

the otherpress

The Douglas College Newspaper Since 1976

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Issue 31

**CONFUSED ABOUT THE FEDERAL ELECTION?
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Image from 'Casablanca'

We'll always have the 'Other Press'

I've been penning my love letter to the *Other Press* since the end of March, when I realized my year-long term as Editor-in-Chief was slowly coming to an end. This is my last *Lettitor*, my fond farewell, so I need it to convey all that I feel.

To say the last year has been overwhelming is an understatement. While I've adored my time as EIC, steering the *Other Press* has tested my ability to handle stress like no other experience.

To say the last four years have been amazing is an even bigger understatement.

My romance with the *OP* began when I was a young thang of 17, at Douglas College's orientation day. There, Sharon Miki and Jacey Gibb were tabling, likely with a mountain of treats to tempt candy fiends and lasso them into contributing. Our brief conversation piqued my interest enough that I decided to attend the first meeting of the year—and this alone was pretty out of character for me: naturally nervous person that I am, I wouldn't have normally wandered the labyrinthian halls of Douglas'

first floor, into a pack of strangers. Walking there, I had to break down each step as "just a step" until I finally arrived at the *Other Press'* office door.

While everyone in the collective was friendly, I was still out of my depth for a long time. I generally didn't speak more than a handful of words; I certainly didn't write an article the first few weeks; and I tended to rush out at the end of meetings, for fear of being horrendously awkward and tongue-tied.

But I kept coming every week, even just to sit there, laugh at jokes, and listen to everyone's plans for a bright and shiny new issue. (Well, not shiny—this was the pre-gloss era.) When I wrote my first article, I remember picking up several copies, marvelling over seeing *my* name in print, staring wide-eyed at *my* article. I was hooked, and I wasn't turning back.

Each of my milestones at the *OP* is ingrained in my mind: when newly anointed leader Sharon called to offer me the position of Opinions Editor; sitting in the kitchen with my proud mama and papa after getting Assistant Editor,

when I didn't think I had a chance in hell; having my roommate, Jacey, tell me I had gotten EIC, and calling my darling Cody Klyne to tell him the news.

You never know what will affect your life the most, or how tamping down on your anxiety might prove to be the best decision you've ever made. You never know who'll end up sitting at the EIC desk, blushing and making bad puns.

I was slow to start, but I've been running with it since. And while we bonded over the beautiful, unbound pages of this publication, it's the people behind it all that I adore. They've supported me without pause, inspired me, and pushed me to be and do better. It's impossible for me to mention everyone who's affected me here—this *Lettitor* would rapidly become a Feature-length piece of effusive praise—but know that I love you all.

I've seen the newspaper go through three redesigns; transition from matte to glossy; and pass through the more than capable hands of Klyne, Miki, and Gibb. Now it's my turn to leave, handing the seat over to Eric

Wilkins. He and I started at the newspaper at the same time, and I can't imagine the last year of EIC-ship without Wilkins' cheerful face and effervescence. He's a highly skilled writer and editor, and a tremendously generous human being. I can't wait to see him take this position on with the aplomb that I know he will.

I don't want to write the final lines of this piece, because once I do, I know it will officially, really, be the end. As soon as I finish writing my last *Lettitor*, I'll be sealing off my time here, leaving a period where I'd love to put an ellipsis. Moving on is more bittersweet than I thought it would be, but I know the paper's ready, and I'm ready to see what the next generation will do with the publication.

I hate to say goodbye—in Vonnegut's words, "It's the emptiest and yet the fullest of all human messages"—so instead I'll say,

Hello gorgeous,

Natalie Serafini

Editor-in-Chief

📌 Get to know us!

- 🕒 The Other Press has been Douglas College's student newspaper since 1976. Since 1978 we have been an autonomous publication, independent of the student union. We are a registered society under the Society Act of British Columbia, governed by an eight-person board of directors appointed by our staff. Our head office is located in the New Westminster campus.
- 🕒 The Other Press is published weekly during the fall and winter semesters, and monthly during the summer. We receive our funding from a student levy collected through tuition fees every semester at registration, and from local and national advertising revenue. The Other Press is a member of the Canadian University Press (CUP), a syndicate of student newspapers that includes papers from all across Canada.
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Have an idea for a story? Let us know!

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This issue:

- ✓ Evergreen Line enters testing phase to Burquitlam Station
 - ✓ TransLink experiences major reform post-referendum
 - ✓ Coyotes attack dog, mere feet from owner and house
- And more!

NEWS

Nestlé continues to bottle water in drought regions despite protests

» CEO believes Nestlé is helping citizens stay healthy and hydrated

Lauren Kelly
News Editor
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Water bottling company Nestlé and CEO Tim Brown have come under heavy fire in recent months for continuing to bottle water in drought regions, such as British Columbia and California. Previously, Nestlé was able to bottle water from BC for free, but after criticism, the BC Liberal government has raised the cost to \$2.25 per million litres. Nestlé bottles about 265 million litres of BC water a year, meaning they will pay about \$600 over the course of the following year if this is upheld.

Environment Minister Mary Polak defended their decision to keep the cost of water low, as all water bottling companies will have to pay it. This means that, although Nestlé could pay the cost for water at nearly any price due to their size, many smaller companies would struggle to

compete.

Polak also believes that it would be a risky idea to begin generating revenue from water, as it should be free to access. "We will never sell that right of ownership. We will allow access but it is tightly controlled."

The majority of the backlash came as the result of online petitions on websites such as SumOfUs.org and Change.org. These took root in California, a state that has now been in drought conditions for four years. There have been protests throughout the state against the company, and the petitions have received hundreds of thousands of signatures.

However, in an interview with radio station KPCC, Brown stated that he would like to increase production if he could, saying: "We feel good about what we're doing delivering healthy hydration to people throughout the state of California."

Although Nestlé is bottling a large amount of BC water,

the water use by citizens is also substantial. In a report released by Metro Vancouver, New Westminster had one of the lowest water usage rates with 365 litres per person per day. Coquitlam residents were slightly higher with 391 litres,

and Delta topped the list with 632 litres per day. In total, the population of BC uses 1.6 billion litres of water a day. Less than 10 per cent of this water use is for drinking and cooking, and industry only accounts for about 40 per cent. The key difference

is that this water is recycled into BC, whereas Nestlé ships worldwide. Still, citizens will have to work together during the drought to keep water usage levels under control.



Image from knoxvillecoupondude.com

Water restrictions intensify in an effort to conserve dwindling water supply

» A timeline of progression and how residents can help



Mercedes Deutscher
Staff Reporter

As Metro Vancouver faces its worst drought in over 10 years, many are wondering how water levels reached their current status, and what the near future holds for the region's water supply.

"It's at different levels throughout the province, but pretty much everywhere we are short on rain and really short on what we had for runoff to fill our reservoirs and dams," Kevin Boon, general manager of the BC Cattlemen's Association, told the *Globe and Mail*.

Water restrictions have reached Stage 3 in Metro Vancouver, leaving those who

water their lawns with treated water facing fines. Yet how did BC's water supply dwindle so low? When will water restrictions and drought warnings be lifted? What can ordinary residents do to help?

Winter/Spring: An unusually warm winter melts the ice caps early on the Rocky Mountains. Ski resorts are forced to cut the season short.

May/June: Extremely low levels of rain are recorded in Metro Vancouver. Across the province, wildfire levels reach more than double last year's, requiring more water and firefighters in the extinguishing effort.

Early July: Water reservoir levels dip below 80 per cent of regular supply. Metro Vancouver's Level 1 water restrictions are upgraded to Level 2. Households are only allowed to water lawns

once per week.

July 14: Metro Vancouver and South Coast declare that the region is experiencing a Level 4 drought, the highest level of drought recorded.

July 20: Reservoir levels dip below 70 per cent. Lower Mainland water restrictions are upgraded to Level 3. All lawn sprinkling using potable water is banned. Water restrictions also ban residential car washing.

July 31: Water restrictions declared to affect agricultural practices starting on August 4. Fishing for sport will be banned in most rivers.

The drought is expected to become worse throughout August, and rain levels are not expected to return to normal until at least September.

As the water shortage continues throughout the region



Image from Thinkstock

and province, several more areas of practice will likely be affected. Hydroelectric dams, which produce 90 per cent of BC's energy, will not be able to produce as much power. The salmon spawning season will also be affected, as water levels will not

only be low for the migration, but also unusually warm.

Lower Mainland residents are encouraged to adhere to water restrictions as much as possible. Not adhering to the in-effect water restrictions can lead to fines.

Evergreen Line enters testing phase to Burquitlam Station

» Line now more than 70 per cent completed

Lauren Kelly
News Editor
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The Evergreen Line has now entered the testing phase on the first section of track, borrowing trains off peak hours to test the track leading to Burquitlam Station. The first test was run on July 11. These tests, both manual and automatic, will continue for a few months, and take place from 11 p.m. to 6 a.m.

The estimated completion for the project is fall 2016, moved back from the original summer 2016 completion projection due to issues with the tunnel sections of the track. Four sink holes have opened over the course of construction, the most recent being on June 5.

Although there have been concerns among the public as to the safety of the tunnel boring machine and continued construction, TransLink assures the public that they are working to avoid future incidents. The Evergreen Line's project coordinator, Amanda Farrell, said that a large part of this is

difficulty with the mix of soil, including boulders, glacial till, and sand.

Although this has been challenging, Farrell told the *Vancouver Sun*, "Where we have had the challenges is maintaining the stability of the earth in the front of the boring machine. The contractors continue to implement more and more measures to achieve that stability."

Scheduled maintenance is currently underway for the tunnel boring machine, which is expected to be operating again in mid- to late-August, and will be proceeding towards Burquitlam Station. After this, a drill piece change will be performed south of Robinson Street in the last change to the tunnel boring machine before completing the tunnel. The tunnels have been estimated to be 50 per cent completed, far lower than the stations at 70–85 per cent. Aside from the tunnels, work has continued on schedule.

Once completed, the long-awaited SkyTrain line will connect Lougheed Station in Burnaby



Image from Translink

with the Lafarge Lake–Douglas Station, serving the Douglas College David Lam campus in Coquitlam. It will run with higher frequency than the buses to the college, especially during off-peak

hours, and the ride will be much shorter, estimated at 15 minutes from Lougheed Station. This should greatly improve ease of accessibility for Douglas College students who are not in the area,

or who are taking classes at both campuses. The line will also link the SkyTrain with the West Coast Express commuter train at Port Moody and Coquitlam Central stations.

TransLink experiences major reform post-referendum

» New interim CEO ascends, among numerous changes



Mercedes Deutscher
Staff Reporter

Since the results of the transit referendum were made public in early July, TransLink has decided to further cut costs and reorganize the company.

Interim CEO Doug Allen will be stepping down on August 10 as a new interim CEO, Cathy McLay, steps up.

McLay has been working with TransLink for years, notably as the executive sponsor of Compass Card, a position she will continue to hold during her time as CEO.

TransLink continues to search for a new CEO for the company. If selected, the new CEO will make up to \$415,000. The salary for the position has been cut back in comparison to the salaries of previous CEOs in an attempt to appease public

opinion about high-costing executive salaries.

In addition to the changes in CEO, the position of vice president of planning and stakeholder relations will be discontinued. In addition, the CEO of SkyTrain operations, Doug Kelsey, will be replaced.

Christy Clark has made changes to the BC Cabinet that will place Peter Fassbender, formerly involved in the Ministry of Education, as the minister in charge of TransLink. TransLink will no longer be considered an area covered by Todd Stone, Minister of Transportation and Infrastructure. Fassbender was previously involved with TransLink, serving as a chair on the Mayors' Council for numerous years.

Fassbender wishes to help restore public trust in TransLink, which was damaged during the transit plebiscite earlier this year.

"That is not going to be a small job," Fassbender told the *Vancouver Sun*. "I think it

requires some patience and some really strong discussions about what needs to be done in the future."

Meanwhile, many bus drivers who drive HandyDart buses are facing layoffs as TransLink cuts down in slow service areas. This action will result in 28 layoffs, and about 10,000 hours and two per cent of service reduced from the HandyDart.

In an effort to consolidate areas where service is being cut, TransLink is attempting to offer discounted taxi fare to HandyDart users. However, it has not been made apparent if and how TransLink plans on training taxi drivers to meet the needs of those who use HandyDart.

"There's also a question of comfort, of handling the people, because it is a door to door service," Bob Chitenky, president of the Amalgamated Transit Union Local 1724, speculated.



Image from Ian Fisher via Twitter

Pit bull attack leaves two hospitalized in New Westminster

» Early morning mauling causes serious but non-life-threatening injuries

Alex Stanton
Staff Writer

In the spring of 2013, the City of New Westminster abolished a bylaw deeming certain breeds of dog as vicious and in need of special provisions for both dog and owner. Pit bulls, prior to the ruling, were included on that list of breeds deemed vicious enough to ban from New Westminster. Following an incident in the early morning of July 23, civil servants and residents alike are calling into question these bylaw changes.

At approximately 2:45 a.m. at an apartment building located at 325 Ash Street, neighbours reported what sounded like people screaming and a dog barking to the New Westminster Police. Upon arrival, they found a pit bull—already in a safe place, quarantined on the suite’s balcony—as well as a man and a woman with serious injuries

to the head and face. Two small children were in the apartment at the time, unharmed and having apparently slept through the entire incident.

The man, and woman, who was covered in a blanket to hide her face and head, were taken out of the building and to Royal Columbian Hospital with serious but ultimately non-life-threatening injuries. New Westminster animal control services have removed the dog from the dwelling and are still deciding whether to euthanize the dog or return it to the couple, who are presumed to be the owners.

