



# Our guide to student health and fitness



# Fulcfit supplement

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## TEDx comes to the U of O

Universities' best and brightest converge in first-ever TEDx event on campus

Tyler Shendruk | Fulcrum Staff

On Saturday, Oct. 13, just over 100 idea-seekers gathered in the Alumni Auditorium to participate in TEDxUOttawa, a conference of ideas. Hosted by the Student Federation of the University of Ottawa (SFUO) and licensed through the popular TED (Technology, Entertainment, and Design) conferences, the sold-out event brought students, teachers, and alumni together to participate in a day that promotes the dissemination of—as TED's slogan states—"ideas worth spreading."

Though the event was limited to only 100 people, ticket-hopefuls waited at the door nearly an hour before the start time of 10 a.m. to claim any available seats.

"People get really excited about TEDTalks," said SFUO president and event coordinator Ethan Plato. "We had a lot of people calling, asking, 'Where's the TEDTalk?' ... [TED] has that 'wow factor' that gets people out."

With over 3,000 community events organized worldwide and over half a billion views of TEDTalks available free online, it's not difficult to see why the U of

Ottawa community was excited to enjoy a local TED experience.

TEDxUOttawa featured presentations by professors, students and recent alumni of the U of O on the theme of "Innovation & Creativity." Without exception, the speakers rose to the occasion and despite the broad theme, the talks fit well together. The event was live-streamed by Zoom Productions, the SFUO's video production company.

"We don't usually do live-streaming," said Imani Wilmot, editor at Zoom. "This is the first time that Zoom is ever doing live-streaming of any kind of event ... It's awesome that we can even provide this kind of service."

Through the TEDx license, any of the TEDxTalks could be chosen by the central TED organization to be posted at TED.com. The TEDx license is an independently organized TED event. As Matthew Staroste, TEDxUOttawa's live blogger, explained, the videos will be available to everyone.

"It's about promoting greater ideas in general, so the SFUO will be posting the rest of these videos on the TEDxUOttawa.ca website so that folks who either couldn't tune in to the live-stream today or couldn't be here in person can still be part of a TEDx experience," said

Staroste.

It was universally acknowledged that the U of O's first TEDx experience came about largely thanks to one person.

"This is Jozef Spiteri's brainchild," chuckled Staroste.

Spiteri is the vp social of the SFUO and has harboured a dream of hosting a TEDx conference at the university for nearly as long as he's been a student here.

Spiteri even held the license for TEDx-

UOttawa for two years prior to becoming an executive member of the SFUO. He said he didn't have to convince the rest of the SFUO executives that hosting a TEDx event was worth the time and effort.

"Everyone seemed interested," said Spiteri. "Everyone was motivated. So when I got elected, I kept working on it and kept in contact with the people at TED."

"One thing that we need on campus—especially coming from the SFUO—is a more academic twist," said Spiteri immediately after the TEDx event. "It gives an idea of what this community is and what it has to offer."

TED conferences are part of an international set of conferences founded in 1984 by the private non-profit Sapling Foundation. The talks were originally planned as a one-off, but they expanded as their popularity grew.

"Everyone was motivated. So when I got elected I kept working on it and kept in contact with the people at TED."

—Jozef Spiteri  
SFUO vp social

"People get really excited about TEDTalks," "We had a lot of people calling, asking, 'Where's the TEDTalk?'"

—Ethan Plato  
SFUO president

### Best of TEDx

Tyler Shendruk | Fulcrum Staff

THE TEDxTALK AT THE U OF O was a big success and showcased the best and brightest our university has to offer. Here are some of our favourite speakers of the day.

#### Mark Salter, professor of political science

"What is the point of education if the information is available to all?"

While teaching one day, Salter realized that lecturing was an outdated method of education. No longer seeing himself as a "gatekeeper" to knowledge, he now crowdsources his syllabuses, giving students the power to decide what they study.

#### Andrew Pelling, assistant professor of physics

"You know, it used to be that in these type of talks, I could be a bit more creative and wild, but I've noticed that I'm just doing this everywhere now."

Pelling wowed the crowd with his laboratory's ability to hack biological systems the old-fashioned way—rather than altering cells' genetic codes, Pelling can create surprising biological systems by altering their surroundings. Growing mice cells in the cellular scaffolding of an apple core was a clear crowd favourite.

#### Robert McLeman, associate professor of geography

"I learned a ton this morning... I mean, I didn't know that you could grow mouse cells inside an apple core. It kind of frightens me that you can, but it's interesting to see that people on campus are doing that."

McLeman warned that the coming climate change will have a major impact on human migration patterns but also advised against being afraid of waves of environmental refugees, reminding the audience that Canada is a country of immigrants that could benefit from those seeking a fresh start.

#### Lee Jones, founder and editor of *Art & Science Journal*

"How do we encourage moments of awe and wonder in everyday life? ... Artwork with themes of science, nature, and technology can be catalysts for eureka moments."

Jones is a U of O student but also the founder and editor of the *Art & Science Journal*. Through her journal, Jones uses the collision of art and science to foster a sense of wonder.

#### Alyse Schacter, U of O health sciences student

"It was amazing. I think everybody learned from everyone who was there. We all had very different topics."

Schacter, a 21-year-old advocate for the de-stigmatization of mental illness, spoke candidly about her experiences with severe treatment-resistant obsessive-compulsive disorder and advocated that openness can reduce suffering.

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# Welcome to the Ottawa casino?

## City council votes in favour of casino proposal

Andrew Ikeman | Fulcrum Staff

**O**n Oct. 10, the Ottawa city council voted in favour of a motion to allow the Ontario Lottery and Gaming Corporation (OLG) to seek private-sector funding for a casino in the nation's capital. Mayor Jim Watson said the vote, which was 19-5 for the motion, does not bind the city to building a casino, but allows the OLG to present the city with a proposal.

"It is important to remember that city council's decision was to signal interest, in principle, of a gaming facility," said Watson in a statement to the *Fulcrum*. "This does not commit the city to a facility or even a specific location, but it allows the OLG to request bids from proponents. With infrastructure challenges and federal job cuts, city council cannot afford to not at least consider a proposal next year."

Ward 12 Councillor and U of O graduate Mathieu Fleury voted against the motion, and said he wanted more consultation with the OLG on the proposal.

"I was making a point yesterday [with my vote]," said Fleury. "It's unfortunate that OLG didn't view this process as a working group, which means that the next time we are going to see something at council talking about a casino, there will be a final proposal, one option—a yes or no, basically—on a location."

According to Fleury, the biggest problem will be the lack of oversight by the city into the various proposals that will begin flowing into the OLG.

"It may involve the [Rideau Carleton Raceway], that might involve other sites, but the issue is that no elected official from the city will have worked through that process and that discussion and understanding of their thought process," said Fleury. "For me there is tons of risk, and it's unfortunate [that] as council we

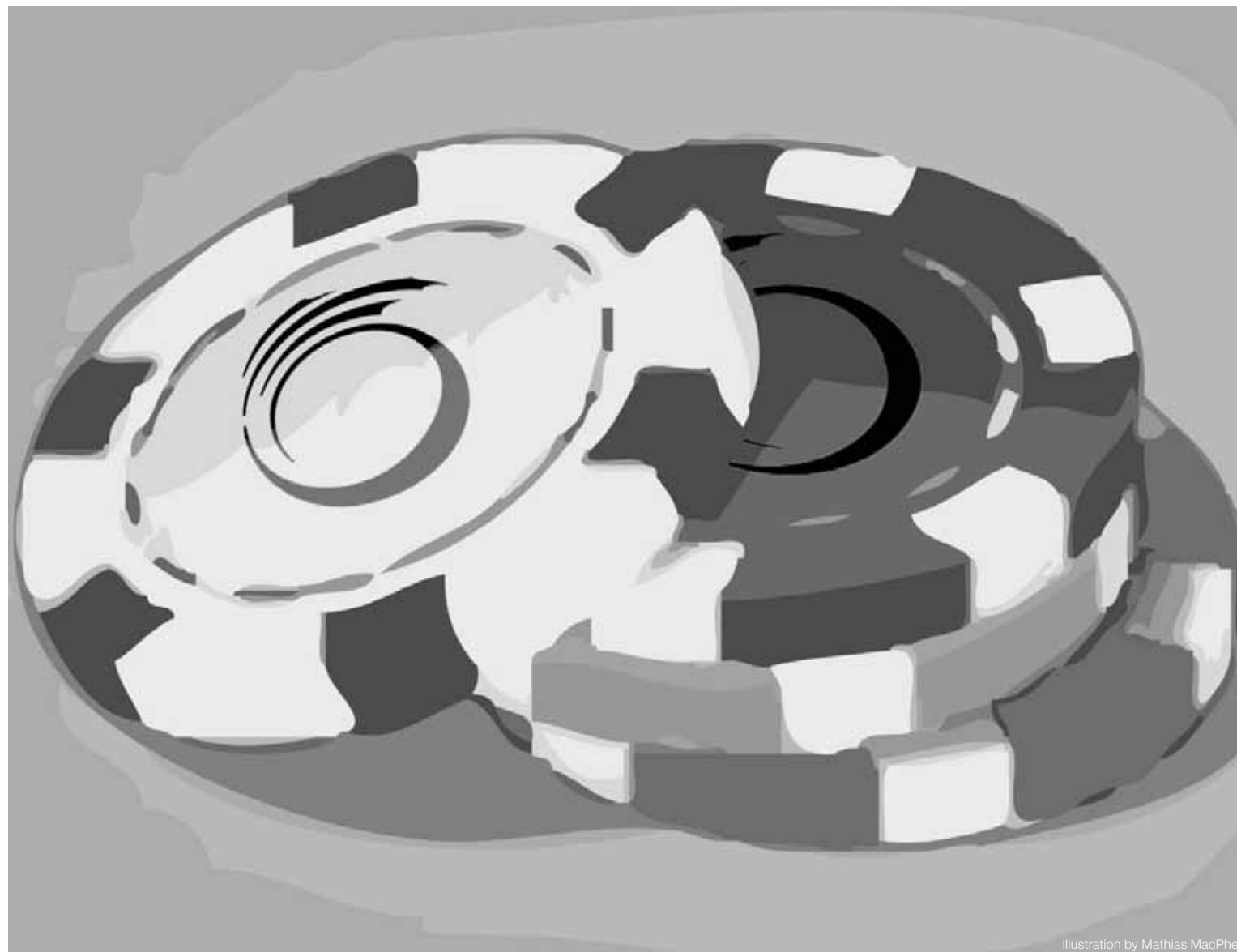


illustration by Mathias MacPhee

weren't able to establish parameters."

The Rideau Carleton Raceway, the city's only current OLG gaming facility, features 1,250 slots, but the contract to house the slots there will expire next year, along with all slots at racetracks across the province. According to the mayor's office, the Rideau Carleton Raceway garnered \$4.4 million in revenue for the City of Ottawa in 2011. The nearest casino is the Casino du Lac-Leamy in Gatineau, Que., whose status as one of the biggest tourist destinations in the region is

something Watson would like to see our city cash in on.

"Given these existing gaming options, a new Ottawa gaming facility would not be a big change from what our residents are used to," said Watson. "However, the difference would be that the City of Ottawa would receive new revenues that would be earmarked for investments in infrastructure renewal and economic development initiatives that create jobs in Ottawa. It would allow us to repatriate some of the money going to the Quebec

government."

Tony Bitonti, OLG's senior manager of media relations, said they have received interest from the private sector to develop a casino in Ottawa. Bitonti also said the proposals would be vetted and signed through OLG, meaning the city will not see a short list of proposals.

"We will choose the successful proponent, and then that proponent will work with the city to finalize zoning, location, that type of thing too," said Bitonti.

"The contract we are going to sign with the proponent is between OLG and that proponent. It's not between the city, OLG and the proponent, it's just between two parties. Where the city does come in, and absolutely they will have a major role to play in this, is in terms of location. Some communities like Kingston and North Bay, who have voted in favour of the possibility of a casino in their area, have put certain restrictions on it ... Ottawa has not put those restrictions on as of yet, but they very well could."

## Turning Point

### Ban the sugar, not the water

Andrew Ikeman | News Editor

LAST WEEK, AS I walked into my 8:30 a.m. Criminal Justice and Penal Norms midterm, I was slightly nervous and wanted a drink of water. I journeyed out of the classroom and to the vending machine. My choices: Coke, Diet Coke, over-sugared apple juice, and vitamin juice water stuff. I settled on a Diet Coke and went to write my exam. Halfway through, I had a sip and, shocked by the carbonation that early in the morning, began a loud and violent coughing fit. Yes, very embarrassing.

The ban on the sale of water bottles on the University of Ottawa campus makes no sense. I can understand why you'd want to ban plastic bottles—they're harmful to the environment and have a nasty tendency to wind up in landfills—but if we are going to ban them, why are we banning only the ones that contain the healthiest choice of drink?

Doctors have said time and time again that water is always your best choice. We've all heard the eight cups of water rule, and we've read the warnings against sugary pop, yet we still decide to ban the

water bottles on campus.

I do try to fill up my reusable metal, Polyvinyl chloride (PVC)-free water bottle, but sometimes I forget to grab it, or I can't find a water fountain. What am I to do then? Drink my own piss?

I'm not saying we should reinstate the sale of water bottles—although I certainly wouldn't be opposed to it—but I am simply trying to understand why we are a campus that sells a ton of sugary, over-caffeinated drinks, which come in the same environmentally unfriendly form as the much-maligned water bottle. Pivik has around eight

fridges full of Pepsi and Coca-Cola products. Why couldn't that be replaced with two fountain-drink stations? They would use the more environmentally friendly cups and lids and have the added bonus of being cheaper for the university to run.

Obesity rates are a growing concern in Canada, with some estimates suggesting that it could surpass smoking as the leading cause of preventable mortality. If it were up to me, the sale of all soft drinks would be banned on campus. In all honesty, I have been known to drink a bottle of Coke to wash down a shawarma, but if water were

an option, I would go for it.

Apparently I am the rare type of person who prefers bottled water to tap. I prefer the taste, and the fact that it is cold. I always make sure I toss my used bottles into the recycling bin. Just because a lot of people don't, doesn't mean none of us do.

As it doesn't seem that the U of O will be reinstating the healthy water bottle any time soon, I guess I will have to join the rest of this campus' thirsty students as they choose between a rock and a hard place: carbonated sugar or carbonated aspartame. Yum yum.



# The Debriefing

Premier McGuinty steps down

TORONTO—ONTARIO PREMIER DALTON McGuinty shocked his caucus during a surprise meeting on Oct. 15 by resigning as premier and Ontario Liberal party leader. The move comes as the Ontario government faces several controversies, including their handling of Ornge, the air-ambulance-service provider, and the shutting down of power stations in Oakville and Mississauga.

McGuinty also announced that the legislature will be prorogued indefinitely while the party searches for a new leader. Both the Progressive Conservatives' Tim Hudak and New Democratic Party's Andrea Horwath have voiced their opposition to the prorogation of the legislature.

McGuinty has been the Member of Provincial Parliament (MPP) for Ottawa South since 1990. He succeeded his father, Dalton McGuinty Sr., as the MPP for the riding after his father's death from a heart attack. McGuinty was elected as Ontario Liberal party leader in 1996 and as premier in 2003.

—Andrew Ikeman

Former Bank of Canada governor dead at 102

WINNIPEG—JAMES ELLIOTT COYNE, former governor of the Bank of Canada, died Oct. 12 at the age of 102 in Winnipeg, Man. Andrew Coyne, his son and a prominent Canadian journalist, confirmed his father's passing.

Coyne graduated from the University of Manitoba in 1931 and was named a Rhodes Scholar, a title which allowed him to attend the University of Oxford.

Coyne was governor of the Bank of Canada from 1955–1961. His tenure at the bank was noteworthy, exemplified by his resigning in 1961 after refusing to adopt the monetary policies of then prime minister John Diefenbaker. The incident was recognized as an important landmark in the bank's autonomy, despite the fact that the governor of the Bank of Canada continues to be appointed by the minister of finance.

