



## Work orders issued

Restrictions set after fatal incident

**ASHLEY DENUZZO**  
LOCAL AND NATIONAL EDITOR

Following the events of the death of 23-year-old Nick Lalonde, the Ontario Ministry of Labour has issued stop work orders against the property management group through which he was employed.

Lalonde was an employee of Central Construction and was installing masonry blocks on the twelfth floor of a student housing building at 173 King St.. On Oct. 11, a crane was moving a skid of bricks when one of the bricks hit the worker.

The blow caused Lalonde — who was not tied on — to lose balance and fall several stories and land on a platform.

The fall was fatal.

Lalonde, who was a London Ontario native, now leaves behind a 19-month-old daughter, according to a London radio station.

The Ministry of Labour has been involved since the incident occurred. “At approximately 12:00 p.m., the Ministry of Labour was notified of a workplace accident that occurred,” explained Matt Blajer, a spokesman for the Ministry. “Emergency medical services were dispatched and attended the scene.”

The coroner’s office attended the location and confirmed that the injured worked died as a result of the injuries sustained.

Now, the inspector has issued 17 orders to Maison Canada, a property management company in Waterloo that manages the property Lalonde was working on.

This includes five stop work orders — three of which were lifted Wednesday night — along with an order to not disturb the scene from Local, page 7



## ‘Prosit’ to 45 years

Local, page 7

JODY WAARDENBURG LEAD PHOTOGRAPHER

## Joining film and community

**CRISTINA ALMUDEVAR**  
ARTS EDITOR

Cin-E-merge WLU is tired of film studies students being unaware of the career options that they possess once they graduate with their degree.

Cin-E-merge WLU is an educational outreach program that hopes to connect students from Wilfrid Laurier University, University of Waterloo (UW) and various high schools to film industry professionals in the Kitchener-Waterloo and Cambridge area.

“Cin-E-Merge WLU is actually one part of the Cin-E-merge outreach program. It was a committee

of WLU students as well as ourselves that created the name for the program and hopefully they’ll continue [with the program] for the next few years.” Krista Boniface, one of the co-founders of Cin-E-merge shared.

Cin-E-merge is the brainchild of WLU film study graduates Katie Parkes and Krista Boniface who began the initiative in the summer of 2013.

“Cin-E-merge started because the executive director, Tamara Louks, of the Grand River Film Festival (GRFF) had previous conversations with Dr. Katherine Spring. They were trying to figure out a way to see if they could help one another

and what would that result in,” said Parkes in an interview with The Cord.

At that time, Parkes and Boniface were both on the programming committee and were asked to brainstorm ideas as Louks felt, as recent WLU film studies graduates, they would be able to best understand the needs of the students.

With that, Cin-E-merge WLU was created.

“We tried to create an event that we would want to attend either as previous students or alumni or as film enthusiastic community members,” Parkes continued.

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“We tried to create an event that we would want to attend either as previous students or alumni....”

—Katie Parkes, co-founder of Cin-E-merge

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#### Baking for United Way

Faculty and staff bake treats for United Way at both the Brantford and Waterloo campuses

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#### De-stress for midterms

Staff Writer Hayden Moffat looks at some of the ways you can relax during midterm season

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Our Opinion Editor argues that the U.S. government shutdown brings out the worst in Americans

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WILL HUANG STAFF PHOTOGRAPHER

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Editor's choice online  
Weekly photo gallery  
thecord.ca



# THE CORD

The tie that binds Wilfrid Laurier University since 1926

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OCT. 17, 2013  
Volume 54, Issue 10  
Next issue: October, 23, 2013

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In 2013 the Canadian Community Newspaper Association awarded The Cord second place in the campus community newspaper category.



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## Colophon

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.



Opinions expressed within The Cord are those of the author and do not necessarily reflect those of the editorial board, The Cord, WLUSP, WLU or CanWeb Printing Inc. All content appearing in The Cord bears the copyright expressly of their creator(s) and may not be used without written consent.

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 its 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:  
"That's not money, you stupid bitch!"  
-Visual Director Kate Turner on using a wire to get free pop from the machine at the WLUSP office

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## This Week in quotes

"She doesn't cook like that for me when I'm at home."

-Laurier football player, Isaac Dell, on his mother baking treats for former Laurier coach Gary Jeffries at Saturday's game

## Vocal Cord

If Laurier had a reading week, how would you have spent it?



"It's in the timing; I'd prefer it before finals rather than before mid-terms."

-Robert Biasia  
first-year, economics



"If I say party will we not get it?"

-Andrea Wolf  
first-year, communications



"I'd probably go on a vacation."

-Vanessa Grandcharova  
first-year, economics



"I'd definitely go home, and probably try to get some studying done."

-Vanessa Mauro  
first-year, arts



"I'd probably do nothing with it, but if exams followed, I'd likely be doing work."

-David Parrott  
fourth-year, BBA

Compiled by Ryan Hueglin  
Photos by Ryan Hueglin

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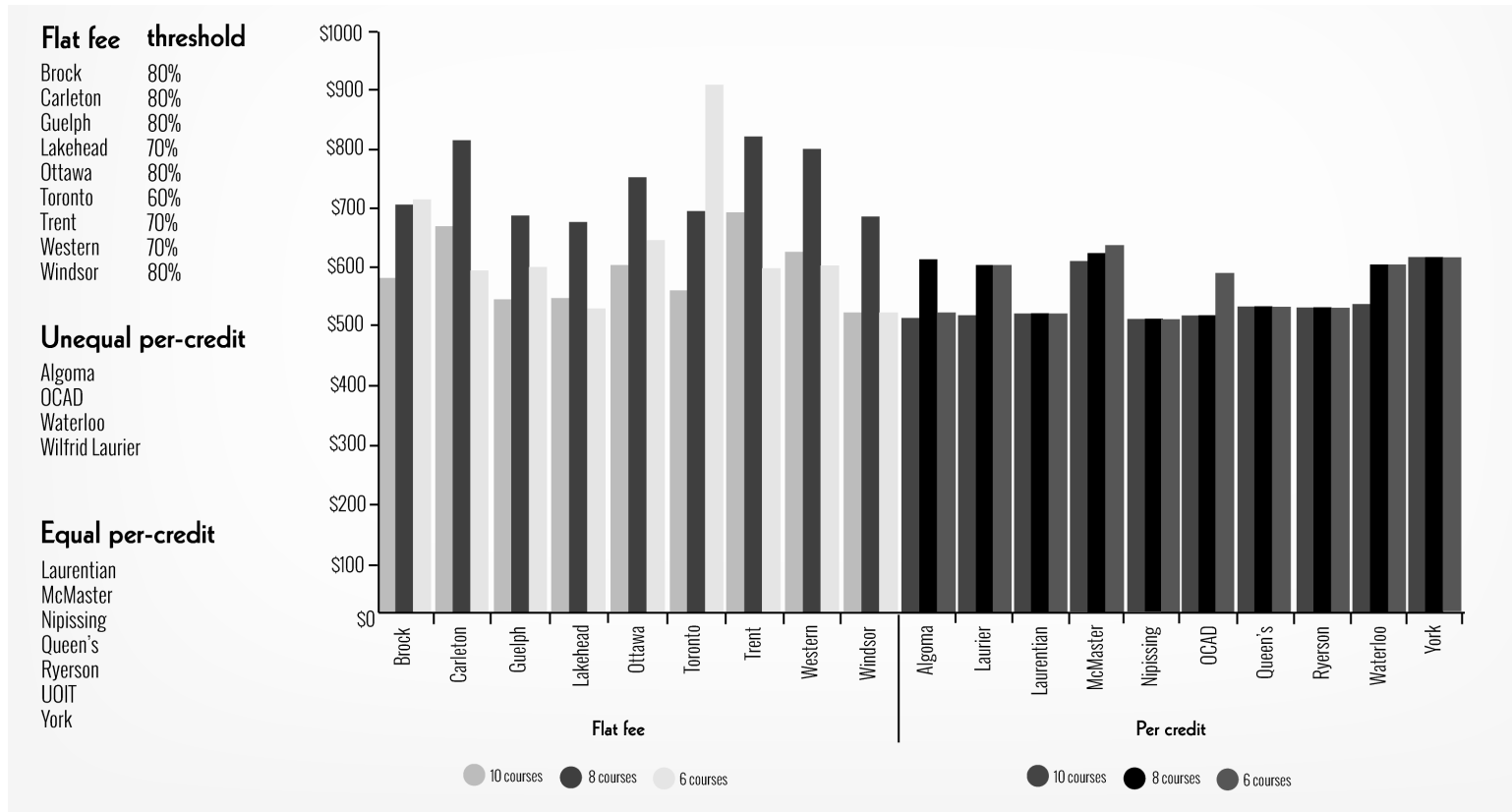
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# NEWS

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KATE TURNER VISUAL DIRECTOR

## Province to evaluate tuition billing

**ASHLEY DENUZZO**  
LOCAL AND NATIONAL EDITOR

The Ontario government may soon be changing the way tuition is administered across the province's universities.

For nine out of the 20 universities in Ontario, the tuition framework has a much different model than the rest, something known as flat-fee rates.

Flat-fee tuition is the practice where students who are enrolled in a 60 to 80 per cent of a full-time course load are charged a flat program rate.

In this situation, the same tuition rate is applied to all students regardless of the number of courses they enroll in.

This means that students who are taking three classes could potentially be billed the same amount as students who are enrolled in five to seven courses.

"I think students have convinced us for the need for change," said Brad Duguid, minister of training, colleges and universities. "We've indicated that we'll be reviewing the issue and want to bring in some reforms to flat-fees to ensure that they're applied in a fair way to students."

Students have been vocal about their concerns with the tuition framework in Ontario, claiming that

students should not be forced to pay for education they are not receiving.

Currently, the nine universities whose tuition policies support a flat-rate model have a "threshold" at which the full-time rate for tuition is charged.

Brock University, Carleton University, Guelph University, the University of Ottawa, and the University of Windsor have an 80 per cent threshold, while Lakehead University, Trent University, and Western University stand at a 70 per cent threshold.

The University of Toronto, however, has the lowest flat-fee threshold in the province at 60 per cent.

In a 2009 news release, U of T stated that they were in favour of this policy because it "guarantees a more predictable revenue stream" and "allows students to take extra credits without incurring additional costs."

However, some university students strongly disagree with this statement, believing that it is unfair to forget about those who cannot commit to a full course load.

"As someone who comes from a financially-disadvantaged family, I have to work while going to school," explained Ana Ristovic, a fourth-year criminology student at U of T. "My school requires five credits per year in order to graduate in four [years]; however, since I have

to work 30 hours a week, I am only able to balance taking four courses a year."

She continued, "Due to this policy, I will be paying extra money and it just seems that only students who are well-off enough to be unemployed are the ones who can reap these benefits."

Another argument in favour of flat-rate tuition explains that this policy incentivizes students to take a full course load, hoping for more "on-time" graduations.

"There is no evidence that this actually does that," said Stephen Franchetto, the vice president of finance for the Ontario University Student Alliance (OUSA). "We completely disagree with flat-fees, they are terrible in our books."

OUSA represents undergraduate students in the province, lobbying for student rights and listening to student concerns.

They recently released a report on flat-rate tuition fees, analyzing the cost of tuition, rates and policies.

Speaking about the difficulties flat-rate fees pose to part-time students, Franchetto said, "Those students are the ones with the most difficulty and it makes absolutely no sense that they are the ones that are hit the hardest with the policies."

OUSA has been lobbying on this issue for more than a year.

However, some students have

expressed interest in favour of the policy, mainly arguing that it helps those whose programs require additional credits.

Hilary Canivet, a concurrent education student at Brock University, explained that each year she must take an extra education course on top of her mandatory classes.

"Being in a program that requires you to take more, I would probably end up saving money," she said. "I prefer a flat-rate."

Angela Casey, a student at Lakehead University is also in support of flat-rate.

"It's understandable that the lower course load students feel somewhat gypped, but the grander scale I think is so much more important to get these kids into post-secondary education," she said, referring to the large amounts of students in the Thunder Bay area who come from low-income families and would not otherwise be full-time students.

Duguid told *The Cord* that the ministry is currently working on the issue of flat-rate fees.

"We need to strike a balance so when we make changes like this that we don't severely impact a university's financial circumstance," Duguid said. "It's going to challenge post-secondary institutions."

"But it's always challenging because tuition is challenging for students."

More news inside:

### Shifting laws



CONTRIBUTED PHOTO

New regulations prohibit users from growing medical marijuana

National, page 8

### H<sub>2</sub>O studied



RYAN HUEGLIN PHOTO MANAGER

Laurier opens doors of new water research facility

Campus, page 4

## Entrepreneurship considered for arts faculty

Faculty of arts proposal aims to implement a social entrepreneurship option for students by next year

**ALLY FLACK**  
STAFF WRITER

Over the last six months, the dean of arts office has been developing a proposal for a new social entrepreneurship option for arts students, the first of its kind in Canada. Although not yet a certainty, if the proposal is passed, the program could be implemented by September of 2014.

The proposal has the program set up as a four-credit option, available to all arts students beginning in their first-year. Michel Desjardins, associate dean of arts for curriculum and research, is the point person for the creation of this program. He discussed the type of student who will benefit from this program.

"If their priority is to make a social change in the world, then they're

good candidates for the program. They have to reflect long and hard about their values and priorities," said Desjardins.

With an emphasis on engaged learning, the program hopes to start local and also provide students with some global experience abroad.

The main purpose of social entrepreneurship is to address both local and global social problems by creating systemic and sustainable changes. This program will encourage students to make a positive difference by utilizing good business strategies in combination with the arts ethos of making a difference.

Desjardins emphasized the importance of a social entrepreneurship lens when addressing social problems in the business field.

"What's going to solve some of these problems and ultimately

make systemic changes is if you get people together who can combine good business strategies for-profit or non-profit, with good thinking about social issues."

The program hopes to provide students with necessary business skills, which can be utilized in creating a positive difference.

"There are other ways to make money and you can be more satisfied as a human being if your purpose is to make a systemic change," said Desjardins.

Recently, the global studies department has agreed to manage the social entrepreneurship option.

"There's a tendency to think it's all hopeless. We see social entrepreneurship as the flip side to this. Here are the big problems and here is a way of thinking to deal with these problems," explained Timothy

Donais, chair and associate professor for global studies.

The program is unique in its emphasis on both making a living and a positive difference at the same time, something that concerns many arts students.

"We are still a liberal arts approach, in terms of the questions asked and the problems we are interested in. We're trying to bridge the gap between the business world and the liberal arts world," explained Donais.

Michael Carroll, dean of the faculty of arts, commented on the importance of creativity and innovation within social entrepreneurship.

"There is a longstanding commitment found in arts students to make the world a better place and this is designed to give them the skills they need to do just that, so I think it will

be very popular," said Carroll.

"This is a great thing for the faculty of arts, but also for Laurier," he continued. "This is an entrepreneurship program tailored to the specific interests of arts students."

The proposal is, however, still in the process of development.

"Each step is open to discussion. The form of it could change and the specifics could change and there's a possibility that the whole thing could go down the tube," explained Desjardins.

Despite this, he feels positively about the potential for the proposal to pass through the various levels of approval necessary to implement academic changes at Laurier.

"So far the reception has been good and positive... it has the potential to be really transformative," he added.



# CAMPUS

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## New centre supports water research

**LAUREN BURNSIDE**  
STAFF WRITER

On Oct. 11, Wilfrid Laurier University made history with the opening of their new facility for water research.

The facility is called the Centre for Cold Regions and Water Science, and is located on campus at 65 Lodge St. Two-stories tall, the building spans 16,000 square feet.

"The centre will be the home for leading-edge research from scientists all across Canada, in fact internationally," Laurier's president and vice-chancellor, Max Blouw, explained in his speech at the centre's grand opening.

Researchers, students, faculty members and even members of parliament gathered in excitement for the grand opening of the building. In her speech, vice-president of research, Abby Goodrum, explained that not only were they celebrating the opening of the centre, but research itself. She described it as "research that will have a direct and positive impact on the lives of Canadians."

The centre is devoted to water research for solutions in Canada and around the world. It represents partnerships between multiple fields of studies, between researchers and students, and between the government and the university. As



Max Blouw spoke at the grand opening of the Centre for Cold Regions and Water Science on Friday.

RYAN HUEGLIN PHOTOGRAPHY MANAGER

such, it is meant to enable members of the Laurier community and beyond to approach the study of water and cold regions from a variety of perspectives.

Home to the Great Lakes, Canada holds 20 per cent of the world's freshwater, of which seven per cent

is renewable. Freshwater research plays an important role in ensuring that our water resources are healthy.

