

THE CORD

The tie that binds Wilfrid Laurier University since 1926

Volume 53, Issue 3

Wednesday, August 1, 2012

thecord.ca



Hangin' at Hillside

The Cord reports from the annual gathering of music lovers that takes over Guelph Lake Island every summer

Arts, page 6-7

ALL PHOTOS BY KATE TURNER PHOTOGRAPHY MANAGER

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Mind games



Laurier prof Kim Dawson helps Canadian athletes get to the Olympic Games

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Byelection nearly set

With only one party left to nominate a candidate, all that's missing is a date

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A fashionable summer



Lead Reporter Alanna Fairey offers tips on how to beat the heat, while avoiding over exposure

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Dining hall to offer 'all-you-can-eat' meal plans

First years will be greeted with new system in September

ELIZABETH DICESARE
CAMPUS NEWS EDITOR

This year Wilfrid Laurier University will see a newly renovated dining hall coupled with an entirely new meal plan system for first-year students. The new system will operate on a board meal plan rather than the declining balance system which has, until now, been utilized.

Dan Dawson, assistant vice president of student services at Laurier, explained that Aramark, the current operator of food services at WLU, has found that students at other locations in both Canada and the United States tend to focus on eating what they can afford as opposed to what they crave, which results in poor diets.

"That kind of mindset shouldn't even come into a student's mind [at Laurier] anymore," said Dawson.

"They should be able to choose whatever is there, fill their plate and eat what they feel like eating."

In order to ensure that Laurier students have diverse food options, Aramark, Student Services and the Wilfrid Laurier University Students' Union have teamed up to revamp the meal plan system and dining hall.

The new board meal plan, which allows first years to buy a block of meals, will only be used in the dining hall. Flex dollars for alternative on-campus locations will still be included, but convenience dollars for off-campus locations will have to be added separately.

The new board meal plans will be purchased separately each semester. The cheapest option, the "Light Eater," consists of 230 meals and \$950 flex dollars, costs \$3,885 per semester. The largest option, the "Freedom," includes unlimited meals and \$300 flex dollars, costs \$4,450.

"Once a student is in the dining hall, it is 'all-they-care-to-eat,'" explained Dawson. "You can eat all that you want, [but] there will be

"They should be able to choose whatever is there, fill their plate and eat what they feel like eating."

—Dan Dawson, WLU assistant vice-president: student services

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Justin Fauteux
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Editor's choice
Student stress a persistent problem
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Editor's choice online
Hillside 2012 in photos
thecord.ca



THE CORD

The tie that binds Wilfrid Laurier University since 1926

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519-884-0710 x3564

ISSUE DATE, YEAR
Volume 53, Issue 3
Next issue: Sept. 2, 2012

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In 2011 the Canadian Community Newspaper Association awarded The Cord second place in the campus community newspaper category.



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The Cord is the official student newspaper of the Wilfrid Laurier University community.



Started in 1926 as the College Cord, The Cord is an editorially independent newspaper published by Wilfrid Laurier University Student Publications, Waterloo, a corporation without share capital. WLUSP is governed by its board of directors.

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The Cord is created using Macintosh computers running Mac OS X 10.5 using Adobe Creative Suite 4. Canon cameras are used for principal photography.

The Cord has been a proud member of the Ontario Press Council since 2006. Any unsatisfied complaints can be sent to the council at info@ontpress.com.



The Cord's circulation for a normal Wednesday issue is 8,000 copies and enjoys a readership of over 10,000. Cord subscription rates are \$20.00 per term for addresses within Canada.

The Cord has been a proud member of the Canadian University Press (CUP) since 2004.



Campus Plus is The Cord's national advertising agency.

Preamble to The Cord constitution

The Cord will keep faith with its readers by presenting news and expressions of opinions comprehensively, accurately and fairly. The Cord believes in a balanced and impartial presentation of all relevant facts in a news report, and of all substantial opinions in a matter of controversy.

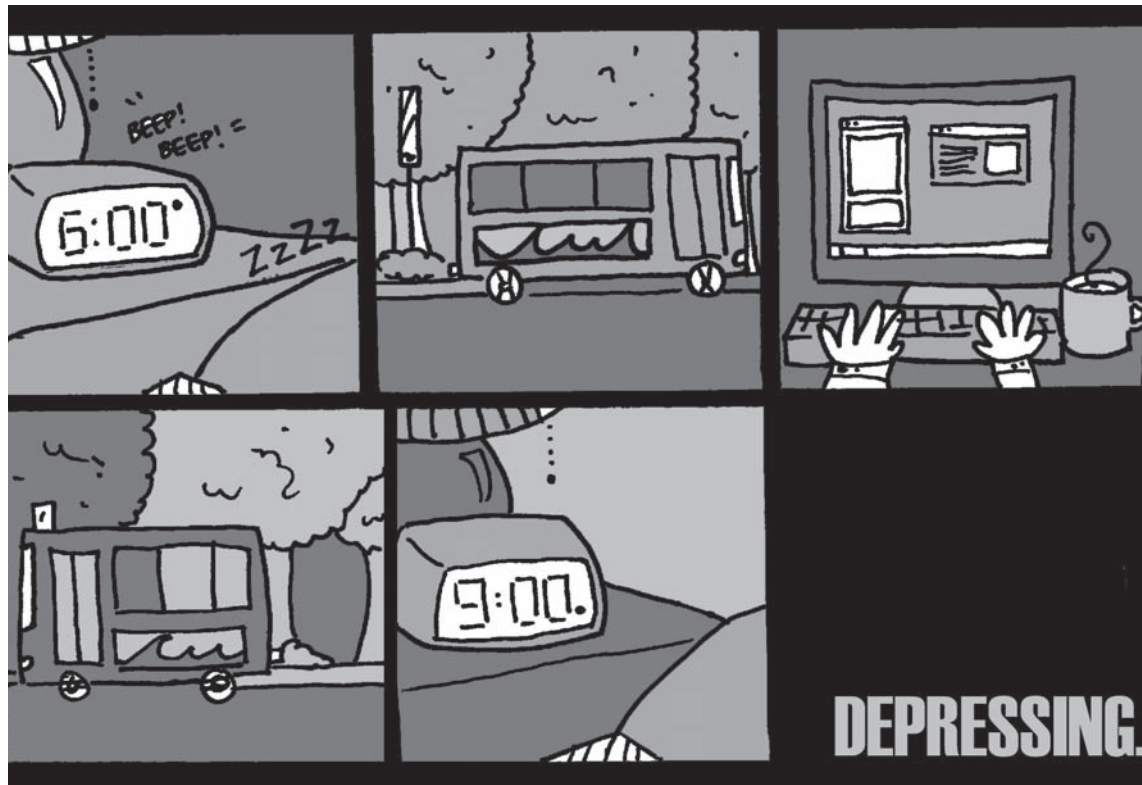
The staff of The Cord shall uphold all commonly held ethical conventions of journalism. When an error of omission or of commission has occurred, that error shall be acknowledged promptly. When statements are made that are critical of an individual, or an organization, we shall give those affected the opportunity to reply at the earliest time possible. Ethical journalism requires impartiality, and consequently conflicts of interest and the appearance of conflicts of interest will be avoided by all staff.

