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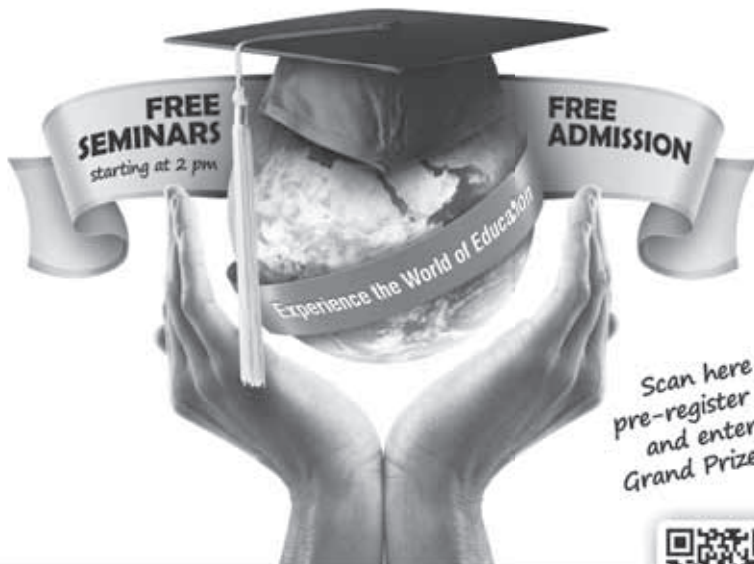
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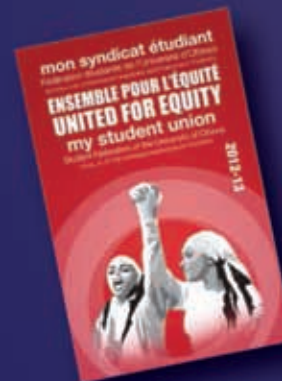
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# LETTERS

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

## HESA rankings called into question

Re: HESA releases university research rankings (News, Sept. 13)

YOU RECENTLY ANNOUNCED the success of the faculties of science and engineering—fourth place in Canada—in the report by the research group Higher Education Strategy Associates (HESA), and the less fortunate ranking of the humanities and social sciences—twentieth. I'm sure our faculties of science and engineering have earned this ranking; our faculties of arts and social sciences, however, deserve much better. In fact, the calculations for the humanities and social sciences for the University of Ottawa are in gross error. Among other things, the team at HESA seems to be under the impression that there are 1436 professors at the U of O in these fields, rather than 750. That miscalculation alone makes the rankings completely meaningless.

Lucie Hotte, PhD.  
Vice-dean research of  
the faculty of arts

## Bucket list

I'VE ENTERED MY fifth and final year of my undergrad degree at the U of O this year and figured I'd disperse some knowledge that I gained this past summer. With the realization that these next two semesters may be it for me once I start a career in ESL teaching throughout the world for an unknown amount of years—check out United TESOL's office in the university centre—I realized that there were a lot of things I still wanted to accomplish while I'm here. I had them in the back of my mind throughout the past four years, but this past summer I finally wrote out my university list. I have always been gung-ho about doing things I've always wanted to do, but once

I organized these things into a list of 30-plus items that is continually expanding, they became set in stone with graduation as the deadline. My list of goals range from hanging a pair of sneakers from a telephone line to becoming a Gee-Gee for one Gee-Gees game; from dumb, easy stuff to things that will challenge my ambition. I left high school having no regrets and hope to complete post-secondary education the same way. The fact that I wrote out my "no regrets" list in my last year bothers me, and therefore I want to encourage other students to start theirs now. You learn a lot about yourself when you go after these kinds of things, and it allows you to test the limits of what you are capable of and could change your life and career path. I know some of that may sound really cliché, but c'est vrai. So please, whoever you are, reading this, I encourage you to do one thing today that you have always wanted to do. You might regret it, you might not—but just try it.

Dan Schmidt  
Fifth-year communications major

## Letter from a cyclist

Re: Inconsiderate cyclists (Opinions, Sept. 13)

THIS IS A message for Andrew Ikeman, who wrote an article in the most recent edition of the *Fulcrum* called "Inconsiderate cyclists."

I'm a human kinetics student at the U of O and an avid cyclist. I bike to and from campus almost every day from Orleans and love it. It takes just as long for me to bus down (about an hour), so I figure why not bike? I get up early, pump my tires, get all geared up—helmet, bell, lights, and all—and go. I obey all the rules of the road and consider myself a vehicle like any other when I'm riding around town.

When someone follows all the applicable laws, everything works out perfectly.

I rarely feel unsafe or insecure when riding. If I make an effort to accommodate the other drivers out there, they usually do the same. I understand that some cyclists are annoyed by having to wait at red lights, yielding, and stopping at stop signs, but it keeps us all safe. Of course, there are exceptions. Every once in a while I'll get a honk or a few choice words from motorists—despite the fact that I'm obeying every law, and being safe and considerate—but I try not to take it to heart.

I'm a firm believer in the fact that half of all cyclist-motorist collisions are the cyclists' fault. I'm not saying that every cyclist is in the right, but I also want to make a point that not all the drivers out there are playing by the rules either. Personally, I'd love to see more cyclists on the roads! Cycling is a great way to stay in shape, it's not stressful on your body the same way running or other sports are, it's fun, and it reduces the number of gas-guzzlers on our roads. Ottawa has a beautiful network of bike paths, bike lanes, trails, and cyclist-friendly routes. If people would start using them properly, maybe we'd all be able to co-exist.

Thanks for a great article, Andrew! As a student, a cyclist, a bike shop employee, and a driver (only when it's just too cold to ride!), I appreciate the great read.

On a side note, helmets are in fact mandatory for all riders under the age of 18. However, the adult population is left out of the equation in this case. I'm hoping that the law will change in the near future. I'm in the process of spearheading a little campaign in an effort to make helmets a requirement for any and all cyclists.

I hope to see you out on the roads! Please don't let a minority of hipster cyclists ruin the cycling image for the rest of us.

Adam Kourakis  
Human kinetics student

## Got something to say?

Send your letters to  
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Letters deadline: Sunday at 1 p.m.  
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Drop off letters at 631 King Edward Ave.  
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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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## The Fulcrum Publishing Society is seeking applicants to fill presently unoccupied seats on its Board of Directors.

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# NEWS

NEWS EDITOR Andrew Ikeman | news@thefulcrum.ca | (613) 562-5260

## ‘As soon as we can get out of this thing, we will’

### U of O signs on to Access Copyright until 2015

Jane Lytvynenko | Fulcrum Contributor

**O**n June 30, the University of Ottawa administration agreed to sign on with the Access Copyright model license until 2015, despite opposition from the undergraduate and graduate student federations. Access Copyright, an organization licensing intellectual property on behalf of universities, has increased its tariff with the new agreement, now charging universities \$26 per student for its services.

#### What is Access Copyright?

Established in 1988, Access Copyright is the sole provider of copyright-protected works to Canadian colleges and universities. This includes the right to copy parts of a book or news source, include material in course packs, and convert works into digital formats. Leslie Weir, the U of O chief librarian, said the university has been working with Access Copyright for over 20 years.

“Access Copyright represents [the] creators’ collective, and they are responsible in making sure creators get paid for their work,” Weir said in an interview with the *Fulcrum*. “And I think all of us want the creators to be paid for their intellectual property.”

According to Weir, the university has three different ways of paying for intellectual property: licenses the library acquires directly, Access Copyright, and a direct transaction—asking the author directly for permission to copy their work.

#### The new model license

Before the start of the 2012–13 academic year, students paid 10 cents per page of intellectual property, in addition to \$14–18 per student yearly. The new model license has students paying \$26 each but also includes new, cheaper ways for students to take advantage of intellectual property.

The 10-cent page fee has now been removed, lowering the price of course packs. According to Sebastien Dignard, who oversees the DocUcentre on campus, students will now pay close to \$0 for copyright fees per course pack, as opposed to the previous average of \$22.50



Course pack prices are now lower than previous years

photos by Justin Labelle

per course pack in copyright fees.

Maureen Cavan, executive director at Access Copyright, said that although there is a significant price difference between the previous old annual fees and the fees students pay now, the two are not comparable.

“The price increase is nothing you can calculate directly, because the new license involves new uses,” she said. “You can now make digital copies, which was never included before the license.

“You can copy up to 20 per cent of a book, a full chapter, or an article from a magazine, journal, or newspaper, and can also use those in digital form.”

#### Pricing and alternatives

Weir said the \$26 per student price is hefty despite the new privileges. Although Access Copyright was originally hoping to charge \$45 per student, the Copyright Board of Canada set the tariff at \$26. Allan Rock, University of Ottawa president, said several other universities agreed on the price while others left the company. Cavan said about 65 per cent of universities and colleges across Canada signed on to the model license.

“We also looked at the relative cost of staying and dropping out, and it’s not the same. It’s more expensive to stay in, but not by a lot,” Rock explained.

“There will be a cost that has to be passed on to students, which is regrettable,” he added. “But there was a cost that would have been passed on to students anyway, perhaps slightly less.”

Rock said it would cost about \$500,000 to set up an in-house copyright office and another \$500,000 yearly to keep it operational. Those prices do not include costs of equipment.

Recently, some universities have started cutting Access Copyright out of the equation to save money, opting to acquire licenses themselves. Elizabeth Kessler, vp university affairs at the Student Federation of the University of Ottawa (SFUO), said we should have been doing that all along. Kessler said the university should be absorbing the new Access Copyright expenses while working on an in-house office.

“We know the university has the money—they have a \$41 million surplus—and they certainly have more than enough to pay instead of putting the cost

off to students,” she said.

Kessler said the SFUO urged the U of O administration not to sign the model license, believing it to be a bad deal for students; however, according to Rock, with the close deadline of June 30 and no in-house office set up, the university had little choice.

“The reason we didn’t get out right now is [that] if we do get out of Access Copyright, we have to have a system of self-administration to make sure that copyright is respected on the campus,” said Rock.

“Some universities, Carleton included, have spent the time and money over the last few years to put a self-administration system in place. We have not,” he continued.

Cavan says one of the biggest benefits of Access Copyright is that it makes copyright issues for universities simple by taking on all the work and responsibilities.

“It’s easy. [Without Access Copyright] you have to get direct permission from the publisher, and if the university had not negotiated an independent direct subscription license with a publisher and

you want to use some work from that publisher, you would have to call that publisher and get permission,” she said. “That’s what a collective license relieves.”

Kessler said a problem with Access Copyright is that although it does provide plenty of materials to students, there is no comprehensive list of what works and publishers it oversees. Weir said the university will launch a study this year to determine which works are being copied by students.

“The library pays for licensing of electronic resources, and we have Access covering things we don’t license,” said Weir. “But we feel we might actually be paying twice, because we may be paying Access Copyright for stuff we are already licensing.”

Meanwhile, students will be paying the majority of Access Copyright costs until Dec. 31, 2015. Rock said that until then, the university will work to establish an in-house copyright office while covering part of the model license costs for the next three years.

“As soon as we can get out of this thing,” said Rock, “we will get out of this thing.”

—With files from Andrew Ikeman

# What's up, doc?

An interview with new CMA president Dr. Anna Reid

Jesse Mellott | Fulcrum Staff

THE CANADIAN MEDICAL Association (CMA) has elected a new president, Dr. Anna Reid, who also happens to be a University of Ottawa alum. The *Fulcrum* was fortunate to be able to sit down and talk with her.

**The Fulcrum:** What do you hope to accomplish as the new president of the Canadian Medical Association?

Dr. Anna Reid: Over the last several years, the [Canadian] Medical Association has been involved in what they call their "health-care transformation initiative," and what we are doing is proposing a number of ways that the health-care system needs to be radically changed so that it functions better. We know that there is no more money coming for the system, so we have to get smarter in how we use the money we have, and a lot of that requires redesigning the system so that there are better efficiencies and accountability measures, and that we actually improve access to such things as preventive care and primary care. One of the big pushes of the Canadian Medical Association this year is to look at what we call the social determinates of health or health equity, and that's advocating for improving things such as housing, education, and healthy nutrition. If we affect those social determinates, people will remain healthy, and it will save money for the system. My big push this year is to see if we can get governments at all levels to start talking about social determinates.

**A lot of our readers would be interested in the fact that you were educated here at the University of Ottawa; you did your medical degree here. What do you think about this university as a place to learn?**

Yes I did. I graduated in '86 from the University of Ottawa. Our medical education was really good. It was a good mix of classroom work and clinical work. It was at the time that they were starting to change medical education so that you started to do more clinical work earlier on in the course of your studies, rather than doing a lot of classroom work for a few years and then suddenly moving over to doing clinical hospital work. I was sort of at that early period where they were starting to introduce the clinical stuff earlier, and was very new in the process. It was great. I was in the second class that went through the new medical school out at the Alta Vista campus. It had just opened up the year before.

**You've worked extensively in the Northwest Territories; how does that differ from B.C. where you did your residency?**

I worked in rural B.C., a town called Nelson. We had a lot of issues down in Nelson, with respect to difficulty accessing services. We were a long way away from major centres, and it was difficult transporting patients large distances to anywhere where they could get a higher level of care.

In the area where I worked there was no Aboriginal population, but where I worked in the Northwest Territories, my workload was probably 75 per cent Aboriginal people. I worked in the emer-



U of O grad Dr. Anna Reid is the new president of the CMA

photo courtesy of the Canadian Medical Association

gency room in Yellowknife. I saw quite a different patient population, quite a large homeless population, people who are addicts, mental health patients... alcoholism was the main problem. So that really changes who comes to the emergency department; a lot of them were younger people, as opposed to when I worked down south—I was looking after a large number of elderly people with cardiac issues and that sort of thing. It's quite a different mix of stuff that I've seen in the emergency room up north.

The Northwest Territories has very few roads; the road ends in Yellowknife and we serviced 33 communities that are fly-in communities. So a lot of my work involved transporting patients long distances away to our hospital for care.

