a beautiful oily continuum of colours. The shorter the laser pulse, the more colours are produced.

The laser that the Laser Musicbox needs to function is permanently housed in a National Research Council (NRC) laboratory, but Smeenk points out that the first laser was the size of an

entire room. He expects that as technology moves forward, the Laser Musicbox could become a mobile instrument, and looks forward to working with musicians and composers. Rock on, lasers, rock on.

Christopher Smeenk will present a *Pecha Kucha* on the Laser Musicbox at the *Electric Fields* festival on Oct. 12.

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



## LASERS, HELL YEAH



# CHUO AGM runs smoothly in new open format

## Station initiatives, deficits, and strategic planning discussed

Keeton Wilcock | Fulcrum Staff

Last Tuesday, Sept. 2, CHUO, the University of Ottawa's community FM radio station, held their annual general meeting (AGM) where nearly forty stakeholders discussed financial statements, governance, and strategic planning in the senate room of Tabaret Hall. While CHUO has been in existence for over twenty years and has held many AGMs over that time, this year's meeting format was somewhat of a departure for the station.

According to CHUO station manager Erin Flynn, the radio station's past AGMs were much briefer affairs involving fewer individuals.

"It's the first annual general meeting that includes volunteer members," said Flynn. "When we incorporated, the [Student Federation of the University of Ottawa] constituted our AGM, so we would piggyback one of their [Board of Administration] meetings, present our budget and financial statements, and they would vote."

Flynn said that the reason for the format change was to allow for greater volunteer involvement in the decision-making process.

"We decided that we wanted more volunteer engagement, so we presented a motion at the last AGM that passed unanimously to switch the format," stated Flynn.

Even though the meeting was conducted in a drastically different format than in the past, it ran relatively smoothly and on schedule. It was noted that CHUO has seen many exciting developments over the last 12 months, including the creation of digital archives, the completion of a new social media audit, the implementation of social media training sessions, the beginnings of CHUO-On-



The heart of CHUO

photo by Sean Done

Demand (online program streaming for four weeks after the broadcast), and a new push for station visibility and volunteer participation.

After the station's new initiatives were discussed, the anglophone and francophone volunteer representative elections were held. Peter McLaren, a volunteer producer of nearly two years, and Florence Ngue-No, the current host of Reggae Nite on Sundays from 10–11 p.m., won the positions, respectively, in contested elections.

Finally, the station's financials were

presented, and attendees learned that CHUO completed the 2011 fiscal year

with a deficit of \$989, but is budgeting for deficits of \$31,000 and \$27,000 over the next two years due to new costs and very conservative revenue estimates. While this might have been

a minor revelation in previous years, volunteers were very vocal about their

disapproval of the projected deficits.

"I think if there's a reason why we have to be going into a fiscal year budgeting for a deficit, then maybe we should look to see if there are more ways to trim things so that we do come out balanced," said Michael Assivero, who hosts Caribbean Flavour on Saturdays from 2–4 p.m. He continued, "Simply saying

"It's the first annual general meeting that includes volunteer members."

—Erin Flynn  
CHUO station manager

that we're going to go into the year with a deficit ... it's not acceptable to say we're planning for a deficit."

Despite the distaste that many volunteers expressed with the station's projected deficits, the issue wasn't open to voting at the AGM; the financials were merely presented as information for the benefit of stakeholders. After the meeting, attendees said they enjoyed the new AGM format and were looking forward to continuing to work on modernizing the station and improving its reach.

## Turning Point

### Living on Bullshit Mountain

Andrew Ikeman | News Editor

ON SATURDAY, OCT. 6, I settled in to watch the big debate. No, not Romney vs. Obama, but the "Rumble in the Air-Conditioned Auditorium", with right-wing talking head Bill O'Reilly facing off against Jon Stewart and his "socialist" wit. The debate was mostly in jest, but a moment in the opening statements resonated with me.

"My friend Bill O'Reilly is completely full of shit," intoned Stewart. "What is wrong with this country is not that we face problems we have not faced before. We face a deficiency in our problem-solving mech-

anism, and the reason we face a difficulty in our problem-solving mechanism is a good portion of our country has created an alternate universe...I call this alternate reality Bullshit Mountain."

Stewart goes on to say that on Bullshit Mountain, nothing makes much sense. Christmas is always under attack; the death of Big Bird will bring about the settlement of the debt crisis; a "Kenyan Muslim president"—read Barack Obama—has changed everything about the way government interacts with its people, and so on.

This whole argument got me thinking.

If the U.S. has people living on Bullshit Mountain, where the hell is Canada, on a Bullshit Cloud? Last year our government was arguing about a very simple thing: knowing who has legally bought a rifle. Gun registry may have cost a ton of money at the start, but the annual operating cost was insignificant. The reason we got rid of the registry? Freedom. Freedom to own a gun, and freedom to shoot that bloody gun.

How about the whole abortion debate last week? A government Member of Parliament, Kitchener's Stephen Woodworth, stood up in the House and said that we need to reexamine when life

begins. Instead of jumping right to "no abortion for you," we went to, "Is it murder if you abort at five weeks?" Questioning the moment when life begins is essentially reopening the abortion debate, albeit in a very skewed way.

In the U.S., Romney has attacked Big Bird, and the Public Broadcasting System, while right here in Canada, the Canadian Broadcasting Corporation (CBC) is being attacked because people don't want to pay for public broadcasting—they are forgetting, of course, that without the CBC, they would not get to see Peter Mansbridge, Rex Murphy, or, God forbid, Rick Mercer. The

idea that the CBC is useless and needs to be destroyed is incredibly flawed. The CBC functions to provide free, unbiased media to Canadians. It is separate from the government, but relies on government funding to survive. Because the CBC gets this funding, it is able to do more in-depth broadcasting, rely less heavily on commercials, and offer a 24/7 news channel.

Here is my point: Bullshit Mountain does not only exist in the U.S. Canada contributes its fair share of nonsense—and while that sucks, you have to realize that politics is 90 per cent bullshit and 10 per cent substance.





## Dear Di...

*Dear Di, I apparently have a male yeast infection. I've been on antibiotics for a really long time, which my doctor warned me could cause such an infection to occur, even though I'm a guy. Based on the redness, irritation, and soreness of my little man's head, I'm pretty sure I've been infected. It hurts so much, I half just want my dick to fall off. Okay, not really, but it's bad. Help, Di!*

—I Thought this Only Happened to Vaginas

Dear ITOHV,

Yes, men can get penile yeast infections, and it probably happens more often than you think. While men with yeast infections often show no symptoms, they can also experience symptoms similar to those women experience: extreme itchiness, clumpy white discharge, and redness or blisters. Your best bet right off the bat is to get yourself to a doctor. Although spending an extended amount of time on antibiotics can cause yeast infections, all the issues you listed are also possible symptoms of genital herpes. Get yourself checked out ASAP to make sure you don't have an STI.

You might not be thrilled with my next piece of advice, which is to try over-the-counter anti-fungal treatments. The problem? They're mostly labelled "for vaginal use." Although you will get teased mercilessly if anyone finds the cream in your medicine cabinet, I'm here to tell you it can be safely applied to your sausage. Monistat is one of the most common examples; just apply the medicated

cream directly on the affected skin twice daily for about a week. If that doesn't solve the problem your doc may prescribe some stronger meds.

Regardless of how you got yourself into your current itchy situation, be sure not to spread it around to other genitals! Yeast infections can easily pass back and forth between couples who have unprotected sex, and you don't want to find yourself in an endless loop of ick and ouch.

Good luck, my itchy-cocked friend. May you never again wish for your member to fall off!

Love,  
Di

*Dear Di, My boyfriend and I have been discussing it a lot lately, and we've decided we're ready to take the plunge—we're ready to try anal. Can you give us some advice for how to make sure the first time goes well? I'm especially stressing about the poop factor, so I'm excited to try an enema to make sure I'm totally clean. In fact, I think the whole reason I'm excited for anal is because the enema sounds kinda hot too. Is that normal?*

—Incoming Splash into Asshole

Dear ISA,

Ah, there's nothing quite like the first time your rump gets humped. It's true, though, that if you don't take the time to do a little research and get things right, anal can be disappointing to both parties. On the other hand, follow my advice and you're in for a new move to add to your repertoire, while keeping things fun, kinky, intimate, and rewarding.

Assholes are made of delicate tissues packed full of nerve endings that, when properly stimulated, can add a lot to your orgasms and even be their main trigger!

So what's the most important thing to remember when it comes to bum fun? Lubricant.

