

OTHER

PRESS



theotherpress.ca

the Douglas College student newspaper since 1976
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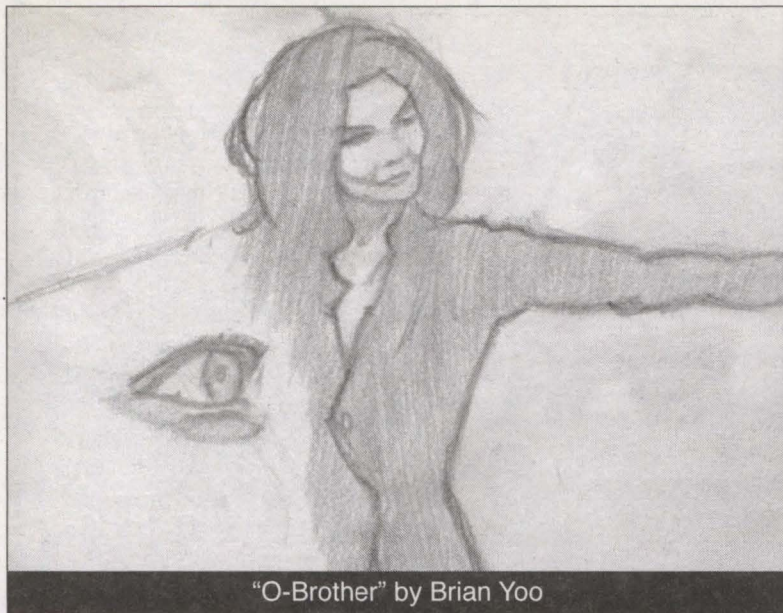


WASTE OF A SCHOOL

What's to be done about the massive amounts of garbage produced by Douglas College's cafeteria?

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"O-Brother" by Brian Yoo

Are you an artist or photographer? Send your work to editor@theotherpress.ca

WRITE FOR US!

Anyone can get published in the Other Press! Just email your story to the appropriate section editor from the list on the right. Please send your file as an MS Word doc file, and include your full name, email address, and word count. The weekly deadline for submissions is Wednesday night for publication the following Monday. Letters to the Editor and "time-sensitive" articles (weekend news, sports, and cultural reviews) will be accepted until Saturday at noon and can be submitted to the editor at editor@theotherpress.ca

Submissions will be edited for clarity and style. The Other Press will pay \$50 to any student who writes an article of at least 1,000 words for the "features" section. Submit story ideas to the Editor in Chief. Offer good once per semester per student. The Other Press holds weekly staff meetings at 6 PM on Mondays in room 1020 of the New Westminster campus. All interested students are welcome.

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The always-hungry monster that is Google.
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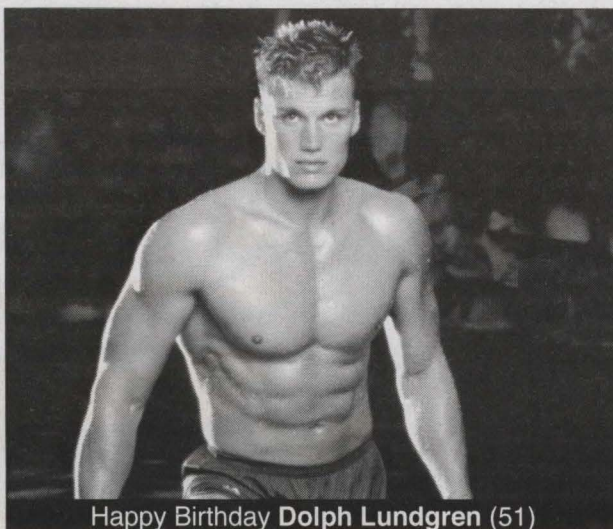
Reducing the garbage production at Douglas College's cafeteria.
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Happy Birthday Dolph Lundgren (51)

WHO WE ARE

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 and from 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. The Other Press reserves the right to choose what we will publish, and we will not publish material that is hateful, obscene, or condones or promotes illegal activities. Submissions may be edited for clarity and brevity if necessary. All images used are copyright to their respective owners.

Halloween memories



Liam Britten
editor in chief

When I was six years old, I knew exactly what I wanted to be for Halloween; not coincidentally, it was the same thing I wanted to be when I grew up: a Teenage Mutant Ninja Turtle.

I'll bet a lot of you who grew up in the late '80s to early '90s went as the same thing. Hell, with the collective feelings of nostalgia for the era our culture is going through right now, a lot of kids today are probably going to be Ninja Turtles. So, when it came time for my mum to get costumes sorted out that Halloween, I made sure she knew I wanted to be one.

On a trip to the mall that October I saw a bunch of pre-made Ninja Turtle costumes at Zeller's; judging by the volume the store had on hand, every single child on the planet was going to be a Ninja Turtle that year. I thought that was the best damn costume ever; it had a crappy plastic mask, a crappy plastic weapon, crappy cardboard shell and looked nothing like a Ninja Turtle actually looked. For God's sake, a massive Ninja Turtles' logo was emblazoned on the chest of the thing! I know marketing is important, but the Turtles in the cartoon weren't that brand conscious; as I recall, they wore nothing but ribbons for clothing. Overall, that overpriced piece of crap was really an overpriced piece of crap.

But oh, how I wanted it.

I thought I'd be the most badass kid in first grade with that officially licensed, not-at-all-real-looking costume. I knew the costume was not that realistic looking, but... it was licensed! Officially!

So, when my mum showed me the costume I'd actually be wearing, my six-year-old heart was broken. Turns out my mum had decided to make the costume herself and make it look like an actual Ninja Turtle. Weak.

The costume was miles beyond the Zeller's piece of crap costume. The primary colours used in the manufacture matched the cartoon version well and the fact that she had included the little details—like gloves, a shirt and pants—meant that my whiteboy skin was covered in a much better way than the Zeller's costume could have done. Another advantage

was that there was no mask; instead I was to wear face paint on my trick-or-treating trip so that I would be able to speak without mumbling into a sheet of plastic over my face.

But it wasn't officially licensed! This was the important thing! I didn't care about looking like an actual Ninja Turtle—the entire point of my existence as a little boy was to accumulate more crap with a Ninja Turtles logo on it and this costume robbed me of that chance. Needless to say, I was choked that I wouldn't be able to add money into the coffers of the merchandising juggernaut that was Mirage Studios Ltd.

On the Friday before Halloween at my elementary school we had our costume day. My mum took me and my brother to school that day, me in my non-licensed Ninja Turtles costume, and my brother, Spencer, happily dressed as a construction worker. My mum didn't know I wasn't happy with the costume; in a rare display of childhood selflessness, I never told her. She wished me a good day at school, but I knew it would suck.

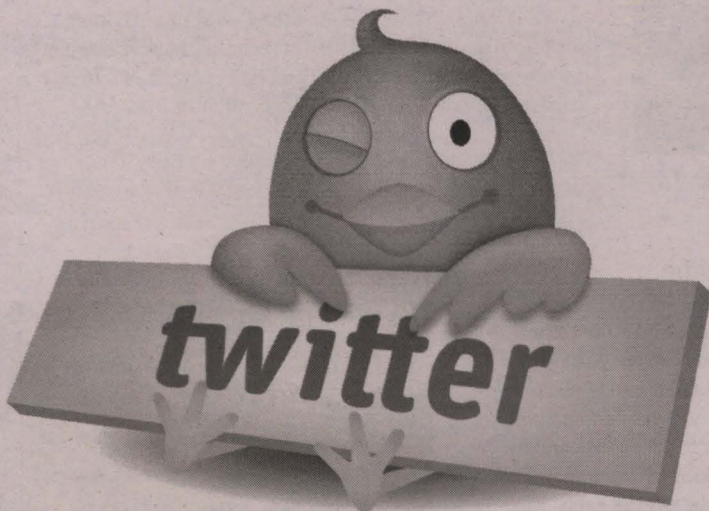
So imagine my surprise that year when I, dressed as a real-looking but unofficial Teenage Mutant Ninja Turtle, won my class costume contest. I never saw it coming. But there I was, with a tub of candy large enough to give me type II diabetes, all thanks to my mum's fabric work. I even made some friends that day by giving some of that candy away. Not bad, huh?

After that, I was totally down with that costume. I trick or treated and went to my bowling team's Halloween party a real happy camper. Candy was eaten, pumpkins were carved, and wee little Liam was satisfied. All in all, a good Halloween. Of course, the greatness of the Ninja Turtle costume was quickly eclipsed by the Super Mario costume my mum made next year. But for 364 days, I thought it was the best ever.

So, thanks for the duds, Mum. By the way, I'm thinking of dressing up as Darth Vader next year, so if you could whip up a costume for then, that would be great.

Thanks!

Your friend in high fidelity,
Liam Britten
Editor in chief
The Other Press



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twitter.com/TheOtherPress



B.C. nurses petition to debate union "raid"

BCNU president cautions that convention does not mean a vote

By Andrew Bates, CUP Western Bureau Chief

A petition has been circulating among members of the B.C. Nurses Union (BCNU) to call an emergency convention to debate and vote on the BCNU's controversial policy to sign up members of other unions. This includes licensed practical nurses (LPNs), usually represented by the Hospital Employees Union (HEU) in the province. The practice of taking members of other unions, referred to as "raiding," is condemned by the Canadian Labour Congress.

The petition claims that the BCNU, whose stated goal is to eventually represent all health-care workers in B.C., has not given membership a chance to vote on the issue despite protests within the union. In the B.C.'s South Fraser Valley region, a motion calling on the board to "stop the LPN raid" was passed in September.

BCNU President Debra McPherson dismissed the protest as a "small amount of members," but said she would welcome debate on the issue. "If one per cent of the members sign up, then we'll have a convention, which is our democratic process, and then we'll have a debate," she told the Canadian University Press. "However, having a special convention and having a debate will not ensure, as the petition seems to imply, that members will have a vote."

She stressed that the BCNU board was empowered to make decisions when it was elected, and that members were canvassed on whether they would permit the addition of nurses other than registered nurses (RNs) into the union. "While we have heard from these members and we have discussed their concerns," she said, "We are not at this point changing our strategy because we're well into the campaign."

The BCNU has been leading a campaign to sign up licensed practical nurses, who are currently represented by other BC healthcare unions including the Hospital Employees Union (HEU).

While McPherson was reluctant to call the BCNU campaign a raid, she mentioned that she hoped the CLC would change its stance on raiding. "Times are changing, and the labour movement has to change with the times. That doesn't mean that because we change some of our internal processes, it undermines our solidarity," she said.

Mike Old, communications director of the HEU, disagrees with the practice, noting that resources should be used to improve the lives of workers that are already union

members, or signing up non-unionized ones. "Attacking other healthcare unions is really a waste of time, a waste of resources, and it really violates the trade union principles that we all try and adhere to," he said.

McPherson claims that the issue is not whether or not it's a raid, but an expression of the wishes of workers to switch. "The LPNs who are currently represented [by the HEU] . . . no longer want to be represented by the HEU and have approached us, in very large numbers, to change to the BCNU," she claimed. "I think it's an issue of choice about which union you want to be in." She noted that the BCNU is still signing up uncertified workers, and that they believe their priorities are in balance.

Above all, she believes that her members want it to happen, citing a number of instances where BCNU members indicated that it was okay to let nurses other than Registered Nurses (RNs) into the union. "Having all nurses, whether they are LPNs or RNs or Nurse Practitioners in one union, when we talk to the employer about nursing issues, cannot help but to strengthen us," she said. "Nurses are not so elitist that they would reject the opportunity to have other nurses in their union."

Old, however, wonders how members can condone actions that conform to definitions of a raid. "I find it hard to believe that the majority of members of the BCNU support a raid on a fellow health-care union, especially BCNU members who know that in the past, when they've had to go on strike, that our members have . . . stood on their picket lines to support them," Old said. "This is not business as usual. This is very unusual."



Debra McPherson

Douglas College Wrap-Up

By Kristina Mameli

Nine West Coast business owners take home Entrepreneur of the Year Awards

During Small Business Week, over 400 special guests and Douglas alumni attended a celebration and awards ceremony at the Executive Hotel in Coquitlam recognizing graduates of the Douglas College Self Employment Program. There were over 25 finalists in eight categories as well as one overall winner.

The winners include: Susan Cumberland as overall Entrepreneur of the Year; Kerry Chin won the Global Award; Melanie Burk took home the Service Award; Chris Begg was awarded the Consulting Award; Sharon Gordon was given the Perseverance Award; Douglas Cruz won the Home Based Award; Eric Wang took the Construction and Manufacturing Award; Andrew Lawrence, the High-tech Award and Tara Blokzyl won the Retail Award.