**How do you hope to solve the inequalities you talked about in your inaugural address?**

No matter where you live in the country, whatever your racial background or your ethnic background is, I think you need to have a reasonable access to proper health

care. It is not going to be the same in Toronto, as it is in Moosonee—it can't be. You still have to have what I would call equitable access to entering the system in a way that respects where you live, and we know that is not the case right now. We have a lot of people such as homeless people that really don't have a way to access the system; they don't really have a proper way to access primary care. One of the things that the Canadian Medical Association is doing is developing toolkits for physicians to look at how they are going to help advocate for individual patients on these issues of social determinates and inequity. A lot of the work we are doing is lobbying at various government levels, provincial and federal, to actually have them take a look at how they redistribute their resources, to make sure that some of these marginalized remote populations do have increased access. One of the ways that we can make health-care access more equitable in the north and in remote areas is through improved use of technology, electronic medical records, and video technology, where we have videos in nursing stations where

there is not a doctor there, but the doctor is at the other end helping the nurse manage the patient over a video. That would be an example of how to have a more equitable health care. A lot of these innovative technologies can help in how we connect with patients in a more virtual way, so I think there is going to be quite a bit of push on that.

**Do you have any advice for anyone who is in medical school right now, particularly at the University of Ottawa?**

If you're interested in medicine, it's a fantastic career—it can let you do a million different things. It's exciting, it's always evolving, and it's very hard work. So whatever you choose to do in medicine, you will be working hard, but it is incredibly rewarding. I would say go for it, and try to get as broad an education as you can. Don't focus in on anything too early. I know it's hard for people in medical school; they're having to choose their careers earlier than I did when I went through... but I really urge anyone interested in it to go for it, it's a fantastic career. I don't

context

## What the is the CMA?

Andrew Ikeman | Fulcrum Staff

DR. ANNA REID is taking over the Canadian Medical Association (CMA), but what exactly is the CMA?

The CMA is the largest association of doctors and medical professionals in Canada, and advocates on their behalf. The CMA has over 70,000 members.

The CMA was founded in 1867, approximately three months after Confederation. They actively lobbied for medicare, and have worked to better the patients and doctors rights.

In recent years, the biggest push by the CMA has been to showcase the severe lack of doctors in Canada, specifically in the North, where Dr. Reid has practiced. The lack of doctors in Canada is a problem the CMA has tried to solve by getting involved with governments to increase benefits to doctors.

The CMA also publishes the Canadian Medical Association Journal, where its member doctors have the opportunity to publish their own studies. The journal is published 18 times per year and is subscribed to by approximately 20 per cent of Canadian doctors

The CMA also has resources available to students. It allows medical students access to its research and to textbooks at a reduced price and assistance from CMA librarians. f

think there's anything more rewarding you can do.

**Any final thoughts?**

I think that every Canadian needs to get concerned about our health-care system. I think that every Canadian needs to play a part in asking questions, and coming up with potential solutions. [As] physicians, we can't do it on our own. We need input from patients on what they want from the system. We have done a lot of work reaching out through town halls throughout the country to patient and multi-patient groups to get their input. But I think that is a whole-society issue that we can't solve on our own. We have our own ideas how things should go... I would urge every Canadian, every student, to get interested in the issues, to get involved in the dialogue, to put their money where their mouth is when they come and vote, to use their democratic wisdom to get the changes that they want to have through. I think that is how things work in this country and how we get involved and try [to] influence policy. f

# The Debriefing

## Canada to cease defending asbestos mining

OTTAWA—THE CANADIAN GOVERNMENT announced on Sept. 6 that it will no longer defend Quebec's asbestos-mining industry, a decision that was based on a campaign promise made by the recently elected Parti Québécois (PQ) government to stop the mining of the carcinogen. The Conservatives, who have defended the export of asbestos on the world stage, also stated they will stop opposing the international community from adding chrysotile asbestos to the Rotterdam Convention, a global treaty on hazardous substances.

The PQ has canceled a loan originally planned to revive a large mine in Asbestos, Que., a decision that could significantly impact the community's economic future. The province's former Liberal leader Jean Charest promised the loan during this past election campaign.

The sale of asbestos, a substance that can cause cancer when inhaled, is limited in Canada, but the country exports large amounts of it to developing countries where its use is not yet banned. According to the World Health Organization, 100,000 people die each year from asbestos-related disease, and Quebec has among the world's highest rates of a cancer known as mesothelioma, a result of the province's heavy mining activities during the past century.

Industry Minister Christian Paradis announced that Ottawa will offer \$50 million in assistance for towns in Canada who are dependent on the industry, in order to assist their local economies.

—Justin Dallaire

## Lawsuit against Bell, Rogers, and Telus over pricey texting services

OTTAWA—ON SEPT. 14, it was announced that Canada's Competition Bureau, an independent legal agency that ensures Canadian consumers and businesses benefit from a competitive marketplace, has filed a lawsuit against all of the country's largest telecommunications companies and an industry organization that represents them. The Competition Bureau went through the Ontario Superior Court to seek a total of \$31 million from Bell, Rogers, Telus, and the Canadian Wireless Telecommunications Association (CWTA).

The Competition Bureau argues the companies need to stop advertising premium texting services and pay back users who were charged for using them. Premium texting services allow consumers to subscribe to providers and receive new ringtones, horoscopes and more. The bureau believes the costs of these services are exorbitant and often hidden.

CWTA President Bernard Lord expressed disappointment about the lawsuit, asserting some users benefit from premium texting services and it's unfair to be suing the three companies (Bell, Rogers, and Telus) through which users access premium texting service providers. Lord stated that the Competition Bureau should be taking action against the companies that provide the expensive text services rather than going after the networks their products are advertised on.

—Keeton Wilcock

## Israeli prime minister criticizes U.S. stance on Iran, weeks before presidential election

WASHINGTON—BENJAMIN NETANYAHU, PRIME minister of Israel, appeared on CNN's *State of the Union* on Sunday Sept. 16, where he called on the United States to do more in preventing Iran from attaining nuclear weapons. Specifically, Netanyahu asked that the U.S. create a "red line" for Iran, which the Iranians wouldn't be able to cross without international repercussions; the implication was that under President Barack Obama, the U.S.'s stance towards Iran has been too soft.

Netanyahu's comments come at a bad time for President Obama, who is seeking re-election in a few months. Some have noted that Obama's relationship with Netanyahu has appeared strained, and have questioned whether the prime minister's recent television appearance was partly politically motivated. Netanyahu has rejected this idea, claiming that his comments on *State of the Union* were made out of urgency rather than political calculation.

Netanyahu has so far avoided taking on an official stance on the Romney vs. Obama presidential race.

—Keeton Wilcock



# Occupation restoration?

## Occupy movement returns to Ottawa



Obert Madondo speaks at the Occupy rally

photo by Andrew Ikeman

Andrew Ikeman | Fulcrum Staff

THE OCCUPY MOVEMENT returned to the nation's capital on Monday, Sept. 17 with a rally held to mark the beginning of Parliament and the one-year anniversary of the Occupy Wall Street movement. The protest—entitled "Stop Harper and Demand Real Democracy"—was organized by Occupy Toronto, along with a group of protestors who marched across the country from Victoria, B.C.

The protest started at Confederation Park and ended at Parliament Hill where several keynote speeches were held. Lana Goldberg, the media liaison for Occupy Toronto, said the idea was to reign in the new session with a protest against the current government.

"Initially [the idea for the rally] was hearing that folks were walking all the way from Victoria starting on May Day, May first," said Goldberg. "Also the fact that it was the first day back from summer recess on Parliament Hill after they had passed the omnibus budget bill, which was extremely problematic on many levels ... so we wanted to express our discontent with that, [and] un-welcome [Prime Minister Stephen] Harper. Also, it was the one-year anniversary of Occupy Wall Street."

The protest involved many activists, including Obert Madondo, who went on a hunger strike last year to raise awareness for injustices he sees in the Harper government.

"Canadian democracy, I would argue, has reached its greatest hour of need,"

said Madondo. "By allowing Stephen Harper to stay in power one more day, we allow more legislative attacks on our democratic institutions, values, and civil liberties."

Also speaking at the protest was Brigitte DePape, the U of O alum, who was a senate page before protesting against the government during the Senate speech from the throne. She has since become a symbol of public anger towards the current government. DePape said she believes in the movement's power to lobby the government to better policies.

"Today I believe we will stop Harper and this neo-liberal capitalist agenda because of you," said DePape to the protestors.

While the Occupy movement received mass support last year, that support has since tapered off, said Wyatt Brakeboer, a second-year computer science major.

"Occupy is like our generation's version of the [Vietnam] war protests," said Brakeboer. "Both causes were taken up to fight against the current problems afflicting the country. The only difference is that the war protests actually had public support."

The rally, which consisted of speeches followed by a "People's Parliament" that allowed protestors to voice their concerns, was attended by approximately 100 people. The protestors chanted "Stop Harper" and "Shame," and at one point, a plane flew by with a flag saying Stephen-Harper-nous-deteste.ca, which translates to "Stephen Harper hates us." f

## HOUSE SITTING

# Horrible habits in the House

Christopher Radojewski | Fulcrum Contributor

EVERY GOOD BOSS knows the importance of ensuring their employees do a good job, whether it's washing dishes or making decisions about a country. Yet we Canadians seem to let the 308 employees we pay to represent us get away with a lot of stupidity.

If you observe your member of Parliament (MP) in the House of Commons, you may notice he or she is not the best employee. There are those who are very good at their job, but for the most part, this national company appears very disjointed and stagnant.

"If you observe your member of Parliament (MP) in the House of Commons, you may notice he or she is not the best employee."

Many students just came back from working at seasonal, part-time, and co-op positions this summer. The paycheques we receive help cover food and rent and ensure there is always toilet paper in the bathroom cabinet. Therefore, the student employee is professional, polite, and productive, because behaving otherwise may lead to consequences as severe as termination. So when an MP doesn't go to work with the same mindset the student employee does, I wonder two things: How does anything get done, and why is nobody holding their MP accountable?

Last year was a rough year for MP behaviour, too. Heckling was at a high, and profanity like "fuck" and "shit" invaded the Legislature—a place where the most important decisions for the country are made. At times, MPs were less effective than the McDonald's crew bringing fries to the drive-thru window.

Thankfully, Canadians still have a few all-stars on their team. The speaker and whips of the House of Commons try to maintain discipline and respect in this usually highly regarded institution. Andrew Scheer, Gordon O'Connor, Nicole Turmel, and Judy Foote have all given their fellow MPs the pep talk: starting Sept. 17, better behaviour will be required. However, over the course of the session, parliamentary decorum tends to decline, and Speaker Scheer's job it can turn into babysitting over 300 adults.

I hope MPs will live up to the status of their position and bring Parliament back to an effective and efficient session; but you have a role to play too. Be responsible. Too many people forget about their MP after an election and monitor only the activity of the government overall.

Be critical of your MPs' actions and praise them for their good performances. You helped choose your representatives; now you have to make sure they properly represent you. Remember, you are the employer and you have a job to do. f

Christopher Radojewski is the Fulcrum's political columnist. If you have any comments or questions, email [politics@thefulcrum.ca](mailto:politics@thefulcrum.ca)

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# ARTS&CULTURE

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## Life, the universe, and everything sci-fi at Can-Con 2012

Conference delves into contemporary science fiction and modern means of publishing

Andrea Bechard | Fulcrum Contributor

If you're intrigued by mind-controlled robots, the galaxy's final frontier, cosplay, comic books, anime, and of course, science fiction, Can-Con 2012 has you in mind.

The Conference on Canadian Content in Speculative Arts and Literature will take place from Sept. 21–23, with a theme of “the cutting edge of science fiction, horror, and fantasy.”

This year's convention will be organized differently than in previous years, according to Can-Con publicist Elizabeth Buchan-Kimmerly.

“The conference has been around for about 20 years,” says Buchan-Kimmerly. “But what's different about this year is that it will focus on introducing new talent.”

It will focus on the future of science fiction literature, art and film, featuring

“

“What's different about this year is that it will focus on introducing new talent.”

—Elizabeth Buchan-Kimmerly  
Can-Con publicist

the unofficial slogan, “If it didn't happen in the 21st century, it's history!”