The only limits of any newspaper are those of the world around it, and so The Cord will attempt to cover the world with a special focus on Wilfrid Laurier University, and the community of Kitchener-Waterloo, and with a special ear to the concerns of the students of Wilfrid Laurier University. Ultimately, The Cord will be bound by neither philosophy nor geography in its mandate.

The Cord has an obligation to foster freedom of the press and freedom of speech. This obligation is best fulfilled when debate and dissent are encouraged, both in the internal workings of the paper, and through The Cord's contact with the student body.

The Cord will always attempt to do what is right, with fear of neither repercussions, nor retaliation. The purpose of the student press is to act as an agent of social awareness, and so shall conduct the affairs of our newspaper.

Quote of the week:
"It's like a better version of basketball."
-Managing Editor: News Justin Smirlies re: handball



STEPHANIE TRUONG GRAPHICS EDITOR

CORRECTIONS

In the June 27 article "Students' Union approves budget", The Cord stated that the approved governance budget was \$71,516 when in fact the amount approved was \$64,516.

That same article also stated that the approved amount for WLUSU chair and chief governance officer Jon Pryce's salary was \$27,692, when this was in fact the proposed amount. The total salary the board approved was \$22,000.

The Cord apologizes for these errors.

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Vocal Cord

What's the most interesting thing you've done or will do this summer?



"I'm going skydiving at the end of the summer."
-Parmey Kenth, Chemical Engineering, 2B (UW)



"Going on a silent meditation retreat and white water rafting."
-Chinmayee Rindani, Chemical Engineering, 2B (UW)



"Watched movies. The Dark Knight Rises."
-David Ariganello, fourth-year, BBA



"Going to Niagara Falls, staying overnight with some friends for the first time."
-Tharshy Sunthar, fourth-year, biology



"Went to Venezuela and traveled through a forest on a 4x4 with no phone signal. But the car got flipped... it was crazy."
-Giorgio Delgado, second-year, economics and accounting

Compiled by Justin Smirlies
Photos by Nick Lachance



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NEWS

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Stage almost set for K-W vote

Parties wait for McGuinty to announce date for byelection

JUSTIN FAUTEUX
EDITOR-IN-CHIEF

Every provincial party has chosen their candidate for the upcoming Kitchener-Waterloo byelection — except one. It just so happens that same party that currently sits without a candidate, is also the one the riding is waiting on to call the byelection.

When the K-W Liberals nominate their candidate on Aug. 9, the field will be set for the K-W byelection. Then, all they'll need is a date, something Premier Dalton McGuinty doesn't appear to be deciding on any time soon.

"I think it's probably part of the Liberal strategy," said Geoff Stevens, a professor of political science at Wilfrid Laurier University. "You don't want to crank up an election campaign for a byelection you haven't called yet, that just puts more pressure on McGuinty to call it soon."

"He may want to wait. There's not much point in calling it and then losing it, so [McGuinty] may want to wait until he thinks he can win it."

The K-W seat was left vacant when long-time Progressive Conservative MPP Elizabeth Witmer stepped down in late April to take an appointed post as chair of the Workplace Safety and Insurance Board. McGuinty has until Oct. 27 to set a date for the byelection to fill Witmer's seat and as the province waits, anticipation builds for what some have called one of the most important byelections in Ontario's history.

"I think that's completely overblown," said Stevens.

"It's an interesting byelection, there's lots at stake for both the Liberals and the Conservatives, but that's it."

Should the Liberals win K-W they would be granted a de-facto majority by virtue of having an equal number of seats to their opposition. Speaker Dave Levac, who votes in the event of a tie, is a Liberal.

With the Liberals so close to a majority, many have asked the question: do they deserve it?

"No. And I think they know that and that's one reason they're not rushing to call the byelection," answered Stevens.

"They've got all kinds of problems, they may have a teachers' strike, they've got the Ornge scandal going on. I don't think they've earned a majority. On the other hand, I don't think the Conservatives have earned the seat either."

Locally, the opposition candidates have taken the opportunity to take shots at the McGuinty government.

"The McGuinty government does not deserve a majority government," said NDP candidate Catherine Fife, citing the Liberals' 30 per cent tuition rebate as one of the government's failures.

"The 30 per cent tuition reduction, we're hearing from students already that they don't qualify for that. There are a lot of hoops to jump through. It sounds good on paper, but we need to have an honest conversation about what it really means on the ground."

"We need to change Ontario back to the economic engine that it once was," said PC candidate Tracey Weiler. "Dalton McGuinty cannot have this riding. He won't find his

majority here."

The other declared candidates are Stacey Danckert of the Ontario Green Party and Allan Detweiler of the Ontario Libertarian Party. In the running for the Liberal nomination are local lawyer Eric Davis — who placed second in the 2011 election — Waterloo city councillor Karen Scian and Waterloo Regional Police officer Raj Sharma.

Whomever wins the Liberal nomination will have the added of pressure of completing the de facto majority. Something that K-W Liberal riding association president Simon Tunstall feels is deserved, despite the misgivings of the other parties.

"Because of what the Liberal Party has done for education, [Ontario] now has one of the best public school systems in the entire English-speaking world," he said.

"On top of that, you could go on and talk about health care, environmental initiatives and a number of other things."

"I think our balanced approach is really unique to the Liberal Party, as opposed to the PCs who just want to cut and the NDP who just want to spend."

When it comes to the question of student engagement, a question that seems to come up every election, in Stevens' eyes, this byelection will follow the same pattern as so many elections in the past.

"I have never understood why students are so apathetic about elections and politics. It's almost impossible to mobilize and get them involved in campaigns and get them to the polls," he said. "It'll take somebody quite exceptional to get them interested."



Top right: Catherine Fife, top left: Tracey Weiler, middle right: Eric Davis (Photos by Nick Lachance). Bottom right: Karen Scian, bottom left: Stacey Danckert (Photos contributed).

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restrictions on take-out; however, once you're in there you can eat to your heart's content."

Starting in September, these board meal plans will be the only option for first-year students, as the old meal plan options no longer exist.

The carry-forward policy was also eliminated as of the 2011 academic year, so remaining funds on a student's meal plan at the end of the academic year will be removed.

While the 'all-you-care-to-eat' system may appear to some to as an expensive option, Dawson emphasized that no money will be lost in the changeover.

"The overall financial stability of food services as an entire operation, [is] trying to come up with a financial model that is going to balance everybody's interests," he stated.