Since the pit bull has no tags, James Doan, supervisor for New Westminster’s animal services, isn’t giving a definitive answer as to whether they are the dog’s owners. Animal services are looking into whether the dog has had an incident similar to

this in the past—a factor which will undoubtedly play a big role in deciding this dog’s fate. What exactly prompted the sudden attack has not been determined yet.

Some residents are uncomfortable with the possibility of the dog being returned to the couple; one neighbour, Lori Hilton, spoke to *CBC News*, remarking during a brief interview that “No matter how good [pit bulls] can be, they can change on a dime. They are like walking sharks.”

In contrast to the neighbours, Doan made sure, during an interview with the *New Westminster NewsLeader*, to point out to the public that no good comes out of stereotyping certain breeds of dogs as inherently vicious and dangerous to the public.

“It could be any animal,” Doan remarked.



Image from Thinkstock



Image from Irwin Oostindie via Facebook

Inaugural All Nations Festival completed in Coquitlam

» Events held at David Lam campus and Coquitlam Town Centre Park

Lauren Kelly
News Editor
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A new three-day Coquitlam festival took place over the weekend of July 23–25. Named the All Nations Festival, the festival is a celebration of the Coast Salish peoples.

The Coast Salish peoples are a group of tribes who span the Pacific Northwest, specifically BC, Washington, and Oregon. The Lower Mainland is the Coast Salish peoples’ territory, and they were the original residents of Coquitlam—then named Kwikwetlem, meaning “red fish up the river.” Some members of the Kwikwetlem First Nation now live on two reserves in Coquitlam, and the rest live in Western Canada.

The Douglas College Campus and Evergreen Cultural Centre hosted the Kwikwetlem

Colloquium on July 23 and 24. It included panel discussions, traditional art and foods, and dialogue with artists, scholars, and cultural leaders. Finishing this part of the festival with a discussion on Coast Salish stories was Lee Maracle, an award-winning novelist, poet, and performance storyteller from North Vancouver. She is an expert on Coast Salish culture and has been referred to as a “walking history book.”

The Ideas Stage at Lafarge Lake hosted discussions on reconciliation, salmon, legal rights, and Tri-City citizen engagement. There was also a discussion about the expansion of the oil pipelines, which First Nations groups have been strongly opposed to. Another feature was a Green Energy Fair on Saturday, which included solar panels and electric cars for guests to look at, as well as discussion

on protecting the Tri-City region from global warming and environmental threats.

The festival had 20 musical acts, including 2014 Juno award winner George Leach, classic rock band Doug & the Slugs, and Bill Henderson from the band Chilliwack. One performer, rapper Ronnie Dean Harris, is a descendant of a Kwikwetlem First Nations chief. There were also two sets from Vancouver’s DJ Hedspin, winner of the Canadian and National Redbull Thre3style titles.

The festival brought together aboriginal culture and discussion in order to involve the Tri-City community with First Nations issues. After a successful first outing, the All Nations Festival will move forward into next year, bringing with it hopes for a more culturally understanding, environmentally friendly future for the Tri-Cities and Canada.

THE OTHER PRESS IS HOSTING A RAFFLE!

Win cool prizes, ranging from a variety of gift cards to candy!

All you have to do is attend a meeting at the Other Press, in room 1020 at the New Westminster campus, between now and September 28. Fill out this raffle ticket, and you’re entered to win. It’s just that simple!

Meeting dates, all at 6 p.m.:

July 27; August 31; September 8; September 14; September 21; and September 28

Raffle will be drawn on September 28. Prize must be collected by winner at a meeting of the Other Press. One raffle submission per person per meeting.

NAME

EMAIL

Email editor@theotherpress.ca for more details.

Coyotes attack dog, mere feet from owner and house

» Take steps to protect your pets and children from urban wildlife

Lauren Kelly
News Editor
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Just south of Coquitlam Centre, a coyote approached a family's porch and snatched up their dog in front of one of its owners. The dog, an eight-year-old Maltipoo mix named Vegas, is expected to make a full recovery.

Her owner, Tammy McBride, had just taken Vegas out to relieve herself. The pair was just a few steps from their door when a coyote came out of the bushes and grabbed the seven-pound dog. The first coyote quickly ran from the house with Vegas and was soon joined by a second one.

McBride pursued them, picking up rocks from her garden and throwing them at the coyotes while screaming at them. By the time she had closed the gap between her and the wild dogs to five feet, the coyotes dropped Vegas and ran away. The small dog bolted back into their home, and when McBride returned, Vegas was shaking and in pain.

The BC SPCA's chief scientific officer Dr. Sara Dubois told *Global News*, "Letting your dog even go in a fenced backyard, there is a risk because we do have urban wildlife that they may encounter an animal in your own backyard."

On the BC SPCA's website, they offer advice to pet owners looking to keep their pets safe from similar incidents. To keep cats safe, keep them indoors from dusk until dawn, and do your best to keep an eye on them while they are outdoors. However, the only way to guarantee a cat's safety is to keep them indoors or use an outdoor cat run. For dogs, keep them on short leashes when outdoors and closely supervise them if they are off-leash. Keep tall fences that are flush with the ground if you let your dog into your backyard.

According to a pamphlet released by the City of Coquitlam on dealing with urban wildlife, if you encounter a coyote, make your body as big as possible and yell loudly at them. If this does not work,



Image from Thinkstock

throw rocks towards them to scare them off. Do not run or turn your back on the animal, as this will show weakness. These

tips are most important for children to know, as coyotes are rarely brave enough to attack an adult. When they do, it is usually

because someone in the area was intentionally feeding the animal, which makes them less afraid of humans.

Conservative government motions to add microbeads to the list of toxic substances

» The small particles are often not caught by sewage treatment plants

Lauren Kelly
News Editor
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Months after the NDP passed a unanimous motion in the House of Commons to end the sale of microbeads, the Conservative government has proposed adding them to the list of toxic substances under the Canadian Environmental Act.

This decision comes after Environment Canada discussed

the matter with experts in the field and reviewed over 130 scientific journal articles.

Microbeads are small plastic particles often found in skin care products and exfoliators. They have recently become a concern after it was found that the beads were able to pass through sewage treatment plant filters and enter local lakes and rivers. A US study of the Great Lakes found 466,000 microbead particles per square kilometre near cities, and 46,000

in other areas.

This is dangerous, as fish can mistake the beads for food, causing the microbeads to enter the food chain.

Currently, companies such as Johnson & Johnson and The Body Shop have promised to phase out products with microbeads in them, and Illinois, New Jersey, and Wisconsin will be banning the sale of microbeads within their borders in the next few years.

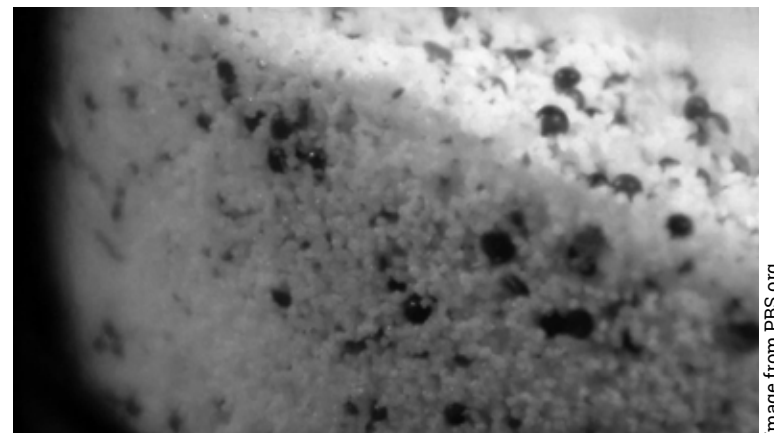


Image from PBS.org

Ebola vaccine created by Canadian scientists experiences successful trials

» One hundred per cent success rate in initial Guinea trials

Lauren Kelly
News Editor
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The Ebola vaccine VSV-EBOV, developed by Canadian scientists at the Public Health Agency of Canada, has experienced a 100 per cent trial success rate when used immediately after contact.

The researchers used a ring design to decide who to administer the vaccine to. They

would vaccinate all willing contacts to an Ebola patient, excluding children and pregnant women. Out of the 2,014 close contacts to the Ebola virus who were vaccinated between April and July, none of them contracted the disease.

In a second group, 1,498 close contacts were vaccinated three weeks afterwards. In this group, 16 people were infected with Ebola. The results show that although the test has proven

very effective at this point, it is still crucial to administer the vaccine as soon after the contact as possible.

The current outbreak of Ebola has infected a total of 27,748 people in Guinea, Liberia, and Sierra Leone, and killed at least 11,279. Although the spread has slowed down, the vaccine's success could fully end the current outbreak and help to stifle future ones.



Image from Thinkstock

Have an idea for a story? Let us know!

Contact: Cheryl Minns, Art Editor
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ARTS

This issue:

- ✓ Arts in August
 - ✓ Comic Corner: Fan fiction gets emotional
 - ✓ Animesque: It's about time
- And more!



Image via Marvel Studios/Disney Enterprises

Smaller is better

» 'Ant-Man' offers bite-sized fun

Adam Tatelman
Staff Writer



Ever since his debut in the comic series *Tales to Astonish*, Ant-Man's been riding on the shoulders of the Avengers. He's always been there. You just never saw him. Now it's the intrepid insectonaut's turn to carry the Marvel Studios torch in his own film, *Ant-Man*.

Superhero films no longer land in a genre of their own, but filter other genres through their stories. For example, *Captain America* does spy fiction and *Thor* does epic fantasy. This

time around, *Ant-Man* takes on the grand heist storyline, fuelled by a special effects budget funded by previous *Avengers* films.

Diverging from the romantic comedy genre, Paul Rudd brings his average-Joe charm to the role of Scott Lang, a down-on-his-luck ex-con who struggles to pay child support in order to visit his daughter. He ends up caught in a generational power struggle after he inadvertently steals long-hidden technology invented by Hank Pym (Michael Douglas), a reclusive former captain of industry whose successor, Darren Cross (Corey Stoll), is trying to copy and

sell the technology to military contractors.

Lang and Pym set out to stop Cross, treating audiences to comedic spins on all the typical heist tropes of planning, training, and execution. The two misguided men who want to protect their daughters have some effective scenes together.

Pym's daughter Hope (Evangeline Lilly) has some old wounds to sort out with her dad, which gets a little melodramatic. There is some sins-of-the-father bitterness between Pym and Cross, but it doesn't get enough screen time to emulate the palpable hostility that Tony Stark and Obadiah Stane had in the original *Iron Man*.

There are indirect references to Pym's shrinking technology causing brain damage to Cross, but they are clumsily made and reek of bad editing or rewrites. The final act moves way too fast to feel impactful and reaches its resolution through foreshadowing ("Don't mess with the regulator! You'll go subatomic!" Pym warns) that's only slightly more obvious than Egon's ominous "Don't cross the streams" warning from *Ghostbusters*. Then again, *Ant-Man* has been going through rewrites since 2006, so none of these issues are surprising.

Following in the zany, tongue-in-cheek footsteps of

Guardians of the Galaxy, the subtle comedic foreshadowing of *Ant-Man* far surpasses the plot it's attached to. Cut-away sight gags make way for over-the-top slapstick humour as the pacing builds, blatantly poking fun at overproduced CGI carnage that's typical in the Marvel Universe by wreaking similar havoc on a microscopic scale. The final battle takes place on a child's model train set, so it's pretty clear this was never intended to be a serious drama.

Ant-Man is burdened by a predictable façade, but you have to embrace its imperfections in order to enjoy a fun-sized world of laughs.

Chairman of the Board: The green wave

» 'Castle Panic' game review



Ed Appleby
Illustrator
✉ illustrator@theotherpress.ca

The push and pull of war-themed strategy games such as *Axis and Allies* or *Risk* have been thrilling gamers for years by allowing them to flex their strategic muscles. But what if the game is just about you hunkered down, trying to survive wave after wave of bloodthirsty marauders, just hoping to see the next sunrise?

Castle Panic is a cooperative strategy game for one to six players designed by Justin De

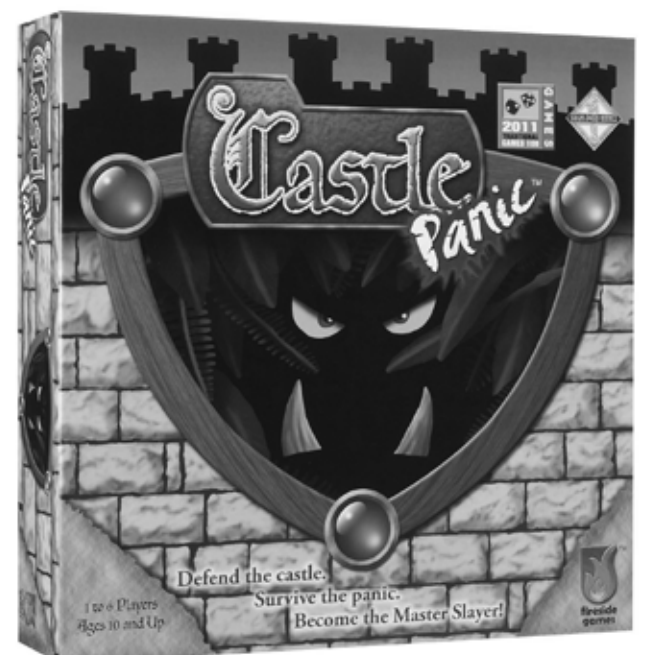
Witt and published by Fireside Games in 2009. Players work together to distribute the forces they have to try to prevent a horde of fantasy creatures from completely levelling their castle. The players win if they manage to get through all the monsters with part of their castle still standing.