The conference will focus specifically on Canadian writers, editors, and publicists—those new and aspiring as well as those who are more established within

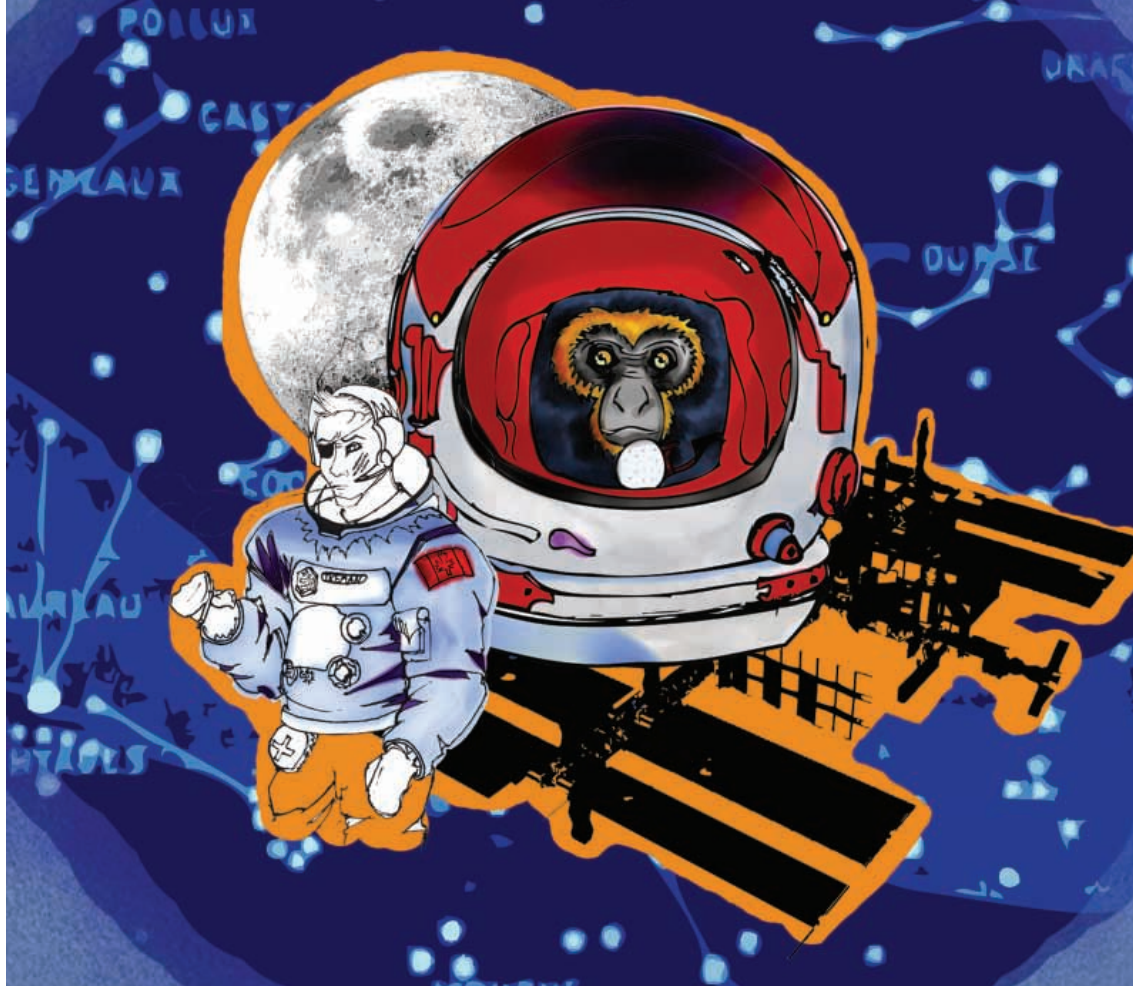


illustration by Mathias McPhee

the community. This year's Can-Con will include book launches, story pitches, and the establishment of new streams of science and speculative fiction.

“There are two types of conventions,”

Buchan-Kimmerly explains. “One is a fan convention like ours, which does not make money ... and focuses more on panels and events. The other type is like Comic-Con, which is for profit and has

cosplay competitions and such.”

The guests of honour—including author Hayden Trenholm and artist Tom Fowler, among others—will speak with aspiring authors, offer advice on how to

get started in the business, and explain the publishing process, both its hardships and rewards.

The speakers will also provide information on self-publishing, and discuss which is the better route in today's fast-paced technological world—seeking a

“

“We are looking to the past and seeing the future of writers; many start in their early teens, and age is never a drawback.”

—Elizabeth Buchan-Kimmerly  
Can-Con publicist

publisher or doing it yourself. Many of the conference's featured authors began writing in their early teens, and they have a vast amount of useful knowledge which could help kick-start a young writer's literary journey.

“A student today is a professional tomorrow, and a lot of writers start out as teens,” says Buchan-Kimmerly. “We are looking to the past and seeing the future of writers; many start in their early teens, and age is never a drawback. As you get older, you get busier, and you have a lot more to think about, like kids and dogs and jobs, making creativity harder. This is something that is easier to encourage at a student's age.”

The event will take place at the Best Western hotel in Kanata. Time machines don't exist just yet, so next weekend is your only chance to head down to Can-Con 2012. Registration for the weekend-long conference will be half price for students, at \$27.50 per person. f

## Graffiti for the community

Ninth annual House of Paint festival brings together ‘four elements’ of urban culture

Khulood Al-Katta | Fulcrum Contributor

OTTAWA'S NINTH ANNUAL House of Paint festival brought together hip-hop artists, graffiti writers, DJs, and local vendors under the Dunbar Bridge to celebrate urban arts and culture from Sept. 13–16.

The Dunbar Bridge underpass in Old Ottawa South has displayed the work of local graffiti artists for years and officially became Ottawa's first legal graffiti wall in 2003. It serves as a fitting site for the House of Paint festival, which aims to provide an outlet for urban artists and performers to showcase their talents in different ways.

“It's a celebration of hip-hop culture in reuniting all four elements: DJing, breaking—the dance aspect—graff writers, and MCs,” said Alex Mattar, a.k.a. DJ Zattar, co-founder of House of Paint.

Amelia Griffin, a local contemporary dancer, said the House of Paint event “is a great community initiative that brings the people of Ottawa to this festival to showcase the work they're doing in the



The ninth annual House of Paint took place under the Dunbar Bridge from Sept. 13–16 photo by Khulood Al-Katta

city.”

House of Paint's partnership with community initiatives and projects, such as the Ottawa Trillium Foundation

and the Ontario Arts Council, attracts thousands of people every year from all over North America to promote artistic expression through words, music, and

dance.

Media and culture often portray graffiti in a negative light, which is why House of Paint has attracted a great deal of atten-

tion when it comes to raising awareness on the importance of graffiti as a form of expression.

“The reaction has been very positive, especially Saturday's event, which is an all-ages event where kids can come with their families, do workshops, and learn,” said Mattar.

One of the highlights of the event was a two-hour workshop offering instruction in break-dancing, rapping, DJing, and graffiti.

Graffiti artist Maro, a returning guest of the festival who has been doing graffiti for more than eight years, stressed the importance of an event like this.

“What they do here brings a lot back to the community,” said Maro. “And it's not just for the graffiti artists or just the people who are involved in the hip-hop culture. It's for everyone to get an idea of what it's all about and to try and understand it a little bit better.”

What used to be a small local event has quickly become Ottawa's largest festival of urban arts and hip-hop culture, and it continues to grow every year. f

# Living the life of luxury

Upscale lifestyle expert Tania Semper talks dreams, determination, and entrepreneurship

Nadia Helal | Fulcrum Contributor

She is a self-proclaimed “luxury lifestyle expert” and the creative mind behind eFashionista. In the few short years since she came up with the concept, Tania Semper has created a business that connects and empowers women through themed, upscale events. Semper, 31, shared some insight on the importance of having dreams and determination, and what it takes to be a successful entrepreneur.

**The Fulcrum: What exactly is the concept behind eFashionista?**

Semper: It is basically a guide for all the fashionistas out there looking for unique upscale shops, products, and services in their city. This includes all sorts of things ranging from boutiques, nail bars, hair salons, eyelash extensions, cupcake shops, and so on. Women are exposed to unforgettable experiences and like-minded individuals, allowing them to connect through these products and services directly within our dreamy whimsical platforms.

**When did you first realize you were so into fashion?**

I would say more luxury living than fashion. It was around my mid-20s when the idea to make a living out of it started to take force.

**Since this is a school paper, I have to ask, what is your educational background?**

I went to college in Montreal, and then did three professional certificates in fashion marketing, public relations, and entrepreneurship. I'm all about continuing education!

**Your website states that you strive to bring the worlds of *Gossip Girl* and *Sex and the City* to life. Are your services affordable to the average student?**

Yes, because the whole point of the service is for women to try out services that they wouldn't have the chance to experience normally. As students, it's obviously not something they may use every week, but more a reason for them to pamper themselves on special occasions. Also, many of the products and services are very affordable and accessible to students. My hope is to instill a desire in youth that may splurge in these services perhaps at a later age when they can afford to.

**Describe one of your themed events.**

“Baking in High Heels” is one that's going on now. The space we use transforms into a dreamy world of high-heel florals, chocolate heels, and whimsical cakes and sweets, while fashionistas wear heels and raspberry-coloured, frilly designer aprons, and attempt a baking session. One can say it's basically a baking session with high heels, but it's all the little



“If you're ready to make sacrifices and reach for the stars, entrepreneurship is the way.”

things that go into the event that make it what it really is.

**Will this event be coming to Ottawa any time soon?**

Yes, it's definitely in the plans. The next city on the tour is Montreal, but my goal is to do the event in each metropolitan city, with Ottawa being slated for early next year.

**How do you keep up with all the demands of being an entrepreneur?**

Good time management and knowing my priorities. I'm good at balancing work with family and friends. Because I love what I do, even when I'm out there socializing and meeting people, I'm actually enjoying myself even though I'm working.

**Describe a difficult situation that may arise in your line of work.**

A negative experience that can happen is when there is no contract in place. One tends to get overexcited about the potential account and may neglect to get papers signed. It has happened to me that such clients took advantage of that

situation and I ended up losing a lot of money.

**Any likes or dislikes about being an entrepreneur?**

I definitely like being an entrepreneur since you have the freedom to make your own decisions and be in control. It's hard at first, not having a stable income, with little financial consistency from week to week, which obviously gets better over time. But I hope to inspire students to take the entrepreneurial route, and I'm always there to provide guidance by answering all written inquiries. I recall growing up and often getting no responses to my inquiries, which was very frustrating.

**What are your long-term plans for eFashionista?**

Taking eFashionista to the next level! I'll be hosting a series of themed events across Canada. I don't particularly like looking too far ahead; I am constantly reinventing myself, striving to become a better business owner. I like going with the flow. I guess that's what being a Pisces is all about! I also share a huge love and passion for animal welfare and will eventually be able to focus on raising awareness on certain issues very soon. A non-profit is in the works.

**What is the best advice you ever got?**

Don't lose track of your goal, regardless of the obstacles. If you're ready to make sacrifices and reach for the stars, entrepreneurship is the way. Keep in mind that some doors won't open and others will shut in your face, but realize that these are blessings in disguise, and move on.

**What is the best advice you could give to students?**

While you're in school, try as many different subjects as possible. Explore things out of your comfort zone. The more you try, the more skills you'll develop, and you never know when those skills may become useful to you in the future.



Tania Semper, above, is a “luxury lifestyle expert” who founded eFashionista

photos courtesy of Tania Semper

album reviews



**Title Fight**

*Floral Green* | SideOneDummy



THERE SEEMS TO be some sort of “new grunge” movement showing signs of life in offshoots of today’s punk rock. This new age swaps the heavy metal influences of ‘90s grunge for an infusion of early emo and post-hardcore, but still has the same earnest and intrinsic feel of the original wave. I use the term as lightly as possible, of course, as “grunge” is a hefty word to drop on any post-‘90s artist.

I was only two months old when Nirvana’s *Nevermind* was released, but I can only imagine that Title Fight’s sophomore record, *Floral Green*, might feel somewhat akin to hearing the breakout record from 1991 for the first time.

Aside from the overall chunkier sound of *Floral Green*, the diversity of song types and structures is what pulls the album further from the band’s masterful debut from last year, *Shed*.

“Sympathy” bursts out like a goddamned caged animal into a poppy yet dissonant standout that rocks like Sonic Youth turned up to 11. “Secret Society” buzzes along like a classic jam ripped from an old *Tony Hawk’s Pro Skater* game, and the song’s introduction boasts the most sinister bass guitar growl you could imagine. Songs like “Lefty” and “Head in the Ceiling Fan” take on a form of their own to show a whole new side of Title Fight.

In trying to draw from as many diverse, eccentric, and frankly unexpected musical influences as Title Fight has, most groups will end up with something that sounds forced and jumbled, or sloppy and incohesive. *Floral Green* is neither. Title Fight has not only cut its teeth in the revised genre, but carved its name across the front.

—Adam Feibel



**Billy Talent**

*Dead Silence* | Warner Bros.



BILLY TALENT’S FOURTH studio album, *Dead Silence*, strays from their “safe” style of more recent releases yet still lacks the unique rawness of the Toronto-based band’s first record.

The new songs are toned down in aggressiveness but still contain the band’s established themes—angst-ridden romance, resistance, liberty, and the troubles of an information society—on a more mature level. Some of the tracks have a new sound that might appeal to fans of bands like Green Day, but they still keep their own authenticity.

After a sombre intro, the album begins with its first single, “Viking Death March,” a memorable, high-energy song; it’s old school Billy Talent with a bit of newness to shake things up. Many of the album’s 14 songs, including “Swallowed Up by the Ocean,” “Dead Silence,” and “Cure for the Enemy,” start out fresh and catch your interest before building into an intensity that awakens a forgotten appreciation for the band. The remainder of the album consists of catchy songs that both new and longtime fans will enjoy, but that also show a different side of the 20-year-old band.

Aside from a couple of songs that at times seem similar to those from previous albums, *Dead Silence* is a fresh take on a punk rock band that won the hearts of a generation searching for meaning through music.

—Krystine Therriault



**Pet Shop Boys**

*Elysium* | Parlophone



THE 11TH STUDIO album from the sensational British electronic duo Pet Shop Boys doesn’t disappoint. Although their latest offering, *Elysium*, is a little more sombre than their memorable hits from the ‘80s and ‘90s, it proves they still have what it takes to make it in the long haul.

The album sets a slightly darker and less electronic mood than their previous albums, especially with songs like “Invisible” and “Leaving.” On the other hand, “Your

Early Stuff,” “Winner,” and “Memory of the Future” remind us of the upbeat rhythms that once defined the band, but in a more mature fashion. The music video for “Winner” is a must-see, as it spreads the message of acceptance by documenting a transgendered person’s entry into the London RollerGirls roller derby team.

Lead singer Neil Tennant’s smooth and soothing voice makes each song shine, and keyboardist Chris Lowe hasn’t lost his magical touch either. It’s clear to see why these two musicians make up the most successful duo in U.K. music history. It’s been more than 30 years since their formation, but Pet Shop Boys’ days are far from over.

—Nadia Helal

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**Minus the Bear**

*Infinity Overhead* | Dangerbird



EVER SINCE THE ‘80s, northwest Washington has been a sort of musical geyser, spurting out legendary bands like Nirvana, Death Cab for Cutie, and Pearl Jam. The region shows no sign of slowing in its musical output as Seattle indie rockers Minus the Bear have just released a new record. *Infinity Overhead*, the band’s fifth studio album, exhibits a sound that is both familiar and evolved from their previous releases.