"On the business side of things, [Aramark has] corporate experience to understand that it will all kind of average out in the long term."

Chris Walker, vice-president of university affairs at the Students' Union, explained that before this new initiative was put in place, WLUSU, along with student services, researched other institutions in Ontario to ensure it was the right choice.

Some of the institutions they visited to conduct their research included University of Carleton and University of Toronto in Scarborough.

"The feedback we got [out of the schools visited] was that the experience was much better in that type of facility; the diversity options of food, the quality of food [and] the customer service was greatly improved," he said.

"Through that research we kind of came to the conclusion that that

"We really are working hard to make sure that students are happy with the new meal plan system."

—Michael Onabolu, president and CEO of WLUSU

would be the model we would see as an improvement on the Laurier campus as food services continues to be an issue."

Michael Onabolu, president and CEO of WLUSU, echoed Walker's comments.

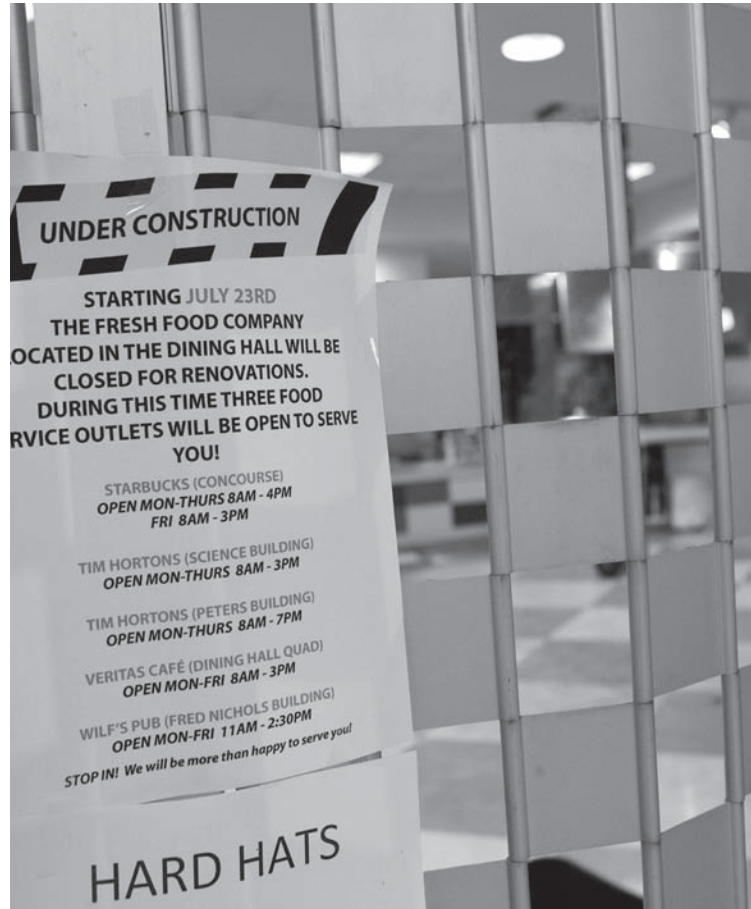
"We really are working hard to make sure that students are happy with the new meal plan system, [and] a lot of research has gone into it to ensure it is the best plan for students," he said.

While many improvements for first years are expected, there may be some kinks for other customers in the dining hall.

Mica Gold, an incoming second-year Laurier student, voiced her concerns to The Cord about the changes.

"I think it's trying to address a legitimate problem by giving it the wrong medicine, and I think it's going to make it worse," she asserted. "Different students eat different amounts, and it's kind of unfair for students who don't eat as much to be paying the same amount as someone who does."

When senior students, staff and faculty go in to purchase food, they will be able to fill up their plates



NICK LACHANCE PHOTOGRAPHY MANAGER
Expansions to the dining hall will help improve the new meal plans.

and pay a pre-determined price for their food, much like a buffet-style restaurant.

This system, according to Dawson, will be the cheapest option for non-first years.

The option for blocks of meals to be bought by upper-year students is currently being created. However, as of now, the primary focus is to ensure that first years are able to fully utilize their meal plans.

The dining hall is currently undergoing renovations in order to

sustain the new all-you-care-to-eat system.

A new entrance and exit are being created, as well as brand new food stations and expansions to old favourites.

The costs of the renovations, according to Dawson, are still being finalized.

Dawson, Walker and Onabolu concluded that they are excited for the new changes and hope they will positively reflect the needs of Laurier students.

Laurier in brief

ICE week hits Laurier

Third-year business students, who were completing co-op during the winter term, had the opportunity to participate in the spring term installment of the Integrate Case Exercise (ICE) competition this past month.

The competition was done in conjunction with EcoSynthetix Inc., a renewable chemicals company, where students in groups of five or six examine and come up with solutions for that particular company.

The winning team included BBA students Srinidhi Sridharan, Michael Stuparyk, Sarah Trieu, Jeyda Tuncel and Taha Zafar.

The winning students received a cash prize, various gifts and a meeting with the executives of EcoSynthetix.

EcoSynthetix used the competition as a way to help achieve their 2020 goal of reaching \$2 billion in revenue.

Dean of education takes post at OADE

The dean of education at the Laurier Kitchener campus, Colleen Willard-Holt, has recently been named as the chair of the Ontario Association of Deans of Education (OADe), effective Sept. 1.

As chair, Willard-Holt will be working with various education faculties throughout Ontario universities and the provincial government to ensure that a bachelor of education is consistent with the changing practices in teaching.

Willard-Holt received her PhD in educational psychology from Purdue University and has written about gifted education, multiple intelligences and general teacher education.

—Compiled by Justin Smirlies

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LIFE

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Carly Basch
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Inside the mind of an eight-year-old

Lead Reporter Katelyn Cullum reflects on what she's learned from her time working as a camp counselor

Seeing the world through a child's eyes is one of the toughest, and most rewarding things we can do.

It's hard at our age, in our "adult" life, to see the world in an innocent light. We have been tainted by our experiences, by our hardships, and we often forget that there is still magic in this world.

I've worked at a summer camp for five years now. I was at an overnight camp until last summer, where I finished off as program director and now this summer, I find myself running after children at a day camp. The things I have learned from these kids in these past years are invaluable. They've taught me to laugh at myself, to understand the importance of a friendship and that really, a hug solves everything.

However, I've also learned how incredibly tiring looking after someone else's children can be. You're not their mom; they don't have to listen to you. This makes for a very long day, and a few too many beers with dinner.

Take, for example, this one

camper I had, we will call him John. He has the attention span of a spoon. He is genuinely out to lunch most of the time, and getting him to go somewhere is like pulling teeth. But the thing is, he doesn't do it intentionally.