I love cooperative games—this one more than most. Although there is a winner at the end of the game, determined by which player personally takes out the most monsters, the drive of the game is focussed on survival. You end up planning strategically with your fellow players just so you can keep the walls up. This makes it a great

game for older kids and players who don't react very well to competition.

The one downside I found is that the game is just too easy. Unlike other solo games such as *Pandemic* or *Forbidden Island*, *Castle Panic* leans more towards the players winning. Players can offset this by focussing more on the competition side and trying to kill more monsters. This ends up being a very personal choice by the players.

Castle Panic is a fun game that I would recommend to most casual groups. More hardcore and strategy-driven gamers may find the game's challenge a little lacking.



Arts in August

» This month's local arts events



Cheryl Minns
Arts Editor
✉ arts@theotherpress.ca

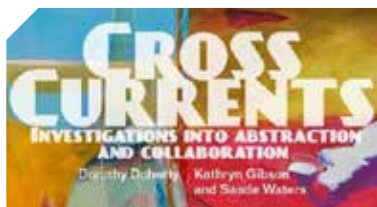
Beat the heat, and enjoy local art this August with gallery showings, premiere film screenings, and local theatre and musical performances across the Lower Mainland!



A Midsummer Night's Dream
Now until Sunday, August 16
The Bernie Legge Theatre in Queen's Park, New Westminster

Come see the classic William Shakespeare comedy brought to life by Alchemy Theatre with Vagabond Players in the heart of Queen's Park. The cast features several actors from Douglas College, including students Nina Dossdall and Heather English, and alumni Ben Groberman and Claire Temple.

The show runs Thursday through Saturday evenings at 8 p.m., with Saturday and Sunday matinees at 2 p.m. Tickets are \$15 for adults and \$13 for youth, available through info@alchemytheatre.ca.



Cross Currents art exhibit
Friday August 7 to Saturday September 12

Amelia Douglas Gallery at Douglas College, New Westminster

The *Cross Currents* exhibit features abstract art by Dorothy Doherty and collaborative works by Kathryn Gibson and Sande Waters.

On August 8 and 9, the gallery will take part in the New West Cultural Crawl from 11 a.m. to 5 p.m. There will be art supplies provided by Opus Art Supplies available for guests to create their own collaborative and abstract artworks. Gibson and Waters will create a collaborative painting together in the gallery on August 8, followed by the *Cross Currents* opening reception with refreshments.

Doherty, Gibson, and Waters will present an artists' talk at 10 a.m. on September 11.



Summer Art Festival
Saturday August 15, 11 a.m.–5 p.m.
Deer Lake Gallery in Burnaby

The Burnaby Arts Council presents the first annual Summer Art Festival. The event will feature live music and entertainment, raffle draws and door prizes. Grab a meal at the barbecue, or check out the local artisan booths featuring sculptures, pottery, wood creations, fashion, and jewellery. There will also be a sculpture exhibit on display and a Summer Theatre performance.

The festival is free to attend, with free parking.



Guided gallery tours
Saturday August 15
Burnaby Art Gallery

Join Peter Busby, author of *The Life and Art of Jack Ackroyd*, on a tour of Burnaby Art Gallery's latest art exhibit featuring Jack Ackroyd's works. Two tours are available, one from 2-3 p.m. and the other from 3-4 p.m.

There will also be a guided tour through Robert Bigelow's *Daily Practices* abstract art exhibit, available in English and Mandarin from 2-4 p.m.

Both exhibits will be on display until August 23.



City of Water summer film event
Saturday August 15, starts at 6:30 p.m.
River Market at Westminster Quay, New Westminster

The New West Film Society with the New Westminster Museum present a free screening of *City of Water*, a documentary about the waterfront along New York City and New Jersey, and what its future holds.

After the film, there will be a series of shorts on the Fraser River waterfront and a discussion to follow. Guests are encouraged to explore the museum's new exhibit about the local waterfront.

Image via Alchemy Theatre website
Image via Amelia Douglas Gallery website
Image via Burnaby Arts Council website
Image from Burnaby Art Gallery Facebook page
Screenshot from From City of Water
Screenshot from Mexico Pelagico trailer
Image from Burnaby Art Gallery Facebook page
Image from ArtStarts event Facebook page



Mexico Pelagico Canadian premiere
Wednesday August 19, 7-9 p.m.
Vancouver Aquarium

The Vancouver Aquarium presents the Canadian premiere of *Mexico Pelagico*, a documentary about Mexico's sea life and ecosystem, and their relationship with the country's fishermen.

After the movie, Pelagic Life filmmaker Jorge Cervera Hauser and Pelagic Life photographer/videographer Rodrigo Friscione will host a Q-and-A session with *Saving Our Sharks* director Russell Hennessey.

Tickets are \$10 for non-members and are available through VanAqua.org.

The aquarium also presents the Canadian premiere of the *Sea Monsters Revealed* exhibit, where dissected and preserved sea creatures are on display. The exhibit is like an aquatic version of the popular human anatomy exhibits that tour the world.

Daily Practices closing reception
Saturday August 22, 6-9 p.m.



Burnaby Art Gallery

Artist Robert Bigelow and the Burnaby Art Gallery will draw the *Daily Practice* exhibit to a close with a Latin fusion reception, featuring live music from Bigelow's sons, Myles and Sangito, and refreshments.

Come hear about the art from the artist himself and meet fellow art enthusiasts at this free event.



ArtStarts at River Market: Music for Movies, Games, and Videos with Digital Guise
Sunday August 30, 11 a.m. and 1 p.m.

River Market at Westminster Quay, New Westminster

Peter Hurst, Nick Apivor, and Bob Caldwell, coordinator of Douglas College's Community Music School, bring the Digital Guise interactive concert to the River Market. They will be performing fan-favourite songs from movies, soundtracks, and pop culture, such as *The Simpsons*, *The Hobbit*, *Mario*, and *Zelda*. Familiar scenes will play on the screen as they demonstrate how music integrates with the accompanying video's action.

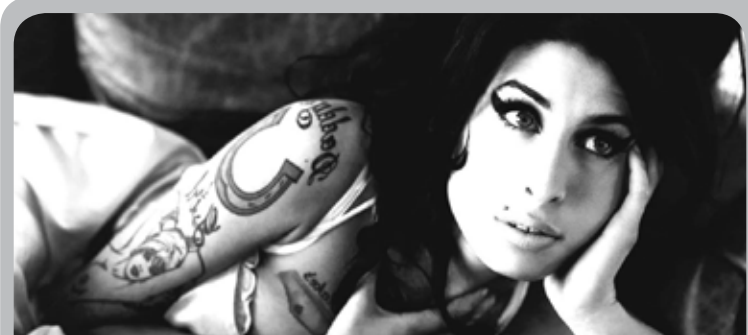


Image via warp.la

The girl who went back to black

» 'Amy' documentary film review

Jerrison Oracion
Senior Columnist

In the highly anticipated documentary *Amy*, director Asif Kapadia takes an in-depth look at the girl behind the beehive hairdo through archived footage of the singer's performances, interviews, and home videos. I knew of Amy Winehouse in her recent years, but after seeing this film I got to learn about her early years.

There were four people that were important in her life: her husband Blake Fielder, her father Mitchell Winehouse, Mos Def (who goes by Yasiin Bey in the film), and her bodyguard, Andrew Morris.

Amy was very close to Blake, who she met when she moved to Camden. One of her friends describes the relationship as being what changed everything.

"We were in love, and that's like a real drug, isn't it?" Amy says in the documentary, explaining that the relationship took a toll on her but she couldn't get away from it.

Blake introduced her to the hardcore drugs that led to her downfall. She also turned to drinking, particularly vodka, to deal with depression.

This ultimately led to her death by alcohol toxicity on July 23, 2011, at the age of 27.

Another factor in her death was that she struggled with bulimia and staying thin. In the documentary, she describes a diet in which you can eat anything you want as long as you "throw it out" later.

Amy describes herself as a jazz singer in the documentary. In an interview, she says that while she was making *Back to Black*, she would only listen to songs that were made in the 1960s.

The last song she did was a duet with one of her favourite jazz singers, Tony Bennett, called "Body And Soul" for his album *Duets II*.

Amy comes to an abrupt end very quickly. It would have been better if it ended with the subjects reflecting on Amy's life and her music.

THE OTHER PRESS IS HIRING

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The horseman with a heart of copper returns to Netflix

» 'BoJack Horseman' season two review

Alex Stanton
Staff Writer



Most of what makes *BoJack Horseman* such a brilliant show comes from its strict adherence to continuity. It goes without saying that watching the episodes out of order will make for a messy viewing experience. Anyone who hasn't watched the debut season shouldn't even attempt season two.

Slight spoilers may follow!

From start to finish, the show itself—its second season in particular—earns itself a place in the pantheon of animation. It can be considered the first animated comedy-drama, a skewering satire of Hollywood show business as it is in the 2010s so hilariously dark that no light can escape it.

Simultaneously hilarious and heartbreaking, *BoJack Horseman* represents a serious upgrade in the realm of adult animation, comparable to the creation of the genre in the 1970s with Ralph Bakshi's *Fritz the Cat* and the late-'90s pop culture supernova *South Park*.

Back in the '90s, BoJack Horseman (flawlessly voiced by Will Arnett) was on a famous TV show called *Horsin' Around*, a sitcom starring BoJack as the titular horse who ends up the sole caregiver to three little orphans. As is the fate of most television programs though, eventually *Horsin' Around* was cancelled.

BoJack Horseman picks up 20 years later and follows a depressed, over-the-hill BoJack.

He patters along, reluctantly surrounded by roommate and de facto human best friend Todd Chavez (*Breaking Bad* co-star Aaron Paul in his voice acting debut), feline talent agent Princess Caroline (Amy Sedaris), ghostwriter Diane Nguyen (Alison Brie), and BoJack's frenemy/fellow '90s sitcom star Mr. Peanutbutter (Paul F. Tompkins)—a yellow lab who's high-energy to the point of annoyance, but downright impossible to dislike.

BoJack Horseman derives a good chunk of its humour from the pun-like, stereotypical behaviour of the anthropomorphic animals that co-exist with humans in BoJack's world. Considering they're merely short puns, they surprisingly always manage to at least make me crack a smile.

That's not to say the show is only cheap gags. The wit and overall sophistication of the humour makes the output of Seth MacFarlane seem more like *Max & Ruby* in comparison. Very rarely do jokes miss the mark in this show, bringing you the brightest and darkest moments of BoJack's life in the same two-minute period.

Like the first season, *BoJack Horseman* is incredibly topical. One episode explores the Bill Cosby allegations through an aged comedian, idolized by both BoJack and Mr. Peanutbutter, who is accused of a serious crime by multiple women. In what I consider to be an incredibly smart move, the nature of the crimes is left entirely ambiguous.

It's a good thing the humour hits the mark because when the show gets dark, it gets really



Screenshot from 'BoJack Horseman'

dark. BoJack starts the second season in a slightly better place than where he was at the end of the first season, with filming on his comeback vehicle—a biopic of famous racehorse Secretariat—well underway, his dream seemingly achieved. But BoJack, self-centred as he is, ends up wrecking perfectly normal situations and perfectly good relationships with the kind of people he needs in his life, consistently burning the kind of bridges that can lead him out of his fog of depression and the self-loathing that comes with it.

This deep exploration of poor, unsympathetic BoJack and his flawed character make for some heart-wrenching drama. The season one episodes "Downer Ending" and "The Telescope," two of the most tear-jerking episodes

ever animated, pale in comparison to certain moments in the last half of season two.

Something that puts season two above its predecessor is the huge number of guest stars who contribute their voices. Stanley Tucci, J.K. Simmons, and Olivia Wilde all return in recurring roles, voicing characters crucial to the plot of season two. Ed Helms, Ricky Gervais, and Amy Schumer have one-episode roles, and many celebrities such as Daniel Radcliffe, Paul McCartney, and character-actress Margo Martindale guest star as themselves.

Even the more obscure guest actors, among the most unexpected of them being *Breaking Bad*/*Star Wars* director Rian Johnson, put in their A-game. The most notable and

praiseworthy guest star by far is Lisa Kudrow. The *Friends* alum does fantastic work as an owl named Wanda, BoJack's equally flawed love interest for season two.

You'll laugh, you'll cry, and you'll stare at your screen transfixed, watching the slow-motion train wreck—punctuated by the occasional redeeming moment—that is the Kafkaesque life of BoJack Horseman. An incredibly realistic portrait of depression and Hollywood absurdity. No other cartoon has gone so far out of its way to make you care about these incredibly flawed, realistic characters.

At this time, Netflix has renewed *BoJack Horseman* for a third season that is set to air in 2016. The people have spoken and *BoJack Horseman* is animation at its absolute finest.

Comic Corner: Fan fiction gets emotional

» 'Daredevil Legends Vol 1. Daredevil: Yellow' review



Brittney MacDonald
Life & Style Editor
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Daredevil has seen a boost in popularity as of late, thanks to the overall positive response to the Netflix original series. Whereas the online series is successful in portraying the duality of Daredevil—the angsty vigilante versus the good-natured lawyer—this graphic novel adaptation by Jeph Loeb and Tim Sale is a little lacklustre.

Yellow is Loeb's retelling of Daredevil's origin story, told through a framing device of Matthew Murdock writing

a letter to his first love Karen Page. This is typical for the Loeb/Sale Colour series, which includes *Hulk: Gray* and *Spider-Man: Blue*. The story recounts Matthew's childhood accident which leads to his blindness, his father's murder, and his rise to vigilantism, but its focus is on Matthew's relationship with Karen.

Where this graphic novel falls apart is in the narrative. In *Yellow*, so much focus is placed on developing the emotional story that the action is treated as an afterthought. It felt as if Loeb was attempting to re-create Daredevil as the Marvel version of Batman, which just doesn't work. Though the two characters parallel each other in a lot of ways, their moral cores (the most

fundamental part of developing a superhero character) are radically different.

