



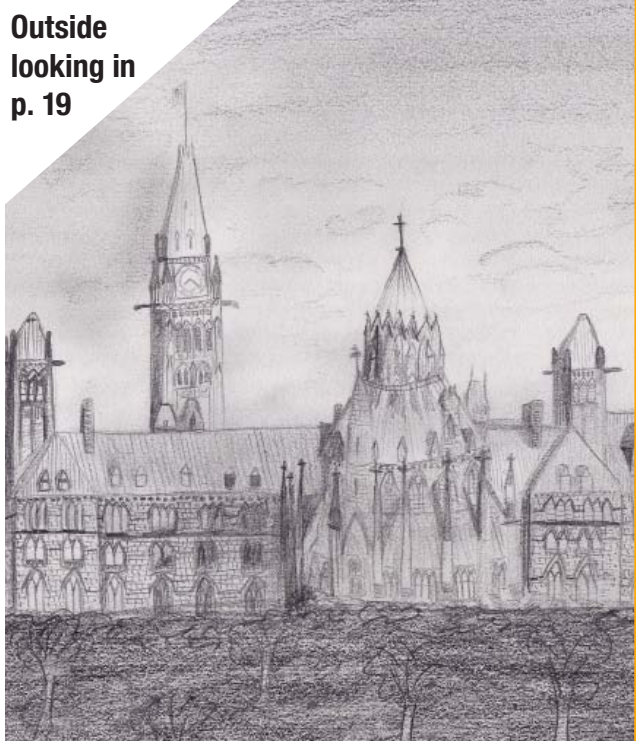
Engaged & underage
pp. 12-13



Sperm count?
p. 7



Outside looking in
p. 19



Folk yeah: the festival in review

p. 10

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LETTERS

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

Changing the world

Re: "Scared for the future" (Opinions, Sept.6.)

WHILE YOUR ARTICLE started out sounding as if it could be an interesting take on how children are being negatively affected by something—Technology? School? Music? Movies? Television?—it veered into a disappointing whine about children with bad manners and incompetent parents. Unfortunately, in order to change the course the world is on, we will need more than respect, decency, tolerance, and manners. We also need to stop respecting things like the "corporate right to profit" and we need to stop being in awe of people who hold big bank accounts. We need to respect the environment and the non-human creatures that live in it. We need to stop accepting that our leaders are waging wars that destroy people on both sides. We need to adjust our priorities. Perhaps if we could manage that, children would have better role models all around.

Susan Turansky



This week on thefulcrum.ca

Fed up with our generation being referred to as narcissistic? Curious as to how social media use among students has changed over the past few years? Head over to the thefulcrum.ca for exclusive stories and features.

Got something to say?

Send your letters to editor@thefulcrum.ca

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

Drop off letters at 631 King Edward Ave. or email editor@thefulcrum.ca.

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

We will not consider hate literature or libelous material. The Editor-in-Chief reserves the authority on everything printed herein.



contents

News 5 | Arts 9 | Features 12
Sports 15 | Opinions 19 | Editorial 23

Sink or swim

5

A researcher at the U of O looks at sperm

PostSecret

9

The *Fulcrum* talks to PostSecret's Frank Warren

Underage & engaged

12-13

Abria Mattina shares her story

Meet a Gee-Gee

19

We talk with one of our Ultimate Frisbee players

Editorial

23

The editors of the *Fulcrum* share their secrets

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NEWS

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

Mayor to host youth summit

City to invite local youth to have a say in municipal decisions

Andrew Ikeman | Fulcrum Staff

The mayor of Ottawa is opening up the doors of City Hall and giving the city's youth a chance to have their voices heard by their local government. Mayor Jim Watson will be hosting a youth summit on Friday, Oct. 12, open to all youth between the ages of 16 and 25. The summit is modeled after last year's seniors' summit that was chaired by the mayor.

"The purpose is really straightforward: we want to try and engage young people from all spectrums of life," said Watson. "Street kids, student council presidents, rural kids, people in the urban core... and find out how we can do a better job of meeting their needs and expectations."

The mayor has named ward 12 councillor—and University of Ottawa alumni—Mathieu Fleury as the honorary chair of the summit. Fleury is looking forward to hearing what the youth of Ottawa have to say.

"The idea is for us to better understand [youths'] needs, and what they see as bar-

riers," said Fleury. "We are looking for the participants and also for the city staff to come together, and then come back with five to 10 very tangible things we can implement."

In the lead-up to the summit, the mayor is also holding a photo contest called Youth Pic Ottawa, and is asking local young photographers to take pictures they believe best represent the city. The photo contest will be facilitated by Child and Youth Friendly Ottawa, and the submitted photos will be displayed in City Hall on the day of the summit.

"[Youth Pic Ottawa] is designed to engage young people to take a picture of what they think their Ottawa represents," said Watson. "It is a creative way to get young people—through their lens and their eyes—to tell us what they think of Ottawa. It could be a picture of a homeless person on Rideau Street, or the Centennial Flame on Parliament Hill, or

"[Youth Pic Ottawa] is designed to engage young people to take a picture of what they think their Ottawa represents."

their friends at a restaurant—it's really up to them what they think best represents their view of Ottawa."

Students at the U of O will be able to attend the conference and give their input on the state of the city. Sean Campbell, a fourth-year honours history stu-

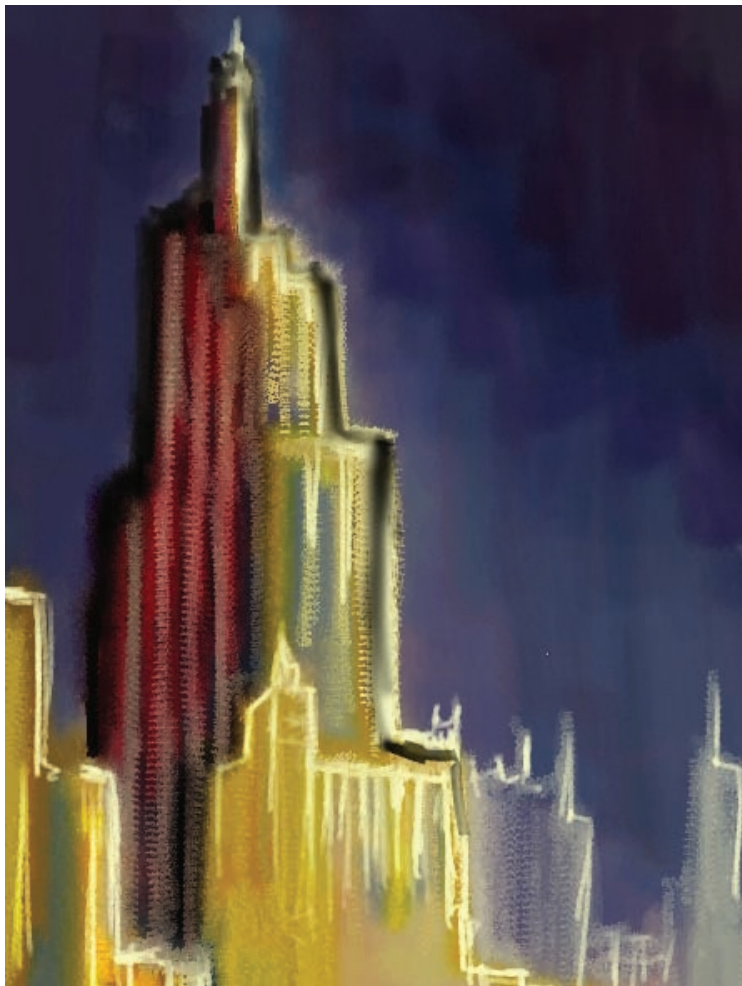


illustration by Mathias MacPhee

dent, is excited to see the new summit come to Ottawa.

"It's a gateway," said Campbell. "It's

"We want to get people, French, English, from all demographics, from [the U of O], Carleton [University], La Cité [Collégiale], Algonquin [College], people in high school—a full range [of students]."

[being] able to tell the very heart of the administration in this city what exactly [needs to be] done to help things and to have things fixed."

Watson also emphasized that the summit is meant to bring together young people from all over Ottawa, and will hopefully serve to better the relationship between the city and its youth.

"We want to get people, French, English, from all demographics, from [the U of O], Carleton [University], La Cité [Collégiale], Algonquin [College], people in high school—a full range [of students]," said Watson.

Registration for the summit, which is limited to 200 participants, opened on Sept. 10. You can register at ottawa.ca/youth and submit photos to cayfo.ca. The event will be broadcasted live online, and the Twitter hashtag is #otyouth.

HESA releases university research rankings

U of O fourth in science and engineering

Jesse Mellott | Fulcrum Staff

In a recent report by the Higher Education Strategy Associates (HESA), the University of Ottawa ranked fourth in research in the science and engineering faculties, and 20th in social sciences and humanities.

The report, entitled "Measuring Academic Research in Canada: Field-Normalized Academic Rankings 2012" accounts for the discrepancy between the two fields by pointing out that publications in the sciences and engineering—even at a francophone school—are done primarily in English. A key indicator of how successful an institution is at research is based on citations, not just on how many articles an institution publishes, but how often other scholars cite a given work from that institution. In the humanities and social sciences, where publications are written in both official languages, those in French are cited less

often.

"It can be quite difficult to have access to research that is done in your language of choice or language of study," said Tai-va Tegler, external commissioner of the Graduate Students' Association of the University of Ottawa. "A lot of the material that is being used will be in English, and unfortunately that is a reality and a barrier to our francophone students. It can be a restricted choice, and a strategic choice, to further advance your academic career."

Meanwhile, Dean Claude Laguë of the U of O's faculty of engineering said he was very pleased with the U of O's fourth-place ranking in science and engineering.

"The vast majority of engineering and computer science professors will publish in English, regardless of their first language," said Laguë. "That is not just true in Canada, it's true all over the world. If you want your work to have an impact [and] to be accessible not just in Canada but around the world, publishing in English is pretty much a necessity."

In a statement to the *Fulcrum*, U of O President Allan Rock said he was proud of how the university stacked up against



photo illustration by Mico Mazza

other large universities.

"The University of Ottawa is quickly becoming a science and engineering powerhouse," said Rock. "It's great to see another report recognizing the calibre and hard work of our [U of O] researchers ... This is good news for

the university, and great news for Ottawa."

President Rock ended the statement by saying, "This month, I will be breaking ground on the [U of O] Advanced Research Complex (ARC), a world-class research facility for our world-class

photonics and geo-science teams. Fitted with state-of-the-art technologies such as mechanically isolated laser labs and Canada's largest accelerated mass spectrometer, the ARC will ensure we remain a science and engineering powerhouse for years to come."