—Jesse Mellott

University of P.E.I. campus hit by pro-life chalkings

CHARLOTTETOWN (CUP)—Students arriving on the UPEI campus on Oct. 9 were bombarded with pro-life messages left in chalk by Students For Life, a student group opposed to abortion.

The group used chalk to scrawl pro-life messages on pathways leading in nearly every direction on campus. Their messages included slogans such as "Life is Beautiful," "Right to Life," and "I am happy you were born!"

The group also drew footprints to represent the first steps of children. Along one walkway, chalkings traced the development of a fetus during its time in the womb, accompanied by lines like "Week 5: You Have Toes!!!" and "Month 6: Kickin' Kickin' Kickin'."

Earlier in the year, the PEI Reproductive Rights Organization made international headlines with their campaign to grant access to abortions for women on Prince Edward Island. Currently, P.E.I. is the only Canadian province that does not provide abortion services.

In addition to the pro-life group Students For Life, a pro-choice student group called the Campus Alliance for Reproductive Justice has also been formed on campus. The group first became active this past spring.

UPEI Facilities Management later sent work crews to power-wash the chalk away.

—Josh Coles and Garrett Curley, the Cadre

## HOUSE SITTING

### Reasons for resigning

Christopher Radojewski | Fulcrum Staff

I TOLD MYSELF I would not write about the XL Foods E. coli outbreak, but the unfolding reactions in Parliament have been too interesting to stay quiet on. Every day since the outbreak, members of Parliament (MPs) have sat in the House for question period and the interrogation of the government on the outbreak has been constant.

The questions about this outbreak have been mainly directed towards the minister of agriculture and Agri-Food, the Honourable Gerry Ritz, provided he is in the House. For a brief period he left to go out West to address problems first-hand, but the opposition was unhappy he was not there to be held accountable. The mismanagement of the outbreak, the

largest in Canadian history, has prompted the opposition to call for the minister's resignation.

To resign or not to resign, that is the question. For the Conservatives, the answer is no resignations from the cabinet, and since Harper was elected in 2006, he has kept resignations to a minimum. Despite scandals and problems, the cabinet has weathered the storms. So what does it take for a minister to resign? Let's examine the history.

Maxime Bernier, the current minister of state for small business and tourism formerly held the role of minister of foreign affairs. His is one of the only resignations under the Harper government, brought on by his criticism of Afghan politicians, promises of foreign aid with

## PowerShift coming to Ottawa



photo courtesy of Crystal Hajjar

### Youth conference to be held at the U of O

Andrew Ikeman | Fulcrum Staff

THE UNIVERSITY OF Ottawa will play host to students from around the country for a four-day conference that promises to, according to its website "build an environmental and climate justice movement that can transform our society, so that our future can be enjoyed by everyone, not only those who can afford it."

Gabrielle Arkett, one of the conference's volunteer organizers, said they expect several hundred youth to converge in the nation's capital Oct. 26–29 for the youth summit, entitled PowerShift.

"PowerShift is an environmental conference happening on campus at the end of October; it's organized by youth, for youth," said Arkett. "It's a national conference; we are hoping to have several hundred youth from all across Canada come and learn about various issues related to climate and environmental justice, and also learn various direct-action

skills to help them build a nation-wide social movement for action on climate change."

The conference will be held on campus and will feature several keynote speakers including former Coalition large de l'Association pour une Solidarité Syndicale Étudiante spokesperson Gabriel Nadeau-Dubois and native rights activist Winona LaDuke. The Student Federation of the University of Ottawa (SFUO) has promoted the event both on campus and by linking the event's website on their homepage.

"Our involvement has mostly been in terms of helping them with promotion—through the website, social media, emails," said Anne-Marie Roy, the SFUO's vp communications. "We decided to support them because we think that student engagement is very important, and the nature of PowerShift is definitely that. It's encouraging youth, and our generation, and students in universities

to get involved to bring positive social change to our communities."

Meghan Stanley, a second-year student in international studies and modern languages, is excited to see an event like PowerShift come to the U of O.

"I think [the summit] is a great idea," said Stanley. "I think it's important for youth to get involved, especially as the Canadian administration has backed off green initiatives. It's really great that youth [are] getting involved."

PowerShift summits began in 2007 in Washington, D.C. and have since been held in Australia, Canada, the U.K., and the U.S., with New Zealand organizing their first summit this year. Notable speakers for the D.C. conferences included former vice president and Nobel laureate Al Gore and environmentalist Van Jones. The first PowerShift summit in Canada was held in 2009 in Ottawa, and was attended by over 1,000 youth from across the country. f

no plan to provide it, and the leaving of classified documents at his ex-girlfriend's house (who had connections to Hell's Angels). Harper accepted his resignation in May 2008.

Roger Simmons was the minister of state responsible for mines under Prime Minister Trudeau for ten days in 1983. When he stepped down, he claimed it was for personal reasons, but only 21 days later he admitted to the *Ottawa Citizen* that the Department of National Revenue was investigating his tax returns.

The most similar case to the XL Foods crisis is known as Tunagate. In 1985, cans of spoiled tuna that had been packaged in Manitoba were allowed to stay on store shelves. CBC broke the story that the minister of fisheries and oceans,

John Fraser, had approved this decision. Shortly after a recall was initiated, Fraser resigned from Prime Minister Mulroney's cabinet. And despite all the spoiled tuna, no one got sick.

These three examples demonstrate that there is no set formula for what circumstances will bring about a minister's resignation. It is a decision that is made at the discretion of the minister and the prime minister. Although the opposition may call for dismissal, they have no power, nor does the public.

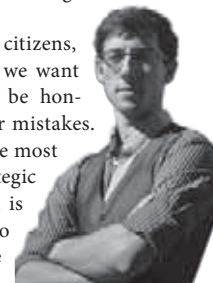
Ritz, in this case, may be safe. But unlike Tunagate, 15 people got sick from the E. coli outbreak. Thankfully, no one died—but does it take a death for a minister to resign? I sincerely hope not.

Resignations depend on the politician

in question, and they are not always negative. Even as I write this, Ontario Premier Dalton McGuinty's sudden resignation continues to surprise people. There is much speculation as to whether this is a personal decision or if McGuinty trying to evade possible corruption, but only time will tell why he resigned when he did.

I think that as citizens, we can agree that we want our politicians to be honest and admit their mistakes.

This may not be the most politically strategic thing to do, but it is the right thing to do if citizens are the focus. f





## Poutine for poverty

illustration by Brennan Bova

### uOttawa BuildWoW attempts to win sponsorship to help build school in Nicaragua

Sabrina Nemis | Fulcrum Contributor

IS THERE A more Canadian way to bring people together than a poutine-eating contest?

The University of Ottawa chapter of Building Walls of Wisdom (BuildWoW) competed in Smoke's Poutinerie's campus edition of the world poutine-eating competition Oct. 13. The reward is a \$2,500 sponsorship from the poutine restaurant.

If uOttawa BuildWoW posts the best time out of the 11 university organizations across Canada who took part, the chapter will donate the money to help fund the building of a school in Nicaragua. The results will be announced Oct. 25.

Jennifer Viscosi started the new stu-

dent club after she was inspired to make a difference while studying at the University of Sydney. During her time in Australia, she took a trip to Fiji. All she'd ever heard about the island was how beautiful its beaches were, but the most striking thing she saw was the extreme poverty.

When she thought of her own Western privilege, Viscosi realized how little it would take to help provide opportunities such as education to people in less fortunate circumstances.

Around the same time, she read an article on the Telfer School of Management's website featuring U of O alumnus Russ Morgan. In 2009, Morgan founded BuildWoW to combat barriers to education through fundraising for the construction of schools. Apart from the money the organization is raising for Ni-

caragua, BuildWoW has secured funding to build schools in Kenya, Ecuador, Sri Lanka, and Ghana.

"It really touched my heart," Viscosi said. "I feel like this is my way to be able to give back."

Viscosi contacted BuildWoW and they suggested that she start a chapter at the U of O. She agreed and rounded up other students to form the new club. They then established an executive council and began the process of getting recognition from the Student Federation of the University of Ottawa.

When the school year started, Viscosi read about Smoke's Poutinerie's campus poutine-eating competition at Campus-Perks.ca. The restaurant already holds an annual worldwide poutine-eating competition in Toronto, in addition to this

year's campus competition.

The first challenge in the competition was getting votes online in order to be nominated to compete; the U of O's BuildWoW got the most votes out of the 11 schools competing. This allowed them to reach out to a lot of students.

"Being able to associate our club with Smoke's allowed us to get our name out right in September, when everyone's coming to university," said Viscosi. "They're like, 'Oh, we see them giving out free poutine; what are they doing?'"

The second challenge was the poutine-eating. Students from university organizations across Canada gathered on their campuses in teams of four to compete relay-style for the best poutine-eating time.

In the courtyard in front of Morisset Library last Saturday at 1 p.m., four U of

O students surrounded by supporters ate boxes of poutine as fast as they could in hopes of getting a record time.

They prepared by ripping parts of the boxes off for easy access, keeping a bottle of water handy on the table, and having numerous backup forks within reach. Barely chewing, the team finished in five minutes and 29 seconds as fellow students cheered them on. They will find out how their time stacked up against the other competitors' on Oct. 25.

Viscosi hopes to plan more events to help raise awareness and funds for other schools through BuildWoW, something she encourages students to be a part of.

"Get involved in whatever it is you're passionate about and you feel can make a difference," Viscosi said. "Go after it; nothing's impossible." f

## Music played at the speed of light

### Physics PhD student demonstrates the Laser Musicbox at Electric Fields festival

Spencer Van Dyk | Fulcrum Staff

UNIVERSITY OF OTTAWA physics PhD student Christopher Smeenk demonstrated his pet project, the Laser Musicbox, at the 2012 Electric Fields festival on Oct. 12.

Smeenk, who was one of several of the night's speakers at Saint Brigid's Centre for the Arts, took the time to explain his project, which uses light to create sound.

"I think most people are familiar with a few applications of lasers," Smeenk explained in his presentation.

"Eye surgery, laser hair removal ... these are all based on optical properties of light: transmission, reflection, absorption," he continued. "But there is very little work done using light to create and control sound. In some sense, that is because light and sound are very different, but there are extreme situ-

ations in which the two can be coupled together to create kind of a multi-sensory experience."

Smeenk is doing his thesis in the area of ultrafast physics, using lasers to study atoms and molecules at the National Research Council of Canada (NRC); however, he has recently branched out to using lasers to create sound and music. His presentation included a simplified explanation of the science behind his Laser Musicbox, as well as demonstrations of its uses and abilities.

"With the Laser Musicbox, you can, from a single physical source, simultaneously produce sound that we hear and colours from the entire optical spectrum," Smeenk explained.

Smeenk recently received the Awesome Ottawa award and will put the money towards a MIDI keyboard, which he will use to interface with the laser system and create something more akin to what we would think of as a musical instrument.

Smeenk's presentation was part of the Pecha Kucha event hosted that night, under the umbrella of the Electric Fields festival that ran from Oct. 10-14.

Remco Volmer, the event's organizer, explained the concept of the Pecha Kucha event.

"It is a worldwide brand that started in Tokyo, and cities around the world can apply for a license to run an event under that brand," Volmer explained. "It's a kind of trademarked format of 20 slides, for 20 seconds each, so each presenter has 6 minutes and 40 seconds to make their point, so it keeps things moving along, keeps it fresh and exciting."

Volmer also said he believes

the draw of the Pecha Kucha format is its unique presentation, and hopes that his future events will see similar results to the Electric Fields presentation.

"Apart from numbers, the more important expectation is that people are going to be very excited about this type of performance and that they will

come out more, that they will keep supporting us, and that everybody has a wonderful time," said Volmer. "I hope that it

draws them in because it is slightly off-centre, it is a little off-kilter, and it has the ability to surprise and delight." f

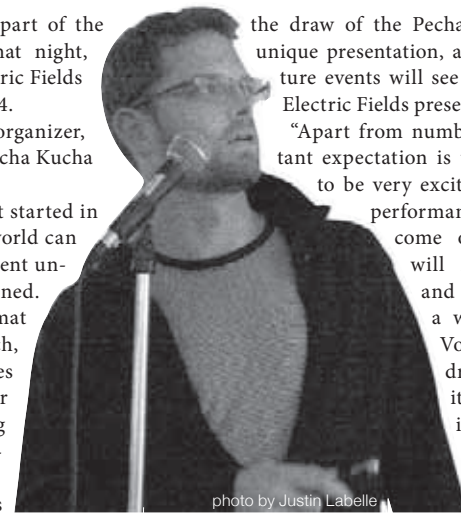


photo by Justin Labelle

# the thryllabus

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

## Music

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

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

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

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

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

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

Oct. 24: The Pack AD, Topanga, and Ornaments play Mavericks (221 Rideau St.), 8 p.m.

Oct. 25: Crystalyne, Remember the Fire, The Riot Police, and Christina Leigh play Café Dekcuf (221 Rideau St.), 7 p.m.

Oct. 26: Rydell, Live the Story, and Neighbours play Club SAW (67 Nicholas St.), 6:30 p.m.

Oct. 27: Paper Lions, Danielle Duval, and Ashleys play Zaphod Beeblebrox (27 York St.), 8 p.m.

Oct. 30: The Contortionist, Your Memorial, Sleep is for the Dead, and Hemispheres play Mavericks (221 Rideau St.), 6 p.m.

Oct. 31: Rockalily Burlesque, Sound of Lions, and DJ Lowpass play Babylon (317 Bank St.), 9 p.m.

Oct. 31: Mystery Pill and Bourbon and Spice Burlesque play The Rainbow (76 Murray St.), 9 p.m.

## Film

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

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

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

## Visual art

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

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

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

## Theatre

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

Now–Nov. 3: *The Glace Bay Miners' Museum* plays at the NAC Theatre (53 Elgin St.)

## Sports

Oct. 19: Women's soccer: Gee-Gees play the Queen's University Golden Gaels at Matt Anthony Field (801 King Edward Ave.), 6 p.m.

Oct. 20: Men's football: Gee-Gees play the Western Univer-

sity Mustangs at Beckwith Park (1319 9th Line Rd.), 1 p.m.

Oct. 21: Men's hockey: Gee-Gees play the Carleton University Ravens at the Minto Sports Complex (801 King Edward Ave.), 2 p.m.

Oct. 26: Men's basketball: Gee-Gees play the Bishop's University Gaiters in the Jack-Donohue Tournament in Montpetit Hall (125 University Pvt.), 6 p.m.

Oct. 28: Women's soccer: Gee-Gees play in the Ontario University Athletics East semi-final game at Matt Anthony Field (801 King Edward Ave.), 1 p.m.

## Miscellaneous Events

Oct. 24–30: Ottawa International Writers Festival occurs in various venues across town

## Comfort Quotes

“True terror is to wake up one morning and discover that your high school class is running the country.”

—Kurt Vonnegut



*Remember, remember, the 1st of November...*

*The date draws near.*



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# New worlds for young minds

Children's lit conference showcases the imaginative geography of kids' books

Max Szyz | Fulcrum Staff

The University of Ottawa hosted a variety of literary stars and international scholars at this year's Children's Literature Conference from Oct. 12–13.

The conference featured keynote speakers Kenneth Oppel, a Toronto-based author best known for his *Silverwing* and *Airborn* series of novels; Alan Cumyn, a regarded Ottawa author of adult and children's novels; and Margot Hillel, a professor and historian at the Australian Catholic University who has done extensive research on children's literature.

The conference was primarily focused on the discussion of the imaginative geography that plays a big role in young adult and children's fiction.

"Canadian children's literature is some of the best in the world, and the last people who recognize this are Canadians themselves," said conference coordinator Aida Hudson, a part-time professor in the department of English at the U of O. "These authors tend to sell more copies of their books in other countries."

"In Canadian children's literature, the landscape is often a character in itself, due to how vast and varied it is," said Amy Einarsson, who was handpicked by Hudson to work at the conference. The two met when Einarsson was an undergrad in Hudson's children's literature class.

In his keynote presentation, Oppel discussed his love of creating fictional geographies for his novels and showed maps that he had designed in meticulous detail. He recounted one amusing story where he brought a video camera to High Park, near his home in Toronto, and videotaped the trees and grass for inspiration—much to the confusion of passersby.