I'm also not a huge fan of the art. The first single issue for this series was published in 2001, yet the art looks as if it's from the 1950s. I think it's a missed opportunity on Sale's part. The bright, clean pages seem to be in complete opposition to the darker, more emotional tone Loeb is attempting to achieve. It makes the series come off as disjointed.

Due to the issues with both the narrative and the art, I can't recommend this series. But if you're looking for good Daredevil fiction, I suggest picking up *Daredevil: The Man Without Fear* by Frank Miller and John Romita Jr.



Art by Tim Sale

Catchy, crisp, and commendable

» 'Disconnect' by Monks of Mellonwah album review

Alex Stanton
Staff Writer



While some may dismiss Sydney, Australia's Monks of Mellonwah as just another indie-rock group with bright melodies and eclectic influences, their sophomore studio effort *Disconnect* is a collection of tunes that warrant a shot from those who like to dig deeper under the surface of alternative music.

The album opens the way all great rock albums do: with a strong beat from a bass drum. Of the seven tracks, the first single, "Never Been Good," is well-placed as track one. The rhythm section shines during this song with its stomp-clap drumbeat and the driving, fuzzy bass line.

The second single, "Even When it Burns," is every bit as good. The catchy chorus and vocal melodies are commendable, even if I'm not huge on the singer's voice overall. One questionable decision was placing the two hit singles right at the beginning of *Disconnect*.

Fans have likely already heard the songs when they made their debut in April. "Even When It Burns" would have better served its purpose somewhere in the middle of the slower songs or near the end. Anywhere except where it ended up.

"Show Me Something More" has a Pink Floyd vibe from *The Division Bell* era. Crisp keyboard and guitar work does the album a service by showing off its quality production. I'm not sure why the band decided to include "Interlude," a short and sweet track that would have worked better as an extended intro to the title track.

"Disconnect" is a decent attempt at a Paul McCartney-esque ballad, complete with the blown-up production and lots of decidedly non-rock-sounding instruments. It's the softest number on the album and it gets the job done adequately.

After a mostly soft middle, we come to "Feel it Coming" and "Look at Me," two of the more outright rock-and-roll songs on *Disconnect*. The former is somewhat inspired by '70s classic rock, and both



Image from popdose.com

tracks—particularly the latter—are heavily inspired by the funkier side of the Red Hot Chili Peppers, making them two of the more solid songs *Disconnect* has to offer.

Monks of Mellonwah is

really tight and the production is totally commendable—but *Disconnect* just feels like something that's been done before.

All of that being said, I nonetheless recommend

Disconnect to anyone looking to spend 20 minutes listening to something nice. I honestly enjoy listening to the album: it doesn't really bring a whole heap of innovation to the table, but that's okay.

Animesque: It's about time

» 'Steins;Gate' throws time travel for a loop

Adam Tatelman
Staff Writer



To the outside world, Okabe Rintarou is a mild-mannered scientist working at the Future Gadget Laboratory in Akihabara, Japan. But inside he is HOUOUIN KYOUMA, a grandstanding self-proclaimed mad scientist who accidentally invents a way to send text messages into the past. After witnessing a murder, Okabe texts his lab buddy Daru in the past, before the murder even happened. What follows is a spiraling, slow-motion spiderweb of unintended consequences permeating past, future, and parallel reality. Welcome to *Steins;Gate*.

Generally, stories about temporal ethics and the devastating mental strain brought on by reckless historical tampering are hard to write well. They accommodate unpredictable twists and second-viewing subtleties, but they're easy to botch due to their inherent narrative complexity. *Steins;Gate* works in the long run because it takes the time to lay out its theoretical logic early on,

interspersed with the character backstory info dumps.

Unfortunately, this front-loading makes everything between the first and ninth episodes move very slowly. The rhythm is tranquil, in a numbing sort of way, following a pattern of meet supporting character, run experiment, then have a big reveal. It plays out like a slice of life series at first, a sort of domestic sci-fi sitcom with cosplay geeks and gender-bent shrine maidens. Just trust that everything on-screen has a purpose. Once all the pieces are in place, the rest of the show is like watching dominoes fall—the wait is agony, but the payoff is incredibly satisfying.

Over time, the supporting cast grew on me—even the irritating, idiosyncratic ones, like Okabe's surrogate sister Mayuri. The aggressive sexual-tension-in-denial between Okabe and his hotheaded lab rival Makise Kurisu is especially fun to watch, considering it plays out multiple different ways over the course of the show. So do all of the cast members' interactions, since Okabe regularly alters the past via text and only he can remember the details from one timeline to another. No one is who you think



Image from RoosterTeeth.com

they are.

The animation is less dynamic than a typical action anime, mostly because *Steins;Gate* is a psychological thriller. That means a lot of sitting, standing, walking, and talking. You'll feel it when the characters get a move on, but the rest of the show feels static by comparison. This effect is lessened somewhat by the music,

with its ambient electric guitars and sharp piano that accentuate but never intrude.

I can confidently say that *Steins;Gate* has the best dub I've seen/heard so far. I attribute this to White Fox Studios' choice to cast J. Michael Tatum both as the script adapter and Okabe himself. This eliminates the middleman between the actor and writer, making adaptation

easier and dialogue clearer. Tatum's performance as Okabe overshadows the rest of the cast. It's not that the others aren't good—it's just that Okabe's pretentious overacting is more memorable.

Steins;Gate asks a lot of hard questions and it's not afraid to ask them in a complex way. I consider it one of the best anime released in the past five years.

Have an idea for a story? Let us know!

Contact: Chitwan Khosla, Features Editor
✉ features@theotherpress.ca

FEATURES

This issue:

- ✔ Prepare your ballots!
- ✔ Communicating with other intelligent civilizations in the universe

And more!



Image from Brownpoliticalreview.org

What's rape culture?

» Defining and explaining the term



Natalie Serafini
Editor-in-Chief
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Rape culture. It's an uncomfortable term, and one that gets bandied around a lot. For some, it's become a buzzword; for others, an accusation, a confusing statement, or a tragic reality.

Rape culture has been defined many times over, in different ways. I tend to define it rather generally as a society that facilitates sexual violence against people, but even that has a lot of ideas that need to be unpacked.

It's been defined more precisely by Lynn Phillips, of the University of Massachusetts-Amherst Communication Department, for the *Huffington Post*: "a culture in which dominant cultural ideologies, media images, social practices, and societal institutions support and condone sexual abuse by normalizing, trivializing, and eroticizing male violence against women and blaming victims for their own abuse."

I want to note immediately that men are also sexually abused and raped, and face their

own issues in coming forward; it is problematic that people think men "can't" be raped, or that they should "man up." Ignoring violence—sexual and otherwise—against trans people is also problematic, especially considering the statistics that show these forms of violence disproportionately affect trans individuals.

So, when we discuss rape culture, we need to be inclusive because it affects everyone, while also recognizing that it affects different groups disproportionately. Race, gender identity, sex, sexuality, and many other factors can influence how an individual experiences rape culture. For example, a study which spanned from 1995 to 2010, reported that "approximately nine per cent of all rape or sexual assault victimizations reported in the [National Crime Victimization Survey] involved male victims"—leaving another 91 per cent of women and trans individuals.

Ok, so rape culture normalizes sexual violence, and affects all people in different ways. How does this actually manifest, in plainer language?

We see rape culture when people doubt victims of sexual

violence whether it's a single victim, several, or dozens. A recent and a high-profile example includes ex-CBC employee Jian Ghomeshi, as people preferred to believe his innocence over the ever-increasing number of sexual assault survivors.

Or, in the case of Bill Cosby, the fact that people have ignored allegations of his drugging and raping women for decades; have believed Cosby over the many women who have stepped forward; and that, even when documents from a 2005 civil lawsuit showed Cosby admitting to giving Quaaludes to women he intended to have sex with, people still defend him.

Of course, there's a problem with being too swayed by the court of public opinion—our justice systems maintain innocence until proven guilty, and rightly so. But there's a fairly large gap between suspending judgement, and vehemently defending those who have been accused of rape and sexual assault, against all evidence and reports of their guilt. The latter is a manifestation of rape culture.

We don't just see people believing abusers over victims,

and defending them despite evidence of their guilt. We see people side with rapists and sexual abusers, even after the trial and sentencing have passed.

Back in 2013, many continued to defend the Steubenville rapists after their sentencing, even though they had filmed their own crime. CNN correspondent Poppy Harlow went so far as to say, "Incredibly difficult ... to watch what happened to these two young men that had such promising futures, star football players, very good students, literally watched as they believed their lives fell apart."

And of course, rape culture is evident in the way people blame victims: for what they're wearing, for drinking, for being out alone at night, and any number of other reasons. It's disheartening that the simple fact of being in a public space—including our own colleges and universities—can put individuals at risk of sexual violence. UBC's rape chant scandal from two years ago is chilling, while Caroline Heldman writes for the *Huffington Post* that "one in five female students and six per cent of male students will experience sexual violence during their

college years."

I know a lot of people will still be frustrated and confused by the term rape culture. People will continue to complain about what they see as bias against men; to say consent can still be given even when one of the parties is almost unconscious; to shout #NotAllMen. There will still be campaigns to end sexual violence which place the onus on victims to learn self-defence, cover themselves up, stay sober, and avoid the shadows when they walk alone. Sex crimes will still go unreported, because no one wants to step forward only to be blamed, shamed, and doubted.

If you see problems in the way that society is handling issues of rape and sexual abuse, I'm throwing down the gauntlet: contribute constructively to the discussion, and voice your concerns respectfully. Don't share sexist memes, get all your information from questionable sources, and claim to understand a complicated, nuanced issue when you've only heard sound bites. The issue cannot be addressed while large factions of society ignore evidence on the subject, then masquerade as if they're experts.

PREPARE YOUR BALLOTS!

What you need to know about Canada's federal election
by Mercades Deutscher, Staff Reporter

On October 19, Canada will be holding its 42nd federal election. As responsible citizens, it is our right and duty to vote and elect our representatives. Here's what you need to know to vote on the big day!

How to vote

If this is your first time voting in a federal (or any) election, you may not know where to start. You should keep in mind the following points:

- ✓ Be sure that you have registered to vote and are on the voters list prior to October 19. You cannot simply walk into a polling station on the day of the election. Register to vote in advance at Elections.ca.
- ✓ Know where to vote: you cannot walk into just any polling station. Usually your polling station will be the one closest to your home address. You can confirm your polling station at Elections.ca or at the website of your municipality. If you have two addresses—for example, a dorm—use the address you consider home.
- ✓ Bring your identification on voting day. Acceptable ID includes one piece of government issued photo ID, such as a driver's licence; or two pieces of secondary ID, one with your name and one with your name and address, such as bills, student IDs, or a cash tender card; or, two documents with your name and a friend who can attest to your address by taking an oath. The friend must have an address.
- ✓ If you cannot vote on the day of the election, be sure to vote on an advanced voting date. Advanced polls open on October 7 and close on October 10.

The parties and their front-runners

You know how to vote, but still are unsure about who to vote for. Here are four parties, their ideals, and their leaders. Keep in mind that you will be voting for their representative in your riding on the election day.

Conservative: Considered right of centre on the political spectrum.

Leader: Prime Minister Stephen Harper.

Platforms:

- Economic surplus.
- Strong national security.
- Expanding large businesses.

Liberal: Considered centre on the political spectrum.

Leader: Justin Trudeau

Platforms:

- More tax breaks for the middle-class, and fewer for the wealthy.
- An increase to the Canada Child Benefit plan.
- Increased transparency of the government.
- Reducing barriers to trade.
- New review processes of projects that may pose a threat to the environment.
- Legalization of marijuana.
- Increasing the involvement of young people in politics.
- Bringing back the long-form census.
- Reforming the senate.

New Democratic (NDP): Considered left on the political spectrum.

Leader: Thomas Mulcair

Platforms:

- Rewarding small business.
- Increasing the national minimum wage to \$15 per hour.
- Childcare for \$15 per day.
- Fines for companies that produce a lot of pollution.
- Returning the retirement age back to 65.
- Improvement to the current healthcare system by increased funding.
- Abolishing the Senate.

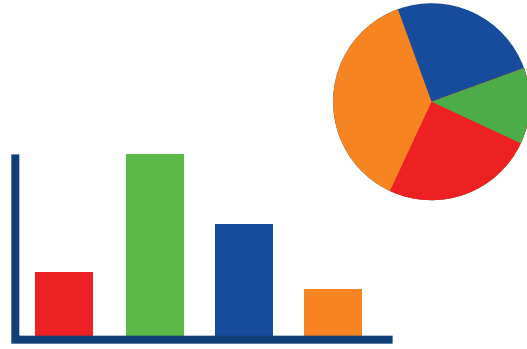
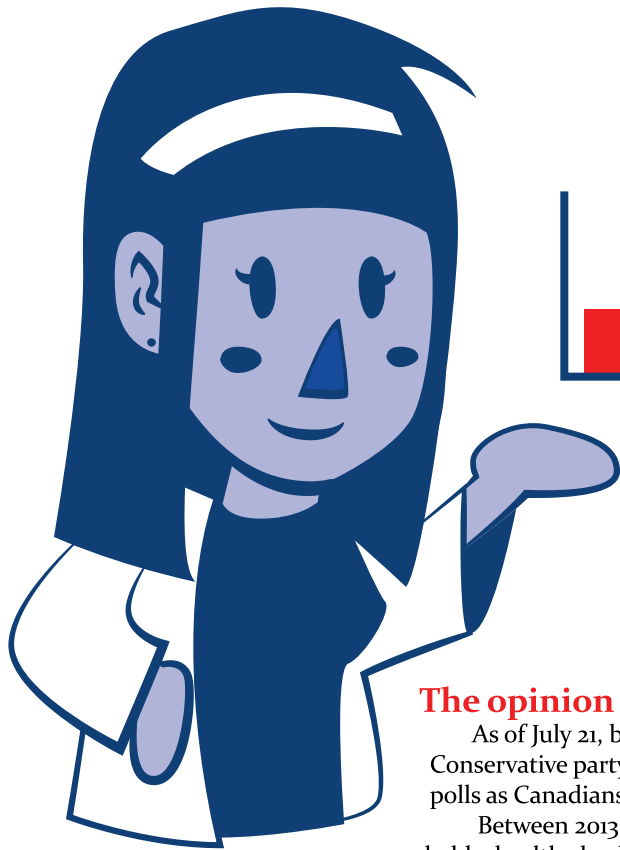
Green: Considered left on the political spectrum.