Ontario student aid goes online to reduce waits

OSAP now digital

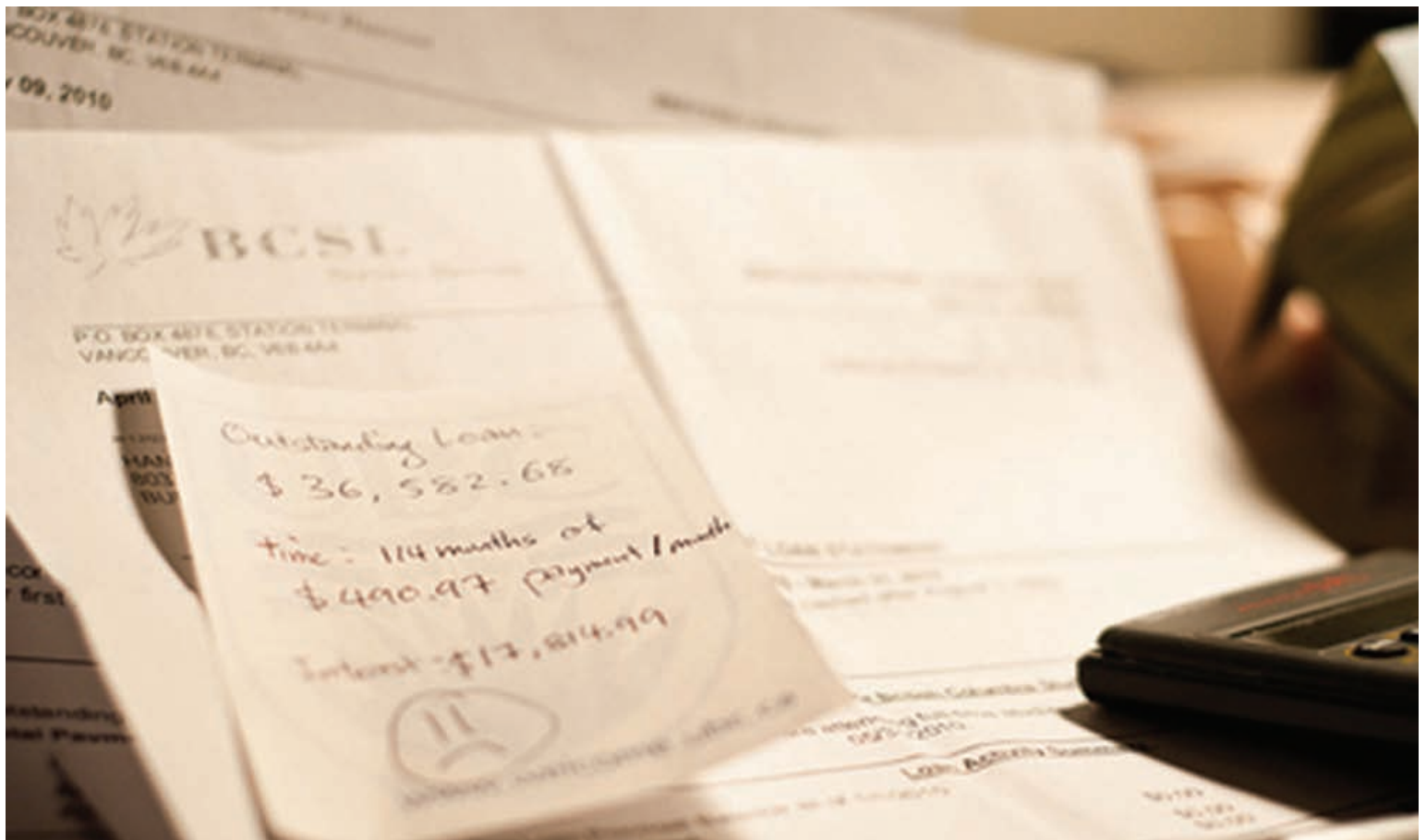
Darryl Gallinger | The Lance

Windsor (CUP)—Ontario's student financial aid service is going digital. The Ontario Student Assistance Program (OSAP) is, for the first time, transferring funds to post-secondary students electronically instead of requiring them to wait in long lines at their institution's financial aid office.

Marian Doll, director of Student Awards and Financial Aid at the University of Windsor, said this will afford administrators more time to help students.

"As opposed to going through the monotonous process of releasing loans every day, we'll be dealing more with students who have a problem that we have to deal with," said Doll.

Doll said her office handles 130–150



Students will soon be able to receive their OSAP funds electronically

"If the system can support what [the financial aid office] needs to do in a very short time frame ... I'm going to say seven business days, which is a fairly conservative estimate, students should see the funds start to flow into their bank accounts without ever having to step foot in [the financial aid office]."

requests from students per day regarding financial aid. Around 50 per cent of full-time students at the University of Windsor apply for OSAP annually.

"It's great that they're finally entering the 21st century," said Travis Reitsma, an English undergraduate student at the University of Windsor. "They should have been doing this for the last decade."

In order to facilitate their move online, OSAP has introduced the Master Financial Student Aid Agreement (MFSAA), a lifetime loan contract. As long as the student doesn't allow more than two years to elapse between full-time studies, the agreement will follow them to whatever institution they're attending, and even on to graduate studies.

Once the MFSAA has been processed, students will continue to apply yearly for

OSAP. The funds will transfer to the university when classes start, tuition will be deducted from that amount if the student has agreed to that, and any remaining amount will be transferred to the student.

Doll hopes that funds will reach stu-

"It's great that they're finally entering the 21st century."

dents sooner as a result of the change to the online system.

"That's the goal," she said. "If the sys-

tem can support what [the financial aid office] needs to do in a very short time frame ... I'm going to say seven business days, which is a fairly conservative estimate, students should see the funds start to flow into their bank accounts without ever having to step foot in here."

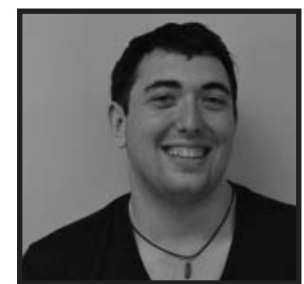
Reitsma said he would like to see the government releasing funds before the school year begins to help students pay for their books and other necessary expenses.

"I've gone into October, sometimes into late October [before receiving OSAP funds]. It's never reliable; you never know when you're going to get it."

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Turning Point

Are we angrier now?

Andrew Ikeman | News Editor

BEFORE I START this week's column, I would be remiss to not say to the families of the Montreal election night shooting victims, our hearts go out to you.

The shocking shooting—which took place as Pauline Marois, the Premier-elect of Quebec, was taking the stage to deliver her party's victory speech—came at a time when the crowd was celebrating a win that would resonate in the minds of Canadians, especially Quebecers, for a long time. The win signified an end to the Liberal government in Quebec, who had been in office for almost a decade, and the start of a new separatist government.

Going into the election Quebecers on either side of the issue of sovereignty

were feeling angry. Student protesters were angry over the government's new tuition hikes, and anglophones were angry at the idea of separatists coming into office once again. This election saw anger

"My version of politics is a meeting of the best and brightest a country can offer: people who meet to discuss policy, and can work together despite their collective differences. Naive?"

boil over, and in the worst way possible.

This tragic event begs the question: Is

Canadian politics getting angrier than it used to be? This question was once an afterthought, spurred on by the days of Chrétien manhandling protesters, or Trudeau watching the 1968 St. Jean Baptiste Day riots; but in those cases, the prime ministers' anger was perceived as strength, with both men appearing as strong leaders in the face of struggle.

This new wave of anger can be linked to our ties with the United States, whose tendency to be angrier about politics is showcased by their tally of political assassinations—dozens, compared to Canada's humble four assassinations that took place in Canada. Some say the difference in anger level between the United States and Canada can be traced to the States' roots—the American way of life

was founded on the ideal of fighting for freedom.

Since the turn of the century, commercials attacking politicians have become the norm—even when there is no election in sight. The idea is simple: attack your opponent until their reputation is tarnished, and then attack some more. These attack ads are now commonplace,

"Since the turn of the century, commercials attacking politicians have become the norm."

but at one point they were limited to our neighbours to the south.

We once saw days when politics was not angry in Canada, where members of opposing parties would debate each other all day, and then head to the bar for a round of drinks. There are now whips—a party member responsible for ensuring the collective voting of a party—in the Senate, a place that is meant to be free of party politics.

While I don't see an end to the divisiveness of politics, I can't help but wonder, can we at least make it less nasty? My version of politics is a meeting of the best and brightest a country can offer: people who meet to discuss policy, and can work together despite their collective differences. Naive? Maybe, but my naiveté is better than politics governed by contempt, fear, and anger.

The Debriefing

Liberal leadership hopefuls face stricter budget

OTTAWA—ON THURSDAY SEPT. 6, the Liberal Party announced new spending guidelines for its upcoming leadership race. Candidates may spend up to \$950,000 over the course of the contest, roughly a quarter of the 2006 contest's \$3.4 million limit. Mike Crawley, the party's president, says that by lowering the amount candidates are allowed to spend, the party hopes to attract new ideas, which may not have been otherwise heard. Montreal MP Justin Trudeau is expected to run, but has yet to formally declare his candidacy. At the Liberal caucus retreat Thursday, Trudeau said he believes he has something to offer the party. The contest will begin on Nov. 14 and voting will take place until April 14, when the party will announce its new leader.

—Elizabeth Thomas

Companies struggle to deal with beer shortage before Oktoberfest

BAVARIA—BREWERS ARE DESPERATELY trying to encourage citizens to bring in empty bottles to be refilled in an effort to make up for yet another summer of increased sales due to warm weather and several recent festivals.

While the problem of low beer stocks is annual, companies are saying that this year is the worst yet. Bavaria's Oktoberfest is a world-renowned festival, and it seems likely that despite the brewers' best efforts, the shortage of this key beverage will pose problems.

As a result, some brewers have admitted they will be forced to limit their production of certain types of beer, such as darker ales, much to the chagrin of those with a preference for dark beer.

People who prefer wheat and light ales will be pleased to learn those types of beer are being prioritized in the production process, although this year they may still come up woefully short.

—Krystine Therriault

Ontario Liberals fall one seat shy of majority after byelections

TORONTO—ONTARIO'S LIBERAL PARTY fell one seat short of a majority government after two byelections were split between the New Democratic Party (NDP) and the reigning Liberals. The byelections, held in the ridings of Vaughan and Kitchener-Waterloo, were needed after the resignation of MPPs Greg Sorbara, a Liberal; and Elizabeth Witwer, a Progressive Conservative (PC).

In Vaughan, Liberal candidate Steven Del Duca won the vote, beating out PC Tony Genco, which prevented the Liberals from losing the seat. Meanwhile, in Kitchener-Waterloo, NDP candidate Catherine Fife won in a tight race against PC Tracey Weiler, who placed second, and Liberal candidate Eric Davis.

The byelections resulted in the Liberals remaining at 54 seats, one shy of a majority; the PCs falling to 36; and the NDP climbing to 18.

Ontario Premier Dalton McGuinty conceded that while it was not the result the Liberals were hoping for, the government will continue to work with its fellow parties in the Legislature. Meanwhile, opposition leader Tim Hudak claimed the loss of the Kitchener-Waterloo riding to the rival NDPs was the fault of the unions who support the NDP.

—Andrew Ikeman

Quebec election night gunman formally charged

MONTREAL—THE SUSPECTED GUNMAN in the Quebec election-night shooting was formally charged last Thursday on 16 different offences. The suspect, Richard Henry Bain, has been accused of murdering a stage technician, Denis Blanchette, in the first degree.

The shooting occurred during a speech by Pauline Marois, the leader of the Parti Québécois, following the election-night victory of the Parti Québécois. The back door of the venue, the closest escape for anyone near the shooter, was subsequently set on fire using an accelerant and a flare. Shortly after the shot was fired, on-scene police officers apprehended Bain, who was wearing a bathrobe and a gas mask.

Since searching Bain's vehicle and house, police have recovered 22 weapons from his possession, including the two they found on his person during the night of the shooting. Of the guns owned by Bain, 21 of them were lawfully registered, including the one used in the shooting.

Last Wednesday Sept. 5, Bain was taken to a hospital in Montreal to undergo what was described as a medical evaluation. The hospital has not yet stated whether it was for physical or psychiatric purposes. Although it is expected the defence will seek a psychiatric evaluation, the lawyer representing Bain, Elfride-Andrée Duclervil, stated it is still too early in the case to make a decision regarding such an evaluation.

—Wyatt Brakeboer

Sink or swim?

Professor questions findings of sperm studies

Andrew Ikeman | Fulcrum Staff

The long-held theory that the quality and quantity of sperm produced by the average male is decreasing may not be as accurate as once thought. The methodology of the studies—that looked into the quality of the sperm—has been called into question by University of Ottawa researcher Raywat Deonandan, who says the studies only looked at sperm in developed nations, leaving much sperm unexamined and a gap in the argument.

"[The scientific] community has been extensively collecting data ... on semen quality," said Deonandan. "The ways in which sperm quality is assessed is by several things: first is the amount of semen you produce, secondly is the amount of sperm in the semen—therefore, the density, third is the movement of the sperm, and last is what is called morphology, or the shape of the sperm."

Deonandan points to a study done in the 1990s by Elisabeth Carlsen, that reported the quality of semen around the world was decreasing as being the instigator for the current belief. The data from Carlsen's, and the subsequent studies, was collected from sperm banks, which gather the data with each donation. Deonandan, however, saw holes in this logic.

"What we decided to do—my student

and I—was to investigate the methodologies used to select the data," said Deonandan. "What we found ... was that there is a bias in the way the data was selected. That bias tends to be in the countries it was chosen from. So generally sperm banks tend to exist in wealthy, developed countries ... and those countries tend to be very different from countries that are less developed."

Deonandan also said that lifestyle and environmental factors in developed countries could likely be the cause of the decrease in sperm quality. He also noted the increased use of soy—a pseudo-estrogen—and other things that decay into estrogenic material.

“

“What we found ... was that there is a bias in the way the data was selected. That bias tends to be in the countries it was chosen from.”

While Deonandan's study is not a definitive answer to why—or even if—the sperm quality is decreasing, he recommends further research.

"What we propose is that someone needs to go and investigate men living in truly non-industrialized parts of the world," said Deonandan. "If we don't see the same trends there, then that supports the idea that the modern western lifestyle is contributing to [the decrease in semen quality]."