It's not like he wakes up in the morning and thinks "how can I piss off my counselor today?" (unless he actually does do that, in which case, I have no solution). I really believe that John just has such a wandering mind that no one can control it; I don't even think he can control it.

So yes, it's frustrating having to tell him a hundred times to NOT THROW PINE CONES, but at the end of the day, it's something to laugh at.

Although, try taking eight five year olds to the science centre. The only stress-free part of that day was finding the soundproof room. I made sure to stay in there an extra few minutes.

Don't get me wrong, most days are good days. There is nothing more heart-warming than having

six seven-year-olds fight over who gets to sit on your lap or who can hold your hand. And when they cry because they don't want their parents to pick them up, you can't help but smile.

Call me biased, but I do believe that being a camp counselor is one of the hardest summer jobs. I have great respect for my friends that are cooped up in an office all day, dealing with memos and projects and other things that I really know nothing about.

But the next time you want to complain about it being too cold in your air-conditioned office, just remember that we are outside, in 40-degree weather, chasing screaming children.

So next time someone tells you they're a camp counselor, high-five them; tell them you admire them and exchange notes. Chances are, that whiny co-worker you're always complaining about ironically shares the same attributes of a whiny five-year-old. And we have all the answers for curing whininess.



CARLEY MCGLYNN GRAPHICS ARTIST

How to stay fashionable in the summer heat



LENA YANG GRAPHICS ARTIST

ALANNA FAIREY
LEAD REPORTER

Summer is a time of colour, adventure, fun and more importantly, taking chances. In the eyes of Holt Renfrew fashion coordinator Mackenzie Yeates, summer fashion is always fun to work with because of the creative freedom it can give.

"Summer fashion has a certain ease and comfort to it that allows for a lot of play," Yeates explained.

"I also think that summer is the time to add a little humour into your wardrobe, like a lemon print top or cherry earrings. Layering isn't as important, so you get the chance to make one statement piece stand out and layer on the accessories."

Despite the fun of dressing for those hot summer days, one must be mindful about not dressing inappropriately, while avoiding overheating. Yeates emphasized the significance of choosing the right fabrics to keep

cool. She is sure to add that long sleeve tunics with 100 per cent linen or cotton flow from the body, and keep one cool.

"To avoid looking sleazy, pick one body part that you want to expose. If you're wearing short-shorts pair them with a crew-neck t-shirt or wear a crop top with high-waisted pants to reveal just a sliver of tummy," Yeates advised.

Working as a fashion coordinator at Holt Renfrew for almost two years, Yeates is no stranger to putting together outfits to represent the four seasons in a trendy fashion.

The perfect summer outfit according to Yeates is a pair of high-waisted red and white gingham pants and a matching bra top of the same fabric. Yeates believes that it is her perfect summer outfit because it is comfortable while still making a statement.

"It is great for picnics because of the picnic blanket print and still has

that retro bombshell inspiration that I love so much," she said.

Yeates noted that the bright coloured, backless summer fashion is even a big hit on the runway. Monochromatic whites and tart pastels have been gracing the Phillip Lim and Diane von Furstenburg summer fashion shows. Yeates also noted that the spring and summer runways have been donning lots of neon, leading one to stand out in the summer crowd.

Keep in mind, you don't have to dress in high-fashion collections off a runway to look good. Yeates mixes her summer fashion inspirations between tomboyish Idgie Threadgoode from *Fried Green Tomatoes* and girly Bridgette Bardot.

"For summer, I usually like to juxtapose my tomboy and girly girl sensibilities," Yeates revealed, explaining that she alternates her summer wardrobe from a pair of boyfriend jeans, button up shirts,

and bandanas to a striped t-shirt and a full mid-calf skirt.

When determining the perfect summer outfit, remember that summer is about adventure and fun. Make sure that your outfits reflect that.

Don't be afraid to be bold and experiment with every colour you can find under the rainbow.

But make sure you avoid black. Above everything else, always be confident in yourself when determining a summer outfit.

"Follow fashion but realize that not all trends work for everyone. Pick silhouettes and colours that work for your body type and skin tone.

"That is the first step in looking stylish," Yeates concluded.

"From there, experiment with fabrications, combinations and accessories and you are guaranteed to always feel confident and look great."

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THE Hillside experience

Through blistering heat, extensive lack of sleep and borderline cases of dehydration, each year volunteers and patrons gear up for what is quite possibly the biggest arts and culture festival in Southwestern Ontario.

But “Happy Hillside” they would say — the formal greeting to one another and everyone they see — and not one complaint would be heard. The sound of the music and intimate atmosphere brought people together like they’ve known each other their whole lives. Men, women, kids — anyone is accepted into the Hillside family.

“It’s clean, fun and family,” said William “Skinny” Tenn, four-time Hillsider and manager of the Rival Boys, one of the acts on the third day of the festival. “I’ve been to a lot of festivals across the country, but I would say this is right up there at the top.”

The annual Hillside Festival — now in its 29th year — is a three-day, four-stage music and arts festival that ran from July 27-29 at Guelph Lake Island. And it was sold out, clearly indicating that Hillside was going to be a good time.

Hillside features musicians from local areas and abroad, spoken word artists and various workshops. To say it’s a typical music festival would be a mistake — a big one.

Local flavour

Unlike larger festivals such as Osheaga — which begins next weekend — and Bonaroo, Hillside maintains a unique and local appeal, something that attracts many different performers.

“We’ve been looking forward to this weekend for a long time, ever since we heard about it. Hillside is like one of those festivals that when you’re first starting to play as a band together that you’d aspire to play at,” explained Max Kerman, vocalist and guitarist of Arkells, the final act on the main stage on the first night of the festival.

Around Kerman, backstage of the main stage sat the everyday volunteers, everyone chatting and smiling.

“The feeling at Hillside is very local which I really appreciate, because it feels like a real community,” Kerman continued, noting that the band’s first gig at Hillside was in 2009. “And it’s a community where everyone wants to chip in and have a great experience together.”

“They make a conscious effort to invite local music, musicians and workshops and all those kinds of stuff. It makes you feel it’s from Guelph, not just here by chance kind of,” chimed in Kerman’s bandmate, Mike DeAngelis.

Nothing could describe that local experience better than when Chad VanGalen, one of the later acts on Saturday, asked the people in the crowd at the Island Stage to put up their hands if they were from Guelph. Most of the hands flew up into the air and a cheer erupted.

But you didn’t have to be from Guelph to feel that community vibe.

The festival brings people together from all different walks of life, and so many bands will kill to get a set at Hillside. Bombay Bicycle Club from the United Kingdom and the Jezabels from Australia both put on thrilling sets, and they didn’t need to be from Guelph — or even from this country for that matter — to know they were welcomed.

One of the later acts on Saturday, the Bright Light Social Hour, hailing from Austin, Texas, played an energetic, funky set that got people dancing on top of picnic tables.