Oppel also entertained the crowd



Toronto-based author Kenneth Oppel delivers his keynote speech Oct. 12 at the Children's Literature Conference

photo by Mico Mazza

with humorous recollections of his childhood obsessions that led to his love of fantasy and young adult fiction, which included the *Space Invaders* and *Dungeons & Dragons* video games as well as comic books—although the only comics he was able to get as a child were *Archie Comics*.

As for the present state of popular young adult and children's literature, Oppel professed that the industry is different today than it was 10 years ago.

"Today's popular young fiction is similar to the movie industry in that it follows trends, and books don't get as much of a chance to gain an audience," Oppel

said. "There's less of a place for less typical books."

Regardless, this isn't going to stop him from writing the type of fiction he adores.

Hudson and Einarsson hoped the conference would provide a networking opportunity for visiting authors and academics.

"Kids' literature itself has been around for as long as there have been children," said Einarsson. "As for academic studies, it's relatively new. The conference gives an opportunity for scholars to network, as people are coming from all over the world, and this helps to lay the groundwork for where the studies are going." f

## Words from a writer-in-residence

André Alexis puzzles himself and others on the illusive concept of storytelling

Keeton Wilcock | Fulcrum Staff

OVER THE YEARS, the University of Ottawa's faculty of arts, in conjunction with the Canada Council, has sponsored more than a dozen authors to spend a semester on campus and fill the role of writer-in-residence. In 2010, Robyn Sarah was the university's writer-in-residence, while Steven Heighton held the position in 2011.

This year, the university's writer-in-residence is André Alexis, a short-story writer, playwright, and novelist originally from Port of Spain in the Republic of Trinidad and Tobago.

Alexis grew up in Ottawa and has written about the city in many of his

works, including his first novel, *Childhood*, which won the Books in Canada First Novel Award and the Trillium Book Award in 1997, and his most recent novel, *Asylum*, published in 2008. Alexis explained that it was a brief run-in with Canadian writer Norman Levine that spurred him to begin writing about the capital.

"There are very few people that actually write about Ottawa," Alexis said in an interview with the Fulcrum. "Norman Levine was one of the people who wrote about Ottawa. So when I was reading his work, I would read about Waller; I would read about George. You know, the streets and what they look like and what they feel like. It was the first time that I'd had

a sense that it was OK to write about this thing, Ottawa, that really interested me."

Since Alexis's early writings about Ottawa, he has carved out a successful creative writing career that spans several decades and multiple genres. Alexis has published various plays, short stories, and novels, produced work for the CBC, spent time as a contributing editor for *This Magazine*, and served as writer-in-residence at McMaster University, Western University, and now the University of Ottawa.

When not spending time on his own written work, Alexis will be available for the duration of the fall semester to pass on some of his knowledge to U of O students through an advanced creative writ-

ing class he is teaching.

"It's a chance to scratch my head about the things that make up writing," Alexis explained. "It's like, what is a story? We start from that. I've had a lot of experience thinking about it, so I may be a little further along the road of being puzzled."

The Ottawa writer is also holding office hours throughout the week in order to meet with students and provide them with constructive critiques of their work. While Alexis will be able to provide much more personalized information through one-on-one meetings, he still has a few general tips for burgeoning writers.

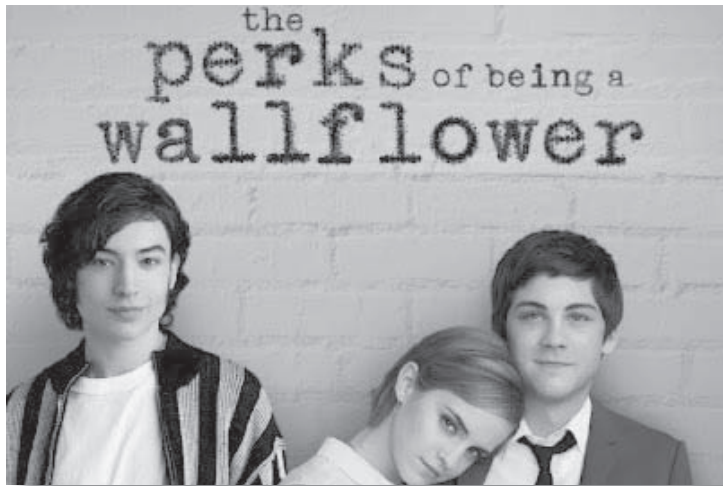
"First of all, you want to really consider whether you want to [be a writer], because it's not an easy life at all. For all

my belief in the importance of the arts, I know that I'm living in a time in which that influence has been very much contested," said Alexis.

"But, if you really have to do that, then the next question becomes what is it that you're doing. Find out about your art form. What is it like, what does it do, what are its traditions, what are the questions that it brings up? Because those questions and your answers to them are the things that are going to be most valuable." f

Alexis's office is located in room 349 of the Arts building. His hours are from 9 a.m.–3 p.m. on Mondays and 9 a.m.–2 p.m. on Tuesdays.

## movie reviews



### The Perks of Being a Wallflower

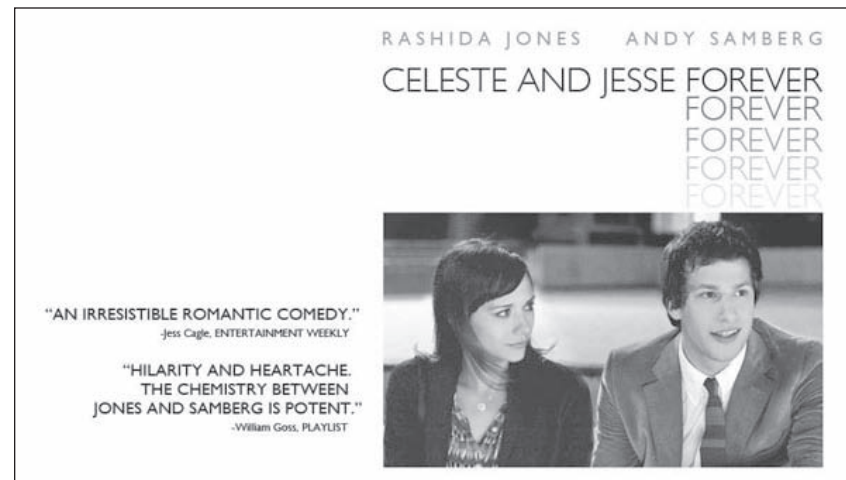


ALMOST 15 YEARS ago, author Stephen Chbosky struck a chord with introverted, outcast or otherwise angsty adolescents everywhere with his epistolary novel *The Perks of Being a Wallflower*. It's a coming-of-age story in the vein of *The Breakfast Club* that turns its attention to alternative lifestyles, abuse, and mental illness. The story is told in a series of letters written by Charlie, a shy and troubled kid who's apprehensive about his freshman year of high school. But soon enough he meets Sam and her stepbrother Patrick, a couple of seniors who welcome him into their lives and introduce him to new experiences—for better or for worse.

Chbosky took on the noble task of writing and directing the screen adaptation of his novel, and with each scene of eloquently captured earnestness and oddity, it really shows. What also shows is the great casting; unlike a lot of teen TV or movie characters who are clearly portrayed by actors in their mid-20s, the characters in *The Perks of Being a Wallflower* are actually believable, and downright lovable. Logan Lerman plays a perfect Charlie, while Ezra Miller delights with his hilarious and flamboyant portrayal of Patrick. Emma Watson makes for a fantastic best friend and love interest, despite being just a tad too mature for her role and failing to mask her trademark British accent quite as well as she might've hoped.

*The Perks of Being a Wallflower* is one of those movies that sinks in deep, that you can't stop thinking about for days, that makes you scour the net for clips of the most satisfying and heart-wrenching parts. It's a rare feel-good film that can boast a good share of hopelessness and despair while warming your heart at the same time.

—Adam Feibel



### Celeste and Jesse Forever



A TITLE LIKE *Celeste and Jesse Forever* would probably lead movie-goers to expect another run-of-the-mill chick flick, filled with cheesy lines and a sweet ending. While the film doesn't disappoint in either of those areas, it doesn't do much to distance itself from other slightly-below-average romantic comedies that Hollywood seems to churn out ad nauseam.

The film follows Celeste, portrayed by Rashida Jones (who also co-wrote the screenplay), as she finds herself falling for Jesse, played by *Saturday Night Live* royalty Andy Samberg. The only problem? He's her ex-husband and is having a baby with another woman. What ensues are a lot of drugs and dates on Celeste's part in an effort to "find herself."

The movie, while not terribly unoriginal, doesn't seem to find its sweet spot. There may be a few hilarious, laugh-out-loud moments sprinkled in with a couple of "aww"-worthy scenes, but for the most part, *Celeste and Jesse Forever* falls flat.

Suffering from a serious case of "just average," the film feels like a bad mash-up of director Peyton Reed's *The Break-Up* and Marc Webb's indie gem *500 Days of Summer*. Sadly, this weird hybrid doesn't work. Plagued with bad acting from a supporting cast—Emma Roberts as a bratty, rich pop star shouldn't be that much of a stretch, but it was—and a weak plot, *Celeste and Jesse Forever* will leave you checking your watch and thinking about what you're going to wear tomorrow. But hey, what do you expect from Hollywood?

—Sofia Hashi

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Source: Egale Canada, 2011

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# Below the yellow line?

Does *The Biggest Loser* do more harm than good?

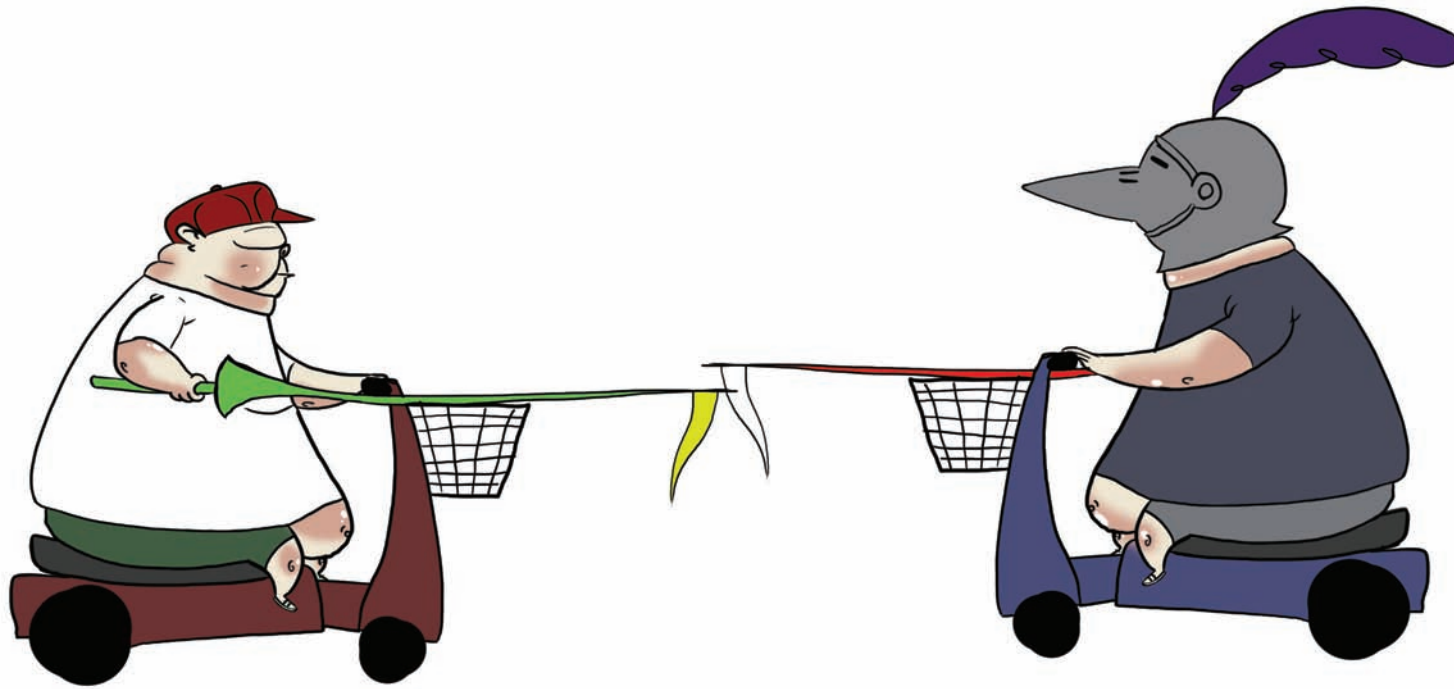


illustration by Brennan Bova

## Point: Heavily inspiring

*THE BIGGEST LOSER* is one of the more controversial reality shows on TV these days, and most people either love it or hate it. Personally, I say what's not to love? I think the show is a great way to promote an active lifestyle and prove to couch potatoes living healthy and losing weight can be done, with a bit—or a lot—of hard work. Watching the hundreds of contestants that have taken part over the show's 13 seasons (with season 14 premiering in the new year), it's obvious NBC is doing something right.

The competitive atmosphere on the show really brings out some of the most dramatic and inspiring transformations I've ever seen. The competition between contestants—along with the quarter million dollar grand prize—inspires people to put forth their best efforts, and therefore they end with the best results.

The show also ensures the participants live in an ideal environment for their amazing journeys to take place. Contestants live on an isolated ranch with trainers and a chef, along with others facing the same struggles as they are. Would these people be able to get healthy and reclaim their lives without the competition and the safe and open environment they are in?

Furthermore, all of the blood, sweat, and tears the contestants put into their weight loss is motivational for a lot of viewers, including myself. Seeing someone lose more than 200 pounds makes me ask, "If they can do that, why can't I lose just 20 pounds?" The show is inspirational for those who want to become more active but need an extra push to get going. There's nothing like watching someone go from obesity to completing a marathon to get you to tie up your own running shoes and hit the pavement. A focus on fitness is a healthy

approach.

*The Biggest Loser* also does an excellent job at showing how much hard work it really does take to lose weight. With multitudes of weight loss products available that are supposed to show great results on the bathroom scale with little to no effort on your part, it's nice to see the reality of losing weight without taking any shortcuts or opting for the easy way out. The hard work the participants do is recognized and appreciated during the program, along with their phenomenal results.

Every episode of *The Biggest Loser* is emotional, and the audience and viewers tend to pull for the contestants who struggle so hard to get to where they are. This show promotes an excellent lifestyle choice, and with the way it's helped so many people conquer their weight problems, it's hard to think negatively of *The Biggest Loser*.

—Paige Vonk

## Counterpoint: Not worth its weight in gold

NBC'S *THE BIGGEST Loser*, which is approaching its 14th season, is television at its worst. To think that every year, overweight people apply to be on a show that exposes not only their weight and eating problems, but also their personal lives and suffering makes me wonder what the world is coming to.

While the overall goal of being healthy is admirable, these contestants are put through insanely intense exercise and strict diets. Contestants on *The Biggest Loser* believe they have tried everything possible on their own to lose weight and that the show is their last chance. Regardless of whether this is actually the case, these stakes are high. When you consider the exhausting workouts and emotional upheavals present on this show, it seems unfair that this is what individuals have

to put themselves through in order to get help with the common problem of obesity.

Millions watch, glued to their TVs, as people who desperately want to change push themselves to the limit—some contestants have even vomited or passed out onscreen. It seems like a crazy science experiment with unrealistic standards and questionably qualified doctors who intervene only when contestants' health becomes an issue.

Also of concern is the possibility that contestants or audience members might develop unhealthy diet and exercise habits as a result of the show. Past contestants have proven this with stories of fasting, dehydration, and working out with layered clothes before weigh-ins. Some, such as season three contestant Kai Hibbard, have spoken out about struggles with eating disorders and other mental ramifications after the show ended. Although the results seem worthwhile to many, *The Biggest Loser* promotes the idea that extreme is the only way to get results.

Furthermore, the show turns watching heavy people doing grueling physical work into entertainment. Is it okay to laugh at someone when they can barely run around a 200-metre track? A ticker adorns the bottom of the screen throughout the show, urging the public to "participate in the conversation" on Twitter and through other social media, and let's face it, audience feedback isn't always going to be constructive or encouraging.