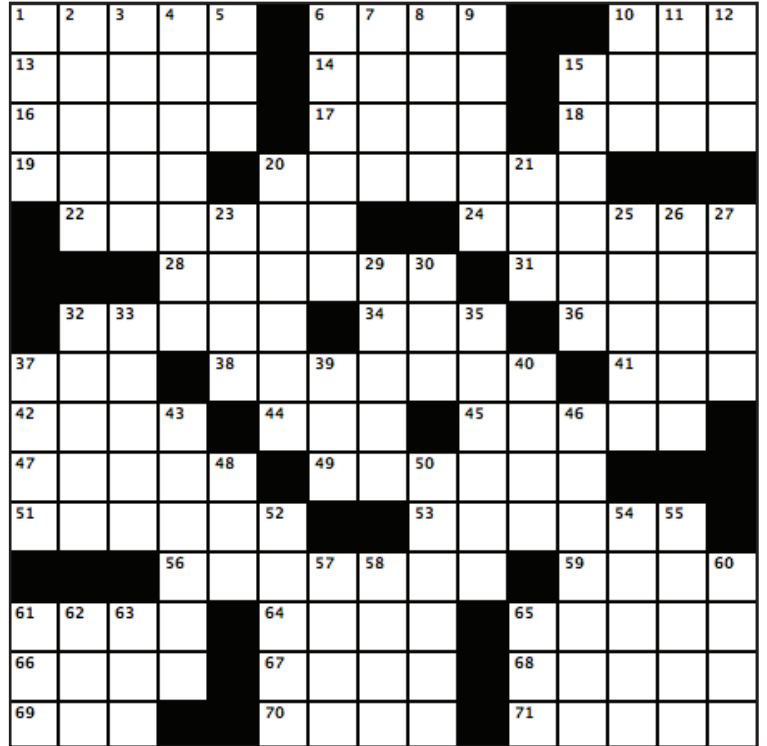
Get thee to a drugstore and buy some lube. It will make everything more pleasurable, and it helps prevent both condom tearing and damage to the anus. While you're at the drugstore, feel free to pick up that enema kit you're looking forward to using.

For those who don't know, a self-administered enema is when you clean out the anal cavity by squirting a liquid solution way up in there. Getting an enema package is best because it includes a sterile, single-use bottle with a pre-lubricated nozzle. Depending on the brand, the bottle may contain a sodium phosphate solution. While that enema solution is necessary before certain medical procedures, continual usage may be harmful to your insides. If you think you may want to enjoy enemas on the regular, don't fret. Simply pour the solution out and add lukewarm water instead. Moderation is key; talk to your doctor about how to ensure you don't go overboard.

At the same time, don't worry or feel embarrassed, because you're not alone. Klismaphilia is the name given to people who enjoy enemas, so being excited for your first one isn't a big deal at all! They can be pleasurable to both sexes, and have the added bonus of making sure your back door is squeaky clean.

As for the actual anal... Start with a finger and some lube to relax the sphincter. Make sure to use a condom, latex glove, or dental dam. Then, when you're ready, add a little more lube—or a lot—and take it slow. Doggy style or having the penetrated partner on top can both work, just make sure the one with their colon being colonized is the one who has control over speed and depth. If things get uncomfortable, your partner may need to pull out, play around a little more, and try again, but the reward for getting it right can be a huge payoff.

Happy buttfucking!  
Love,  
Di



Puzzles provided by BestCrosswords.com. Used with permission. Answers on page 3

**Across**

- 1- Slender freshwater fish; 6- Capital of Shaanxi province, China; 10- Airport abbr.; 13- Cloth; 14- Dull pain; 15- Agitate; 16- Low point; 17- Tide type; 18- Cloak; 19- Has a bug; 20- Bearded; 22- Checked; 24- Legume; 28- Small node; 31- Grocery, e.g.; 32- Annoy; 34- Actress Thurman; 36- Lost traction; 37- Mend; 38- Plant of the buttercup family; 41- Conductor \_ Pekka Salonen; 42- Permits; 44- Hawaiian acacia; 45- Angry; 47- Heart chambers; 49- Alloy of copper and zinc; 51- Monetary unit of Tonga; 53- Playground retort; 56- Rummage; 59- Zhivago's love; 61- Legal rights org.; 64- Baseball family name; 65- Unit of volume; 66- Redding's genre; 67- Drag; 68- \_ a time; 69- And so on; 70- \_ boy!; 71- Dispatches;

**Down**

- 1- Actress Olin; 2- Broadcasting; 3- Confuse; 4- Style of cooking; 5- That girl; 6- Place of contentment; 7- Bakery worker; 8- Pequot captain; 9- Sherpa's home; 10- 7th letter of the Greek alphabet; 11- Apex; 12- Dr. of rap; 15- Perfumes; 20- Adorn; 21- French possessive; 23- Bright star; 25- Apartment sign; 26- Whiskey type; 27- Moon of Jupiter; 29- Pertaining to the moon; 30- U.K. record label; 32- Michelangelo work; 33- More; 35- On the job; 37- Flutter; 39- "Hollywood Squares" win; 40- Della's creator; 43- Wicked; 46- Silhouette; 48- "...and seven years \_ "; 50- Spot on the skin; 52- Japanese beer brand; 54- Like Cheerios; 55- Mountain nymph; 57- Bed support; 58- Markers; 60- Collective word for intellectual pursuits; 61- Enzyme ending; 62- Portable bed; 63- Director Jean- \_ Godard; 65- Acapulco article;



**Sexy Sidenote:**

In Victorian times, a slang term for a prostitute was "blowsy", and "blow" was slang for ejaculation. In the 1930s, the two came together—and the modern-day blow job was born.

**Need more distractions?**

Check out the blog of the week: [Happiness-project.com](http://Happiness-project.com)

Gretchen Rubin writes about her adventures as she puts to practice information from studies and theories about how to be happier. This blog aims to understand happiness—and often Rubin finds it's the little things that count most.



We ain't no hundred-acre woods, but there's still plenty of room for everyone!

Write, draw, photograph, whatever!  
We'd love for you to join!



Making things difficult | XKCD







## Van Goghs at the U of O

photo by Justin Labelle

### Students paint pictures of movement and dance at Walk of Arts

Kajahni Tharmarajan | Fulcrum Contributor

THE UNIVERSITY OF Ottawa's Community Life Service (CLS) held its seventh annual Walk of Arts competition on campus Oct. 4, drawing in 32 students to show off their artistic talents.

"This is the best turnout yet, and what a beautiful day to have it," said Marc Duval, director of CLS and one of the judges of the competition.

The weather certainly was cooperative that day as contestants from a variety of faculties let their creativity run wild on the

outdoor walkway in front of 90 University.

Students were each given a 24- by 36-inch canvas, paint, paintbrushes, two hours, and the theme of the event, "Dance your shoes off!" Participants then let loose as they scrambled to get their ideas onto a big white board. The artists were asked to contribute to the theme of movement and dance in their paintings.

"You could just see the fear on everyone's faces," U of O psychology major Jacquie Dunn commented afterward. "That big blank canvas can be so intimidating."

The students certainly got over that intimidation. It didn't take long before par-

ticipants, alone and in pairs, started to create diverse emblems of vibrant colours and figures. Passersby stopped on their way to classes to admire the various artistic interpretations of ballerina figures, abstract shapes, and lively landscapes.

Cash prizes were awarded to the top three paintings. "The judging was based on originality and concordance of the painting with the theme," said organizer Melanie Reville.

The top prize of \$400 was awarded to partners Zineb Adref, an economics major, and Hawraa Bachir, a psychology major. Adref and Bachir's piece depicted

a ballerina in New York City and encompassed the painstaking hours of training and sweat that inevitably goes into art.

"It's not your typical ballerina," said Bachir. "It's someone who worked their way up—a ghetto ballerina, if you will."

Adref and Bachir's winning artwork will be installed at the InfoService office.

An award of \$300 was given to second-place winner Vincent Kember, an education student. Kember described his piece as a "contemporary impression of movement," displaying a club scene with dynamic action and colour while focusing on a circled group of diverse dancers.

A \$200 award was given to visual arts major Alejandra Velasquez for placing third. Velasquez was particularly resourceful in using the spatula technique to create a three-dimensional background for her portrait of an urban ballerina.

"I decided to substitute the traditional ballet slippers with black boots to add an edgy feel," she said.

The student's choice award of \$100 went to accounting student Sarah Niu.

The annual contest welcomes students from all disciplines and faculties to share their hidden talents and explore their artistic passions.

## The naked roommate in the flesh at Alumni Auditorium

### Author Harlan Cohen gives undressed and unsuppressed advice to U of O students

Adam Feibel and Maclaine Chadwick | Fulcrum Staff

Harlan Cohen seemed to cover all things campus life in his book *The Naked Roommate: And 107 Other Issues You Might Run Into in College*, but he didn't stop there. The bestselling author and syndicated advice columnist took his stories and guidance on the road to share them with students at colleges and universities across the continent.

Cohen took a few minutes before his guest lecture Oct. 2 at the University of Ottawa's Alumni Auditorium to talk about what makes the university and college experience different from any other.

**The Fulcrum: What's one of your favourite personal stories to tell?**

Harlan Cohen: I like to tell my college experience, or my university experience—you have to be very clear; college is very different from university—but my university experience was uncomfortable, and no one told me that university could suck at times. And it's fun to hear about how it can be difficult, because if your experience is anything but beautiful and happy and filled with flowers, it makes your life smell better to hear about my mis-

erable experience and how it helped me to learn a lot about myself.