According to Goodrum, "water and cold regions are key areas of research excellence at Laurier and the study of these areas is of critical importance given the fresh water

resources in Canada."

The research center will help to improve water quality and create guidelines and regulations to protect Canada's freshwater resources. Being located near the Grand River, researchers will be able to evaluate how urbanization impacts the local

water supply.

"The goal of the building is really to bring research together," said Deb MacLatchy, vice-president of academic and provost.

Over the past number of years, Laurier has been able to obtain research funds to improve the infrastructure at the school for doing water and cold regions research. The opening of this building gives researchers from various schools the opportunity to come together to work on the same topic.

Beyond faculty and staff, those who will be able to utilize the building will mainly consist of undergraduate thesis students, graduate students and their supervisors. However, students that don't fit into these categories also have the opportunity to get involved.

"The best way for students to get involved, if they're interested, is to talk to faculty members," MacLatchy explained. "For example, [students] in science and geography who are going to work here at the centre. They should talk to them about the type of research they want to get involved with."

MacLatchy described the opening of the facility as spectacular.

"Having buildings like this demonstrates to the community and the rest of the world, all the excellent research that goes on at Laurier."

## Shift in dining services

**MARISSA EVANS**  
CAMPUS NEWS EDITOR

It's been a year since the meal plan at Laurier switched to an all-you-care-to-eat style and the Dining Hall underwent renovations, erecting walls around the dining area to accommodate the new system. The changes sparked controversy in the Laurier community for much of the beginning of the year. With the new school year, surveys have been sent out to collect feedback on the program and food services on campus as a whole.

"In the big picture, I think the year went well. We definitely had some challenges," said Dan Dawson, assistant vice president of student services.

The results from the surveys won't be back until the beginning of December, but over the past year many changes have already been implemented in an attempt to resolve some of these challenges. Dawson explained that, for example, there has been an increase in vegetarian, vegan and other meal customization options.

"I think, from the residence students perspective, we're hoping to see that that's reflected in their comments so that there's a feeling of 'I've got lots of choice and variety,'" he said.

While largely the dining hall targets students who are in residence, to help with busy food venues on campus in general, Subway was opened in the spring in Bricker Academic.

"We're hoping to see some trend around that," said Dawson. "That people will appreciate that we have one more outlet than before."

However, even if the feedback in December is overwhelmingly



REBECCA ALLISON STAFF PHOTOGRAPHER

Minor changes were implemented at the dining hall for this year.

negative in regard to the new system, Annie Constantinescu said they won't be bringing the old system back. Instead, they will continue modifying in small ways.

"We think that the little things feed into the entire experience," Constantinescu, Students' Union president and CEO, said.

One of the changes already in place is a shortened lunch period, giving students a longer opportunity to get breakfast. The hours for lunch are now 11:00 a.m. - 3:30 p.m.

Hot food items to-go has also been introduced for meal plan patrons. As well, the guest passes have been increased from five to eight.

"Those types of enhancements to the meal plan program I think are going to be constant," Dawson said. "Every year we will be evaluating how we can make the operation run more smoothly."

This year in particular, they have put more emphasis on information going out to first-year students in residences, creating cards that focused on how to balance and manage their meal plan.

"The other thing that we've launched is a couple of new

opportunities for non-first-year residence students to purchase mini-meal plans," said Dawson.

Dawson said that in the past, the value plans have not been widely-purchased by upper-year students. But they are hoping that as last year's first-year students get older they will see the value in purchasing smaller meal plans to eat a couple meals on campus each week.

"I think the biggest thing right now is to try to get everyone on campus to take the initiative to try something new like the Fresh Food Company, to experience it," he said. "And/or to feel a little bit more confident that there shouldn't be as much congestion at some of the other cash retail outlets as what there has been in the past."

Constantinescu commented on the program as a whole, saying, "It's a little bit slow to start, but the more fresh minds that come in, they don't necessarily know what that previous experience was like, so they can make their own assumptions or build their own opinions based on personal experience as opposed to what other people maybe experienced before them."

## WLU gets baking for United Way

Faculty and staff contribute to bake sale

**ERIKA YMANA**  
STAFF WRITER

Wilfrid Laurier University's United Way campaign kick-off was held on October 1 at the Brantford campus and continued on to the Waterloo campus on October 10. This year, WLU faculty and staff held a bake-off, where each faculty created home-baked goods to raise money with the incentive of a prize for the team who raised the most.

United Way has had a long-standing relationship with Laurier and the Kitchener-Waterloo area and is continually growing.

According to Jennifer Casey, director of university relations, United Way is a wonderful organization because it is like a "big umbrella" that helps support and fund agencies throughout the Kitchener-Waterloo area.

"Staff faculty are making use of some of these agencies from time to time. So for us, it's really about supporting those agencies and it's an easy way with a donation to help a whole lot of organizations at once. That's what's great about United Way," said Casey.

Last year, the campaign on both campuses raised a total of \$56,500. But in terms of goals for this year, Casey explained that their main focus is to increase their participation rate. Last year, 12 per cent of WLU staff and faculty participated in the campaign. This year, they are hoping to boost this to 15 per cent.

"It's not about the amount; it's about getting involved and getting committed," said Casey. "Students have always been such great role models for the university of how to get engaged and give back. Now it's time for the staff and faculty to do the same, and it's through United Way we are hoping they'll do that."

Money will be raised through pledge forms, in which the WLU faculty can donate one time, monthly or through payroll deduction. There will also be fundraisers hosted by United Way that will contribute in raising money.

"Even donating the cost of a coffee a day would make a tremendous difference for those agencies... Staff and faculty can sign their pledge form and can amount pledges over the year," said Casey.

Being new to working with WLU this year, Caitlin White, resource development officer for United Way Kitchener-Waterloo area, stated that there is "great energy" at the university. These types of events create active participation, which is needed in creating awareness. White hopes to strengthen the community around the Kitchener-Waterloo area. But also understanding the different "stories" happening within this area and the challenges people are facing. She hopes to share the [United Way] story and bring everyone together to action.

"Everybody has really come together to think strategically about Laurier's presence within the community and how they make a difference," said White.

The United Way student club at WLU has also gained more recognition since it has been established. Chantel Hamel, a co-president of the club, explained that Laurier United Way began with only two members, and grew to six within the past year. However, this year, they had a turnout of about 30 people in their first general members meeting.

"So the membership has increased, and so far this [United Way kick-off 2013] is the biggest staff campaign that has gone on. The interest in United Way has increased," said Hamel.





KATE TURNER VISUAL DIRECTOR

The Students' Union has started using Pinterest for marketing.

## Pinterest used for marketing

MARISSA EVANS  
CAMPUS NEWS EDITOR

This year, as part of their communications strategy, the Wilfrid Laurier University Students' Union has added Pinterest to the list of online platforms being used to reach out to students. According to Ryan Sweeney, marketing and content coordinator at the union, over the past ten years, the marketing team has been integrating most social media platforms into their strategy.

In terms of content marketing, the Students' Union also makes use of their website, Facebook, Twitter, YouTube and Tumblr.

"With marketing, consistency is key with putting out content and being able to use all of your resources to effectively communicate one message," said Annie Constantinescu, president and CEO of the Students' Union. "Our entire content for Facebook, any social media platforms and also the website are very integrated with one another."

She explained that each day has its own topic, where content is created to go up on all platforms.

"They are also trying to get more personal with the type of content they put up," she continued.

On Mondays, for example, members of the union are introduced to students through a blog post in an attempt, as Constantinescu described, to make the union more relatable to students.

Now, The Students' Union and Clubs and Associations - which is run through the union - have their own boards on Pinterest.

"There's different ways to attract students to interest them and then have them take action," said Constantinescu. "Pinterest is really good at doing that initial interest and capturing people's initial attention."

She explained that the reason for this is that Pinterest is more image-based rather than containing a lot of content.

"Students can easily click on it if there's even a little bit of interest without the expectation of them having to engage with a lot of content afterwards," she continued. "It's kind of a doorway into hopefully

them taking the initiative to find out more about it."

However, Hayleigh Shwertfeger, a third-year communications student, feels that Facebook and Twitter are better ways to reach out to students than Pinterest.

"I think most people use it for fashion or recipes or do-it-yourself projects," said Shwertfeger. "So I think it's kind of weird, personally, to re-pin something about the school. I understand they want different platforms to advertise, but I don't think Pinterest is probably the most useful one to get their message across."

In her own use, she said she most often comes across information from the Students' Union on Facebook.

Though the union has increased their use of free social media sites such as Pinterest, they have also been investing funds into their website.

In August 2011, the new Students' Union website was launched, which cost \$40,000. This included a new social network for exclusive Laurier student use. Many aspects of this are similar to social networks such as Facebook as it gives students the ability to create a profile, upload photos and join groups and discussions.

This year, the volunteer hiring and application system, which was previously a separate system, was integrated into the main Students' Union website. Recently, their service provider could no longer support the site and ended the contract, and so rather than build a new system, they incorporated it into the existing website.

"More or less we tried to make it a more unified and collaborative resource," explained Constantinescu.

With all of these changes to the website, however, she noted that her goal for this year is to use as many platforms as possible to engage students.

"It won't ever be done," Constantinescu said. "It's something we'll have to keep on working with because student needs tend to change quickly and something else is always coming out."

## 'Mixed reviews' for PASS

Tutorials in first-year global studies courses have been replaced

MARISSA EVANS  
CAMPUS NEWS EDITOR

In 2010, the global studies department at Wilfrid Laurier University implemented an integrated academic teaching and support program to their first-year courses as a replacement for tutorials. Peer Assisted Skill Sessions (PASS) are taught by fourth-year global studies students, rather than contract academic staff, as many of the upper-year global studies tutorials are.

Michael Carroll, dean of the faculty of arts, explained that each department decides where they want to allocate resources and how tutorial sessions are run.

"This is something departments decide for themselves, within the resources available to them," he said. "Because resources these days are indeed limited."

As such, PASS is an example of how a department can modify tutorials within a department.

Sara Matthews, an assistant professor of Global Studies, is teaching GS101 for the first time this term, which is also her first interaction with PASS. Over the summer, she worked with Michael Lisetto-Smith, who was in charge of developing the PASS program, to rework the sessions.

"I have heard that in previous years people have had mixed reviews on how successful that has been, so I've tried to take a lot of that feedback into account and then to build a more robust relationship with PASS this year," she explained. "So my impression is, halfway through the term, that that's going

quite well."

According to Matthews, PASS is effective for first-year students because it teaches academic skills that prepare them for second-year tutorials, which are more content-focused.

"It's not as though I don't have my critiques or misgivings about the system. But I have to find creative ways of working within the environment to make it the best possible situation," said Matthews. "It would be great if we didn't have first-year courses with 450 students. But we do, so given that reality how do we create an experience that will be the best one for those students in my class?"

But Matthews said she has heard few negative comments from students.

"I haven't heard anybody say to me anything about a feeling that they are not a good use of their time. The sessions are very well-attended."

However, Nicole Vaughan, a third-year psychology student who took a first-year global studies elective which included a PASS session, did not feel it was overly beneficial.

"I think I would have preferred it to be a tutorial," said Vaughan. "It's good information to present to students, but it could just be in less time."

Sara Anderson, a fifth-year global studies major who is currently a PASS peer assistant, admitted that she is aware of some frustrations students have about wanting to focus on the content that they need to know for the course.

"I don't know if it's more effective

"I think I would have preferred it to be a tutorial."

—Nicole Vaughan, third-year psychology

or not, it's just focusing on different things," Anderson said, speaking from her experience with both first-year tutorials and PASS. "For tutorials, you want to learn course content and that's really the goal. These are different in that they are trying to provide university students with a more holistic understanding of what university is."

She did note, however, that students are missing out on teaching assistants (TAs) that are "cornerstones of the global studies department" and hopes that they will have the opportunity to experience them in second-year.

"On one level, though, we provide something else that TAs at the masters and PhD level don't have, and that is we are students and we just went through this very experience very, very recently," Anderson continued.

"I find the students feel a little more comfortable approaching us. So there's give and take here."

## A closer look at LaunchPad

Laurier program helps students to start their own businesses

BRYAN STEPHENS  
STAFF WRITER

Wilfrid Laurier University in the past few years has developed a program for student entrepreneurial experiences called the Laurier LaunchPad Program.

In conjunction with the university and local businesses such as Google and Communitel, the program offers a way in which students, while gaining course credit towards a degree, can engage with a community of professionals to help promote their ideas and products.

Steve Farlow, the executive director for the Schlegel Centre for Entrepreneurship, considers the program to be an excellent way for students to start thinking about their business models through practical applications.

"Our mission is to allow for every student to gain the experience for future entrepreneurship opportunities," he said.

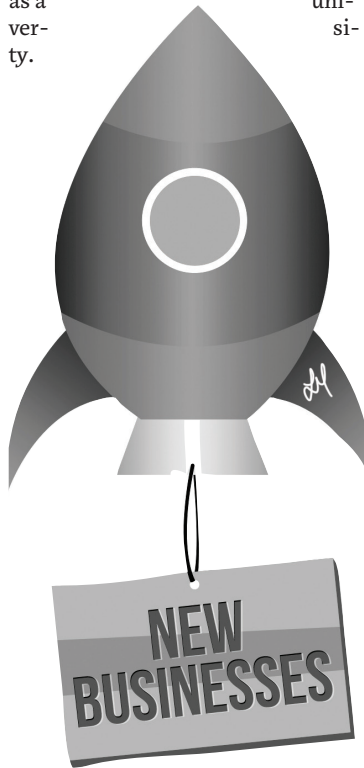
Farlow also pointed out that entrepreneurship is not just about the inclination for economic growth, but also positive social opportunities that connect businesses with the community.

"Entrepreneurship is a mindset to be creative and build things, including social enterprises," he said. "The mindset of changing the world is a part of what bright, young people do through these kinds of opportunities."

"It's not just about profitable businesses, we also welcome not-for-profit business ideas. We are interested as well in promoting social endeavours that help benefit the community at large. The important part is to identify if the business is scalable and possible."

Being in its third year, the

program has grown, moving from 40 students last year to 80 this year. Situated within the Tannery Building in Kitchener, Farlow sees the building and the program as the natural evolution of Laurier as a university.



currently found in the LaunchPad program is called Mycareercity.com, a venture by Eugene Osel, co-founder and CEO, and fellow co-founders, Aliya O'Silva and Steehen Amoah.

"It's going to be active in the new year," Osel said. "It will connect people with start-up businesses both in Kitchener-Waterloo and across Canada, with already 50 businesses on board."

"The social mission is to end youth unemployment crisis."

Osel said that being a part of the LaunchPad program has been a "catalyst" for the development of the company.

"It has allowed us the access to legal professionals, mentors, as well as the Laurier LaunchPad sessions, which are bi-weekly meetings with people in academia and the community who are providing feedback," Osel said.

"We can take the feedback in and apply it to our business model."

Osel believes that the program is excellent for the school at large in how it provides experience outside of the classroom.

"It screams opportunity because students think about ideas but don't know how to take it to next step. The LaunchPad program offers huge support for a lot of prospective businesses and provides a gateway for new jobs and people to create new businesses."

The LaunchPad program also has ties to the University of Waterloo and specifically its Accelerator Centre. In the past, LaunchPad companies like The Smile Epidemic found success through the partnership. Farlow sees the program as "promoting meaningful business ideas."