Even the show's trainers may not have contestants' best interests at heart, although they act that way on camera. The trainers are paid a ton to do the show, which also markets products like DVDs, CDs, books, and journals. One of the show's regular trainers, Jillian Michaels, often poses for fitness magazine covers and endorses an entire line of supplements, which includes pills for calorie control, fat burning, and weight loss. She also sells books and DVDs of her own. It is unfortunate that in our society we sometimes overlook those who may be harmed or taken advantage of in a system where only a few can come out on top.

To sum up, *The Biggest Loser* promotes an extreme lifestyle that gets results in the short term, but harms contestants in the long term. Is the entertainment value really worth it, or should we find a way to help these individuals without exploiting them?

—Krystine Therriault

## The lazy student's workout

Brittany St. Louis | Fulcrum Contributor

We've all been there—you wake up one morning, look in the mirror, and realize you aren't as slim or fit as you once were. Still, you're far too lazy to actually get off the couch, unless, of course, your roommate proposes a trip to McDonald's followed by dessert at the Beavertail stand. The solution: following these six easy exercises, perfect for someone who hates fitness; no weights, sweat, or pesky gym visits required.

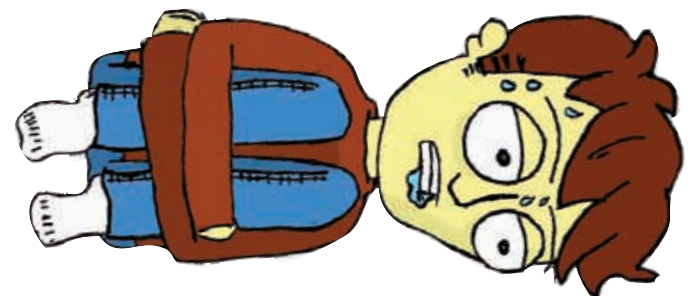
### Sleeping warrior pose

The sleeping warrior is a variation of the traditional warrior poses often found in yoga. Sleeping warrior differs from other yoga poses in its lack of lunging or bending. The sleeping warrior aims to loosen the muscles in your body and awaken your energetic spirit. The pose is achieved by standing up and stretching one's arms out to the side as far as they will reach, resembling the stretch that generally accompanies yawning. If this is too hard, try it sitting first.



### Baby's pose

Find a spot to lie down—a couch, bed, or floor will do the trick. Assume the fetal position. Baby's pose is best to do at the end of a workout as a relaxation technique, and also as a tool to stretch out the spine. This is a movement guaranteed to help with the transition into the child's pose, which you can attempt once you become more advanced in the art of yoga.



# One day

## Saying the occasional sayonara to steak

Sabrina Nemis | Fulcrum Contributor

**O**besity-related illnesses cost the Ontario provincial government \$1.6 billion a year. To cut costs and promote a healthier lifestyle, the government is implementing an action plan for Healthy Eating and Active Living (HEAL). One of the recommendations made by EatRight Ontario, a service funded as part of HEAL and run by registered Canadian dietitians, is to forgo beef, pork, fish, or poultry once a week—what some are calling Meatless Monday.

Going meatless once a week can be a cost-effective way to improve your health. According to EatRight Ontario, eating as a vegetarian just four to five days a month can help reduce your risk of

heart disease, Type 2 diabetes, and some cancers; increase your levels of vitamin B12, which keeps your blood and nerves healthy; and lower your cholesterol.

The idea of going vegetarian, even for a day, can be terrifying to the average meat eater. Even if they are aware of the health benefits of avoiding meat, some find it hard to say no. Vegetarian food can seem boring, complicated, or better suited to your rabbit's hutch than to your dinner plate. But the carnivores out there needn't worry; continue reading and you'll be able to easily navigate strange-sounding ingredients, delicious possibilities, and local restaurants so you need never fear vegetarianism again.

One way to ease into Meatless Mondays is to try eating out at a vegetarian restaurant. Ottawa has several, and a couple are within walking distance of campus. Perfection-Satisfaction-Promise is only a couple of minutes away at 167 Laurier Ave. E, and Govinda's is at 212 Somerset St. E. These vegetarian restaurants offer a variety of filling and delicious dishes, so you can put the image of limp lettuce and stringy celery sticks out of your mind. Going out to experiment will give you the chance to try something

new without the frustration of spending an hour making kale chips only to find out in the first bite they make you gag.

As you peruse the menu, don't be intimidated by ingredients you've never tasted or even heard of before. Restaurant staff are knowledgeable and happy to help patrons explore new food choices, so don't be afraid to ask.

One of the main staples of vegetarian eating is soy, which is rich in protein and iron. Many people imagine soy as a tasteless block of mush in tofu form. However, one of the reasons soy is so popular is that it comes in many forms, so you can pick the one that fits your taste the best. Maybe miso soup will float your boat, or tempeh bacon will make you salivate. Plenty of meat-based dishes have vegetarian counterparts that are just as delicious; you still get variety and can simply modify your favourites, like pizza, curries, wraps, and more, to ensure they don't contain meat. And hey, desserts are almost always vegetarian too!

Use the experience of trying new dishes to get ideas for cooking meatless for yourself once a week.

There are thousands of websites with healthy and easy recipes to choose from. You don't need to give up meat entirely to appreciate eating in a new way, improve your quality of life, and work toward decreasing your chances of developing life-threatening illnesses. You may even find something you really like. Pass the channa masala!

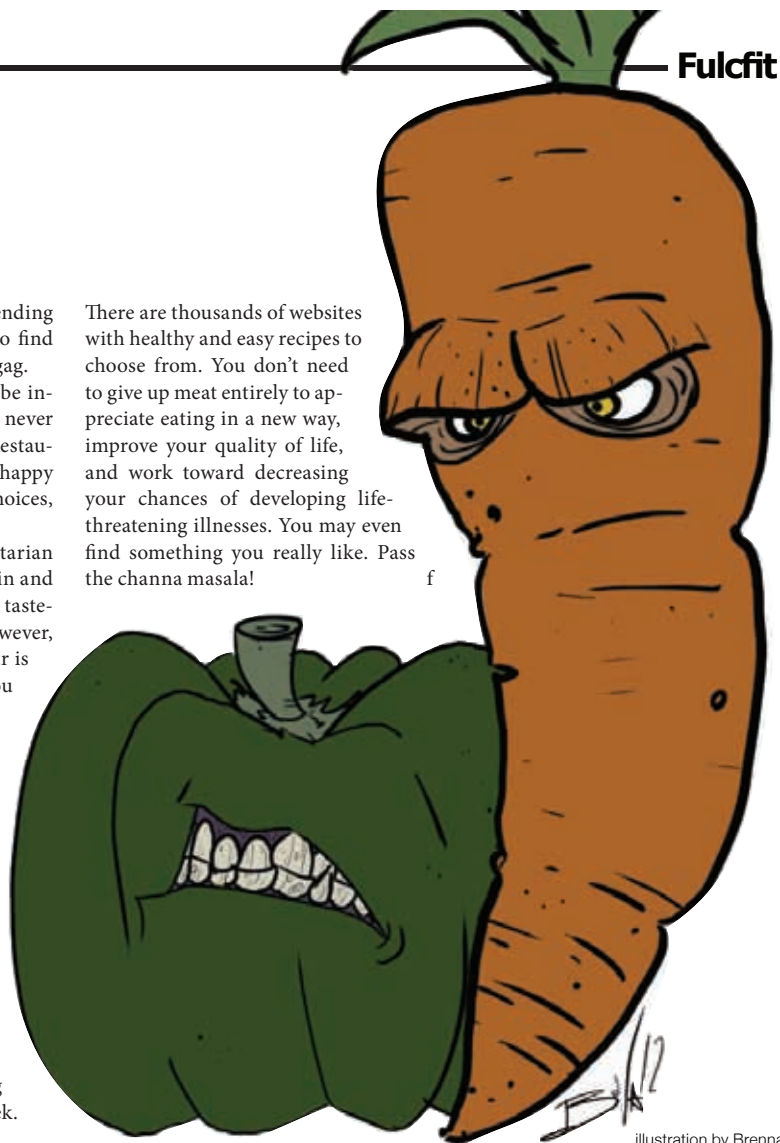


Illustration by Brennan Bova

# Dolla dolla billz

## A new approach to motivation

Vanessa Millar | Fulcrum Contributor

**ON MORNINGS LIKE** today, it takes all the energy I can muster to get out of bed and start the day. I would happily skip my morning yoga class in exchange for 45 more minutes in my comfy bed. I, like many university students, often find it difficult to motivate myself to get active.

According to Jennifer Brunet, an assistant professor in the School of Human Kinetics at the University of Ottawa, there are two types of motivation: extrinsic and intrinsic. Extrinsic motives for working out include weight control, physical appearance, and social recognition, while intrinsic values include self-efficacy and enjoyment.

What would happen if an added extrinsic motive came into play to get people to maintain a healthy lifestyle?

Financial incentives can be an extremely effective way to motivate individuals to exercise and lose weight. According to a 2008 study published in the *Journal of the American Medical Association*, participants who were given a financial incentive lost more weight than participants in the control group.

Shows like *The Biggest Loser*, in which the person who loses the most weight receives \$250,000, are a real-life example of how money can motivate. However, the idea of financial incentive has also become popular outside the realm of reality TV. Websites like Stickk.com allow users to set a personal goal such as losing weight or exercising a certain amount per day. If you're not successful, your money will be sent to a charity, an anti-charity (one you don't like), or a friend/family member. Healthywage.com is an Ameri-

can site that charges a fee to participate, but the payoff can be large if you're successful in your weight-loss goal. For instance, it costs \$100 to enter the 10 per cent challenge, but if you shed 10 per cent of your body weight in six months, you double your money.

Meghan McGrail, a communications student at the U of O, says a financial incentive would definitely motivate her to work out.

"As someone who struggles to stay motivated to stick to a workout plan and as a student on a budget, I think a financial incentive would help keep me on track," she said. "If [the site] is something I have to check in with on a regular basis, then it would help me develop a routine at least."

What happens when the financial incentive runs out? It's anticipated that people will continue their exercise pro-

grams because they have built the habit.

Fourth-year public relations and communications student Rebecca Breslin says she believes in the notion of the 30-day challenge, which says it takes 30 days of repeating an activity before it becomes a habit in your everyday life.

"Once you add a workout to your daily routine, it becomes less of a chore and more of a reward," she said.

However, if the individual has not developed intrinsic motivation and the workout still feels like a chore, they might be unlikely to continue without an extrinsic motive such as money.

Professor Brunet says she thinks extrinsic motivation can be contagious and can lead to intrinsic motivation—enjoying exercise and healthy living for its own sake. She believes surrounding yourself

with motivated people is an excellent step to take, since it's likely that you'll get motivated too.

"Simply being motivated and leading an active lifestyle may incite others around us to engage in exercise, because our own values, attitudes, and behaviours are transmitted to others through direct communication, social support, and role modeling," she explained.

Financial incentive may not be a long-term motivator, but it may help you get that much-needed kick-start to your exercise routine. To continue with a healthy lifestyle, you'll need to start appreciating healthy eating and exercise for their own worth. The best way to do that? Grab a friend, and work on your goals together. Misery might love company, but so does fun!

### Tossing and turning tummy tucks

Tighten the abdominals without leaving your bed! The idea is to simulate the tossing and turning from side to side that often occurs as the result of insomnia or a worrisome nightmare. Achieve that flat stomach and tight abs overnight.



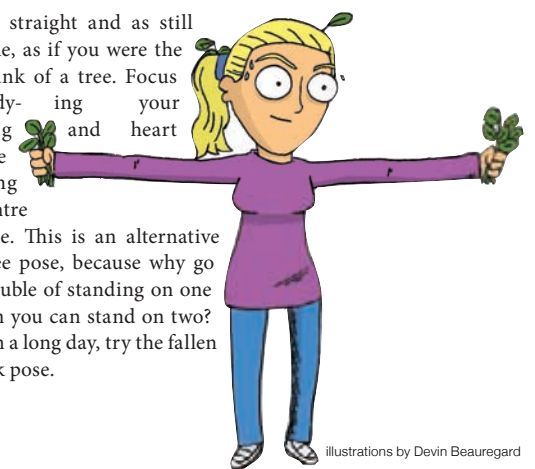
### The button cruncher

This exercise caters to the often overlooked fingers and wrists. No lazy person's workout is complete without paying careful attention to stretching the fingers and wrists to encourage proper blood flow. Through typing or texting daily, you can ensure you have adequately exercised these ever-important appendages.



### Tree trunk pose

Stand up straight and as still as possible, as if you were the stable trunk of a tree. Focus on steady breathing and heart rate while developing your centre of balance. This is an alternative to the tree pose, because why go to the trouble of standing on one foot when you can stand on two? If it's been a long day, try the fallen tree trunk pose.



Illustrations by Devin Beauregard

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# Daring diets

The scoop on diets, from the wild to the wonderful

It's often said that your weight and body shape is determined 10 per cent by genetics, 20 per cent by working out, and a whopping 70 per cent by what you eat. Here, the *Fulcrum* serves up some diets and the philosophy behind them. From the outlandish to the trendy, see what's been making a buzz lately in the world of food and fitness.

## Paleolithic eating

Also referred to as the Paleo diet, this way of eating focuses on the foods that our hunting-and-gathering ancestors used to consume, before the development of agriculture. The diet is based on the concept that evolution hasn't caught up to human innovation in agriculture, and our bodies are still meant to eat the foods our ancestors did. So what are you allowed to eat? Whole foods, but without grains, dairy, beans, legumes, sugar, or salt. That leaves nuts, fruits, vegetables, eggs, meat, and fish to adorn your plate. Like with any diet that forces you to eliminate entire food groups, the Paleo diet is likely to help you lose weight. It is high in protein and low in sugar and carbs, somewhat similar to the Atkins diet. The emphasis on whole foods is definitely the biggest pro to this diet, but there are a few cons to consider as well. The Paleo diet can be high in saturated fat because of the level of meat consumption. Furthermore, skeptics have argued that the diet is better suited to our ancestors' highly active lifestyle than to our more sedentary one—those hunters and gatherers had a greater need for fat and protein.

The Paleo diet is a trendy one as of late—popular fitness program CrossFit recommends eating Paleo as the best accompaniment to its strength and conditioning plan. On the other hand, many nutritionists would tell you everything is okay in moderation, and cutting out entire food groups like carbs and dairy might not be your best bet.

—Ali Schwabe

## Nothing but sunshine: the breatharian diet

Based on the belief that our bodies are self-sustaining, an ideal breatharian does exactly what the name suggests—breathes air. According to this diet, a person's DNA can be activated by being conscious of the mind, body, and all seven chakras. The active DNA becomes magnetic and draws in white light to separate the chakras into colours. These coloured lights are the nutrients the body needs to survive. Sound sketchy? Oh, there's more. According to breatharian ideology, any physical food that is ingested is damaging, and a hunger for food shows emotional and psychological weakness. Breatharianism is linked loosely with Hinduism's prana (which means life force) theory; solid foods and liquids become unnecessary because all

a breatharian needs is to tap into the life force. Although there is no way of telling how many breatharians, and more importantly failed breatharians, are out there, it is safe to say that this diet is not for everyone—or anyone, for that matter. While the *Fulcrum* doesn't recommend sticking to this style of eating, it does sound easy: all you have to do is sit out in the sun and breathe. The only problem? Say adios to your favourite foods... and hello to hunger.

—Tess Kim

## Subway, eat fresh

It all started in 1998 with a 425-pound, 6-foot-2-inch Indiana University student named Jared Fogle. Before spring break of his third year, Fogle created an unconventional diet regimen for himself: he would walk to the nearest Sub-

way and order himself any sandwich from Subway's seven low-fat sandwich options, twice a day. Every day. For 11 months. While most would cringe at the thought of subsisting exclusively on subs for almost a year, Jared slimmed down to an astounding 180 pounds. He later became a spokesperson for Subway—a wise, wise move on Subway's part. His diet was also featured in *Men's Health* magazine, under the title "Crazy Diets that Work"; and it did work. At the end of the day, Fogle's Subway diet was fast and cheap. He was only consuming around 980 calories a day and he had managed to incorporate physical exercise into his

lifestyle by walking twice a day to get his food. However, any potential Subway dieters should be warned—a diet that lacks in variety and significant intake of fruits and vegetables for prolonged periods of time can lead to nutrient deficiencies. In short, the Subway diet makes for an interesting story, but your body may not be so interested.