**Do you have a favourite piece of advice that you like to give students?**

I do. University is 90 per cent amazing, and 10 per cent difficult, or a bunch of BS. The secret is if you know the BS is coming, it doesn't have to take 100 per cent of your time.

And another piece is that for new students, the first year is the uncomfortable year. Give yourself permission to be uncomfortable. Because once you do that, everything gets so much easier.

**What made you want to come back and revisit the university and college experience?**

I think that in the college years, you're dealing with so many new, first experi-

ences, and it's really the first time in your life that you have to make decisions that are life-changing ... and I think that these years are the most amazing years of discovery.

**What has the guest speaking experience been like for you?**

It's incredible. Everywhere I go, it's fascinating to listen. I love to listen; I'm a writer and a journalist and a speaker, but the part that I like to speak about is what I'm able to hear. I've visited more than 400 campuses all over the U.S. and Canada, and I'm able to see the trends and hear what the common threads are. And one of the greatest common threads is that we are all so afraid to be honest. We hate when people don't give us what we want; we hate when people don't react the way we want; we suck at rejection, which

means we're really bad at taking risks, and also it means we're really bad when it comes to following our hearts and living a life driven by passion.

So, I help people to take risks—not jumping out of airplanes or doing crazy things, but smart risks. Like, a dumb risk would be giving yourself an enema with a case of beer. Someone did that, you know; it's crazy. It's called butt-chugging. That's stupid. But I help people take great risks—not butt-chugging—like talking to a guy or girl in class that you're interested in, or telling a boyfriend or girlfriend how you really feel, or going after the most incredible job and giving people permission to not hire you, and then thanking them for interviewing you and discovering what you can do to get that job. That's what I love to help people do.



# When tragedy strikes

## Coping with loss in university

Spencer Van Dyk | Fulcrum Staff

Independence, new friends, character-building experiences. Everyone has heard the college cliché, “These are the best days of our lives.” But what happens when they’re not?

Occasionally an event occurs that can turn life upside down. Whether it’s an illness, divorce, or the death of a loved one, tragedies outside of our control happen, often when we least expect them.

“The kinds of things that [we’re] talking about, chances are pretty good that everyone will experience one of those negative life events,” said Dr. John Hunsley, professor and director of the clinical psychology program at the University of Ottawa. “It does not mean they’re predictable, but they are expected.”

Expected or not, the question remains: How can students—who have enough life changes on their plates as it is—deal with those issues? The *Fulcrum* sat down with students and professionals to better understand major negative life events, how to cope with them, and how to move forward.

### When the world stops

According to Hunsley, emotions are unpredictable, and different people will have varying gut reactions to bad news. Students who went through their own difficult situations felt they had little control over their initial responses.

Savannah Soule is a first-year student at the University of Ottawa who is currently dealing with the loss of her aunt.

“I actually figured out [two weeks ago] through Facebook that she was gone; my cousin had posted something,” explained Soule about her aunt’s death.

“Thankfully my roommate wasn’t home, because I just started bawling.”

Fourth-year U of O music student Sean Miles\* was in second year when his mother, from whom he had been estranged for several years, passed away.

“You just sort of stay in bed, [but] pick yourself up and go to class some of the time,” he said. “I wasn’t feeling social; I didn’t enjoy the things that I normally enjoyed. I was depressed.”

Hunsley explained it’s important for individuals to realize an adjustment period is necessary.

“[Tragic events] require people to make adjustments, no question,” he said. “I think it’s important that people recognize that when these events occur, it’s very unlikely they’re going to be able to

immediately function at the level they’re used to.”

“I think the one thing you want to hear when you’re grieving is that there is no standard way to grieve,” said Miles. “There is no feeling ‘x’ that you should be feeling, and no marker of time that you should be feeling that way.”

### Act fast

According to the experts, a crucial component of coping is accepting the fact that something awful has happened, while also accepting that life goes on. They urge students to seek help sooner rather than later, because denial can lead to more serious problems.

“Avoiding the situation, not thinking about it, not talking about it, [and] just trying to carry on as you normally do can work for people for a very short period of time,” said Hunsley. “[It] can’t last very long. If people just keep pushing it away, that’s not very healthy, and is more likely to lead to problems.”

Donald Martin, the manager of Counselling and Coaching Service (CCS), a branch of the U of O Student Academic Success Service (SASS), describes CCS as a short-term intervention centre whose priority is academic success. He also believes in asking for help sooner rather than later.

“When students are dealing with a significant disruption in their lives, usually they can’t wait two or three weeks to get some help,” he said. “Otherwise their entire semester could rapidly become in jeopardy. A very important thing for students is to access on-campus services as quickly as possible. The sooner we see them, the more likely it is that the [academic] issue will not become more complicated and really put their semester in danger. Sometimes even just one week of not being able to study can really be disruptive in terms of being able to catch up, especially if you’re studying full time.”

### A little help from my friends... And family

Luna Tetley’s\* parents got divorced after 21 years of marriage while she was away at university.

While she felt that her family, including her two younger brothers who were still living at home, would have provided

good support, she found it difficult to turn to them because they were so close to the situation.

“I could always talk to my family, but it was tough because they were all going through their own tough times,” she said. “It’s kind of hard to be upset and miserable...when they have their own emotions they’re trying to deal with. Because I was away, my friends and boyfriend were my primary support.”

Not everyone has a strong support system in their new home when they go away for university. Soule moved to Ottawa just in time for 101 Week. Since her aunt passed away, she has been relying heavily on family to get her through.

“I haven’t made many friends up here,” she said. “[I’m] just starting school, so



I’ve met some friends, but I don’t know them well enough [to] want to say that kind of thing to them.”

Miles felt that, despite their best intentions, his friends weren’t necessarily able to provide the support he needed.

“My friends were there, but friends don’t know how to deal with [the loss of a parent]. They’re just like, ‘If you need me, I’m here,’ but I don’t know how to depend on a friend and my friends don’t know how to give me any support,” said Miles. “My family was good. Since my mother died, we spend a lot more time together. My brother and I actually moved in together, so we sort of consolidated our immediate family... there was a lot of support with family.”

### Seeking counsel

Although some prefer not to seek counselling to deal with grief, for those who need help coping, there are services available on and off campus.

After Miles’ mother passed, he sought the help of a counsellor at the CCS for help.

“Friends were there,” he said. “But it’s hard to kind of call on them, so I re-

lied heavily on the counselling, which worked out because [CCS] was fantastic.”

Martin explained that when services on campus are unable to meet students’ needs, there are further options available.

“Sometimes what they need is something that is not offered on campus, and in that case, we help them find what they need in the community,” he said. “Either we see them here, or we make sure they get connected elsewhere.”

Professionals ensure students have the tools necessary to cope with tragic events. Hunsley explained the distinction between problem-focused coping and emotion-focused coping. The former describes a situation where a problem has occurred and you take immediate steps to fix it. Emotion-focused coping, however, describes a situation where you must evaluate your reactions to the event and prioritize your goals around it, be-

cause you can’t change the event. It’s taking time to work on yourself and process your emotions.

“It’s not just a matter of doing concrete problem-focused versus emotion-focused,” elaborated Hunsley. “Research does clearly indicate coping strategies that are more effective and less effective. [At first,] you just have to get things done. You put your emotions aside and on hold,

and you just focus. But that can’t last very long. At some point, you’re going to have to pay attention.”

While counsellors, psychiatrists, and psychologists are some of the professionals that first come to mind when

we think about getting help, another avenue is spiritual advisors. Anna Stoli, the head of the ministry at MyChurch, located at Algonquin College, explained her team’s role in supporting students dealing with significant life stresses.

“The ministry team, just like any



“Avoiding the situation, not thinking about it, not talking about it, [and] just trying to carry on as you normally do can work for people for a very short period of time.”

—Dr. John Hunsley  
director of clinical psychology U of O



“I could always talk to my family, but it was tough because they were all going through their own tough times.”

—Luna Tetley  
U of O student





photo illustration by Mathias MacPhee

other community in your life, is a way for people to feel welcome, and to have someone with whom to communicate their struggles, as well as their joys," she said. "We are here to make it easier for people. This is a church where students feel more comfortable—we do have a lot of students that it's their first semester in Ottawa and they [may not] have anybody to talk to."

Regardless of your situation or your religious beliefs, it's important to both address concrete problems and to nurture your emotions. Whether you turn to friends, family, a counsellor, or a spiritual leader, there is help available to you.

**Oh... and an essay's due**

Students must consider not only how a tragedy might affect their personal life, but their academic one as well. The consensus among experts and the students interviewed is that although it is obviously preferable to have these events not occur at all, it is in fact advantageous to have them happen during university.

"If anything, for many people, there are more safeguards and protections built into university programs than there

are [into] jobs," said Hunsley.

He further commented that speaking with your professor should be a high priority to ensure you can stay on top of your academics.

"If someone is ill or has a real difficulty dealing with an issue, the first step is to deal with the course professor," he said. "In some cases, it may be possible to get an extension [on assignments]. In other cases where it is not feasible to do that, the university system has regulations where you can get a physician's or psychologist's note and accommodations can be made."