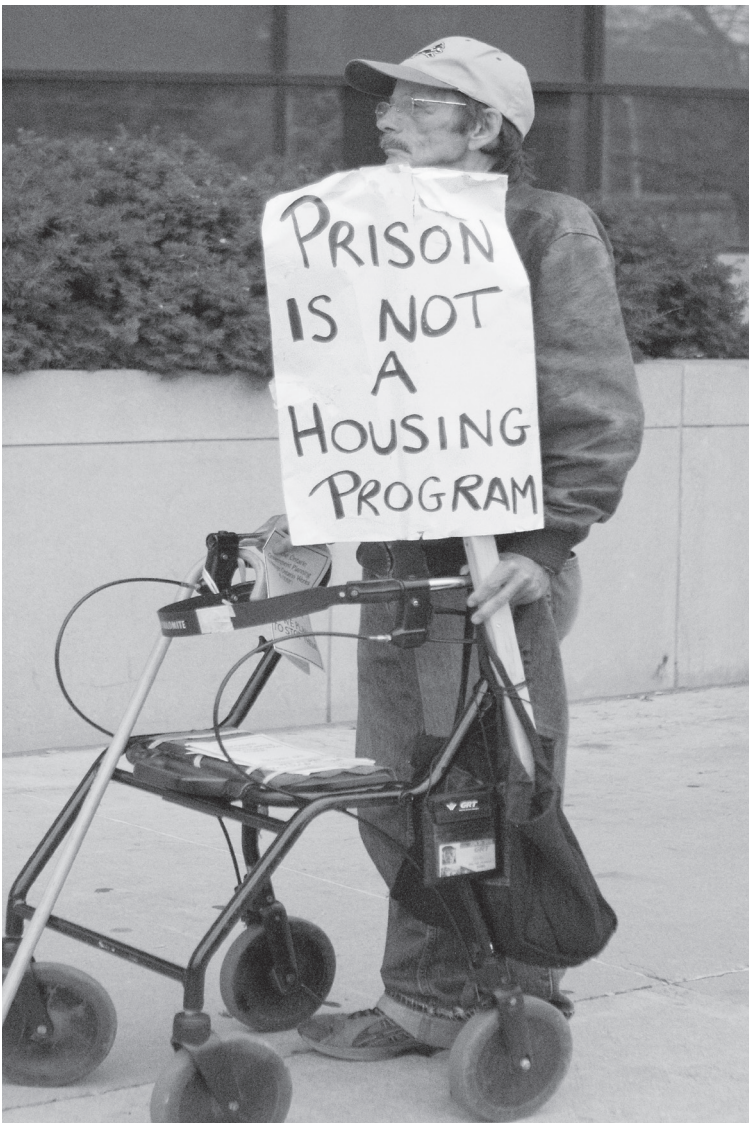
"It really is Laurier's newest campus. It features within it recent Laurier students and alumni working together to create something unique," Farlow said. "It truly is a distinctive experience for students to engage in."

One of the start-up businesses



## LOCAL

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LINDSAY PURCHASE SENIOR NEWS EDITOR

# Flu shot to be more accessible in Region

Waterloo will make the vaccine available in 83 new pharmacies

LAURA BUCK  
LEAD REPORTER

It comes when you least expect, it can knock you out for days and it can be a detriment to both your overall health and school work: It's flu season and it's fast approaching.

As a result, Waterloo Region has changed the ways in which the vaccine will be available to the public.

The influenza vaccine will be available at 83 pharmacies throughout the Kitchener-Waterloo area, up four times from the 21 pharmacies last year. Linda Black, manager of the Preventable Disease Program at the Region of Waterloo Public Health commented on the change in the availability of the vaccine, explaining that this will increase its accessibility to residents throughout the community.

"I think the purpose was to provide increased accessibility to residents who usually obtain the flu shot without having to go to a big clinic and wait in line," Black said. "The hope is that it will make access easier for the Region and residents to get the flu shot. And it will hopefully increase the amount of uptake."

During the 2012-2013 flu season, 14 Public Health community clinics were held, with 8,665 people immunized. This number is 25.5 per cent lower than the previous season.

However as Black explained, the distribution of the vaccine in the Region remained stable as there were 21 pharmacies that were introduced

as alternative locations for the vaccine.

Influenza is a serious, acute respiratory sickness which results in symptoms including fever, headache, chills, muscle aches, physical exhaustion, cough, sore throat and runny or stuffy nose.

Immunization arguably provides the best protection against the virus.

From Oct. 1, 2012 to May 11, 2013 there were 392 laboratory-confirmed cases of influenza in Waterloo Region. Of these cases, 140 individuals were hospitalized, and there were 12 reported deaths where influenza was a contributing factor. The number of influenza-related

deaths is at an all-time high in the last six years.

Despite this increase in flu-related deaths, Kyung Soo Park, a student at the University of Waterloo, does not feel personally vulnerable to the influenza virus. "I don't think it's important," he said. "I get a common cold here and there, but I don't think I need it. I didn't grow up in a place where the flu shot was the most important thing on the

agenda."

Park is not alone in thinking the flu does not pose a serious threat.

Stefan Clarke, a student at Wilfrid Laurier University, has never had the influenza vaccine, and he was not convinced that increased availability will increase the number of those being vaccinated.

"If you're a person who gets it regularly you'll go to certain means to get it," Clarke said. "I think having it available in more pharmacies will just mean it's more available to people who would already be getting it."

Black, however, asserted the benefits of receiving the vaccine, not only at an individual level but to protect other members within the community.

"It's really the best defense in fighting influenza, not only for yourself, but those around that potentially could have more serious side effects to the flu, like your grandparents or a newborn baby. It's important to protect them."

The influenza virus shifts in strain each season, making it important to vaccinate against it each year.

"Even if you get the flu and you have the flu shot, oftentimes you have a much milder form of it and it doesn't take you out for as long," added Black. "So along with the good infection control, like making sure you clean surfaces, washing your hands frequently, cough into your sleeve, things like that, it's one of the best things you can do to prevent the flu every season."

## Week of Action comes to K-W

Provincial protest reaches Kitchener, raising awareness about social causes

LINDSAY PURCHASE  
SENIOR NEWS EDITOR

A demonstration was held in Uptown Waterloo earlier this week to protest government changes and funding inadequacies in social assistance programming. The protest was in correlation with the Raise the Rates province-wide week of action.

One of the main concerns presented by the event was a potential government merger of Ontario Works (OW) and the Ontario Disability Support Program (ODSP). While the government has not yet announced this, according to media coordinator and Poverty Makes Us Sick representative Ian Stumpf, it's likely that action will be taken before winter.

He believes the merger would be "a way of blocking services from people who are on ODSP."

"The problems we see with that merger are OW is set up in a way to make it difficult to navigate and access programs and difficult to live on. And it's some sort of unfortunate motivator to get back into the work force," Stumpf explained.

"And when you're on Disability, in theory you're nurtured a little bit more by the system and are given a bit more assistance to navigate the system and to access additional programs."

While public consultation is a possibility should a merger be considered, he doesn't believe that this would be effective.

"Nobody that we're allied with has any faith in those consultation processes," he added.

The turnout for the demonstration was about 15 people. Other organizers included the Canadian Union of Public Employees and the Ontario Coalition Against Poverty.

Di Hartman, a Kitchener resident who is also affiliated with Poverty Makes Us Sick, came out to show

her support for the cause.

"I was hoping for a bit more people, but it's better than no one," she said, commenting on the event.

She continued, "I think the minimum wage as it is right now is disgusting and the fact that they want to merge the OW and the ODSP really is wrong because it's going to stop a lot of people from accessing a lot of really beneficial programs."

Some participants held up large signs referencing different social causes.

Making the connection between social spending and crime, one sign read "No Poverty, No Violence, No Prison." Another, held by Laurier grad and Grand River Indigenous Solidarity member Adam Lewis, along with a couple of other demonstrators, presented the message "Prison Fails the Community."

Lewis believes that putting money into community programs will help decrease funds needed for the prison system.

"Anytime you start decreasing social services and cutting those supports for people in the community, that's when people end up getting pushed into situations that are much more difficult. When you take away those services, more people are turning to crime, because people need to find ways to make ends meet," he explained.

The event, which took place on Tuesday, was the second of the week. A rally in Kitchener took place the previous day, where over 200 meals were also given out to community members.

Broader goals for the week of action include raising the minimum wage to \$14 an hour and increasing social assistance rates 55 per cent to account for government cuts and the increased cost of living. The week will culminate with a provincial convergence in Sudbury this Saturday for a rally and march.

## New goal for GHG emissions

LINDSAY PURCHASE  
SENIOR NEWS EDITOR

Regional government approved last week a more ambitious target reduction level for its greenhouse gas (GHG) emissions after achieving its initial goals.

The initial plan was adopted in 2011 and aimed to stabilize emissions at 2009 levels through until 2019, a reduction of about 30,000 to 40,000 tonnes of greenhouse gases. Having made reductions of over 20,000 within the first two years, the Region has now created a goal of reducing its corporate emissions by an additional ten per cent below 2009 levels by 2019.

"I think we've done quite well," commented regional chair Ken Seiling. "That's why we're increasing our targets."

The Region has been working with local organization Sustainable Waterloo Region through its Regional Carbon Initiative to reduce its GHG emissions.

"Because they've got such a thorough action plan, in just the last two years alone, they've been tracking well ahead of that goal to reduce their carbon footprint for corporate operations," said Mike Morrice, founder of Sustainable Waterloo Region.

This new goal, however, also has to account for projected growth in the Region, including things like the new Light Rail Transit system that will be implemented in the upcoming years.

"The challenge will be to offset that growth that we know is coming

"Some of this is trying to lead by example, but there is a good business case to this too. It's a double-edged sword."

- Ken Seiling, regional chair for the Region of Waterloo

with more innovative actions," said David Roewade, the sustainability planner for Waterloo Region.

Roewade explained that measures taken so far have been substantial, including initiatives such as putting solar panels on regional facilities and installation of heat recovery mechanisms.

While 85-90 per cent of projects that will be required to meet the emissions reductions target are already accounted for in capital plans, the recent progress report presented to regional council acknowledged that an additional \$5 to \$7.5 million would be required.

Morrice believes the plan is "financially sound," asserting that increasing the target rate to this level is "exactly the appropriate thing to do."

According to Seiling, future funding will be accounted for on a case-by-case basis, and could come from government grants, property taxes or water and sewage rates, for example.

But with such an investment, there's an expected return as well.

"Some of this is trying to lead by example, but there is a good business case for this too. It's a double-edged sword," said Seiling.

"It's not only the impact on the environment, but it also has the potential for generating savings or at least recovering your investment."

Attacking its corporate emissions isn't the only environmental item on the Region's agenda right now, however. It's currently working on a plan to develop community targets as well.

"So this is now well beyond the Region's corporate operations, but our entire total community carbon footprint," explained Morrice.

This initiative is taking place through Climate Change WR, a partnership between the Region, Sustainable Waterloo Region and REEP Green Solutions.

An emissions inventory for the community-wide carbon footprint was undertaken several years ago, finding emissions at about 3.6 million tonnes per year at 2010 levels.

"We're really excited that this is coming to a conclusion. It's still a pretty big hurdle getting everybody to approve the action plan and target," said Roewade.

The draft plan will be presented to cities and regional council in November and December.





JODY WAARDENBURG LEAD PHOTOGRAPHER

The annual German festival officially kicked-off when a keg was tapped in front of a crowd Friday morning in downtown Kitchener

# Keg-tapping kicks off Oktoberfest

**MITCH CONSKY**  
CORD NEWS

The official Oktoberfest keg-tapping took place last Friday in front of Kitchener city hall, celebrating the event's 45th year. Hundreds of people walked around Downtown Kitchener, dressed in traditional Bavarian attire. There was food, music, dancing - and a whole lot of beer.

"It's a celebration of Bavarian culture but it's also a chance for the Waterloo Region to get together and have some fun," said Amy Carroll, a first-time volunteer, who spent the day selling sausages to raise money

for the Ontario Food Bank.

Her group sold over 2,000 sausages throughout the day.

Aside from its charitable intentions, Oktoberfest is celebrated by various groups. While its lively night scene appeals to Waterloo's large student demographic, Oktoberfest's daytime activities are extremely family-oriented.

The Thanksgiving Parade, which took place Monday afternoon, is another major Oktoberfest event that draws large crowds of regional residents. This year, over 150,000 spectators lined the streets of Kitchener for the annual event.

"It's a great time. There are so many things for the family throughout the day," said Heidi Peller-Oliver, another volunteer who has been celebrating Oktoberfest for fifteen years.

She went on to explain that Oktoberfest is unique because it caters to such a wide range of people.

"The days are full of family fun and the nights are full of great parties for adults," she said. "I told a lot of friends about it and they all joined in on the Bavarian spirit."

Kitchener city hall was decorated with streamers, posters and an inflatable beer can for the celebratory

kick-off.

"The tapping is the start of Oktoberfest for most of us here in Kitchener," said Dane Hunter, a participant who has been attending Oktoberfest events since he was seven-years-old. "I love Oktoberfest because it's a time I get to go out with my friends and family to have a beer and some food; it's great."

The festival originated in Bavaria on Oct. 10, 1810. Today the fair is celebrated all over the world. Kitchener-Waterloo hosts the second largest celebration of Oktoberfest in the world, falling second to Germany. Oktoberfest runs until Oct. 19.

## K-W in brief

### Conference sparks debate on "Gen Y"

Last week's City Age conference at Centre for International Governance Innovation (CIGI) in uptown Waterloo stirred up some controversy when Generation "Y" participants took to social media to protest the lack of younger representation at the conference.

The two-day conference highlighted innovative approaches to city building and featured speakers from across North America, including prominent representatives of IBM, the World Bank and Google.

Whether it was intended or not, the theme of the day quickly became an inquiry into what young people — Millennials — want, with some speakers suggesting that they want vibrant cities that include dog parks, coffee shops and lots of cycling.

Anna Beard, a 25 year-old communications officer in the department of math at the University of Waterloo, took to her blog, [albeard.com](http://albeard.com), to voice some of her concerns after day one of the conference.

"We weren't present, we weren't accounted for, and we weren't sharing this information," she wrote. "At no point did the issue of youth unemployment come up. At no point was the fact that every four years or so, 50,000 post-secondary students make their way through the region with a retention rate of maybe one in five grads?"

The post has since been shared extensively on social media and elicited an online response from Waterloo Mayor Brenda Halloran, who offered to meet with Beard. Communitech, one of the participant organizations at City Age, also wrote a response on their blog. -H.G Watson



HEATHER DAVIDSON PHOTOGRAPHY MANAGER

A memorial has been set up at the location of Lalonde's death.

# Tragedy on King

—cover

the eleventh floor onward. Blajer explained the orders against the Waterloo based property, which includes the requirement to establish a joint health and safety committee as well as not using the mast climber scaffold platform.

"Until the constructor ensures it does not have any unguarded openings," Blajer said.

There is also an order to have an adequate guardrail system or covering in place to prevent a worker from falling through floor openings.

Handrails, stairs, and ramps are also being installed at specific locations.

Maison Canada President, Borz Fariborzi has offered his condolences to Lalonde's friends and family, working with the Ministry of Labour to investigate what caused the tragic death.

He was not available to comment further on the subject.

A tribute of flowers has been left on the site where Lalonde had died, as well as a photograph of the worker. Social media has also been quite involved since the incident, with many showing their support and

condolences to Lalonde's family.

On Friday, Wilfrid Laurier University was notified that an ORNGE air ambulance was arriving for Lalonde. Special Constable Services (SCS) evacuated alumni field and the surrounding areas for the helicopter. Laurier president Max Blouw spoke to officials at the scene of 173 King St., as well as to students who witnessed the incident.

Lalonde was never on board the air ambulance.

Waterloo Region Labour Council spoke to CTV Kitchener last week, saying that they believe Ontario has good legislation to protect workers, but said that workers should know their rights.

"The problem is that a lot of workers are unaware of these powers," Marx Xuereb told CTV. "That's a big reason of why we see so many work place injuries and deaths across Ontario."

The Ministry of Labour was back on the scene Tuesday, looking further into the incident.

"The investigation is ongoing," Blajer said.

A funeral for Lalonde occurred Wednesday in London at Memorial Funeral Home.

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WATERLOO CO-OPERATIVE RESIDENCE INCORPORATED



# NATIONAL

National Editor  
Ashley Denuzzo  
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## Regulations restrict pot production

DAINA GOLDFINGER  
STAFF WRITER

The laws on marijuana are changing.

Right now, people who are authorized to use medical marijuana are permitted to do so by one of three ways: growing in their own homes, buying it through Health Canada or designating someone else to grow it.

However, beginning April 1, 2014, medical marijuana users will no longer be permitted to grow the drug within their own homes, and will have to obtain the medicinal plant through legal entities other than Health Canada.

The Cord spoke with Health Canada this week and learned more about what Canadians will be seeing next spring. A representative explained that medical marijuana users will now have to rely on licensed business to supply the drug.

The new law is being put into effect in order to authorize licensed cannabis businesses and producers to sell directly to the consumer, instead of going through a secondary source.

This could very well mean “corporate marijuana.”

Joey Rootman, an intern at the Canadian Association of Medical Cannabis Dispensaries (CAMCD), explained how the new law would impact those who are dispensing the product.

“The Canadian government is introducing these changes as a plan to begin treating medical marijuana as any other medical narcotic would be,” he said. “This means an increase in strict regulations around the production and accessibility of medical cannabis.”

When the new system is fully in place, if one has the rights to possess marijuana for medical purposes, they can sign up with licensed commercial producers. These parties will have to go through an application process in order to be an authorized producer to sell medical



CONTRIBUTED PHOTO

As of Apr 1., medicinal marijuana will only be sold by private dispensaries and Health Canada.

“Dispensaries are currently left in a legal grey area, which leaves them generally unregulated.”

—Joey Rootman, an intern at the Canadian Association of Medical Cannabis Dispensaries (CAMCD)

marijuana to the customer.