For more information on the Douglas College Self Employment Program, please contact 604.777.6012.

Federal by-election all-candidates forum

On Wednesday November 4 from 6-7:30 p.m., the Douglas Student Union will facilitate an all-candidates forum in the upper lounge of the DSU Building on the New Westminster Campus. The candidates of the New Westminster Coquitlam riding are campaigning for the federal by-election which takes place Monday, November 9. The election is a result of former MP Dawn Black leaving the post to serve as MLA for New Westminster.

Students will be able to direct their questions to Conservative candidate Diana Dilworth, NDP candidate Fin Donnelly, Green Party candidate Rebecca Helps and Liberal candidate Ken Beck Lee.

Old School Cartoon Breakfast

The DSU will host an Old School Cartoon Breakfast Wednesday November 4 at the David Lam Campus. The event will include the screening of an assortment of cartoons from the '80s and '90s as well as a free pancake breakfast from 7:30-11:30 a.m.

Movember: Changing the face of men's health

Raising awareness and money for Prostate Cancer Canada is as easy as growing a 'stache

By Kristina "Mo Sista" Mameli, News Editor

Movember, formerly known as the month of November, is an initiative that started like all great ones—over a few beers among friends in Melbourne, Australia. The campaign aims to use the facial hair to raise both funds and awareness for men's health issues, particularly prostate cancer.

It encourages students to sport a 'stache and collect donations which go directly to Prostate Cancer Canada. They never dreamt the effort to bring back the 'stache would grow into a global movement.

Last year's Canadian Movember raised a staggering \$2.4 million, making it the largest charity event for men. This year's campaign is already off to a great start, 13,965 Canadians have registered so far raising \$505,762. Of that number, 4,093 people have registered in BC and have raised a total of \$50,439.16 and counting. Prostate Cancer Canada will use the money raised for the development of programs related to awareness, education, support,

and research into the prevention and cure for prostate cancer.

The month-long celebration of moustaches comes with a list of strict rules, however, and even its own Mo Lingo for Mo Bros (men who grow mos) and Mo Sistas (women who love mos) to learn. As noted on the initiative's website:

1. Once registered, each Mo Bro must start November 1 with a clean shaven face.
2. Then, for the entire month of Movember each Mo Bro must grow and groom a moustache according to these rules:

- There is to be no joining the Mo to the side burns—that's a beard. There are no beards.
- There is to be no joining of the handlebars on the chin—that's a goatee.
- A small complimentary growth under the bottom lip, a.k.a. a tickler, is allowed.

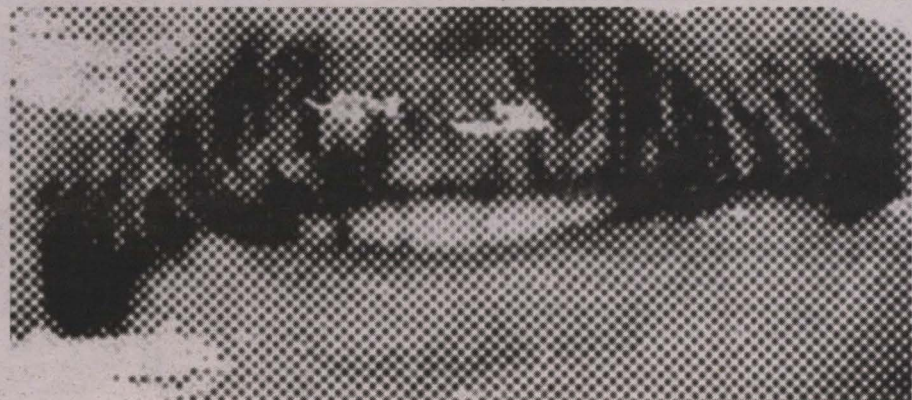
While growing the mo, a Mo Bro becomes a walking advocate for the cause, the mo itself becoming a symbol of prostate

cancer awareness, much like the ribbons that represent various causes. A Mo Sista becomes an ambassador and is responsible for recruiting more Mo Bros and helping to raise money both for the cause and for the "gala partés" taking place in major cities across the globe. At the galas, Mo Bros dress to match their mos, and vie for the title of "Man of Movember" as well as other prestigious titles. In Canada, the galas will take place at the end of Movember in Calgary, Edmonton, Halifax, Montreal, Toronto, Vancouver, and Victoria.

A few mo facts courtesy of the group's interactive website:

- Apparently, mos are sported by over 3.5 million men and some females in Eastern Europe.
- Mos allegedly make you look smarter.
- And finally, in 1967, the Beatles gave away cardboard mos with their album *Sgt. Pepper's Lonely Hearts Club Band*.

Become a Mo Bro or a Mo Sista, visit <http://ca.movember.com/> for more info.



Green Party candidate passionate about housing and the environment



Kristina Mameli
news editor

New Westminster-Coquitlam Green Party candidate Rebecca Helps has lived in Port Moody for 30 years, where she has been a very active resident, from helping implement the first classroom recycling program at Port Moody Junior High to leading Girl Guides. Helps graduated from SFU in 2001 with a bachelor's in Business Administration. Soon after graduation she started working for Yellow Pages, a job that would take her to Montreal, offering her a brand new perspective of Canada outside of B.C.

Helps is passionate about housing and the environment. She strongly believes that everyone deserves the right to have a safe and secure home—a sentiment sure to have come from her work with BC Housing. While there, she had the opportunity to work with the homeless and with provincially funded outreach programs and emergency shelters. She has also worked with a number of non-profit agencies working to solve homelessness.

Helps is a strong supporter of BC-STV, believing that the current voting system does not properly represent the voters. She hopes that BC-STV will bring proportionality and accountability to B.C.



Rebecca Helps

Fact sheet: H1N1 Vaccine

By Jacob Serebrin, CUP Quebec Bureau Chief

Health Canada approved the H1N1 vaccine earlier this month, and its administration is slowly getting underway. Because the shots are being administered by the provincial health authorities, how quickly members of the public can get the vaccine varies from province to province.

While Health Canada has said the vaccine is safe, a large number of Canadians say they're wary of getting the shot. According to a Strategic Counsel survey, released last week, 51 per cent of Canadians said they're not planning to get the vaccine. The Canadian University Press talked with officials from Health Canada and the vaccine maker, GlaxoSmithKline to get some answers for some common questions about the new vaccine.

What kind of testing has been done?

GlaxoSmithKline says that they're going to be testing the vaccine on a little fewer than 9,000 people worldwide; 2,000 of those people will be Canadians. The Canadian tests began two weeks ago and it could take up to a year for the results. This means that Health Canada's going to be reviewing early European tests done on a small number of individuals.

How are vaccines approved in Canada?

It's mostly a review process. Health Canada looks at the results of clinical trials, where the vaccine is actually given to people; those tests are conducted by pharmaceutical companies. Health Canada also inspects their manufacturing plants and tests a small amount of the vaccine, but as a quality control measure, the government doesn't do any clinical trials.

How is the vaccine made?

The vaccine is produced in a similar way to the seasonal flu vaccine. Pharmaceutical companies get an inactive form of the virus from the World Health Organization. They then grow the virus in eggs.

How did they make the vaccine so fast?

The seasonal flu tends to mutate from year to year; scientists call this mutation "drifting." Because of this, a new seasonal flu vaccine is required each year. While it may seem like the new vaccine was developed very quickly, it's not much faster than the response to a new strain of seasonal flu.

So what's in this vaccine?

It contains an inactive form of the virus. The type of vaccine that will be more available in Canada also contains an "adjuvant," which is designed to stimulate the immune system; it contains fish oil, vitamin E and water. The vaccine also contains a small amount of mercury as a preservative, but Health Canada says there's less mercury in a dose of the vaccine than in a can of tuna.

Why is the H1N1 strain more serious than other types of flu?

Because the changes in the virus caused by the mutations aren't that significant most people tend to have some level of natural immunity. But because humans have never had the H1N1 strain before, most of us won't have any of these antibodies.



News Shorts

By Kristina Mameli

Olympic torch diverted in Victoria

Over 400 anti-Olympic protestors dressed as zombies diverted the torch relay in Victoria Friday in protest to the 2010 Games. The demonstrators unpredictably marched through the streets, diverting rush hour traffic, keeping security busy and diverting the torch's path. The diversion disappointed many who had turned out to watch the relay and blocked Victoria streets for hours.

Heading towards the Legislature and the ceremony, the flame and its entourage were forced to instead take waiting vehicles to avoid demonstrators.

Another foot washes up on B.C. shores

A seventh severed foot washed up in a Nike running shoe Tuesday on a beach at No. 6 and Triangle Road in Richmond.

The foot, found in a red and white sneaker has been confirmed to have belonged to a human. The gender of the foot's owner has not yet been released. Three of the other six feet found have also yet to be identified.

Man, 112, weds 17-year old girl in Somalia

A Somali man who claims to be 112 years old and a 17-year-old girl wed Thursday in Guriceel, Galguduud. Ahmed Muhamed Dore already has 13 children from five wives, but hopes to have more with his new wife Safia Abdulleh.

The marriage, while allowed under Islamic law, has garnered mixed reactions, and, according to Somali historians, is the first of its kind in the region in at least a century.

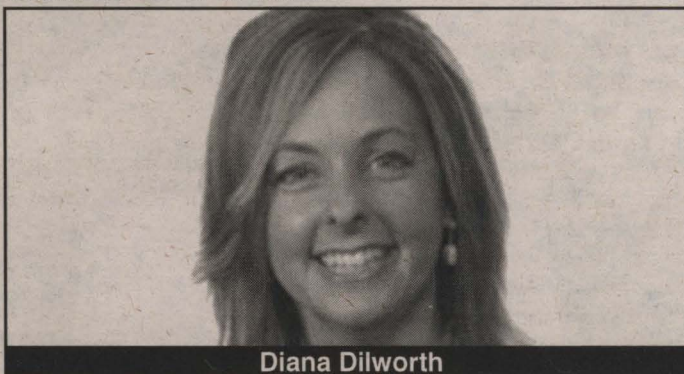
Dore told the BBC that he was born in Dhusamareeb in central Somalia in 1897 and that he has a traditional birth certificate, written on goat skin by his father. In 1941, he joined the British colonial forces, serving as an officer for 10 years, later becoming a police officer when Somalia won independence in 1960.

He and Addulleh, who is young enough to be his great-great-granddaughter, are from the same village. He watched her grow and waited until she was old enough to propose.

Dore has a total of 114 children and grandchildren—his oldest son is 80. Three of his previous wives have died.

Dilworth draws on variety of experiences

Conservative candidate a city councillor, small business owner and more



Diana Dilworth

By Kristina Mameli, News Editor

The Conservative candidate for the New Westminster-Coquitlam riding, Diana Dilworth, has lived, worked and volunteered in the riding for the past 18 years. Dilworth got her start in politics working for the federal government before being elected as a Port Moody City Councillor in 1999. Taking her knowhow and strong work ethic, she went on to open her own small business consulting for private companies and local government. This greatly helped her to understand some of the issues that face the community.

From chairing her local school district's Parent Advisory Council and raising her two children as a single parent, Dilworth understands the challenges that many single parents face. She also currently sits as President of Crossroads Hospice Society, where she has volunteered for over six years.

Dilworth has worked as the Manager, Council Operations for the Fraser Basin Council, for the last seven years. It is non-profit organization that aims to advance sustainability in B.C.

Buy a vowel and support Douglas Colleges' Uganda Project



Tanya Colledge
staff reporter

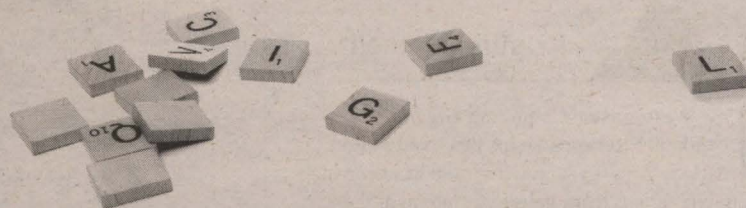
On November 7, join The Royal City Gogos and Douglas College's Uganda Project as they team up to host the Good Words for Africa Scrabble benefit. The event, being held at Douglas Colleges' New Westminster campus from 1 p.m. to 4 p.m. in the Upper Cafeteria, will raise money for the Stephen Lewis Foundation—an organization that supports other community-based organizations fighting the war against HIV/AIDS in Africa—as well as Douglas Colleges' very own Uganda Project.