—Tess Kim

**Flexitarianism: all the choices**

As practitioners of one of the more looked-down-upon diets, flexitarians are people who survive off a vegetarian diet, kind of. This diet is followed by many who strive towards vegetarianism but still want the benefits

of occasional meat consumption. This is a diet grounded in choice—the choice to indulge in the occasional turkey sandwich or meatball. Flexitarianism is also an umbrella term of sorts: one can be a pollotarian (a vegetarian who eats poultry), a pescetarian (a vegetarian who eats seafood), a macrobiotic dieter (a raw vegan who eats fish), or any one of a number of different pollo-pesce-macro combinations. To some ardent vegetarians or true-blue vegans, this diet may seem like cheating. In reality, it can be an easier, more realistic way of adhering to a vegetarian lifestyle for people who just want to dip their toe into the proverbial meatless pool. It's the commitment-phobe's answer to diets, if you will. There are loads of benefits that come with flexitarianism, too: studies have found that people who subsist off a mainly vegetarian diet live 3.6 years longer than their carnivorous counterparts. For those of you who want to slim down, listen to this—flexitarians, vegetarians, and vegans weigh on average 15 per cent less than their meat-eating friends. Not a bad diet to try if you don't want to say goodbye to bacon forever.

—Tess Kim



Illustration by Kelsey Shore

& on the other hand

## Di's fitness advice

Hint: It's sex

Dear sexy students,

If you hate the gym as much as I do, don't go! Spend your time instead getting sweaty in the boudoir. Here are some of the most titillating activities and their fitness specs. Enjoy getting fit while getting off!

Love,  
Di

Activity/Calories burned per hour

Using a vibrator	42
Orgasm	60–100
Tickling	95
Sucking	125
Missionary	Giver: 190 Receiver: 85
Doggy style	Giver: 240 Receiver: 150
Pole dancing	230
Shower sex	312

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—Tess Kim

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# The beat on feet



## Stepping into the right shoes

photo illustration by Mathias MacPhee

Elora McAuley | Fulcrum Contributor

**O**ur feet are our travellers; they take us from place to place whether we're walking, running, biking, jumping, dancing, or skipping. They should be treated with respect, but most of us put them through hell. You

would get the right tires for your car, so why not exercise the same caution when it comes to your feet? Use the *Fulcrum's* basic shoe-wearing guide to help you find the right pair of sneaks for your activity du jour. It's like with any proper workout—the right equipment is essential.

### Running

For running, the right shoe depends on the runner's personal style. If your feet cave inwards, you are an overpronator, meaning your feet over-absorb the impact of landing. These types of feet need a shoe with extra stability. If your feet roll outwards, you are a supinator, meaning your footies don't absorb the impact of landing. Supinators need shoes that offer cushioning. People who neither overpronate nor supinate are best off with a neutral shoe that blends both cushioning and stability.

Recently, minimalist shoes have become extremely popular. The belief

is that with little between your feet and the ground, your running style will improve. These shoes are designed to make you run slower, which gives you a better workout but can also be hard on your joints and feet. If you do decide to opt for a pair of minimalist shoes, ease yourself into them. Start by running slowly and for short periods of time, then gradually increase your speed and try longer distances. Rushing into it could put your body under a lot of stress.

### Weightlifting

There is a lot of debate over which

shoes are best for weightlifting. Running shoes are not good for the weight room because their cushioning makes them unstable. Unstable sneakers increase the risk of injury and make it harder for you to control your technique. The best shoes for weightlifting should be non-slip, with a lot of stability and not much cushioning. Another belief is that the best weightlifting shoes are no shoes at all. This is because there is absolutely no cushioning when you go barefoot, which would improve your technique and give your feet more flexibility and space—you can perform better when your toes aren't squished by your kicks. There are a few things to consider before going sans shoes, like the possibility of a weight falling on your foot, the fact that your workout facility might have rules against bare feet, and the chance of infection. Here, minimalist shoes may be your best bet.

### Gym rats

For those who go to the gym, an important thing to note is not to use shoes designed for sports such as basketball or tennis. For most gym workouts, cross trainers are best because they support multiple areas of the foot. Shoes with a lot of cushion are recommended for activities like step aerobics, as the force that is put on your body when jumping can be up to five times your body weight. Sports like dancing and Pilates require more flexible shoes, and sports that involve a lot of lateral movement need stable shoes with a good traction pattern and slightly rounded outsoles.

So do your feet a favour, and get them the right shoes. Equally important is that they fit well. If in doubt, ask a professional. Get the right kicks—your feet will thank you.

## Strength

### Q and A with a female bodybuilder

Ali Schwabe | Fulcrum Staff

**JULIANNA TAN IS** a second-year kinesiology student at Dalhousie University. She's also been bodybuilding since 2008 and has competed in a number of competitions since 2010. The *Fulcrum* got the scoop from Tan on the sport of female bodybuilding and why girls shouldn't just stick to cardio.

#### The *Fulcrum*: When did you first get involved in female bodybuilding, and why?

Julianna Tan: I started lifting weights in 2008 when I was in Grade 9. I had always been into athletics and competed with multiple teams in a number of sports; however, the bodybuilding scene caught my eye for the first time when my older sister competed in 2008. She had always been a scrawny kid, but she decided to make a change in her life and started hitting the gym on a regular basis and focusing a lot of effort on feeding her body the right nutrients.

My sister and I are very close, so I would often tag along with her to the gym. After watching her progress and seeing how much stronger and healthier she was becoming, I quickly became

interested in weightlifting as well. The strength, confidence, and pride I saw my sister gain influenced me to take on my first competition in 2010. Even today, I still find competing is my source of motivation to push myself to my fullest potential, not only physically, but mentally as well. It requires great dedication and focus that carries over into so many other aspects of life.

#### What are some of the benefits of strength training?

Strength training not only improves your body's shape, but it also increases your energy [and improves] your posture, your power output, and your confidence! By adding weights to your fitness routine, you burn a surprising amount of calories, while shaping out your shoulders, your midsection, and your lower half as well. There are so many ways to incorporate strength training, so you never have to get bored with the same old workout. You can also focus on certain parts of your body, whether it's shaping your arms with concentration curls or toning your bottom in the squat rack.

#### What would you say to a woman who's



Tan competing in women's bodybuilding

photo courtesy of Julianna Tan

#### afraid of bulking up too much from lifting weights and who only does cardio instead?

I wish we [women] could form nice full muscles as easily as the bulky men you see pumping iron in the gym! However,

the truth is, as women, we have different physiological builds and hormones that don't build muscle the same way as men's bodies do. It takes an awful lot of work for a woman to get big and bulky, not to

mention questionable supplements. I've been strength training for nearly five years, always trying to push my limits with [how much weight I lift]; however, I still struggle to gain enough muscle to be anywhere near "bulky." Even after endless hours in the gym and very carefully monitoring what goes in my mouth, by the time competition comes around, I still look like a female! The plus side is shapely definition that doesn't come with a regime that's strictly cardio, and a confidence I just adore.

#### How do you recommend getting started?

Start slow! Ease your way into strength training by incorporating light weights a few times a week. You don't have to go big! If you're not sure exactly what to do, refer to workout websites—my favourite is [Bodybuilding.com](http://Bodybuilding.com)—for a great compilation of "How to's" and demonstration videos. There are tons of great tips in fitness magazines as well; I love *Oxygen*. Try going to the gym with a buddy so you can try new things together and provide encouragement. There is no time that's a bad time to get started. Start today, love your body, and never look back!

# Treat yo'self

## Lemon-tofu cheesecake

Recipe adapted by Tasmia Sher | Fulcrum Contributor

It's delicious, it's vegetarian, and it's decently low in fat and sugar. Plus you're getting a bunch of protein in every serving. The tofu in this dessert shouldn't scare you; it's not only an ingredient used in savoury dishes, and this sweet treat is sure to please. And don't tell your friends it's healthy—between the cheesecake's creamy texture and light lemony taste, they'll never know!

### Directions

1. Preheat oven to 350°F and lightly grease an 8-inch springform cake pan with margarine.
2. To make the crust, melt 3–4 tablespoons margarine and crush the ginger snaps into crumbs using a food processor. If you're a poor student, simply make crumbs by putting the cookies in a plastic bag and mashing them with a rolling pin or other heavy object. A textbook perhaps? Combine 1 cup of crumbs and the melted margarine, then press evenly into the bottom of the pan.
3. Grate your lemons until you have 3 tablespoons of zest. Then juice the lemons until you have about 1/2 cup of lemon juice.
4. Put the tofu, 1½ tablespoons margarine, 1/3 cup lemon juice, 1/2 cup sugar, and 2 tablespoons lemon zest in a food processor or blender. Combine 2 tablespoons cornstarch with the soy milk in a small bowl, then add that mixture to the machine. Blend until smooth. Taste to make sure it's sweet enough, and add more sugar if it's not.
5. Pour the blended mixture on top of the crust and bake in the centre of the oven for 30–40 minutes until the cheesecake is just getting firm in the centre.
6. Let the cake cool to room temperature in the pan. Refrigerate it while you make the glaze.
7. To make the glaze, stir the remaining 2 tablespoons of cornstarch and water together in a saucepan until the cornstarch dissolves. Add the remaining 1/2 cup sugar, 3 tablespoons lemon juice, and 1 tablespoon zest. Heat on medium, stirring constantly until the mixture is thick and clear. Pour on top of the cooled cheesecake and leave it to set, preferably in the fridge.
8. After the glaze sets for at least a half hour, unlatch your springform and serve your cheesecake!

Original recipe can be found at [Bakebakebake.livejournal.com/307241.html](http://Bakebakebake.livejournal.com/307241.html)

# King Pigeon

## Becoming a yoga instructor

Tess Kim | Fulcrum Contributor

The first time I tried yoga was deep in my awkward phase—pubescent with my hair parted down the middle. I followed my mother into one of her restorative yoga classes, this one consisting of mostly women and some men in the upper range of middle age. Needless to say, I felt smug about being able to out-yoga my greying classmates. I was young, flexible, and arthritis-free. I was hooked.

My first true foray into serious yoga came last year when I signed up with a private hot yoga studio. Expecting the same slow pace and easy postures, I swaggered into class, vastly overconfident and underprepared. Not only were my new yoga-mates highly attractive stay-at-home moms and gorgeous fitness-crazed men, the instructor was the fittest, most beautiful woman I had ever seen in a sports bra. It was at that moment I knew I wanted to become an instructor. Her syrupy voice led us through a grueling hour of the most intense workout I had ever experienced—and this is coming from a fitness fanatic who ran 12 kilometres every day for an entire winter.

After a year of beautiful reverse triangles, balancing half moons, and power dogs at this golden studio, I decided it was time. This past summer, blessed with my parents' generosity and credit card, I signed up for a teaching course at the studio, and I now owe my parents unlimited free yoga for the rest of their able-bodied lives.

I opted for private lessons so I could schedule the class for whenever I wanted. This way I can finish my instructor's

certification in as little as six months, or take my sweet time and relish three years of study. Class entails textbook readings,

“Class entails textbook readings, assignments, and a final exam, as well as a lab component: in-class work on postures and the perfection of that ‘yoga voice.’”

intensive and thorough; whether it's the stories of Hindu gods and goddesses or the purpose of all seven chakras, I need

to know it.

After all the time spent in class, money spent on tuition, and hours spent doing homework, the payoff is amazing. I'll soon be finished with the course, and will be able to shamelessly brag that I'm an internationally certified yoga instructor—plus I'm able to name off major muscle groups and various joints and bones despite not being a human kinetics student. Last but definitely not least, I'll soon become that golden yoga instructor, using my smooth voice to lead the class through a killer King Pigeon—it's harder than it sounds, I swear! And maybe, just maybe, I'll inspire others on their fitness journeys as well.



### Ingredients

2 packages of firm silken tofu (total of 450–500 grams)  
5 tablespoons margarine, more as needed for the crust  
2–3 lemons  
1 cup sugar  
4 tablespoons cornstarch  
2 tablespoons soy milk  
1 package of ginger snaps (or digestives, or graham crackers, or whatever cookie you like!)

photo by Mathias MacPhee

## Justify your naps with scientific evidence!

Sara Temkit has the scoop on sleep in an online exclusive... Head over to [thefulcrum.ca](http://thefulcrum.ca) to read more.





## “We need the horses”

photo by Justin Labelle

### Sports Services to give additional funding to select teams

Maclaine Chadwick | Fulcrum Staff

**O**n Oct. 4, University of Ottawa Sports Services announced that it would be launching a national recognition program providing additional monetary support to four varsity teams: men’s football, men’s and women’s basketball, and women’s soccer.

The goal of the varsity recognition program is to increase the national recognition of the university through student-athlete success. The program committee claims this recognition will benefit the university by increasing national visibility and attracting top-quality professors, students, and student-athletes.

But to the committee, national recognition means more than just U of O teams attending Canadian championships or having games broadcast on TV.

“It’s recruiting the best to come to university, but it’s creating that sense of

belonging to the university as well,” explained Colin Timm, assistant director of programs for Sports Services. “It goes [right up] to when people speak about the U of O. We want them to say ‘I’m a Gee-Gee,’ ‘I was a Gee-Gee,’ or ‘I want to become a Gee-Gee.’”

“We are known as a very strong research-based institution; we are known for some international access,” explained Timm. “This is just another part of university life that we feel is very important.”

The program, headed by Timm, evaluated all varsity teams at the U of O based on a framework developed by a committee of coaches, alumni, and staff. The group considered factors such as provincial and national performance, academic performance, national recognition potential, and revenue generation potential.

“Academics is significant to us, so that’s why it had to be a significant part of the evaluation,” said Timm.

The evaluation took into consideration what percentage of a team are full-time students, whether student-athletes meet the minimum GPA of 6.0 for financial awards, and the number of Academic All-Canadians on each team.

“Our primary mandate here is to get every one of our student-athletes a degree ... That’s our job,” said Timm.

Student-athletes who perform well in the classroom are valued by the program because they give sustainability to a team that otherwise may not have consistent success.



“As a university, we really value academics. Other institutions may do it differently, but for us it was a no-brainer,” said Timm.

“We want them to say, ‘I’m a Gee-Gee,’ ‘I was a Gee-Gee,’ or ‘I want to become a Gee-Gee.’”

—Colin Timm  
Assistant director of programs, Sports Services

The results of the evaluation reflected an obvious delineation between the four teams chosen and the rest of the varsity program.

“We were interested in seeing if there was a natural separation anywhere,” said Timm. “It just naturally fell out that there was a significant separation between the four programs that we chose [and the others].”

Men’s basketball coach James Derouin is looking forward to the program’s implementation.

“I’m excited and hopeful that this leads to an even greater commitment from the school in terms of performance, and hopefully that is contagious within the community and our alumni,” said Derouin in a press release sent to the Fulcrum. “The university is taking the first steps towards excellence. It’s going to take everyone to take it over the top, but this is the first step, and being selected is an honour.”

Of course, the implementation of the national recognition program has fired up some debate about the status of club teams at the U of O, which receive different levels of support from Sports Services.

“The club program is not a stepping-stone to varsity,” said Timm. “It shouldn’t be viewed that way and that’s not how it’s been created. It’s an opportunity to have access to competitive environments, but it’s really local.”

Timm also squashed concerns that giving additional funds to four particular teams will take away from other varsity, club, intramural, and recreational programming at the U of O.

Fourth-year communications student Julie Vien-Walker has played in intramural sports every semester since her first year at the U of O.

“Intramurals are essential to have,” she said. “As long as the program doesn’t take away from recreational sports here, I’m cool with it.”

According to Timm, that shouldn’t be a concern.