There are multiple options for approaching school work when a serious life event occurs. Although some choose to compartmentalize and focus on academic productivity, others choose deferrals and university-approved postponements.

"I can remember I had assignments due," recalled Miles. "It was kind of crazy. I missed some school just due to grief and the funeral. Professors were ... very understanding, and willing to postpone stuff but [it was] the counselling services [that] were invaluable."

Tetley, on the other hand, chose to use her academics as a distraction from her personal turmoil.

"I was really worried because I was leaving my two younger brothers back home, so I felt like I was just leaving them behind to deal with [my parents' divorce]," she said. "I felt really guilty. I looked forward to school and I knew it would help me get my mind off things."

Although she too decided to keep her focus on academics, Soule did so not as a distraction but out of a sense of responsibility.

"I've kept my assignments pretty straight," she said. "I just kind of felt like [my aunt is] gone, but it didn't seem to me that I should shirk my responsibilities as a student. I didn't want to use it as an excuse. If I keep going, it's like I'm strong

enough to do it for her."

Martin explained there are ways to get exams or assignments deferred when tragedy is overwhelming.

"There's a service on campus, one of the SASS services, called access services. Their role is to help with accommoda-

tions or exam deferrals when students have not a temporary situation, but a more long-term one, like a learning disability or a diagnosed condition," he explained. "[Students dealing with a tragedy] can go to access service, and they [may] set up accommodations for all of their exams if they need more time or anything like that. We do some-

times write notes for special accommodation ... because it is just a temporary one-time thing."

**Keep calm and carry on**

The good news is this: According to

"People tend to be very resilient. In fact, some research suggests that it's quite possible for people to actually grow emotionally and psychologically as a result of these kinds of things."

—Dr. John Hunsley

Hunsley, not only will the pain of a personal loss dissipate over time, but it can help us. Through difficulties we can flourish.

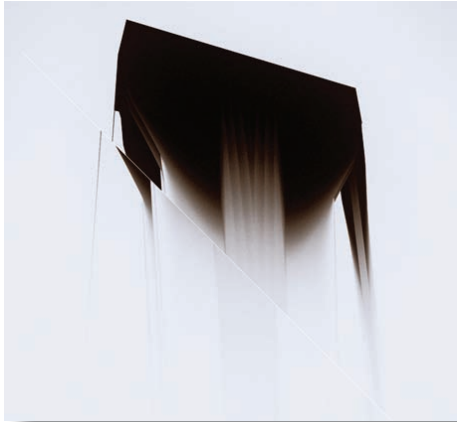
"People tend to be very resilient. In fact, some research suggests that it's quite possible for people to actually grow emotionally and psychologically as a result of these kinds of things. It may lead them to question some of their assumptions about priorities in life, or re-evaluate lifestyle or relationship issues," he said. "Tragedy assumes a bad ending, and that is not necessarily the case ... I don't like the word tragedy, because they are opportunities to grow."

That may be easier said than done. Students struggle to maintain a balance between their education and their personal lives, but when a situation forces the two together, there are systems in place to ease the struggle. No matter what your situation is, who your friends are, or what you believe in, we live in a university community of over 39,000 students. There is help, and there is someone who cares.

\*Names have been changed



## album reviews

**Hiawatha**

*Language* |  
Last Gang Records



CANADA'S GOT A brand new band! Named after the renowned Iroquois confederate leader, Hiawatha is a musical collaboration between Toronto-based electronic artist EGYPTRIXX and Ian McGettigan, bassist and vocalist for the '90s alternative rock group Thrush Hermit, from Halifax, N.S.

Hiawatha's debut album *Language* is a gem in the Canadian electronic music scene, ranking high with the likes of Caribou, MSTRKRFT, and Chromeo. It features nine songs that are both cohesive and experimental.

The album begins with a self-titled track that is edgy, ominous, and distorted, building up to a dance beat reminiscent of early Marilyn Manson. Though many of the tracks on *Language* place focus on rhythm and effects while featuring only short, spaced-out vocal segments, "Dogs of War" is by far more lyrically driven than any other track.

Next to the title track, "Hiawatha," the second best song on the album is "Caring Less and Less to See and Know You." The song boasts an '80s drum beat, catchy melody, plenty of reverb, and haunting effects that channel The Pixies. Space-age beam noises, ticks, alarms, and rifle shots keep the album fresh as it gains intensity and ends with "Permission" parts one and two, a collectively upbeat and rave-worthy finale.

*Language* is a new sound worth checking out, and certainly a refreshing induction into the realm of Canadian electronic music.

—Dana Simpson

**Mumford & Sons**

*Babel* |  
Glassnote  
Entertainment Group



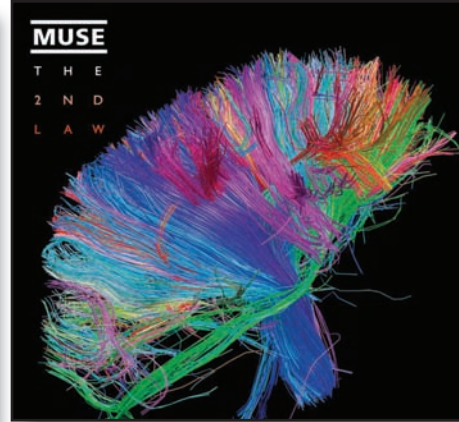
MUMFORD & SONS FOLLOW in the tradition of other British folk bands like Fairport Convention and the Incredible String Band with *Babel*, the band's much-anticipated second album. The record has many similarities to their acclaimed debut *Sigh No More* in terms of its lyrical content and overall song structure.

Many of the songs contain orchestral arrangements driven by acoustic guitars and other string instruments. It's rather refreshing to hear a stripped-down sound that has caught on in mainstream airplay. In an age that's latched onto the over-produced sounds of electronic equipment, Mumford & Sons provide an alternative that's grounded in musicianship rather than technology.

The group's first single "I Will Wait" is representative of the album as a whole. It is well-arranged and dynamic, shifting between quiet verses and louder choruses. The track puts forth a declaratory statement, with such lines as, "And I'll kneel down / Wait for now / And I'll kneel down / Know my ground." The song's lyrics are reminiscent of the band's debut, which share similar themes that revolve around spiritual searching and yearning.

As a sophomore release, the album doesn't suffer from the slump that other second albums tend to fall into; most of the songs are decent and nicely arranged. That being said, there is nothing new on *Babel* that audiences who enjoyed *Sigh No More* have not heard before. By repeating a familiar sound, Mumford & Sons lack the freshness and originality they showed in their debut.

—Jesse Mellott

**Muse**

*The 2nd Law* |  
Helium 3



MUSE'S SIXTH ALBUM, *The 2nd Law* (referring to the second law of thermodynamics), showcases the British band's personal lives more than ever. Lead singer Matthew Bellamy conveys his feelings about fatherhood in "Follow Me." Bassist Christopher Wolstenholme amazes with his writing and vocals, creating something intense and intriguing in "Save Me" and playing with harder rock influences reminiscent of Queens of the Stone Age in "Liquid State"—both songs about the importance of family and his struggle with alcoholism.

The song "Panic Station" has an '80s funk vibe that brings to mind artists like Prince and David Bowie. "Survival," the official song of the London 2012 Olympics, adds a certain prestige to the album; it's an anthem that millions of people now associate with a deeply cultural event.

More diverse influences appear in "The 2nd Law: Unsustainable," a song that was inspired by a Skrillex concert and re-creates dubstep using real instruments instead of a laptop. Listening to the full album highlights the contrast in influential genres and proves once again that part of Muse's brilliance is that they transcend generations, offering something to anyone who will listen with an open mind. *The 2nd Law* reflects the band's members as they mature.

Old influences appear more boldly and exist in tight opposition with newer ones, creating a tension that fans seem to either love or hate—they either wish for an older, more unified-sounding Muse or find themselves cranking the volume and loving it more after each listen.

—Krystine Therriault

**Dragonette**

*Bodyparts* |  
Universal Music  
Canada



SINCE THE RELEASE of their debut album, *Galore*, in 2007, Dragonette has been flying under the radar in the contemporary electro-pop scene, an increasingly overcrowded genre mostly dominated by foreign acts like Cut Copy and Calvin Harris.


However, the Toronto natives managed to increase their profile considerably in 2010 thanks to singer Martina Sorbara's wildly successful collaborations with Martin Solveig, which spawned the ridiculously overplayed single "Hello" and won Dragonette the 2012 Juno Award for dance recording of the year.

*Bodyparts* sees the group going out on their own once again—so how do they fare without relying on the aid of the aforementioned French DJ?

They fare quite well: *Bodyparts* is a solid addition to their discography that, while not breaking any new ground, does provide a toe-thumping good time. Dragonette always sounded best on more hard-edged dance tracks, and that remains true here with the catchy singles "Let It Go" and "Live in this City," as well as the absolutely killer "My Legs," the album's highlight. They do shake things up occasionally, such as in the opener "Run Run Run," a fantastic driving track reminiscent of '80s new wave. "Right Woman," a more subdued number, is the album's only real misstep.