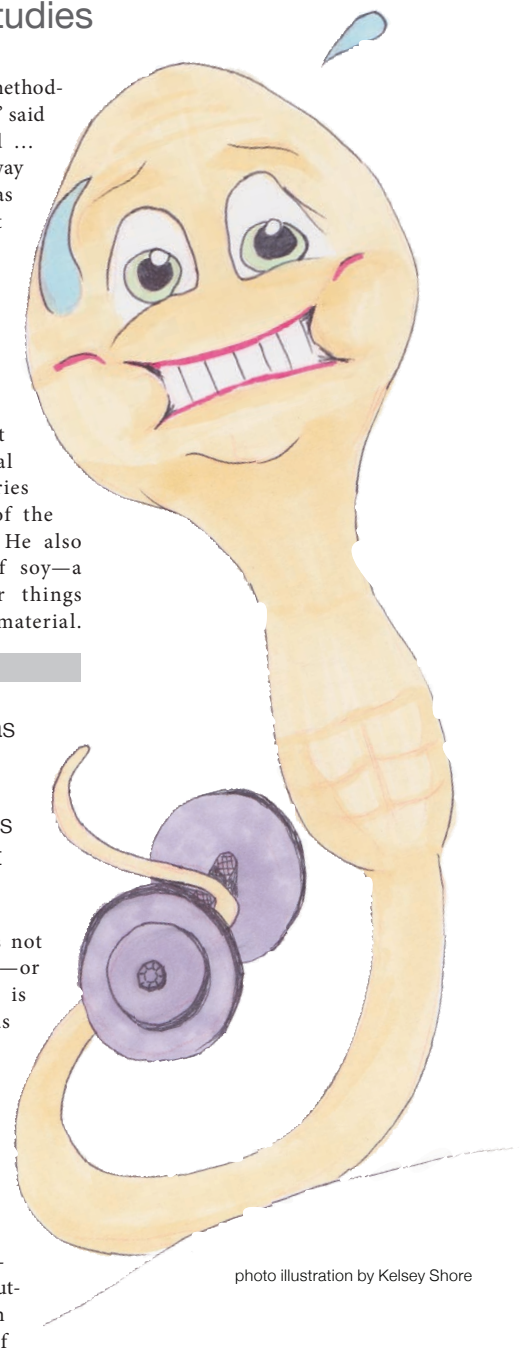


photo illustration by Kelsey Shore

What's he building in there?

Bieber fever

Tyler Shendruk | Fulcrum Contributor

The problem

There's no getting rid of the microbes and viruses that infect us. However, like meteorologists with the weather, we may not be able to completely control disease, but we can certainly forecast how infections are likely to spread and even predict the risk of a new threat becoming an epidemic. By studying new emerging or even imaginary diseases, we can know ahead of time how future diseases will hit humanity.

The researcher

Robert Smith? (the question mark is not silent) is a mathematician in the department of mathematics and the faculty of medicine at the University of Ottawa who builds mathematical models to study the spread of disease.

Smith? has studied HIV, West Nile virus, and malaria, as well as numerous fictional diseases. He received extensive media coverage of his studies of zombie outbreaks. Zombie pandemics are pri-

marily fun for Smith? but are part of his technique of using pop culture to focus public attention onto the science of infectious disease.

The project

Justin Bieber, the immensely popular 18-year-old Canadian musician, has a legion of pre-teen fans. So many, in fact, that Smith? sees "Bieber Fever" as a highly infectious pandemic. Smith? glibly points to exorbitant obsession and an extremely high rate of transmission when discussing Bieber Fever. Bieber's Twitter account gets a new follower every two seconds, and Bieber is currently mentioned in approximately one per cent of all tweets. Smith? sees an analogy between the spread of Bieber fandom and the spread of a terribly infectious disease. In fact, according to Smith?, Bieber Fever may be the most infectious disease of all time.

The key

But Bieber Fever isn't like microbe-based diseases. The spread of Bieber fandom is tightly tied to positive and negative me-

dia attention. So Smith? modified traditional models of infectious diseases by accounting for the media as well as fan boredom. He found that without the help of the media, if fans get bored quickly, Bieber Fever must eventually die out. Surprisingly, even a steady stream of positive media coverage isn't enough to sustain a pandemic among fickle fans. Only staggered pulses of positive media episodes can create a steady state of infected fans.

As a concerned citizen, you may ask, "How can we stop this epidemic and save our children from such a terrible disease?" According to Smith?'s model, not even strong negative media events can halt the spread of Bieber Fever. The disease only burns out if a continuous barrage of negative coverage exists to combat positive media events. Is it a future possibility? Never say never.

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‘Just the act of sharing a secret can change who we are’

Founder of PostSecret.com opens up to the *Fulcrum*

Jane Lytvynenko | Fulcrum Contributor

I pee in the shower.
It turns out Frank Warren, founder of the PostSecret project, does too. PostSecret is an ongoing initiative that asks people around the world to write their deepest, darkest secrets on a postcard and mail it to Warren to be displayed on the website Postsecret.com. “I pee in the shower” is the most common secret Warren gets.

On Sept. 7, Warren sat down with the *Fulcrum* in his light purple dressing room beneath the Alumni Auditorium to talk about PostSecret. Just 20 minutes before he presented University of Ottawa students with eight years’ worth of stories and secrets, Warren answered our questions between bites of oversized strawberries and dark chocolate.

The Fulcrum: How have your presentations evolved throughout the years?

Frank Warren: The most important change has been me finding the right way to facilitate, with the audience, the conversation they want to have. I’m always the most interested in the end, where the students take the microphones and share their secrets, their stories, and I think you’ll find the audience members are less interested in what I have to say and more interested in the truths they hear from



photo by Jane Lytvynenko

Frank Warren, founder of PostSecret.com, speaks to University of Ottawa students

the audience. I feel like more and more my job is just to facilitate that conversation.

Do you share your own secrets?

I definitely feel like if I’m going to ask

people to share their secrets, I should share some of my own. I think that’s the proper thing to do.

What’s your favourite secret?

A favourite secret... It might be one

that I never saw. I only found out about it through an email from a woman in Texas, who said, “I visited the PostSecret website and I was really inspired by what I saw, so I made a postcard. But it made me feel sick so I tore the postcard up in

half and decided I will no longer be the person who carries that secret in her life.”

I love the story because it shows the transformational power secrets have—how sometimes just the act of sharing a secret can change who we are.

Is that what keeps this job interesting after all these years, the power of secrets?

Well, a lot of things keep it interesting. Dark chocolate keeps it interesting, coming to Ottawa keeps it interesting. But in some ways it feels like a calling. One of the most important things you can do on this planet is give a voice to those people who are unheard.

Your project has made a difference in the lives of many people; reading PostSecret can be an eye-opening experience. How does it feel to be so important to so many?
I’m very gratified by it—it feels very meaningful to me. When I was younger, I needed the help, I needed to feel like I wasn’t alone, I needed to know that other people share my secrets too. As an adult, now it’s twice as powerful, knowing that I’m kind of being there for the person I used to be.

What would you say to someone who wants to share a secret but can’t?

I think that we all have secrets to share and I think beneath every secret is a deeper secret. I think PostSecret is one option that people use to share a secret, but there are a thousand others. You can tell a parent or a friend, a priest or a psychiatrist. You can write it on a postcard and mail it to me, or write it on a letter and then burn it. Sometimes the most important person to share a secret with is yourself.

O-Town still gets its hoedown

Country music in the capital soldiers on with revamped, intimate festival

Spencer Van Dyk | Fulcrum Staff

Country music fans should mark their calendars for the sixth annual O-Town Hoedown, a country music festival showcasing local talent for two consecutive weekends, Sept. 28–29 and Oct. 5–6.

In previous years, the concert series was a 10-day event. But this year, organizer Greg Harris—better known as Lefty McRighty—has decided to “tone down the hoedown.”

“In the past it’s always been a week-long affair, and no matter how long the festival was, there was a performer every

night,” Harris said. “But the weekend shows are always the ones that are more highly attended, so I wanted to eliminate the in-between.”

Ottawa’s larger-scale Capital Hoedown event was cancelled in July due to unexpected costs and zoning problems. The festival was to take place Aug. 10–12 and would have included Taylor Swift, Brad Paisley, and Reba McEntire. An estimated 15,000 ticket buyers were refunded after the event’s collapse.

According to Harris, what stands out about the O-Town Hoedown is the intimacy of the event and its determination to showcase local talent.

“The big difference between this and other festivals is that we have the shows at regular music venues and bars,” he explained. “So it’s not a large-scale ‘festival’ like the others. There are no vendors, not

much by way of sponsors—that kind of thing. It’s more of a showcase. People would want to come to this because it’s a lot more intimate; there’s no backstage area, it’s just the bar, and we’re all hanging out before and after the sets.”

Harris added that the series is an ideal way for people to become better acquainted with the Ottawa country music scene. The relaxed and low-key atmosphere of the event allows for interaction between audience and performers.

“A lot of people showing up in the city don’t really know what local bands are like,” he said. “So this’ll be a really great introduction for them. Half the musicians in Ottawa are going to be playing, and the other half are just going to be in the crowd hanging out.”

All of the performers are local, except for two. One of those is The Divorcees

from Moncton, N.B., a band that Harris suggests attendees keep an eye out for.

“I’ve wanted them to come to the Hoedown for years,” Harris said, “but it’s

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“In previous years, the concert series was a 10-day event. But this year, organizer Greg Harris—better known as Lefty McRighty—has decided to ‘tone down the hoedown.’”

never really coincided with their tour schedule until now. So that’s the show that I’m most excited for.”

Another band to look out for is Ottawa’s own Uncle Sean & the Shifty Drifters. The band’s gig at the Hoedown will also serve as a CD release party for their

second album.

Jack Pine, another first-time Hoedown performer, said he is looking forward to seeing some of his friends perform. Although he has been present at the Hoedown and even worked at it as an audio engineer for the past few years, this is his first time performing there professionally. He echoed Harris’s sentiment that the event’s intimacy is its main draw.

“It’s all local, first of all, or it tries to be,” Pine said. “I’d say it’s more focused within its genre than something like Folk Fest or Bluesfest. It’s more focused on the community and what’s going on in the city.”

Due to minimal demand in previous years, the O-Town Hoedown will not be selling advance tickets this year. Those concerned that a particular concert may sell out should show up early.

Folk Fest goes out with a modest, reserved bang

Bon Iver and Dan Mangan offer heartwarming performances to close out festival

Adam Feibel | Fulcrum Staff

The great thing about festivals is that you can see a large number of artists within a short period of time—a few days, or even hours—but it often comes at the expense of the overall atmosphere of each performance. That's the trade-off: each show is much less intimate than a private gig would be. This can be even more of a drawback when you're talking about artists like Dan Mangan and Bon Iver, whose intricate and dynamic styles flourish in an intimate setting.

Fortunately, that didn't prove to be much of an issue for the headliners of the last two days of this year's Ottawa Folk Festival. Vancouver's bashful indie folk-rocker Dan Mangan headlined the full day of music Sunday, amongst other notable acts like Patrick Watson, Whitehorse, Said the Whale, and John K. Samson. Bon Iver, this year's Grammy winner for best new artist, closed the festival Monday night, after performances by The Low Anthem, Anaïs Mitchell, and late addition Hey Rosetta! Tickets for both

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“This is really cool. It's really cool to be me right now.”

—Dan Mangan

days were available to University of Ottawa students for half price.

The stage was set for Bon Iver, with rows upon rows of decorative lights and burlap hanging from the ceiling to reflect light. The massive crowd—the festival's biggest at more than 12,000 people—screamed and hollered as it saw movement in the shadows of the stage, which were quite obviously just sound techs making last-minute adjustments before the band's 9:30 p.m. set time. But at last, Justin Vernon—the founding member and face of the group—walked on and plucked those first gorgeous notes of his latest album's opener, “Perth.”

Often referred to as great music to relax or fall asleep to (most often by those who couldn't use the words “music” and “art” in the same sentence), Bon Iver defied its lullaby-like reputation by taking even more creative liberties with the already experimental songs from last year's *Bon Iver*, *Bon Iver* record and adding full-bodied, multi-instrumental formations to Vernon's solo work from previous releases.

Singalongs were at a high for older songs from Bon Iver's first record, *For Emma, Forever Ago*, like the good but overrated “Skinny Love” and the crestfallen crescendo of “The Wolves (Act I and II).” The percussion section really shone during “Michicant” as one of the



Bon Iver plays to a crowd of 12,000 people on Sept. 10, the final and most heavily attended day of Folk Fest.

photo by Justin Labelle



Dan Mangan headlines Folk Fest on Sept. 9.

photo by Justin Labelle

group's two drummers boomed and snapped with improvised polyrhythms.