“[The funds] came from our general operating fund,” explained Timm. “Sports Services is an autonomous body; you know we’ve got external revenue that comes in. It didn’t affect current programs, and it didn’t affect recreational programs ... it was very clear to us that we cannot reduce service to the other 42,000 students on campus.”

The program, which is currently in the process of setting specific goals for each of the recipient teams, hopes to see improvements in areas like performance and quality of coaching in the near future.

By next year, the quality of student-athletes who are on Gee-Gee rosters should be higher, said Timm.

“The level of student-athletes will probably increase, because the opportunities

and programs themselves are going to draw the better recruits,” said Timm. “You need the leadership, you need the facilities, but you need the horses.”

# Touchdown turnaround

Gees shut out Waterloo 61-0

Maclaine Chadwick | Fulcrum Staff

In arguably their most crucial home game of the regular season, the Gee-Gees football team kept playoff hopes alive by shutting out the University of Waterloo Warriors 61-0. The win brings the Gees' season record to 2-5, after winning against the University of Toronto Varsity Blues over Thanksgiving weekend.

Rookie running back Vincent Campbell got the game off to an exciting start when he made a 107-yard return touchdown after the kickoff within the first 15 seconds of play. The touchdown was reminiscent of the last home game against the Wilfrid Laurier University Golden Hawks, when Campbell ran a 106-yard touchdown within the first 30 seconds.

"Something like that gets everybody rolling, it gets everybody in the right mindset that we are going to put up a lot of points," explained Brendan Gillanders, a fourth-year running back. "It's great that Vince, a first-year guy, can come in and contribute like that right away. It's huge."

Gillanders contributed a huge amount of points to the scoreboard after playing the best game of his career statistically, scoring four touchdowns and running 250 yards.

"There are some games where I probably contributed a little bit more in key times, but statistics-wise, [this was my best game]," said Gillanders. "I'm just go-



Vincent Campbell in action

photo by Justin Labelle

ing to play my role. If the hole is there, I'm going to hit it, I'm going to score touchdowns. If it's not [there], I'm going to try to make people miss ... I'm just going to play my role in a versatile offence."

Kicker Matt Falvo also had a memorable game, tying the Ontario University Athletics all-time career field goal record

after kicking his 70th field goal. The record, previously held by Western University kicker Frank Jagas, would have been broken had Falvo's next kick not been blocked by a Waterloo player.

The Gees' back-to-back wins are coming late in the season, but there is still a chance they can make the playoffs if they win

against Western University next weekend.

"I think just efficiency really, capitalizing on our scoring chances especially," said fifth-year quarterback Aaron Colbon when asked what the team needs to work on to win against Western. "We have to capitalize and score on every drive. That's really important. We know what we have to do;

we have one goal, and that's to make the playoffs. We are really just focusing on that and moving forward every week."

*The Gee-Gees will fight for the last playoff spot as they take on the Western University Mustangs next Saturday, Oct. 20 at Beckwith Park.*

## Women's soccer in their element

Gee-Gees win a two-game weekend at home

Spencer Van Dyk | Fulcrum Staff

THE GEE-GEES WOMEN'S soccer team took two clear wins this weekend: 5-0 against the Carleton University Ravens on Friday and 9-0 against the Trent University Excalibur on Sunday. The successes render the team undefeated as they head into their final game of the regular season next weekend.

Sunday's cold, wet weather didn't seem to put a damper on the Gee-Gees' spirit. Although the game got off to an unusually slow start, as the first goal was scored at 28 minutes to halftime, the first half finished with a 3-0 lead with goals scored by strikers Vanessa MacMillan and Krista Draycott, and midfielder Corina Jarrett.

Head coach Steve Johnson and team captain Christine Hardie said the impressive final score did not necessarily reflect the team's quality of play, and that there was much they could have done better.

"It honestly was not our greatest game," said Hardie. "The score does not really reflect how well we played. We did a lot better in the second half, so we turned it around. We came out slow and we addressed the mistake at halftime and we corrected that for the second half."

As Hardie expressed, the second half of the game against Trent was far more noteworthy than the first, with the first two goals of the half (by defender Gillian Baggott and striker Tessa Dimitrakopoulos) scored within the first four minutes.

Midfielder Sheniz Eryuzlu scored with 10 min-



Gee-Gees soccer has secured a playoff spot

photo courtesy of sports services

utes remaining in the second half, while Baggott, Dimitrakopoulos, and Lily Wong all scored within the final three minutes of the game.

"I wasn't particularly pleased with the play," said Johnson. "I thought we made mental errors. Trent showed us a couple things, and it's good we got to see them, but there were situations that developed that I think if we were in a more important game, if we were against a more difficult opponent, our lack of decisions could have hurt us. It's good that we've seen them, and gotten the chance to address them, but mentally I think we were a little unfocused."

Johnson explained that the situation was very different in Friday's game against Carleton.

"I was really pleased with our first half against Carleton," he said. "I think we came out really strong, we were prepared to play good soccer right from the beginning, and the fact that we were up four-nothing against a better quality opponent than Trent, I think speaks to how the team was prepared to come into it and play."

Hardie, who is in her final season, said she hopes and believes the team can make it to the end.

"We're in a better position than we were at this time last year, so I'm excited about that," she said. "It's also my last year, so I'm hoping that this is the year that we're going to go all the way."

The Gee-Gees will play their final game of the regular season against the Queen's University Gaels at the Matt Anthony Field on Oct. 19 at 6 p.m.

# Meet a Gee-Gee

Bridget Moore | Synchronized Swimming

Emily Manns | Fulcrum Contributor

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

MEET BRIDGET MOORE, synchronized swimmer and chocolate lover. In an interview with the *Fulcrum*, Moore talks about synchronized swimming and Arnold Schwarzenegger’s future in the sport.

**The *Fulcrum*: When did you first get into synchronized swimming?**

Bridget Moore: It was in fourth grade, so I was around eight. I didn’t start competitive until seventh grade, though.

**Have you had any bad experiences with swimming?**

Umm, not terrible. Mostly it adds up to freezing pools that aren’t deep enough to do synchro properly, so you hit your head a lot.

**Who do you think would be better at synchronized swimming: Arnold Schwarzenegger or Bruce Willis?**

Oh, Bruce Willis, I would think. He would have the finesse for the sport.

Schwarzenegger might be a little too [much] muscle for some parts of the sport! He’s just too buff for us.

**What’s the most embarrassing thing that has happened to you during a practice and/or competition?**

We have a figure component to our sport, where you show a specific set of skills in front of judges. I once did one completely wrong, came up to face the judges, and was told to do it all over again.

**Do you have any kind of good luck ritual?**

With the team that I swam with last year we would do our “grunt”—right before we swam we would all go into a huddle and shout! It really gets rid of the butterflies.

**What’s your biggest pet peeve?**

Slow walkers... Oh my goodness, it drives me crazy. It gets worse when they text too, or there’s a group of them taking up the entire sidewalk.

**Do you have an idol that you look up to?**

Oh boy... This is a tough question. I don’t truly idolize anyone, but I admire people who put genuine effort into something. So, a lot of people, I guess.

**What’s your favourite food?**



Bridget Moore in competition

photo by Don Weerdenberg

Chocolate—nice dark chocolate. This is why I can never stop doing sports.

**Do you have any strange or weird habits that people have called you out on?**

I’m very fidgety and restless, especially in class. People normally hate it when you’re tapping pens or doodling all the time.

**Name one very important thing you have to remember to do before a performance or competition.**

I have two things. I have to shake out my legs and arms to warm them up a little bit before our dive in, and I have to visualize the “10” checks in the routine. Normally this can be done simultaneously.

**What do you like most about Ottawa?**

The winters. It’s beautiful here and we get just the right amount of snow, in my opinion.

**What would you say is your favourite quote/saying?**

“Stay gold, Ponyboy” from *The Outsiders*. This quote has stayed with me for yea now, and I have just never gotten over it.

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

## From the Sidelines

# Tips for working in sports

Maclaine Chadwick | Sports Editor

I SOMETIMES WONDER how many university students are pursuing the education or career that they dreamt about as a child. How many little kids say “I want to have a women’s studies degree” or “I want work for the department of finance”? People change as they grow up, and their career paths change along with them.

I hadn’t considered working in the sports industry until my second year at the University of Ottawa, but now—much to the dismay of my stability-oriented grandparents—it’s all I can

think about.

I’m a strong believer that your working experience is as important as your GPA, but for anyone trying to get their foot in the door of one of the most competitive industries out there, I feel your pain. It can be difficult, especially in a city like Ottawa, which is saturated with government employment.

But here we are, finishing degrees in programs that don’t really guarantee us jobs anywhere—let alone the ones that we might have desired as kids. If you want to work in the sports industry, you’re going to need more than a degree. Take advantage of the opportunities that

are here in Ottawa or nearby while you still can. As students, we have lots of opportunities exclusive to us that can beef up our resumé and help us network.

Start at the bottom: Don’t expect your dream job to be handed to you. If you haven’t started yet, you’re going to have to pay your dues. Better do that now while you have the master status of student or recent grad to excuse the fact that you’re working on commission at the Nike outlet. Even what seems like the smallest job can be a big help—lifeguarding, refereeing, selling tickets at a game... Working hard at jobs like this mean there is nowhere to go but up.

Volunteer: The IN Force volunteer team at Sports Services is a great way to get a little promotional sports experience under your belt, and you don’t even have to leave campus! If coaching is more your thing and you can commit, you can always find a minor league team in the area that needs help, or check out organizations like KidSport Ottawa for opportunities. Of course, if you wanted to take a crack at sports journalism, feel free to write a game review for the *Fulcrum*. Seriously, any time.

Don’t stop networking: Get out there and mingle! I love LinkedIn, but it can only take you so far. Attend a conference



like the one held in Toronto by Prime-Time Sports & Entertainment to hear great speakers and chat with professionals. It’s well worth the trip, and doubles as an educational experience—this is nothing like your philosophy lecture.

Unfortunately for you guys, I’m not about to disclose all of the tricks up my sleeve. But if you’re sharing my struggle and trying to get into the sports industry, give one of my hints a try—you may be surprised how helpful it can be!



## A truly giant leap

Pilot Felix Baumgartner of Austria jumps from the capsule during the final manned flight for Red Bull Stratos in Roswell, N.M on October 14, 2012. Baumgartner jumped from 128,100 feet above the Earth’s surface. During free fall, he reached an estimated speed of 1342.8 km/h, making him the first human to break the sound barrier independent of a vehicle.

Photo courtesy of Red Bull Stratos/Red Bull Content Pool



## Dear Di...

*Dear Di, I've always been pretty confident about my vagina. I occasionally shave my bikini line, just because I think my panties look cuter when there aren't little hairs poking out from behind them. During the summer I shave on a more regular basis to avoid embarrassing slip-ups at the beach. Previous lovers have never had much of a problem with my pubes; however, I've recently started seeing a guy who is not happy with my snatch. During our last encounter he went down on me for a couple seconds before backing away. We then had sex, which was good, but at the end of the evening he commented that he would be more willing to go under the hood if I trimmed a little. What should I do, Di? Do I trim the bushes to please him, or leave him for someone who can appreciate what nature gave me?*

—Need to Go Bare Down There?

Dear NGBDT, It's unfortunate that you've gotten yourself into such a hairy situation, but rest assured, you're not alone. Pubic styling is a common area of sexual incompatibility. Reading a bit between the lines, I'd say you're more conflicted about your body-confidence being shaken than you are about whether or not to shave or trim. It can be jarring to have someone criticize your most intimate parts; however, if you take a step back from the situation and consider your guy's perspective, he made a gentle enough request in an appropriate way. Things would have been much worse if, in the middle of oral sex,

he had spit out a stray hair and made a vulgar comment rather than biting his tongue about your bushy beaver and moving on to an act that you both enjoyed.

Although some men have no qualms about burying their noses into a pilous pussy, others prefer not having to worry about accidental flossing. This guy doesn't seem to be willing to perform oral if you leave your pubic situation as is, but he also doesn't appear to be deterred from performing other acts. That means you have an option you haven't considered: You can stay with him, and deal with the horrors of a severe lack of cunninglingus.

Your second option is to trim. Trimming is a low-maintenance way to keep your curls under control. Every couple of weeks, take a clean pair of scissors and carefully cut back excess hair. Unlike with shaving, you don't have a risk of in-growns, and you'll reap the benefits when your man's mouth meets your mound.

Like you said, another option is going out in search of greener pastures, or at least someone willing to graze yours as is. If there's nothing special about this guy that makes you want to keep him around, why not try your luck at finding someone who will lick you all over?

In the end, it's totally up to you. Stay confident about your vaj, and the gents will follow suit.

Love,  
Di

*Dear Di, For my whole life, my orgasms have been normal. They feel good, I catch the cum in a Kleenex, and I move on to whatever's next on my list of daily activities. Lately, though, whenever I blow my load, nothing comes out. Nothing. What's up with that? My orgasms feel the same as they always have, and this seems to have*

*come out of nowhere. Where's the jizz?*  
—Phantom Splooge

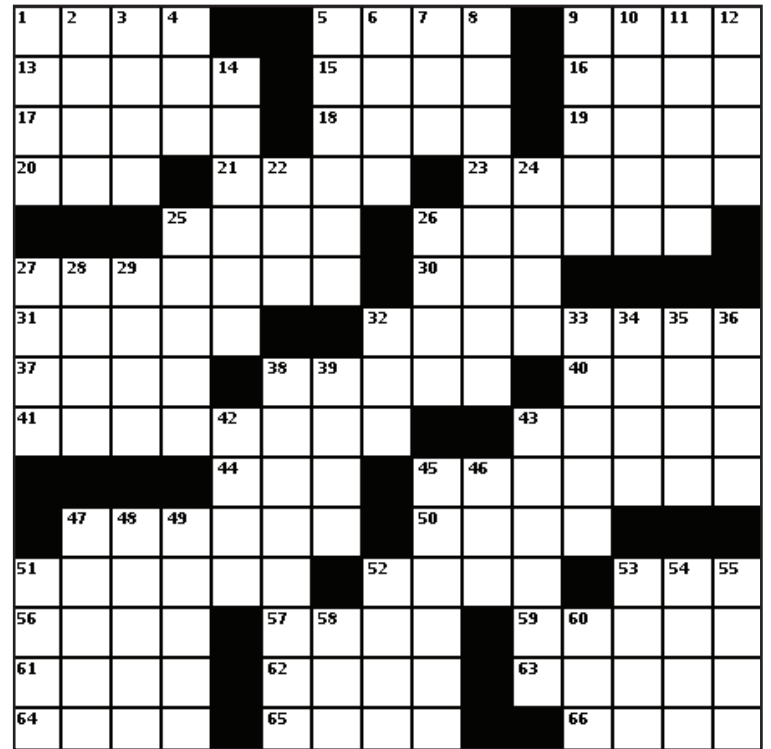
Dear PS, Dry orgasms are a fairly common phenomenon in teenagers and younger adults, simply because people in this age group are more capable of repeated orgasms. When a dude gets off for a second or third time within a night, he can run out of seminal fluid. Bam: liquid-free orgasm. While this can appear horrifying to the guy whose member isn't making any milkshake, there's no reason to fret.

A totally different form of dry orgasm generally occurs in middle-aged and older men. It's called retrograde ejaculation, and it sucks. It occurs when the male plumbing gets a little screwy: semen, which would normally be ejected via the urethra, is redirected backward into the bladder. If this is the case, you should also be noticing cloudy pee shortly after your dusty ejaculations.

Other causes of your desert-like orgasms could be a blocked sperm duct or an obstruction in the seminal vesicle. Certain drugs for high blood pressure, prostatic enlargement, and mood disorders can also cause your balls to produce less juice, making for a dry explosion.

Moral of the story? See a doctor. He or she will help you figure out what's wrong with your nether regions, and hopefully your volcano will lie dormant no more.