Health Canada reported that Cannimed is the first licensed business and that it has been growing marijuana for Health Canada for

years. Other licenses will follow.

Currently, Health Canada is not the only way to acquire medical marijuana. There are a number of marijuana dispensaries, which are unregulated by Health Canada or the Canadian government.

According to Health Canada, in order for the dispensary to be legitimate, they must operate under the Designated-Person Production License, allowing them to produce marijuana.

“Dispensaries are currently left in a legal grey area, which leaves them generally unregulated,” Rootman explained. “The Marijuana for Medical Purposes Regulations (MMPR’s) could be Health Canada’s way of squeezing them out and handing their job over to big corporations.”

For those applying after Oct. 1, Personal-Use Production Licenses and Designated-Person Production Licenses will not be accepted.

Dispensaries are also known as ‘compassion clubs’ and work to treat their customers with care to provide a feeling of community between them.

“Many dispensaries treat their patients with far more care than in any other medical field, and because of this I think a loss of dispensaries would be massively detrimental to the medical cannabis system,” Rootman added.

Privatizing the growth of medical marijuana could also result in a large price increase in the product, which may be detrimental to users.

According to statistics of Health Canada, 37,000 people are currently authorized to possess marijuana for medical purposes. People in need of medical cannabis that could no longer afford it would possibly have to resort to other medication that could be less effective to their condition.

## Canada in brief

### Loblaw cutting 275 jobs

Canada’s largest grocer, Loblaw Companies Ltd., has announced that they are reducing management and administrative positions by 275 employees. The move was reportedly made in order to strengthen its competitive position. It was not revealed if a majority of the job losses would occur at Loblaw’s company headquarters located in Brampton, Ont.

Loblaw struck a deal in July with Shoppers Drug Mart, revealing the intention to buy the latter for \$12.4 billion.

### PM receives a suspicious package

Prime Minister Harper’s office was evacuated on Wednesday after a suspicious package was found. Ottawa police said the decision was made amid reports of a suspicious person and package in the area across from Parliament Hill. RCMP officers had taken custody of a man for further questioning.

The Prime Minister was not on the premises at the time when the package was discovered. The suspect is described as a male and was taken into custody Wednesday. This even coincides with the Conservative government’s throne speech which was to be delivered that afternoon.

### Speech from the Throne promises

The federal government claims it will bring in a new law forcing the future government to have a balanced budget during “normal economic times.” This will freeze its current operating budget and reform the way Parliament manages its spending.

—Compiled by Ashley Denuzzo

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## Pushing pro-life

ANNA-LILJA DAWSON  
PRAIRIES BUREAU CHIEF

SASKATOON (CUP) — In early October the University of Manitoba Students’ Union (UMSU) came under fire after a motion was proposed to revoke a pro-life group’s club status.

The motion was proposed following complaints that the University of Manitoba Students for a Culture of Life (UMSCL) — a pro-life students group — was expressing offensive materials, which included photos of aborted fetuses.

“From our perspective, the reception of the display from the students we’ve encountered was as an overall positive one,” UMSCL President Agnus-Mariae Lucas wrote to Canadian University Press.

“We did come across some very upset people, however there were no violent reactions and no one approached us with the impression that they would make formal complaints.”

At the Sept. 23 UMSU council meeting, a motion was put forward by a student at large to revoke the UMSCL’s club status. Thao Lam, UMSU vice-president of student services, told CUP in an email that the motion was deemed a non-emergency by the council chair and was recommended to Student Group Promotions and Affairs Committee (SGPAC).

The Justice Centre for Constitutional Freedoms (JCCF) — a Calgary-based, donation-funded

institution — sent a letter on Oct. 2 to UMSU stating that should UMSCL lose their club status, Lucas would press charges and seek a court order that the union cease its discrimination against her and other students.

The JCCF cited the lack of definition for discrimination or harassment in UMSU Policy 2009 to lead to unsubstantial reasoning for revoking the UMSCL’s status, and referred to the protection all students on the U of M campus have under the Manitoba Human Rights Code in regards to political belief, association and activity.

When reviewing the motion put forward by the student at large, the SGPAC referred to UMSU Policy 2009. The policy states that the “UMSU does not condone behaviour that is likely to undermine the dignity, self-esteem or productivity of any of its members or employees and prohibits any form of discrimination or harassment whether it occurs on UMSU property or in conjunction with UMSU-related activities.”

The committee found that the UMSU Policy 2009 should be applied broadly and recommended that the motion be defeated.

Cara Ginter, vice-president of UMSCL, said in a press release that the organization was glad to witness the defeat of the motion to revoke their club status.

“The display was a great opportunity to dialogue with students about the issue of abortion,” Ginter stated.



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**Dear Life,**  
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Caught by surprise

**Dear Life,**  
Today one of my male friends farted in front of me, smiled and said "see how comfortable I am around you?" While most other girls I know would think this was gross, I had to try my hardest to hold in my laughter and seem mature. What can I say, I'm a sucker for fart jokes.

Sincerely,  
Officially a bro.

**Dear Life,**  
Recently the dynamic of Laurier has been made painfully clear to me. While the School of Business' latest 1 million dollar donation has been plastered all over the school, the Laurier Center for Military, Strategic, and Disarmament Studies' 1.5 million dollar donation by the Dunkley Chair has barely even been advertised. A Gibson guitar ad received more publicity than the Center! Laurier's History Department and the Arts deserve a larger role in our school's image!  
Sincerely,  
In One Historian's Honest Opinion

**Dear Life,**  
If you go to Laurier, you should know that Golden Hawks is two words, not one.  
Sincerely,  
When has Goldenhawks ever been a word?

**Dear Life,**  
Why can't I stop feeling like none of the people I love could care less

whether or not I exist.  
Sincerely,  
Shitty Mood

**Dear Life,**  
Today I went down to my basement to look for an old lab manual that had a reasonable step by step guide to western blotting I could use for my thesis intro. Long story short, I ended up going through several old copies of the cord and skimming the dear life section. I have concluded one thing, 1) I have submitted way too many of these in the past four years and 2) the cord may be the greatest news paper of all time. Whether it's the bag o crime section, advice for first year students or this seasons fashion trends, this newspaper has brought me years of entertainment.  
Sincerely,  
Can I get this newspaper delivered to my house when I graduate?

**Dear Life,**  
After O' Canada, Cord-O-Scopes should be made gender neutral. Not just girls find them interesting/fun to read.  
Sincerely,

Surprised at The Cord's hypocrisy

**Dear Laurier Baseball Team,**  
You guys are on a tear now, eh? Just hitting homers and getting w's.  
Sincerely,  
I guess you guys got tired of getting to third base with each other

**Dear kids who submit Dear Lifes,**  
Stop whining about your dust problems. No one wants to hear about how you hate your roommates.  
Sincerely,  
We all check this for laughs

**Dear kids who take intramurals too seriously,**  
We get it you're a gym class hero.  
Sincerely,  
Must suck that you didn't make the school team

**Dear Life,**  
Some days are just sweatpants days. But I make up for them by listening to opera on those days.  
Sincerely,  
Stay classy

**Dear Life,**  
The Toronto Maple Leafs still play

like shit and happen to win. I don't know about anyone else, but I'm not planning the parade yet.  
Sincerely,  
Reasonable Leafs fan

**Dear Life,**  
Chinese Food will never be as good as My Jeans.  
Sincerely,  
Haha Ha Ha. Jack my swag.

**Dear Life,**  
That "Chinese Food" song is straight-up racist and creepy.  
Sincerely,  
Greatly disturbed

**Dear Life,**  
JUDGING IS A SIN  
Sincerely,  
Uncomfortable in the workplace

**Dear Life,**  
Why do you insist on putting mid-terms the week after Thanksgiving? I'm not even over my turkey coma.  
Sincerely,  
I didn't want that A anyway

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# FEATURES

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## The anatomy of a dream

*Dreams can be full of different meanings, but what really goes on during the late hours of the night? A University of Alberta professor explains*

ALANA WILLERTON  
THE GATEWAY (CUP)

We write songs about them, craft myths and stories around their presence and even use them to justify our actions. Some of us know them as what used to plague our sleep when we were children, while others still experience them on a nightly basis. Such is the impact of dreams, a phenomenon that's a large part of our lives, yet most of us know very little about them.

Don Kuiken, a psychology professor at the University of Alberta, has been studying the science of sleep and dreams for more than three decades. But as unlike to other fields of scientific study, Kuiken says dreams are something that can't be studied in a laboratory. Instead, his research forces him to invite people to share and describe their dreams for him and his graduate students, using methods such as online procedures. Propelled by both a professional and personal curiosity, after experiencing dreams about his father years after his death, Kuiken's work has brought some clarity to a field that's at times still murky at best.

### The anatomy of a dream

Kuiken describes dreams as something like a "strange story." Many times we might be familiar with the environment or the people we're experiencing in a dream, but there's some kind of irregularity in the story that allows things to happen that wouldn't ordinarily occur.

"They're not as crazy as sometimes the media makes them out to be, but they are all always slightly off-kilter representations of what's familiar to us," Kuiken explains.

While Kuiken studies all sorts of dreams, he has a particular interest in impactful dreams — the kind that are powerful enough to change your sense of self and leave you feeling like you're somehow a little different than you were the day before. As a result, one of his most significant contributions to the field has been his work in categorizing the different types of impactful dreams that are out there. The first and most well known is the nightmare, a dream whose oftentimes scary or horrific circumstances "won't leave you alone the next day."

Then there's the transcendent dream. Formerly known as an archetypal dream, Kuiken and his team have since reframed the title, signifying an ecstatic dream that often has an exciting ending and spiritual importance.

The third and perhaps most misunderstood category is the existential dream, which has a dominant mood of "agonizing sadness," and often follows real life experiences involving loss or trauma. While researchers in the past have considered them to be just another type of nightmare, Kuiken's work has dug up some key differences between them.

When a person wakes up from a nightmare, they're often shaken and negatively affected. But while existential dreams are characterized by their sadness, Kuiken

maintains that "the dreamer says they're extraordinarily valuable." He adds that there's a shift in self-perception following existential dreams that isn't present after waking up from a nightmare.

"(This is) a kind of dream, a very distressing one, that people have been tempted to call nightmares for so long. And yet, talk to anybody who has experienced grief and dreams during grief, and they'll tell you that some of those distressing, agonizingly sad dreams, they wouldn't let them go for a minute. They're just very valuable moments, a very valuable experience," he says.

Kuiken is continuing to work with dreams pertaining to loss with his students, examining how impactful dreams can create a changed way of thinking and the effect they can have on subsequent waking thoughts and feelings.

### What's sleep got to do with it?

While our experiences during the day certainly have an impact on what and how we dream, our sleeping patterns are another factor that can affect it.

Dreams can turn what might have normally been a quiet night's sleep into something much more, especially for those who experience things such as REM Behaviour Disorder, which makes people act out their dreams while they sleep, or even for those who suffer from sleep paralysis, where they're in a transition state between being awake and asleep, but can't move. Other times it's much simpler than that, such as when vivid dreams cause people to walk or talk in their sleep.

"The people who report that kind of anomaly are more likely to be people who report other kinds of sleep or dream anomalies," Kuiken says. "So some of those tend to go together. Some of those irregularities are at least seemingly grounded in the sleep architecture. It does help to know sleep architecture if you want to understand what's going on in a person's dream life."

Perhaps one of the most common experiences is waking up in the morning with the sense that you've dreamt, but you can't remember the dream. Kuiken categorizes this as an extension of the "carry-over effect" from REM sleep, which often finds people thinking and acting differently in perceptive and cognitive tasks immediately after awaking from REM sleep.

"So it's not that they can remember the dream, but they have that lingering sense of having dreamt. So you get the sort of no-recall recall, if you will, complexity," he adds.

Understandably though, the emotional magnitude of what you experience during your waking hours also has a lot to do with what kind of shuteye you get later that night. "We know that when you've experienced trauma, your sleep just goes to hell," Kuiken says. "Certainly our everyday lives find their way into our dreams. At the same time, it's unmistakably the case that it's another level of intrusion, if you will, when you experience a

significant trauma or loss."

### Common Dreams

Have you ever found yourself standing in front of your class, only to look down and realize you were naked? Or maybe you suddenly found yourself falling or flying high above the world?

Okay, probably not in real life. But chances are good that at some point in your dream life, you've experienced one of these common dreams. According to Kuiken, this is a normal phenomenon for most people, though the general format of these typical dreams can be altered slightly — a fact he points to a conversation he once had with U of A drama professor David Barnet as proof of.

"We were talking about dreams on one occasion, and I talked about the typical dream theme of being basically in public without clothes on," Kuiken recalls. "And he says to me, 'You know, (in) the counterpart to that, actors will tell you over and over again (that) they're on stage and they forget their lines.' Lecturers, professors often talk about being in front of their colleagues at a conference and ... they talk about something they just don't know anything about. In a sense, they're naked."

"So it's a very common theme. It doesn't mean it only occurs in one way, but that sort of being caught exposed in public is a common dream theme. Do we have a good explanation for some of those commonalities? I'd say probably not."

For dreams involving falling or flying, Kuiken says some have speculated that it may be related to irregular activation of the vestibular system, the centre of balance, during REM sleep. While there are no solid answers for this yet, he adds that it's not incomprehensible to see why we may experience slightly altered versions of the same dream, though it's dependant largely on our cultural and social influences.

"Like in David Barnet's comment about the actor on stage who doesn't remember their lines, you can understand that that's why that theme is manifested in that way amongst actors. But that theme is evident elsewhere," Kuiken says.

"But again, this is often a case in this area (where) you can't simply say, 'Oh that's a personal matter.' Neither can you say that's just a cultural matter. Somehow, it's a person in a cultural context, (and to better) understand the nuance of it at least, you need to understand them both. They need to be kept together."

### Dream Interpretation

The interpretation of dreams is something that's been met with both accordance and dispute over the years. Kuiken, for his part, believes you can interpret meaning from dreams — it's just a matter of looking in the right places.

Many people fall under the category of what Kuiken describes as "children of Freud." That is, they think of dream interpretation in the context of taking the narrative of a dream and trying to make sense of it by relating it to events outside

the dream. They attempt to find a past, real-life event that's the source of a dream rather than examining the dream itself — an approach Kuiken strongly disagrees with.

"There is an alternative, and the alternative is to take more seriously what dreams are doing (and) what kind of thing dreaming is," Kuiken continues. "Maybe dreams are — and this is a phrase used by a person named Bert States — he says dreams are 'involuntary poetry.' And as soon as you make that turn, what it means to interpret a dream changes because then it becomes like the poem. You've got to start paying attention to what the dream says, what the dream presents."

"It doesn't mean you never relate it to what's outside of the dream, but you may relate it to something else, like a dream that casts light on that rather than vice versa."

He adds that by examining what happened within the dream specifically, we're better able to see how the dream has shaped us once we've woken up. Oftentimes, the way we understood an emotion, feeling or event before we went to sleep is much different from how we understand it after we've dreamt, and may cause us to respond to future experiences differently.

So what does that mean for people who claim to be able to interpret your dreams for you? By and large, dream interpretation is a personal matter that you can't do without the dreamer since only they know the way a dream would resonate with other aspects of their lives.

"The last thing you want to do is go to the drug store and buy a dream dictionary. But the next to last thing that you want to do is to go to a cocktail party and have someone ... interpreting a dream. You say, 'I have a dream about ...' and they say, 'Oh, don't you think it means ...' I'd say be careful (about that)," Kuiken cautions.

"If you want to understand the dream, I think you need to spend time with it. And [that] means laying out what is in the dream, spelling it out more fully, giving it flesh almost literally, paying full attention to the multimodal presence of ... whatever may be there. You need to spend time there in a way that the dreamer can do and that the cocktail party interpreter can't."

While it may be far from a perfect science, dream interpretation is an ever-evolving psychological tool that Kuiken faithfully stands behind. With both years of research and personal experiences with dreams to back him up, he continues to prove that interpretation is far from guess work, and that the study of dreams has empirical value when speaking to their transformative nature.

"I believe that the interpretation of dreams can be done, and it's especially important to stop being Freud's children and to understand the way in which dreams reformulate things [and] transform your understanding of things."



# LIFE

Life Editor  
Alanna Fairey  
afairey@thecord.ca

## Leave the stress behind



**HAYDEN MOFFAT**  
CORD LIFE

With midterm season in full swing, the Wilfrid Laurier University campus has undergone its usual unsettling changes.

Sick and tired students roam the campus hoping for the light at the end of the tunnel as work continues to keep piling up. With all the stress that comes with midterms, it is easy to neglect personal health.