Leader: Elizabeth May

Platforms:

- Clean energy.
- Initiatives for small business.
- Public transportation.





The opinion poll ratings

As of July 21, both the NDP and the Conservative party are neck-in-neck in opinion polls as Canadians' favourite party.

Between 2013 and 2015, the Liberal party held a healthy lead in the polls, ever since Justin Trudeau was elected as the party's leader. In 2015, that lead in the polls began to slowly drop as the Conservative party gained some more approval after the release of the year's budget. Meanwhile, with new initiatives introduced post-budget, the Conservative party's rating has improved slightly.

As the only major party in the House of Commons to oppose C-51, the NDP experienced a sharp increase in the opinion polls after spending two years in third place. They briefly held the top spot in the polls before having tied ratings with the Conservative Party.

Pressing issues in the 2015 Federal Election

There is no doubt that certain events have shaped the course of this election. These issues have influenced the polls and might be key in determining the winning party.

One of the most important issues of this election is C-51. The anti-terrorism act was in part devised after the shooting on Parliament Hill on October 22, 2014. The act allows for CSIS and police to exercise greater authority when determining a terrorist threat including protests, more power to privately investigate suspected terrorist activities, and more authority to seize materials.

Even before being passed in early May, the bill had garnered some controversy for reportedly being too intrusive, and not holding the police and CSIS accountable for their actions. This prompted protests and petitions to end the law.

The Conservative Party, which introduced the bill, supports C-51. The Liberal Party also supports the bill, although adding that they would like to increase the accountability of the police and CSIS.

The Green Party was the first party to come out in opposition of the bill, along with the NDP. As more and more Canadians opposed the bill, both the NDP and Green Party rose in popularity, and the Liberal Party began to lose its lead in the polls.

Another critical issue at play for the upcoming election is the future of the Senate. Since the discovery of the Senate scandal involving Mike Duffy, Patrick Brazeau, Mac Harb, and Pamela Wallin, many have been questioning the Senate's future.

The Conservative Party wishes to maintain the Senate's current form as a symbol of tradition. Meanwhile, the Liberal Party wishes to keep the Senate, but to introduce reform. Such

reform includes making the Senate a non-partisan body and establishing a closer relationship between the Senate and the auditor-general. The NDP wishes to abolish the Senate entirely.

Over the past year, the Canadian dollar has plummeted to its lowest point in over a decade. It is critical that the Canadian economy rises soon, whether that be through new jobs, new trade agreements, cutting back on public services, or through some boom in Canadian tourism.

The Conservative party plans to help boost the Canadian economy by investing in natural resources, such as fuels and oils, and by increasing the strength of current trade deals, such as Canada's economic relationship with China.

The Liberal Party hopes that by investing in cleaner technology, the government will create more jobs for Canadians. They also believe that by reducing the number of barriers to trade, as well as installing more free-trade agreements, Canada can boost its own economy while helping other economies.

The NDP's plan for the national economy includes boosting the job market by creating more public service jobs, as well as introducing more tax cuts for smaller businesses in order to help them thrive.

The Green Party combines both support for small businesses and investments in newer and cleaner technology in its economic plans.

An increased awareness in humankind's impact on the environment—along with worsening ecological conditions—is sure to play a larger role than ever before in the 2015 election.

The Liberal Party wishes to improve the process in which potentially dangerous projects, like pipelines, are approved. They also plan to place a greater emphasis on Canada's national parks, reopen the Kitsilano Coast Guard base, and place environmental resolutions that would slowly phase out fossil fuels.

The Conservative Party and the NDP have yet to release an environmental platform.

The Green Party, whose largest focus is on environmental action, plans to promote alternative forms of transportation throughout Canadian cities, provide incentives for those who use clean energy and penalize those who do not, and enact policies that would begin to enforce a fuel-free workforce.

As the weeks count down to the federal election, be sure to stay on top of the pertinent issues—and above all, get out and vote!





Image from Thinkstock

Communicating with other intelligent civilizations in the universe

» The search for extraterrestrial life



Cazy Lewchuk
Staff Writer

For hundreds of years, humans have asked “Are we alone in the universe?” This question has been particularly prominent in the last century, as we begin to learn much more about space and the origins of the human race. We are coming to realize the sheer size of the universe and the possibility of other Earth-like planets, leading to speculation that it’s only a matter of time before extraterrestrial life is found.

The Fermi Paradox asks the question, “If aliens exist, where are they?” There are billions of stars just in the Milky Way galaxy. Billions of stars older than our own sun. The probabilities suggest that at least some of them—even a very small fraction would still be thousands of suns—have planets revolving around them that are hospitable to life, and are therefore “Earth-like” in nature. Some of those planets may develop life forms, and if evolution takes its course,

intelligent life capable of forming civilizations may exist. The amount of time these civilizations are thought to have had on a cosmic scale (i.e., up to millions of years longer than Earth has) suggests that the aliens would be capable of interstellar travel. If these space-faring beings exist, where are they? There has been no solid evidence of other beings in the universe, no visits to Earth, no galactic phone calls initiating first contact.

The lack of any detection so far of other intelligent life does not mean it doesn’t exist. The Milky Way is only one of an estimated hundred billion galaxies in the known universe. Each one contains a range of several thousands to several trillion stars within, many with orbiting planetary systems. With such a diverse field to choose from, many believe intelligent life exists somewhere out there. The question is not so much if we’ll make contact with another civilization, but when.

First contact—a theme explored in many science fiction works—brings up a wide range of questions and issues. What’s the other civilization like? How

advanced are they compared to humanity? Are their intentions toward humanity good-natured, or hostile and dangerous? The sheer diplomatic crisis and confusion caused on Earth by contact with aliens alone would change the world in major ways. They will most likely be more advanced in intelligence and technology than humans, which creates many issues in itself. That’s not even getting into the religious and philosophical implications caused by knowledge of their existence.

The Search for Extraterrestrial Intelligence (SETI) no longer exists in science fiction. In the last 100 years, many scientific initiatives have been started in an attempt to find whoever else is out there. These are mostly centred on manipulating and monitoring radio waves in an attempt to find energy sources, and therefore, signs of life in the universe. Recently, a \$100-million deal sealed by prominent physicist Dr. Stephen Hawking, Russian billionaire Yuri Milner, and others was announced, known as the Breakthrough Initiatives. This program is a 10-year plan

funding major radio telescopes to detect signals from potential civilizations.

According to Dr. Hawking, “In an infinite universe, there must be other life. There is no bigger question. It is time to commit to finding the answer.”

The program also includes plans to design and approve messages sent by Earth into the far reaches of space where others may one day read them. This brings up its own dilemmas. What should we say in a communication beamed to the far reaches of space, potentially read by an extraterrestrial civilization? Are the benefits of doing so greater than the risks?

The possibilities about intelligent extraterrestrial life’s nature are almost as manifold as the potential places that may exist. The universe is billions of years old. It’s entirely possible that vast interstellar civilizations existed and disappeared in that time frame. The size of the universe also suggests intelligent life may simply be too far away from us to detect through current technology. It may surpass our lifetimes, or even a millennium, before we discover anything.

There’s even a possibility, albeit slim, that there is nothing out there, and humans are truly the most intelligent beings in the universe. As science fiction writer Arthur C. Clarke put it, “Two possibilities exist: either we are alone in the universe or we are not. Both are equally terrifying.”

The existential and ethical debates on the existence and meaning of intelligent life forms elsewhere will continue until we have a definitive answer. We may not know in the next 100 years. We may never know. Certainly, our search for the truth will inspire philosophy, emotion, and science fiction for years to come. We can only hope that humans like the answer when it does come. It may be uniting or dividing. Popular astrophysicist Neil deGrasse Tyson suggests “Our image of evil space aliens surely derives from a fear that they will treat us just as we treat one another.” True intelligent life could be anywhere in the universe—but perhaps it isn’t anywhere on our own planet!

For now, all we can do is to speculate, research, and fund SETI initiatives, and keep watching the skies.

Have an idea for a story? Let us know!

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LIFE & STYLE

This issue:

- ✓ Plaid to the bone
 - ✓ Delicious Cutlets
 - ✓ The Intrepid Gastronomer: Flats on point on Main
- And more!

Fighting Fit: Balancing act

» Aikido Yoshinkai offers best instructors worldwide

Adam Tatelman
Staff Writer

It seems there are two distinct interpretations of Aikido as a martial art in popular culture today. While one half of the population thinks of airy-fairy tuck-and-roll acrobatics on padded mats, the other half thinks of perennial “action cop” Steven Seagal wrist-twisting and hip-throwing incompetently choreographed bad guys through plate-glass windows.

Strangely, there’s truth in both of these ideas: according to the modern masters, “real” Aikido should “look fake.” What the heck does that mean? Step into Aikido Yoshinkai in Burnaby and find out.

Yoshinkai is a modest establishment, but don’t let its sequestered facade fool you. Sensei Robert Mustard calls this dojo home. Why should you care? If you’ve ever wanted to learn from an internationally recognized seventh Dan (rank) black belt

who’s trained with the Tokyo Riot Police, then you should care immensely.

There are very few instructors in the Aikido community who’ve gained Mustard’s level of notoriety, and I personally believe that residents of Burnaby are incredibly fortunate to have him in the neighbourhood.

Unfortunately, Mustard isn’t always available—he travels a lot, since his tutelage is in high demand. However, his second-in-command, Farshad Ardestani, is usually available in Mustard’s place. Ardestani earned his black belt in two years flat, and he also teaches laido (a form of quick-draw swordsmanship) Thursdays at 6p.m.

Aikido was originally conceived as a method for disarmed samurai to defend against katana-wielding enemies by intercepting aggressive strikes and hauling the opponent off their centre of balance into a pin through circular movement. Each of the six basic forms can be broken down into similar lunge

and pivot motions. They aren’t difficult to do—it’s the timing and positioning that makes these techniques difficult to apply in the moment. This is one of Aikido’s downsides; it takes a long time to become any good.

So why does “real” Aikido “look fake”? Because when it’s done well, it appears effortless. When you pin or lock an opponent, you are not inflicting pain on them. You are merely immobilizing them through leverage. Case in point, Rob—an old, out-of-shape *aikidoka* (one who practices Aikido)—was able to pin me down using a single finger. Yes, you read that right. I couldn’t reach to kick him, roll over, or get up through force. Why? He had all the leverage and he was in just the right place. This kind of pseudo-superhuman stuff may seem ridiculous, but I will swear to its veracity. It can be done. Over time, you will find that practicing Aikido improves your sense of balance, as well as your ability to break a fall. Imperceptibly, Aikido



Image via aikidoyoshinkan.info

cultivates physical change in the practitioner, useful in both combat and day-to-day life. And there’s no one better to guide

you through these changes than Robert Mustard. Find him at 7671 Edmonds Street if you want some balance in your life.

#HelloPluto

» NASA engages the public through its innovative use of social media



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Out of all the government agencies, none have embraced the popularity of social media quite like the National Aeronautics and Space Administration, otherwise known as NASA (bet you didn’t know it stood for that did you?).

NASA’s initial brush with social media fame happened in 2012, during the Mars Curiosity landing. Images of systems engineer Bobak Ferdowsi—henceforth known as “Mohawk Guy” due to his unusual hairstyle and excitement over the Curiosity rover’s first broadcasted images—went viral. The “Mohawk Guy” meme became so far-reaching so quickly, United States President Barack Obama even commented on it when he called the team to congratulate them on a successful mission.

The media attention

obviously inspired NASA to engage more with Internet culture and social media, as they have since worked hard to build themselves up as a social media brand.

Recently, NASA celebrated yet another successful mission—this one consisting of a spacecraft doing a 20-hour long pass of Pluto. The mission, labelled New Horizons, was more than nine years in the making; its intent, to photograph Pluto at the tail-end of our solar system. When the images finally did come, NASA didn’t bother releasing them to media and news outlets around the world, where they would play second fiddle to more sensationalized stories. Instead, the government agency released the pictures immediately to their Instagram, adding the description “Gorgeous Pluto! The dwarf planet has sent a love note back to Earth via our New Horizons spacecraft, which has travelled more than nine years and three-plus-billion miles...”

The description goes on to relay some interesting facts

about Pluto as well as the New Horizons mission itself. Clearly, the overall purpose for NASA’s new social media strategy is to educate as well as feed the public’s fascination with space—maybe even inspire a few young minds to consider a career in rocket science?

As if releasing the images of Pluto to Instagram wasn’t enough, the New Horizons team then proceeded to conduct an AMA (Ask Me Anything) over Reddit and Twitter which was available to anyone, of any country.