Love,  
Di



Puzzles provided by BestCrosswords.com. Used with permission. Answers on page 8

**Across**

1- Winglike parts; 5- Actual; 9- Exile isle; 13- Pelvic bones; 15- As a result; 16- Bottom of the barrel; 17- \_ nous; 18- Carson's predecessor; 19- Hard to hold; 20- Summer drink; 21- Civil disturbance; 23- Pamper; 25- Cushions; 26- Birthplace of St. Francis; 27- Plant-eating aquatic mammal; 30- Howe'er; 31- Long for; 32- Esemplastic; 37- Apex, pinnacle; 38- Camera setting; 40- Zeno's home; 41- Antidote; 43- Dens; 44- Hit sign; 45- Ancient Egyptian king; 47- Yellowish color; 50- Belonging to us; 51- Surroundings; 52- Capital of the Ukraine; 53- Cad or heel; 56- Getting \_ years; 57- Masked critter; 59- From the beginning; Lat.; 61- Prison; 62- Romance novelist Victoria; 63- Alleviates; 64- Compassionate; 65- Epic narrative poem; 66- Hang around;

**Down**

1- Between ports; 2- Ground; 3- Entr' \_; 4- Be human; 5- Sleep; 6- Part of Q.E.D.; 7- Turkish title; 8- "Your \_ "; said to a British judge; 9- Nicholas Gage book; 10- City in West Yorkshire; 11- Attorney Melvin; 12- \_ sow, so shall...; 14- Add fizz; 22- Chemical ending; 24- Beginning; 25- Street machine; 26- \_ extra cost; 27- Future doc's exam; 28- Flatfoot's lack; 29- Appointment; 32- "Respect for Acting" author Hagen; 33- A long time; 34- Bones found in the hip; 35- Emperor of Rome 54-68; 36- Deep cut; 38- Fierce; 39- Flat-bottomed boat; 42- Archipelago part; 43- Immature insects; 45- Indicates a direction; 46- Color; 47- Biblical mount; 48- Set straight; 49- Covered on the inside; 51- Deride; 52- Serbian folk dance; 53- Damage, so to speak; 54- Eye layer; 55- Cheerful; 58- Alley \_; 60- \_-relief;



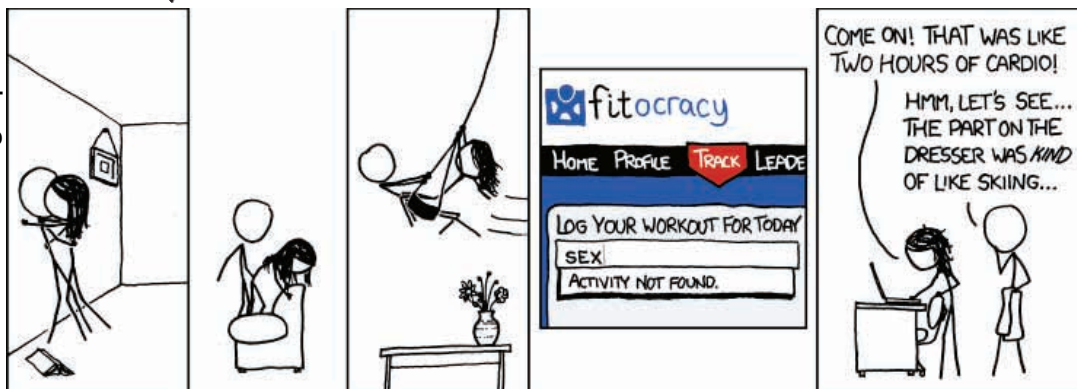
**Sexy Sidenote:**

Whale penises are called dorks. The blue whale has the biggest, topping out at three metres long.

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

You're like an exothermic reaction; you spread your hotness everywhere!

Oversight | XKCD



**Need more distractions?**

Check out the blog of the week:  
[Fitnessista.com](http://Fitnessista.com)

Gina, aka the Fitnessista, is a fitness instructor who got herself into shape during college and has maintained a healthy weight and lifestyle ever since. Her blog is an inspiration, and she shares anecdotes about her life, complete workouts, and delicious health-conscious recipes. This is one of the most balanced, informative, and fun fitness blogs out there, so go check it out!





illustration by Mathias MacPhee

## Controversy with the National Recognition Program

### Sports Services launches new initiative

The University of Ottawa has come out with a new program in the hope of securing some national sports titles in the near future. Similar to Canada's Own the Podium program, this initiative allocates extra funding to a few U of O teams in an effort to become nationally recognized and to attract more students to our campus. But is this the right way to go in terms of seeking athletic success? Did the U of O choose the right teams? Should the whole program be scrapped?

#### Point: National Recognition Program

My initial intention was to write about the University of Ottawa Sports Services' National Recognition Program, spend some time trashing it, and then expose it for what it really is. But I realized I couldn't simply pin the program's shortcomings on the university, nor could I accuse the program of being unfair or discriminatory. In the end, don't we all want our school to succeed and our varsity teams to win? Don't we all want people to stop asking, "What the hell's a Gee-Gee?"

Sports Services has decided to grant additional funding to the four varsity teams that have shown the most potential for future national recognition. The teams chosen were women's soccer, men's football, men's basketball, and women's basketball. These teams will benefit from the program from now through to the 2016-17 season.

I suspect many will criticize Sports Services for this decision, since it will inevitably leave many athletes wanting more, but it's hard to argue the cold, hard facts. Funds are limited and the university is set on attaining athletic excellence.

It may seem unfair to the teams who will need to "keep calm and carry on," but the only way to gain national recognition is by putting all our eggs in the same basket. The decision is simply one of quality over quantity.

Sport Services is right in assuming that 15 mediocre teams won't gain us an iota of recognition, whereas four powerhouse teams probably will. Not only will their success show in the standings, but these teams will mostly likely help attract the nation's top student-athletes and coaches.

So it's clear that it might be good, just this once, to turn a blind eye to the "unfairness" and allow Sports Services to grant certain teams more resources than others. But many still question how the teams were selected. Why should our soccer team benefit, while our beer pong team gets left out in the cold?

In the decision-making process, teams were weighed against 21 criteria, which fell into five distinct categories: performance at the provincial level, performance at the national level, academic performance, national recognition potential, and revenue generation potential. It was then determined by a series of mathematical equations which teams would participate in the program, and in the end, there were four clear winners. If that's not fair, I'm not sure what is.

If we're to heckle Sports Services about something, it should be having stolen the idea for the National Recognition Program from Canada's Own the Podium program. Then again, Own the Podium has helped Canadian athletes gain international recognition since it was launched in 2005. So why can't it work for us too?

#### counterpoint

"Apart from its blatant biases, another reason why this announcement may not sit well with students across campus is the reasoning behind such an initiative."

#### point

"Don't we all want people to stop asking, 'What the hell's a Gee-Gee?'"

#### Counterpoint: Not the best move

When I first heard of the National Recognition Program, I thought it was a third-party group that recognized academic or athletic greatness on a Canada-wide level. I was wrong. In fact, this is the latest initiative launched by the University of Ottawa's Sports Services in an effort to "increase the national recognition of the University through the success of selected programs and the performance of student-athletes." But the decision-making process behind this newly created program has done more than just gotten people's attention. It has deliberately played favourites, and that's just not fair to the other teams.

Firstly, the teams that Sports Services chose hardly seem like the right ones. The women's basketball and soccer teams, as well as the men's basketball and football teams, will get much more support from the university than will other teams until the 2016-17 season. The choices are pretty surprising. It's no secret that the men's football team had one of their worst seasons this year, and men's basketball didn't qualify for the Canadian Interuniversity Sport finals last year. In fact, the only justifiable choice was the women's soccer team, thanks to their near-perfect performance so far this season. We do start to wonder whether these decisions were made based on team merit or popularity of the sport with spectators.

Apart from its blatant biases, another reason why this announcement may not sit well with students across campus is the reasoning behind such an initiative. Sports Services created the program so that our athletes could have recognition on a national level and bring home the all-important medals. In turn, this would create a sense of pride here at the U of O and attract more students to apply to our school in hopes of becoming a Gee-Gee. But who knows if this program will even work?

There are way better places that this money could be going to. We could be furthering our name as a leading university in academics and research. The money could go toward creating more study spaces on campus—has anyone been to Morisset during finals and midterms season? We could even put the money into campus clubs to reach out to more students. There are so many other avenues that this money could've gone toward that desperately need the boost.

I get just as excited as the next student when our Gee-Gees do an awesome job. I also get crushed when I hear we didn't do too well in a tournament. But do I think that our school shouldn't be throwing money at teams in an effort to be recognized nationally. It's not like we're all going to stop attending games and cheering for Gees if they don't win.

—Justin Dallaire

—Sofia Hashi

# Hey, that was my idea!

## No such thing as original thought?

Emily Manns | Fulcrum Contributor

Our teachers tell us to be original in our writing, to think up new ideas that are ours alone—but is that really possible? With over seven billion people on this planet, you have to wonder if maybe all that originality has been used up. Maybe all we're left with is old ideas that are constantly being recycled, ideas that went out of style or were forgotten.

British comedian Stephen Fry put it best when he said, "An original idea. That can't be too hard. The library is full of them." Fry is right—it does feel like every good idea that ever was has been immortalized within the bound pages of a book. This doesn't stop people from taking those ideas and turning them into something new, but that is becoming more of a struggle thanks to the presence of ever-tightening ownership laws.

Everyone has seen a product being advertised on TV that they could have sworn was their idea first. Well, unless you went and put a patent on it, legally speaking it wasn't your idea—no matter how long you've thought about making a blanket with sleeves or a self-flushing toilet.

The movies have been hit the hardest when it comes to the quest for new and exciting stories. I cannot begin to fathom why people pay so much money to watch the same plot over and over—two people meet each other, fall in love, almost fall out of love, overcome some obstacle, and end up closer than they were 90 minutes

ago. Romantic comedy isn't the only genre guilty of following a predictable structure—you know, the one that makes you want to shout, "Don't open that door, you're gonna die!" The only thing that could be argued as original is the way plot ideas are implemented—the changing up of chronology or point of view,

for example—but even this almost always seems to come from something that someone has already imagined.

As much as I would like to think that the works of Joss Whedon or J.K. Rowling are completely original, I'm positive if I looked hard enough, I could find a story or two that have

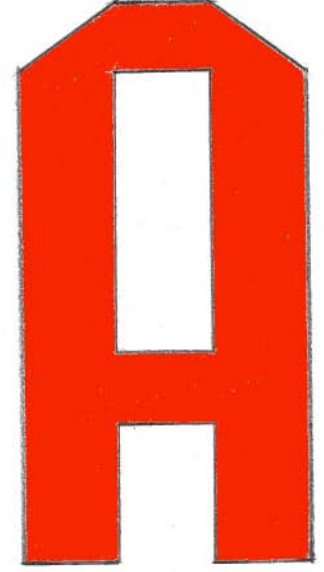
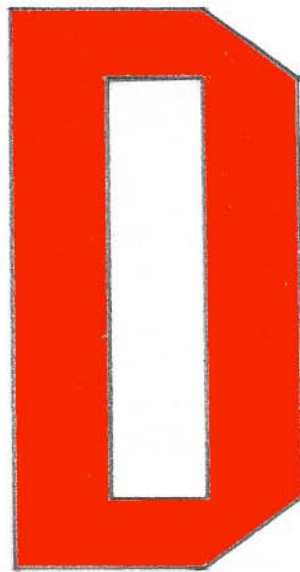
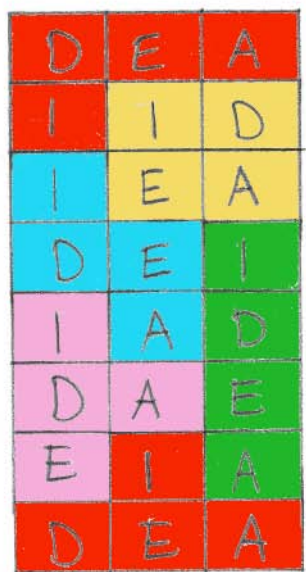


illustration by John Baisi

“British comedian Stephen Fry put it best when he said, ‘An original idea. That can't be too hard. The library is full of them.’”

an uncanny resemblance to their tales of vampires and wizards. Perhaps it's time we redefine the concept of original thought so that it encompasses not just new ideas, but new spins on old ones. Now, you're going to tell me that you had the idea for this article a month ago, right? f

# Speaking economics

## What the euro zone crisis means to you

Daniel LeRoy | Fulcrum Contributor

THE EURO ZONE crisis: What the heck is going on at the other end of the pond? For three years now, daily news has told glum stories of Europe's economic reality. Greece needs a bailout, now it's Portugal, and don't forget Ireland. Could Spain go under? God forbid Italy should fail, with an economy worth 16 per cent of the entire euro zone gross domestic product (GDP). This struggle seems to be dragging on and on, and growing. To the foreign observer here in Canada, it is all starting to get rather tedious. Shouldn't they just break up already?

Last week, the European Union (EU) was awarded the Nobel Peace Prize, a decision that at first glance seems a little absurd, even hyperbolic. However, when you stop to think about Europe and the

60 years of history that have culminated in the neatly intertwined economic union that they have today, this prize starts to make a lot of sense—I'll save my qualms about its 2009 recipient for another article.

In 1950, the French and Germans formed the Coal and Steel Community, which would expand to include four other nations shortly after. In 1958, western Europe was linked together in a new organization called the European Economic Community. By the 1980s, there was the Single European Act that finally brought Europe together in a joint economic market. The EU and the euro zone could now grow out of single-markets and political-cooperation experiments.

So what does all this history mean? Basically, economic cooperation decreases the drive for conflict and thereby

increases the prosperity and security of all. What's the expression again? The family that plays together stays together? I am not trying to intimate that the euro zone's hypothetical dissipation would lead to WWII; however, after the 60 most peaceful and prosperous years Europe has ever seen, it would seem that the path of increased economic integration is something worth pursuing.

Let's get more specific. Why has the crisis not resolved itself? In short, unlike well-established political unions like Canada and the U.S., the euro zone has one central bank and has 17 central governments. Budgetary votes that affect the whole union happen in each of the 17 parliaments, which makes economic accountability difficult, stunts political incentive, and fosters scapegoating. Consequently, not enough money comes forward to stem the tide

of capital flight. Right now only €500 billion has been committed to the European Rescue Fund (ERF), whereas economists suggest they need €3 trillion to be successful.

Why hasn't this already happened? The money is there. Countries like Germany and France could easily put together the €3 trillion if they wanted to. But they don't, because providing such a large amount of money that could potentially go to people in other countries might weaken their sense of national sovereignty or independence. However, this is a small price to pay to avoid the alternative.

If the ERF was boosted to €3 trillion, it would mean that if Spain or even Italy needed a bailout, the euro zone would not collapse. Furthermore, the promise of an inter-European commitment would reassure long-term investors in

the continent. Governments and private industries would have an easier time borrowing money. With that would come more investment and hiring of new workers. The eventual effect is that unemployment, which is over 11 per cent in Europe—it is around seven per cent in Canada—would drop.