Classrooms filled with choruses of coughing and sickness is beginning to take its toll on sleep-deprived students. The lack of a healthy diet and irregular patterns of sleep and exercise are starting to catch up and benefits no one.

But what can be done to help? Well for starters, it is important to watch what is going into our bodies. The more convenience food and take out someone consumes, the more likely they will feel terrible when their midterm rolls around.

Of course, being students and all, it is hard to avoid that midnight pizza craving.

Taking a multivitamin to fulfill all daily nutrient requirements and drinking lots of fluids (not including anything alcoholic unfortunately) are some good ways to combat days of unhealthy eating.

Taking in high amounts of sugar and caffeine as a solution to staying awake can have the opposite effect. Eventually, the body will crash as the blood sugar spike comes down and focusing will be harder than it was before.

The key for diet is moderation. Consistent healthy eating allows some wiggle room for cheat days

and study snacking here and there as long as its not excessive.

In addition to consistent healthy eating habits, maintaining routine sleeping patterns is just as important.

With the influx of work coming in, it may seem like there isn't enough time in the day to get everything done. While this may be true, sleeping should top the list of important things to do during midterm season.

Staying up all night to study before the big midterm may have adverse effects to performance.

Not being able to focus and think clearly come with lack of sleep and can be detrimental during the test. Not to mention that sleeping less leaves the body more susceptible to contracting sickness.

Exercising can help fight sleep and diet issues. If a proper exercise regime can be kept during busy times, then the culminating effects of midterm stress will be less likely to catch up with the body.

Any improper meal had the day before can be easily burned off, and if exercise is consistent enough, the body will be tired when it is time to sleep.

The endorphin rush from exercising will also increase the student's mood and it will be much easier to focus on the tasks ahead.

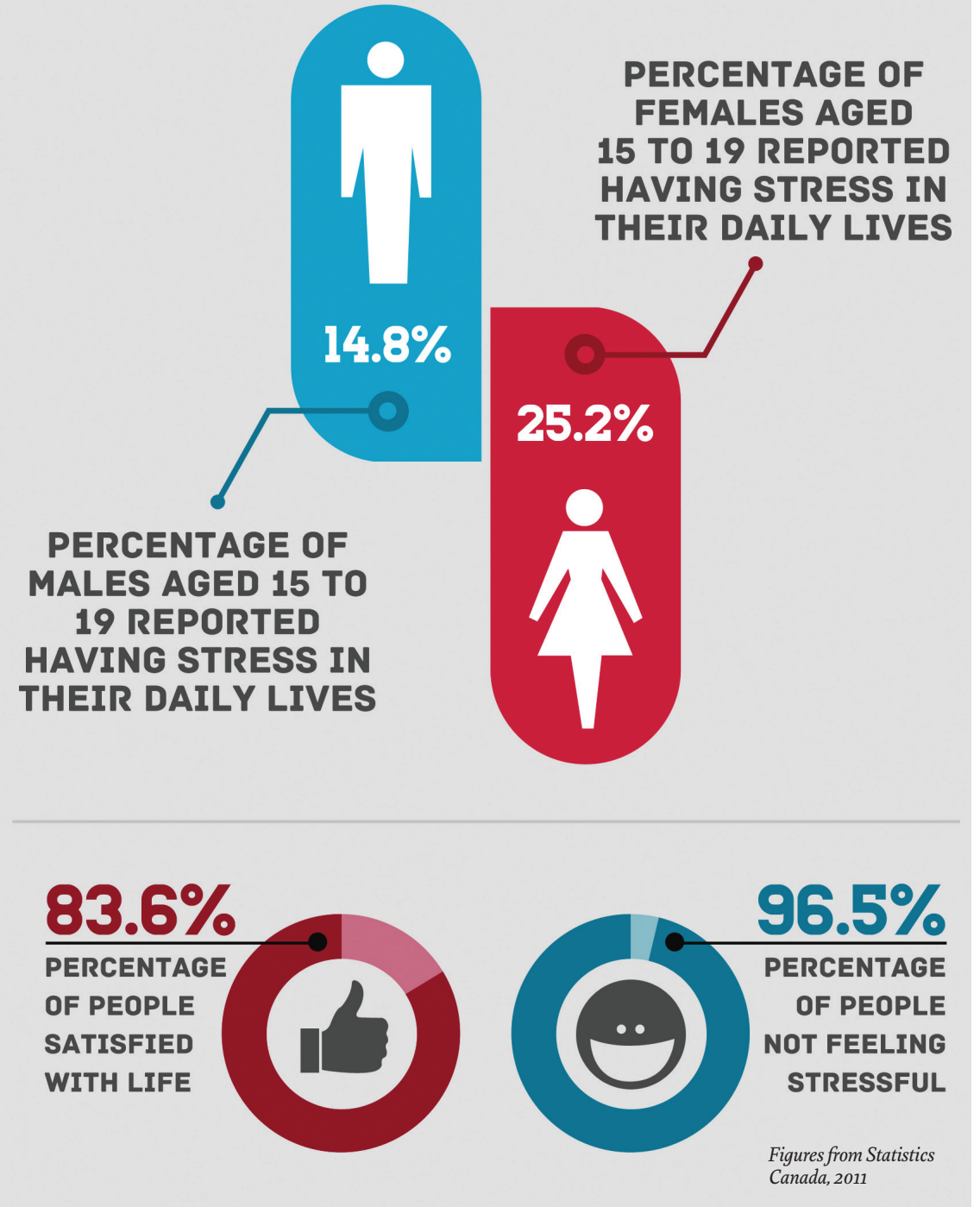
On the bright side of things, it is always good to take a well-deserved break from studying and do something to help de-stress.

Hanging out with friends, playing video games or making a healthy meal are great ways to get rid of the midterm blues.

There are many ways to stay healthy and survive midterms but in the end it comes down to each individual's routine.

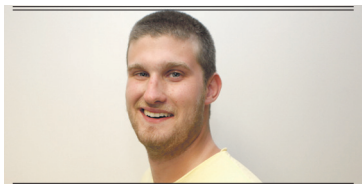
Following a schedule and managing time effectively by incorporating lots of sleep, healthy eating, exercise and social interaction is the key to making it through midterms safely.

## HOW STRESSED ARE YOU?



LENA YANG GRAPHICS EDITOR

## The many benefits of being a commuter



**SCOTT GLAYSHER**  
STAFF WRITER

When you think about going into your second-year here at Wilfrid Laurier University, one of the first images that pops into your head is probably a crazy party house where the food is better than the dining hall and everyone gets along perfectly.

This may be the case for most people after the first-year residence experience, but believe it or not, there are tons of people who attend Laurier who decide to commute rather than living in the infamous "student ghetto."

While a lot of people say that living on your own in a student house is the only way to go, that's not always true; commuting may be the better option for some. Keep in mind that in order to have a realistic and worthwhile commute; you must live in the tri-city area.

This includes the areas in and around Kitchener-Waterloo, Guelph, Cambridge and perhaps



MADLINE TURIFF CORD PHOTOGRAPHY

even Woodstock. Some people will make you feel like commuting is a waste of the university experience and that isn't true. Contrary to popular belief, there are several benefits that come with commuting.

### You Will Save Money

Commuting to school is definitely cheaper than living on or around campus.

You don't have to worry about paying for all of your meals, furniture and all the other unnecessary

expenses that come with living on your own. Don't even get me started on housing fees.

You might also be much more motivated to get a part-time job since you'll be home and have the availability to get a job that's nearby. You will actually make money.

### You Won't Be As Distracted

Living in a student house is full of distractions.

You've got roommates doing

whatever they want, friends barging in whenever they feel like, noises all over the place that you can't control, a constant party or bar invite which will make you feel like you have to go to and another million things that always seem better than studying for your midterms and finals.

When you're commuting to school, you don't have to deal with these kinds of needless distractions and can focus on your studies.

You can go home to your own bed and do your homework in silence

and reward yourself once you are done your homework.

### Your Parents Can Be A Big Help

When you make the decision to stay at home, your parents will naturally feel a little more responsible for you since you're still at home.

By commuting from home, this means that you will still have your parents doing things for you if you needed their help.

In most cases, parents will continue to help you with those famous laundry days, make dinner, lend money if you really need it, buy food and anything else that you ask them to do.

### It's Less Complicated

Commuting is always simple.

When you are commuting to and from school, you wake up, drive to school, go to class, go to more class and that's it. When you live at school, you have to worry about actually taking care of yourself, along with juggling your social life and trying to get good grades.

You also have to stress about the money you don't have, horrible roommates, people you hooked up with who won't leave you alone. I could go on and on.

Commuting typically means school is just school.



# Androgyny: the look of the day



HEATHER DAVIDSON PHOTOGRAPHY MANAGER

Men's clothes can be worn by women when incorporating the appropriate number of feminine accessories to balance the outfit.



ALEXIA KANG  
CORD LIFE

Incorporating menswear into an outfit can be a bit of a daunting task but if it's done right, it can pull your entire outfit together.

It's a refreshing trend in women's fashion and an alternative to an easy-going, laidback look.

How can you wear men's clothes appropriately? There are many different ways.

Let's face it, bad hair days are a re-occurring problem and sometimes, us women just don't have the time or patience to deal with it.

Instead of throwing on your beanie, get your hands on a 5-panel camp hat or any baseball cap you have laying around the house. It will be your saving grace for those atrocious 8 a.m. classes.

How about that awkwardly baggy flannel shirt you have just hanging in the back of your closet? A stress-free way to integrate an over-sized shirt is to tie it around your waist.

This '90s trend is making its way back into street style and runways, all you have to do is find a worn-in fabric shirt and tie it so it drapes around your body. Sounds easy enough, right?

Keep in mind that adding a masculine piece does not have to take away from the femininity of your outfit. There are many ways to avoid this style rut.

One of my current favourite go-to styles is to add a baggy sweater over a skirt. Whether the skirt is tight or has a flared silhouette,

couple it with a knit or lightweight fleece crewneck sweatshirt.

With a combo like this, it's also easy to add some chunky jewelry to dress it up a little and avoid looking too masculine or dull.

The comeback of boyfriend jeans has brought a new light to how our generation of ladies wears pants.

Sure, a pair of tight jeans helps to enhance our behinds but by the end of the day, we are desperate to throw on a pair of sweats.

We no longer have to feel guilty about wearing sweats to class because joggers have been tweaked with this style of jean.

You can find an array of these elasticated waistband and cuffed pants in all sorts of prints like camouflage, floral and even leather.

Another trend coming back into street style is the men's sneaker. The advantage with sneakers is that they go with just about everything: skirts, leggings and even jeans.

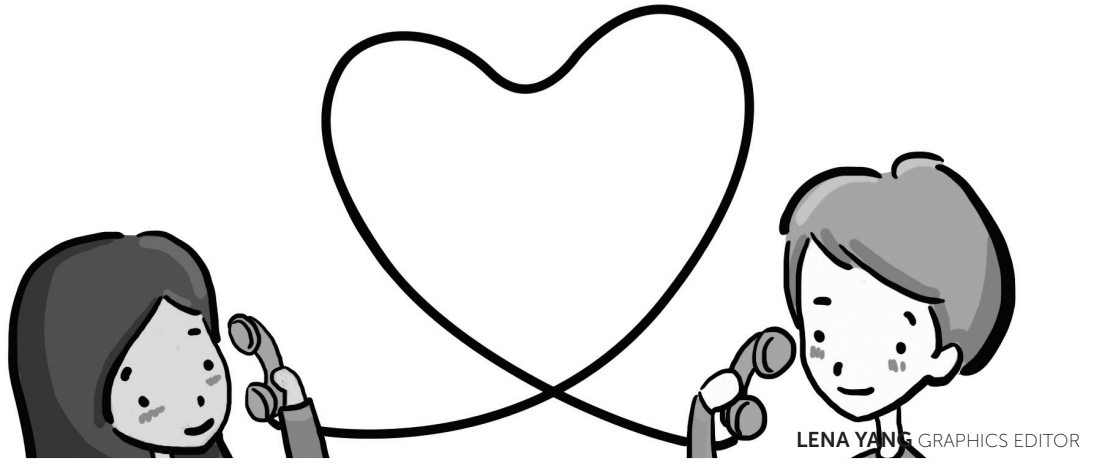
Whether it's your favorite pair of Converse or those Nike Roshe Runs you wear to the gym, include them in your everyday ensembles for an effortless look and maximal comfort.

Mixing and matching is an easy way to experiment with menswear. Over-sized pieces allow for layering so don't be afraid to try out different combinations of prints and textures.

Camouflage, leather, denim and knits are some fall favorites that can add a masculine tone to any outfit but an overload of different textiles can leave you looking like a walking quilt.

One more thing to be aware of when incorporating men's clothes into your outfit is the fit of baggy clothing.

Do your best to gauge the right amount of looseness in order to avoid a sloppy, shapeless appearance.



## Dealing with distance

STEPHANIE JOSEPH  
CORD LIFE

Over the past holiday weekend, many students who are currently in a long distance relationship were fortunate enough to be reunited after being apart for a long period of time.

Although students in a long distance relationship probably don't need a holiday to remind them of how grateful they should be for one another.

Being in a long distance relationship can be stressful and hard, but the hard work and determination two individuals put into such a challenging task can savor so much sweetness.

Long distance relationships are for people who are truly committed to each other and willing to go through long periods of time without each other.

Being in a long distance relationship comes with many downsides, some of which make it difficult to be in such a relationship.

One of the main pitfalls of long distance relationships is not being able to see the person when you need them.

Wilfrid Laurier University student, Jasleen Singh has been in a long distance relationship for two years and she admits that the distance is sometimes difficult to deal with at times.

"The hardest factor of being in a long distance relationship is not

being able to see the one person you love all the time," Singh said. "It's not comforting, whatsoever."

Nonetheless, people in long distance relationships solve this problem through texting, phone calls and Skype.

Another drawback to long distance love is when someone puts more effort into the relationship than their partner.

When someone puts more effort than the other in the relationship it can cause resentment and unnecessary stress.

One person may feel that the other doesn't want to continue the relationship because of their lack of effort. This downside persuades couples to cooperate and work together so that doesn't occur.

The last pitfall is feeling that you don't have enough time with each other.

WLU student Sarah Chivas, has been in a long distance relationship for four years, and she usually sees her boyfriend during the holidays. She says the hardest factor of a long distance relationship is that "you do not get to see them as much, you have to make do with the time you have."

Couples feel the need to make as many memories as possible during that time. Spontaneous dates are always in store.

Couples in long distance relationships learn to be grateful for every moment they have with their significant other and can see the beauty in

"The hardest factor of being in a long distance relationship is not being able to see the person you love all the time."

—Jasleen Singh, Laurier student

simplicity.

Since time seems constraint, couples cherish all memories they make when they are back together. Long distance couples are always excited to see each other and are able to realize how much their relationship is worth when they are finally reunited.

"You have such a great time, you realize it's not worth breaking up," Chivas said. "You realize it's worth the fight."

Long distance relationships, though challenging and not completely ideal, help to maintain the spark and the emotion that is first felt when falling in love.

Every pitfall provokes a reason to make long distance relationships more worth it and you'll always remember how much that person is worth to you.

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## ARTS

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Cristina Almudevar  
calmudevar@thecord.ca



RYAN HUEGLIN PHOTOGRAPHY MANAGER

Co-founders of Cin-E-merge. Krista Boniface (L) and Katie Parkes (R), pose in Princess Twin where their event will be held on Thursday.

## Cin-E-merge aims to involve

—cover

Boniface and Parkes both mentioned that they found it “really difficult” to get involved with local film makers so they wanted to create an event that would help bridge that gap for future students.

“We found as students it was really difficult to figure out how to get involved in that scene. Where do you start? Who do you talk to?” said Parkes.

Cin-E-merge WLU reached out to many local media groups such as Arc Media, Vidyard and High Rise Studios.

Ultimately, they want students to realize that they are not limited in their career options for after graduation.

“The beauty of having this other side of the event is to give students the idea that it’s not only film production. They can be part of the

“We found as students it was really difficult to figure out how to get involved ... where do you start? Who do you talk to?”

—Katie Parkes, co-founder of Cin-E-merge

communications aspect, online video production, marketing aspect,” added Parkes.

Cin-E-merge WLU is not just limited to this year’s GRFF events. “Once the name was brought back to the GRFF board of directors, they loved it so much that they’ve actually decided to brand their whole educational outreach program Cin-E-merge. That includes our event this year, a slew of short films that is screening at Southwood Secondary School and two workshops that are happening the week of the festival,”

Parkes shared.

Cin-e-merge WLU is also unique in the fact that Boniface and Parkes have complete control over the direction and programming they want Cin-E-merge to take part in.