“So much good music here today. It's been a pleasure and an honour,” Vernon said during one of the few times he spoke to the crowd.

Vernon commented on the chilly weather that signalled Canada's merge into autumn.

“Let's go skating on the river; it's probably frozen by this time of night,” he quipped, despite hailing from Eau Claire, Wis., a small city not much further down the latitudinal scale than Ottawa.

Dan Mangan took the stage a day earlier, wearing his signature olive-green collared shirt, neatly kempt beard, and boyish grin. He and his six musical henchmen picked up their instruments and built up a wall of sound before emerging with the carefully plucked notes of “About as Helpful as You Can Be Without Being Any Help at All,” the smile-inducing introductory song to last year's Juno Award-winning record *Oh*

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“So much good music here today. It's been a pleasure and an honour.”

Fortune and an equally effective song to open his live show.

Luckily, weather conditions that prompted Environment Canada to issue a severe storm alert on Saturday didn't carry over to Sunday.

“I hear the weather was nicer today than it was yesterday,” Mangan remarked. “I know it's a little cold, but you guys are fantastic.”

In fact, the air was cool and crisp, like it was when the phenomenal *Oh Fortune* record came out last fall. Mangan went into a little depth about the conceptual song, “Leaves, Trees, Forest,” and called on Canadians—and Ottawans in par-

ticular—to communicate with their government about environmental issues.

“Everything is only in context to everything that's around it,” he said about the song.

“I would just suggest if we want to keep our leaves and trees and forests, maybe we should be in touch with the people who run our country,” he continued. “Maybe they should know about that stuff.”

Mangan connected with his fans—something that's often sacrificed when an artist's audience reaches the mark of 4,000 or so, as it did Sunday—by responding to their own words and actions. Mangan told a fan, “I could beat the crap out of Chuck Norris,” after he or she presumably suggested his rugged look resembled that of the renowned badass.

Crowd participation during the band's extended version of “Robots” was heartwarming enough after multiple repetitions of “Robots need love too / They want to be loved by you.” But then Mangan brought a handful of fans in robot helmets onstage to dance along, and flung himself into the arms of the rest of them. (Tip: next time you're at a Dan Mangan show, dress like a robot.)

The 29-year-old's vocal talent really came through on his solo, “Basket,” and the cold air only partially contributed to the chills felt during “Regarding Death and Dying” and his finale, “Jeopardy.”

Dan Mangan has had a great year. The success of his third studio album catapulted him to the top of the Canadian indie-music tree, and his performance at Hog's Back Falls housed more than four times as many people as his last Ottawa gig at the Bronson Centre. And with his shy and modest nature, he expressed it in his own words.

“This is really cool,” he said. “It's really cool to be me right now.”

f

movie reviews

The Apparition



THE POWER OF belief is a concept steeped in centuries of provocative philosophical and theological thought. Why do people believe in what they cannot see? *The Apparition* presents itself as an inquiry into this belief. A supposed scientific theory propounded in the trailer states that paranormal entities are given power by belief, and “once you believe, you die.” Expecting a thoughtful examination of the human condition is probably asking a lot of a modern horror flick, but the premise has potential.

Unfortunately, the film described above exists only in the two-minute trailer. Instead of intense psychological horror, moviegoers are subjected to something far more cruel: having paid to see *The Apparition*. The plot follows a collection of college students who attempt to recreate a paranormal experiment and summon a murderous spirit. The film is a deteriorating patchwork of elements from the recent swath of exorcist films and the *Final Destination* series, but without the sense of fun or any sort of coherency.

Nonetheless, there are a few reasons to see Dark Castle Entertainment’s malformed movie. You might be a fan of Tom Felton, the guy who played Draco Malfoy in the *Harry Potter* films. Maybe you find lines like “Your house killed my dog” hilarious. Perhaps you’re a film professor looking to provide an in-class example of how not to make a horror film, in which case *The Apparition* is the perfect movie to inflict upon your students.

—Eric Wilkinson

Ghosts with Shit Jobs



WHEN WE THINK of science fiction movies, we often think of giant robots, advanced weaponry, and lots of explosions. *Ghosts with Shit Jobs* is not your typical sci-fi flick, but that doesn’t mean it’s not worth watching. Set in the year 2040, the film follows a group of Torontonians struggling to make ends meet after the collapse of the West. They are forced to undertake “shit jobs” that include baby making, silk gathering, and human spamming. In a world where the Chinese call the shots and technology has become a tool of manipulation, the main characters are treated with disgust and neglect as they attempt to tackle their jobs and, in turn, obtain food and water.

The film is set up as a documentary, with the Chinese interviewing those who have to live with next to nothing while putting everything into their jobs. *Ghosts with Shit Jobs* makes

the audience question whether some people are treated fairly and given credit for doing the jobs no one else will. The film also examines the dangers of the jobs, which can prove fatal. The issues of minority and class come up in our current society as well, with the same result: the further down you are in the chain, the less people seem to care.

Ghosts with Shit Jobs opens viewers’ eyes, thanks to a brilliant technique on the part of the directors: by creating another world, they force us to examine our own. It’s a bold move, but it most certainly pays off.

—Rebecca Mason

Only you can prevent ~~forest fires.~~ *bad reviews*

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Engaged and underage

A promise to get married

Abria Mattina | Fulcrum Contributor

ACCORDING TO STATISTICS Canada, the average engagement lasts 18 months. The age at which Canadian couples choose to marry has been rising steadily for years, and is now 29 for women and 31 for men. More people are choosing not to marry at all, but to live and potentially parent in common-law relationships. Couples who choose to become engaged or marry while they're still students are considered to be circus freaks by many of their peers.

My fiancé and I are two such “circus freaks” who decided to buck the trend of waiting to put a ring on it, simply because getting engaged felt right. We've been engaged for two and a half years, and likely will be for at least another two, until we can afford to get married.

Going against the grain

I've always liked the idea of a long engagement. Watching couples get engaged after a year of dating and tie the knot six months later always made me feel uneasy, because the decision seemed so rushed. An engagement period of about five years sounded good to me—after several years of dating, of course.

My instincts appear to be right. According to the Centers for Disease Control and Prevention in Atlanta, Ga., 48 per cent of couples who marry before the age of 18 are likely to divorce within 10 years. My fiancé and I were only 20 when we got engaged, but by waiting to officially tie the knot, our union should—statistically speaking—be more likely to succeed. By waiting until the age of 25 to become husband and wife, couples reduce their chance of eventual divorce by as much as 24 per cent.

True love

Still, some said we were too young and not ready, but for me, it felt right. I met my fiancé Dan when we were fifteen. We were close friends before we began dating, so there wasn't much of a “getting to know you” phase, and it wasn't long before we began having serious conversations about where our relationship was heading. So much about the future is uncertain when you're a teenager, but we were in agreement about one thing: we were in it for the long haul.

It was an unspoken fact of our relationship that we both expected to one day end up married to each other, probably with kids—white picket fence optional—but we didn't begin to talk seriously about getting engaged until the fall of 2009. Our engagement wasn't prompted by a spontaneous proposal; it was preceded by months of discussion and of approaching the same conclusion from many angles until we were both comfortable with our decision to move forward.

Family and friends usually react differently to the news of a young engagement than they would to an older couple with the same announcement. They tend to assume the couple's motivations are suspect because, unlike people in their late twenties and beyond, they aren't necessarily in a life stage that lends itself well to marriage. Dan and I were motivated by the same reasons as older couples: we were in love and wanted our relationship status to reflect our goals and commitment. Despite what others thought, we



illustration by Mathias MacPhee

didn't view getting engaged as a level up towards adulthood, as a status symbol, or as a way to improve our relationship. Neither of us wanted to prove something by having a wedding. We wanted a marriage.

“[My mother] worried that getting engaged at such a young age would attract unwanted attention.”

A father's blessing

Dan and I received mixed reactions to the news of our engagement, and some people did have negative feelings about it.

Our friends exhibited wary enthusiasm. They weren't worried about us breaking up or rushing into things; they were afraid that being engaged would turn us into wedding-obsessed bores. Dan and I had made a decision that most of our friends probably won't make for another five to 10 years.

The worst reaction, however, came from the first people we spoke to: my parents.

The idea of asking permission before

getting engaged was one I embraced out of respect for my parents' values. Asking for their blessing demonstrated that their opinion was valuable and that we wanted to share this moment with them. Because they were accepting and supportive of our relationship, it never occurred to me that they would be opposed to our engagement.

The problem was the timing. My parents were fine with Dan and I getting engaged—when we were 25, at least. Approaching them for their blessing when we were 20 was a bit ahead of their schedule, and they didn't like it.

The process was very traditional. Dan approached my father when the rest of the family was elsewhere and told him that we were thinking of getting engaged. According to Dan, this conversation went very well. My dad shook Dan's hand and said he would be proud to have him as a son-in-law, and the rest of the evening progressed normally. Then Dan went home, and it all fell apart.

It has been established since then that there were multiple miscommunications on both sides of the exchange between Dan and my father, though how one could mistake the meaning of “I'd be proud to

have you as my son-in-law” still confuses me. The key phrase, it seems, was “I think you guys are a little young,” by which my father actually meant, “There's no way in hell I'm condoning this right now.” Dan, already nervous, didn't exactly help matters by including this gem: “I mean, if it doesn't work out we can always break up... Right?” It's no wonder his pitch didn't inspire confidence.

My mother had different concerns. She worried that my getting engaged at such a young age would attract unwanted attention, and people might gossip about why I was in such a rush to grow up. A pregnancy scandal, even a fake one, was the last thing my family wanted.

The concerns my parents shared all had to do with timing. Dan and I were still in university, and Dan was on the verge of dropping out to attend culinary school. On paper, he looked like a pretty risky gamble.

In his book *The Marriage-Go-Round: The State of Marriage and the Family in America Today*, author and sociologist Andrew Cherlin writes that individualism is one of the reasons couples are delaying marriage.

“People are more concerned with their own self-development than they used

to be. Therefore, people are postponing marriage until everything in their lives is working ‘in order.’ The order means after you've finished your education, perhaps after beginning your career ... they're postponing marriage until they think they're ready for it.”

My parents were worried that focusing on our dedication to each other at such a young age would compromise our dedication to other pursuits, such as education.

But like naive young people, we believed all we needed was love and a good relationship to make it work. The naysayers seemed like such a minor obstacle.

Moving forward

It hurt that my family wasn't supportive of our engagement, at least initially, but it didn't really change anything. I'm a woman of the 21st century, enjoying more freedom and independence than any other generation of women have. My father does not own me. My parents' blessing was something I'd sought as a way to pay them respect, but I wasn't going to arrange my life around the desires and schedules of other people. On December 31, 2009, barely a week after

Pros and cons of getting engaged before

25

Pro: People take you seriously

When someone introduces their boyfriend or girlfriend, there's no way of knowing if the relationship will still be intact by next week. When you introduce your fiancé(e), people are much more respectful of what is obviously a committed relationship.

Pro: Enjoy not being parents

Unless you're getting hitched because of an unplanned pregnancy, you can look forward to a few years to enjoy each other without the responsibilities of parenting getting in the way. You're still young, so there's no rush to have kids before your biological clock runs out.

Con: Budget

Getting married is expensive, and being engaged while you're still establishing a career will either mean a long engagement or a small, simple wedding celebration.

Con: You've got growing up to do

The period between age 18 and 25 is filled with changes, and committing to a relationship while you're still forming your adult identity may mean you outgrow your relationship.

graphic by Kyle Hansford

Dan's conversation with my father, we got engaged.

Hamilton, Ont. isn't much to look at in the daytime, but sitting on the edge of the escarpment just before midnight, we took in the city lights and the stars over the bay. Dan proposed with a love letter, and I said yes.

"You didn't even look at the ring," he said after. The ring could go hang, I wanted him.

How they found out

My parents found out about the engagement through Facebook. Sounds like the punchline to a bad millennial joke, doesn't it? Dan and I had been engaged for about a year and a half before he changed his status on Facebook to reflect that.

"Should I?" he asked before making the change. "Your sister is on my friends list."

My response was the product of two fundamental personality flaws. First, I was always the type of child who would rather beg forgiveness than ask permission. Second, I am notoriously bad at delivering bad news. I figured the damage was done; we'd been engaged for quite some time and nothing my parents

could say or do would change that. Also, I dreaded having to tell them in person. Facebook to the rescue.