*Bodyparts* proves that Dragonette can be just as relevant as their foreign contemporaries, even if they don't really add anything new to the genre.


—Max Szyc



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MEDIA PARTNERS





# The balance of education and music

U of O's Parmida Barez to perform at PersiaPelooza in L.A. on Oct. 13

Sabrina Nemis | Fulcrum Contributor

A girl sat down next to me in class a month ago and said she was going to be singing in a show produced by Ryan Seacrest at the El Rey Theatre in Los Angeles on Oct. 13. Wondering how she could pursue a performing career while being a full-time education student, I talked to Parmida Barez about her plans for the future. The more I talked to her, the more I could see how her passions for music and education made sense together.

After finishing up her political science and business degree at the University of Ottawa a year ago, Barez didn't know what she wanted to do with her life. She wasn't performing, she didn't plan to be a teacher; she only knew that she wanted to do something meaningful.

"I'm just trying to make a positive impact in the world, because I feel like we're not here just for our own selfish needs," says Barez. "There's a higher purpose. My body and my soul aren't here to just follow through with the things that I want for myself."

In her search for purpose, she started meditating.

"A few weeks after doing this, I had this dream, and it was the most vivid dream I ever had in my entire life," she says. "It had such an impact on me, I got up in the middle of the night and I had to write a song. I had never written a song before that time."

Although she had always written poetry and came from a musical family, Barez never thought of putting her words to music. She researched programs to make

beats, and within a few weeks had written 12 songs. She rented a microphone and recorded herself at home, but she wasn't sure if she was ever going to show the songs to anyone.

Around the same time, Barez started volunteering with Sage Youth—a non-profit organization that provides free support and mentoring for children with a higher need for literacy—and she applied to teachers' college. She started to feel she had found the outlets that would let her share her positivity with others.

Barez eventually played her songs for a close friend, who encouraged her to release a demo on YouTube. The song "Ridiculous" received positive feedback, and Barez started getting phone calls and messages from musicians all over the world who wanted to collaborate with her. One of those calls was a request she perform at PersiaPelooza on Oct. 13, an event hosted by Reza Farahan for the Bravo and OMNI reality show "Shahs of Sunset."

Barez was also accepted into U of O's bachelor of education program in conjunction with Global Cohort, a program that focuses on teaching and learning

strategies associated with international development, social justice, peace, and environmental education.

With two career paths that seem so different, I asked Barez how she combines her love of teaching with her love of music.

"It's the overall good feeling that [teaching] gives you," she says. "I mean, music is mostly based on emotions, right? I feel like whenever I'm feeling good about myself, that's when the lyrics come out."

Barez has decided to focus her attention on music, but she won't neglect her passion for educating and trying to make a positive impact on the world.

"I know that regardless of where my music career goes, I've always wanted to open my own charity. I always wanted to start my own not-for-profit. That's in the cards for me, 100 per cent," she says. "I feel like being known and having my music known to a large audience would really help grow my other aspirations as well."

With opportunities in both music and education in front of her, Barez is working hard to bring positivity into the world no matter where life takes her.



Parmida Barez will perform in L.A. Oct. 13.

photos courtesy of Parmida Barez



# The shape of all things comedy

Local comics discuss independent marketing in the comedy business

Alex Kemp | Fulcrum Contributor

A GROUP OF comedians have taken things into their own hands with the launch of the All Things Comedy (ATC) Network on Oct. 1.

Spearheaded by American comics Al Madrigal and Bill Burr, the website will serve as a central hub for the 18 comedians involved to host podcasts and announce dates, which can then be easily accessed by fans all over the world.

"In theory, it's a really exciting idea," says Alex Wood, an established comedian in Ottawa. "That's a really direct avenue, straight to your fans. No one is getting in the middle; no one's taking your money. That's the other thing with the Internet: no one is going to say anything to you about content."

One main feature of ATC is that it uses SoundCloud, a free audio distribution website, instead of iTunes, the conventional podcasting platform. This is a much quicker and more efficient route to the comedians and their work.

"This is not a trend—this is how comedy and media will be delivered," says John Hastings, an Ottawa-born comic who is signed to Comedy Records and noted by The Comedy Network as one of the top five up-and-coming comedians.

"Podcasts and independently released specials are the way of the future," he says. "Everyone will be jumping on the bandwagon."

The precedent for this do-it-yourself movement was set by Louis C.K., an internationally recognized comedian who in 2011 chose to release his special *Live*

at the *Beacon Theater* in a very unusual way. He opted to sell tickets for the live show and a high-definition video download straight off his website using PayPal.

By doing this, C.K. avoided the obvious monetary loss that would have been incurred by selling tickets through a host like Ticketmaster, but also—and perhaps more importantly—he avoided the loss of creative control. If he had gone through a network like Comedy Central or HBO, his performance likely would have been chopped into a 40-minute compilation of the most TV-friendly bits, leaving plenty of great material on the cutting-room floor.

Leaving out the middlemen not only significantly boosted C.K.'s monetary reward, but also helped prove that the individual is much more capable now than

ever before. This is where ATC has picked up: leaving the middlemen behind to benefit comedians and fans alike.

Wood brings to light an interesting perspective on the flood of free online comedy.

"It's never been harder to find a wide audience as a comedian, but it's never been easier to find your audience as a comedian," he says.

While at first this might seem like an unwanted compromise, it is really quite the opposite; having a loyal fan base offers a certain type of security and longevity.

However, Wood also acknowledges some complications.

"How do you stand out? How do you produce it? How do you promote it?" he asks. "At the end of the day, you're still

able to put something out that won't cost you anything, that in theory can be accessed by millions of people."

While Hastings admits that the industry side of comedy is important because they do the legwork that allows comedians to perform, he emphasizes the importance of trying new things.

"You have to do everything," he says. "There is no road map in comedy. Run with every idea and try every path."

This exploration can help to revamp the ways in which comedy is both released and consumed. The Internet offers a variety of different assets that for the most part have been left untouched. Comedy is in a time of transformation, and websites like All Things Comedy and the initiatives of people like Louis C.K. are just the beginning.





## Brace yourselves—winter's coming

photo courtesy of Richard Whittaker

### Gee-Gees hockey preparing for a dynamite season

Martyn Dahal | Fulcrum Contributor

**W**ith the National Hockey League locked out for the foreseeable future, hockey fans may find themselves with some spare time this winter. If you just can't imagine winter without the game, check out the Gee-Gees hockey teams for your puck fix this season.

#### Men's hockey

The men's hockey team is moving up in the standings. Last year they ended the season 14-13-1 with 29 points and fifth place in the division, a respectable finish for a fairly young team. This year, in pre-season warmup, the Gees looked like pros on the ice.

"We are still a young group of players who took a large step forward that year," explained Réal Paiement, head coach. "The players are very confident in their play and we are on an upswing in the standings. There is so much disparity this year that I feel that each game can go either way; we can win every game or lose every game, which is why we are going to take it game by game."

The forward line is highlighted by players who are only in their first years of representing the University of Ottawa. The veteran defensive line, however, features veteran players who are entering their final years as Gee-Gees.



Alexandre Touchette will be returning to the Gee-Gees for the 2012-2013 season

photo courtesy of Richard Whittaker

According to Paiement, the team learned a few lessons after last year's season.

"As a team, we gained a lot of maturity last year and we learned how to play with emotion. Now we have to control [it] and use it to win games," said Paiement.

In pre-season action, the Gees achieved a 3-2 record, winning their last exhibition game on Oct. 7 against Canisius College by a score of 5-2.

*The team will travel to Montreal to play the McGill University Redmen in the season opener on Oct. 12, and you can check out the Gees in action at home on Oct. 13 against Université de*

*Quebec at the Minto Sports Complex.*

#### Women's hockey

Based on their pre-season games, the women's hockey team is getting ready to shine. Last year, the team's roster boasted 17 first-year players—which could explain their struggle in the standings, finishing in second-last place with a record of 6-13-1. This year the Gees are still welcoming new faces and working on their chemistry—efforts that showed during their pre-season, which they finished with a 6-2 record.

Head coach Yanick Evola said the team's ranking last year was a result of

the many changes the team underwent.

"Last year we had so many new rookies, so it was a year of adjustment. Everyone had to adjust to university life and playing in an unfamiliar system with new players who they have no chemistry with," explained Evola. "It was a learning year and we have to be patient with new players; so our record isn't that bad when we take that into account."

Evola is optimistic about the upcoming season.

"This year is going to be a lot more exciting. We have six new recruits and everyone else is returning. They have adjusted pretty well as they know their

school schedules [and] the system and have made friends on the team."

Evola also spoke about the chemistry that is developing amongst the women and how that will benefit their game this season.

"Team spirit is very good right now. We have a tournament in New Brunswick and we had team activities where we got to bond and get to know each other even better, and that should reflect on the ice."

*The women's hockey team will kick off their home season against the Carleton University Ravens at the Minto Sports Complex at 7 p.m. on Oct. 12.*



# Taking sports to the next level

## Women's softball team promotes community awareness

Emily Glass | Fulcrum Contributor

THE UNIVERSITY OF Ottawa women's softball team has been taking advantage of their home games to promote awareness for local causes. This is an annual project for the softball team, who pick a new social cause to promote each season. In previous years they have supported causes that raise awareness of breast cancer, mental health, and child soldiers in Uganda.