“It’s just been really exciting working on a project like this, especially fresh out of school and to be able to work right along a film festival and to create an event from the ground up,” Boniface shared. “When [Parkes] said that we’ve been given the reigns for this event, us and the committee have done everything

from putting up posters to figuring out programming to picking the film and everything in between. I feel like it’s our baby.”

The first official Cin-E-merge WLU event will be taking place on October 17 at 7 p.m. at Princess Twin.

There will be a screening of *Last Run*, a 2012 release that tells the story of a taxi driver whose last client of the night turns out to be more than a simple ride home.

Afterwards, there will be a panel discussion with the actors and director/producer Matthew Ninaber at The Jazz Room.

Upcoming events include “Captain Canuck: From Comic Book to Animated Web Series” at Princess Twin on Wednesday October 23 at 3 p.m. and “Mourning has Broken” at Princess Twin on Thursday October 24 at 3 p.m. For more information, check out [www.grff.ca](http://www.grff.ca).

## What to do in K-W

KAYLEE GROOTJEN  
COPY EDITING MANAGER

Do you find yourself constantly complaining when you find out that your favourite band came to Kitchener-Waterloo and you missed them?

Fear not, here is a compiled list of every important event that is coming up from October 17 to November 25.

**October 19:** Tom Swoon @ Beta

For tickets, check out Beta’s Facebook page at [www.facebook.com/BetaWaterloo](http://www.facebook.com/BetaWaterloo) and check out their events page.

**October 22-26:** Grand River Film Festival

For more information and a schedule, check out [www.grff.ca](http://www.grff.ca)

**October 22:** Your Town Throwdown - Chad Brownlee, Deric Ruttan and Jason Blaine @ Dallas

For tickets, check out Dallas’ Facebook page [www.facebook.com/dallasnightclub-kitchener](http://www.facebook.com/dallasnightclub-kitchener) for a list of places to purchase tickets.

**October 22:** Katy Perry - *Prism*

**October 23:** Cin-E-merge presents: Captain Canuck: From Comic Book to Animated Web Series @ Princess Twin Cinemas for GRFF

**October 23:** Matt Mays @ Starlight

For tickets, go to [www.starlightsocialclub.com](http://www.starlightsocialclub.com)

**October 24:** Tony Lee XX Hypnotist @ Turret

Tickets available at U-Desk on Laurier campus.

**October 24:** Cin-E-merge presents: *Mourning has Broken* @ Princess Twin Cinemas for GRFF

**October 24:** *Watermark* with an introduction by director Edward Burzynsky @ Princess Cinema

For tickets, go to Princess Twin at 46 King St N.

**October 25:** *The Counselor*

**October 25:** *Jackass Presents: Bad Grandpa*

**October 26:** Marcus Schossow @ Beta

For tickets, check out Beta’s Facebook page at [www.facebook.com/BetaWaterloo](http://www.facebook.com/BetaWaterloo) and check out their events page.

**October 26-27:** *Rocky Horror Picture Show* at Princess Cinema @ 9 p.m.

**October 28:** Arcade Fire - *Reflektor*

**October 29:** Bingo Players @ Pearl

For tickets, go to Pearl’s facebook page [www.facebook.com/revolutionnightclub](http://www.facebook.com/revolutionnightclub) and check out their events page.

**October 30:** Fedde Le Grand @ Beta

For tickets, check out Beta’s Facebook page at [www.facebook.com/BetaWaterloo](http://www.facebook.com/BetaWaterloo) and check out their events page.

**October 31:** *Freak Night* @ Beta

For tickets, check out Beta’s Facebook page at [www.facebook.com/BetaWaterloo](http://www.facebook.com/BetaWaterloo) and check out their events page.

**October 31:** *Rocky Horror Picture Show* at Princess Cinema @ 7 p.m., 9:10 p.m. and 11:20 p.m.

**October 31:** *Freak Show* @ Pearl Nightclub

For tickets, go to Pearl’s facebook page [www.facebook.com/revolutionnightclub](http://www.facebook.com/revolutionnightclub) and check out their events page.

**November 2:** NIGHT/SHIFT

For more information, check out <http://www.alternativesjournal.ca/community/events/nightshift>

**November 4:** M.I.A - *Matangi*

**November 4:** Eminem - *The Marshall Mathers L.P. 2*

**November 7:** Sander Van Doorn @ Beta

For tickets, check out Beta’s Facebook page at [www.facebook.com/BetaWaterloo](http://www.facebook.com/BetaWaterloo) and check out their events page.

**November 8:** *Thor: The Dark World*

**November 11:** Lady Gaga - *ARTPOP*

**November 11:** The Killers - *Direct Hits*

**November 11:** R. Kelly - *Black Panties*

**November 22:** *The Hunger Games: Catching Fire*

## J. Cole causes ‘trouble’ at Massey

SCOTT GLAYSHER  
STAFF WRITER

What do you get when you mix two young American rappers with one of Toronto’s premiere theatre auditoriums? Can’t guess? Well it is far from a snooze fest.

On Oct. 8, Toronto’s Massey Hall played host to one of this year’s hottest hip-hop fall concerts: J. Cole and Wale’s ‘What Dreams May Come’ Tour.

J. Cole was the buzz of this summer’s hip-hop landscape due to the success of his sophomore album, *Born Sinner*. Traditionally in hip-hop, an artist’s second studio album can either be gift or a curse; referred to as the “sophomore slump.”

However, Jermaine Cole was able to beat the slump and deliver an improved product that ensured his spot atop rap royalty.

By the time Wale took the stage at 8 p.m., the 3,000 person venue was just a couple seats shy of a full house. Wale wasted no time, going straight into his verse off the strip-per-love anthem “No Hands.”

The D.C. rapper paraded back and forth across the stage keeping the energy up through tracks like “Slight Work” and “Clappers.” He poured out his feelings on “Ambition” and “LoveHate Thing.”

Wale finished his set with some old-school jams and pleased the



CONTRIBUTED PHOTO

crowd with a little encore of his verse on the “Rack City” remix.

It was then about a half hour between acts for bathroom breaks or more beer, while classic hip-hop songs played through Massey Hall’s crystal-clear speaker system.

Just as everyone was getting back to their seats in anticipation, a television flickered on the jumbo screen at the top of the stage steps and a news bulletin reported that J. Cole had been involved in a deadly

car accident and that the rapper remained in critical condition.

This was when the lead guitarist let loose and Cole appeared in an all-black ensemble complete with Timberlands and a snapback hat.

He set things off with “Trouble” and the crowd went absolutely ballistic. Females love J. Cole and all the high-pitched screams were a pretty good indicator of how much the ladies do love Cole.

His band was full of highly skilled

musicians who were happy to assist J. Cole’s drama unfold. As he flowed into “Land of the Snakes,” he explained the show’s purpose.

“Tonight is not just a show, it’s a journey” he said.

From beginning to end, we followed Cole as he walked through his lowest moments on songs like “Runaway.” He then proceeded to look for redemption with songs like “Villuminati” and eventually found his way back home with everyone’s favorite TLC-assisted “Crooked Smile.”

The whole concept was very grand and ambitious, while throughout the show, Cole would sit at his own little VIP table in between tracks and knock back what looked to be Hennessey.

After he had gone through the hits, past and present, the television flickered back on and this time the newswoman reported that Cole had come out of his coma and was showing strong signs of recovery.

He closed out the triumphant journey with his most recent ballad, “Power Trip.” He left the stage to thunderous applause and I’m sure some weeping girls. All in all, the concept concert was as entertaining as it was original. There was a little something for everyone and even more for those true J. Cole fans. I guess it really is a Cole world after all.



KATE TURNER VISUAL DIRECTOR

SAW XVI

THE SILENCE OF  
THE LAMBS

# Bring back the brains

FAITH BALSHTIN  
CORD ARTS

What defines a scary movie? The wretched horrors of the afterlife? The risk factors involved? How about those ever-changing technological special effects that tend to scare people out of their seats?

In present day, the 'horror genre' is loosely thrown out to moviegoers who want to get a scare from a ghost, alien or any other non-existent gory creature.

It seems cinematic excellence of the horror genre is given to the most outrageous, creative and extreme movie that encourages self-urination from fear of impossible, extreme circumstances that will most likely never occur in one's life.

From early millennia *Final Destination's* traumatic psychic visions of death, to 2005's *The Exorcism of Emily Rose*, horror has become the world's getaway from reality into fantasy land of pure unrealistic fear of creatures and animals, giving praise to "the freakier, the better."

Along with the fear tactic of imaginary elements, one key

component seems to be consistently missing with all this gore.

That key element is the substance, the psychological essence within every horror depiction that gave the horror genre its dark, gruesome and ominous reputation from the beginning.

Intelligent thought is slowly slipping away with society's new perception of the "scary" movie and it's the people's responsibility not to encourage this epidemic.

Alfred Hitchcock's *Birds*, Stanley Kubrick's *Clockwork Orange* and *Shining* didn't lay out tales of psychologically disturbed cases for no apparent purpose.

Many more key horror films displayed human terror at its finest, urging the audience to look within themselves to understand the darker components of every human, and to understand the world is not as innocent as it seems.

*The Exorcist* gave an excellent balance to the horror and the psychologically thrilling components of the movie, as the individual is able to see the great inner conflict this innocent girl came under, showing the

struggle one has between good and evil, right and wrong.

What was special about horror was the compelling argument the movie gave to the audience about life; is it as simple as it seems? Are there people with no good in them?

Questions arose and stimulated the people watching, death was complex, not as simple as being wiped out by multiple gun shots and cool robot explosions; man had to face his own inner demons and was forced to make sacrifices: should he save himself or his neighbour?

Inner conflict haunted him, not only spooky noises and voices coming from *Paranormal Activity* and *Devil* who wants to rule earth.

When choosing a movie next time, take a moment to think about choosing one that will lead your mind along a new journey that may be darker than the intended beginning. Don't let the psychological leave the horror.

With Halloween on its way, sit back, relax and enjoy getting two different types of "scared," it will knock your socks, and maybe your mind, off.

## In review: Captain Philips

Staff Writer **Andrew Savory** recaps Tom Hanks' latest real-life action thriller

ANDREW SAVORY  
STAFF WRITER

Perhaps best known for his work done with Matt Damon throughout the Jason Bourne trilogy, director Paul Greengrass has now joined forces with Tom Hanks to present audiences with *Captain Phillips*, a depiction of the real life events that happened in 2009 when Captain Richard Phillips' United States cargo ship, the Maersk Alabama, was hijacked by four Somali pirates.

The events that occurred throughout the hijacking spanned across three days, and ultimately culminated with a meticulously designed Navy SEAL operation to come to Captain Phillips' aid.

As a whole, the film isn't gripping purely because it's a real-life action thriller, but more so because of Greengrass' attention to realism.

Throughout the duration of his cinematic career, Greengrass has garnered a reputation for his truthful portrayals of intense drama and conflict, especially in *United 93* and *Bloody Sunday*, which recall the traumatic days in American and British history on September 11, 2001 and January 30, 1972.

This trend of authentic filmmaking by Greengrass continues with his newest feature through a tense and realistic rendition of Richard Phillips and his crew's battle against the Somali pirates.

In order to convey this sense of realism, Greengrass developed the narrative by establishing Phillips' family life in America, as well as the turbulent lifestyle of the Somali pirates, who are forced to chase after money through the illegal and violent practice of piracy due to the

impoverished conditions that they live in at home.

Furthermore, by offering a depiction of Phillips' personal life at home contrasted against the culture of the Somali pirates, he draws the viewer in to learn more about both parties who come from completely different worlds, but are inevitably destined to clash.

Opposite Tom Hanks in *Captain Phillips* is Barkhad Abdi, who plays Muse, the leader of the four Somali pirates who are seemingly locked in a do-or-die scenario once the hijacking is in place. Prior to the production of the film, Abdi was a twenty-eight year old cab driver working in Minnesota with no acting experience.

However, following the movie's opening weekend and a few high-profile international screenings,

Abdi is receiving wide praise for his remarkable turn as Phillips' antagonist, and is a possible dark horse Oscar contender for Best Supporting Actor.

Abdi, who came to the United States from Somalia at the age of 14, discovered that auditions were being held for the film through a local television casting call.

The film runs for an intense two hours, during which viewers are left to question how much worse it can possibly get for Captain Richard Phillips as he sacrifices his own safety in favour of his crew's.

Phillips faces obstacle after obstacle against impossible odds of survival at the hands of his captors, and his determination to not submit to their demands while he awaits rescue is a testament to the admirable true story of an American mariner who would not give up.

## Doing G.O.O.D

TJ MROZ  
STAFF WRITER

After quite a few delays and last minute changes to *My Name Is My Name*, fans of Pusha T are anxious to finally hear what the G.O.O.D Music rapper has to offer in what he's self-proclaimed to be the best album of the year.

In the mainstream eye of hip-hop Pusha T is still making a name for himself, no pun intended, but is slowly and successfully transforming his style and originality into one of the most recognizable in the game.

In the wake of some truly great albums already released in 2013 (*Yeezus*, *Born Sinner*, *NWTS*) *My Name Is My Name* proudly holds its own.

This might be Pusha T's first studio album but the energy in his delivery is intense and polished to a shine.

Despite keeping the feature list somewhat shorter than expected, Pusha T makes no mistake in his approach and delivers his best work yet since *Clipse*.

From a lyrical stand-point Pusha exceeds expectations and along with the insightful observations of European fashion, trends, and current society, his dark tales of the drug underworld are so realistic it'll have you wondering if he's really leading a double life.

As predicted, Pusha wastes no time in addressing various beefs throughout the music scene with an impressive arsenal of subliminal messages.

Seemingly, the only thing missing on *My Name Is My Name* is a verse

from Kanye West although his presence in production is heavily felt.

Even samples of Kanye's "New Slaves" from his latest work *Yeezus* can be heard in the background of "King Push" which is the first track on the album and arguably the best.

The songs first line "this is king push" is significant as the main message behind this album is a reminder Pusha T is no longer an amateur and should be mentioned when speaking of the best.

"Let Me Love You", "Nostalgia" and "Sweet Serenade" are also deserving of the spotlight, featuring performances from Kelly Rowland, Kendrick Lamar and Chris Brown.

Surprisingly *My Name Is My Name* is rather diverse in its instrumental selection swapping back between raw off-set trap beats and triumphant synths.

Even though some of the album is similar sounding to Kanye West's *Yeezus*, the decision to keep at least a few of the songs more radio appropriate should prove to be a smart one to increase sales.

Since signing with G.O.O.D Music, Pusha T has still yet to fully live up to the hype. As the last few years have been unpredictable for him, it's exciting and satisfying to finally receive a quality collection of music from him.

Clearly the snarling MC has figured out a winning formula and has hopefully reached a standard for future works. It'll be intriguing to see what new demographics this album opens up for Pusha T.

Overall *My Name Is My Name* offers a little something for everyone and is sure to not disappoint.



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# Arts bites

The latest news in entertainment

### Charlie Hunnam Gains Self Respect Back

Charlie Hunnam, star of the popular television show *Sons of Anarchy*, has somehow escaped the furry handcuffs of the trainwreck-to-be *Fifty Shades of Grey*.

According to various gossip websites, Hunnam reportedly had problems with the script content and the fact that he would only be making \$125,000 for ruining his career.

No one wants to be the next Robert Pattinson and deal with legions of horrifying fans. Hell, even Pattinson doesn't want to be Pattinson.

As thousands of fans hold silver ties and cry hysterically, the rest of us don't really care.

### Bruce and Kris Spilt Up

In the wake of the devastation that is the separation of Bruce and Kris Jenner, we can thank God that we will have a lasting memorial of their love.

Bruce's new hairdo.

While some men purchase sport cars or party with scantily clad attractive women, Bruce Jenner grew a ponytail.

For that, everyone is extremely thankful.

Maybe when he stops grieving, he'll cut it off. Thankfully, the internet never forgets anything.

### Yes, You're Reading This Properly

Heidi Montag and Spencer Pratt have decided to conceive.

Don't throw your paper in frustration, they're not going to conceive a human baby but rather an aura baby. In a tweet on October 14, Montag tweeted that her and Pratt were getting ready to have a bun in the metaphorical oven.

Thankfully, Montag was kind enough to explain. "An Aura Baby is a product of the soul born out of the bio-chemistry of the universe! #speidishow." If anyone can explain this in terms that are understood by someone who doesn't worship crystals for a living, please tell me.

### Nobody Cares Anymore Snoop Whatever

Maybe Snoop Something had another "spiritual experience" (or bad dope) but the animal loving rapper has decided to grow and evolve once more.

After long and hard thought, Snoop has decided to create a new name to reflect his new funk sound on his side project 7 Days of Funk.

His name is now Snoopzilla. Like Godzilla, but much less terrifying.