And nothing happened. For months. I thought I'd gotten off scot-free, that my sister had simply 'liked' the status change and, like the coolest sibling ever, had kept it to herself. It wasn't until I went home for a visit the following summer that my mother said, "Why does Dan's Facebook say you're engaged?" She said it so calmly, so casually, that I knew I was in the deepest sort of trouble. Worse, we were in a car at the time. There was no escaping this conversation.

"Because we are," I said, my life flashing before my eyes.

"When did that happen?"

"New Year's Eve... Before last."

"So, right after your dad and I said no?"

"Yep."

And then she surprised me. "Huh. Well that didn't stop you." After 21 years of dealing with my stubbornness, she seemed to accept that I wasn't going to change. Her timing was perfect.

My dad, who had been the more anxious of the two when Dan and I had first asked for his blessing, was suddenly enthusiastic.

"Do you have a ring? Let me see it." The knowledge that they couldn't undo the past made them, if not more accepting, at least less vocally opposed to our engagement. We didn't talk about it again

““

"The problem was the timing.

My parents were fine with Dan and I getting engaged—when we were 25, at least.

Approaching them for their blessing when we were 20 was a bit ahead of their schedule, and they didn't like it."

for quite a while.

The reactions of our extended families tell a story about how the perception of young marriage has changed in Canada during the last 70 years. Our grandparents, who were all married with at least one child by the time they were 23, didn't see a problem with young engagement. They even came to our defence when others criticized our decision.

For our grandparents' generation, there was no such thing as "young mar-

riage." It was simply "marriage," since the median age at first marriage was 19 for women and 21 for men. The post-war marriage boom of the '40s and '50s may have been a contributing factor to the divorce boom of the '70s, but those who tied the knot during that period don't seem to have any less confidence in marriage today, or any qualms about the age of the couple.

Finding peace

My parents came to Ottawa for Christmas in 2011. At the time, I had lived with my fiancé for nearly two years, but this was the first time I would be hosting my parents.

The visit marked the first occasion my parents and I met as adults. I was a host, they were guests, and the power dynamic that existed throughout my childhood and adolescence was suddenly gone.

"You're so settled," my mother remarked, looking around our home. We weren't in a dorm. We weren't in a grungy tenement, cooking Kraft Dinner on a hotplate and sleeping on the floor. Dan and I had carved out a real home for ourselves, and seeing that is what brought comfort to my parents. If we'd asked for their blessing

then instead of in 2009, I think they would have been much more willing to give it.

Since then, things have changed. My family has been through a lot this year, and sweating the small stuff just isn't a priority anymore. My mother casually refers to our wedding in conversation, and it's no longer a sore spot or a point of debate.

I don't regret getting engaged at a young age, but I also recognize that Dan and I are in the minority. Most people in university are neither ready nor willing to commit to a lifelong relationship, let alone take the preliminary step of getting engaged. Although it does create a divide between us and our single or casually dating friends, Dan and I are happy with our choice.

There is only one thing I would have done differently: I wouldn't have asked for my parents' permission. I didn't need it, and it put unnecessary strain on my relationship with them. I'm grateful they accept it now, because I'm running out of ways to explain the simplicity of our engagement. I just know I want Dan to be the one I have shouting conversations with when we're both old and can't remember where we put our hearing aids.

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SPORTS

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Varsity blues

Men's football team struggles on the road

Spencer Van Dyk | Fulcrum Staff

The men's football team has suffered its second consecutive loss. After a discouraging 63-18 defeat at the hands of the University of Windsor Lancers on Sept. 3, the Gee-Gees again fell short on Sept. 8, with a 47-36 loss to the York Lions.

Gee-Gees head coach Gary Etcheverry summarized the reason for his team's loss simply.

"In three words: lack of explosiveness," he said. "We had dead legs. I don't know whether it was the transition from our training camp, or maybe it was a combination of the long trip and the humidex, but this week we don't expect to have the same lack of explosion that we had in virtually every component of our game against Windsor."

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"In three words: lack of explosiveness," [head coach Gary Etcheverry] said."

The Gee-Gees did manage to gain a fast start in this past weekend's game against the York University Lions, earning them a 21-7 lead at the end of the first quarter, but it didn't last through the second quarter, as the Lions scored a series of touchdowns, including an 85-yard score.

There were, of course, other factors



photo illustration by Mico Mazza

to consider in the Ottawa-Windsor loss. Fourth-year Geees running back Brendan Gillanders was injured in the first quarter and was unable to return to the game. Rookie Mack Tommy took his place and ran for 78 yards and scored a touchdown on 14 carries.

"He's a tough nut and he was going hard at training camp," said Etcheverry of Tommy. "He played more than expected today because of Gillanders coming out, but he'll be an emerging guy for us

the season goes on."

Etcheverry said the Windsor quarterback's talent and good rhythm with his receivers were key factors in the team's win, and that despite the loss against the Lancers, the Gee-Gees have a great opportunity to improve.

"Obviously there is a lot to improve on," Etcheverry said. "And I think our offence has the most room for improvement. The number of passes was affected

by the pressure on [our quarterback, Aaron] Colbon. We left touchdowns on the field."

Even though the Gee-Gees have been successful against the York Lions in the past, with a 65-12 win last season, they were unable to make a comeback from their second quarter last Saturday and ended the game with a close 47-36 loss.

"The killer was when we pinned them in their own end early in the fourth quar-

ter, but then they went down the field and scored," explained Etcheverry. "I think we did improve in some areas, but our players have to continue improving and talking amongst themselves and we've already started it right here. Certainly, our team can do better." f

The Gee-Gees will host their home opener against the McMaster University Marauders on Saturday, Sept. 15 at 1 p.m.

Breaking ground

A look at barrier-busting female Gee-Gees coaches and athletes

Kristyn Filip | Fulcrum Staff

ON FRIDAY, AUG. 24, 17-year-old Erin DiMeglio became the first female quarterback in Florida high school history. DiMeglio is not the first female high schooler to play football in her state—records indicate 523 teenage female Floridians have donned football gear since 1973—but no other woman has ever held the prestigious position of decision-maker for her high school team. Although DiMeglio wasn't able to play for more than a few minutes—the game was called off early due to heavy lightning in the area—her barrier-smashing time on the field got us thinking about some of our university's own groundbreaking female athletes and coaches.

Take Suzanne Chaulk, for example.

If not for Chaulk's tireless work and dedication to the sport, women's rugby may very well not exist at the University of Ottawa. Chaulk, who is the head coach of the team, founded the program in 1991 and has brought her team to the playoffs every single year since.

Chaulk says the women playing rugby today at the U of O have a different mindset than the women who took to the field 20 years ago.

"When I first started this program, we had players. No disrespect for them, but they weren't necessarily people that had that athletic focus. Now they are all athletes," she said. "They all think like athletes, walk like athletes, and talk like athletes, so the things we do with them in

the program now is far different. We used to pile in the car and go play—it was a lot like club rugby. Now there is very focused recovery and regeneration after every game. [The team is] very focused on their nutrition program, and it's a very, very different game. It is a year of preparation to play six weeks of rugby."

The players from 20 years ago have been replaced with athletes, but time hasn't been able to break all of the barriers women experience in the world of rugby.

"[Women] still don't get the coaching jobs, and it's still a pay-to-play model for women at the national level, so there is still a lot of hurdles to go over," said Chaulk.

Despite the remaining obstacles,

Chaulk reports attitudes toward women's rugby have changed for the better over time.

"We are seen as athletes. We are seen as top-level athletes playing competitively," she said. "When the [men's rugby team] watch us, they respect us."

Chaulk isn't the only woman who has done groundbreaking work for female Gee-Gee athletes. Nathalie Côté, part-time coach of the Gee-Gees cross-country and track and field teams, is the most accomplished individual-sport female athlete in U of O history. She is a seven-time Canadian Interuniversity Sport (CIS) champion and the only female athlete in CIS history to win three straight cross-country titles. Côté ob-

tained bachelor degrees in political science and in education from the U of O in 1998 and 1999 respectively. She then went on to receive a masters of arts degree in political science from the University of Montana.

Most recently, Hannah Sunley-Paisley, who dominated the world of university women's basketball with the Geees from 2007 until 2012, was named the CIS player of the year for women's hoops. Sunley-Paisley is the first woman in Gee-Gees history to win a major CIS award for basketball, and she also became the first Ontario University Athletics east-division recipient of the Nan Copp Award—a player of the year award selected by the CIS Women's Basketball Coaches Association—since 1996. f

Hey, that's my elliptical!

Gym etiquette for the uninformed

Kristyn Filip | Fulcrum Staff

Ah, September. The air is cooling, the leaves are changing, and assholes are storming the University of Ottawa's gyms in record numbers. After an idyllic four months of relative peace and quiet at both the Minto Sports Complex and Montpetit facilities, the gyms are once again packed to the bursting point with students. While I certainly don't mind waiting my turn to use the workout equipment—an influx of gym-goers at the beginning of the school year is only to be expected—it's sharing the space with students who are of the "born in a barn" variety that really grinds my gears. In a very likely futile attempt to eradicate the rudeness from the U of O gyms, I present the following: a few rules I think even the most well-mannered of gym-goers could be reminded of.

You must obey the sign-up sheet

Whenever you enter the gym, consider the sign-up sheet your new religious text and follow its rules carefully. For anyone who has yet to go to a gym and is reading this article preemptively—and hats off to you, if this is the case—the sign-up sheet is located at the front desk of both gyms. Every exercise bike, Stairmaster, elliptical, and treadmill is listed on the sheet—or whiteboard, to be correct—and in order to use any of the aforementioned machinery, one must check the availability of said machine and then sign up for a 15 or 30 minute time slot where possible.



The perfect place to workout—not to pick up

photo by Justin Labelle

Frustratingly, some gym-goers seem to think the rules of the sign-up sheet do not apply to them. These people will hop on machines prior to consulting the sheet, or they will disregard the time they signed up for, saying to the next person in line, "I'll be right off! I only have five more minutes left." Don't be one of those people. Those five minutes don't belong to you.

Leave your cellphone in your locker

Or at home, or in your pocket, or virtually anywhere on Earth, but please—please—don't bring your cellphone into the workout area with you. As made evident by laws that ban cellphone usage while driving—the

"If you're flirting at the gym, chances are you're hovering alongside the machines, lingering on the mats, or chatting at the water fountain for a prolonged period of time. Essentially, you're getting in everybody's way."

town of Fort Lee, N.J. went so far as to ban texting and walking—cellphones can be extremely distracting. If you're too busy chatting or typing to pay attention to the clock on the wall, you could very easily occupy a machine

well past your allotted time slot, only to eat into the next person's precious 15 minutes. To make matters worse, the gym can be a noisy place, and if you're inside one and talking on the phone, you likely need to scream to be heard. Not only can everyone in the area hear your entire conversation, but they're all likely willing you to shut up. Oh, and using a cellphone while working out is a great way to seriously injure yourself, so unless you're into torn muscles and unsightly bruises, don't do it.

The gym is a flirting-free zone

If you're flirting at the gym, chances are you're hovering alongside the machines,

lingering on the mats, or chatting at the water fountain for a prolonged period of time. Essentially, you're getting in everybody's way. If you want to flirt with someone, go to a bar. Granted, gyms and bars do have a lot in common—they're both full of hot and sweaty people, for instance—but trying to pick up at the gym is a surefire way to piss off everyone in the vicinity, including the person you're trying to attract. No one feels sexy while working out—and if you do, you're not doing it right—so do us all a favour and practice the art of seduction somewhere else.

Wipe down your equipment

No ifs, ands, or sweaty butts about it. f

FOOLPROOF FITNESS

Say ohmmm! Beat back-to-school stress with yoga

Ailey Korneychuk | Fulcrum Contributor

DIVING BACK INTO the classroom may shock and startle the systems of a university student, especially those who still have summer on the brain. As flip-flop tans fade and thought patterns begin to shift to deadlines and exams, it is not uncommon for students to experience symptoms of low serotonin in the brain—commonly referred to as anxiety or depression.

Symptoms of anxiety and depression can be seen in every six out of 10 university students, and is caused by low or irregular levels of serotonin in the brain. Not only does it bum you out, but a lack

of serotonin can cause swings in appetite, energy, sleep, mood, libido, and cognitive functioning. In extreme cases, low levels of serotonin can result in suicidal thoughts, a phenomenon that is perhaps particularly dangerous for the overworked and easily isolated university student.

Until recently, the only solution to increase low serotonin levels was drug therapy, but the drugs developed were often found to be either ineffective or inefficient for a generic patient audience.