This year the team decided to promote the Youth Services Bureau, an Ontario organization that takes a collaborative approach to youth issues like homelessness, mental health, criminal justice, and employment.

Last weekend the team purchased and wore "Toques for Homeless Youth." The money raised by the toques goes directly towards the Raising the Roof campaign, which works to lower homelessness through proactive community solutions. Scott Searle, head coach of the softball team, was inspired to take on social programming to give something back to the community.

"The UOttawa [softball] team recognizes their good fortune to be able to play a sport at a high level and are proud to help raise money and awareness for people who are not so lucky," he explained.

A second initiative taken on by the team is the rainbow-coloured "acceptance bracelet," worn in memory of Ottawa youth Jamie Hubley. Hubley committed suicide last year after struggling with depression and loneliness. He was also bullied for being the only openly gay teenager in his high school. Hubley's parents—his father is Allan Hubley, an Ottawa city councillor—have recently joined the Youth Services Bureau (YSB) of Ottawa to help support mental health services. The rainbow bracelets, created by the YSB, are being sold by the team to keep acceptance in our hearts and on our wrists.

Grace Lonergan, second-year sociology student and catcher on the softball team, said these sorts of initiatives are important to her experience as a Gee-Gee.

"Each season that I play I look forward



photo illustration by Mathias MacPhee

to participating in a new program as a part of our team responsibility. Once I am done playing with the Gee-Gees, I am confident that these experiences will encourage me to remain involved in community programs."

Both Lonergan and her teammate Jean Cardona are proud of their team's work and see opportunities for all Gee-Gees teams to become involved in community awareness through the attention that

sports teams get on campus.

"It would be nice to see each one of the teams take on a social program ... there are enough programs to be involved in," said Lonergan. "It is a great way as citizens to be involved in our community, and it would be nice to think all the Gee-Gees teams could make a difference."

Cardona is the team's pitcher and shortstop, and a second-year psychology major. She sees the popularity of sports as

an avenue for raising awareness.

"Sports are popular to the public, and by using this popularity as an advantage, sports teams can get the word out about certain [issues] that need to be addressed. Other Gee-Gee teams should absolutely think about [getting involved] because then problems in the community can be made known and [teams can] help in having a positive impact for change." f

### While you were out

## Varsity wins over the Thanksgiving weekend

Maclaine Chadwick | Fulcrum Staff

AS THE REGULAR season for fall varsity sports starts to wind down, games are becoming more and more crucial for the Gees. Check out how your teams fared over the Thanksgiving long weekend, and when you can catch their next home game.

### FOOTBALL

For the first time this season, the Gees football team pulled off a win. Losing coach Gary Etcheverry didn't faze the football team, who shut down the University of Toronto Varsity Blues 34-6 on Saturday, Oct. 6.

Fourth-year running back Brendan Gillanders was responsible for all three touchdowns, while kicker Matt Falvo scored the remaining points. Other standout performances include fifth-year quarterback Aaron Colbon, who threw 198 passing yards, and fifth-year receiver Maxime Mireault, who ran 87 receiving yards.

The victory over Toronto means the Gees have a shot at the final playoff spot, provided they win the next two games. The Gees take on the University of Waterloo Warriors this Saturday, Oct. 13 at 1 p.m. at Beckwith Park.

### SOCCER

The women's soccer team won both games they played over the long weekend, beating the Laurentian University Voyageurs 3-0 on Saturday and the Nipissing University Lakers 2-0 on Sunday.

Saturday saw an excellent demonstration of the Gee-Gees' strong defence, who only allowed four shots on goaltender Cynthia Leblanc. Goals were scored by Gillian Baggot, Vanessa MacMillan, and Julia Francki.

Sunday's game marked a special achievement for striker Pilar Khoury, who scored both goals against the Lakers. This brings her season total up to 11 goals scored, which is a Gee-Gee and Ontario University Athletics East record. The Gee-Gees take on the Carleton University Ravens at Matt Anthony Field this Friday, Oct. 12 at 6 p.m.

### RUGBY

The women's rugby team pulled off an easy win over the Bishop's University Gaiters on Friday, Oct. 5, finishing with a final score of 46-5.

The Gees put a number on their side of the board right away, scoring within the first three minutes of the game. Standout performances included 15 points scored by Natasha Watcham-Roy and excellent defensive tackles by Simone Savary.

Friday's game marked the last home game for the rugby team, whose final regular season game will be played on Sunday, Oct. 13 at the Université de Sherbrooke. f

## From the Sidelines

# My thoughts on Etcheverry

Maclaine Chadwick | Sports Editor

I'M NOT EXACTLY at the sidelines while I'm writing this, but my seat here at my parents' kitchen table streaming the Gee-Gees' Thanksgiving football game is as close as I'm going to get for today. The picture is choppy and I could probably count the pixels on the screen with one hand, but that doesn't matter to me because my mind is on the Gees. For me, a win only means that I have a victory story to write, but for them, it is the manifestation of their spirit despite a losing season and leadership vacancy.

The world of sports all about winning. When teams lose games, people lose jobs—that's just the business. That's why they fire people in the big

leagues, and that's basically why the University of Ottawa did it two weeks ago, when they let football coach Gary Etcheverry go.

Going from being one of the strongest teams in the Ontario University Athletics to the bottom of the heap has to be difficult, but let's not look at the seemingly snap decision to fire Gary Etcheverry as the motion of a team of sore losers. That's not the Gee-Gees' style. This is a team that, this season alone, has jumped hurdle after hurdle all while keeping their heads up and their spirits high.

They're by no means sore losers; they are just players who recognized that something was wrong, and took action to fix it—which is unfortunate

for Etcheverry, but as a veteran of the business, he probably suspected that might happen. The sports industry is as cutthroat for its organizers as it is for the players, and decisions are driven by results. If you went to a restaurant and ordered the same meal five times in a row, and were disappointed every time, wouldn't you switch it up too? In fact, you would have probably switched it up after the first time or gone to a different restaurant.

Okay, that analogy wasn't the greatest—but it's the best I could come up with given the turkey dinner that is being created right next to me.

Organizations, the U of O included, never want to be in the position to have to let someone go. For Sports Services,



the decision was not an easy one, even though it may look that way from an outsider's perspective. It's awful to see someone lose a job, but Etcheverry was nearing retirement anyway, and the twenty-something-year-old football players—many of whom could be scouted by pro teams—are not.

The Thanksgiving football game is now over, and if you were watching or keeping informed online, you'll know that the Gees won; and if that isn't the perfect evidence to prove the U of O made the right decision, then I don't know what is. f



# Meet a Gee-Gee

Christine Hardie | Women's Soccer

Maclaine Chadwick | Fulcrum Staff

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

**M**et Christine Hardie, a fourth-year criminology and sociology student at the University of Ottawa and striker on the women's varsity soccer team. In an email interview with the *Fulcrum*, Hardie talks about the life of a soccer player, her tattoo, and what she will miss about the game.

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

Christine Hardie: Well, there's training every day of the week, but we each get one day off to rest and recover. Practices are two hours long, and I train Monday, Tuesday, Thursday and Friday. We usually arrive 20–30 minutes

before practice starts and need about the same amount of time at the opposite end to get ready to go home, so it ends up being three hours as opposed to two. On weekends, if we have away games, we leave early afternoon on Fridays and arrive back in Ottawa typically late Sunday nights. The weeks are busy, and keeping a balance between our commitment to the team and our school work is challenging.

**What has been the highlight of your years on the U of O soccer team?**

Winning a bronze medal at nationals last year in Montreal was amazing, but I think this year there will be highlights that top that.

**Fill in the blank: My teammates would say I am the most likely to \_\_\_\_\_.**  
Ruin a serious moment.

**What is the biggest misconception about your sport?**

That it's non-contact. It's a physical game, and we all carry the bumps, bruises, and injuries to prove that.

**What is your favourite thing about being a Gee-Gee?**

Being able to play soccer every day. I love it. Also, horses happen to be my favourite animal.



Christine Hardie (at right) in action

photo courtesy of sports services

**What are your plans for after graduation?**  
I don't like to plan ahead, actually. I prefer to figure out what to do as I go.

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

I think I would get cut from any other sports team. I guess [the] equestrian team would be my next choice, though.

**What is something that most people don't know about you?**

The meaning behind my tattoo. When asked about it, I seldom give the real explanation.

**Who is your idol, and why?**

There isn't one person I can identify. I idolize certain people in my life that set good examples and instill positive mor-

als in me. These people include my family members and friends.

**What are you going to miss the most about soccer season once it is over?**

The team.

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

## FOOLPROOF FITNESS

# Working out isn't hard when you've got a library card

Ali Schwabe | Fulcrum Staff

NO, SERIOUSLY. THIS edition of foolproof fitness is all about how you can get in shape by heading to the library. No longer just for academics and cramming for midterms, the library can play a role in students' physical fitness abilities too. And no, I'm not suggesting you go to Morrissey and run up and down the giant, echoing staircase. I'm talking about the public library.