There has been criticism, however: social media companies like Instagram are privately owned—in this case, by networking giant Facebook. As a government agency, it is against the law for NASA to display favoritism to any privately owned company. Releasing the images to Instagram, rather than its competitors Snapchat or Tumblr, means NASA is walking a very thin line. Their loophole is that content on social media is available to the public regardless of whether an individual has an



Image via restep.scsstatic.ch

account with the website or not. With Instagram, anyone can view the images posted there as long as the account that submits the image is not set to private.

The Instagram image release preceded any news coverage by four hours, in part due to a delay in releasing the official images from the spacecraft via NASA’s website. Unfortunately for news outlets, Instagram’s format prevented them from simply taking the initial image and blowing it up, so they could report

on the New Horizons mission earlier.

Due to the escalating conflict between independent media (online news, blogs, social media, and the like), and more traditional news outlets, I suspect the criticism towards NASA’s ethics is simply an attempt to force the agency to remain archaic in their press release process.

I, however, applaud NASA for the innovative new approach, and will definitely follow them across all our common platforms.

Plaid to the bone

» Criticizing the critiques of hipster fashion



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Hipsters are the worst, am I right? The way they try to be oh so original—liking obscure bands that you probably haven't heard of, drinking fancy craft beer instead of a classic Caribou, and getting all their "vintage" clothing from outlet stores.

Erm, well now ... this is rather awkward. As my glasses, plethora of plaid, and aesthetic construction would suggest, I like hipster fashion—and I get a little frustrated at its public denigration.

Complaints seem to perpetually be about how contrived hipsters are; how they put so much effort into the selection of thick frames, vinyls, and ukuleles they don't actually play.

The problem with this line of criticism, though, is that all style is constructed—meaning, we make conscious choices when shopping, selecting items that suit our values and style. When we shop for clothing, we do so in an effort to represent ourselves, or at least our sense of style. Very few people walk around wearing a garbage bag, and even that would make a statement. (Google the '80s "punk" movement for that.) Whether you're choosing thick-rimmed glasses, Ugg boots, or basketball shorts, each item says something about yourself and the

image you want to present to the world. Saying one sense of style is "too constructed" makes no sense when all fashion is purposeful—in other words, contrived.

Maybe the problem is that hipsters appear to be inauthentic. They shop at Urban Outfitters, while overtly shirking the mainstream. They put so much effort into their appearances, while heaving sighs over people who exclusively frequent high-end stores. These sorts of contradictions would mean hipsters are hypocritical at best, and entirely fake at worst.

But style is made up of choices, which are sometimes contradictory. Hell, life is made up of choices that are sometimes contradictory. I don't eat meat, but I will occasionally buy higher quality leather shoes. Does that mean I'm inauthentic? Or does it mean that leather shoes tend to last longer? So many choices go into a person's style, but sometimes it's a simple matter of liking how something looks. So what if a vintage-looking lace dress is from Top Shop, rather than the result of hours spent hunting through bins of stained, torn, second-hand clothing—who cares?

How about that desire to be unique—that can be pretty annoying, when someone's choices are predicated on being alternative, indie, or out of the ordinary. Yet, wanting to be original isn't particularly new or noteworthy. If I showed up wearing some hot little number,



Illustration Ed Appleby

only to be wearing the exact same thing someone else is, I'd be pretty frustrated. We all want to be distinct, to stand out in certain ways. That's been the case just about since the inception of "mainstream."

Goth, grunge, punk, hippie, beatnik—wait a second! All of these styles have something in common: they began as alternative, then were co-opted by the mainstream as they grew in popularity. Hipster fashion began as a way of subverting what's popular, doing quaint little things like shopping at secondhand

stores and making DIYs. As more people began wearing increasingly big glasses, it made sense for companies to take note and begin selling those items. And thus, vinyls became more widely available outside of dusty old record stores, and finding the perfect plaid became a simple matter of trudging down to TNA.

I'm perfectly fine with admitting that my style is constructed. I own a ukulele that I only pick up occasionally; I like taking pictures of my food; and when my bank account isn't hurting so much, I like stopping

by Urban Outfitters and salivating over stuff I shouldn't buy. The choices I make in fashion are no more and no less contrived than the choices other people make. Even someone who purposely buys no-name brand, or wears clothing they inherited from an ancestor makes a statement about subverting consumerism. We're all constructing our appearances, for ourselves and our public image.

The next time you want to laugh over silly hipsters, consider what choices are behind your own wardrobe.

Delicious Cutlets

» Sitting down at Dae-ji Cutlet House

Jerrison Oracion
Senior Columnist

One of the most famous dishes from Japan is Tonkatsu, a kind of cutlet. A lot of people eat it because it is crispy and tender, and its special sauce adds a lot of flavour. In Japan, there are Tonkatsu houses that specialize in just making the dish. Luckily, there is a restaurant that is like a Tonkatsu house in Coquitlam. The Dae-ji Cutlet House is a few minutes away from the David Lam Campus and is near Coquitlam Center.

The restaurant has a variety of cutlets to choose from. They not only have pork cutlets, but they also have chicken cutlets, fish cutlets, and hamburger steaks.

The cutlet can be eaten by itself, or served with a curry. Most cutlets include rice and a salad and some of them even include

miso soup. They also have special cutlets including a cheese pork cutlet, a pizza pork cutlet, and a cheese kimchi pork cutlet. I ate the pork cutlet under curry, with rice, a salad, and miso soup—one of the restaurant's lunch specials.

The pork cutlet was crunchy and tender. The curry was good and a bit spicy, and tasted great when eaten with the pork cutlet and rice. The flavours of the pork cutlet and the salad complement each other, like eating Tonkatsu with lettuce.

One of their famous dishes is Volcano Chicken, which is deep fried chicken marinated in a spicy sweet and sour sauce. Delicious!

The cutlets at Dae-ji Cutlet House are so good, that you will surely come back for more! The Dae-ji Cutlet House is located at 128-1153 The High Street in Coquitlam.



Photo via eatfullest.com



Status update: Making Mario!

» Nintendo's partnership with Facebook to create the ultimate level!



Brittney MacDonald
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What happens when the world's most addictive social networking site partners with everyone's favourite koopa stomping plumber? Apparently a "Hackathon." If you're confused by what that is, don't worry—you're probably not the only one.

September 11 will see the release of *Super Mario Maker*, a new game for the Wii U that will allow players to create their own levels based off of content from *Super Mario Bros.*, *Super Mario Bros. 3*, *Super Mario World*, and *New Super Mario Bros. U*. Users can then share their creations online and allow others to play through their levels. But we here at the Life & Style section (meaning me) don't really care about the adorable artistic opportunities this might allow burgeoning game designers.

Instead, let's talk about Facebook!

In order to promote the release of their new game, Nintendo reached out to Facebook, issuing their employees a bit of a challenge.

In teams of five, design the ultimate level using pre-release copies of the game. The best level—as judged by a panel consisting of both Nintendo and Facebook staff members—would then be offered to players for free upon the game's release next month.

Here's the challenge: Nintendo being the sadistic, albeit lovable scamps that they are, decided to make the contest a "Hackathon." A Hackathon is a software-development-specific kind of competition that requires collaborative teams consisting of programmers, designers, project managers, and other people involved in the software development industry, to create and execute a project (in this case, a level), all within a very tight timeframe.

Nintendo gave the Facebook

teams two days to complete the challenge, which was held July 28–29 on the Facebook campus grounds in California—a specialized living complex specifically for Facebook employees that was designed with the help of two consultants from Disney (talk about an adult playground).

Luckily, Facebook employees are more than used to these sorts of competitions, as Facebook uses them frequently to help brainstorm new ideas for their site. Additions such as Facebook Chat and Facebook Wi-Fi for businesses are all products of this incredibly nerve-wracking process. Taking a break to play an upcoming Nintendo game was probably a welcome change. Any word on the winning level has yet to be released, and probably won't be until September. The game itself is currently available for pre-order, with a gameplay trailer available online courtesy of Nintendo's showing at the video game industry conference, E3.



#DOUGLIFE

Share your photos with us on Instagram using the hashtag #DougLife, for a chance to be featured in the paper!



thatpersonkaity

12w



57 likes

This week's photo is by thatpersonkaty.

The Intrepid Gastronomer: Flats on point on Main

» A review of The Five Point

K.P. Davis
Contributor

Summer strolls are one of my favourite pastimes. I like nothing more than to walk down the street, watching people go by on their way to do this or that. Of course, people watching occasionally requires you let your stomach rule and pop into a local eatery. It was on one such adventure that I found myself stopping for lunch at The Five Point on Main Street.

The interior of the public house was done up in mirrors and wood panelling with dim lighting and chandeliers. All it needed was a haze of smoke to feel right at home in an episode of *Mad Men*. The patio isn't spacious, but is well-organized for a good view of Main. The servers were very friendly and provided some stellar service.

As the menu emphasized their flatbreads and healthy selection of beer, I decided that would be where I focussed my gastronomical exploration.

First I paired the Bristol Bread with a White Bark Witbier from Driftwood breweries. The Witbier was a little light for my liking, and too citrusy and malty. I don't normally like to cut my beer with lemon, but it greatly improved this one. The Bristol was an interesting combination of boar bacon and Brussel sprouts, garnished with crispy onions and topped with provolone. If you're not offended by the slightly bitter mini cabbages, it's definitely an interesting dish to try, though in need of a little salt and maybe some herbs to complete the rustic nature. Like the Witbier, it benefited greatly from a squeeze of lemon. Brussel sprouts are a difficult vegetable to work with and I felt the novelty of the dish was more impressive than the actual taste, which fell short of the mark. The crispy onions were hard to detect and the provolone weighed the whole dish down.

Next I paired the Huntsman flatbread with a Strange Fellows Nocturnum—a vast improvement on both beer and dish. The

Nocturnum was a surprisingly mellow dark IPA, picking up on all the notes the Witbier missed. Dark, lightly hoppy, and mellowly intense. It was a good drink on its own or paired with the flatbread. As for the Huntsman, it was amazing! A delicate balance of goat cheese, prosciutto, oyster mushrooms, arugula, caramelized onions, and smoky béchamel. This is one of the best flatbreads I have had in a while. Everything was light and well-balanced, with the saltiness of the prosciutto balancing the creaminess of the goat cheese, the sweetness of the onion, and the zip of the arugula. There was no heavy cheese weighing this dish down, and I would go back just for the Huntsman.

I have to give The Five Point credit for their creativity with flatbreads—and though the Bristol disappointed, there are more than a few gems hidden within their menu. The Five Point can be found at 3124 Main Street, Vancouver, BC.



Have an idea for a story? Let us know!

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OPINIONS

This issue:

- ✓ The truth about makeup
 - ✓ What is the 'right' religion?
 - ✓ Faceless Day
- And more!

Sport/Schmort: Yoga

» The spirit of sport, or of schmort?



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Yoga entails meditation, and gently pushing your body to its fullest potential. The practice possesses a rich history originating in India, and is ingrained in many different cultures. It's been lauded for its health benefits, whether yogis are in need physically, mentally, or spiritually.

Yoga comes in a variety of forms, including Ashtanga, Hatha, Raja, the more Westernized versions of power and hot yoga, and others. The yoga flows will vary between practices, and some will be more meditation-based than others. Essentially though, yoga involves stretching and holding many different poses in a given session, and often ends with a meditation.

That's all well and good, but does yoga also have the potential to be a sport? Or is its gentle, soothing nature the definition of a schmort?

First off, sports are often lauded for their mental elements—yoga has that in spades. In sports, we talk about

not getting psyched out, and lots of athletes have practices that help them get mentally prepared for a game. That might include not shaving during playoff season, wearing a lucky medallion of some sort, or any other habit. During a competition, there are so many different things that can get in the way of performance, so it's important that players stay focussed on the matter at hand.

In yoga, it takes great mental fortitude to push your body in ways it has never bent or stretched before. You have to stay focussed on every muscle in your body as you hold Adho Mukha Vrksasana (basically a handstand), lest you fall flailing into the person beside you. It takes work to align your chakras, to focus on self-kindness and bring positive energy to the world around you.

Yoga also possesses the physical elements that sports are so known for. It's no surprise that gymnasts and dancers often practice yoga, or that, as Michael Huie of USA Hockey Magazine.com reports, "Yoga is becoming more accepted as part of an athlete's training." The practice incorporates both strength and flexibility, so it complements most sports in addition to being a workout on its own.

Yoga might incorporate both



Image from Alexandra Hahn Photography

physical and mental aspects of sport, but what about all that incense? And where's some good old-fashioned competition to spice things up?

In 2009, New York Magazine covered the seventh annual Yoga Asana Competition with a YouTube video titled "Inside the Vicious World of Competitive Yoga." The video was clearly a touch tongue-in-cheek, as the

narrator opened with, "Inner peace and spirituality can suck it, as these vicious yogis and yoginis smack down head to head to see who'll kick the most, major, chataranga butt." The competition was not at all a smackdown, or a direct competition with anyone—no fists were thrown, no chataranga butt was kicked.

Nevertheless, it goes to show that competition is not just

about kicking someone else's ass. Sometimes—in sport, yoga, and in life—it's about having the mental, physical, and spiritual fortitude to bring your best to the mat. Athleticism is about pushing yourself to its utmost capacity; not only does yoga do that in a holistic way, it helps athletes in other fields to work on their spirituality, mentality, and physicality.

Verdict: Sport.

Equal separation

» Why pro sports should go co-ed

Adam Tatelman
Staff Writer

I'm the last person you'd expect to cry institutionalized sexism, yet when I look at the world of professional sport, I find it glaringly obvious that the sexes are not treated equally. Rather than allowing male and female Olympians to compete together, their competitions are segregated. This to me is evidence of an actual inequality, as opposed to an accusation of intangible discrimination.