Unsatisfied with the mixed results garnered by drug therapy, researchers have begun to look for different answers to the low serotonin question. One avenue

they explored was the practice of yoga. We know that practicing yoga requires a person to hold different physical postures and poses, and that the aim is to rebalance the mind, body, and spirit. To the first-time yogi these poses often seem pointless, awkward, or just plain stupid, but what occurs with consistent practice is an elimination of toxins, an increase in muscle development, and improved stability in your mind and body. This is due to the release of gamma-aminobutyric acid (GABA), a chemical in the brain that is known to regulate active nerves. One German study found that women who practiced yoga for three months reported improvements in not just stress levels,

but in energy, well-being, and anxiety as well. Yoga naturally rebalances chemicals within the brain and allows serotonin to equalize, which helps to alleviate the symptoms of anxiety and depression.

As university students, we are immersed in a balancing act of academic obligations, the demands of a part-time job, family functions, romantic relationships, and the ever-important social life. You may be wondering how you could possibly fit anything else into your schedule. But don't worry—nowadays, practicing yoga regularly does not require you to travel to India or adopt a deeply spiritual lifestyle. In fact, you don't even have to leave campus. There

are different yoga classes held at Montpetit and at the Minto Sports Complex at a student rate, but keep an eye out for free sessions held on campus by checking out the group fitness page of the Sports Services website.

Finding a yoga practice that's right for you may mean having to take a trial and error approach. This could take some time and exploration, but it's worth it in the end. With so many options to choose from, finding a practice that will suit both you and your schedule should be no problem. So put those Lululemons to work, get your GABA flowing, and breeze through midterms anxiety free. f

Meet a Gee-Gee

Kaylee Sparks | Women's Ultimate

Maclaine Chadwick | Fulcrum Staff

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

I SAT DOWN with Kaylee Sparks, fourth-year translation student and co-captain of the women's Ultimate Frisbee team, to learn about one of the newest competitive clubs at the University of Ottawa. Fun fact: in summer 2010, Ottawa was the Ultimate Frisbee capital of the world.

The Fulcrum: When did you start playing ultimate Frisbee?

Kaylee Sparks: I started playing in fall 2005.

Is it something you planned on playing when you came to the U of O?

Kinda, yeah. It's only a competitive club, it's not like varsity. Some people were like "Why are you doing that?" But I love it.

Do you think it should be varsity?

I think it would be cool, but it would require a lot of work.

Does the team have any rivals?

Queens [University] is a big one. We met them last year in the Eastern Canada finals, and they always give us a really good game.

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

A big thing is that it isn't a sport, or that it's something that you play with your dog. It has nothing to do with dogs. We get that a lot. It's almost like football but played with a Frisbee and without contact.

Do you want to go pro?

Honestly, not really. They just started doing a pro league in the states called AUDL [American Ultimate Disc League]. Nobody really gets paid for it; even in AUDL they only get paid for how many seats got



Kaylee Sparks (pictured kneeling) in action

photo by Justin Labelle

sold, so you don't get paid a lot.

Is this something you want to keep doing after you graduate?

Absolutely. It's pretty big in Ottawa—we had the biggest league in the world at one point. Thousands and thousands of people play it, and the competitive scene is pretty big at the club division for Ottawa.

What is the coolest thing your team has pulled off?

Well, we go down into the States a lot where our big competition is—we don't really compete here [in Canada] as much. So one time we all went down to San Diego, but our coach and captains got stuck here so we had to take care of everything ourselves.

Where is the coolest place your team has gone to play?

We have gone to Boulder, Colorado twice in a row. We really enjoyed going there. That's where the college national championships are, and only the top 20 teams in North America go. The only teams that have gone from Canada are University of

British Columbia and us, so when we go to Boulder we play the best teams and then hike a mountain.

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

I'm a huge language nerd. I get really excited when people have discussions about language, and I love making up words.

Who is your idol?

She is actually a professor at the U of O; most people don't know how amazing she is. Her name is Alison Flynn, and she's a science professor, but she is also one of the most amazing handlers (which is like a quarterback) in Canada.

What is the best thing about being a Gee-Gee?

We get to wear cool swag! But it's really great to be a part of the school like this. We represent the Gee-Gee brand and we support the school.

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

From the Sidelines

Not just for the boys



Maclaine Chadwick | Fulcrum Staff

My inspiration for suggesting the "Breaking Ground" piece came from reading about Florida's Erin DiMeglio—the female high school senior who decided to join the boys' football team and is currently rocking the eye black as third-string quarterback.

What a baller.

So I got thinking about other fabulous females in sports and came up with a few of my favourites—both real and fictional—who have said "Screw you, gender norms" and played with the boys. If you've been struggling to find some inspiration to get moving, check out the following chicks who kick ass at their sport.

Cassie Campbell

My obsession with Cassie Campbell peaked around the time she was captain of Canada's 2002 gold-medal winning women's hockey team, but it first started after I learned that she played boys' hockey until she was a teenager. I got to meet her when I was 12, and told her that it was the best day of my life. Since then I've had other pretty great days, but I still think Cassie Campbell is super legit.

Becky O'Shea from Little Giants

Despite her infatuation with adorable teammate Junior Floyd and a valiant at-

tempt to win his attention by becoming a cheerleader, Becky "Icebox" O'Shea's heart found its way back onto the field—she pulled off the most epic comeback in fictional Ohio peewee football history, all while wearing a skirt.

Ye Shiwen

At only 16 years old, this girl outswam fellow medalist Ryan Lochte, completing the last 50 metres of the 400-metre race seconds faster than he did and setting a world record. Of course, allegations of doping ensued, but Shiwen passed her drug test. Even if she hadn't won, being a teenager at the Olympics is cool enough on its own.

Julie Gaffney from The Mighty Ducks

She isn't the only strong female character in *The Mighty Ducks* series, but Julie "The Cat" Gaffney's quick glove is what won the Ducks a gold medal in the finale of the second movie. You're welcome, Coach Bombay.

Hayley Wickenheiser

Teammate and co-captain of the aforementioned Cassie Campbell, Wickenheiser has not only won medals for Canada four times, but played softball in the Summer Olympics as well. More recently, Wickenheiser was digitized (like a boss) into EA Sports' *NHL 13*, the first of the game's series to feature female players.

SCOREBOARD

SOCCER (W)

GEES 3

NIPISSING 0

GEES 0

LAURENTIAN 0

NEXT GAME: SEPT. 15TH @ CARLETON

RUGBY (W)

GEES 44

MONTREAL 14

NEXT HOME GAME: SEPT. 16TH VS LAVAL

FOOTBALL

GEES 36

YORK 47

GEES 18

WINDSOR 63

NEXT HOME GAME: SEPT. 22ND VS RMC

FOR FULL GAME REVIEWS CHECK OUT THEFULCRUM.CA



"I know there's an easy joke in here somewhere. Just bear in mind, I'm not one to pursue a cheap pun."

—Maclaine Chadwick
Fulcrum sports editor

Write for sports!

email sports@thefulcrum.ca



the thryllabus

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

Music

Sept. 13: Rise Against, The Gaslight Anthem, and Hotwater Music play CE Centre (4699 Uplands Dr.), 6 p.m.

Sept. 14: Texas in July, The Glass Cloud, Onward to Olympas, and One Year Later play Mavericks (221 Rideau St.), 6 p.m.

Sept. 15: Arboretum Fest at Ottawa Jail Hostel (75 Nicholas St.), 10 a.m.

Sept. 15: Tenement plays Babylon (317 Bank St.), 10 p.m.

Sept. 17: A Bullet For Pretty Boy, Everyone Dies in Utah, Harp and Lyre, All Fallen Angels, and Borders play Club SAW (67 Nicholas St.), 6:30 p.m.

Sept. 19: Onyx, Snak the Ripper and Bishop Brigante play Babylon (317 Bank St.), 9 p.m.

Sept. 19: Beach Day plays Zaphod Beeblebrox (27 York St.), 9 p.m.

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 D'écuf (221 Rideau St.), 8 p.m.

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

Film

Sept. 14: *10 Years* released to theatres

Sept. 15: *Compliance* plays at the Bytowne Cinema (325 Rideau St.), 9:05 p.m.

Sept. 16: *Superman III* plays at the Mayfair Theatre (1074 Bank St.), 2:30 p.m.

Sept. 19-23: Ottawa International Animation Film Festival

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: *Celeste and Jesse Forever* plays at the Bytowne Cinema (325 Rideau St.), 7 p.m.

Visual art

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

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

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.)

Sept. 15-Oct. 6: *Hay Fever* plays at the Ottawa Little Theatre (400 King Edward Ave.)

Sports

Sept. 15: Men's football: Gee-Gees home opener against the McMaster University Marauders at Beckwith Park (1319 9th Line Beckwith Rd.), 1 p.m.

Sept. 16: Women's rugby: Gee-Gees play the Université Laval Rouge et Or at Matt Anthony Field (801 King Edward Ave.), 1 p.m.

Sept. 16: Women's hockey: Gee-Gees play the Collège Édouard-Montpetit Lynx in an exhibition game at the Minto Sports Complex (801 King Edward Ave.), 2 p.m.

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.




The *Fulcrum* would like to thank the following sponsors for contributing to our silent auction.

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And to everyone who came out and bid on prizes, thank you.



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OPINIONS

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An outsider's perspective on Ottawa

From Irish country gal to Canadian city slicker

Martina Gannon | Fulcrum Contributor

Countless students at the University of Ottawa could write this outsider's perspective—there are so many non-Canadians living in Canada's capital. This cultural and ethnic diversity was one of the first fascinating things that struck me about Ottawa. I come from a rural town in the west of Ireland, where about 95 per cent of the population is Irish and Caucasian, so Ottawa was quite a culture shock for me. No two people are in any way similar, and I love it! In a strange way, this diversity makes me feel more at home; I'm not the only one who is experiencing a world entirely different from what I have always known.

“My house is like an incessantly hilarious *Lost In Translation* scene. I can't help but feel like a sponge here.”

It's as if almost everybody has been uprooted from another country and re-planted here to make Canada's capital one vastly diverse, colourful garden of nationalities. It appears to be a place where you can simultaneously be anonymous and share connections with vari-



Illustration by Kelsey Shore

ous different worlds.

As an admitted country girl—geographically speaking, not mentally!—I find O-Town incredibly impressive. It seems to perfectly exhibit all the

features of a nation's capital and all the conveniences of a city, yet it also manages to retain an awe-inspiring mystique and beauty that peaks in the Parliament Buildings, Chateau Laurier,

and all of the historical sites sprinkled throughout downtown.

All Canadian stereotypes I've ever heard have been affirmed by the majority of people I've met who welcomed me with

helpfulness and a distinct politeness. It's almost as if you could do them the worst wrong and they would end up apologizing for it.

Upon my arrival here, so many things that were normal to Canadian students were foreign to me. Sororities, fraterni-

“All Canadian stereotypes I've ever heard have been affirmed by the majority of people I've met who welcomed me with helpfulness and a distinct politeness.”

ties, red party cups, American football, and ice hockey games were all new and thrilling experiences.

Despite having been in Ottawa for less than a week, I have already learned so much about the vast diversity that this city has to offer, especially from my housemates, who all happen to be international students. I have garnered a wealth of insider knowledge on global stereotypes, French and Spanish curse words, English slang, and, most importantly, international drinking games. My house is like an incessantly hilarious *Lost In Translation* scene. I can't help but feel like a sponge here.

Admittedly, this enthusiasm could well be magnified because of the amazing weather here and the fact that I come from a country that gets about five days of summer. Perhaps if you ask me in the winter how I feel about the city, I'll have a different opinion.

Truthfully, I came to Canada to escape Ireland for a little while. After only one week living here, I am certain I could not have chosen a better oasis for change. I have trudged hungover into classes only to emerge with an enlightened and altered world view. This city never ceases to intrigue me. This year as an Ottawan, anything feels possible.

Life after Facebook

Social media has been getting me down

Bethany Ditzel | Fulcrum Contributor

“IS THERE LIFE after death?” This is one of life's greatest mysteries. More recently, however, I've found myself asking, “Is there life after Facebook?” Can you survive in the modern world without having Facebook or some other form of social media? And if you decide to sever your ties with the online world, what will those who remain think of you?

Deleting Facebook is a difficult

process. On the way out you are asked several times why you are leaving and if you're 100 per cent sure you want to ditch. But those who have answered that question with a yes have found the experience liberating. No longer do you need to feign interest in the lives of people you haven't seen in ages, or feel the need to check your phone every 10 seconds just in case someone has written on your wall or commented on your status.

I've asked friends who have recently

taken hiatuses from social networking, and they said they would contemplate re-activation for one thing: the invitations. To be present and clickable on social media means to be invited to events and parties; by choosing to be absent, you risk being forgotten.