The album begins with a harsh, distorted, and somewhat eerie track entitled “Steel and Blood.” As one of the better songs on the LP, the lyrics, “Two become one / the confining of a car crash / steel and blood / and it’s over with the silence,” leave listeners haunted, but the majority of the album continues with predictable guitar solos and drum-machine-like beats.

Amidst a 10-song spree of generally mediocre alternative rock, “Heaven is a Ghost Town” also manages to stand out. Featuring beautiful, soft, and sultry guitar playing and gorgeous lyrics paired with a rather intricate and subtle electronic beat, this track reminds fans why they began listening to Minus the Bear some 10 years ago when they released their first album, *Highly Refined Pirates*.

*Infinity Overhead* is an album to be perused by those who have taken a liking to groups like The Spill Canvas and Anberlin. Many songs on the album prove to be very similar—disjointed lyrics and all—leaving Minus the Bear’s audience forever wondering whether these lyrical fragments are the result of a brilliant depth of conscience or just incomplete thoughts.

—Dana Simpson

# Let them eat cake...Or not

## Living with food restrictions

**K**osher, lactose intolerant, gluten-free, macrobiotic. Gone are the days when everyone ate meat and potatoes. Today, individuals follow special diets for as many reasons as there are types of cuisine; religious practices, ideological beliefs, and allergies can all play a part. Four foodies share their experiences living on different diets and offer students a spoonful of advice.

### Nuts to you

Although allergies are probably among the most common food restrictions, living with them is no picnic. In fact, often the hardest part about having a life-threatening allergy is trying to explain it to people.

Sounds crazy, right? But many people don't understand how allergies work. The first time I had an allergy "attack"—as it's commonly referred to—I was 16 and working my first day at Starbucks. A supervisor told me to try a nut bar so I could tell customers what it tasted like. Well, I soon tasted a closed throat, because she hadn't bothered to look at the ingredients after I told her that cashews and pistachios could kill me.

My supervisor offered me Benadryl, which is laughable. The only allergy medication that will help me when I have a reaction is my EpiPen, a pre-filled automatic injection device—basically a huge needle—that administers epinephrine. I have to carry it around with me everywhere. It's saved my life three times.

"Well, you have an EpiPen," is an incredibly aggravating response to hear when I ask people not to mix their nut-filled food with my own. Yes, I have an EpiPen—one that has only enough medication to last 15 minutes, which is just enough time for an ambulance to arrive. Contrary to popular belief, an EpiPen is not a pill I pop that will make the problem go away. A reaction is a long process, and staying alive involves being rushed to the hospital, an IV drip, and being kept and monitored for a minimum of four hours.

“My supervisor offered me Benadryl, which is laughable. The only allergy medication that will help me when I have a reaction is my EpiPen, a pre-filled automatic injection device—basically a huge needle—that administers epinephrine.”

—Charlotte Bailey

The epinephrine injection also gives me the sensation of pure panic—the medication is adrenaline. While I wait for the ambulance, the only thought running through my mind is that at any moment, I will die. To me, an allergic reaction is a huge deal.

Not everyone reacts the same way I do. Some people get hives, and some people really do swell up like they do in the movies. Each attack is usually worse than the one before. The more your body is exposed to allergens, the more it starts recognizing them as deadly intruders, so the reactions become progressively worse. I'm as careful as I can be, but sometimes accidents happen.

Despite the severity of my allergy, when I mention it to those around me, the attitude I get is that I'm somehow inconveniencing people. I've had eye rolls, strange looks, and people joking that I've made the waitress work harder. Even my mother doesn't re-



ally understand—she acts as though I'm being picky when I refuse to submit to our family's tradition of sharing all our takeout.

My allergy affects my life in little ways. It means that on girls' nights out I can't bring cute little clutch purses because my EpiPen won't fit inside. It means that for the first 12 years of my life, I wore a fanny pack—yes, it was horrible.

I bite my tongue at places that tell me I can't order anything because of the allergy, when I'd like to tell them they're losing business by not bothering to keep certain foods separate. It's not just my business, either: Any time I find out a restaurant won't serve me, my friends and I go elsewhere. My boyfriend has had to give up nuts completely, for fear of killing me with his kisses.

Living with an allergy can be annoying at times; it requires constantly being alert and constantly asking hosts and waiters what's in my food. But my biggest complaint is people who somehow think that my allergy is a preference. It's not meant to inconvenience others: It's a lethal condition, and I appreciate it when other people recognize that, too.

—Charlotte Bailey

### The hipster diet

In the nearly four years since I became a vegan, the most common questions I get are, "Why would you give up cheeeeeeese? Or ice cream? Or steak?" For non-vegans, the restrictions of a vegan lifestyle—no meat, eggs, dairy, or even honey—seem enormous, and the benefits inconsequential.

To be perfectly honest, I first became vegan because, as an 18-year-old high school student with a fledgling sense of identity, I craved a little individuality. Being from a traditional meat-and-potatoes German family, veganism was the easiest option. Tattoos seemed too painful, and punk rock just isn't my style.

Since my initial rebellion (if you can even call it that), my veganism has changed from the everyday restrictions—cake and ice cream I won't indulge in at birthdays, the nuisance of reading nutrition facts on packaging—to a way of reducing my carbon footprint.

The most basic of Google searches demonstrates the stark contrast between a meat-based and plant-based diet. According to a report from Mercy For Animals Canada, the production of a single pound

of animal protein uses six to 17 times as much land as the production of a single pound of soy protein. The report also asserts that nearly 90 per cent of all chickens cannot walk normally in the days before they are slaughtered, partially because of the excessive amount of weight they've gained.

“For me, veganism may have started as an exercise in vanity, but has developed into a lifestyle choice.”

—Jessie Wilms

In four years, I've also developed an understanding that it is unnecessary to consume violence—to legitimize the processes and business strategies of meat manufacturers by consuming meat—in order to function at your individual best.

I may be concerned about animal rights, but I certainly don't share the same values that some of the more outspoken and controversial vegans do. In four years of following this diet, I've gone from



photo illustration by Mathias MacPhee

a mild dislike for People for the Ethical Treatment of Animals to being repulsed by the organization's tactics, deceit, and use of overt sexism and misogyny to vilify meat manufacturers and consumers.

For me, a basic meal consists of something green, a protein, a superfood, and hot sauce. Is it healthy? When I cook for myself, mostly. Is it cheap? Most definitely—eliminate \$7 bags of milk and you've saved enough for at least a semester's worth of textbooks. A can of beans is significantly less expensive than a similarly portioned animal product; for cash-strapped students, the "unintentionally vegetarian" label is a common occurrence at the grocery store.

Eliminating the meat and potato staples from your diet forces you to experiment with flavours and cuisines you may have otherwise overlooked. Indian pickled mangoes with roti? Divine. Ethiopian wot served atop injera? Out-of-this-world good.

In downtown Ottawa, where pubs line most streets, eating out with non-vegans often becomes a matter of a pre-meal snack followed by a plate of fries as dinner, unless, of course, their palates are open to flavours of the world.

For me, veganism may have started as an exercise

in vanity, but has developed into a lifestyle choice—full of contradictions and everyday annoyances, sure, but a lifestyle that aligns my everyday decisions with my perspective and core values.

—*Jessie Willms*

#### Splenda... Ah honey, honey

Just like any new and exciting relationship, my first encounter with diabetes left me weak in the knees. I was standing up from the breakfast table when pinprick stars crowded my vision and my legs gave out. I rushed to the sofa and collapsed, holding my forehead and wondering what had just happened.

After sitting shakily through that day's classes, I went to the campus clinic at the University of Victoria, where I was currently in the spring of my second year. The doctor gave me a blood test requisition, and I went to the lab the next day.

The results? I was pre-diabetic. That meant my blood-sugar levels were higher than normal, but with proper preventive care, I wouldn't necessarily progress to full diabetes. Well, three diligent, sugar-free months later, that's exactly what I got. My body was diabetic, regardless of how many hickory sticks

I swapped for celery sticks.

I have Type 2 diabetes, the kind usually found in much older people, so for more reasons than just the usual self-pity, I couldn't help but wonder over the next few weeks, "why me?" It is true that Type 2 is becoming more common in younger adults and even children due to high levels of obesity, but although I could have stood to lose 10 pounds and liked the occasional treat, I didn't think I was that bad. A possible factor that might have made me more susceptible was genetics—my grandmother died of complications from the disease.

The basic distinction between Type 1 and Type 2 diabetes is that Type 1 patients' pancreases don't produce insulin (therefore insulin injections are required) and Type 2 patients' pancreases don't produce enough insulin, and/or the insulin they do produce is ineffective in breaking down the sugars in their blood. Type 2 patients usually don't need insulin, at least not right away. We can manage by diet

“

"I was standing up from the breakfast table when pinprick stars crowded my vision and my legs gave out. I rushed to the sofa and collapsed, holding my forehead and wondering what had just happened."

—*Julia Fabian*

and exercise alone.

Thankfully for diabetics these days, there are a lot of sugar-free alternatives to just about every type of dessert. If you can't find it in the store, you can make it yourself. Splenda is my favourite kind of sweetener, and is proven to be one of the healthiest, too; however, there are hazards to artificial sweeteners as well: I once put powdered aspartame into my chamomile tea because the café I was at had no other sugar alternatives—it tasted like something you would find in a chemistry lab.

A diabetic's diet is pretty simple, and there's no reason everyone can't follow it. Sugars should be avoided, obviously, and healthy sugars (like in fruit) should be limited and chosen carefully. Little known health tip: always choose berries over bananas.

Other things a diabetic must forgo are saturated fats (don't even get me started on trans fats), high-cholesterol foods, and refined flours. Vegetables: 1, junk food: 0. It's pretty much like any healthy diet.

The only sweets diabetics are allowed is the emergency stash of glucose tablets we carry in case of sudden drops in blood sugar. I've had a few, and it was some small comfort amidst my dizziness and shaking hands to feel that rare sweetness spreading on my tongue.

You know the phrase, "You'll thank me later"? Well, say it to yourself every time you reach for a whole-grain slice of bread instead of a croissant. And hey, maybe your body is destined for disease, like mine seemed to be, but at least this way you can't say you didn't try.

—*Julia Fabian*

#### What do you eat?

When I tell people I'm allergic to meat and dairy, the standard response is, "Really? Meat and dairy? What do you eat?" My response is that I eat a lot of things—most likely a wider variety of foods than the majority of people I know.

I first started having trouble when I was 14. I lost the ability to digest meat, so I cut it out of my diet. However, the digestion issue soon progressed to include most foods. Every time I ate, I braced myself for the pain and cramping that would immediately follow and last for hours. Despite forcing myself to eat, I was losing weight rapidly. I also slipped into a severe depression accompanied by

acute anxiety.

I was in and out of the doctor's office and hospitalized multiple times for various mental issues and bizarre physical ailments during high school. Doctors told me I had irritable bowel syndrome and that mental illness was programmed into my family's genes. I was prescribed muscle relaxants, pain killers, Prozac, Lorazepam, and a handful of antibiotics, but I wasn't getting better and I felt I had exhausted every medical avenue.

I hit my breaking point when I collapsed during a backpacking trip in Algonquin Park and was airlifted out by a float plane—this after a year of medical ups and downs that prevented me from pursuing a number of opportunities.

I decided to try visiting a naturopath, someone who focuses on a holistic approach to health with non-invasive treatment and minimal use of surgery or drugs. I'm so glad I did. I took a blood-based food allergy test and within three weeks I was handed a sheet of paper that gave me an answer, albeit one that was hard-to-swallow. I was allergic to everything.

I discovered I suffer from a condition called gastrointestinal anaphylaxis. When I eat something I'm allergic to, my digestive organs swell. If I eat too much of an allergen, the lining of my digestive tract breaks down. At the time, small holes were forming in my organs, causing the food I ate to leak into my blood stream (also known as leaky gut syndrome), and leaving me in a permanently malnourished state.

Once I cut out the worst offending foods in my diet, my life turned around completely. Within a few short months I had regained weight, my depression and anxiety had evaporated, I no longer experienced an "irritable bowel" condition, and I was medication-free. Three years later, my body has healed an incredible amount and my most recent food allergy test indicates I am now only allergic to meat and dairy. A small victory with major benefits!

I eat a mostly vegan diet, but I still have the odd egg or piece of fish—I just couldn't give up sushi. The plant-based diet I'm on is a lot easier to digest, leaving me with a ton of energy and improved physical stamina. I avoid unhealthy sweeteners, opting for alternatives such as honey and agave nectar, which don't result in sugar crashes and have numerous

“

"I took a blood-based food allergy test and within three weeks I was handed a sheet of paper that gave me answers, albeit hard-to-swallow answers. I was allergic to everything."

—*Jessica McCuaig*

health benefits. I have also sworn off antibiotics entirely. I now take a preventative approach and include probiotics and food with live bacterial cultures in my daily diet.

This lifestyle is not always budget-friendly, but if I'm going to splurge on anything at this point it's definitely my health. Luckily the health-food market is rapidly growing, drawing prices down as competition increases. Restaurants are also hopping on board, and I find most places are willing to cater to my food restrictions if they don't already have a vegetarian or vegan option available.

If you're thinking about changing your diet, I highly recommend checking in with a doctor, nutritionist, or naturopath first. I'm not trying to discredit the medical industry—I realize medical advances save lives every day. I simply believe it's important to recognize the merits of alternative health systems as well. This path has given me and many others with my condition a state of well-being once thought to be impossible.

—*Jessica McCuaig*

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# SPORTS

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

## You are becoming a better athlete... Mental health practices in sports

Maclaine Chadwick | Fulcrum Staff

There is more to athletic ability than being physically strong, fast, or agile. Mental health plays an important role in an athlete's performance, as they face different pressures and fears every time they compete.

There are certain skills athletes cannot work on in a gym. Confidence, motivation, leadership, and teamwork, for example, can all affect sports performance. In some cases, coaches will employ a psychologist or hypnotherapist to harness an athlete's inner power. If that all sounds like a load of baloney to you, keep in mind that these practices have been employed by world class athletes like Tiger Woods, Roger Federer, and Reggie Jackson.