If that doesn't give you the mental image of a giant Snoopzilla running throughout the streets of Tokyo destroying buildings, then you need to rethink your life choices.

### Lauren Conrad Shows That She's Normal

In a refreshingly normal piece of news, Lauren Conrad of *Laguna Beach* and *The Hills* fame has gotten engaged over the weekend.

Her new fiancé, William Tell, not of the overture, have been together since 2012.

Conrad instagamed a photo of her beautiful ring over the weekend with the caption "Best surprise ever."

-Compiled by Cristina Almudevar

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# EDITORIAL

Opinion Editor  
Dani Saad  
dsaad@thecord.ca

## Hard to see fairness in profit-first flat-rate tuition policy

There are currently nine universities in Canada that subscribe to a flat-rate tuition policy which includes a threshold that if passed, requires students to pay a full-time rate. Flat-fee tuition means students who are enrolled in 60-80 per cent of a full-time course load are charged as a full-time student.

The threshold varies by university, however the University of Toronto has the lowest threshold at 60 per cent. So, students taking a 60 per cent course load pay the same as students with a 100 per cent course load. Essentially, students are paying for education they are not receiving.

The policy aims to encourage students to complete their degree in four years rather than taking an extra year with fewer courses per semester throughout their undergrad. Students should not be forced to finish a degree in four years.

Stress, overload, burn out and poor performance could all result from being rushed through a university degree. Students should have the right to choose how to go about their post-secondary education. Their program, courses and timeline for completion should be exclusively up to the student and their academic advisor, with the interests of the student not the university coming first. Work requirements, exchanges and volunteer opportunities can all contribute to a degree that takes longer than four years to finish.

These types of co-curricular activities can add experience and depth to a degree, which could not be accomplished without extra time. In addition, there is no clear benefit to force a degree in four years, especially if a student is finishing with poorer marks, less experience and fewer skills outside of academia. Because only select schools enforce this policy, it creates an uneven playing field for students attending those schools.

Sure, some students will thrive and take on the challenge of completing a four year degree, but others will suffer and be worse off than students who have the option of extra time. This policy increases the impersonal, profit-first aspect of university which students and many educators find deeply unfortunate.

## Throne Speech a calculated risk for conservatives

Wednesday's Throne Speech covered a wide range of topics, from a looming European Union trade deal to the completion of the Dempster Highway to the Arctic Ocean. But what the speech had in variety it lacked in specifics and details.

There were plenty of promises made, but many of them required substance in regard to how these promises would be met. One particularly puzzling part was Governor-General David Johnston's mention of Israel while speaking of Canadian values, two seemingly unrelated topics. Perhaps more amusingly, Johnston chose Canadian support of Israel and opposition to Middle Eastern regimes when emphasizing how Canada does not go along to get along. However, the Canadian policy on Israel and the Middle East more generally is entirely unoriginal.

The strengths of the speech sensibly matched up the strengths or main platform pieces of the Conservative government: taxes, military activity and expansion, and economics. The Tories are looking to posture themselves as the reasonable, safe choice for Canadians come election time, and make out Trudeau and the Liberals as a risky, inexperienced gamble.

The strategy is a wise one and probably the only real political move the Conservatives can make in separating themselves from the Liberal party. There is considerable time between now and elections and Harper hopes this time will allow for much of the recent controversy to be forgotten.

Scandal is a complicating factor in presenting the Conservative party as the safe, responsible choice. The speech was meant to provide a road map for the next two years of government activity and there was enough mentioned to keep the government busy for two years. The positive aspect of broad, bold roadmaps like this are that it provides a sense of identity for the party and gives Canada a sense of direction.

However, the danger is that after two years, if major points mentioned last night are neglected or incomplete, Liberals will have some additional political ammo just in time for elections. It will be interesting to see if the promises lacking a coherent plan of implementation harm the Conservatives come 2015.

*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 Allison Leonard, WLUSP President and Publisher  
75 University Ave.W, Waterloo ON N2L 3C5



JACOB LINDGREN GRAPHICS ARTIST

# The experience of reading is beneficial and incomparable



JUSTIN SMIRLIES  
EDITOR-IN-CHIEF

I recently had the pleasure of participating in the first annual Waterloo Reads 2013 a couple weeks back, which is a friendly competition where "local celebrities" from Waterloo Region were asked to champion a book from the Evergreen Award Shortlist. Personalities such as Gary Doyle from 570 News and Waterloo city councilor Karen Scian were some of the participants on the panel.

And there's me, this recent university graduate who is far away from being a "local celebrity," embarrassing himself in front of about 50 people. Well, I really didn't embarrass myself (I hope) and did manage to crack a few laughs from the crowd that was predominately over the age of 50.

Then it struck me — I'm one of the youngest people in this room. I wasn't the only young person, but I was well below the average.

Admittedly, before this Waterloo Reads competition I hadn't picked up a book for months.

After reading — and I use the term "reading" pretty lightly — a ton of books that I didn't really want to read during my undergraduate years, I kind of lost the love for picking up a good, heavy piece of literature, whether that is fiction or non-fiction.

And once I realized that I haven't read a satisfying book in quite awhile, I was upset with myself. But when I talk to a lot of my friends and ask if they've read something in awhile, I get the same

“  
We retain so much information at once that it's pretty difficult to keep track of what's going on.

answer that most people in our generation usually give: "Reading? I don't have time for that."

As I was driving home from Waterloo Reads that night, I was still pretty down on the fact that I don't read leisurely anymore. Upset I didn't spend the summer finishing my summer reading list. Upset that I spent so much money buying these books and letting them collect dust on my bookcase.

This doesn't mean I don't read, which would clearly be a poor thing to admit if you are the Editor-in-Chief of a student newspaper. I obviously read a lot of news and articles both in print and online.

But even then, is it really "reading"? Our life is pretty much run by 140-characters in short intervals. We retain so much information at once that it's pretty difficult to keep track of what's going on.

As a result, your understanding of big world events is limited to just "what" has happened rather than "why." And that component of "why" is so important. There's a bit of optimism out there

that reading and literature still has a place in today's fast paced society. The front-page coverage of Alice Munro winning the Nobel Prize for literature and the change to make the */r/books* a default section on the widely popular website Reddit are good signs.

Hell, even if people are reading *The Hunger Games* trilogy or *Harry Potter* for the twentieth time, that's still reading.

There was recently a debate at The Cord office on Tuesday about whether or not reading made you smarter — even fiction for the sake of entertainment purposes.

And while it's hard to answer that question, I think that everyone should revisit the lost art of reading. There has to be some good in it, right?

I'm busy and I know everyone else is, but there's a danger, no matter what field of study you're in or where you work, in not reading anymore. And I don't think our generation really does.

I could be just cynical in that assumption. But people should make some free time to read leisurely.

When I see young children playing on their parents' iPads and smartphones, it's obvious children and young people don't learn the same. But we shouldn't rule out what reading can do for people, and the skill should continue to be emphasized at a young age.

While it's time-consuming to sit down and hammer through a 500-page novel in a weekend, everyone should make it their goal to read non-academic works in their spare time. But be sure to be open to different types of literature. Read works that you would otherwise never pick up.

So revisit the old days once in awhile and grab a book. Put down the smartphone and stop exclusively reading Twitter. There's absolutely no harm in doing so.



## OPINION

Opinion Editor  
Dani Saad  
dsaad@thecord.ca

# Gravity has broad, positive influence

The impact of the film goes beyond its technological achievements and signals a meaningful industry shift

**CHRISTOPHER DONALD**  
OPINION COLUMNIST

Film, like every other industry, is propelled by the promise of profit. While studios will finance a few artsy pieces every year for the sake of appeasing the high-brow, investors will almost always place bankability over skill for major releases.

This may seem disheartening, but it does not necessarily mean that art has to be absent from large releases.

The key to this is working within the system. The director makes the film the studio wants them to make, while at the same time applying their own unique touch and ideas, and Alfonso Cuarón's *Gravity* fits this ideal perfectly.

Under his careful control, the film represents an invigorating breath of fresh air in a year abundant with stagnant adequacy.

What we have here is a critically acclaimed film based on an original idea, starring a lead woman character, which topped the box-office charts. In other words, it is the best kind of film we could have at this moment in film history.

With theatres dominated by comic-book movies, novel and TV adaptations, sequels, prequels, reboots, and junk, it's obvious that risks are not often taken in Hollywood. That being said, it's amazing *Gravity* even got green-lit in the first place.

On paper, it sounds far dryer and slower than the final product; almost like a modern take on *2001: A Space Odyssey*, meaning more computer-effects and less classical music. So, even with half the budget of

a typical blockbuster, it was a risky venture.

However, the terrific direction and jaw-dropping visuals demonstrate how a humongous budget will never trump good filmmaking when it comes to impressing an audience. And when the two combine, magic happens on screen.

There is an unfortunate philosophy in mainstream filmmaking that spending more money on effects and whatnot will yield larger profits.

I suppose this is true to an extent, but for major releases to adhere so rigidly to this concept simply leads to catastrophic financial failures like *The Lone Ranger*. *Gravity* shows that, while money certainly helps in the crafting of a film, it cannot hide lackluster storytelling.

While imagery can carry a film for a while, it helps if it's, well, good. And *Gravity*, by near-universal decree, is good. Speaking from the perspective of an average university student, the hype is all true, and it really is both an enthralling thriller and an amazing visual experience.

However, unless people see the film, quality can mean nothing more than award acclaim later in the year and maybe a position of historical significance.

*Gravity*, meanwhile, is drawing audiences in as a result of its acclaim, gaining the number one spot at the box office two weeks in a row.

After a summer full of recognizable hits (*Iron Man 3*) and spectacular misses (*RIPD*), it's wonderful to see people taking risks with their money and spending it on something original.

After all, it seems as though high-profile releases live and die on their ties to nostalgia. This is what makes the film's success significant, as it could help dilute the presence of films based on franchise rather than ambition. Who knows?



CONTRIBUTED PHOTO FLICKR COMMONS

The director, Alfonso Cuarón, persisted through self-doubt and technical difficulties to finish the film.

The audience might even gain a better understanding of quality in the process. The Hollywood system is in danger as a result of services like Netflix which allow easy and convenient access to entertainment, but it is still possible to salvage it if filmmakers take a page from Cuarón and focus just as much on story as they do effects.

What's more, it's an action-heavy film starring a woman. While it may be a famous actor like Sandra Bullock, this is at least a step in the right direction for female action-heroes.

Typically women in action movies not directed by James Cameron possess an obnoxious self-awareness of gender that does the film more harm than good. Scarlett Johansson may

dress in tight leather and call herself the Black Widow as she kicks male butt in *Iron Man 2* and *The Avengers*, but the fact that her character feels the need to remind us of gender reinforces the stereotype that this somehow empowers them.

Bullock, meanwhile, battles space because she is a stranded astronaut, plain and simple. This kind of refreshingly straightforward writing allows for the character to just exist, rather than shoving their traits in our face at every turn.

After all, when was the last time someone bragged to you about being able to do something despite being a woman/man/herbivore?

*Gravity* will hopefully send the message to other mainstream

screenwriters that, when it comes to writing action characters who aren't white guys, they just don't have to try so hard.

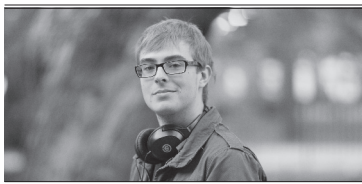
*Gravity* has both success and acclaim, but one must hope it has influence as well.

If it can leave an unmistakable stamp on current film culture, then audiences and filmmakers alike could benefit from it.

Maybe it can help lead to more experimentation within the industry, as well as weaning audiences off this age of adaptation.

Hollywood has become increasingly reliant on 'name brands' and poorly conceived sequels these days, but *Gravity* shows that doesn't necessarily have to be the case.

## Smoking ban a product of public health care

**BRAD KLEINSTUBER**  
OPINION COLUMNIST

A few weeks ago, I came across a plan by the City of Waterloo to ban smoking in public places. It's not exactly groundbreaking — there are plenty of federal, provincial and municipal smoking bans — but it reminded me of how overbearing our society can be.

Smoking is not, of course, a very nice habit. It's not healthy, for the smoker and those nearby, and it has negative side effects for your personal hygiene and finances. Cigarettes are filled with chemicals designed to be addictive and the industry is about as scummy as it gets.

I must stop, however, to defend other tobacco products which the ban will also likely affect. Pipe and cigar smoking is generally healthier than cigarette smoking, and both get lumped in needlessly with cigarettes.

There are negative effects but most valuable studies about occasional pipe or cigar smokers show little to no difference, health-wise, from non-smokers. That rarely

matters, though. There's a common knee-jerk reaction to pretty much any tobacco products. The Surgeon General's Warning in the United States advises that pipe tobacco is not a safe alternative to cigarette smoking — except that it kind of is, so long as one is a casual smoker.

When I started smoking cigars and, later, pipe tobacco, few people understood that there was any difference. I remember a lovely conversation in which someone insisted that cigars were as chemically modified as cigarettes.

The government seeks to ban tobacco products out of a 'friendly' desire to stop harm to ourselves. I figured that this kind of paternalism was dead, but never give the state too much credit, I suppose.

The proposed ban affects public areas, and if we accept that public property ought to exist (and that the state itself ought to exist) then the government does have a right to ban smoking there. Public property is supposed to be inclusive, but given the dangers of second-hand smoke some exclusion is reasonable.

The problem is that the state monopolizes most forms of public property, so if someone wants to found a park where smoking is allowed, you're out of luck. The biggest problem with smoking bans is that a public health care system makes them perfectly just.

Most would agree, I think, that smoking is something that adults have some right to do, at least in their own home. It's a choice. But in a country where the health system is meant to serve without discrimination, can we respect this right?

One of the major problems with public health care is that it gives the government a pretty reasonable right to limit citizens — for their own good, of course. If the state is to pay, at least partially, for your lung cancer treatment, does it not have the right to limit your access to tobacco products?

It seems pretty difficult to argue for any personal choice laws when the state is the provider of health care. Legalizing drugs is a hard case to make when taxpayers must, if drugs become legalized and normalized, pay for drug-related injuries. Treatment programs, covered partially by the public health system, would also have to be discussed.

The public health care system removes disincentives for bad or unhealthy behaviour. Smoking is probably something you shouldn't do — but with your treatment subsidized, what is the incentive to stop?

Smoking bans are dangerous because they establish grounds for an eventual universal smoking ban. And public health care is dangerous, in part, because it legitimizes that kind of paternalism.



NICK LACHANCE FILE PHOTO



# Shutdown brings out the worst in us



**DANI SAAD**  
OPINION EDITOR

The American government shutdown has brought out the worst in all of us.

It has revealed the arrogance, stupidity and childish ignorance of not only the US government but also some unsettled citizens who are displaying their grievances with the shutdown in a variety of ridiculous ways.

A group of sense-hating Republicans — fan favourite Sarah Palin, and newcomers Ted Cruz and Mike Lee — recently joined frustrated veterans that felt overlooked and abused by the government shutdown. hilariously, as she was using these poor people as pawns for her political relevance, Sarah Palin demanded that the government stop using veterans as pawns. They are her pawns and hers alone, apparently.

These veterans had legitimate concerns about veteran programs and services under the shutdown.

However, in a group led by the aforementioned three figures, some sort of outrageousness had to ensue didn't it? It's been a long time (too long in my opinion) since extreme members of the Republican Party critiqued Obama with some good old-fashioned hate speech

A man named Larry Klayman who represents a conservative organization of some kind told supporters at the rally that America was ruled by a President who "bows to Allah." Klayman declared that Obama needed "to get up, to put the



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Quran down, to get up off his knees, and to figuratively come up with his hands up."

There hasn't been this level of frustration with Obama since his re-election so it makes sense that the racism and religious accusations that have persisted since 2008 resurfaced this week. It's extremely confusing why these conservatives and the politicians who encourage their twisted reality like to delegitimize their message with nonsense that completely shuts them out of the mainstream. Why do they have to bring Obama's faith into the equation? Well I will tell you — it is because he is black but they can't get away with saying that.

In the strange, inconsistent world we live in, Muslim is an acceptable slur. It can be used to discredit someone, even the most powerful leader in the world. These people accept that by calling someone Muslim, it automatically discredits

their legitimacy as a political leader and more significantly, as a person. This is the same world where Helen Thomas, a reporter for over half a century, was fired because she expressed views critical of Israel in saying that Jews had a place in Europe. Not hell — Europe. Anti-Semitism, rightly so, is unacceptable but sensitivity over any anti-Israeli criticism can lose you a career. And this is not about the Israeli-Palestinian conflict in any way, but the difference in societal acceptance in religious commentary.