If this fund isn't bolstered soon enough, the extreme political right and left will continue to grow and divide these countries with high unemployment rates. If cooler minds lose out, as is common in countries with massive unemployment, the euro zone will fall apart, and maybe the EU along with it. The conflict that could possibly follow such an event doesn't take much imagination to conjure. It is time for the European powerhouses to honour the prize that their economic and political union has just been given. f



# Snowjam sexism?

## New poster for yearly trip raises eyebrows

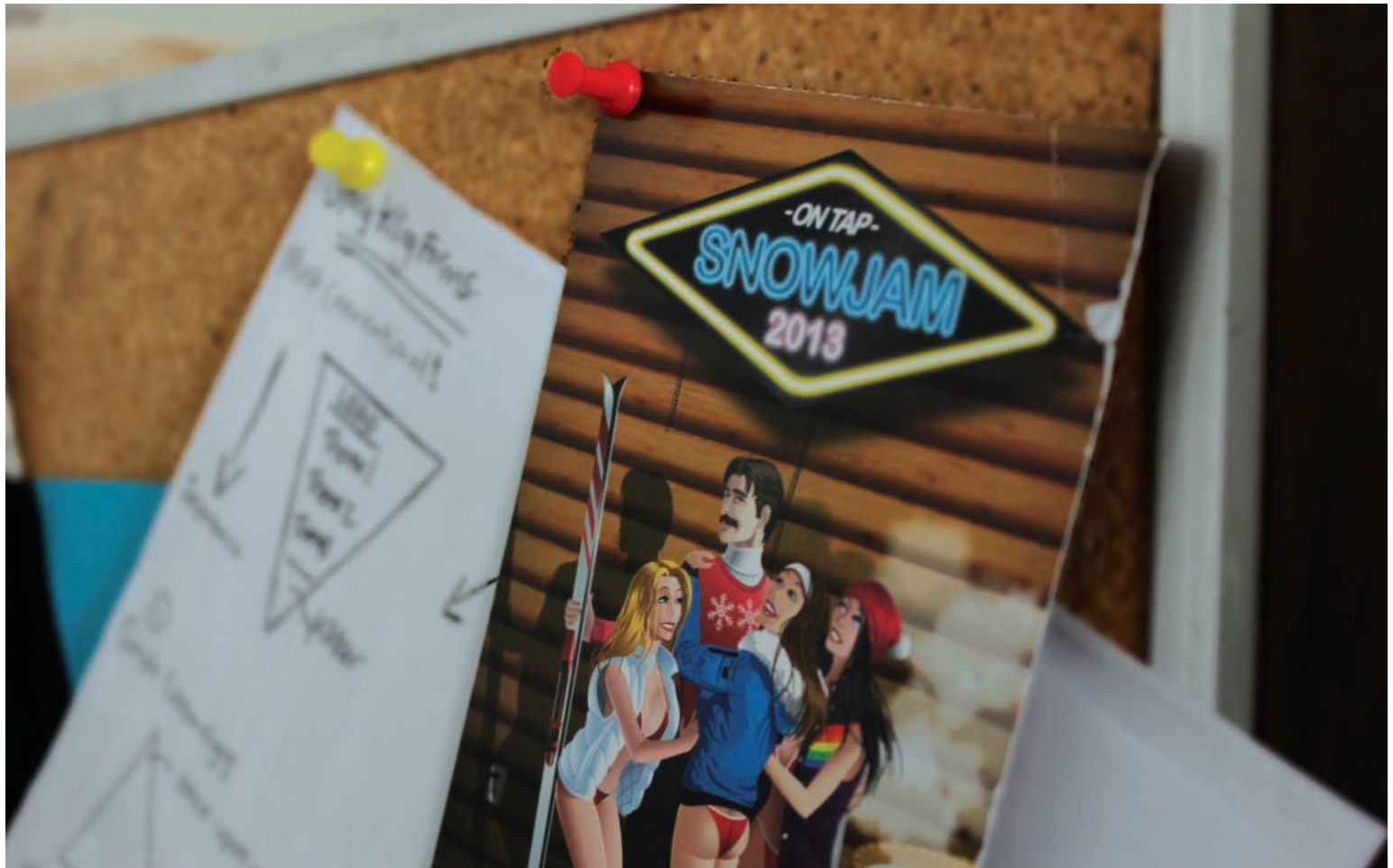
Paige Vonk | Fulcrum Contributor

Every winter semester, University of Ottawa students take a trip to Mont Tremblant, Que. to ski, snowboard, and just have a good old time. “Snowjam,” as the fun-filled winter weekend is commonly called, has become known around campus as an amazing three days—if you can actually remember any of it.

Snowjam is organized by Campus Vacations, a company that arranges trips for university-aged students. Organizers try to sell this vacation to students in every way possible, including advertising on Facebook and Twitter and handing out flyers around campus.

This year, Snowjam promoters took an interesting approach to advertising. Instead of pictures of people downhill skiing or doing impressive snowboarding jumps, the Snowjam poster depicts three half-naked women desperately vying for the attention of one man. The image brings to mind the most distasteful of beer commercials, to say the least.

Organizers of the trip aren’t directly affiliated with the U of O, but we as students are affiliated with Snowjam—and is this really the way we want our school represented? In my opinion, this ad has no appeal whatsoever, and I’m



Snowjam advertisements going downhill? photo by Kyle Hansford

“Snowjam will most likely be a lot of fun and partying, but it shouldn’t take a poster like this to entice people to attend.”

meaning light, but it could discourage female participation in the event. And why is it only the girls in the picture who are scantily clad, when the dude is

sure there are many other male and female students who feel the same way. Not only does this poster represent women in an unfavorable and demeaning light, but it could discourage female participation in the event. And why is it only the girls in the picture who are scantily clad, when the dude is

fully dressed after a day on the hills?

This poster portrays an unrealistic ideal for the male student population, and it would be sad if they tried to emulate what it depicts. It would be equally sad if the female students tried to live up to this portrayal of women.

“Organizers of the trip aren’t directly affiliated with the U of O, but we as students are affiliated with Snowjam—and is this really the way we want our school represented?”

Some people might say it’s just one

This poster, which could have taken any number of artistic directions in its endorsement of the event, chose to stoop to the level of the many other forms of media that try to tell young people how to look and act.

poster, but this is where it starts: one simple depiction that, once deemed acceptable, snowballs into a never-ending cycle of images and ideals that are both unrealistic and demeaning.

Snowjam will most likely be a lot of fun and partying, but it shouldn’t take a poster like this to entice people to attend. So by all means, let’s go have fun with our friends—and hope that next year’s promotional posters feature some better dressed people.

# Perspectives

## Who run the world? Girls!

Sofia Hashi | Fulcrum Staff

Dreaming of 24 Sussex Dr.? What about having a front row seat in the House of Commons—and I’m not talking about the press gallery. Statistically speaking, if these daydreams have popped into your mind, you’re a guy. With the current American elections featuring two male candidates (again), I started wondering why women don’t often run for public office.

Here in Canada, women account for just over half of the population. We’re also quickly becoming more educated than our male counterparts. According to Statistics Canada, 34 per cent of women aged 25 to 34 have earned a bachelor’s degree compared to 26 per cent of men. Not only are women beginning to out-graduate men, but the gap between the two in studying science and math has grown smaller. What have traditionally been considered male professions are now being practiced by women, too—doctors, lawyers, CEOs, you name it. So why is the political landscape so severely lacking the two X chromosomes?

“When women run, they fare just as well as men. The problem is that women aren’t recruited to run,” said Jennifer Law-

less, the director of the Women & Politics Institute at American University as reported by *Glamour* magazine. Lawless couldn’t be more right, especially when we look into what’s going on in politics today.

It’s widely known that there has never been a female American president and we can only boast one female prime minister here in Canada. Looking at the numbers in the House of Commons only reinforces this absence. As of 2008, only 22 percent of seats were held by women. This number is severely skewed in comparison to our country’s population. So what’s the problem? Why

should our political turf be any different from our national landscape?

Think about it—if the gender gap in politics shortened, do you think the talks about bringing the whole abortion debate back to

“According to Statistics Canada, 30 per cent of women aged 24 to 60 have earned a university degree compared to 28 per cent of men.”

Parliament would’ve been possible? No. Instead of focusing on this discussion, politicians could be focusing on the economy, job markets, education, and other social reform. More female political voices would also increase opportunities to examine issues like child support, access to education, and women’s rights. While there may be some exceptions to the rule,



women can usually understand other women better than men can.

Women should be recruited to run and hold public office. There’s a lot we can attribute today to female politicians, and who knows what good a female prime minister could do in our country’s future? This isn’t about a massive battle of the sexes. It’s about the fact that it’s 2012 and we have yet to see a female prime minister actually elected to the position.

Instead of overlooking politics as a profession filled with dull policy decisions and middle-aged men in suits, let’s look at it collectively as a way to implement positive changes for future generations.

In Beyoncé’s prolific words, “Who run the world? Girls!” Let’s try to make this a reality, or at least have more women in politics.



## CLASSE analysis of Quebec student movement tactics

The Coalition large de l'Association pour une Solidarité Syndicale Étudiante (CLASSE) is a vibrant and inspiring non-hierarchical student activist collective that, more than any other group, catalyzed and ran the revolutionary "Maple Spring" ("Printemps érable") which recently shook Québec society and its political elites. It is the largest student union in Québec. This year, it engineered the largest, longest, and arguably most effective student strike in Québec (and Canadian) history.

One must admire this organic yet disciplined and thoughtful organization. It has shown North America how unity and persistence can halt a government agenda. Nonetheless, I wish to make a critique of its "working principles", which can be surmised from its 2012 manifesto.

There is a major critical flaw in the CLASSE's analysis about education.

The CLASSE takes education to be a "service" and argues that the point of justice is accessibility of this essential service. Its struggle is thereby focused on securing equitable access to education as a vital societal service by making an analogy with health services.

This is equivalent to arguing that jus-

tice is being exploited fairly.

The CLASSE is making a fatal flaw of paradigm assignment since its assignment prevents the student from correctly seeing herself/himself as a worker, through her/his work within and constrained by the educational complex. The student is not a patient accessing a service. The student is a citizen being forced by economic "reality" to be processed by an institution—in the same way that a laborer is forced to sell her/his labour and be processed into a life of productivity, except that the laborer is paid rather than being extorted into paying.

If the student were simply a free paying client, then this student-client could choose to buy or not buy the service, and could determine the nature of the service through her/his buying power.

Such is not the case. Rather, the student is an unpaid and exploited worker, a slave that is forced to buy her/his own freedom. The chains are the debt load and the coercion is the real social/financial/class status that is sought through being processed by the educational system for further (higher level) service to the economy.

If the student were simply a free and paying purchaser of a service, then the problem of government impositions would be solved by simply withholding

payment! If students could survive and/or thrive in the economic "reality" without education credentials, then mass non-payments of fees would solve any dispute between the purchaser and provider of the educational "service."

After all, it is the student that must write the cheque. Yet students absolutely do not have this option. They must instead use the less effective pressure tactic of a strike. The fact that the strike is the effective tactical option of the circumstances shows that the student is a worker and that the "education" is an intrinsic component of the economic structure and activity.

Why do students accept slavery, degrading and dehumanizing work conditions, no salary, and confinement via a debt load that persists into mid life? Paulo Freire would say "because the slave cannot see that he is a slave."

Students should be striking for a fair salary and to define their working conditions. No fees. No student loans. And no need for another job. Period. There is a desperate need for student liberation. Abolitionism or bust! And that would be an education.

—Denis Rancourt  
Former professor of physics

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Reading week is coming up!

This means we won't have a staff meeting on  
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We'll see you all on Nov. 1, 2012.



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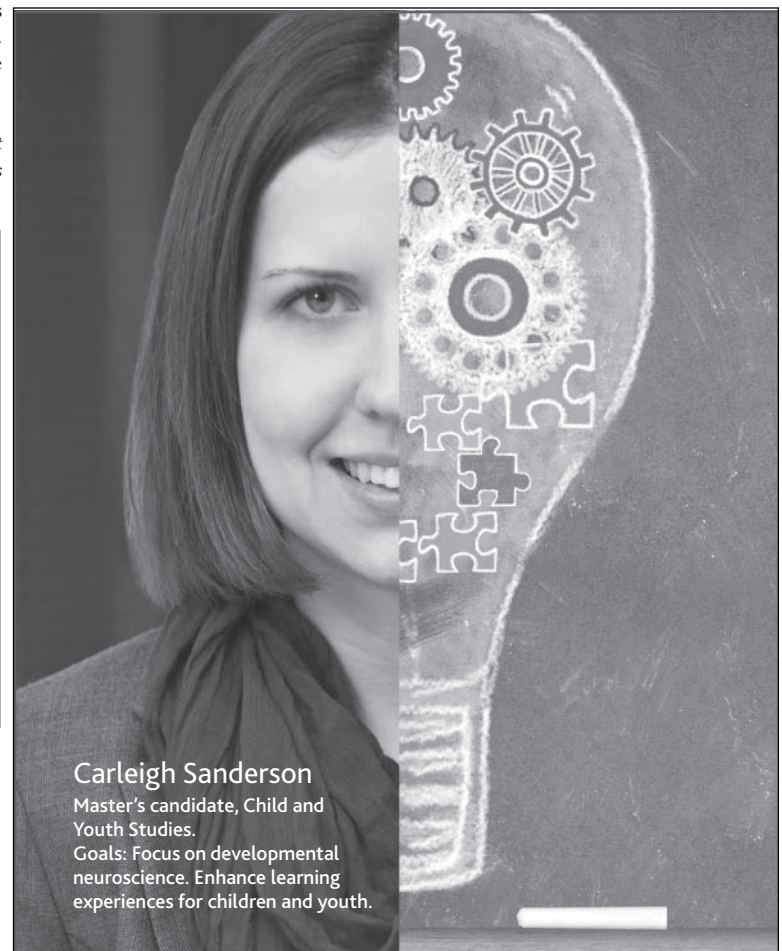


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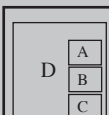
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# It's the journey, people



illustration by Mathias MacPhee

"WHY WOULD I bother going to university? Having a degree doesn't even get you a job anymore," I overheard a young woman say to her friend at the Laurier bus station last week.

Desperately wanting to interject but recognizing how inappropriate doing so would be, I bit my tongue and turned up my iPod.

I graduated from the University of Ottawa in June 2011. I have a degree... somewhere. It's hiding in a box in my mother's house—perhaps in her attic or crawl space. Although I can't tell you specifically where it's located, my degree is important to me—not because it's a coupon I can cash in for a career, but because it is a physical representation of four monumentally difficult and determining years in my life.

At the risk of sounding like a 13-year-old girl's Facebook status, attending university is about the journey, not the destination. Admittedly, the vast majority of students are here because they want six-figure salaries by the time they're 30, and most jobs that dish out that kind of cash require university-educated applicants. But take a survey of those who graduated, and most of

us will tell you it took a whole lot more than the dangling carrot of a career to stay on track and in school.

For me, graduating from university was a personal challenge—a lengthy exercise in self-motivation, if you will. Having moved eight hours away from my parents, with nary a familiar face to be seen, I had more freedom than I knew what to do with in the fall of 2007. I could be, say, and do virtually anything I wanted, as no one within a 700-km radius had any preconceived notions or expectations of me. And yet, with that newfound freedom came challenging classes, endless readings, and essays due, well, yesterday. I realized quite quickly that I would not survive the year unless I could master the art of self-motivation, a skill I was severely lacking and, given my predilection for procrastination, likely would never have forced myself to develop had I not gone to university.

It wasn't until I started my post-secondary education that I learned the value of a dollar—and just how far those 100 pennies can be stretched. My knowledge wasn't garnered as a result of any economics or accounting course, but of living on my own, paying bills, and finding

ways to make it work. I won't pretend my life was glamorous—I gave myself French manicures using Wite-Out and Scotch Tape—but I was living within my meagre means and managing to stay in the black each month.

Had I not attended university—the University of Ottawa in particular—I likely never would have developed many of the social convictions I hold so strongly today. It was the influence of my politically minded and protest-happy peers that forced me to reconsider my once blasé attitude toward the events occurring on Parliament Hill. I can say with relative certainty the political party I vote for would not have my ballot had I not attended the U of O—I doubt I would have cared enough to get myself to the polls otherwise.

Thanks to my years at university, I learned to find joy in crafting theses and how to live with nut bars masquerading as roommates, but perhaps the most important lesson of all was the one I learned about inner strength. During my second year of study, my parents' divorce and a medical diagnosis—not life threatening, but upsetting nonetheless—sent me into a downward spiral. It was on a cold Janu-

ary night that I realized, moments after I had made up my mind to drop out of school, just how badly I actually wanted to be here. That desire had nothing to do with getting a job. It was the sheer hunger I felt to persevere, to not give up, to prove to myself I could get through the year, and the one after that too. I wanted to walk across that stage and claim my degree, and I wanted that experience for me, not for hypothetical future employment opportunities.

University is not the right fit for everyone. The theory-intensive courses, the inevitable piles of debt, and yes, the uncertainty of landing a job at the end of it all are enough to make many people back away slowly. Perhaps the young woman I overheard at the bus stop will find success in college, a trade, or pursuing employment that does not require post-secondary education. Nevertheless, I feel I must answer her question. There is so much value to entering university and working toward a degree. You just have to be willing to look for it.

—Kristyn Filip

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