The Uganda Project provides support and encouragement to students completing their field learning practicum in Uganda, Africa. The project's fund, the Uganda Endowment Fund, initiated by Douglas Colleges' Community Social Service Work (CSSW) Program and managed by the Douglas College Foundation, subsidizes projects in Uganda that support sustainable development for children, youth and families that will result in an improvement of their current conditions.

The Scrabble fundraising event itself will consist of two type of Scrabble games—novelty and traditional. Players can choose to play for the CSSW Uganda Project or the Stephen Lewis Foundation, and will solicit pledges for game day. Members of the Vancouver Scrabble Club will also be in attendance to suggest words to players for \$2 a word. Cheat sheets and additional letters will also be available for purchase to the players.

The event will feature lively entertainment, complimentary refreshments, a craft marketplace, a silent auction and raffle prizes, and hopes to raise enough funds to support the students who will be traveling to Uganda this spring, as well as the Stephen Lewis Foundation that helps grandmothers raising children orphaned by HIV/AIDS.

Want to get involved? Become a Scrabble player and pick up your pledge package from the College, support your favourite player with a donation or come and watch the event unfold and bid on a silent auction item.



The Royal City Gogos

The torch arrives in B.C.

Vancouver 2010 Olympic Torch Relay begins as the flame makes its way across Canada



By Tanya Colledge, Staff Reporter

The Vancouver 2010 Olympic Torch Relay kicked off on Friday, when the flame arrived via a Department of Defense chartered aircraft from the birthplace of the Olympic Games, to Victoria for the beginning of its relay across Canada. The 106-day relay across our country will cover 45,000 kilometres—the longest domestic torch relay in Olympic history. The symbolic flame will arrive in Vancouver on February 12, 2010 for the opening ceremonies of the Games.

The torch will spend a total of 27 days here on the West Coast, making its way from Victoria, through various Vancouver Island communities such as Tofino and Campbell River. It will then head north, visiting isolated Canadian towns, allowing them to experience a legendary custom of the Games. The flame will come within 900 kilometres of the North Pole before making it to North America's eastern tip in St. John's.

The torch will make its way through the Maritime Provinces, and then make its way west towards its final destination in Vancouver. Former Canadian Olympic host cities Montreal and Calgary will also be among the flame's destinations.

Traveling 1,000 kilometres by water, 18,000 kilometres by air, and 26,000 kilometres by land, the Vancouver 2010 Olympic Torch Relay will spread the spirit of the upcoming winter games to as many Canadians as possible. Celebrations will be held in each of the relay's host cities,

encouraging a sense of community and national pride across the nation.

Approximately 12,000 lucky Canadians from coast to coast will take turns being torchbearers in each city during the historic relay, as they help transport the Olympic flame as part of their community celebrations. The once-in-a-lifetime torchbearer opportunities were awarded by VANOC to Canadians who embody the Olympic spirit by committing themselves to a more active lifestyle or who are inspired to create a better Canada. Well-known Canadian figures that have made Canadians proud through their inspirational accomplishments or international acclaim have also been selected by the Olympic Committee to be torchbearers for the event.

After visiting an estimated 1,020 communities and land marks on its momentous journey throughout the country, the torch will make its way back into B.C. around February 3, 2010, visiting Vancouver 2010 Olympic venues cities such as Whistler and Richmond. The city of New Westminster will host the Olympic flame on February 9, with a community celebration at Queen's Park. Locals will be invited to enjoy entertainment celebrating the spirit of the Games and New Westminster's rich history and heritage.

The Vancouver 2010 Olympic Torch Relay's final destination will be reached on February 12, 2010. As the world watches, the flame will be lit in the Olympic Cauldron during the opening ceremonies at BC Place Stadium.

When your baby's first word is "Google," you know you're in trouble



By Knowlton Thomas Nash

Google, a company with market capitalization exceeding the total economic output of all of Canada combined (except for Ontario), is no stranger to having its name thrown around. Google is the cool kid on the block—on every block.

Recently, Google stated that they expect to do at least one acquisition deal every month. Yes, that's right: once per month, they are going to subsume another company. Blazing fast, to be certain, but a

denies it somewhat, but ultimately doesn't care. After all, their growth and profits are explosive and nothing around can stop them.

Google is not the first company to rock the acquisition-based business model. One might have heard of a certain company called Microsoft, which deploys a strikingly similar manner of doing business. These mega-corporations gobble up companies that don't even have a chance to get their name out, so consumers have no idea that, for example, Google didn't actually develop its world-famous

"Google stated that they expect to do at least one acquisition deal every month. Yes, that's right: once per month, they are going to subsume another company."

new record for the company? Not really; Google is an expert on devouring smaller companies. In fact, that's how Google advances.

The globally renowned innovative advances of this multinational giant are actually a bit of a mirage. You see, Google itself doesn't really do very much. They simply take some pocket change from their multi-billion dollar wallet and buy out a couple of small—but genuinely innovative—companies that have services Google could benefit from. A minor tweak here, a subtle adjustment there, a Google trademark stamp, and voila... you have Google's newest creation!

Google has what these tiny guys don't: savvy marketing and bottomless resources. And by resources, I'm talking cash money of epic proportion. Google has not so innovatively, but very effectively, brought in billions upon billions of dollars in revenue thanks to online advertising. In fact, it accounts for an estimated 97 per cent of their total revenue. Often criticized for being an advertising company, Google

Maps feature from the get-go.

The only acquisition Google has made in recent years that a typical Googler might recall is that of YouTube, which is perhaps the one acquisition Google didn't necessarily buy for its innovation, but rather for the extreme advertising potential. And therein, many business analysts were disappointed with how Google was only able to utilize YouTube for advertisement revenue. Beyond that, Google snags little baby businesses like Jaiku, which was a micro-blogging company, and Picasa, which developed image organization tools. Those were the smart guys. But still, you ask, "Who?" Well, it doesn't matter anyway. It's all Google now.

So when your young one's first utterance eerily resembles "oogle" with a "G" in the front, don't think it's a first. And when Google knocks on the door of your revolutionary business with an empty stomach and a wad full of cash in its hand, don't think it's a first. It happens every month.

Milestone medals

2010 Olympic medals represent more than just athletic achievements

By Trevor Doré, Acting Opinions Editor

The 2010 Winter Olympic medals have set many milestones. They are among the heaviest medals in Olympic history, their unique design insures that no two medals are alike and their way form is a first. The Royal Canadian Mint produced the Olympic medals. According to Ian E. Bennett, president and CEO of the Royal Canadian Mint, "The Mint assembled a tremendous pool of talented engineers, engravers, die technicians, and press operators to channel decades of experience into bringing the Vancouver 2010 medals to life." The expertise and years of planning that have gone into the medals has resulted in a truly breathtaking finished product.

These medals are symbols of and synonymous with the environment. Their rolling shape represents the rolling ocean, cascading mountains and drifting snow. The Olympic Medals are the standard gold, silver and bronze. They are, however, also green; meaning while the metals are made from materials derived from the earth, they are also made of recycled material.

The recycled metal comes from just outside of Trail, B.C. at Teck Cominco's

e-waste recovery plant and is extruded from electronics that have reached the end of their usable life. The circuit boards contain various precious and rare metals. The plastic, glass and metal are separated and the circuit boards are sent to a separator. The metals derived from the e-waste were melted down and combined with metals from other sources to produce the Olympic medals.

The great thing about the e-waste conversion facility is that it not only keeps electronics out of landfills; thus continuing the cycle, but it also conserves and prolongs natural resources. Teck's president and CEO, Don Lindsay says, "We're also excited that these medals will contain recycled metal recovered from end-of-life electronics, consistent with the sustainability philosophy of the Olympic and Paralympic Games."

The Olympics are an athletic inspiration and the medals represent the reward for years of hard work on the part of the athlete. The Games have the power to inspire and lift spirits. Thanks to ingenuity and environmental sensibility, the medals now also represent sustainability—an ideal we should all be inspired to achieve.

A case of the blues

Could SAD be affecting you this winter?



Trevor Doré
acting opinions editor

Feeling down in the dumps lately? As the cold dark winter slowly greets us, it is normal to feel a little gloomy. This is perhaps because historically, humans have only ever worked outdoors. With the invention of the electric light bulb however, humans have been able to work at all times of the day. Going to work in the dark and coming home in the dark is a common winter ritual for the majority of the population. The result is that we aren't getting enough sunlight that in turn, throws off the body's natural rhythms.

Throwing the body's rhythm out can leave you feeling down or even a little SAD. What is SAD? SAD stands for Seasonal Affective Disorder and according to the Seasonal Affective Disorder Association (SADA), it "affects an estimated half a million people every winter between September and April." It can be particularly strong in the months of December, January and February—you know, the months where you could swear that it never stopped raining. So what is it exactly?

Technically, "it is caused by a biochemical imbalance in the hypothalamus due to the shortening of daylight hours and lack of sunlight." A biochemical imbalance—sounds bad. Well, for some it can be. For some, SAD can be serious, preventing them from functioning normally without continuous medical treatment. For others, the effects can be

mild. The technical term for this milder version is "subsyndromal SAD" more commonly known as the Winter Blues.

So what are the symptoms? Well, they range from depression to sleepiness and lethargy. I am sure everyone has experienced sleepiness and lethargy in some way shape or form and whether or not it was caused by SAD or that late night bender are two different things. Many of the symptoms described by SADA are symptoms that seem to be come along naturally with the winter season. "SAD occurs throughout the northern and southern hemispheres but is extremely rare in those living within 30 degrees of the Equator, where daylight hours are long, constant and extremely bright."

So if you think that you may be suffering from a case of SAD what can you do? Well, although I am not a doctor, it sounds like a move to a tropical destination could be the cure. If, however, you are in no position to pick up your bags and get out of Dodge, another suggestion is light therapy. Light therapy has been shown to be effective in up to 85 per cent of diagnosed cases. That is, exposure, for up to four hours per day (average 1-2 hours) to very bright light, at least 10 times the intensity of ordinary domestic lighting.

So if you think SAD is a big bluff and are not into giving light therapy a shot, wipe those winter blues away knowing that last weekend we got an extra hour of sunlight and in a couple months the days will start getting longer again.

Fuming? Nodding? Tell us your opinions; contact opinions@theotherpress.ca

Students and money

Six things we buy but don't need

By Grace Neptuno

Let's face it. As students there's only so much money to go around each semester and we have to find creative ways of making that money last until help from Mom and Dad arrives. A simple exercise in paying attention to your surroundings for a day might call attention to a number of items in your environment that you pay for but most likely could do without. As a start, below are some items you can choose to limit or remove completely from your student budget.

- 1. Paper towels:** this item is literally like throwing your money in the garbage. Buying paper towels regularly not only wastes your money, it also contributes to more garbage. Yes, some are recycled, but it becomes part of the waste disposal process first. Invest in a good set of kitchen towels, two per day and a set of small ones for wipeable spills saving both your wallet and the environment in the long run.
- 2. Phone apps:** this includes text, charges, video and pics

charges, games, etc. We used to use phones to make *phone calls*. Whatever happened to waiting until 6 p.m. to call your best friend to chat about your day? These days you spend your precious monthly minutes texting under your desk during geography class thinking the instructor doesn't notice. Guess what? He does. And you're also wasting your money for a phone feature that can't beat a good ol' conversation any day.

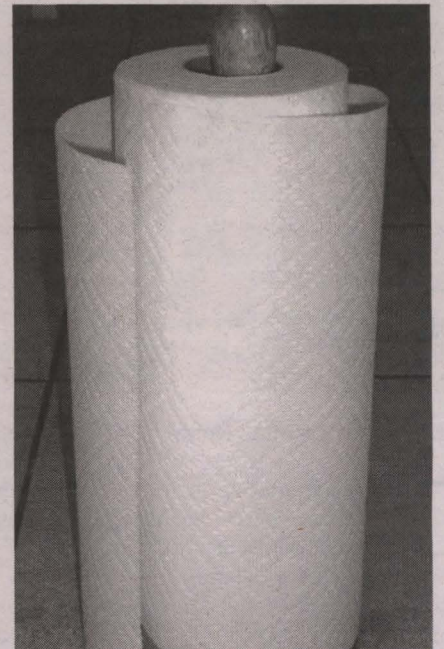
- 3. Bottled water:** did you know that there is a manually operated spigot in your kitchen that provides clear running water for free? Free! Imagine that. In the 21st century, no less. Invest in a BPA-free water bottle and a filter system and you can have all the free water you want.
- 4. Junk food:** there is absolutely nothing beneficial about junk food. It may be the cheapest, tastiest source of MSG and ferrous sulphates out there, but that bag of Cheetos will only carry your heart, liver and intestinal health so far. Stock up on energy rich foods like apples

and almonds to cure your 4 p.m. cravings instead.