Nobody in the media or on the street can go around calling someone inferior because they subscribe to Hinduism. It just does not happen. But you can say absolutely anything you want about Muslims and Arabs and be completely fine. It gets used to conjure images of danger, fear and 9/11. Heck, people make careers out of it. Cheers to you Ann Coulter and Glenn Beck.

Humour me for a second and imagine Obama was criticized openly for his race and not because he is a closet Muslim. Imagine if a rally broke out on Capitol Hill with thousands screaming about the President being unfit to hold office because he is black. It would be a hate crime and spark a civil rights retaliation because the black community spent hundreds of years proving they were human, equal to white America.

It seems Muslims are going to suffer through a similar struggle. However, the starting point is September 11, 2001 and over a decade later there has been no progress.

The interesting and scary question I suppose, is how many years will it take for Americans to go back to their pre-9/11 state of not caring about Muslims one way or another? I'm not sure I can conceive a world where that is possible.

To get us moving in the right

direction, political figures could quit being spineless and speak up when accusations are thrown around regarding Obama being a Muslim. And they shouldn't speak up in defense of Obama and say "Obama is not a Muslim" but instead say "Islam did not shut your government down, Islam is irrelevant to the presidency, and he would be just as qualified regardless of his religion."

I know this is wishful thinking but we have to start somewhere. I like to think humanity moves past a certain evolutionary threshold. Then, weeks like this one happen and we revert back to a dark past which may not be in the past after all. Unfortunately, it seems racism is not validated until the group we traditionally receive as the white majority says it to be so.

This point was brilliantly articulated by Gawker Editor, Cord Jefferson. He writes, "An entire set of minorities confident that the everyday slights they're seeing are real and hurtful, and an entire set of other people assuring them that they're wrong."

It is this battle of validation that keeps genuine progress impossible. Until racism can be validated by the victim rather than the perpetrator, there will always be an unspoken and uncertain racial tension.

A confederate flag was waved in front of the White House this week. Yes, a confederate flag was waved in front of the first black First Family. How do these people exist? How is this allowed to happen?

We have to come to terms with the fact that we can leave these people behind. They do not require attention or representation. For God's sake, unless he was the only fair-skinned, blue-eyed man in the Middle East, Jesus looked more like Obama than Jim Caviezel. Get with the program, people.

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# SPORTS

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ROSALIE EID FILE PHOTO  
Centre Whitney Ellenor in 2012.

## Back on the court

Women's basketball has rough beginning because of injuries

WESLEY TAYLOR  
STAFF WRITER

Head coach Paul Falco and the Wilfrid Laurier women's basketball program are no strangers to adversity since claiming the consolation title at the Canadian Interuniversity Sport (CIS) championships back in 2010-11.

The rookies from that edition of the Hawks—Doreen Bonsu, Bree Chaput, Laura Doyle and Kimberley Yeldon—have formed a leadership core and battled through the graduation of stars like Renata Adamczyk, the transfer of Felicia Mazerolle to Fanshawe College and Bonsu's lingering concussion symptoms since competing at nationals in Windsor, Ont.

Falco remains optimistic that the Hawks can improve on their 11-8 regular season record and first-round exit against the Western Mustangs in the playoffs last season.

"As a team, we know we need to out work the opponent to be successful this year. The [Ontario University Athletics] OUA and specifically the OUA West has been the toughest division in the country the past couple of years. I expect this year to be no different," said Falco.

The Hawks will have to compensate in terms of rebounding and scoring down low with injuries to centre Whitney Ellenor and forwards Courtney Bruce, Bonsu and Yeldon to begin the campaign.

Ellenor, the team's leading scorer and blocker last season, will be sidelined with a broken foot for a

minimum of six weeks. Yeldon, a veteran scorer and rebounder, will be shelved with an ankle injury for a couple weeks.

And both Bruce and Bonsu are suffering from lingering concussion symptoms and are postponing their season debuts for the Hawks.

"Unfortunately, injuries are part of the game and we will need other players to step up and fill the holes. It may require us to play a slightly different style of basketball," explained Falco.

"With [fellow captains] Bonsu and Yeldon both being out of the lineup, Chaput has taken on a larger 'in game' leadership role."

In addition, third-year guard Samantha Jacobs scored a game-high sixteen points against the Bishop Gaiters on Oct. 6th, and has raised her game throughout the preseason.

Through four preseason games the Hawks are 2-2 against non-conference opponents.

The team will travel to Victoria, B.C. for three games before their season opener at Laurier on Nov. 1.

Rookies Melissa Dally, Sarah Dillon, Nicole Morrison and Alexandra Spadaro have experienced increased playing time due to injuries and are adapting to CIS-level competition.

Falco acknowledged the strong contributions of his rookies, most notably Spadaro, as she held her own against stronger and more experienced post players through this preseason.

"Despite the injuries that have impacted our overall development, we have a strong rookie class and

"Our run-and-gun pace will make it difficult for the opposition to keep up."

—Bree Chaput, women's basketball

depth on the bench," said Chaput.

"Our run-and-gun pace will make it difficult for the opposition to keep up."

Chaput ranked amongst the top five in several statistical categories last season and is expected to provide leadership on and off the court for the Hawks.

"Overall, it has been a productive training camp and we are all looking forward to the home opener," said Falco.

The women's basketball team will host the Algoma University Thunderbirds on Friday Nov. 1 at the Athletic Complex. This is Algoma's first regular season game in the OUA after joining the league earlier in the year.

Tipoff is scheduled for 6 p.m.



ROSALIE EID FILE PHOTO  
Forward Doreen Bonsu in 2012.

## Young team with high expectations

Men's basketball looks for leadership from veteran Max Allin in 2013 campaign

BRAD BOWEN  
STAFF WRITER

After a first-round exit from the Ontario University Athletics (OUA) West playoffs, the Wilfrid Laurier men's basketball team has embodied unified mentality this season, as they look to set the bar higher and improve from last seasons adorned campaign, to tasting victory this season.

Last season, the Golden Hawks posted a forgettable 9-13 record. Since then, head coach Peter Campbell and the Golden Hawks have their eyes set on etching their names on the fabled Canadian Interuniversity Sport (CIS) national trophy this year.

"There is no reason that we can't compete for a national title. Our youthful team with a mix of veteran presence will take us a long way this year," said Campbell on the outlook of the upcoming basketball season. The men's basketball team boasts a youthful and energetic squad this year, with half of the entire team collectively made up of rookies, and the other half returning from the year prior.

"The freshman looked great [in the preseason], two of them earned starting spots in our tournament out West [in British Columbia]. They've been a welcome addition," he added on the new faces wearing the purple and gold for the first time. "We've got a solid team all-round, but we will be leaning heavily on our veterans to help guide us through the season."

Coach Campbell is right; it can be hard to win championships without leadership and experience.

Luckily for the Golden Hawks, they have Ontario University Athletics (OUA) all-star and reigning team MVP Max Allin to help guide the youth to playoff contention.

Allin led the team last year with 23.2 points per game (PPG), and looks to play an even bigger role in the Hawks' success this season.

"We need to come out of the gates ready to go this season," said Allin on the upcoming campaign.

Like Campbell, Allin believes the team has what it takes to be successful this season.

"We played two teams that will be the tops in Canada this year, we played them tough and it was evident we could beat them," he continued. "We've improved and are playing better now."

As confident and as hopeful as the Golden Hawks appear to be on this year's season, both Campbell and Allin share the view that the team must improve defensively if they are to come close to a national title.

"It is something we have been lacking in, and we definitely need to elevate that part of our game to be successful," remarked Campbell.

Allin voiced his coach's opinion stating that defence is indeed the biggest issue that the team is dealing with.

"We can score the ball very well, but in order to be the best team we need to hold the teams to lower scores."

Campbell and the Golden Hawks will hope to work with their improved lineup in the coming weeks before opening up their season on Nov. 1 against the Algoma Thunderbirds at home in Waterloo. Game time is 8 p.m.



ROSALIE EID FILE PHOTO  
Guard Max Allin will be a strong point of leadership for the Hawks.

### GOLDEN HAWK UPDATE

Week of  
October 13-19, 2013

#### RECENT SCORES

- 10.09.13  
M Baseball 19 - Queen's 5
- 10.10.13  
W Basketball 57 - Fraser Valley 61  
M Basketball 65 - Thompson Rivers 84
- 10.11.13  
M Baseball 10 - Western 4  
M Rugby 8 - McMaster 24  
M Basketball 94 - UBC 100  
W Rugby 0 - Guelph 78
- 10.12.13  
M Football 5 - McMaster 28  
W Soccer 2 - York 1  
M Soccer 2 - York 2  
M Baseball 3 - Toronto 4  
M Baseball 12 - Toronto 0  
W Hockey 3 - Waterloo 0  
M Basketball 72 - Victoria 91  
W Lacrosse 7 - Western 15

- 10.13.13  
W Soccer 2 - Western 4  
M Soccer 0 - Western 1  
W Lacrosse 14 - McMaster 8  
W Lacrosse 3 - Western 20

#### UPCOMING HOME GAMES

- 10.18.13  
Swimming Dual Meet vs Queen's  
Athletic Complex Pool
- 10.19.13  
M Lacrosse vs Laurentian  
Alumni Field, 2:00pm
- 10.20.13  
W Soccer vs McMaster  
University Stadium, 1:00pm  
M Lacrosse vs Western  
Alumni Field, 2:00pm  
M Soccer vs McMaster  
University Stadium, 3:15pm

10.21.13  
OUA Golf Championships  
Grey Silo/Cambridge Golf Clubs

10.22.13  
OUA Golf Championships  
Grey Silo/Cambridge Golf Clubs  
M Basketball vs Fanshawe College  
Athletic Complex, 7:00pm

#### LAURIER BOOKSTORE ATHLETES OF THE WEEK

Ian Filion  
Men's Baseball  
Emily Brown  
Women's Soccer

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#WEAREHAWKS



# Unpredictable season ends at home

**SHELBY BLACKLEY**  
SPORTS EDITOR

If you asked anyone to describe the 2013 season of the Wilfrid Laurier Golden Hawks men's football team in one word, they wouldn't be able to.

Yes, they lost seven of their eight games this season, with their only win coming against the Waterloo Warriors, who are currently swimming at the bottom of the Ontario University Athletics (OUA) standings with Laurier and Carleton.

Yes, the Hawks didn't qualify for the playoffs for the first time since 2002, and only the second time in 24 years.

Yes, almost 85 per cent of their roster is first or second-year eligibility.

And yes, they gave the No. 1 Western Mustangs everything they could handle and sent the No. 10 Windsor Lancers and the No. 5 Queen's Gaels to emotional overtimes.

So, how do you describe it? Potential.

"At the end of every season, coaches will always say, 'oh there's so much potential, so much potential,'" fifth-year Isaac Dell said at the end of his final game in a Hawk uniform. "But on this team, this year, there actually is an extremely large amount of potential."

On the final day of the 2013 campaign, Laurier failed to put up a challenge to the defending Yates Cup champions, the McMaster Marauders, dropping a 28-5 decision at home.

After so many consistently close contests against bigger opponents, the ending comes as a disappointment to the young Hawk squad.

"It obviously wasn't the ending that we wanted, but you can see the difference from the first half and the second half," fifth-year Felix Odum said.

"And that's really what this team is about. There's no substitute for experience, and I feel like today was just another example of getting that experience that will be crucial in this



HEATHER DAVIDSON PHOTOGRAPHY MANAGER

Fifth-year full back Isaac Dell makes a leap to elude a tackle by a McMaster defender during Saturday's final game of the 2012 campaign.

team's success."

Laurier's record reads a disappointing season — the Hawks aren't in the playoffs. However, the road for Laurier is anything but easy to describe. Laurier started with three consecutive losses, first a 21-7 loss to the Guelph Gryphons followed by a 27-20 loss to the Toronto Varsity Blues and a brutal defeat at the hands of the York Lions, 33-20.

After a shakeup on offence and a switch in quarterbacks, where head coach Michael Faulds opted to put James Fracas in the pocket and sideline Julien John, things seemed to get rolling. Laurier played four quarters to their dominant win against Waterloo before leading at half

against the Mustangs.

Two overtimes in a row against the Lancers and Gaels saw heart-breaking finishes, both coming from blocked field goals and irregular plays. And finally, a subpar performance against the Marauders finished off the eight-game campaign.

"Two overtime losses, competing with Western, I mean, I thought we were going to come out and be a bit more competitive today, that's a little bit of a disappointment, but the potential is extremely huge," Dell said.

With the end of the season, it also caps off Faulds' first year as bench boss for the Hawks.

Faulds, who is the Canadian

Interuniversity Sport (CIS) all-time passing leader, was hired in January after Gary Jeffries stepped down from his duties. Since then, the coach worked on implementing a new offensive strategy, new plays and making his players accountable.

"I'll have to digest for a little bit," laughed Faulds.

"I think there are a lot of positives. The one thing was we did improve every week and we did work hard every day."

With an astonishing amount of first and second-year players on the roster, the Hawks only graduate four players, two of which have the ability to come back. However, Dell and Odum say goodbye to five years with

the Golden Hawk program.

"It's hard to describe it," Dell said. "It hasn't really sunk in that it's over yet. I enjoyed the five years. I wouldn't have kept coming back each year if I didn't enjoy it. I'm kind of speechless, really ... It's definitely been a crazy ride and I have no regrets with it."

With Laurier landing the final week bye, the rest of the OUA will finish up the regular season this weekend before heading into the playoffs next weekend. With the addition of the Carleton Ravens, the possibility of two undefeated teams is plausible, as Western and Guelph sit with identical 7-0 records and do not play each other.

## Rushing through records

Dillon Campbell boasts stellar season with football Hawks

**SHELBY BLACKLEY**  
SPORTS EDITOR

Wilfrid Laurier's men's football team may be in the offseason, but that doesn't mean Dillon Campbell isn't thinking ahead already.

The third-year running back had a breakout year with the Hawks, posting record numbers and finishing his season currently leading the Ontario University Athletics (OUA) in rushing yards with 867 and one week to go.

But Campbell didn't have an easy road to his impressive performance in 2013. The Whitby, Ont., native came to Laurier — his number one choice — in 2011, joining deep into the football depth chart.

"My first year was getting to know the playbook," he said. "I think that was my biggest problem. So I was looking to the older guys and asking them for help if anything."

Campbell suffered a torn lateral meniscus in his left knee on the second day of training camp in second year, only to fight through the pain, playing six games, and having surgery in the offseason.

"That was a little setback, and I guess I never got back to where I was pre-injury. I was never playing to my full capacity in second year," Campbell said.

But that didn't stop the third-year kinesiology and physical education student from being a starter in

his third year. Campbell spent the rest of his second year and his summer getting ready for a big transition coming to the football program.

"In third year, it was a whole new playbook again. Thankfully, though, we got a look at it in January. So coming in, I was working all summer, training and doing the runs and the lifts; I came ready for this year."

That transition included a new playbook, a new no-huddle offence and a whole new system implemented by new hire, Michael Faulds.

Campbell has a lot of praise for the new, young head coach of the Golden Hawks.

"I think Faulds is brilliant," he said with a smile. "He's obviously fresh out of the game and he's a young coach and he knows what he's talking about. In the locker room, in the huddle, wherever, he's always talking and motivating us to do better."

That "better" the humble running back mentioned could be attributed to his 100-yard rush for a touchdown against the top-seeded team in the OUA, and currently the No. 1 nationally ranked Western Mustangs on Sept. 21. Campbell finished the game against the powerhouse Mustangs with 155 rushing yards and two touchdowns.

Campbell made it look easy.

And he made the rest of the season easy, recording over 100 yards in

five consecutive games of his eight-game season. Against Waterloo, Campbell was 20 yards short of 200 yards, and two touchdowns.

A lot of his success he attributed throughout the year to his young offensive line, which allowed gaps and held their opponent's defence from catching the running back, notoriously known for flying down the sidelines.

He also said that he likes the no-huddle offence.

"Sometimes waiting for the play call slowed down the tempo, but otherwise the defence was always on their toes gasping for air. And I personally liked it," he laughed.

And it worked better for Laurier's offence.

"Exactly," Campbell agreed.

With a long offseason ahead of the Hawks, Campbell doesn't fret. He sees a lot of brightness in the future of the young squad — something he hopes to help with in his fourth year.

"As a team, we need to keep getting better," he said. "As you saw in the season, we started off pretty low, but each week we kept getting better and better and better. Now that the season's over, we can't let that plateau. Going into next season, a lot of our first-year guys will have experience now that they've played."

"I think we should be good next year. I think we should be great next year."



HEATHER DAVIDSON PHOTOGRAPHY MANAGER

Campbell finished the season with 867 rushing yards and 6 TDs.