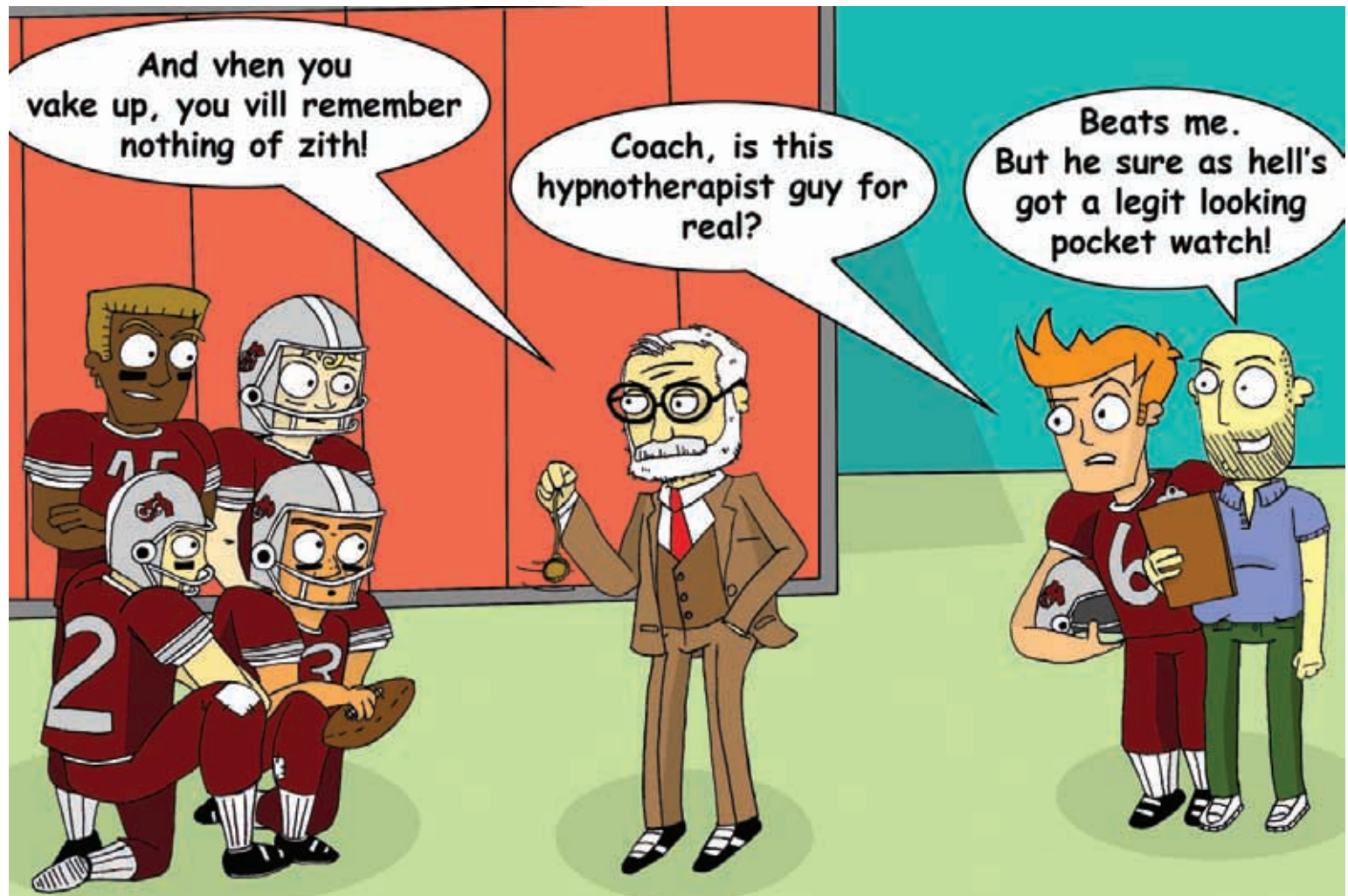


illustration by Devin Beauregard

### Sports psychology

If you were a basketball fan at the University of Ottawa last year, you will remember last winter's game against the Laurentian University Voyageurs, in which all-star U of O guard Warren Ward injured his knee and tore his anterior cruciate ligament, commonly known as the ACL.

“I think a lot of people look down upon it and think, ‘Oh, so you’re seeing a shrink?’”  
—Warren Ward  
Gee-Gees basketball player

After the injury, Ward began seeing a sports psychologist. “It was something I wanted to do on my own,” he said in an interview with the *Fulcrum*. “We would meet with [the psychologist] before the season once a week and we would come up with different things [to work on]. I thought he was good at what he was talking about so I continued to see him.”

In his book *The Psychology of Exercise: Integrating Theory and Practice*, Curt Lox describes the rise of fitness psychology as riding on the heel of the fitness craze of the 1980s. The idea was borne out of the new found emphasis on body image and “thin is in” philosophy, but its roots go much farther back. The first course in sports psychology was

offered in 1925 after late-nineteenth-century researchers became curious about the nature of athletes in competition.

These days, sports psychologists play a number of roles, such as motivating teams before games and helping athletes deal with injury setbacks or performance anxiety.

Although Ward doesn't credit his healing completely to sports psychology, he does think the process was helpful.

“It just made it easier to get over. I had my week where I was depressed and after that I just decided that I'm not going to quit,” he said.

Ward has found sports psychology helpful off the basketball court as well.

“Most of it has to do with me as a leader and as a teammate ... and how to deal with some of the stuff that a lot of people don't know about that goes on with me or playing on this team, or just me as a person.”

Despite the obvious benefits of sports psychology, many people still view it with skepticism.

“I think a lot of people look down upon it and think, ‘Oh, so you're seeing a shrink?’” Ward said. “I have no shame about it. I think it helped me. It drove me a little crazy for a while, but it did help me ... You have to sacrifice certain things if you want to change something that you think is

wrong in your life.”

### Sports hypnosis

Louise Goddard is a hypnotherapist, but no, she isn't going to swing a pendulum in your face and tell you you're getting sleepy.

“One of the most popular misconceptions is that I have power over the client, and that's not really what happens. A hypnotist is only a guide, and you basically tell me what you want, what you want to think or feel in certain situations.”

—Louise Goddard  
hypnotherapist

“I don't think anybody really does that now,” she laughed.

In a Skype interview with the *Fulcrum*, Goddard debunked some myths about hypnosis and outlined how athletes can benefit from it.

“One of the most popular misconceptions is that I have power over the client, and that's not really what happens. A hypnotist is only a guide, and you basically tell me what you want, what you want to think or feel in certain situa-

tions,” explained Goddard.

Hypnotherapy works by allowing a therapist to tap into your subconscious and help you convince yourself that you are reliving an empowering situation from your past—one where you were feeling on top of the world.

“Your subconscious mind doesn't know the difference between what is vividly imagined and what is really going on,” explains Goddard. “So if you can harness that power and strength of really imagining a certain event that was really empowering, then your subconscious doesn't know whether you are remembering or whether it is really happening.”

The memory of a time where you were your strongest can be accessed if you train your mind to associate it with a gesture called an anchor, which can be as simple as pressing your thumb and index finger together.

“When you're running and you get to that point where you think ‘Oh, that's enough for today,’ but you really don't want that to happen, then you can regenerate those feelings [of empowerment] by firing off that anchor. Everything will change; your breathing will even out, and your pace will lengthen,” said Goddard.

This process is not only useful as a physical aid, but also as a way to help athletes break through mental barriers.

Louise Goddard described a past client, a tennis player, who feared injury and wasn't performing at his top level. Using anchoring, he found he was able to go for shots that he otherwise wouldn't attempt. Another of Goddard's clients, a triathlete, used anchoring to perform

“When we want to achieve anything, we have to achieve it in our minds first,”

—Louise Goddard  
hypnotherapist

at a level she had performed at before an injury, and was able to race with more confidence.

Unfortunately, seeing a psychologist or hypnotherapist may not be the only thing that's keeping you from being the next Sidney Crosby or Michael Phelps—physiology and physical training are still the primary components of athleticism. But if you are on the cusp of achieving your own athletic goals, or struggling to overcome a fear or anxiety, maybe a visit to the psychologist or a quick NLP session is just what you need.

“When we want to achieve anything, we have to achieve it in our minds first,” said Goddard. “Anything has to be imagined first.”

# Beckwith Park bummer

Gee-Gees lose to McMaster at temporary home field

Maclaine Chadwick | Fulcrum Staff

THE FIRST HOME game of the 2012 football season was a bust. Hosting the nationally ranked first-place team, the McMaster University Marauders, the U of O Gee-Gees trekked to Beckwith Park along with their fans on Saturday.

It was immediately obvious that the Gees would struggle against the Marauders, who scored 23 points in the first quarter. The U of O's Aaron Colbon ran a 25-yard touchdown at the start of the second, which gave the team a bit more momentum, but unfortunately other touchdown opportunities were intercepted by McMaster.

The Marauders' multiple fumbles also turned into missed opportunities for the Garnet and Grey, but the Gees slowly narrowed the score gap with field goals.

Fifth-year kicker Matt Falvo scored three field goals and made U of O history by breaking the record for career field goals—his cumulative total of 59 breaking the previously held record of 57 by Ara Tchobanian, who played from 1990-1994.

"It's nice," said Falvo. "It will be something nice to look back at down the road, but I would rather have had a win today."

Falvo is only 11 successful kicks away from breaking the Ontario University Athletics record set by University of Western Ontario kicker Frank Jagas in the early nineties.

Gee's coach Gary Etcheverry admits that his team has a lot of work to do, but was pleased with the improvements they made in the game against McMaster.

"[They are a] championship-calibre opponent. I think we've come a long way mentally, and we've improved. But we don't come here to have moral victories; we come here to win on the scoreboard. That's disappointing, but I like the overall belief in ourselves," said Etcheverry of his team.

Etcheverry's unusual offensive formation, which employs only one receiver, Simon Le Marquand, has raised some eyebrows.

When asked about the adjustment to the new playing style, Le Marquand responded, "It's not that hard, it's just that we need to execute it properly. The details are all that matter right now ... it's simple, but we've got to make the plays."

Nick Goodchild, a fourth-year kinesiology student and Gee-Gees fan, expressed his frustration over the team's current 0-3 record.

"I think Etcheverry is really shitting



the bed right now. I mean, you have all the same players and you still can't win a game? That's kind of depressing. I'd enjoy this more if we had a coach who knew what he was doing."

Fan frustration was limited to the team's performance, as students were pleasantly surprised by the atmosphere of Beckwith Park, which drew a crowd of 2,214 football fans.

Lisa Muehlgassner, a third-year U of O human kinetics student, said, "It's great. I love how everyone actually came out ... People are still partying through the rain, which is great."

Sarah Dingman, a U of O graduate, will keep joining the crowds at Beckwith to support her alma mater.

"The stadium is full. Look at us, we're sitting on the grass right now!"

The upcoming game is critical for the Gees, who need to win against the Wilfrid Laurier University Golden Hawks in order to have a chance at making the playoffs. The team will return to Beckwith Park to take on the Hawks Saturday, Sept. 22 at 1 p.m. f



The Gees tried but could not defeat the McMaster Marauders last Saturday

photos by Justin Labelle

## MISSION NUTRITION Kale: it's a keeper

Britta Schiemann | Fulcrum Contributor

WE'VE ALL BEEN there—the ho-hum food rut where you end up eating the same vegetables every day for weeks because they're the only things you know how to cook properly. If you're thinking, "If it ain't broke, don't fix it," maybe I can challenge you to step out of your comfort zone and welcome a new veggie into your life. Lately, one of my favourites has been kale.

I used to be an avid spinach lover, and would put it into absolutely every-

thing. My smoothies, soups, sandwiches, and salads all had spinach in them. Then I found kale and was pleasantly surprised.

It's easy to see how kale can be intimidating—it's large, leafy, and near impossible to stuff into a plastic produce bag—but you won't regret picking up a bundle at the grocery store.

Kale has a rich texture, deep green colour, and great flavour, but its best feature by far is its nutritional profile: this veggie boasts an abundance of antioxidants, anti-inflammatory agents,

and cancer-fighting nutrients.

Eating kale is also a great way to manage your cholesterol. Whether you steam it or prefer to eat it raw, its fiber nutrients do a great job at removing unwanted waste and toxins in your digestive tract, thus lowering your cholesterol and detoxifying your system. To top it all off, kale is also loaded with calcium, potassium, iron, manganese, and vitamins A, C, and K.

It can be hard to incorporate something new into a diet, especially when cooking it seems like a tedious task.

“

"If you're thinking, 'If it ain't broke, don't fix it,' maybe I can challenge you to step out of your comfort zone."

The nice thing about kale, although it's not as easy as a bagged caesar salad, is that it can make a nutritious snack in a matter of minutes. One of my favourite ways to enjoy kale is to steam it. Start by running a sharp knife along the stalk of a leaf to remove the

ruffled leaves. Once you've done this to the entire bunch, roughly chop the kale leaves, rinse them with cold water, and steam them with a bit of water for about five minutes. Sprinkle with salt, pepper, and olive oil. Basically any oil will tenderize and soften kale, making it easier to digest.

Another great alternative to steaming is giving kale an "avocado love rub." After washing it, simply put it into a bowl, mash an avocado, and massage it into the kale. Let it sit for about 10 minutes, add salt and pepper and enjoy! f



# Meet a Gee-Gee

Rachel Legace | Equestrian

Kristyn Filip | 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.*

RACHEL LEGACE, THIRD-year University of Ottawa commerce student and president of the Gee-Gees equestrian team, took a break to talk to the *Fulcrum* about representing our university, who inspires her, and being a wild child.

**The Fulcrum:** At what age did you start horseback riding?  
 Rachel Legace: I started when I was 11 years old.

**Can you tell me what a week in the life of a member of the Gee-Gees equestrian team is like? What competitions do you participate in?**  
 We usually practice once a week at Synergy Farm out in Ashton, Ont. Our coaches, Mark Struthers and Lauren Hunkin, provide a variety of different horses for us to practice on.