- 5. Cigarettes:** sure smoking looks cool. Especially when accompanied by emphysema, gum disease and possibly a cancer or two. Not to mention smelly hair, yellow teeth, yellow fingers, smokers cough, phlegm build-up, smelly clothes, inactive taste buds, loss of sense of smell, nicotine eyes and bad breath. Oooh, baby. Quitting smoking can put hundreds of dollars back in your pocket and add days to your life.
- 6. iAnything:** this writer can make leeway for the mini ones but the chunk of multimedia glory that is the iPhone? No, thanks, don't need it. But how will you know where you're going without the Google Map app? Here's a time saver: look at Google map for free on the Internet, figure out where you're going and then impress your friends with your navigating savvy. Explore where you live.

There are examples all around you. Take

a look at what is cluttering up your life and your finances and ask yourself, "Do I really want this in my life?" "Can I make do with something else?" "What value, if any, does this add to my life?" When you have the answers, you can apply it to any purchasing decision you have to make in the future, which hopefully will lead you to better health and money in your pocket.



Them fighting words

The Internet is the new liquid courage

By Barbara Woolsey, The Carillon
(University of Regina)

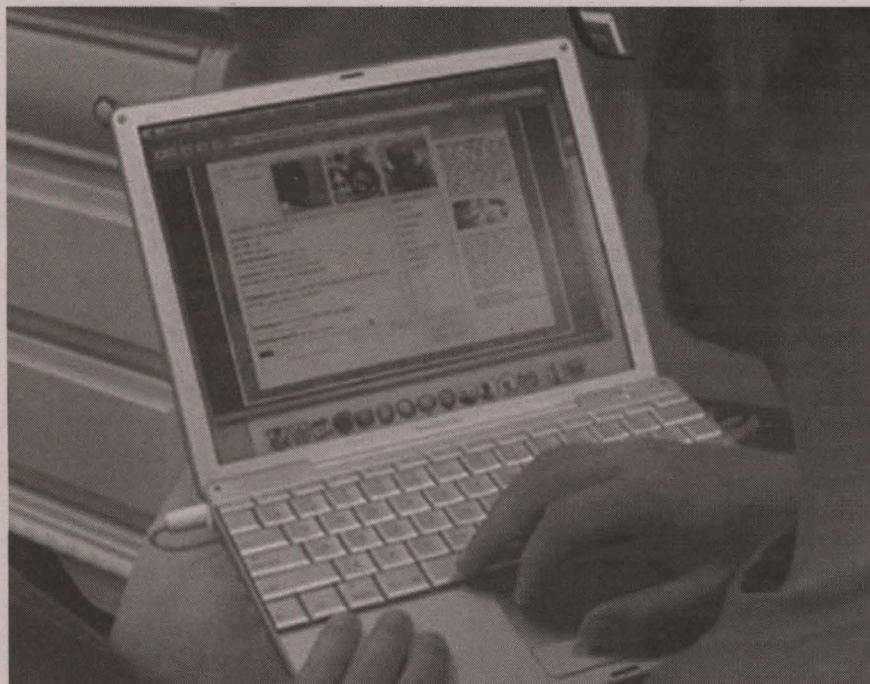
REGINA (CUP)—When you were growing up, your mother always told you, "It takes the bigger person to walk away." Your mother was always right. But back then, the Internet wasn't what it is today.

Take out the World Wide and what you've got is a Web, impossible to untangle to the point of entrapment. The Internet was created as a tool for universal authorship, accessibility and availability of information for everyone. However, as with anything, corruption occurs.

The Internet is the new liquid courage. Forget tequila: through conventions such as social networking, blogs and comment threads, everybody is able to disseminate their opinions, no matter how hateful or dangerous they may be. The rub remains in that people can post relatively anything without a face, under a meaningless alias that conceals their true identity.

This protection has made people braver than ever. They are given the opportunity to say things that they probably would not be so bold to say in real life situations.

There is a convenience to this endless dialogue. Comments can be made comfortably from the living room couch, while you are in class, or even from a mobile phone. In a real life conversation, you only have so many seconds to formulate a response without looking stupid. On the Internet, there is the time to better articulate thoughts and say more without the possibility of



interruption. The medium also allows for an audience of millions. People can judge your

There is nothing wrong with freedom of expression—it is a right democratic society

"The Internet isn't castrating society; it's stopping us before we can even grow a pair."

expressions but they can't judge you, because if you so choose, they haven't a clue who you are.

thrives and depends on. However, how critically should opinions be taken when they are presented without a face? Those who

frequent threads and opinion boards must be constantly taking this into consideration.

Even on a personal level, there seems to be a growing influx of what should be intimate, face-to-face conversations happening over Facebook and MSN.

Instead of making an apology via Facebook chat, call the person. Or better yet, ask to see them. People are too readily taking the easy way out and in doing so, sacrificing sincerity. Email is a quick way to deal with confrontation. As human beings, we inherently fear negative reaction and rejection. But whatever happened to looking someone in the eye instead of his or her profile picture?

The Internet isn't castrating society; it's stopping us before we can even grow a pair. Online, debates are more steadfast, the arguments even better articulated. Maybe that's the way it should be. Maybe that's how intelligent conversation thrives.

Social networking provides a good way for people to keep in touch, as do threads and blogs allowing for the practice of freedom of speech. Technology cannot be escaped; therefore we must be willing to grow as it does. The Internet should be used to develop the strength of humanity as opposed to exacerbate its weaknesses.

Fuming? Nodding? Tell us your opinions; contact opinions@theotherpress.ca

WORD ON THE STREET

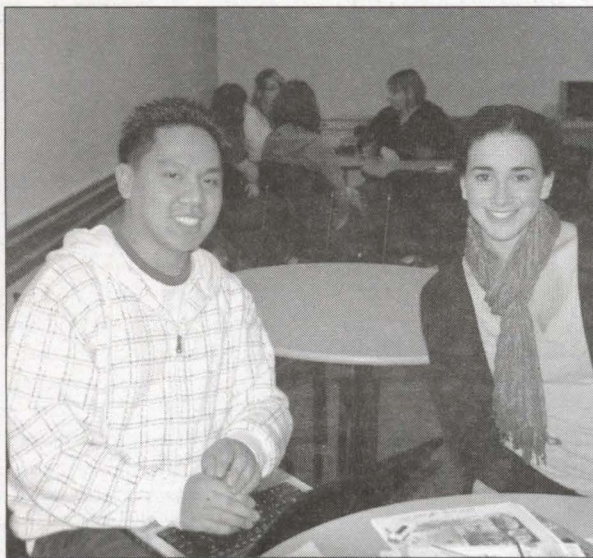
What did you do for the Halloween weekend?

By Rosa Hong, Photographer



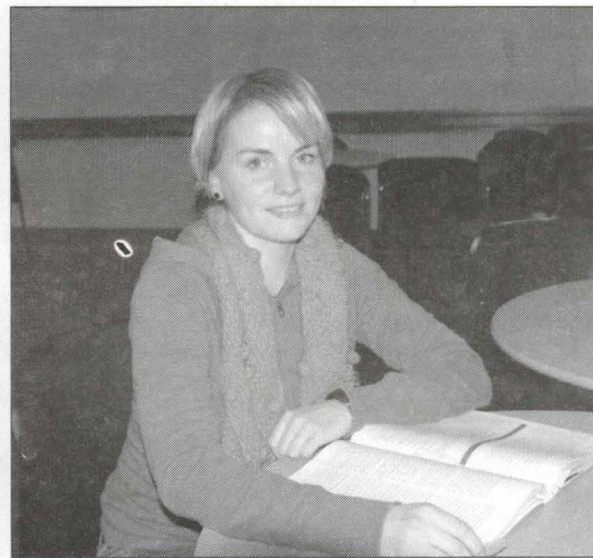
Sandra Fox and Shayleen Rozon
Psychiatric Nursing

"Homework."



Marcia Arruda and Ryan Mariano
BSN Nursing

"Party! Take my brother to trick or treat."



Bonny Stasuk
Education

"Carving pumpkins with my nephews."

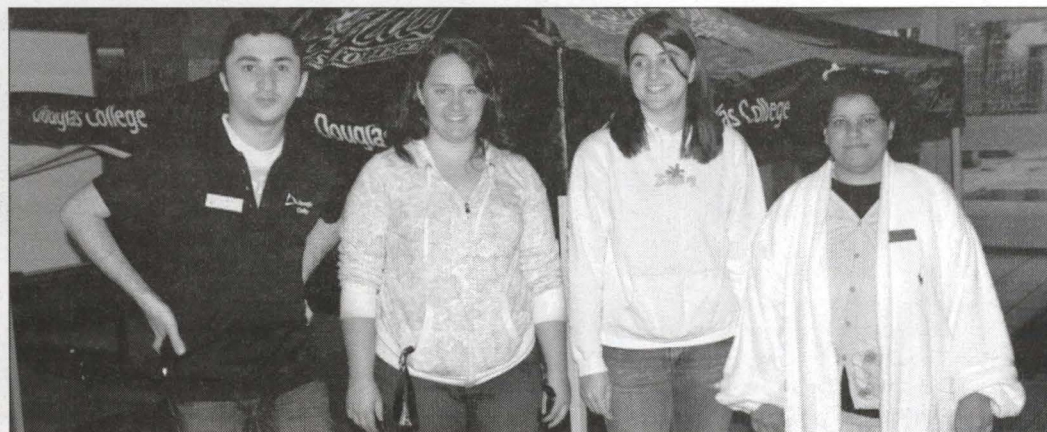
Campus Happenings



Nursing students Shadan Dabbagh and Roseanna Nguyen dressed up for Halloween.



Congratulations to these general nursing graduates of December 2009!



Douglas College student ambassadors at a Halloween event at David Lam

Reducing our environmental impact at the Douglas College cafeteria

If we want recycling to succeed at Douglas, it must be made simpler for students on the go



For an eye-opening look at waste, check out these websites:

- http://www.rdpd.ab.ca/~Kim_burley/Slideshow%20For%20Enviro%20Friendly%20Utensils.pdf
- <http://www.storyofstuff.com>



By Ashley-Anne Churchill

At Douglas College, we never stop to consider all of the needless waste we create because of being preoccupied with juggling busy class schedules, work schedules and our personal lives and we don't even consider stopping to ask if there is a better, more sustainable option. It's not that we don't care—most of us are aware and do realize that we have a waste problem—but we just don't have time to figure out all the complications of trying to be green; it takes less effort to be wasteful than to be environmentally responsible.

My first semester here I spent an hour a day in the cafeteria and concourse, asking strangers finishing off their coffee and getting ready to toss their refuse into the trash if I could have their sleeves. After frowning of eyebrows, confused looks and vague tugging at shirtsleeves, I explained I want the recyclable coffee cup sleeve they were about to toss in the trash. I made it a personal research project of mine to see how many sleeves I could save from being tossed in the garbage by the end of the semester. I ended up with thousands of sleeves and a new nickname.

Happy that I made a small impact by making a few people aware of their needless waste, I came back the next semester to continue ploughing through my courses for my environmental sciences degree. I'm greeted by a sign advertising the new Tim Horton's in our cafeteria. At first I was thrilled to have the coffee shop in our cafeteria, until I saw an overflowing garbage

can full of Tim Horton's "to go" bags, boxes, cups and containers. Even more discouraging was seeing some of the same people I begged for sleeves from, tossing more in after eating their delicious baked goods in the cafeteria. Everything bought from the new White Spot or Tim Horton's is only available in disposable containers and if you ask for "no bag" or your order "for here" you are rarely listened to and you get all of the needless packaging anyways.

“Everything bought from the new White Spot or Tim Horton's is only available in disposable containers and if you ask for “no bag” or your order “for here” you are rarely listened to and you get all of the needless packaging anyways.”