“It’s a small, intimate, cool festival,” said Marti Sarbit, singer of Winnipeg-based Imaginary Cities who played an intense and lively set Saturday night. Sarbit, whose band played for the

Managing Editor: News Justin Smirlies recounts his time

first time at Hillside, swayed in unison with the crowd as they listened to the soothing sounds of her voice.

“I like that, that’s kind of where I’m comfortable I guess, the smaller stuff,” Sarbit added about the setting.

“Not to say that this is small, it’s more people than we’ve ever played to,” she laughed.

Tenn, after the set of the Rival Boys, said that every band that he’s managed wants to play Hillside the following year. But unless they come out with a new album they can’t play two years in a row.

“They’ve always brought new bands here and holy Christ they’re great,” he emphasized. “They’re limited to how many people they have on the island, but I was thinking, wouldn’t it be great to have [a festival] like once a month?”

A volunteer party

Hillside runs off of its volunteers, and without them everything would fall apart. And the volunteers love it too. They receive their own camping space in the “Volley Village”, accommodations such as food and they get to party with their fellow colleagues.

And party they did.

Despite cold rain pounding the tents for the most of Friday night, volunteers drank, and had fun while the chants of songs and the faint sounds of guitars filled the night. The rhythmic sounds of drums, though going well into the early hours of morning, was enough alone to show how enthusiastic these folks were.

One volunteer actually happened to lose her sunglasses but found them later at the lost and found. She was dumbfounded that someone didn’t just steal them, but reminded herself of where she was. “Well that’s Hillside for you,” she laughed.

Ashley, who chose not to give her last name, volunteered for the first time at Hillside and loved the experience.

“It’s great. It’s amazing how people just come together and just happen, you know?” Ashley said. “It’s like how my friend was saying, it’s a bit like having a giant ball of yarn when it’s all starting and it’s all tangled out and just a big mess that it feels impassable. Then right before the show starts it just comes together and it’s a sweater.”

Another volunteer, who went by the name “Sporty”, has been a long-time volunteer. When asked about how he has felt Hillside has progressed through the years, he responded by saying, “Better and more current bands, but other than that it always been the same.”





the side experience

at the increasingly popular arts and culture festival

"No fights," he added. "Everybody loves everybody here."

The music

While the music doesn't embody the whole Hillside experience, it definitely is the main focus for patrons, volunteers and the performers themselves. Though many of the acts tended to be folk or bluegrass, Hillside welcomes pretty much anything.

Along with those mentioned before, other notable acts included the foot-stomping sounds of the Strumbellas, the soulful and passionate voice of Cold Specks, indie act the Wooden Sky and young jazz geniuses, BADBADNOTGOOD, who put a fresh spin on popular hip hop and electronic songs.

A band such as Half Moon Run, who drove nine hours from Montreal the day of their set, didn't quite know what to expect of the festival, but with the energy of the crowd they delivered a powerful set.

Even if you didn't know any of the acts prior to the festival, the music didn't disappoint.

It was inevitable that The Cord couldn't be everywhere at once, but acts such as Rich Aucoin and the solo set of the Constantine's singer, Bry Webb, generated quite the buzz around the festival.

One of the more unique aspects of Hillside had to be the music workshops where two or three artists, sometimes without initially knowing who the other bands were, would collaborate in a jam session. It was a hit or miss, but when it worked – such as the Sunday Gospel Session that happens every year – the music just grew spontaneously and the talent thrived.

While another great tradition, Osheaga, kicks off next weekend, Hillside is completely different and warrants its own visit even if some of the acts play both festivals.

"Osheaga is going to be great and Montreal is an amazing city so it has its own set of appeals," concluded Kerman of Arkells.

"But there's something really unique about Hillside that makes it really have a different experience."

Hillside is growing and a certain sense of density can be felt on the grounds, but it appears it hasn't lost its feel of intimacy and friendliness. The atmosphere, performances and people are all things that shouldn't be missed, and it's not unusual for someone to crave another year of Hillside prematurely.

So until next time, "Happy Hillside."



ALL PHOTOS BY KATE TURNER PHOTOGRAPHY MANAGER
From left to right: The Strumbellas, Great Lakes Swimmers, (top): Arkells and Bright Light Social Hour, (bottom): festivalgoers enjoy hoola hoops, music fans dance in the lake tent.

5 cool things seen at Hillside

1. Puppy Puppet man, who, surprisingly, was at the front of each set
2. Beards. Lots of them.
3. Five bucks for a delicious pulled pork sandwich from Studd's and Spuds? Sold.
4. Workshops featuring various bands.
5. Being a volunteer. Seriously, it looks like a cool gig.

Top acts of the festival

Friday, July 27

Bombay Bicycle Club, Arkells
Honorable mention: Kathleen Edwards

Saturday, July 28

The Jezabels, The Bright Light Social Hour, Imaginary Cities
Honorable mention: Chad VanGalen

Sunday, July 30

Cold Specks, Half Moon Run, the Wooden Sky
Honorable mention: BADBADNOT GOOD

More Hillside on thecord.ca: Visit our website for photo galleries and video

EDITORIAL

Opinion Editor
Devon Butler
dbutler@thecord.ca

Olympics a poor political theatre

When the Queen skydived with James Bond and the fireworks sparked against the London skyline the last thing anybody should have felt was hatred towards any of the thousands of athletes at the 2012 Summer Olympics Opening Ceremony.

As soon as the parade of nations began, however, so did the realization that with 204 countries from across the globe participating in the same event, there was bound to be problems.

The most controversial issue occurred before the Olympics even began, with the decision not to hold a moment of silence for the 11 Israeli athletes and coaches who were killed at the Olympics in Munich 40 years ago.

While some argue this was in poor taste, perhaps the Olympic committee merely wanted to leave politics out of the opening ceremonies by focusing on the excitement of new possibilities in a new era.

If this was entirely true, however, there would be less focus on the threat of terrorism by heightening security at all the Olympic events and in the Olympic village. This in itself is a political issue, but the problem with mixing politics and competitive sport is that it involves athletes who should not be viewed, nor treated as political figures.

The Lebanese judo team for example, forced Olympic officials into placing a screen between them and Israel's team during practice, refusing to even train on the same mat.

This incident came just days after Lebanon, Palestine and Iran refused to compete against Israel.

Similarly, rumors that teams would fake injuries to avoid competing against countries they refused to recognize spread through the Olympic village, forcing officials to monitor injured athletes who are suspected of being involved in political conflicts.

Similarly, reports that the first female Saudi Arabian athlete will not be able to wear her headscarf during her judo competition is sparking a controversy that adds cultural and religious politics to the mix.

The reason for the hijab ban is the concern for safety since strangle and chokeholds are used in judo.

A spokeswoman for the Olympic Committee stated that the Japanese martial art does not recognize differences in politics or religion, and the only difference between competitors should be their level of skill.