As for competitions, we have two separate circuits we compete on: the Intercollegiate Horse Show Association, with competitions held in the United States; and the Ontario University Equestrian Association, with competitions held mostly in the Greater Toronto Area. The first circuit generally hosts four shows per year, while the second will host seven this year.

**Did anyone encourage you or inspire you to pursue the sport?**  
 I never had anyone encourage me to pursue the sport—it was more so a sport that I tried and then fell in love with. That said, professional equestrians like Eric Lamaze and many other highly ranked riders definitely inspired me to keep working hard to get to the level I’m at today. Our coach Lauren Hunkin competes in the Grand Prix ring with Lamaze, [Ian] Millar, and many other huge names in the business, so we are very lucky to have her, too!



Rachel Legace competing for the U of O photo courtesy of Rachel Legace

**Fill in the blank:** My teammates would say I am the most likely to \_\_\_\_\_.  
 Be the wild child at any of our events, fundraisers, and horse shows.

**What is the most challenging part of equestrianism?**  
 I would say the most challenging part of the type of equestrianism that we do is “catch riding.” Let me explain. At our competitions, we don’t get to ride our own horses. The university hosting the show provides horses from the hosting riding school and surrounding horse owners. By the luck of a draw, our horses are chosen for us. We then enter the ring before the judge on an unfamiliar horse and ride over a series of jumps, all the while keeping both the horse and ourselves looking impeccable. Not the easiest thing.

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

I would say definitely the phrase, “The horse does everything.” It seems easy to ride a horse, as it is our job to make it seem so, but when you think about it, I am a 115-pound girl who needs to control every movement of a 1500-pound animal with a mind of its own. Think about riding a bicycle with a brain. Believe me, it’s not easy! If the horse decides that it doesn’t want you on its back, it will make it very clear.

**What is your favourite thing about being a Gee-Gee?**  
 Representing our school is always a pleasure, but one of my favourite things would have to be that our mascot is a horse, so it represents our sport really well!

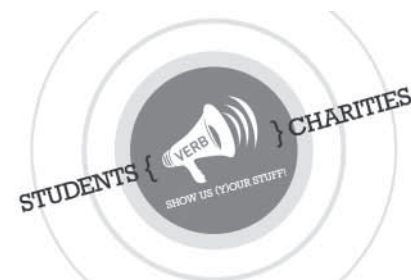
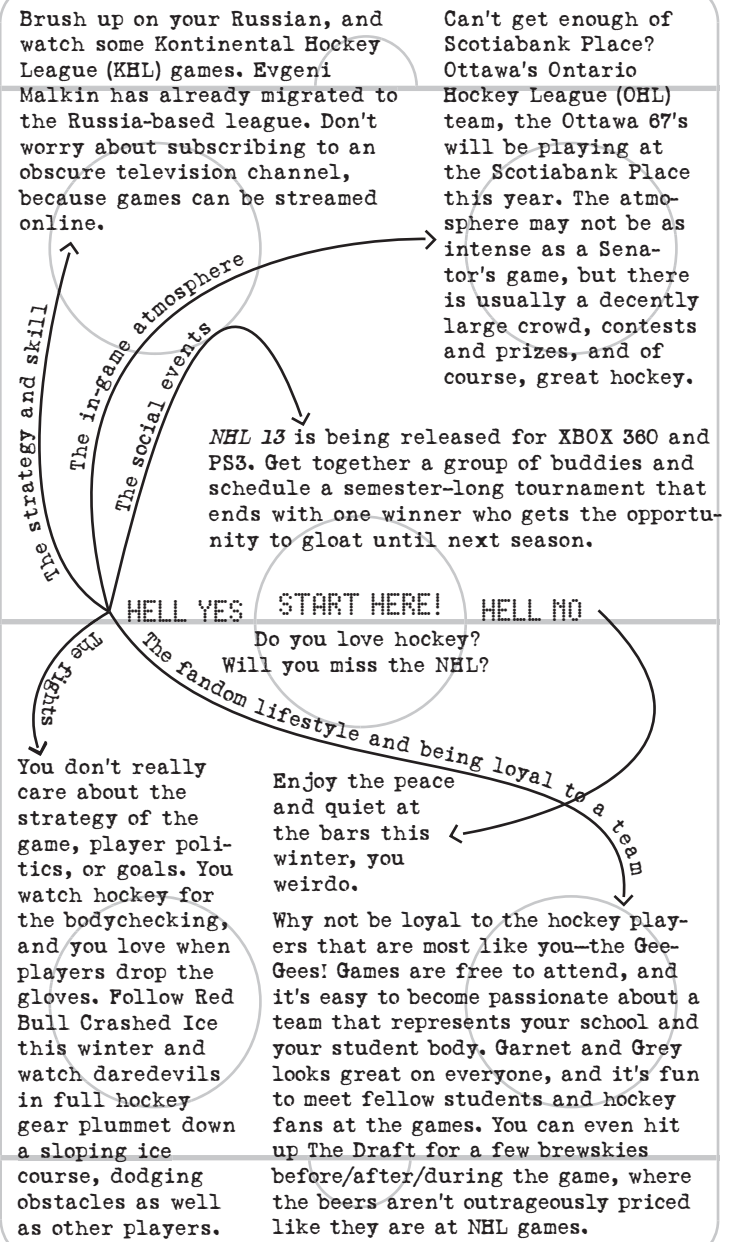
*If you have a suggestion for an athlete you would like to see interviewed, please email [sports@thefulcrum.ca](mailto:sports@thefulcrum.ca). For more information on the equestrian team, visit [www.uottawaequestrian.com](http://www.uottawaequestrian.com)*

## From the Sidelines

Maclaine Chadwick | Fulcrum Staff



ON SEPT. 16 at midnight, the NHL locked their doors to a 2012–2013 season. Fear not, hockey fans! There are plenty of other ways to get your puck fix this winter; just follow the flow chart below to figure out which is best for you.



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## Music

Sept. 20: The Word Alive, Upon a Burning Body, Like Moths to Flames, Torn Apart By Wolves, and Kill For Change play Ritual (137 Besserer St.), 6 p.m.

Sept. 20: Rococode, Rah Rah, and Alexy play Café Dekcuf (221 Rideau St.), 8 p.m.

Sept. 21: Mystery Machine, And What Army?, and The City Above play Zaphod Beeblebrox (27 York St.), 8 p.m.

Sept. 21: Cauldron and Flying Fortress play Mavericks (221 Rideau St.), 7 p.m.

Sept. 21: Rich Aucoin, Stepdad, and The Terror Pigeon Dance Revolt play Ritual (137 Besserer St.), 7 p.m.

Sept. 21: Rock for Steve Benefit featuring Rydell, Port Manteau, The Second Silverado, Tanner Kettles, and Randy Frobel at Café Dekcuf (221 Rideau St.), 8 p.m.

Sept. 22: Bad Vibrations, The Visitors, and Thalidomy Kids play Pressed (750 Gladstone Ave.), 8 p.m.

Sept. 22: The Besnard Lakes play Mavericks (221 Rideau St.), 8 p.m.

Sept. 25: Year of Glad and David R. Elliott play Avant-Garde (135½ Besserer St.), 8 p.m.

Sept. 25: My Ticket Home, Horizons, Palisades, Preeminent, Colour Me Crimson, and the Waterfront play Mavericks (221 Rideau St.), 6 p.m.

Sept. 27: Mutemath and Civil Twilight play the Bronson Centre Theatre (211 Bronson Ave.), 7 p.m.

Sept. 27: Hunter Valentine, Apocalyptic, and Doll play Café Dekcuf (221 Rideau St.), 8 p.m.

Sept. 27: Propagandi, Comeback Kid, and Fuck the Facts play Ritual (137 Besserer St.), 7 p.m.

Sept. 28: Hollerado, Elliot Brood, and Change of Hear play Vankleek Hill Fairgrounds (92 Main St. W.), 7 p.m.

Sept. 28: Hey Ocean, Family of the Year, and The Zolas play Ritual (137 Besserer St.), 9 p.m.

Sept. 28: The Musettes and Jon and Roy play Zaphod Beeblebrox (27 York St.), 8 p.m.

## Film

Now–Sept. 23: Ottawa International Animation Film Festival

Sept. 20: *The House at the End of the Street* released to theatres

Sept. 20: *Pulp Fiction* plays at the Mayfair Theatre (1074 Bank St.), 9:30 p.m.

Sept. 21: *The Perks of Being a Wallflower* released to theatres

Sept. 21: *17 Girls* released to theatres

Sept. 23: *Bonsai People: The Vision Of Muhammad Yunus* plays at the Mayfair Theatre (1074 Bank St.), 6:45 p.m.

Sept. 25: *The Mexican Suitcase* plays at the Bytowne Cinema (325 Rideau St.), 7 p.m.

Sept. 28: *Easy Money* plays at the Bytowne Cinema (325 Rideau St.), 9:05 p.m.

Sept. 28: *Bringing Up Bobby* released to theatres

## Visual art

Now–Sept. 29: *Fantomatique: An Exploration of Arts Court's Haunted Architecture* displayed at SAW Gallery (67 Nicholas St.)

Now–Sept. 30: *FLASH* displayed at Foyer Gallery (1701 Woodroffe Ave.)

Now–Sept. 30: *An Embarrassment of Riches* displayed at the Carleton University Art Gallery (1125 Colonel By Dr.)

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

## Theatre

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

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

## Sports

Sept. 21: Women's hockey:

Gee-Gees play the University of Waterloo Warriors in an exhibition game at the Minto Sports Complex (801 King Edward Ave.), 7 p.m.

Sept. 22: Men's basketball: Gee-Gees play the Loyalist College Lancers in an exhibition game at Montpetit Hall (125 University Pvt.), 6 p.m.

Sept. 22: Men's football: Gee-Gees play the Wilfred Laurier University Golden Hawks at Beckwith Park (1319 9th Line Beckwith Rd.), 1 p.m.



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# OPINIONS

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

## Fries with that?

McDonald's posting calorie info on menus

Sofia Hashi | Fulcrum Staff

Fast food, the cornerstone of every twenty-something's diet. Squeezed in right between Kraft Dinner and instant noodles, fast-food chains have found their way into most of our hearts—and hips. But with our waistlines expanding and obesity rates soaring, nowadays there is more concern than ever over what foods Canadians are consuming. Fast-food restaurants have taken notice and are adapting to be more health-conscious. With salads, smoothies, and fruit now offered on most of their menus, burger joints are attempting to attract more customers with healthy options instead of serving up a heart attack waiting to happen.

McDonald's, arguably the world's largest hamburger chain, is now not only promoting healthier options, but posting calorie counts on menus inside the store and at the drive-thru. With the change already implemented in New York City and Philadelphia, the golden arches will soon start advertising its nutrition information all over the U.S.

While what are called Food Facts brochures are available online and at every McDonald's restaurant, both stateside and



We're loving it

photo by Justin Labelle

here in Canada, the company has decided to go ahead and let people know exactly how many calories they're consuming.

But the real question is: how much will this affect our nation's eating habits?

"When it's all said and done, the menu mix doesn't change," said Jan Fields, president of McDonald's USA. "But I do

think people feel better knowing this information."

The sad part is that Fields is right. Posting calorie counts on drive-thru menus won't eliminate late night junk food runs or Big Mac cravings. The only thing accomplished by this handholding and head patting is con-

descension.

Dayna Proud, a McDonald's spokesperson in Illinois, once said, "Obesity isn't the kind of thing where one day you wake up and you're fat."

Obesity and poor health are the results of a lack of daily exercise and proper diet. We all know that eating

greasy fries, inhaling delicious burgers, and scarfing down mouth-watering desserts isn't healthy. How can we forget the infamous documentary *Super-size Me*, in which Morgan Spurlock ate at the McDonald's three times a day, gained a whopping 24 lbs in 30 days, and had his cholesterol levels rise faster than he could say "extra mayo please."

The main reason behind McDonald's USA's decision to post calorie counts is likely due to the recent Supreme Court ruling that requires fast-food chains with more than 20 locations post nutrition information. While the time frame for this court decision is still being worked out, most restaurants will implement the change within the coming months.

We're the reason we're fat. It doesn't take a dietitian to deduce that consuming medium fries, a Big Mac, and a soft drink will clock in at over a thousand calories. Sure, it's fine to eat these foods once in a while, but we're not. And the result is more than obvious. It's staring right back at us when we look in the mirror.

And there's another problem: our society is so consumed with how we look that we think the issue stops at calories. So we consume 300 empty calories of junk food because it's a small amount, never mind that those calories have no nutritional value whatsoever. As usual, we've fallen victim to focusing on our outside. If we were focusing on our actual health, then every fast-food chain would tape warnings to burger boxes and soft drink cups, similar to what cigarette packages are required to do by law today.

This decision might have some positive consequences, sure, but it is not the be-all-end-all of nutritional considerations. If someone really wanted to know the calorie count of their meal, they'd look it up on the good old Internet. And if someone really wants to eat a McChicken, they're gonna freaking eat it.

## Perspectives

### Never grow up

Sofia Hashi | Fulcrum Staff

THE QUESTION STUDENTS hear the most after "What are you studying?" is "What are you doing when you graduate?" Well, that's the question they hear next if their major is not initially met with weird reactions, and subsequently judged. Being in my fifth year of study, it's the one question that I can't seem to avoid. Family, friends, and random strangers feel the need to butt into my business and inquire about the next chapter of my life.

Just yesterday, my mother's friend posed that dreaded question. Two days before that, my local convenience store

cashier felt the need to interrogate me while I was attempting to purchase a packet of gum and some Airheads. The answer I'd most like to give is, "none of your freaking business," but usually I wave my hands and leave some vague answer of work, more school, law school, or some variation of the three.

When I told a few of my family members my real post-graduation plans, I was met with strange looks and some worry.