It's great that the cafeteria has switched away from the Styrofoam containers they once used for everything take-out and moved to the recyclable plastic containers but there is a hitch: there is no way to recycle those containers at the College. So even though Styrofoam is nearly impossible to recycle, our recyclable plastic "to go" containers will be transported over 200 kilometres and end up sitting in the overflowing Cache Creek landfill where they may never decompose; as landfills are designed to slow down, and ideally, stop decomposition. On that note, if we throw the new biodegradable coffee cups in the garbage, they will not biodegrade either. Is this reasonable for one cup of coffee that we down in five minutes during our mad rush to get to our next class? How about for the 30 seconds our doughnut or muffin sits in the wax-coated bag before we toss it in

the garbage and chow down? I understand not everyone would be willing to go to the extreme of taking their empty plastic containers, coffee cup lids and sleeves home with them to put into their blue boxes. The whole point of having it "to go" is for people who are too busy or just don't have enough time to sit down in the cafeteria and have a casual meal. If people are so busy that they don't even have enough time to sit down and eat, they most likely won't have

enough time to even consider taking home their recyclables, let alone separating their wastes into non-recyclables and recyclables and trying to solve the puzzle of which recyclables actually can go into the recycle bins and which ones can't.

If we want to successfully reduce our impact on the environment, we need to make recycling as simple as tossing waste in the trash. We need at least one recycle bin for each type of recyclable and for each garbage can in the college, especially in the cafeteria, and have it so all recyclables can go into those bins. Even better, make them all-in-one "green" recycle bins where everything recyclable can go into one bin, just like the waste bins. It should be the responsibility of the College to provide a sustainable way of disposing of the packaging that they sell their food in or demand that the merchants that sell the

food on the campus provide sustainable options for packaging and for disposing of the packaging as well as offering non-disposable options for those eating in. It is then our responsibility as consumers to notice the bright blue bins beside the garbage cans and put recyclables where they belong: in recycle bins.

What else can you do with very little effort on your part?

The coffee sleeve you slip around your hot coffee cup is not only recyclable, it's reusable, you can slip it into your textbook and use it as a bookmark until you need the next caffeine fix and then just slip it on your new coffee cup before running off to class. Even better, bring your own travel mug, which will also save you a little bit of cash on your next java run.

One of the simplest options is to bring your own lunch with you from home. Also, if you do eat in the cafeteria, insist on as little packaging as possible if you're only going to use it for 30 seconds or so before tossing it in the garbage. If you're keen to be green, but with your hectic schedule, you find it nearly impossible to avoid disposable containers, take your plastic coffee cup lid and "to go" containers home with you and slip them in your blue box until Douglas College gets green bins for all of your recyclables.

One of the best things you can do is open your eyes and be aware of the amount of needless waste you create and then spread the word!

Maple leaves and music sheets

Great Canadian Song Quest celebrates unique Canadian artists and landmarks

By Angela Espinoza

Have you ever found yourself questioning whether or not you show support for your Canadian roots? I'm not talking about singing "O Canada" *en Français* or holding religious ceremonies in honour of hockey night. I'm talking about good old-fashioned patriotism. Thanks to the Internet, Canada has found a new way to support their country, and all it took was the click of a button.

For the past few weeks, CBC Radio 2 has been hosting a contest called The Great Canadian Song Quest. Its mission was to find one local band from each province and territory to represent a specific location or landmark within that province or territory with a song. Voting took place online for a two-week period, with Canadians from all around hovering their mouses over their favourite spots and local musicians.

On October 26, the winning places and artists were revealed by CBC Radio 2. They are as follows:

- Tofino, B.C. will be represented by Oh Susanna
- The hoodoos and badlands of Alberta will be represented by the not-so blue Jay Sparrow
- Good Time Charlie's Pub and The

Plains Hotel in Saskatchewan by the Deep Dark Woods

- Waskada, Manitoba by Chantal Kreviazuk
- Algonquin Park, Ontario by Hawksley Workman
- The Black Sheep Inn, Quebec by Martha Wainwright, sister of Rufus Wainwright
- Hopewell Rocks, N.B. by David Myles
- Singing Sand Beach, P.E.I. by Catherine MacLellan
- The Cabot Trail, Nova Scotia by Joel Plaskett
- Gros Morne National Park, N.L. by Hey Rosetta!
- Tuktoyaktuk Pingos, N.W.T. by Dana Sipos
- Dawson City, Yukon. by Kim Barlow
- The Road to Nowhere, Nunavut by Lucie Idlout

The next step for each of these performers is to create a brand new piece in honour of their assigned places. Almost every one of these artists falls under a different genre, from bluegrass to jazz to hip hop. Each area has spoken out about its preferred taste in music, which will make the final products more interesting.

Big Consumer is watching you

Is another tax really necessary in order to fund Canadian television?

By Angela Espinoza

By now, those who still watch television have probably noticed ads produced by Shaw Cable rallying against the CRTC's proposed TV tax. There's also been the occasional ad in favour of this tax. So, aside from the commercial wars, where is all the taxpayers' money going when it comes to Canadian content?

In these ads, Shaw's argument is that our money should be going towards making home-grown television programs, but instead is being used to purchase American shows. But we all know that no big business really gives two bits about the little guy, so what is Shaw really afraid of? Well, if taxes are raised in the name of television, then who's going to want to pay double the money for cable when satellite costs half as much? Probably not enough to meet Shaw's bottom line. Although, Shaw's ads do raise a very important question: Is our money really being spent on Canadian television shows, or are we just guinea pigs for American programming?

In researching this year's Canadian Comedy Awards (CCA) and Primetime Emmys, I noticed that only 17 different programs were nominated for the CCA's television awards. Compared to America's recent Primetime Emmys... that's pretty bad. I thought to myself, "Maybe it was just the categories," and I found that the categories in terms of comedy programming were very similar. Any comedy categories the Primetime Emmys had that we didn't were because we failed to produce enough, if any,

programs to meet standards. On the same note, Canadian channels such as Showcase and Global often feature ads promoting American television shows they happen to host. This begs the question: do we have enough Canadian programming?

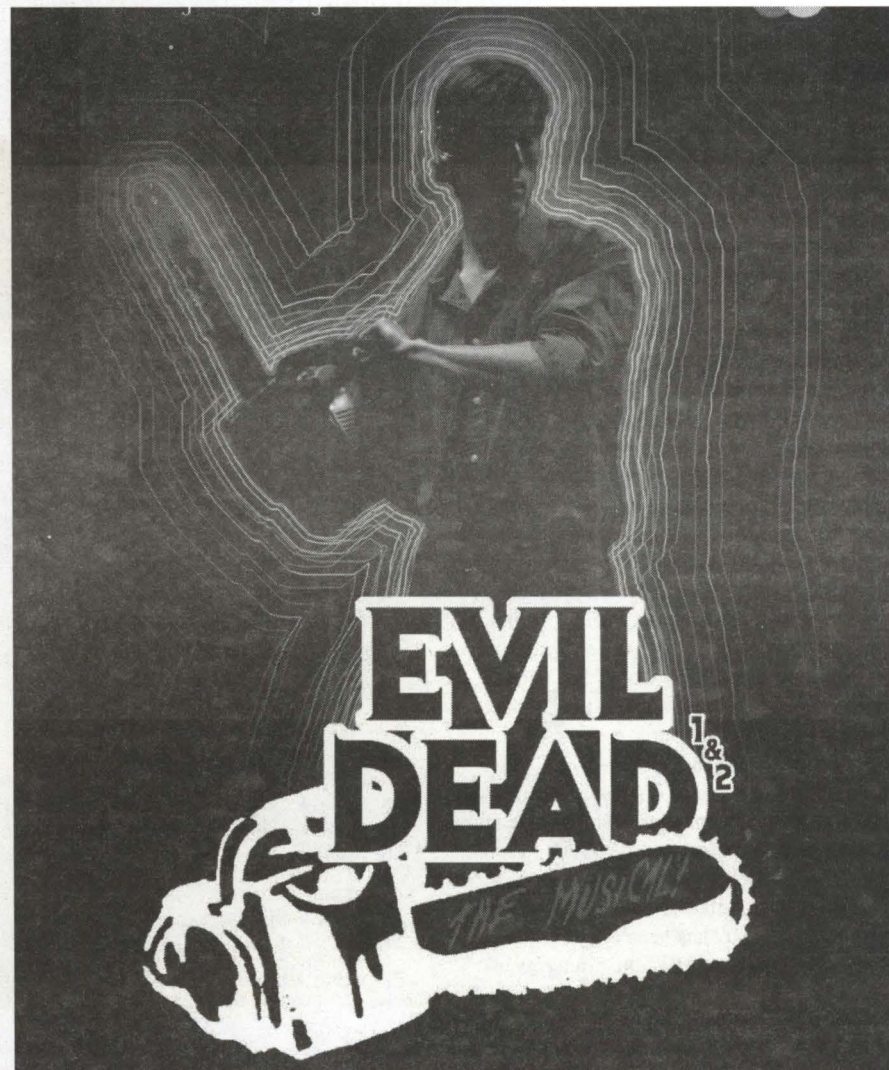
Although it may feel like we could count the number of Canadian shows on the air with no more than our fingers and toes, I'm happy to say this is not the case. We host a large number of television shows; and we must keep in mind that many American shows are also filmed in Canada—which would jointly make those programs Canadian as well.

Alright, so if we have plenty of Canadian programs, then what's the problem? Well, apparently funding for Canadian programming has become increasingly difficult in recent years. This may explain a slight decrease in programming from, say, 20 years earlier. Under federal law, a Canadian channel must have Canadian shows, when available, taking up 60 per cent of television programming. Given that the cost of production is highly restrictive, producing Canadian shows hits hard at the bottom line of television networks.

While the last thing we need is more taxes in the form of cable fees, Canadian content is important to our culture and to future generations. Given that a portion of our cable fees and taxes are supposed to go to develop Canadian shows, the government needs to keep a closer eye on how television networks are really spending this money. Hopefully, this will put a stop to what I believe to be an unnecessary tax hike.

Evil Dead: The Musical delivers the goods!

A groovy performance by some extremely talented heroes and zombies



By Angela Espinoza

I've written about *Evil Dead: The Musical* once before strictly as an *Evil Dead* fan who had yet to actually see the show in person. Now that I have seen it... functioning normally has become a slight dilemma.

I had heard the entire soundtrack long before I had any idea the show was coming to Vancouver, so I figured I knew what to expect from the campy music and cheesy lyrics. Since then, I no longer trust my own opinion.

I saw the show Friday, October 23, figuring this would be the perfect way to end yet another gruelling week of assignments and obstructed sleeping patterns. I made sure to purchase "splatter zone" seats—that's the orchestra row for you theatre folk. FYI, the "splatter zone" is exactly how it sounds; drenching those within the first five rows in fake blood. I was one of the lucky few in second row, as was the friend who kindly chose to come along with me.

I arrived several hours early, dressed in the classic Ash Williams attire. Since I had my heart set on being Ash for Halloween, I decided this was the best way to get my costume blood soaked. As for my friend, he boldly chose to destroy not only his work clothes, but his least favourite band shirt (the pitiful Avenged Sevenfold).

After blowing all my cash at the merch table on the best t-shirt I've come to own, we took our seats, not entirely sure what to expect after seeing the giant Necronomicon on stage. Eventually, the room turned black, contrasting with the front row patrons dressed in white. After

a brief introduction, we were greeted with "five college students on their way to an old abandoned cabin in the woods." From there on, my mind was officially blown.

The first half was set up in a way that featured the plot of the first film, with a few updated changes from its 1980s counterpart, and the second half was made up of the second film's story. It was also the second half that featured a deadite orgy and the best blood soaking of my life.

The best thing about the show is that the audience gets involved with the production as it plays out. Be warned though: as fantastic as the show is, it's just not the same if you're not a fan of the *Evil Dead* franchise and it's leading man, Bruce Campbell.

After the show ended, many of us in the splatter zone stayed behind. Several of us even got into a "blood fight." It's like tackle football, but with fake blood and a lot of guys in blue-collar dress shirts and brown slacks. Another fun activity was when my friend and I had to come up with fake excuses on our way home for why we were covered in blood. My friend's most common response was, "You know that orphanage down the street? Well, one thing lead to another and... yeah."

The show is jam-packed with the most over-the-top hilarious puns and stereotypes you could ever imagine fitting into two hours. I have to say, I'm glad I saw Broadway and some Vancouver productions when I did, because now that I've seen *Evil Dead: The Musical*, my expectations are just too high for any piece of musical theatre to ever reach. *Evil Dead: The Musical* is quite literally the best thing I've ever seen.

Little films with big hearts cash in



Angela Espinoza

Film is a fragile medium, meant to be approached cautiously and treated delicately. The art has come a long way from its silent, black and white days to the technological marvels we call modern movies.