How can the public library transform your body? Well, not only will you need to escape the confines of campus to get there and burn a few calories on your walk to Laurier and Metcalfe, but there is a world of fit-

ness treasures to be found once you get inside.

The main branch of the Ottawa Public Library has shelves upon shelves of fitness DVDs available for you to take home for free. No more embarrassing moments trying to figure out how to use the cardio machines at the gym. No more crawling home a sweaty mess after you sprinted three kilometres along the canal only to realize you didn't quite have the juice left to make it back. No need to shell out whatever Jillian Michaels is charging for *Killer Abs*. Workout DVDs come free for two-week loan periods at the library, and the variety is astounding. Sure, you'll find some crazy '80s jazzercise and

aerobics videos, but you can also find modern DVDs spanning a multitude

of fitness levels and workout types nestled on the library's shelves. This past week, I picked up a Bob Harper DVD and a yoga/dance workout. It couldn't be easier—just pop 'em into a laptop or DVD player, and bam: you're ready to get fit. Check the case before you sign out the DVD to see if any additional equipment is needed—some will recommend a yoga mat and hand weights, but a towel and cans of beans or water bottles can also be used in a pinch.

When your electronic personal trainers are due back at the library, you can

either try renewing them online or pick up a brand new workout to ensure you're never bored with your fitness routine.

What else is available at the library? Books, of course! The library has an entire section devoted to health and fitness. This includes books on nutrition, managing stress, and fitness. Terrified of weightlifting? Looking for the best way to train for a marathon? Just want to try something new? The library is

an oasis of inspiration where you can let yourself be taken away. New studies are always coming out, and experts in the field of health and fitness are constantly discovering new things—just make sure your book was published in the last three years so you get the latest and greatest tips. You can also pick up your favourite fitness magazines. The pictures of fit people will inspire you, and the articles are easy to digest and make for a great break when you have a pile of readings to get through.

So there you have it. The next time you don't feel up for the gym, or just want to kick it at home, check out the library—it just might be the best-kept secret to getting fit.

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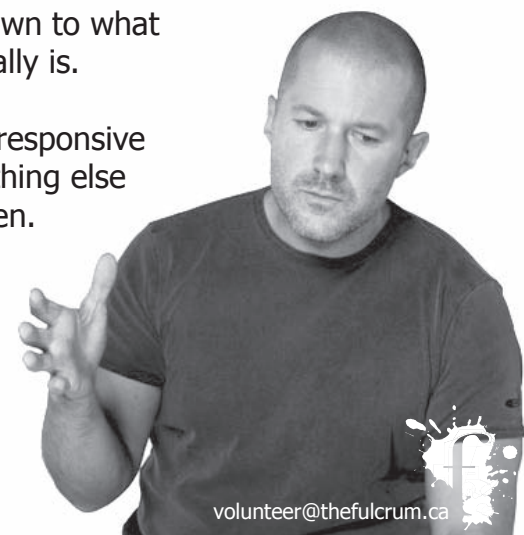
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photo illustration by Mathias MacPhee

## In the name of art or lolz?

Whether you pronounce it “mem,” or “meem” (the correct pronunciation is the latter, by the way), there’s no denying these funny and punny photos have captured the attention of our society. “Lolcats,” “y u no,” and the “lazy college senior” meme have flooded our news feeds and made us chuckle or laugh out loud countless times. So, for something that is only meant to brighten your day, why are people so divided on their feelings for memes? The *Fulcrum* asked two writers to sit down and hash things out.

### Point: The positive power of the meme

They’re not just pictures with captions—they’re memes! Memes help us let loose and put the fun back into life. After all, during times of unrelenting stress—exams, anyone?—does it not make your day to see the awkward bird on your computer screen? Memes have the power to entertain and inform us during the dull moments of our lives. So what’s not to like?

Memes have developed into a cultural phenomenon, mostly by means of online interaction—but they’re way older than Microsoft itself. The original idea for the meme can be traced back to the late 1970s, where the term was first coined by author Richard Dawkins in his novel *The Selfish Gene*. Dawkins discusses “cultural transmissions” and how jokes can spread and become a phenomenon and how the things that make up a particular culture are passed from one person to the next. These exchanges can be viewed as a massive inside joke that can become a historical piece of a society’s culture. Everyone is in on the joke. There is nothing that makes people happier than being able to share something in common with others.

Some would put memes on the same level as viruses, spreading from one person to the next in rapid succession until you’re faced with an epidemic of trollfaces and babies saying inappropriate things. But if no one is getting sick, what’s the harm? There are those who abuse meme culture with their negative comments—but what online trend hasn’t been subject to this? One should be able to tell the difference between an attempt to spread hate and an attempt to entertain and inform. If Darth Vader tries to tempt you to join the dark side with cookies, tell him you’re not interested. Go buy your own damn cookies. Memes do not corrupt our minds. They are just the amusing creations of our minds.

Memes are fun, insightful, creative, informative, and sometimes downright silly and they don’t look like they’ll be disappearing anytime soon, so why not enjoy them? After all, in a society like ours where people are frustrated all the time and become stressed out at the drop of a hat, a meme could just be the kind of pick-me-up we need to get through a hard day. Memes are a fun way to keep in touch with what’s going on, from the bigger social issues to the latest celebrity gossip with a few laughs thrown into the mix.

So you just keep hanging in there, cat meme, because somewhere a person is smiling at you, and that’s all that matters.

—Emily Manns

### Counterpoint: The problem with memes

Memes aren’t funny. That isn’t to say they can’t ever be funny or that they never were funny, but when they have no added wit or context, they aren’t funny. Context is what makes most jokes funny. If I were to make a joke about Mitt Romney, as many people have, the context would be that he is the Republican candidate for the Presidency of the United States. The joke would surely be lost on anyone who had never heard of Mitt Romney.

Some might argue that certain things are funny without context, which is only half true. But even comedy of the absurd has a context—the context of the play *Waiting for Godot* by Bertolt Brecht is the juxtaposition of our own reality and that of the characters. The comedy group Monty Python, perhaps the kings of absurdity, always gave their sketches a context.

It might be unfair to compare lolcats to Monty Python, but we can afford to have higher standards for comedy. When something like trollface or nyan cat pops up, it isn’t funny in and of itself. Randomness isn’t funny. If something random is funny, it means there is something to back it up and give it weight.

Others say the viral nature of memes gives them the context of being a familiar image in the collective consciousness. There might be something to that, but something isn’t funny simply because you’ve seen it before. In fact, usually the more you see something, the less funny it becomes.

Memes have expanded into an arena beyond jokes. They seem to have evolved into a shorthand for conveying specific ideas and thoughts. For instance, “U Mad Bro” is a fairly specific rhetorical reaction. The image with caption-style memes (seemingly a favourite of people running for student association positions, but that’s a whole other opinion piece) is often used to comment on current events or politics, whether those events be national or only campus-wide in scale. As any astute observer has probably already noticed, these meme-based commentaries are incredibly biased and superficial.

So if memes aren’t that funny and are practically useless as a means of social commentary, what good are they? The answer is, none. They’re actually harmful to comedy and public discourse. Why should a comedian spend their time creating clever jokes when they can get as many laughs by yelling, “This is SPARTA”? In the case of memes directed at politics, they’re propaganda that dispenses with the informative in favour of bias.

It would be ridiculous to suggest we abolish memes, as it simply wouldn’t be possible. We can, however, afford to have higher standards and perhaps we should ask a little more of our comedy.

—Eric Wilkinson



# Manufacturing patriotism?

What makes us proud to be... Well, us?

Daniel LeRoy | Fulcrum Staff

Canadians what defines us? Is it our universal health-care system? Is it our unique expressions, like “eh,” or our spelling of words like “colour” or “centre”? Maybe it is our unofficial national sport of hockey or love of poutine.

This week, I was asked the question, “Is Canadian patriotism manufactured?” First of all, patriotism and nationalism are constructs and are therefore, by definition, manufactured. They are ideas that we think about, ideas to which we emotionally attach ourselves and connect our life experiences. They are ideas that help us understand who we are.

Research company Ipsos Reid has tracked Canadian nationalism over the years by a “flag-waving standard.” Essentially, this means they ask Canadians what they identify most with in terms of our national symbols and to what extent they would go to display their nationalism.

Canadian nationalism is at an all-



I am Canadian!

illustration by Mathias MacPhee

time high. This is unsurprising when you consider that Canada is a growing nation. Although we were founded in 1867, it wasn't until 1879 that we set aside one day a year, called Dominion Day, to celebrate our nation. The first time a national celebration was organized on Parliament Hill was in 1917, and it took until 1958 for this to become a yearly affair. With our maple-

leaf flag introduced in 1965, Expo 67, the Montreal Olympics in 1976, and the repatriation of the Constitution in 1982, Canadian nationalism has increasingly become engrained in the psyche of many citizens over the last century.