"I want to be a gypsy. I'll do nothing for about a year and then see if I want to go back to school," I said with complete confidence. Quickly, my mother launched into a monologue on why I should continue my education

and get my master's or a law degree. She was not the only one who felt this way.

It seems that young adults today are suffering from the Peter Pan Complex. This pop-psychology term alludes to our avoidance of growing up. But our generation's obsession with youth has transformed into something far beyond Neverland or any childhood tale.

While our society is fixated on staying young forever—look no further than the cosmetic industry for proof—we're even more concerned with deadlines. It's not enough that we graduate by the time we're 22, but we better have solid plans for the future that include either more school

or a job paying at least 75K a year. If possible, we should also have a bestselling novel, a Nobel Prize, or groundbreaking scientific research in our five-year plan.

For someone who just wanted to take time out and "be," it's no wonder I was met with resistance and rebuttals when I disclosed my intentions. The achievement-oriented, success-driven world we live in can be tiresome, and chasing one goal right after another is exhausting, not to mention time consuming. Why run yourself ragged if you're not going to take the time to relish in your accomplishments?

Those who do contemplate relaxing and smelling the roses shouldn't be met



with the statement, "Oh, you'll never go back if you take a break." That's not true. Sure, some people may decide not to return to school, but others do. And a little extra thinking and planning never hurt anyone.

I'm not saying success is bad. I'm saying that taking time off should be a viable option for almost-graduates. And if that time off happens to turn into full-time gypsyhood, then so be it. At least I won't have to pay rent on my caravan.

# The lesser of two evils

## Should Quebec re-elect

Sabrina Nemis | Fulcrum Contributor

Jean Charest sucks. As does anyone who handles a protest by taking away the right to protest. We should be glad he's no longer there. But we should still be worried about the new Quebec Premier Pauline Marois. She is, after all, a separatist—and separatism is bad for students and even worse for Canadians.

McGill University PhD candidate Katie Pagnucco worries that Marois doesn't respect or even want anglophone students in the province. Pagnucco is right to worry. Marois has been vocal about her intentions to introduce francophone policies that won't be good for English speakers.

McGill graduate Joshua Stern doesn't believe that a referendum is likely, but worries about the atmosphere Marois is already bringing to Quebec.

"I find it very troubling that her bluster generated so much enthusiasm," he says.

Preservation of Québécois culture means more than embracing the language and traditions. Although both Pagnucco and Stern have learned some French, they've found that embracing the language does not guarantee their acceptance by Quebecers. Since many out-of-province students come to Quebec to improve their French skills, this can be a serious problem.

Pagnucco's research takes her along the St. Lawrence River looking for diving spots. Since it's dangerous to dive at beaches and public boat launches, she ends up looking for private residences that will allow her river access.

Pagnucco speaks of her one experience of a man near Châteauguay.

"If you are an anglophone—even if you're speaking French, and he can tell it's not your native language—he charges ten dollars instead of five dollars to use the boat launch."

One of Stern's Acadian friends has



photo illustration by Mathias MacPhee

“Marois has been vocal on her intentions to introduce francophone policies that won't be good for English speakers.”

trouble meeting girls in Quebec because he says they laugh at his accent. French is his native language, but the discrimination against non-Quebec Canadian

French people makes the already nerve-racking process of dating an even more humiliating experience.

I remember my own travels in Montreal. They were positive, and the city had a great vibe. But I wonder if there's an angry undercurrent that Marois has the potential to unleash onto the anglophone community. It's not like it hasn't happened before.

French became Quebec's official language in 1974 with the passage of Bill 101. While the legislation was a response

“Continuing to promote policies of inequality based on language is not something anyone in our country should support.”

to the predominance of English in the workplaces of a largely French population, the bill promoted discrimination against anglophones and First Nations

who had been in the province for generations. With large fines for non-compliance, many individuals and businesses left Quebec.

I'm optimistic that Marois will lead the province to a better place than Charest did, but a bigger issue is at stake. Continuing to promote policies of inequality based on language is not something anyone in our country should support. Preserving the culture of one community should never come at the expense of another.

# A new path?

## Canada ends diplomatic relations with Iran

Stephanie Read | Fulcrum Contributor

WITH THE RECENT closing of the Iranian embassy in Ottawa, and the subsequent end of diplomatic relations between Canada and Iran, I find myself re-evaluating what it means to be Canadian.

The former chargé d'affaires for Iran's embassy, Kambiz Sheikh-Hasani, described the move as “unwise, uncivilized, and hostile.” It was the Conservative government that decided to pull its representatives out of Iran and expel Iranian diplomats from Canada, all with a bewildering sense of urgency. The decision divided Can-

ada's political scene with both sides of the fence presenting valid arguments. On one hand, Prime Minister Stephen Harper and Foreign Affairs Minister John Baird have stated they are concerned with national security. In such times of political unrest, who isn't? On the flip side, shutting the door on communication won't achieve anything except make the Iranian government virtually unknown to Canada.

The most pertinent question surrounding the decision is: Why now? Surely, the concerns Harper raised in his explanation for ending relations with Iran have been present for years. The

abrupt decision will have resounding consequences not only for Iranian-Canadians and their families, but also for Canadians who are imprisoned in Iran, such as Hamid Ghassemi-Shall, a Canadian currently confined in Iran.

To the researchers, professors, and students who, despite considerable political and cultural roadblocks, have fostered constructive interaction between Canada and Iran, the news has come as quite a blow. Suddenly, the option of any positive contact between our two countries—new work and study initiatives, or daring artistic ventures—has been hastily cut short.

Reactions to the closing of the embassy have been overshadowed by the explosive protests in response to the viral video titled *Innocence of Muslims*. The video's frivolous depiction of Islam and the Prophet Muhammad has sparked uproar in the Muslim world. With focus shifted away from Harper's decision and onto the video, perhaps for the time being the only results we can be sure of regarding pulling away from Iran are heightened sensitivities for everyone involved.

Canada has always been known for its peacekeeping political stance. This country has been referred to as an “hon-

est broker” in its past relations with the Middle East. What does this sudden development between Canada and Iran mean regarding the future of this diplomatic tradition? Perhaps that we are less and less able to identify with the tolerant, peace-seeking Canada of yesteryear. We might face new challenges, but instead of hastily cutting ties, we should strive to uphold the standards of diplomacy and discretion established under the leadership of former Prime Minister Lester B. Pearson. However, if this abrupt decision is a sign of things to come, maybe next time I travel I'll think twice about that Canadian flag sewn on my rucksack.

# Politics and violence

## Should we be more mindful of our political speech?

Eric Wilkinson | Fulcrum Contributor

TWO DAYS AFTER the fatal shooting at the Parti Québécois' election-night celebration in Montreal, Peter Graefe, a professor at McMaster University, declared the incident "akin to the Norway massacre of 2011, fuelled by some angry electoral rhetoric blown out of proportion." While Quebec is certainly no stranger to political violence, Professor Graefe's comment linking the disturbing Norwegian events to our own country's serves as a perfect example of the recent climate of Canada's political discourse.

Exaggerated and hyperbolic rhetoric have always been a part of politics, but our political discourse looks relatively tame when compared to our southern neighbours. The United States seems to have suffered from a poisonous political landscape that has divided the country to the core. Such division has undoubtedly contributed to tragedies stateside, such as the Gabrielle Giffords shooting in Arizona. The question then becomes whether these political acts of violence committed by deranged individuals are truly the result of an aggressive politi-

cal rhetoric. And if they are, what can be done to prevent them?

“Our political discourse looks relatively tame when compared to our southern neighbours.”

It's no secret that political issues tend to evoke passionate sentiments. Politics is an emotionally charged field, and many issues strike at the very heart of who we are. For some psychologically disturbed outliers in society, passionate responses can give way to violent action. This was the case in the assassination of doctor George Tiller by militant anti-abortion and anti-government advocate Scott Roeder. Similarly, gay rights activist Floyd Lee Corkins waltzed into the Family Research Council in Washington, D.C. last month and declared "I don't like your politics" before opening fire. In both of these cases, interest groups and political commentators were accused of fanning the flames and unleashing a fire.

They may have angered some, but



## Heckles Thoughtless speech

Emily Glass | Fulcrum Contributor

MY FRIENDS WOULD describe me as a stickler for grammar and language. Not to the point that I'm annoying (I hope), but I've been known to correct text messages that use "your" instead of "you're," and I cringe when someone asks, "Is there any questions?"

What bothers me even more than improper grammar is thoughtless speech. People are guilty of not properly finishing sentences all the time. How often do you hear someone finish their ideas with the words "and stuff"? The ultimate abuse is using profanity where it is absolutely not necessary, simply because someone can't be bothered with finding a more articulate expression. Don't get me wrong, nothing feels better than dropping an F-bomb in frustrating situations, but there is a time and a place.

For example, describing food is definitely not one of those times. As I was finishing off a yummy bowl of soup and a piece of carrot cake for lunch the other day, a person at my table started up a conversation with a friend. I was sitting so close that I couldn't help but overhear. The friend asked what the other ordered for lunch, and she answered with, "Some curry shit. It's delicious."

I was taken aback. The words "shit" and "delicious" are not harmonious.

Rather, the word "shit" was used in this contradictory sentence because this person couldn't be bothered to find a word that would more accurately describe the lovely meal she was about to enjoy.

The more I thought about it, the more I also began to think this was a very offensive thing to say. Sure, we blurt things out all the time, but sometimes it's just not excusable. What if the person who had prepared the "shit" overheard that comment? Generally, if something is described as shit, it's a pretty strong commentary. Careless language definitely has the potential to become offensive.

Furthermore, I would hope that people generally respect themselves enough to not consume "shit." As a vegetarian, I think a lot about what I eat, and take pride in being as healthy as possible. Even if I was not enjoying what I was eating, I would not describe it as shit, because that would be a commentary on what I chose to nourish my body with.

So, fellow students of the University of Ottawa, go ahead and finish your sentences with "and stuff," if you must. Thinking before speaking is sometimes overrated. But please think before throwing around potentially offensive profanities, and, for your own sake, don't go around eating shit.

University of Ottawa



Ian D. Clark  
Faculty of Science

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# DISTRACTIONS

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## Dear Di...

**Dear Di,**  
I have a problem with my cock. You see, whenever my girlfriend touches it—and I mean literally as soon as she touches it—I shoot all over. It's really embarrassing. She is such an amazing girl but I can tell she gets fed up with how easily I ejaculate. I really don't want to lose her. Is there something wrong with me? Is she maybe too sexy? I say this because when I jerk off I can last forever. Can you share some advice on how I could hold in my juice a bit longer?

—Longing To Last

Dear LTL,  
Premature ejaculation—it's a problem. As hilarious as the song "Jizz in my Pants" is, it's the opposite of funny when you've already come but your partner's nips have barely even peaked.

There are plenty of possible culprits behind the condition. Anxiety, stress, fear of performance, and guilt can all be contributors. Since you're able to last a long time when you're charming the snake solo, you likely don't have a hypersensitivity problem. I believe your issue is in your brain, not your banana. While it's super flattering to your lady friend that you think she might be too sexy, by hyping her up so much and by pressuring yourself to perform, you're setting yourself up for a messy ending. Chill out. If you expect that every time she touches you you'll come, then you will. If you take a couple of deep breaths and focus your attention elsewhere when she first starts rubbing the monkey, you'll be able to last a little longer.

Traditional counsel on the matter in-

cludes upping the amount of foreplay, changing positions frequently, and the ever-popular start-stop method where you practice controlling your orgasms: when you masturbate, stop right before you erupt, then continue. This will allow you to determine where your point of no return is, and ensure you can take a break from the action if you're going to blast off a little early. Spend your time going down on your girl, getting her as worked up as possible before you let her do anything to you, or try to focus on positions that decrease your levels of muscle tension, which can contribute to a faster finish.

While following the above advice helps men hold out when they're having sex, from the sounds of it, you're not quite at that point yet. If contact with only your girl's hands is enough to clear out the plumbing, you may be in need of more intervention. There are plenty of desensitizing lubricant brands out there: invest in a bottle.

People believe that frequent masturbation leads to better results in the sack. The theory is that you'll run out of juice or won't be as excitable if you just came. Unfortunately, anyone spouting this information is sadly misinformed. When you're beating the meat alone, your goal tends to be to finish as fast as possible. Frequent masturbation sessions can train you to cum quickly, having the opposite of its intended effect.

Good luck, LTL, and may your hard-ons last longer.

Love,  
Di

**Dear Di,**  
What do you know about the NuvaRing? I'm curious to try it, but a little weirded out by the whole concept. What do you think?

—Protection Princess

Dear PP,  
Yours is a rare type of question, and one I am thrilled to answer; however, I am a sex columnist, not an M.D. You'll obviously need to talk to your doctor about starting or changing your birth control, and you should follow his/her advice above all else.

The NuvaRing is a small, flexible ring that you stick into your hoo-ha once a month. You leave it in for three weeks, and it will continuously release a low dose of estrogen and progesterone, the same hormones found in many brands of the birth control pill.

When the ring is in your va-jay-jay, the hormones are absorbed and distributed into the bloodstream. After three weeks, you take the ring out for one week, ride the crimson wave, and then you insert a new ring.

That's the basics, but you want the down and dirty details, don't you? I've used the NuvaRing for a while now, and let me tell you, it is a spectacular invention. Instead of remembering to take a pill at the same time every day, you simply need to remember to put the ring in once a month.

If you're hesitant about putting the ring inside you, fear not! It's not that different from using a tampon, and once it's in, you can forget about it for three weeks. Worried about your significant other feeling the ring during sex or manual stimulation? Most men say they can't feel a thing, but if it really concerns you, you can take it out for up to three hours at a time without losing protection.

Keep in mind that the NuvaRing protects only against pregnancy. A condom is still your best bet to prevent STIs and HIV.