Unfortunately, historically speaking, we have proven to be great at destroying the very things we set out to create, and Hollywood is no exception.

Back in its heyday, Hollywood was the land of glitz and glam. It was where the stars came to shine and where magic was made. But as we all know, Hollywood's lost its lustre in every possible way. No longer is it beautiful, no longer is it where great new talent goes to gain recognition, and no longer is it really associated with film. Think about it: "Hollywood" has become more of an idea or fad, at best, a "collector's item," at worst—a tourist trap.

Hollywood movies have time and again proven a major disappointment: especially in recent years, where a big name (i.e., actor, director or writer) fails to sell tickets or receive good reviews. However, despite these setbacks, the art of film is far from dead. 2009 has been one of those years where relatively small films, in terms of actors and/or budgets, have made a bigger impact.

In terms of lesser-known actors, *Star Trek* did exceedingly well, with sales roughly double that of its \$150 million budget. Director J. J. Abrams, along with stars Zachary Quinto, John Cho and (my personal favourite) Simon Pegg each have respectable cult followings in separate film and television realms.

However, fandom doesn't always rake-in \$300 million in sales—that comes

from positive reactions and a job well done. Another sci-fi success was *District 9*, a film which had virtually no well-known actors or director. While producer Peter Jackson is certainly well known, it's not the name that sold the movie, it was the positive feedback. *The Hangover* was also one of the surprise blockbusters of the year. Not that each of the four main actors don't have their own level of recognition, but, before this film, they were all relatively unknown; and even the critical praise the film received stunned its creators.

Then, there's *Watchmen*, with few known actors it did well at the box office and feathered well from the critics. Personally, I'm glad the film did well and got a brand new generation into one of the greatest graphic novels of all time... however, I still want my damned squid and I will continue to hate Zack Snyder as a film maker.

In terms of small budget films, Blaxploitation homage *Black Dynamite* was made with a string budget of \$2.9 million, and yet has received seemingly endless critical praise, and what I hope to be a decent size cash-in. *Paranormal Activity* was another film with essentially no budget (\$15,000), but managed to rake-in not only \$65 million and received extremely high critical praise—a feat not even joked about in the horror film industry.

Big-budgeted, star-studded movies do continue to draw audiences, like one of my least favourite productions, *Transformers: Revenge of the Fallen*. Occasionally, such movies bring critical praise, such as *Inglourious Basterds*—a cinematic Nazi-killing masterpiece. In all seriousness though, this year has had far more financial failures than blockbusters, and most of those failures came from movies that depended more on the "star factor" rather than, let's face it, effort. Hollywood may be dead, but film still lives and will hopefully see a better year in 2010.



Douglas Poets Society



Eavesdropping on transit

By Susan Truman

Part III

A woman about 70. A little plump. A little bent. Dressed in a Navy raincoat, red scarf and gloves. She sits down beside a young man Looking out the bus window. Well, here I am at last, she says. I thought I'd never get away. A sideways glance at her neighbour. He looks at her, nods slightly. It's been so long since I've been Out, she says. Well, years, actually. Oh, says her seatmate. My husband won't let me out of the house, she says. Oh, he says. But now I'm here, aren't I? Another nod. He died, she says.

Isn't that wonderful?

Are you a budding poet? Submit your work to arts@theotherpress.ca to see your work in print!

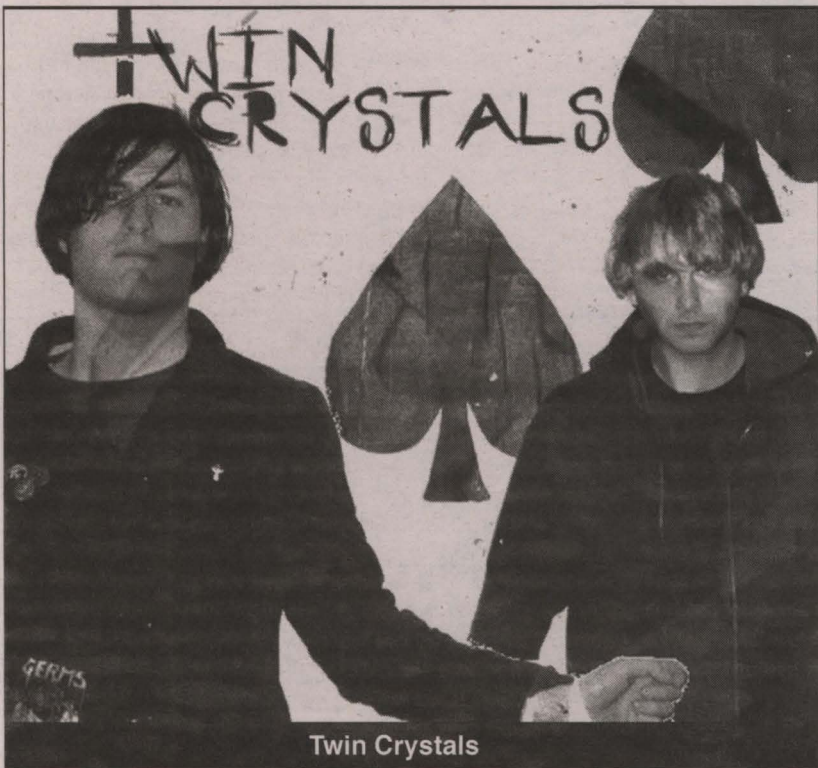


Halloween Weekend Edition



Jay Schreiber
arts editor

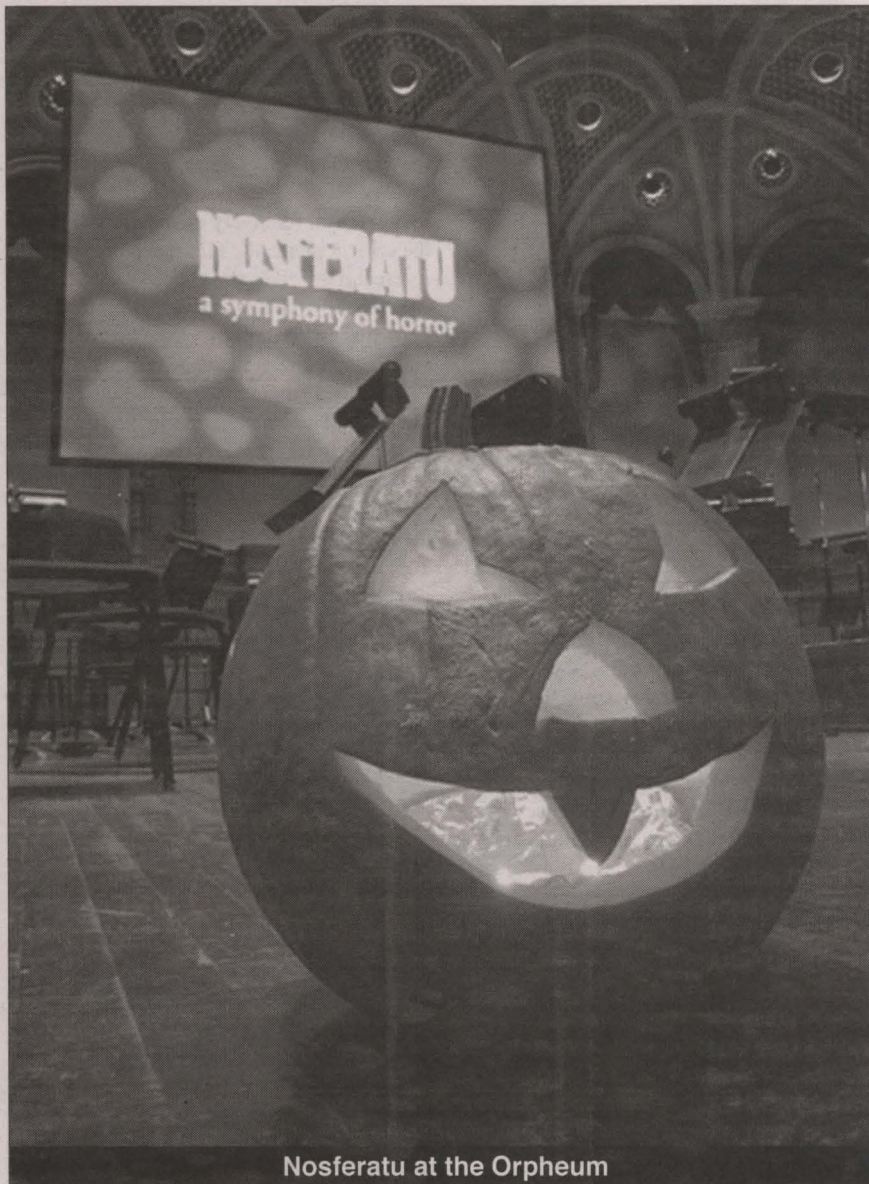
- Wednesday November 4**
It's Romantics appreciation night at the VSO with feature Pianist **Lang Lang** performing selections from Mendelssohn and Schumann. If classical sauce ain't what you're givin' then get over to the Venue for the **Mad Caddies** featuring the **Johnstones**.
My Pick: Skankin' it up with Mad Caddies is always fun, but I'll be at the symphony.
- Thursday November 5**
Twin Crystals and the **B-Lines** are hanging out at the Biltmore Cabaret, and that promises to be a good double bill. Check out Honey Lounge where **99 Problems** is spinning for five bucks if you feel like a more electro scene.
My Pick: Biltmore for the show, Honey for the scene.
- Friday November 6**
If you missed the VSO earlier because it wasn't pompous enough, then the 50 year gala celebration is where you can hang your nose higher than ever before. Still want a gala but want to stay local? Douglas College presents the opening night of theatrical production **Blood Relations**, which plays in the studio theatre on the fourth floor of the New West campus. Feeling grungy? Head to Pat's Pub, for indie/alternative night and all the pats lager you can guzzle.
My Pick: I'd be at Pat's Pub if it wasn't for my fear of theatre coordinator Allan Lysell.
- Saturday November 7**
New act **Lights** plays the Commodore Ballroom if you dig attractive girls from Toronto who play electro music. **The Jolts** play Fairview Pub sharing a bill with the **James T. Kirks** and the **Vicious Cycle**.
My Pick: Why not hit up both shows? Lights are out by 9:30 p.m.
- Sunday November 8**
If you're on Granville, check out the Vogue Theatre for **Marianas Trench** if that's your scene, or march down to GM Place for **David Foster** and friends. The Railway Pub hosts a benefit for Cam Wagner featuring **Still Creek Bros** and **Bug House Five**.
My Pick: Stay at home tonight, don't getting stuck in a trench.



Twin Crystals

Halloween party, Vancouver style!

Downtown was the place to be for All Hallows' Eve antics



Nosferatu at the Orpheum

By Jay Schreiber, Arts Editor

The sun had set, and the night of altered identity had begun. Swarms of people took over the downtown core, and party goers celebrated with alcohol and packaged sugar. Police blockades made Granville a pedestrian only zone, which had all the local bars and pubs going wild with entertainment.

The Commodore Ballroom was sold out for Five Alarm Funk's special show. The group took to the stage early so that the boils and ghouls could get to bed and the party-goers could continue parting somewhere else later. This seemed to be the theme of the evening—party somewhere for a while till another spot comes up.

Around the corner, the Orpheum Theatre projected *Nosferatu*, the famous silent film of 1922 accompanied musically by the VSO. This was definitely an event for the Halloween connoisseur, much like an annual showing of the *Rocky Horror Picture Show*.

Jagermeister-swilling Big John Bates gave the crowd its medicine with the Voodoo Dolls at the Penthouse Suite. This was a horrorbilly show that you would not have wanted to miss, what with all the burlesque dancing and flaming nipple tassels.

If you're not that interested in

horrorbilly, and would rather rock out with psychobilly, then you would have been at the Railway Club. The Deadcats featuring The Horrors had their own little jive in Vancouver's oldest night club.

Gastown's scene was pretty lively as well, with alt rock trio Scenery in Stereo jamming out at the Princeton Pub and the Cordova Corridor had some interesting things to offer. Most of the police officers were fairly friendly and good natured about the event, yet managed to keep things well under control.

The popular costumes included such favorites as Spongebob Square pants for the dudes, and Lara Croft for the ladies. *Watchmen* characters such as Rorschach or the Silk Spectre made their debut walking down the street and of course, there was the parade of pirates that hasn't died since Johnny Depp ruined it for everyone. Not forgetting the bloody gangster, bloody corpse, bloody French maid, and just about any other profession that can be bloodied.