Though this may seem like a political issue it should not be seen as a personal attack on any religious or cultural beliefs, it is solely based upon the conditions of the sport. The Olympics are not a forum to broadcast your political platforms nor were they ever meant to serve as a place for discrimination.

There are certainly noble examples of athletes making political stands at the Olympics, most notably John Carlos and Tommie Smith at the 1968 Olympics. However when Carlos and Smith made their political statement atop the medal podium, they did so in a way that did not detract from their sport.

Carlos and Smith made their statement without harming the true meaning of the Olympics: sport. It seems these kinds of political statements have been lost today.

The athletes from the 204 countries should be treated just as that, athletes. The Olympics is a place to compete, to challenge oneself and to learn the rules of good sportsmanship.

It serves as a meeting spot for the world to connect and should be utilized in order to form social bonds rather than fueling already unstable political situations.

- The Cord Editorial Board

These unsigned editorials are based off informal discussions and then agreed upon by the majority of The Cord's editorial board, including the Editor-in-Chief and Opinion Editor. The arguments made may reference any facts that have been made available through interviews, documents or other sources. The views presented do not necessarily reflect those of The Cord's volunteers, staff or WLUSP.

The Cord is published by
Wilfrid Laurier University Student Publications.
Contact Emily Frost, WLUSP President and Publisher
75 University Ave.W, Waterloo ON N2L 3C5



STEPHANIE TRUONG GRAPHICS EDITOR

Proactive approach to energy concerns needed



SHAUN FITL
WEB EDITOR

In the modern age access to energy for our homes and public infrastructure is an undeniable necessity.

Societies across the planet have developed to be more dependent on energy supply while at the same time, use has become more intensive, meaning that the cost of the energy has surpassed the value of what can be produced through its use.

So, when energy demand shows no signs of slowing or stopping what can be the next step for us to accommodate our lifestyles while costs continue to rise?

Especially during the summertime, when increased use of air conditioning and irrigation systems for farmers pushes peak demand upwards, issues begin to arise concerning whether or not a country's infrastructure is adequate to support its population.

The Alberta Electric System Operator asked homeowners in Edmonton and some surrounding areas to curb their energy use on July 9 because record high temperatures combined with very dry weather had put too much strain on the grid.

Meanwhile, just as July came to a close, India experienced what could have been the largest energy blackouts ever on July 30 and 31 as grids collapsed and cut the day's supply to 370 and 620 million people respectively. Prime Minister Manmohan Singh's response was that the government will need to encourage free market reforms so that the country can pull itself out of its slowing economy and have enough money to expand its grid supply.

The problem cannot be just that the cost of energy is rising across the board, or that dense population concentrations bear a heavy weight on suppliers, or that economic stagnation makes it difficult to sustain the affordability of modern life.

A combination of these factors creates a situation that is both complex and frustrating.

Nobody wants to hear that energy demand is absolutely too high.

Although the global climate seems to only be getting warmer and people born in the future will need increasingly more energy resources to cool their homes or for farmers to grow their food, there is faith in innovation. The obstacle seems to be that countries are low on cash and therefore cannot afford to upgrade their costly facilities in the same way anymore.

Canadians are fortunate because we are in line to benefit from some brilliant initiatives like the Sarnia Photovoltaic Power Plant and the Sault Ste Marie Solar Park, which are among the world's

largest solar power facilities like Gujarat Solar Park in India and Golmud Solar Park in China.

These projects will extend cheaper and more reliable energy to become more available, but are criticized for being economically unrealistic.

The truth is that this argument stems from a misunderstanding of energy subsidies and the misallocation of these funds to disproportionately aid fossil fuel and other operations while neglecting other renewable sources.

If the same amount of financial aid was given to, for example, solar projects there would be more ability for governments to hire more workers to expand the grid and avoid supply shortages in the future.

In the future the world will have to face even higher demand for energy and may have less of a capability to evolve to address these needs because of economic downturn.

Canada is taking the lead in the early 21st century and could see itself come out on top of the world if it continues to expand in this direction.

While other economies lag behind in their infrastructure reforms, Canadians will need to support greener initiatives to cut energy intensity and produce cheaper supplies at a massive scale.

By handling energy issues on the supply side and focusing more on renewable sources; we can avoid having to drastically change our lifestyles or empty our pocketbooks for other increasingly expensive options.

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OPINION

Opinion Editor
Devon Butler
dbutler@thecord.ca

Student anxiety a persistent problem

Post-secondary institutions need to take greater steps towards dealing with stress among students



DON MORGENSON
COMMUNITY CONTRIBUTOR

Our dictionaries define stress as “strain or pressure exerted on a body, usually measured in pounds per square inch.” Recent epidemiological studies indicate that Canadians may be carrying more “pounds per square inch” than ever before.

An insurance company for example, recently published data suggesting that more than 50 per cent of workers feel “greatly stressed.”

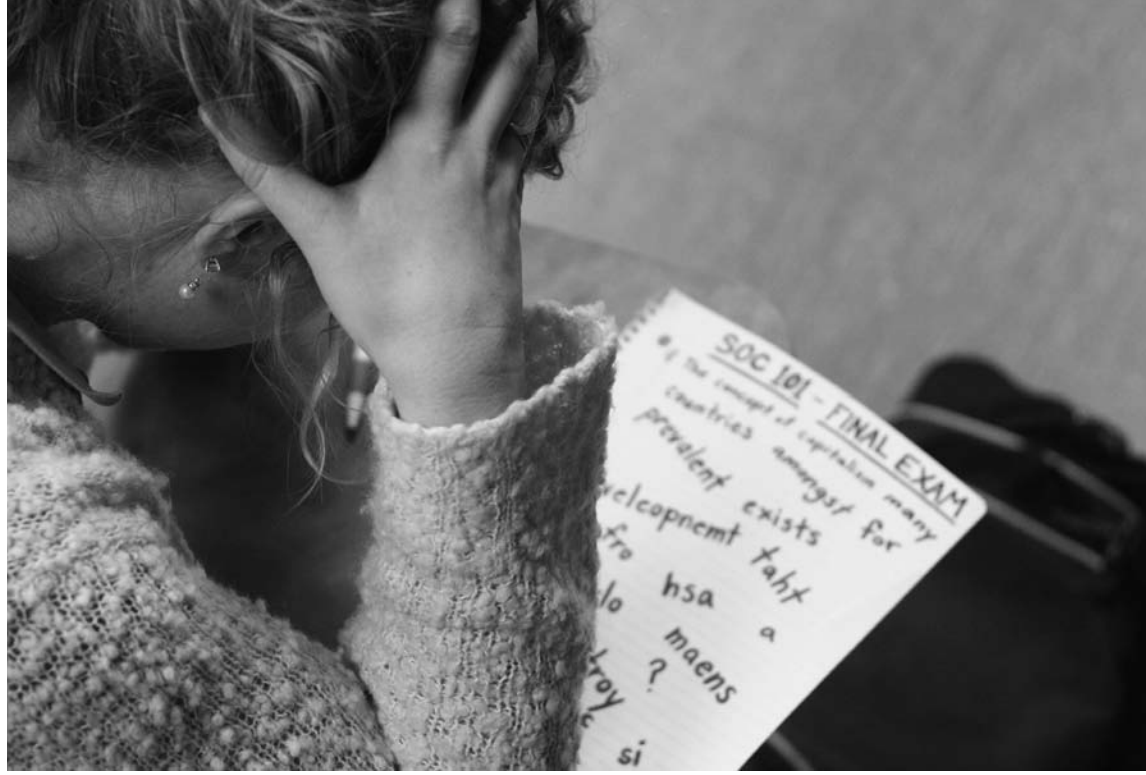
The study also showed how many of us are suffering from stress-related disorders. 62 per cent feel exhausted; 45 per cent have chronic headaches; and 45 per cent report sleep disturbances.