Love,  
Di

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Puzzles provided by BestCrosswords.com. Used with permission. Answers on page 18

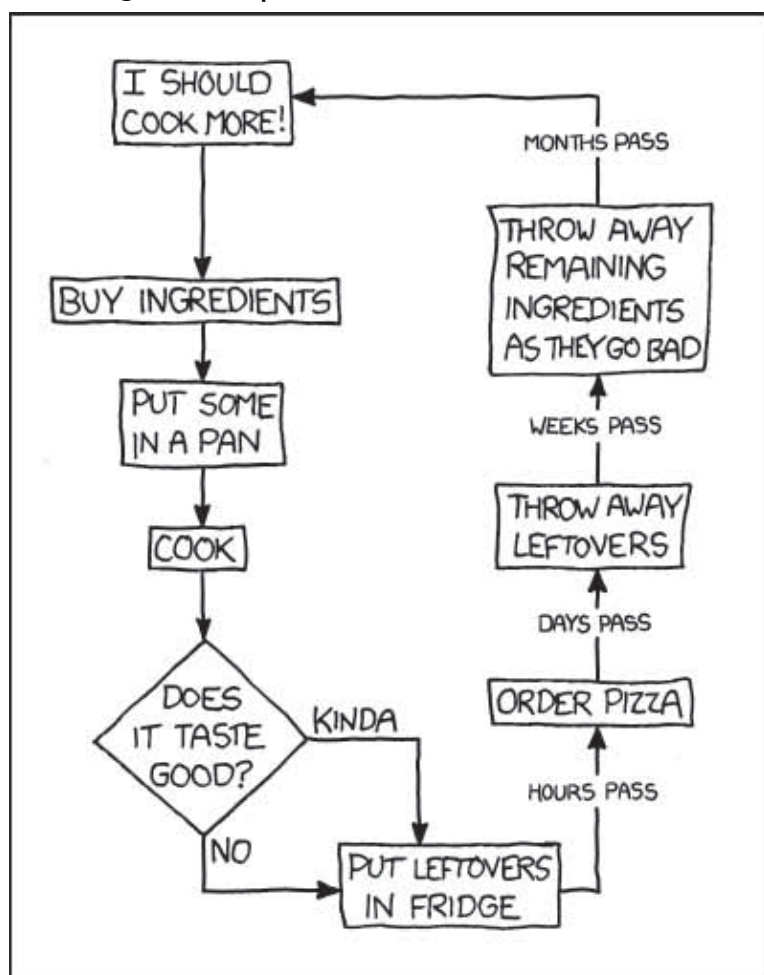
**Across**

1- Barbershop request; 5- Aromatic wood; 10- Tooth; 14- Hokkaido native; 15- Small egg; 16- Collar type; 17- Temperance; 19- Gaucho's weapon; 20- Standards of perfection; 21- Regent; 23- Rare-earth metallic element; 25- Eagle's home; 26- Truman's Missouri birthplace; 28- Falls-jumping fish; 31- Animate existence; 34- Children's author Blyton; 36- Handle; 37- "Much \_ About Nothing", play by Shakespeare; 38- Building; 40- \_ de guerre; 41- Intrinsically; 43- Pond organism; 44- Fit to \_ ; 45- Spanish rice dish; 47- Bird that gets you down; 49- Oozes; 51- Large New Zealand reptile; 55- Wingless; 58- Faultfinder; 59- Pole, for one; 60- Sedative; 62- Trick; 63- Farewell; 64- " \_ sprach Zarathustra"; 65- Electric fish; 66- Makes a loan; 67- Not e'en once;

**Down**

1- Implied; 2- \_ Janeiro; 3- Type of sanctum; 4- Chameleonlike; 5- Ate; 6- Holiday start; 7- Manure; 8- Foil maker; 9- "Speed" star; 10- Feverish; 11- Reconciliation; 12- \_ contendere; 13- Growl; 18- Bones found in the hip; 22- Clear the board; 24- Craze; 27- Long arm; 29- Plains native; 30- Iditarod terminus; 31- Scandinavian; 32- Brain wave; 33- Anticipate; 35- Toe or finger; 38- Conger catcher; 39- Winged staff carried by Mercury; 42- Arm coverings; 44- Craftsperson; 46- Having no distinct feet; 48- "... countrymen, lend me your \_ "; 50- Jacket material; 52- Start of a Dickens title; 53- Wash lightly; 54- Bogie, e.g.; 55- Even \_ speak...; 56- Ballet bend; 57- Whirl; 61- Roulette bet;

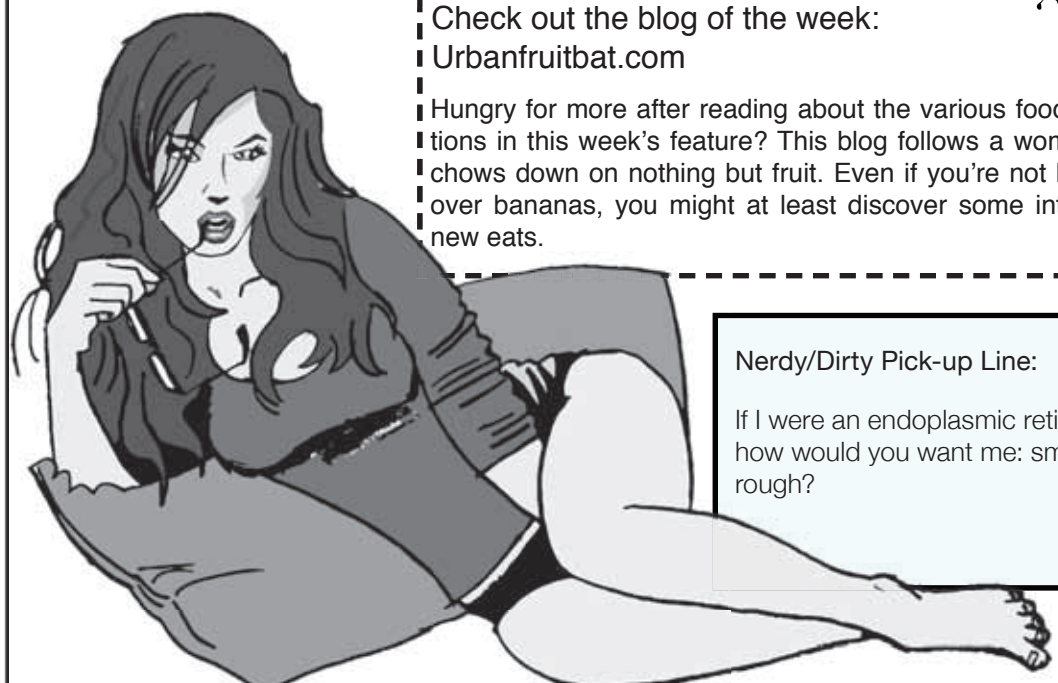
**Learning to cook | XKCD**



**Need more distractions?**

Check out the blog of the week:  
Urbanfruitbat.com

Hungry for more after reading about the various food restrictions in this week's feature? This blog follows a woman who chows down on nothing but fruit. Even if you're not bananas over bananas, you might at least discover some interesting new eats.



**Nerdy/Dirty Pick-up Line:**

If I were an endoplasmic reticulum, how would you want me: smooth or rough?



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Recycle this, or no soup for you.

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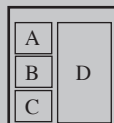
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# EDITORIAL

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## iInnovate?



photo illustration by Mico Mazza

"THIS IS A day I've been looking forward to for two and a half years," began Steve Jobs at his 2007 presentation at MacWorld. "Every once in a while a revolutionary product comes along that changes everything."

This would be the keynote that would reveal to the world the iPhone for the very first time.

Now here we are in 2012, and just over a week ago on Sept. 12, Apple unveiled the iPhone 5. It was new, it was shiny, and it was thin, but did it change anything?

Jony Ive, senior vice president of design at Apple, certainly wants you to believe so.

"It took all of [Apple's] learning, our best thinking to realize something so simple, so clear, and yet so truly extraordinary."

But what is so extraordinary about the new iPhone?

Apple, along with a number of other tech companies, has adopted a strategy of no longer asking the consumer what they want, but telling them what they need. In this model, the business has given itself control over the market, in-

stead of allowing the market to dictate the business.

To remain desirable, many tech companies aim to sell the consumer an ideal lifestyle instead of just a product. They then ensure that the product appears directly at the centre of the lifestyle, cementing the product as an invaluable asset to the consumer's life and happiness.

University students are the ideal targets of such a marketing model. A group of young individuals, unsure about what they want from life, receiving student loan cheques, and being told that the latest gadget is innovative, revolutionary, and life-changing.

Why wouldn't you want it?

The trap of this marketing strategy is that although a number of new products do appear on the market every week, true innovation does not happen all that often.

A recent print ad run by Samsung comparing their new Galaxy S III Android phone to the iPhone 5 pokes fun at Apple store employees with the phrase, "It doesn't take a genius." The ad ends with the slogan, "The next big thing is

already here." A bold statement from a company who, only months ago, lost a patent suit to Apple in which it was determined that Samsung had been copying the iPhone in their designs.

In the end, neither of these phones, the S III or the iPhone 5, have proven to be anything more than mild modifications of previous products—a far cry from being the "next big thing." So why do we have this unreasonable need to have the newest thing, when the newest thing isn't all that much better than the previous version?

As students, we have so many opportunities available to us to be a part of real innovation. University is a huge investment, but it offers students much more than an academic education. While in university, students have the chance to work with other individuals determined to do something revolutionary. Through research programs, Canadian universities are constantly working to advance the collective understanding of our world.

To simply update an operating system, lengthen a screen, and polish a surface

does not constitute innovation. Paradoxically, it's more likely to cause the buyer to feel a little bit cheated.

Financial prioritizing is important for everyone, but especially so for students. This is often the first time an individual enters into any sort of debt, and it's very easy to spend on credit when you have years of interest-free loans ahead of you; but mismanagement of funds during this time can cause financial strain later on in life. The bank never forgets, even though we all wish they would.

As the ideal consumer, students have a huge opportunity to influence the products they wish to see in the market. With a bit of patience and informed purchasing, the power can return to the buyer, where it belongs.

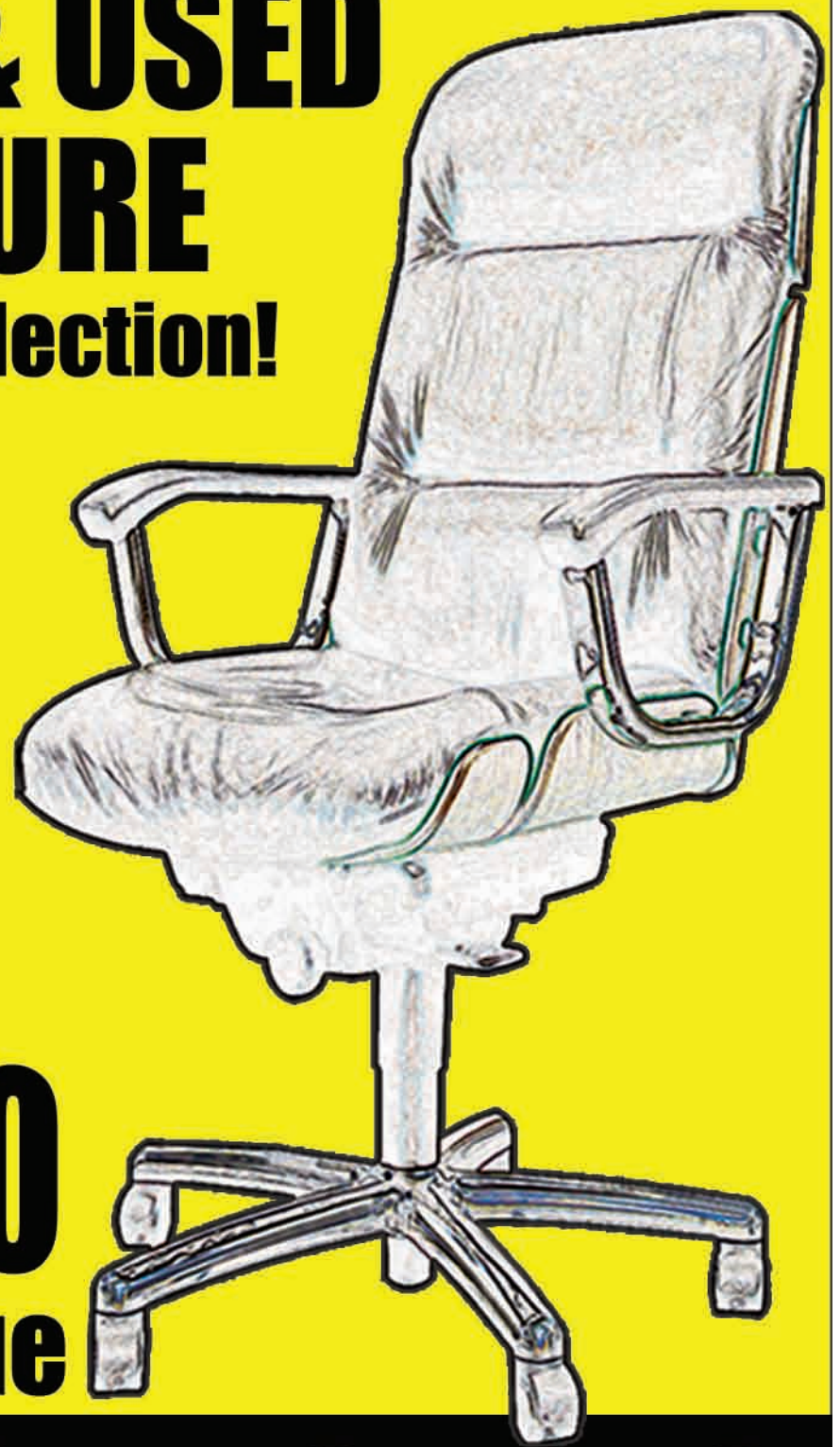
Certainly new is nice, but it doesn't automatically mean it's innovative. So let's give the Silicon Valley some time to think about what they're doing and actually impress us before we hand over our grocery money.

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