Luckily, only one or two Michael Jackson costumes were spotted throughout the course of the night. This is a surprisingly low number, considering how worried I was that the VPD would have to be on the look out for a lot of smooth criminals.

All in all, the night was a good time, and shows how Vancouverites know how to party in disguise once a year.

Douglas dominates badminton

Stephanie Ko and Alvin Lau off to impressive starts

By Garth McLennan, Sports Editor

Douglas College has traditionally had a very strong badminton program, and it was showcased once again last weekend by two of the Royals' strongest players, Stephanie Ko and Alvin Lau.

In the first BCCAA badminton tournament of the year, Ko was perfect over the weekend, sweeping all of her games by going a combined 11-0 in both singles and doubles competition. Ko, who is in her third year at Douglas, helped stake the Royals to a first place standing early on in the season with a commanding 88-point lead over Kwantlen University.

Ko picked up right where she left off last season, where she captured the prestigious Premier's Award for outstanding

2008 athlete of the year award, which covers all college sports across the entire country. Over the last two seasons he's been named Douglas College's male athlete of the year, which includes every sport, and has won several Premier's Awards as well. He also represented Team Canada at the bi-annual Thomas Cup last year in Indonesia, which is a highly prominent, internationally contested tournament.

Lau doesn't just destroy the competition. He is also an accomplished coach at Richmond Pro Badminton Centre, which is the largest facility of its kind in all of North America.

Like Ko, Lau was brilliant during tournament play last weekend, where he won both the singles and mixed doubles sides of the events and finished up with an

"The captain of the men's squad, Lau is now a seasoned Royals veteran as he begins his fifth year at the College, and with the credentials he's racked up in that time, he very well may be Douglas' best athlete of all time."

play over the course of the 2008-09 campaign.

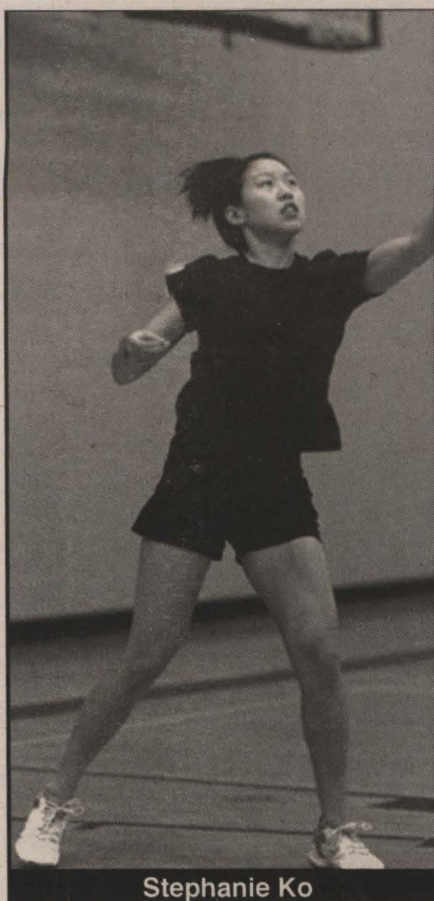
Meanwhile, on the men's side of the event, Lau was equally as dominant. The captain of the men's squad, Lau is now a seasoned Royals veteran as he begins his fifth year at the College, and with the credentials he's racked up in that time, he very well may be Douglas' best athlete of all time. If British Columbia took collegiate sports half as seriously as our neighbours to the south, Lau wouldn't be able to walk down a hallway at Douglas without being noticed.

In his four previous seasons playing badminton for the Royals, Lau has racked up four consecutive provincial championships and last year won the CCAA (Canadian Colleges Athletic Association)

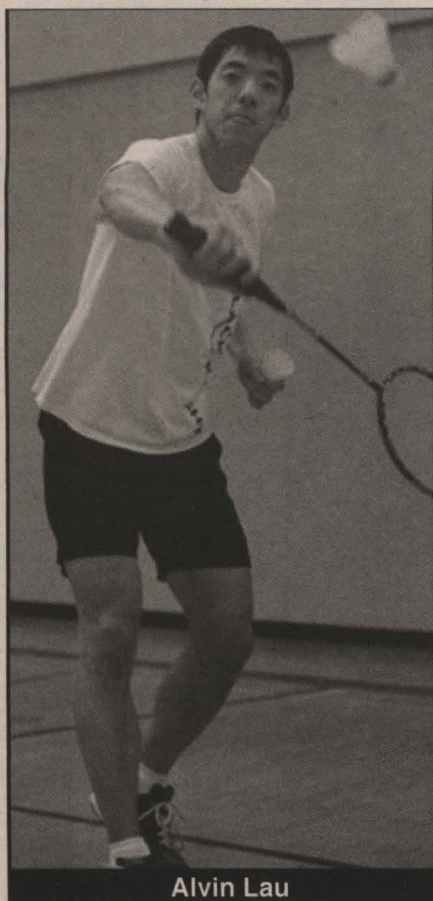
impressive 10-1 total tournament mark.

Just like the women's Royals, the men are once again out in front in the BCCAA provincial badminton standings. If the Royals win this year, which would be their fifth straight provincial championship, Lau would set a new record for most career and successive titles. To begin the year, Lau was named the BCCAA badminton male athlete of the week, while Ko was given the female award.

While badminton doesn't always garner the attention it probably deserves for such a skill game, it can hardly be disputed that Lau is a rare talent. He's on the verge of making history at Douglas as well as building on a phenomenal collegiate career that few anywhere can even compare to.



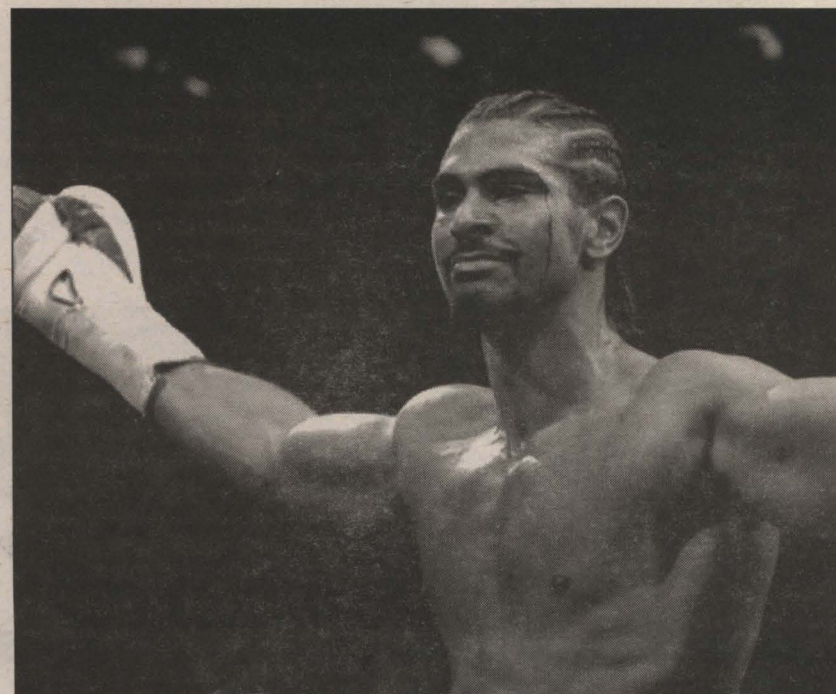
Stephanie Ko



Alvin Lau

Pull for David Haye

British boxer to take on champ Valuev for WBA heavyweight title



By Garth McLennan, Sports Editor

On November 7 there is a very real chance that boxing could go a long way to restoring some pride in their heavyweight division. I'm speaking of course about the WBA title fight taking place in Nuremberg, Germany, between reigning champion Nikolay Valuev (50-1, 34 KOs) and British challenger David Haye (22-1, 21 KOs).

Valuev, the plodding seven footer from Saint Petersburg, Russia, has held the belt since August 2008 when he when

basically stood in the middle of the ring for 12 rounds while Holyfield danced around and peppered him with jabs.

Then there's David Haye, the 29-year-old Brit who was one of the most dominant cruiserweight champions in years before he vacated his many titles in order to step up to the heavyweight division. The Valuev bout will be just his second fight at 200 lbs or more and he'll be at a large weight disadvantage against Valuev, who fought Holyfield at 310 lbs. Also, at 6 foot 3 Haye is no pixie, but he'll be staring at a giant when he steps into the ring with the 7-foot-2 Valuev.

"While Valuev has established himself as one of the blandest and boring champions on the face of the Earth, Haye has played the cocky underdog role to perfection."

he won a split decision over John Ruiz, but has so far only defended the title once, in a farcical bout against a then-46-year-old Evander Holyfield last December, who clearly won the fight but was absolutely robbed by the judges.

Now, I'm not normally overly critical of most boxers, but with Valuev I have to make an exception. It would be best for boxing, a sport whose popularity swings with the quality and competitiveness of its heavyweight division, if Valuev dropped the title.

With the exception of Valuev, the rest of the heavyweight class has been making a comeback. Vitali Klitschko is in the midst of a successful and inspiring return from a four-year retirement, has already captured the WBC Heavyweight crown and is about to fight for the fourth time in little over a year. His brother Wladimir is dominant as well, and the current WBO, IBO, IBF and Ring Magazine world champion. There is a strong cast of challengers out there as well, but Valuev has become a problem.

First off, for a world champion to not defend his title in over ten months is disgraceful, and even more so when you consider the horrible exhibition that was the Holyfield fight, where Valuev

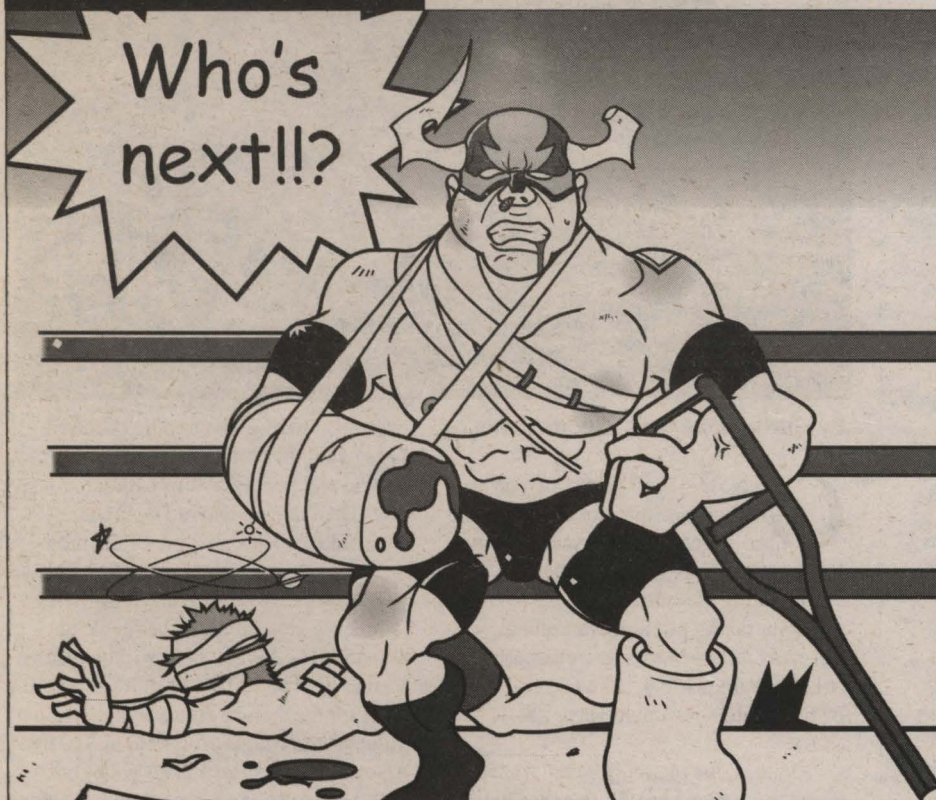
While it's true that Haye hasn't been very active of late, (his last bout was a fifth-round TKO against Monte Barrett last November) it hasn't been for lack of trying. The highly touted Haye had scheduled fights set with both of the Klitschko brothers for this past summer, but a back injury sidelined those plans and both Klitschkos took other matches.

While Valuev has established himself as one of the blandest and boring champions on the face of the Earth, Haye has played the cocky underdog role to perfection. He's compared Valuev to monsters from *Lord of the Rings* and hasn't seemed afraid of the often sluggish but still much bigger Russian.