Here at university, one third of students confess to having panic attacks.

Surely some of the responses to stress are a function of individual personality traits, but clearly, something else is at work.

We often construct institutions and structures which seem to imprison us, to the point where each individual feels trapped.

Our suburbs are such a prison wherein we must commute to work and then we are imprisoned in our cars for the duration of it. So, while we build beautiful homes, we tend to spend more time in our automobiles, trapped in gridlock and congestion, being poisoned by polluting



LYLA WILSON FILE PHOTO

combustion engines.

Ironically, these are the things we sought to escape when we moved to the outer environs.

We are devoted to an “activity ethic.” Our businesses seem dedicated to busyness and stress is the result. We find stress erodes our confidence and rots our leisure time, and we consequently model and teach stress at all levels of life.

That is what is being taught in our kindergarten classrooms. We are modeling stress as we teach children to respond to it by a fierce

competitive spirit. Life is a jungle, and the competition cut throat. We insist that our children and teens try to manage too many assignments in too little time.

We pile on work that they know inherently will never get done, which encourages them to devalue education. We tell them little about how to cope with such expectations as we stuff more and more into their backpacks, wearing down their vulnerable little backs.

If they survive, and many of them do, we tell them they are fit for the

corporate world, which is currently downsizing and laying off workers, adding more stress to their lives.

There we are on that treadmill to oblivion, racing toward ulcers, coronaries, hypertension or other maladies caused by what Hans Selye defined as “dis-stress.”

Enter all of the professional stress managers with their well-oiled programs of controlling stress. Ironically, treating the forms of pathology which are by-products of the very institutions and corporate, social structures we have created.

Such professionals accept that stress is a constant component of the social and financial order, and yet, they focus on the individual and their responses to such stress.

It can be seen most clearly at the university level, where students are under great stress; but rather than looking at the institutional bases of such stress, we heap coals on the individual students and insist that it is their responsibility to respond maturely to stress.

We institutionalize stress management as a personal responsibility as we teach biofeedback, relaxation techniques, meditation, deep breathing exercises and perfecting “test-taking techniques.”

Rarely do we question or evaluate the system, a system we have collectively created.

If you are stressed out, you do something about it; you do not dare question the very structures which have contributed to your stress.

It is surely time that university officials, faculty members and all of us on the university campus study the university system itself by looking at campus structures, classroom demands and reveal the many sources of student anxiety.

Assuming greater responsibility for the system, we just might reduce the percentage of young students who suffer from panic attacks and therefore, enrich student life.

Don Morgenson is a professor of psychology at Wilfrid Laurier University

letters@thecord.ca

Random violence has no place in political movements



JAMES POPKIE
COMMUNITY CONTRIBUTOR

Nowadays, it seems people regard their personal opinions as something worthy enough to take to the streets and use as an excuse to destroy whatever, or whoever is in their path.

Whatever your cause, whatever your beliefs, it must surely be worth inverting a few cars and smashing a few store windows.

Lately, it seems that rioting to get what you want is the newest fad; one of the most disturbing trends that trumps even Twilight moms in terms of its sheer abhorrence.

The riots over student fees in Montreal, over the loss of the Stanley Cup in Vancouver, and over a myriad of various vague economic and social causes in the United Kingdom, are some of the most obvious examples of this.

Some of these riots are more ideologically fuelled than others and often they tend to devolve into free-for-all looting even when there was an ideological purpose in the first place.

If this was an oppressive dictatorship and there were government targets being attacked, it would be a different story.

I, in no way, intend to insult those

“
In a democratic first-world society there is no legitimate cause to destroy random property.

in oppressive regimes who have risen up with force — which is, of course, a completely different scenario — nor do I intend to insult peaceful protesters with a cause, like those in the Occupy movement.

That is not to say that the Occupy movement is completely innocent of descending into rioting or efforts to deliberately cripple the local economy. But for the most part, the peaceful protesting that dominated the Occupy movement is something that I would not object to.

That being said, I maintain that in a democratic first-world society there is no legitimate cause to destroy random property. No matter how big, how important, how seemingly pressing the issue.

To be honest, the uproar over Quebec students' fees, to already a small fraction of those in the rest of the country, seems like a spoiled and self-entitled cause if there ever was one. However, the importance of the cause or lack thereof, is irrelevant.

Even if it were a just cause, I would still object based on the methods being used like random, senseless violence against targets

that are often completely unrelated to the cause at hand.

If it is an unimportant cause then it's just destruction for nothing, and if it's an important cause, then it only serves to demean and degrade the cause by casting it in a bad light.

Fact is, if you want something, destroying things isn't the way to get it.

I can think of a million things I want. It'd be great if the Canadian human rights commission and their censorship committee were disbarred. It'd be great if marijuana was legalized. It'd be great if our government did more to expedite the proliferation clean energy vehicles.

It'd be great if oil companies didn't have such a powerful hand in dictating energy policy. It'd be great if the freeway and subway network of greater Toronto was expanded and improved. It'd be great if taxes on the super-rich were raised to help pay off the debt. It'd be great if discriminatory hiring policies against white males for Canadian government workers were repealed.

None of these causes, however, are worth destroying innocent people and their property over.

If I am ever seen in the streets smashing windows over these causes, not only would I be a massive hypocrite, but I'd also be deserving of whatever legal penalties could come my way.

James Popkie is a fifth-year student at Wilfrid Laurier University

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SPORTS

Sports Editor
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JESSICA MITRA GRAPHICS ARTIST

Plenty to be excited about at London '12

The Olympics' ability to inspire will go far beyond the host city



SHELBY BLACKLEY
SPORTS EDITOR

The world stops revolving for a few weeks. The unity between countries becomes infinite, and the sacrifice of each athlete becomes tangible, with possible gold within reach.