Skip to a generation later, and these strong feelings of pride developed by our parents are getting even stronger in

us. A generation from now, I imagine it will progress even further. According to the poll by Ipsos-Reid, 80 per cent of us think Canadians should all go to greater lengths to display our patriotism. And 74 per cent of Canadians believe the maple leaf should be displayed in any way possible, even if it's on your underwear. Manitoba and Saskatchewan were rated as the most patriotic

provinces.

For those who assume these polls exclude Quebecers, take note that 23 per cent of the Canadian population are Quebecers, and over 25 per cent are francophone. Clearly, these numbers would not be possible if a significant percentage of French Canadians were not passionate Canucks!

But, back to the original question: is Canadian patriotism manufactured? If

“

“Canadian nationalism is at an all-time high. This is unsurprising when you consider that Canada is a growing nation.”

so, what is it constructed from? Frankly, it doesn't matter. All that matters is the sentiment that is shared from Cape Spear, N.L. to Vancouver Island, a sense of pride in the work-in-progress that has been Canada since Queen Victoria put pen to paper to create us in 1867. Yesterday, we were proud of our peacekeeping. Today, we are proud of universal health care. Maybe tomorrow, we will be proud of a nation that truly takes on the epidemic of global warming and leads the world to bolder environmental action.

When I go abroad to Europe, Africa, and Asia, I am proud to come from a polity where people from diverse backgrounds continue to come together to talk about who we are. As long as we keep asking what we are proud of and working together—all us anglophones, francophones, Aboriginals, and allophones—to create a prouder nation for all, I will be flying my maple leaf with pride. f

## Too damn close to your laptop

Technology might be ruining us

Martina Gannon | Fulcrum Contributor

DEAR STUDENTS,

I recently found myself experiencing something I believe every student will go through: a moment of questioning in the middle of a lecture. There I was, in an auditorium, listening to the professor talk about the infallible power of technology, media, and materialism, when my thoughts drifted off. When I snapped back to reality, I was met with the sound of hundreds of keyboard keys being furiously tapped. It made me feel so tiny, lost in a vast sea of clicking.

Some students in my class were taking

notes, but most were online—that cyberspace that fixates us all, that global information dispenser that is the Internet. It got me thinking about the future of a world dominated by social networking, where news becomes old almost immediately after it happens—where people are tied to their computers and smartphones.

Just how much of our identity are we losing in all the hours we spend online? Could that time not be better spent in the real world discovering firsthand what makes us who we are?

Back home in Ireland, I heard so many people say in awe, “You can get anything online these days.”

Yet there are some needs that hours, even days, on the Internet could never satisfy. The Internet can't secure you unconditional love, the perfect kiss, or a friend that will fight anything or anyone for you.

What it can do is create a mountain of debt from online buying. It is also a dangerous trigger for eating disorders, with sites that promote an unhealthy body image and provide tips on hiding anorexia and bulimia. Not to mention the numerous other addictions the Internet caters to, like pornography, gambling, and gaming.

The Web is an infinite source of distraction, and I would confidently bet

it is also a huge thief of study time. I've stopped counting the number of times I have sat behind students in lectures and watched them creep Facebook, shop online, and waste time in general. Why bother coming to the lecture at all?

In his book *Tuesdays with Morrie*, Mitch Albom encapsulates the real worth of materialism and online obsession with the words, “We can take nothing with us.”

What use is an iPad when you're six feet under? What's the better use of an hour, having a laugh with a friend or straining your eyes surfing useless websites? No one is going to befriend you or

fall in love with you for your playlist or your cool apps, just like they won't dump you if you don't have those things.

The Internet could crash and burn worldwide at any moment. Who would you be without it? What are your goals and your interests? What things in life do you like—and I'm not talking about that little button on Facebook.

Try treasuring the natural things that matter right now, like the loving relationships that you're lucky enough to have. Those are what inform you the most about who you are and where you're going with your life. Happiness can be just as viral as YouTube videos, you know. f

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Recycle this, or it's back to charcoal.

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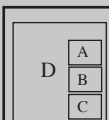
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# A truly free press

The story of the *Fulcrum's* independence



illustration by Ryan Barnett

TWO WEEKS AGO, the editors of the *Fulcrum* were finishing our weekly editorial board meeting when news editor Andrew Ikeman's BlackBerry made the tell-tale noise indicating he had just received an email. As he went to open the message, the rest of us continued to gather our jackets and bags, but our parting words were interrupted by Ikeman's stunned voice: "They might expel a student journalist in Tennessee for publishing a story the university didn't want to leak."

Our interest piqued, we stopped what we were doing to listen to Andrew read the press release.

Alex Green, editor-in-chief of Bryan College's student newspaper the *Triangle* was said to be facing disciplinary action after printing a story about the resignation of professor David Morgan, who was charged with attempted aggravated child molestation and child sexual exploitation. Administrators at Bryan College, a nondenominational evangelical Christian college in Dayton, Tennessee, told Green that Morgan resigned to "pursue other opportunities," but Green soon discovered Morgan had in fact been arrested. After confirming the arrest with the FBI, Green wrote an article about the professor's alleged actions, only to have the story spiked by Bryan College president Dr. Stephen Livesay. The *Triangle* is produced as part of a class the school offers, and therefore is under the jurisdic-

tion of the university administration.

Refusing to be silenced, Green distributed his article around the campus in a handout.

Livesay has since issued a public apology for attempting to censor the story, and reports suggest Green will not face any punitive action.

At one point in time, the *Fulcrum* was a newspaper subject to the University of Ottawa, whose administrators had the power to kill stories as they saw fit. Our newspaper owes its independence to Mary Cummins, editor-in-chief during the 2004–2005 publishing year, who made the paper autonomous after a run-in with censorship.

"In the summer [of 2004], there were rumours the [Student Federation of the University of Ottawa (SFUO)] were going to pull the frosh issue because of what was on the cover—a pint of beer—and they didn't want frosh associated with beer anymore," said Cummins. "It went to a board meeting, and we were there, along with the *Ottawa Citizen* and the [Ottawa] Sun. They all showed up to support us and to see if our paper was going to be pulled."

Ultimately, the paper remained on stands; however, the incident motivated Cummins and the rest of the editorial staff to take serious action.

"It just hit home that this was real—[the SFUO] could have pulled the paper. They had every right to. That's what really

pushed it over the edge and we started discussions after that to go autonomous," said Cummins.

Encouraged by the support she received from both her fellow *Fulcrum* editors and then-president of the SFUO Philippe Laliberté, Cummins did her research and created a plan.

"We created the *Fulcrum* as an entity, as a business corporation, and then ... We created a bill and a board of directors," she said. "And then the *Fulcrum* as an entity went into negotiations with the SFUO to purchase the [newspaper]."

The *Fulcrum's* independence also afforded the paper the opportunity to use its finances for its own advancement.

"We were one of the only profitable businesses the SFUO owned, and so we knew our profits every year were funding things like [the campus bar] or any of the other businesses they owned at the time that had a bad year," said Cummins. "We knew we were making a lot of money, we just weren't allowed to keep it. At the end of every year, we'd have these profits, but none of those profits could go into increasing the size of the newspaper, hiring more staff, nothing. We were never going to grow either, because we weren't allowed to keep our revenue. They owned us."

Financial control proved invaluable for the paper, but perhaps nothing was more rewarding than knowing the *Ful-*

*crum* had become a truly free student press.

"It boils right down to a conflict of interest. The people that own your paper and have the ability to make business decisions that will impact your paper should not be the same people that you're writing stories about," said Cummins. "There should be a wall between the financial side of the business and what the editorial board chooses to write about, and that's impossible to do when you're writing about the people who own you. You can't be objective."

Although the *Fulcrum* is independent of the U of O and its administrators, we are not independent of its students. Full- and part-time students pay a levy to the newspaper; full-timers pay \$3.10 and part-time students pay \$1.67 in both the fall and winter semesters. Each and every single student at the university has the right to attend and vote at the *Fulcrum's* annual general meeting and the right to participate in the newspaper as a journalist, photographer, board of directors member, or simply as a reader.

The university cannot control our content, but you can. If we're not covering issues that matter to you, tell us—or better yet, write for us. We want your ideas, and we want your letters. Engage in your newspaper, and reap the benefits of a free student press.

editor@thefulcrum.ca



# SFUO BY-ELECTIONS ✓ 2012

By-elections for SFUO representatives will be held  
October 29 to November 7

## POSITIONS AVAILABLE

Directors of the SFUO Board of  
Administration from the following faculties:

- Common Law
- Health Sciences (three seats)
- Sciences
- Medicine
- Education
- Telfer school of Management

Undergraduate representatives to the  
senate from the following faculties:

- Education
- Engineering
- Medicine
- Health sciences
- Telfer school of Management

One Board of Governors Representative of Undergraduate Students

**Nomination forms will be available at the SFUO office (UCU 07)  
beginning October 15<sup>th</sup>, and will be due October 19<sup>th</sup>**

**The campaign period will begin October 29 and conclude November 7th.  
Voting will occur on November 5, 6, and 7.**

[elections@sfuo.ca](mailto:elections@sfuo.ca)



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