The Olympic Charter (Chapter 1, Rule 2.7) states the role of the International Olympic Committee (IOC) is "to encourage and support the promotion of women in sport at all levels and in all structures with a view to implementing the

principle of equality of men and women." Now, since this is 2015, I'll give the IOC the benefit of the doubt. It's a good sentiment, but it can be taken further. The interests of equality can be better served by having mixed-gender programs instead of two based on gender.

The separate-but-equal model is a tradition that begins in grade school. Kids have opportunities to compete in all sports, but only against other competitors of their own sex. Some would argue that this is fair and proper because men and women have differing physical advantages and disadvantages, and pitting them against one another is unfair to the women. I would argue that, regardless of level, athletes should be evaluated only by their event

stats and weight class. Then they should be made to compete on those bases alone. Look at women's boxing or wrestling and tell me those Amazons of the ring couldn't face a man of similar size and skill.

It's only since the 2012 London Olympic Games that women participated fully in every sport on the program; 44 per cent of the athletes that year were women. Mixed relays in biathlon and luge featured mixed-gender teams at the Sochi Olympic Games in 2014. Most equestrian events allow non-gendered competition. So what's the catch? Perhaps we haven't embraced this idea because separate-but-equal is a tradition of sorts. Then again, the original Olympics were male-only events, and that tradition has long since passed.



Image from Thinkstock

Sports are a true meritocracy. You achieve on the basis of skill, no matter who you are. If you dope or rely on friends in high places to get ahead, you'll be discovered and the public will roast you alive. I can respect

that. I think professional sport can only gain more respect if they restructure their leagues and organize athletes according to their skill exclusively.

Log in to your (Facebook) legacy?



» A depressing-but-necessary step to living

Sharon Miki
Contributor

We're all going to die, eventually. How will you be remembered? Five years after you've gone, will your friends and family look back on your life fondly, or will they be forced to subsist on your jokey profile picture, stupid tweets, and vaguebookee status updates?

Social media is weird and wonderful and terrible in many ways, but—if you are active in it—it creates a way for your friends, family, and acquaintances to see you when you aren't around. This ubiquity of self does not end when you take your last breath. For the

sake of your life's legacy and those you love, take steps to use it for good when you're gone. One important move you can (and really should) take today is to create a legacy contact on your Facebook account.

Facebook recently unveiled a new security feature called the "legacy contact." While living, you can select one trusted Facebook friend to be this person; upon notification of your death, your legacy contact will have the power to update your profile and cover photo, respond to friend requests, and write one last pinned post on your profile (they won't have access to your private messages, or be able to post forevermore as you). This

seems like a lot of responsibility, but it's actually the most useful thing on Facebook. What this means is that someone you love and trust can take the reins and leave your page as you would want it if you had known that your last post would be your ... last. This is as important to your online legacy as a will is to your physical and monetary legacy.

A brief example: a few years ago an old friend of mine passed away quite suddenly in a car accident. We hadn't spoken in a while and when I heard the news, I spent hours doing what I believe most modern grieverers do—I scoured her Facebook profile, looking for clues. Was she happy, in the end? What

were her last days like? Was she loved? I looked for old pictures of us, to solidify now-hazy memories. It was, and is, very sad. Her life was full, but too short. Now, years later, a family member seems to have taken access to the account, and occasionally makes posts on her behalf, under her name. While I believe that this is that person's good-intentioned way of remembering her, every time I see a new picture of her on my feed, my heart swells, and then sinks again. It hurts, but I will never unfriend "her"; I can't bring myself to sever my one remaining link.

With this in mind, I would never want my virtual ghost to

haunt the people I love, but I do want to ensure that my kin have a way to find me if they need me. In days past, people used to save obituaries and magnet those sad scraps of paper to the fridge. Today, and in the future, our best way of being remembered will be online.

Mortality is universal. When we're young, we all think that we will live forever. Hopefully something will happen, and we will live forever; but, if not, we need to have a plan—just in case. Choose someone you trust, someone who will put a picture of you at your most beautiful; choose someone who will remember you.

The truth about makeup

» How being 'on fleek' makes you terrifying



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It's time to recognize the truth. Women don't wear makeup for men, and saying that they wear it just for themselves is a complete and utter lie. Although it may not be to impress potential significant others (male or female), or their current main squeeze, makeup is worn to intimidate other women who cross their path.

Think back to the last time you were in a Sephora. Generally their staff is so caked in makeup it becomes difficult to discern whether they are in fact human or carefully painted works of art (sometimes abstract). As a consumer, if you have a question, who are you going to go to? The perfect, practically airbrushed, could-have-been-a-model-if-she-wasn't-five-foot-nothing girl behind the counter? No, she's terrifying. You're going to go to the clown-faced staff member

they stuck near the door. Why? Because she obviously knows the makeup brands that last, and if you stand next to her you don't feel like some sort of grotesque lizard creature who climbed out from under a rock because you ran out of bronzer that morning.

Though it may seem stupid, I have a personal rule that I won't leave the house without at least filling in my brows. Because of this, I've gotten pretty decent at it. But as soon as you put me near a woman whose brows are more "on fleek" than mine, I get so distracted that I become incapable of criticizing her, even if she's a terrible person who steals walkers from the elderly and pushes children in the dirt.

Makeup can also be unifying. Be it eyeliner or contouring, everyone who wears it becomes really good in at least one respect. Everyone gets one.

Although you're not even aware of it, suddenly you become involved in the biggest Cold War in human history. It's the eyeliner gurus versus the eyeshadow army versus the pucker police (they're

the ones who can make normal lips look like Kylie Jenner's with just a liner and nude gloss). The list goes on, and it gets added to everyday. Six years ago, only stage performers had ever heard of contouring. Now it's pretty common, and no one messes with those who've mastered contouring because those bitches are wizards. "Hi, I'm just going to suddenly change the entire bone structure of my face without cosmetic surgery. I mean, screw biology, right?"

Calling makeup war paint, in my opinion, isn't too far off. Not because anyone wearing it intends to battle and beat their day into submission, but because it's used to make us appear more intimidating than we actually are. That's what gives us self-confidence. So I suppose if you go by that logic, you can say you wear makeup just "for you" but it's a little like saying you play football just for the love of the game. Everyone knows you're a little full of shit, because if you sucked at it and always lost, you wouldn't be spouting off such cliché phrases.



Image from Thinkstock

What is the 'right' religion?

» Spoiler alert: it's not yours

Aleeze Asif
Contributor

Any person with religious beliefs can testify that it isn't necessarily scientifically accurate or logical. Faith after all does mean belief without evidence. So through what merit do we conclude which religion is "right"?

The second we begin to argue the superior validity of one religion over another we have shot ourselves in the foot. The only proof of one religion's superiority over another is when a religious scripture states it, which is essentially saying Christianity is superior because Christianity says so. Every religious person believes that his or her religion is superior.

Faith or blind belief is a major part of most mainstream religions. When we believe without evidence there is no room for argument or discussion regarding the validity of a verse or a chapter in a holy book. So who is to say who is right? After all, there's as much proof of the existence of God as there is for the existence of fairies or unicorns.

Perhaps the teachings of a religion can grant superiority for one over another. For the sake of simplicity let's take into consideration Christianity and Islam, the two religions with the first and second largest followings in the world. Undoubtedly both of the religious scriptures have

an abundance of positive and progressive messages for their time. But once we take these religious scriptures off the pedestal and study them critically, we see teachings that can be considered archaic and grotesque in present time.

For instance, both the Bible and the Quran promote sexism in some shape or form by endorsing the solidification of outdated gender roles in society and discouraging women from taking leadership positions (e.g., Timothy 2:11-12 in the Bible and 4:34 in the Quran). However, it must be noted here that Christianity and Islam are over 2,000 and 1,400 years old. Both holy scriptures are chock-full of teachings most people would never think to apply in the 21st century. When we think about how much the world has changed in the last 50 years alone, how can a religion or its teachings ever be timeless? Due to the inevitable fact that most religious teachings cannot face the force of time, I think it's safe to rule out holy teachings as a factor on our scale of spiritual superiority.

Another problem that one encounters when comparing religions is the significant room for variation and interpretation. Even within the same country, the same religion is practiced in a variety of different ways. For example, in Swat, Pakistan



Illustration Ed Appleby

women aren't allowed out of their houses, but 580 kilometers away in Lahore, women have much more freedom. There are more than 73 sects within Islam, and the Christian encyclopedia counted 33,830—and of course, they all believe they are following the "right" version of the religion. How is one to compare two religions when there is so much variation within them?

Is there really no way to systematically compare two religions? I ask: why do we need to compare religions at all? Do we really need to prove all other religions "wrong"? For most people religion is less of a rulebook and more of a source of spiritual solace. One religious scripture can resonate differently to two different people. That doesn't mean one of them is

higher in intellect, it just means they are two different people, who have lived two different lives and see the world through two different lenses.

As long as your faith makes you a positive, constructive, and progressive person, spending time trying to justify its superiority to yourself or to others is irrelevant and unproductive.

Faceless Day

» Gimmicky office stunts won't increase productivity or ease stress



Elliot Chan
Opinions Editor
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On July 14, Woffice, a Chinese property service company located in Handan, took part in an exercise that appeared to be quite similar to Halloween. Employees were given the choice to wear a black-and-white mask at the office, in an effort to reduce stress. With faces hidden behind thin plastic, workers could focus on their duties without worrying about the pressures of smiling, the stigma of yawning, and the boorishness of rolling their eyes. So, what mask did all the workers chose? For the day known as Faceless Day, employees at Woffice chose the character No-Face from the beloved anime, *Spirited Away*, and Guy Fawkes from *V for Vendetta*.

Now, it might just be me, but I am not sending my resumé to Woffice anytime soon. If a business needs to use masks to

ease tension within the workforce, I can't imagine the monotony of working there any other time of the year. True, unorthodox exercises such as Faceless Day are gaining popularity in offices all around the world, but how about something less juvenile?

I hate the idea of dress codes. I hate it at fancy restaurants, I hate it at nightclubs, and I sure as hell hate it in the workplace. Yes, there is an emphasis on professionalism, but having to wear a suit and tie does not make you a productive worker. It's funny that wearing jeans to work for a day is considered a perk in some offices.

For a year and a half, I was a Starbucks barista. Starbucks has a relatively strict dress code where male employees have to wear black or beige pants—excluding jeans and sweat pants—while on the floor. I always wondered why the fabric mattered. Who is peeking behind the bar, looking under my green apron, and at my pants? I don't know, but apparently what I wore made your



Image from Vincent Diamante via wikimedia

mocha taste better and myself a leaner thinker.

Needless to say, I wore black jeans for most of my employment and nobody (except the manager) made a big deal about it. Well, a few co-workers pointed it out, but they were merely inspired, and a bit frightened, by my rebellious ways. Don't even get me started on Fridays at Starbucks. During my stint, only the day partners were allowed to wear T-shirts

instead of collared shirts. Ignore my sarcasm, but that was a real privilege.

I believe many companies waste too much time, money, and effort trying to find creative (and not so creative) ways to motivate and calm their employees; Faceless Day is creative, while laid-back dress code days aren't. Ultimately though, these efforts are not going to see much, if any, return of investment. Don't

enforce rules and then take them away, expecting the workers to be more relaxed. Don't be gimmicky. A workplace is for grown-ups, so treat employees as such; let them make their own decisions. And if you really want them to relax after a hard product sprint or dinner rush, buy them a beer, give them a day off, or take them on a retreat. Don't give them something else to wear.

Have an idea for a story? Let us know!

Contact: Chandler Walter, Humour Editor
✉ humour@theotherpress.ca

HUMOUR

This issue:

- ✓ Festival attendees frantic to douse flames
 - ✓ More like Jason TruDON'T
 - ✓ Global warming belief fluctuating
- And more!

BC furious over stage 2 water restriction

» Government offices flooded in complaints

Chandler Walter
Humour Editor,
✉ humour@theotherpress.ca

The following are samples of mailed-in complaints written by residents of British Columbia during the summer of 2015.

Dear Sir or Madam,
R u serious? I can't water my lawn when I want to? I do not have the FREEDOM to water my lawn when I want to? Last time I checked, we were in CANADA, not North Korea or Japan or wherever! I AM OUTRAGED, JUST LOOK HOW UPPERCASE MY LETTERS ARE RIGHT NOW. I will NOT allow my lawn to turn brown, and have that asshole Bill across the street scoff at me. Some neighbourly disputes are just too big for the conservation of our nations most valuable resource. So I'm going to keep watering my beautiful lawn, arrest me if you have to! I wont go down without a fight!

- Bill, from across the street.
(Seriously, come arrest me.)

I'll probably be hanging out on my really nice back porch that I never invite my neighbours to even though they just want to be friends with me.)

Yo,

Hey Steven Harper. Listen. I get that we need to save water, that's chill. We gotta drink that stuff. Use it to make beer. I hear ya. All Im askin is that we help a brutha out here. I need a few gallons for my pool, got some ladies comin by if yaknomlsayin? Might even extend you the invite if it's delivered quick. Gimme a shout back on email, Stevo.

- @42obongmaster@msn.ca

To whomever it may concern:

I write to you now from my mansion in the West End. I am immensely concerned about the recent water regulations and the ... inclusivity of those restricted. Surely there must have been a mistake somewhere in the process, wrongly restricting those of us of privilege along with the ... less fortunate of British

Columbia. I understand the need to conserve water and am more than willing to negotiate appropriate alternative means of compensation. Perhaps we could work something out to get my three-tiered crystal fountain running again: the front meadow looks rather drab without it running day and night, and our personal golf course could use some colour—it is getting a bit brown around the edges.

Surely something could be worked out to increase the restrictions on the common folk of British Columbia to let those of class enjoy the luxuries rightly owed to us?