The Olympics has been a long-time stadium of pride, dedication and challenges for countries and athletes alike. It provides a nation the chance to show their love and gives individuals the ability to shape the training that they have endured since their infant years — literally.

It's inevitable that the Olympics mean a lot to a country. It's easy to say that it's one of the most gathering times of the year.

Look at Vancouver 2010. There was a palpable swagger that came with all Canadians. We felt the pride, and we owned the medal platform, which gave citizens a stronger motivation — especially student athletes.

Any athlete that pursues a sport has a dream in the back of their mind: 'Someday I want to be a professional.' Whether professional means in a national league, an international phenomenon or part of the Olympics, it's inevitable that the sport becomes part of the athlete.

Student athletes are no different. They have worked their entire lives in respective travel leagues, training camps and universities to push themselves to new levels — levels they need to be at in order to pursue this dream.

It doesn't stop with university either. Athletes that come through the university or college stage still have the chance to move farther on their endeavours.

They work harder, train longer and use their sport to motivate them toward their final goal.

London 2012's theme is "Inspire A Generation." After Vancouver, all Canadians are inspired to reach their goals. Student athletes push harder to see where they end up.

A lifetime of dedication becomes evident this week, and it motivates all athletes. Student athletes can use the Olympics as an extra boost — they know they can make their dreams, and they know that no matter what sport they pursue, they

have a chance.

Their dream will become reality.

It's about inspiring a generation; it's about inspiring a person. Athletes thrive on motivation and that's exactly what London will do. The Olympics give us a chance to remember why we do what we do.

When asked what the Olympics means to us, there are multiple answers. Pride. Dedication. Motivation. Fruition. Doing things no one has ever done before.

For 17 days, there will be so much motivation in all of these athletes; it will inspire more than just a generation. It will inspire every nation, and every individual that it is possible to achieve what you want. Student athletes can make their goals. People can do what they dream of.

London 2012 will hold so much. It will provide Canada a chance to build on Vancouver. It will give Michael Phelps the chance to be the most decorated athlete.

It will give double-amputee Oscar Pistorius an opportunity to place in the Olympics after he went through so much adversity just to be able to contend. And it will be a motivation to all athletes to do what they know they can.

letters@thecord.ca

WLU prof looks to give Olympians mental edge

JUSTIN FAUTEUX
EDITOR-IN-CHIEF

When marathoners Eric Gillis and Reid Coolsaet, steeplechaser Alex Genest and 1500-metre runner Hilary Stellingwerff take to the road and the track at the London Olympics, Kim Dawson will know that she helped get them there.

Starting in January of 2011, Dawson, a professor of kinesiology and physical education at Laurier, provided sports psychology consulting for these four Canadian Olympians, along with 13 other middle and long distance runners at Guelph's Speed River Track and Field Club. Now that the Games have arrived, Dawson can't wait to see her pupils in action.

"I'm so excited to see their faces [on TV], they're so deserving of this honour," she said. "They've worked so hard, it's such a thrill."

According to Dawson, who has taught at Laurier for 15 years, the mental side of sport is crucial for any athlete. It's also something that has been gaining attention in recent years.

"The bottom line is that physically you have a certain amount of potential. But your mind can either increase that potential or it can limit it," said Dawson.

"You can't pick up the sports pages without an athlete talking about the mental side of the game. It's gotten to a point where they'll talk more about the psychological aspect than the physical aspect."

So what does a sports psychologist like Dawson want to achieve with her athletes?

"We want a congruence between mental and physical strength," she said. "A lot of athletes walk up to the plate or start running and they're talking themselves out of it right away."

"So, it's making them aware of that dialogue that goes on in their mind and how they can control it."

Using techniques like visualization, self talk, relaxation, proper use of music and confidence building, Dawson said her main goal is to put an athlete in the right mental state to maximize his or her body's potential.

However, that optimal mental state can differ greatly from sport-to-sport and athlete-to-athlete.

"For example, adrenaline is great if you're doing a high endurance sport," said Dawson.



COURTESY OF WLU PUBLIC AFFAIRS
Kim Dawson a WLU prof, helped 4 runners get to London '12.

"But if you have too much adrenaline and you're doing something like playing quarterback, it can change your mental focus and harm your ability to see the playing field."

According to Dawson, that proper mental state is even vastly different between different types of runners.

"With a sprinter, we really don't want them to be cognitive at all, we want them to be impulse driven... once the race starts, they shouldn't be thinking at all," she said.

"But marathoners have to be so mentally disciplined and so aware of what their thoughts are and where those thoughts are leading them, because certain thoughts and emotions can deplete your energy level and others can accelerate it."

Dawson is confident that Gillis, Coolsaet, Genest and Stellingwerff will be in a good mental state when they compete over the next week and a half. But if they need her, she'll be a phone call away.

"I'll definitely keep the lines of communication open, but I don't like to bug them," said Dawson.

"If I've done my job properly, they're perfectly capable of getting themselves in and out mentally in terms of where they should be. But if they need me, they know where to find me."

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Dear Life,
Thank you for creating the 50 Shades trilogy. It has given women a reason to enjoy porn without being criticized.
Sincerely,
I can't wait to get laid

Dear next-door daycare,
Hitting, screaming and punching every item of the backyard will not make your day go by faster. Your mother is not coming.
Sincerely,
I was you once

Dear September,
Can you please come faster? I'm actually super excited for school. I miss a busy campus and just want my friends to come back and party.
Sincerely,
Actually excited to do better next year

Dear Life,
Sometimes I forget how amazing people at Laurier are. It isn't until you're away that you notice how friendly everyone is.
Sincerely,
Love living in my Laurier bubble

Dear Life,

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Sincerely,
Yolo

Dear Life,
A bachelors degree is the new high school diploma... I wish someone had told me this four years ago.
*Sigh.
Sincerely,
College-bound Laurier Alum

Dear fellow workers,
If you're going to call in sick saying your appendix is exploding, please don't tweet about going out the night before.
Sincerely,
I hope it really does burst

Dear Life,
It boggles my mind how stupid people can behave in crowds. Their brains shrink to the size of peas and they become unable to function in any way that is civilized. We all have places to go and time is always working against us but must you act like a dumb sheep? Usually I ignore this type of behaviour but when I have to walk against a crowd and end up getting pushed onto the street into ongoing traffic, I'm going to get pissed.
Sincerely,
Maybe I expect too much from dumb people

Dear Life,
When will it be Sinbad's turn again? I mean come on, who didn't love that holiday classic *Jingle All the Way*? He fucking carried Arnie and we all know it.
Sincerely,
I just want to wear my brightly-coloured windbreaker again

Dear Life,
Why does #nooneunderstand me? Guess I'm just gonna have to keep putting my headphones on and going into my own world.
Sincerely,
#youveprobablyneverheardofit

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