It's not just friends' birthdays and relationship status changes that social media deserters might miss out on, you also run the risk of not hearing about local and international events if you don't have a Twitter handle.

Stranger still are the reactions of those who remain online after you've gone. Deleting your profile does not go unnoticed, seeing as you are essentially dropping off the face of the online earth. As soon as you click “deactivate,” there are friends immediately asking where you've gone and why you felt you had the right to drop their cyber friendship. In fact, one person I spoke to who had deleted his profile described how a Facebook group was set up in his honour asking whether he was dead or not be-

cause, obviously, life can't go on without Facebook.

Or can it?

If you rise above the petty banalities of online networking, it is possible to live your life sans social media. The problem is that many of those who have bid social media adieu haven't stuck with their decision and have eventually come crawling back. Maybe we can survive without Facebook, Twitter, and Pinterest; we're just not ready to admit it yet.

Confessions of a *Playboy* subscriber

I read it for the articles—no, seriously!

Blair Woynarski | The Sheaf (University of Saskatchewan)

CUP—A LITTLE OVER a year ago, I decided to buy an issue of *Playboy*.

The precise reason for this decision is a little fuzzy, but I believe it had something to do with viewing it as a rite of passage. At 21 years old, I had never flipped through a *Playboy* in my life, and it seemed that I was missing out on a big aspect of popular culture.

The weeks spent waiting for it to arrive in the mail were characterized by strange emotions. I went out to check the mailbox every day—not because I was dying with anticipation, but rather because I didn't want my roommate to bring it in first. I felt like I was carrying around a weird, dark secret, or that I had crossed some sort of unforgivable divide into a world of perversion. But then one day it arrived, and it is hard to say what my reaction was. It wasn't excitement, nor was it disappointment; it was a neutral, calculating sense of, "So this is *Playboy*. Huh."

One of my first thoughts was, "Wow, this really is just like a normal magazine." It had advertisements, advice columns, whatever. But as I looked a bit more closely, I discovered something much more shocking. I discovered that it had more literary merit than most of

“

"I discovered that it had more literary merit than most of what I could find on the magazine racks."

what I could find on the magazine racks.

Don't believe me? That's fine. But let me ask you this: who was the most talked-about woman in *Playboy* last year? While you might not have a specific answer, chances are you are forming a vague mental impression. I can guarantee you are not thinking of the 89-year-old former dean of the White House Press Corps, Helen Thomas, who was the subject of a *Playboy* interview last April and ignited controversy with her anti-Zionist comments. But that, in fact, is the correct answer.



photo by Matthew Stefanson

More than just boobs?

The time-honoured *Playboy* interview has, over the years, featured many notable figures, including Bill Cosby, Robert De Niro, Barbra Streisand, George Carlin, Anne Rice, John Lennon, Malcolm X, Martin Luther King Jr., Betty Friedan, Carl Sagan, Stephen Hawking, and Fidel Castro (twice). Even vitriolic conservatives Bill O'Reilly and Rush Limbaugh have deigned to be interviewed.

On top of that, I've read articles on the Arab Spring, asteroid mining, shark attacks, the making of *Scarface*, and the meth empire created by actor Tom Arnold's sister. *Playboy's* journalists not only produce great content, but they also track down intriguing stories that are not picked up anywhere else. So, the question is: Why does it still come delivered in a blacked-out plastic bag?

Criticism seems to come from two sources. One is an old, conservative generation that feels the need to stamp out boobs wherever they arise, but is

still content to let the *Sports Illustrated Swimsuit Edition* fly off newsstands across the continent. The other criticism is from a younger generation that finds buying *Playboy* to be the most ridiculous thing in the world when it's so easy to find pictures of naked women online. And this group elucidates my point perfectly: *Playboy* lost its "dirty pictures" niche a long time ago, and it keeps going simply because of its strength as a publication.

I am not defending *Playboy* against any and all criticism. There is plenty you could write about "bunny culture" and its effect on women (though I do not feel competent to weigh in here). I am concerned primarily with the magazine, and the magazine is certainly no more damaging to women than the plethora of publications specifically directed at them.

I find myself staring at a *Cosmopolitan* cover every time I get my hair cut, and frankly, it embarrasses me. They all run

together in my memory, but I can recall tags like, "10 Things Guys Crave in Bed," "9 Times You Won't Burn in Hell for Being Bitchy," "My Gyno Talked to My Vagina' and Other Doc Shockers," and countless hard-hitting "sex surveys." Of course, none sticks out more in my memory than "The Butt Facial." Any woman could read that in public without attracting a sideways glance, yet I would be a pervert for reading an interview with Jon Hamm just because of a partially obscured title printed across the top of the cover.

None of this will change, obviously. I will still furtively ferry my magazine back to my apartment when no one else is around, and I will still peruse deep and thought-provoking articles about solar energy or North Korea while kitschy nude cartoons smile from the opposite page.

I make the following confession: I read *Playboy* for the articles. Judge me as you will.

Heckles Inconsiderate cyclists

Andrew Ikeman | Fulcrum Staff

I LIKE TO walk everywhere. To work, to Parliament, to class; I very rarely use alternate transportation. As I walk around our great city, I can't help but notice a trend: cyclists are douchebags. Now I do realize that there are many cyclists out there who are nice people, but the majority of them are assholes.

I live in the Golden Triangle, a neighbourhood just over the Corktown Bridge, and every day as I cross the bridge I try to be mindful of bikers. This is no easy feat, considering that over the last few weeks I have seen the number of douchebag cyclists skyrocket. Last week I had to quickly move onto the grass to avoid a head-on collision with one, as he flipped me off while shouting a few choice expletives.

Also, dear douchebag cyclists, sidewalks are for pedestrians. Riding your hipster bike down the sidewalk is dangerous. I've gotten bowled over by a hipster on a bike before and it wasn't an experience I'd ever wish to repeat. If you don't want to ride your bike on the street, don't ride your bike at all! King Edward Avenue does not have wide enough sidewalks for bicycles.

What's another thing so many cyclists are guilty of? Believing they are above reading street signs. Newsflash, bikers: You must obey all traffic signs. In the past week I have seen at least 10 cyclists ignore the following: one-way streets, no-cycling signs, stop signs, and perhaps worst of all, red lights. In case you've never seen a cyclist run a red light, it is definitely a heart-stopping experience. You see the cyclist approach, the light change, the cars inch up...and no one is stopping. In the span of five seconds, you think you are about to see someone get seriously hurt.

Also, I would like someone to explain something to me. I was recently told that there are huge fines for riding a bike at night without a bell and lights. While this makes sense, apparently helmets have been forgotten. Obviously, if you have bells and lights, your brain must be safe. Right? Wrong.

In the end, you just have to think. Don't be a douchebag. Be safe, ride safe, and most of all, stop flipping me off.

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Smells like school spirit

Are universities guilty of manufacturing school spirit?

Jessica Brutus | Fulcrum Contributor

Whether you cheer for your home team, join a student club or association, or simply wear your school's sweatshirt around town, school spirit is a central part of any university experience. While this pride and support for your university happens naturally to a certain extent—you picked it over all the others—it is also fostered by the school itself. One of the main ways schools do this is through frosh week. This week of non-stop partying is aimed at fresh-faced first years out to have a good time as they get to know their university campus. But because frosh week targets such a specific group of students, it ends up alienating other groups. And school spirit, which should exist all year round, becomes a manufactured byproduct of frosh—a product with a short shelf life.

Students who have delayed attending university and are slightly older than your typical freshman may not be interested in frosh week and may opt out of it—not because they have no school spirit, but because, quite frankly, there are better things to do than shout foul cheers. It's these students who may seem reluctant to show their support for their school, at least in the ways frosh week



Rah-rah-rah! What does school spirit mean to you?

photo by Justin Labelle

teaches us.

For those who do jump on the bandwagon for school spirit, it seems like it quickly fades away once the syllabi come around and the routine of school work and other stresses rears its head.

By Thanksgiving, most people have become sleepless zombies whose priorities have shifted largely to self-preserva-

tion. Frosh week aside, the beginning of the school year in general tends to foster more enthusiasm and interest in school sports, clubs, and other events than is present later in the year. A shiny new toy is always exciting before the novelty wears off.

School spirit also tends to fade as students progress in their years of study. Few

students are as excited to come back to the same school in the fall of their fourth year as they were in the fall of their first. University is demanding and non-academic priorities may take a back seat.

All this to say that school spirit is not something that is well maintained throughout the whole school year. It's packaged and manufactured in a nice

frosh week kit, and diminishes soon afterwards. But is that such a bad thing? Just because something may not be outwardly visible doesn't mean it doesn't exist. You don't have to cheer and chant to have school spirit; it's simply anything that makes you feel like you belong. Even if the U of O sweater may be on inside out, it's still a U of O sweater. f

Perspectives

Who are we?

Sofia Hashi | Fulcrum Staff

EVERYTIME SOMEONE SAYS to me, "tell me something about yourself," I have a mini panic attack and think, "Oh dear God, who am I?" Regurgitating clean-cut facts about myself on the spot is about as easy as solving Fermat's Last Theorem without the cheat sheet. Now, you can imagine what went through my brain when someone asked what our generation—the millennial generation—is all about.

"Oh dear God, who are we?"

This question was posed during one of the *Fulcrum's* weekly meeting. It got me thinking, what has brought the Genera-

tion Y together? Is there a specific event that marks our very essence? Or are we a generation defined not by one moment in time, but rather something very different altogether?

It's difficult to define our age group by a couple of sentences—especially when most of us are meandering young adults just starting to discover who we really are. But, undeniably, there are a few distinct things about our generation that makes us, well, us.

A quick Google search would lead you to believe we're "Generation Me"—a bunch of entitled, self-absorbed, bratty twenty-somethings. That's not true. Sure, we're a little self-obsessed, but isn't

anyone with a Facebook account? And then there are those who believe the economic downturn of events have greatly impacted our generation. However, the important thing to take notice of is that the recession of late has only impacted us millennials, it hasn't defined who we are. Sure, the doom-and-gloom prospects of life after a cushy college campus is frightening, and the current job market isn't helping, but that's only helped shape us Generation Yers. If anything, we've become more savvy and smarter players in the employment market.

There are those who believe education is the cornerstone of our generation. After all, we are the most educated group

of people of all time. According to Stats Canada, the number of university graduates rose a whopping 43 per cent from 1992 to 2007—and that's not counting the number of Canadians who just attended university.

While I agree whole-heartedly with education being a defining, significant feature to our generation, there's a whole other entity that's imprinted on us. Yes, I'm talking about the Internet. We are distinctly unique thanks to the wide spread use of technology and the Internet. We're plugged in and texting away—either on Tablets, iPads, smart phones, or laptops—and have more information available to us than any other



generation. We've become global citizens, all thanks to the Internet.

And to those who said we're too engrossed in ourselves to pay attention to anything else, we're actually more aware and informed than anyone other age group, grâce à la World Wide Web.

So while the sentence, "Tell me something about yourself," still petrifies me, at least I can know soundly answer any question asking about who we are. f

DISTRACTIONS

EDITOR Ali Schwabe | features@thefulcrum.ca
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Dear Di...

Dear Di,
A few weeks ago, I was enjoying girl-on-top with my man when he told me it just wasn't doing it for him. He said it nicely and everything, but it was clear from his flaccid penis that he definitely didn't like it. Since then we've done that position only once more and it seemed to go fine, but I felt super uneasy about how I looked and how I moved. Now I'm just too afraid to take control even though I really enjoyed being on top. I worry about his satisfaction, or lack thereof. Help, Di! Will I ever reclaim my former confident, sexy self?

—Bad In Bed

Dear BIB,
There's a lot going on in your situation—let me address your concerns one at a time. First, it's awesome that you seem to have an open line of communication with your guy and that he felt comfortable enough to tell you when the sex wasn't working for him. How much worse would you feel if you only found out later that your guy had been faking enjoyment but was actually cringing inside?
Second, your dip in confidence is understandable, but why let an isolated inci-

dent get your panties in a knot when you could be getting them wet instead? Your man clearly enjoys most sex with you, and if he didn't say anything the second time you took control, you're probably good to go. If you're still hesitant, there are plenty of ways to calm your nerves.

Try asking him what in particular made his dick shrivel. Maybe there's something specific about the move he doesn't enjoy. If he's vague or just says he doesn't like it, you may be out of luck—not everyone likes all positions. On the other hand, if it's one of your faves, try to find a way to make it work. When you're on top, you control the angle and depth of penetration. You're more likely to be grinding your hips to get some clit action, which stimulates his penis less intensely than in-and-out positions do. If he's used to being on top or doing doggy-style, girl-on-top just might not be enough action to keep his soldier standing at attention.