- Expecting a prompt response,
The Lady Loraine

Hey,

Yeah, there's a bit of a loophole in this whole water restriction business. I'm all for it, we need to conserve, in this day and age more than ever. What troubles me is that, while watering your lawn is



Illustration by Ed Appleby

restricted to certain hours of the day, running sprinklers for the entertainment purposes of children is allowed. And I get it, let the kids play and all, but the weird guy across my street must have found out about it. For the past few hours he's been fully nude, jumping through his lawn sprinklers and yelling about

someone named Bill? I think that's my next door neighbour, but I can't be sure. Anyways, if you could add something to the restrictions to make that illegal, or just send a police car, that would be great. Whatever is easiest for you.

Please do it quick though.
- Traumatized Student

Fear and loathing at a typical music festival

» My recap of young adult hedonism



Cazy Lewchuk
Staff Writer

This summer, I spent \$400 of my hard-earned money to attend a music festival several hours away from where I live. It featured a wide selection of artists who I knew one or two songs from on the radio, all in the blazing hot sun complete with \$5 cokes and \$9 beers. I was assigned to recap the festival for my college newspaper and have managed to write down what little I remember.

Friday, 9 a.m.: Hit the road!
1:30 p.m.: Arrived!
2:58: Arrive in campground after waiting in car lineup and going through security.
2:59: Beer time!
3:02: Beer time!
3:06: Set up camp while drinking beer.
3:30: Finish setting up. Make beer can pyramid.
3:45: Damn it, Billy, you knocked

down the pyramid!
4:00: Wander into festival grounds.
4:15: Watch band I haven't heard of perform.
4:20: Take detour behind the stage for smoke.
4:22: Quickly finish smoke and run away from security.
4:40: Rocking out.
5:01: Beer time!
5:06: See first of many rappers.
5:20: Another smoke break, slightly more discreet.
5:21-7:00: I had another couple beers, but my memory is kind of hazy for some unknown reason at this point.
7:01: MOSH PIT!
7:05: Get in line for first-aid treatment after intense mosh pit.
7:59: Receive first-aid treatment. I only cried a little bit.
8:00: Another beer to take the edge off!
8:30: Take pills Billy gave me that were definitely, probably, some sort of prescription.
8:45: POPULAR DJ IS DOING A SET!
8:47: WOOOOOOOOOOOOOO!



Photo via thinkstock

8:49: EY GEY A BRRR, DEEEEEEE DEEEEE DEEEEE DEEEEEEE!
8:52: BASS DROP!!!!!!!!!!!!
8:53-when? (I passed out): I saw another rapper and DJ, I think. I don't really remember.

Saturday, 10:00 a.m.: Awake. Eat breakfast (Jack Daniels, coffee, granola).
10:07: Quick few rounds of beer pong to liven up the morning.
10:32: Load up on beer and other substances to take into festival. Hooray for 12-pack pouches!
10:35: Security check!
10:37: Go buy beer inside festival to replace the 12 cans security took

away from me.
10:52: Help confused and scared lost child find the lost kids tent. It turned out he was Meek Mill and didn't know which stage he was performing on.
11:00a .m.-2:30 p.m.: See bands I've never heard of. Enjoy a lot of beer to make up for it.
2:31: Another visit to the first aid tent for dehydration!
3:30: Exit tent.
3:40: Poutine time! With a side of beer.
3:43: Drop poutine on ground.
3:44: Eat anyway.
3:50: Rocking out to the band.
3:52: I don't feel well.

3:57: Round three of the first aid tent!
4:30: Lie down in my own tent for a while, unable to enjoy the festival because I ate the poutine that fell on the ground.
4:32: Beer time!
Sunday, 10:00 p.m.: After hours of listening to popular bands, rappers, and DJs from the festival quietly echo in my tent, it's time to go home. I'm feeling a little better. What a great festival!
10:01: One more beer.
10:07: Okay, one more.
10:45: No memory.

Festival attendees frantic to douse flames

» Younger demographic taking responsibility for our forests

Chandler Walter
Humour Editor,
✉ humour@theotherpress.ca

With the recent arrival of dry weather creating massive forest fires throughout BC, one group has risen above the rest in the effort to keep our forests safe.

Festival-going youth have, surprisingly, taken it upon themselves to spearhead the efforts in conserving BC's beautiful forests, and douse the flames threatening our homes, our air, and, most importantly, our music festivals.

"It's just a real tragedy," said Eric Wells, a student of 19. "These fires are out of control, and no one seems to care. People toss their cigarettes around carelessly; it's as if they don't know about the

real damage it can do. I almost missed PembyFest because of all this. If I didn't get to see Kendrick Lamar, my summer would have been as ruined as those hundreds of acres of forest, so we gotta do something to stop this."

Many music lovers have been affected by the fires, and most are working round the clock to ensure that their favourite festivals will go uninterrupted this summer.

"Yeah, we've got a few thousand up in Squamish, assisting the fire department," Wells explained. "There are also almost 100 of us in the campgrounds, 24/7 rain dancing."

Evidently the leading concern for the festival attendees is the fire ban caused by the dry forests. "We need it to rain," Wells said. "Otherwise the ban will be on

and we can't smoke cigarettes or joints during the festival. And if you can't do that, what's even the point, you know?"

"I just can't believe the damage all this fire stuff can cause," Courtney Lure, 22, tells us. "It's like, it totally kills the vibe, with all the smoke and whatever. We can't have that, it makes for bad trips."

Upon further investigation, it was made clear that Ms. Lure was not referring to "road trips," or road conditions. "I have \$600 invested in this summer's festivals, losing that would probably be the biggest buzzkill of the whole summer," she complained.

It's also terrible for the wildlife," Jon Mills explained to us, after taking a short break from his hacky sack circle. "I mean, the



fires just ravage everything in their way, and I know of a few great grow-ops all over BC. It would be a pity if those burned with all the other worthless trees or whatever."

When asked about concern

for the fires raging in northern BC, or any plans to help those firefighters in their struggle, Mills was dumbfounded. "There are no festivals up there this summer, why does it matter?"



By Jerrison Oracion, Senior Columnist

A d v e r t i s e m e n t

More like Jason TruDON'T

Explicit political truths revealed

Chandler Walter, Humour Editor

What is important to you, average Canadian voter? Whatever that is, Jason Trudeau hates it and wants it destroyed.

Do you care about the well-being of wholesome Canadian families? Jason Trudeau wants to tax them into the ground.

Perhaps you worry about the safety of our beautiful country? Jason Trudeau isn't at all, he's anti-safety.

Maybe you hope for the financial security of a thriving economy? Apparently that isn't in Jason Trudeau's plans for Canada either, as he is quoted saying "... and the budget will balance itself." Who's he kidding?! It's insane to think that a political leader would come to such a conclusion without discussing any prior information regarding the budget; it's as if he doesn't even care!

We, the Sarcastative Political Party of Canada, know that each voter is a valued and intelligent individual. In fact, we won't even bother to explain our political agenda in these advertisements, because we know you are all informed on the larger issues. Nor will we discuss the political stance of the other party, because that's a lot of boring stuff that probably won't get you as emotional and angry as other, simpler things.

Like, have you seen Jason Trudeau's hair? Who's he kidding?! There's even a video of him taking off his shirt; isn't this man just an animal? I wouldn't want him running our country.

Just ask a few of these well-informed, culturally diverse citizens:

"I'm not saying never, just not right now."
– a middle-aged woman/mother

"He's just not ready"
– a wise-looking, elderly white man



"Who's he kidding?"

– a wise-looking, elderly black man

Wow. Sure looks like everybody hates this Jason Trudeau guy. You sure wouldn't want to be the one person in the neighbourhood who votes for him; everyone else would probably think you're a weed-using hippie that hates freedom.

You don't hate freedom, do you?

Vote for us, the Sarcastative Political Party of Canada, because personal aspects of the other party's leader are somewhat controversial.

I mean, just look at that hair. Have you seen his hair? No, seriously, your political decisions—ones that will determine the fate of this country—should rest on a man's haircut.

Or so we like to think.

This ad was created and paid for by the Sarcastative Political Party of Canada and in no way represents the beliefs of this newspaper.

Global warming belief fluctuating

» Many convinced by weather, rather than by facts

Chandler Walter
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A recent survey from Stats Canada has delivered some intriguing information regarding the legitimacy of global warming. Canadian belief in global warming has skyrocketed over just the past few months, most notably around May and June. We asked a few of the survey takers about their change in belief.

"Well, I was a skeptic at first," said survey taker, Tom Greere.

"But after all this sun we've been getting, it's kind of silly to think that the globe isn't getting warmer. I mean, just feel the water at your local lake! It has warmed! Without a doubt it has warmed!"

Eddie Stark, however, had a different view on things: "Winter is coming. Yes it is a summer of flower and sunshine, when the ice melts on the wall and the grass is greener than a Crannogman's bride, but winter is coming as it always has, and always will. What is this global warming you speak of?"

Unfortunately we could not

interview Eddie any longer, as he had some "honour and duty" to attend to.

An estimated 75 per cent of Canadians believe global warming to be true at the time of the most recent survey, that being the first week of August. When paralleled with the second to last survey, taken in the dark months of January, a whopping 35 per cent drop in belief was evident.

We talked to a leading expert on the subject, environmentalist Richard Barker.

"You see ... how can I put this simply ... some people mistake

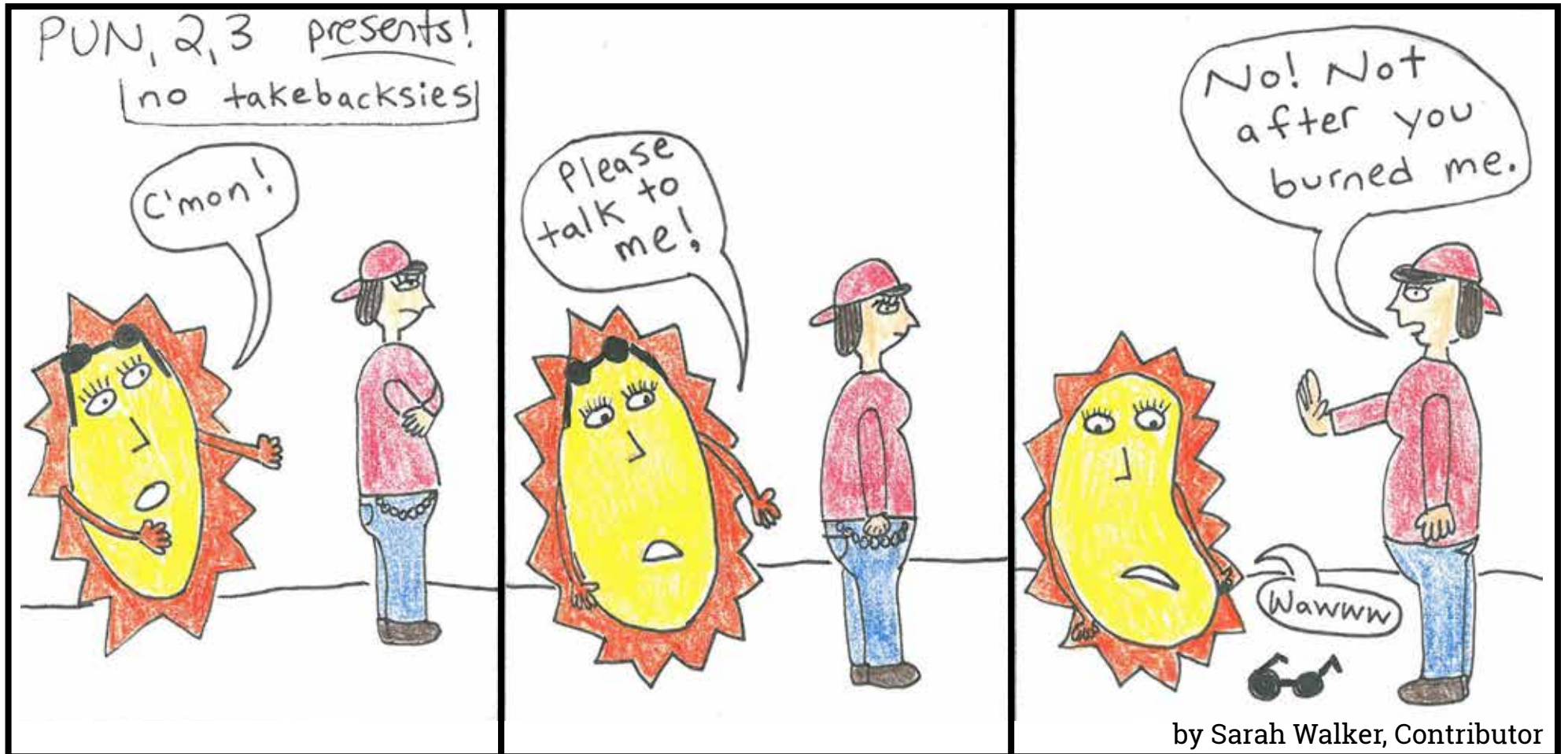
global warming to mean it will simply get hotter and hotter until the sun explodes or everything becomes a desert. That is not actually the case. The truth is that the entirety of the planet gets just a little bit warmer each year, in comparison to each season, respectively. This slight change has massive impacts on weather, climate, and tide, among other things."

However, when asked to explain why it still gets cold during the winter, Dr. Barker merely shook his head and refused to answer.

What we have taken from all of this scientific malarkey is as clear as this beautiful summer day: the Earth has weather. And it gets hot and cold, sometimes. We think. Somehow this affects what people believe about things, maybe.

The real truth behind global warming remains ever the unsolvable mystery, though honestly how bad could it be, always having summer.

That's how this all works, right?



by Sarah Walker, Contributor

Dick Pic of the Week

By Alex Stanton, Staff Writer

Dick Cheney



Photo via celebsimg.com

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