That being said, a girl's gotta have her love button taken care of. There are a couple of ways you can boost the action in the moment to make sure he loves it as much as you do. Reach behind you and cup his family jewels while you're going at it, spin around for some reverse cowgirl, or blindfold him so he pays more attention to the sensations going on down below.

So get back on that horse, cowgirl, and ride him till the sun comes up. It shouldn't be long before you're galloping toward sexual confidence.

Love,
Di

Dear Di,
I'm a first-year student studying at the U of O. I'm gay, and have come out to my friends and family back home. Here in university, though, I don't want to be known as the gay one among my new friends. Is it okay to keep it a secret?

—Jumping Back Into The Closet

Dear JBITC,
Your sexuality is your business and yours alone. It is absolutely up to you when, how, why, and even if you tell people about your orientation. Of course, keeping it a secret will definitely make it harder for your friends to set you up on appropriate blind dates.

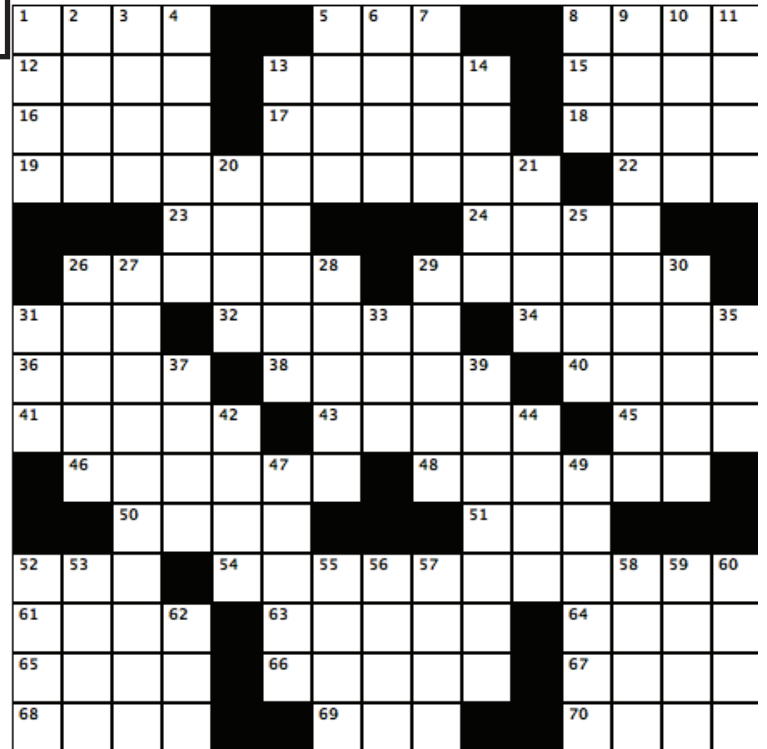
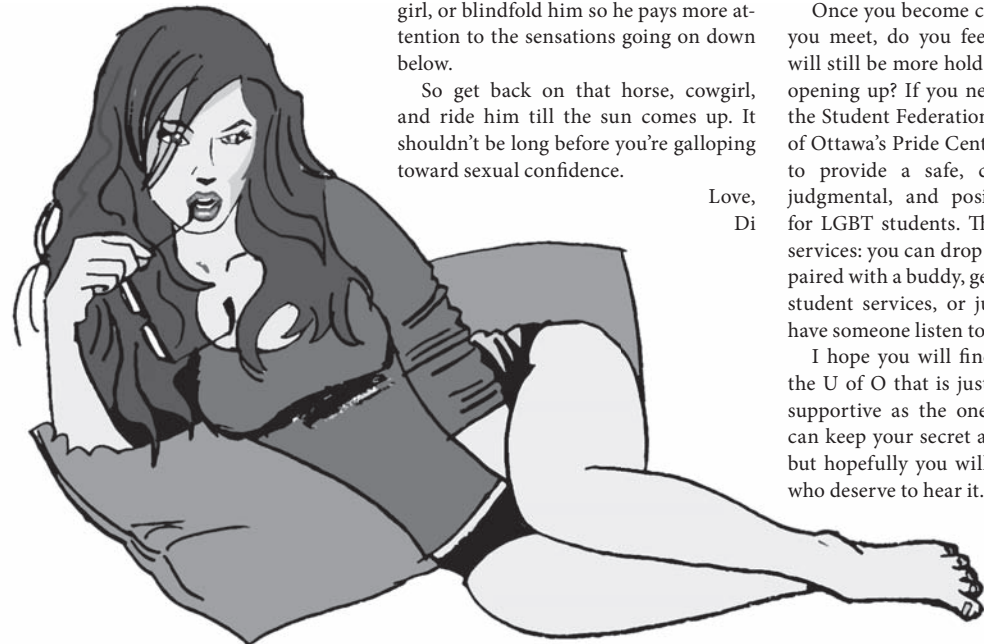
That being said, there's nothing wrong with being proud of who you are and announcing it to the world! You write about not wanting to be known or defined as a certain stereotype. This is totally understandable—nobody wants to be a token gay, or token anything else, but in university people are more open minded and less likely to pigeonhole you than they may have been in high school.

Sure, if you're just starting to make friends, it makes sense that the first personal detail you dish isn't your sexual preference. My hope for you, though, is that you'll make friends who like you for you and who won't change their opinion of you once/if they find out your orientation—basically I hope you meet nice people.

Once you become closer to the people you meet, do you feel as though there will still be more holding you back from opening up? If you need an extra hand, the Student Federation of the University of Ottawa's Pride Centre was established to provide a safe, comfortable, non-judgmental, and positive environment for LGBT students. They offer plenty of services: you can drop in to hang out, get paired with a buddy, get referrals to other student services, or just rant a bit and have someone listen to you.

I hope you will find a community at the U of O that is just as accepting and supportive as the one back home. You can keep your secret as long as you like, but hopefully you will soon find people who deserve to hear it.

Love,
Di



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

Across

1- June 6, 1944; 5- TKO caller; 8- Garage sale sign; 12- Green land; 13- Having auricular protuberances; 15- Ammo; 16- Thin stratum; 17- Babble; 18- _ kleine Nachtmusik; 19- At once; 22- One circuit; 23- Writer Hentoff; 24- Blue hue; 26- Reebok rival; 29- Kitchen; 31- Admiration; 32- Sleep disorder; 34- Rice dish; 36- Beaver creations; 38- Small mountains; 40- "James and the Giant Peach" author; 41- Sag; 43- Device with 88 keys; 45- Sticky stuff; 46- Sheath; 48- Bigshot; 50- "From _ according to his abilities..."; 51- Not 'neath; 52- Equipment; 54- Pass through; 61- Singer Sedaka; 63- Functional; 64- Bargain; 65- Rice-shaped pasta; 66- Farm machine; 67- Hostelries; 68- Abound; 69- Condensed moisture; 70- Carry;

Down

1- He loved Lucy; 2- Per _; 3- Composer Khachaturian; 4- Aden native; 5- _ avis; 6- Part of Q.E.D.; 7- Celebration; 8- Enzyme ending; 9- Cudgel; 10- New Rochelle college; 11- Pace; 13- Tomb inscription; 14- 4th letter of the Greek alphabet; 20- Arp art; 21- Quick sharp bark; 25- Put _ on it!; 26- Alert; 27- Withdraw money from use; 28- Long-billed sandpiper; 29- Australian cockatoo; 30- Lout; 31- Append; 33- Actor Wallach; 35- Andy Capp's wife; 37- Caribbean dance music; 39- Meddling person; 42- Agreement; 44- Dedicated to the _ Love; 47- Small tree; 49- Accept as true; 52- Gnarl; 53- Able was _ ...; 55- Not much; 56- Egypt's river; 57- Killed; 58- "All The Way To _", song by REM; 59- Pessimist's word; 60- Additional; 62- Actor Herbert;

Need more distractions?



Check out the blog of the week:
Weddingobsession.com

Even if you aren't engaged like this week's feature author Abria Mattina, you can still appreciate the stunning photography and amazing Canadian weddings featured in this blog.

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Sexy Sidenote:
According to a survey of sex-shop owners, cherry is the most popular flavour of edible underwear. The least popular? Chocolate.

Nerdy/Dirty Pick-up Line:
Have you heard of Platform 9¾? Well, I can think of something else with the exact same measurements.



Empirical | XKCD



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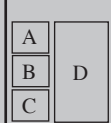
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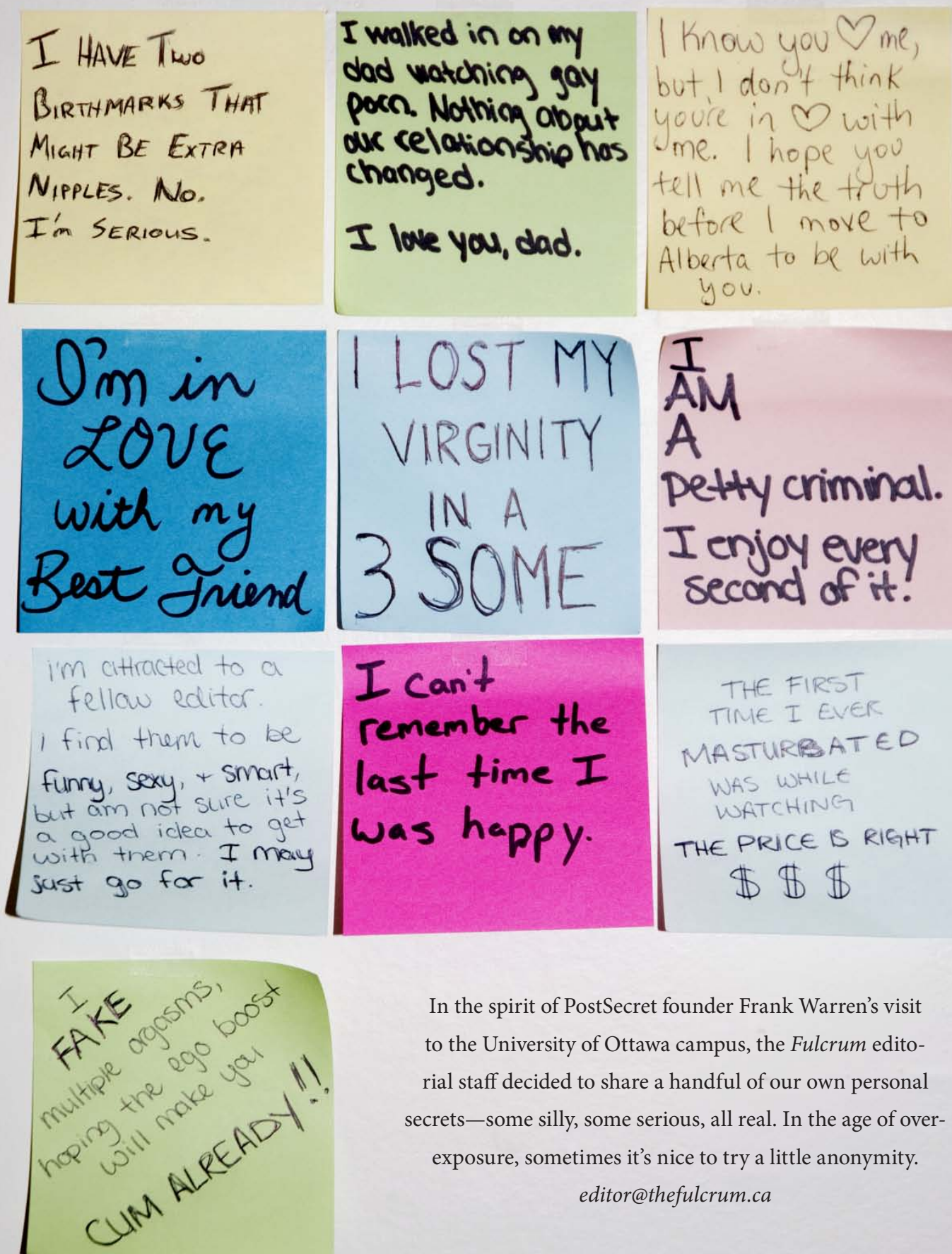
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EDITORIAL

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FulcSecret



In the spirit of PostSecret founder Frank Warren's visit to the University of Ottawa campus, the *Fulcrum* editorial staff decided to share a handful of our own personal secrets—some silly, some serious, all real. In the age of over-exposure, sometimes it's nice to try a little anonymity.

editor@thefulcrum.ca



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