Plain and simple, boxing needs a heavyweight champion who is going to face the best on a regular basis and be vocal about it. It needs a top guy who is visible to an American audience that has unfortunately relegated boxing to a niche sport since Lennox Lewis retired, and one that is not very receptive to fighters with ultra-defensive styles like Valuev has, not someone who hides away in Eastern Europe and has only fought in the United States twice in his 51-fight career, and never in Las Vegas, boxing's holy land. David Haye could be that guy.



Professional wrestling



By Garth McLennan, Sports Editor

There are many aspects working for and against the claim that professional wrestling is a sport. At first glance, it is very easy to say that pro wrestling, meaning promotions like WWE and TNA, is not a sport.

After all, it is scripted entertainment. The winners and losers are pre-determined at all their shows and events and are chosen by a person known as a booker. Right from the get-go, it's easy for most people to make up their minds.

But this discussion warrants more talk than that. Yes, pro wrestling is scripted, but only an ignorant person would call it fake. While wrestlers don't deliberately try and hurt each other, injuries, both minor and serious, are far more prevalent in wrestling than they are in major contact sports like hockey and even football.

Take hockey for example, where the average injury length is one or two games. Daniel Sedin being shelved for a month is considered to be a major, long-term injury. In wrestling, being out for a month really isn't that long. Just look at Adam Copeland, a.k.a. Edge, who ruptured his Achilles tendon and has been forced to miss nine months of action. Or what about Rey Mysterio, who has had five major knee surgeries over the course of his career? Gregory Helms missed 14 months with a broken neck.

The physical toll that wrestling takes on the bodies of its performers is immense to say the least. Yes, it's planned out, but landing straight on your back 250-300 times per year, which is an average schedule for most WWE wrestlers, from six to eight feet in the air is

going to hurt after a while. Say what you will about wrestling, but no one can question the overall toughness of those athletes.

It is also important to consider that while the finishes are pre-determined, most aren't planned out all the way through. WWE wrestlers are responsible for coming up with what will happen throughout a match and making it fun and visually appealing enough that the crowd will stay interested for the whole thing. Plus, performing the moves that they do takes copious amounts of skill to do cleanly and more importantly, to do safely.

And no one can say that professional wrestling isn't competitive. Like numerous sports, it is highly politicized, and it takes a lot more than pure in-ring ability to reach the top.

Despite all of that, and while there is little doubt that pro wrestlers are indeed athletes, it is still hard to call it a sport. The scripted thing holds it back from that.

THE VERDICT:

So while wrestling may not be a sport, it is probably closer to something like a live action movie, only it's run 300 times per year all over the world. Wrestlers are both athletes and actors. They are involved in an incredibly physical business, are hounded for autographs and travel across the globe to perform at significant risk of injury. There are few guaranteed contracts or sure things in wrestling. Without a doubt, it's a profession that deserved much more than it gets.

Are wrestlers highly talented? Yes. Are they athletes in almost every sense of the word? Yes, but professional wrestling is not a sport.

Rick Rypien not such an underdog anymore



By Garth McLennan, Sports Editor

In bits of five seasons with the Vancouver Canucks, sparkplug center Rick Rypien has only just found a true place on the Canucks roster, and he's going a long way to shedding the underdog label that has been stuck to him for his entire career.

Rypien, 25, has had to fight for everything he has in the NHL, and at long last it all seems to be paying off. For years now, Rypien has earned himself a place in the hearts of Vancouver's fans with his intense, hard-nosed play and his never say die

hesitation or unwillingness to stand up for his teammates and fight, no matter who the other guy may be. He plays the game with about as much crash-and-bang as possible and he has a penchant for throwing huge hits. Plain and simple, he's a strong character guy.

However, the way that Rypien plays often has an unfavourable impact on his health. Since he turned pro, and especially since he starting playing in the NHL, Rypien has had to battle a seemingly endless string of injury issues. But unlike other guys who are regularly in the sick bay such as Sami Salo, Rypien has point blank refused to alter

"Plain and simple, he's a strong character guy."

attitude. Despite standing just 5 foot 11 and weighing around 185 lbs, Rypien has regularly and enthusiastically taken on guys all around the NHL that are up to six inches taller and 50 pounds heavier than him.

Take a recent Canucks-Oilers game for example. On October 19, Rypien dropped the gloves with Edmonton's 6-foot-4 behemoth Zack Stortini, who is widely regarded as one of the league's toughest customers; he racked up 25 fights and 181 penalty minutes last year, and outweighs Rypien by almost 40 pounds. In a thrilling bout, Rypien showed absolutely no fear and dominated the much bigger Stortini.

That's just the way Rypien is: full throttle with no backwards gear. Over the course of his career, whether it was back in junior, in the minors or in the NHL, Rypien has never displayed any

the way he plays even a little bit, and you have to admire him for that.

He's never played more than 34 games in an NHL season and last year suited up just 12 times with a combination of problems but this year things are looking up for Rypien. He had a strong postseason with the Canucks last year and played every game and he's managed to stay healthy so far this season, having only missed one game.

With his style of play, it's almost outlandish to expect Rypien to play a full campaign. Injuries will come in his line of work. However, what he brings to the table, and for just a \$550,000 cap hit this year and next, he's a bargain. Is he going to suddenly morph into a 30-goal scorer? Probably not, but his incredible record in fights and the way he fights (he boxes more than brawls) makes him a valuable part of this hockey team.

The ability to draw

What makes some athletes able to single-handedly change a franchise's fortunes?

By **Garth McLennan**, Sports Editor

In all sports, there are certain players out there with what most love to call the "it" factor. Alex Ovechkin has "it." Alex Rodriguez has "it." Ben Roethlisberger has "it." Often these players are among the best in their sport, but there are many cases where they aren't.

So what is "it?" When you come down to it, the "it" factor is the basic ability that some players have to sell tickets, to make people sit down and watch the game and in some situations to build stadiums and save franchises. Basically, "it" is the power to draw money.

Alex Ovechkin and Sidney Crosby are two perfect examples. Both guys completely transformed their respective teams and led them from cellar dwellers to Stanley Cup contenders. Just as importantly, both have made their clubs profitable and a hot ticket.

The year before Crosby was drafted by the Penguins, Pittsburgh finished dead last in the NHL in attendance with a pitiful 11,877 fan average. The Pens were bleeding money and they came as close as you can to moving out of Pennsylvania. Once Crosby arrived though, the building filled up to around 100 per cent capacity, the team

stayed in the Steel City and a new stadium is in the works to replace the ancient and crumbling Mellon Arena.

In Washington, they couldn't draw flies before Ovechkin started taking the league by storm and making classic YouTube moments. Last season, the Capitals drew to 96.9 per cent of building capacity in a city that has never won a Cup. You put Ovechkin anywhere in the NHL and that team's attendance figures are going to rise dramatically.

Now, there are certain markets where no matter how poorly the team performs, the fans will still come in droves. The Toronto Maple Leafs haven't been to the Stanley Cup finals since 1967 and haven't had a legitimate, marketable star in years, but fans still will their season tickets through generations. The same holds true for the Cowboys in Dallas, or the Cubs in Chicago. Some teams are just popular and always will be.

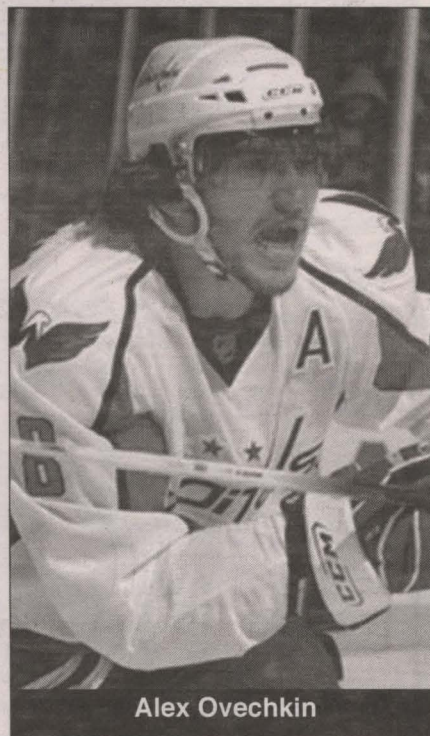
Take Vancouver and the Canucks for instance. As Brian Burke so eloquently pointed out last week, the Canucks don't have any players that can genuinely sell tickets. Yes, Roberto Luongo and the Sedin twins are fantastic players, but they aren't the type of stars that will make the average

fan come out and watch. Henrik Sedin is a better overall player than Pavel Bure was or Patrick Kane is, but those guys were elite players that drove ticket sales, sold jerseys and landed television contracts.

The ability to draw money in professional sports is just as vital as how well the team plays on the ice, court or field. The Thrashers and the Lightning both play out of non-traditional, American Sunbelt locations and both are bordering on the brink of collapse. The only thing that is keeping them alive, and in the case of Atlanta has kept them going, is Ilya Kovalchuk and Vincent Lecavalier, respectively. Both are dynamic, exciting talents that get the people to jump out of their seats. The same goes for LeBron James in Cleveland, or Dwayne Wade in Miami.

Across the board, sports are more fun and do better when they're exciting. The Minnesota Wild have been terrible for years, but they sure packed 'em in to see Marian Gaborik play. Regardless of what sport or what city you're in, before long you need to have players that can make the fans go "wow." While they're great this year, the New York Yankees aren't in the World Series every season, but even the most

casual baseball fan knows that there's an exciting player coming up to the plate every time that can get you to jump out of your seat. That's what sports need.



Alex Ovechkin

This contest is open to all readers of The Other Press.

Win A Pair of Tickets to A Midsummer Night's Dream or Blood Relations at Douglas College!

We've got a pair of tickets to give away for each show. To enter, send an e-mail to web@theotherpress.ca with the Subject "Contest", and let us know which play you'd like to see. Winners will be randomly drawn this **Saturday (Nov. 7th) at 12pm.**

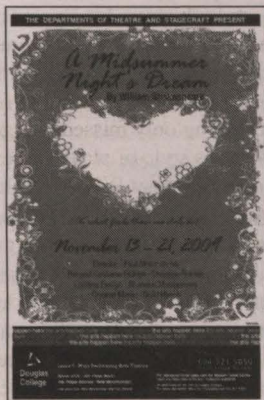
The tickets will be good for any show.

A Midsummer's Night Dream

Shows:
November 13, 14, 17, 18, 19, 20, 21 @ 7:30pm,
November 16 @ 12pm, November 21 @ 2pm

Synopsis:

A Midsummer Night's Dream is considered the Bard's most magical and romantic comedy. This rhyming romp balances the discontents of civilization with the enlightening and transformative power of imagination where two pair of Athenian lovers cross into the woodland fairy world. It's a delightful fantasy revelling in, and revealing that, "the course of true love never did run smooth."

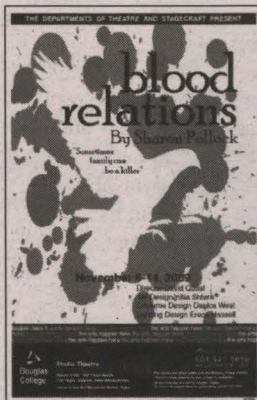


Blood Relations

Shows:
November 6, 7, 10, 12, 13 14 @ 7:30pm, November
9 @ 12pm, November 14 @ 2pm

Synopsis:

The play is based on the trial of the infamous Lizzie Borden, accused of the murder of her father and stepmother in 1892. Her story has become folklore, a skipping song for children (with an exaggerated number of "whacks"). It has been retold and reinterpreted in dozens of versions, including a made for TV movie, an opera, a ballet, an A&E biography, a comic book account, and in a variety of websites embellished with family portraits and floor plans of the Borden house -- now a Bed and Breakfast, with a museum and a gift shop which offers a CD of the trial transcript, long and short-sleeved T-shirts, and axe key chains.



BCCAA		Rank	TEAMS	MP	MW	ML	GW	GL	PTS
2009 - 2010		1	Capilano University <i>Blues</i>	2	2	0	6	0	4
Men's Volleyball		2	Douglas College <i>Royals</i>	2	2	0	6	0	4
		3	UBC Okanagan <i>Heat</i>	2	2	0	6	3	4
		4	Columbia Bible College <i>Bearcats</i>	1	1	0	3	2	2
		5	University of the Fraser Valley <i>Cascades</i>	1	0	1	2	3	0
		6	Camosun College <i>Chargers</i>	2	0	2	3	6	0
			College of the Rockies <i>Avalanche</i>	2	0	2	0	6	0
			Selkirk College <i>Saints</i>	2	0	2	0	6	0
			Vancouver Island University <i>Mariners</i>	-	-	-	-	-	-

BCCAA Week 9 (1 st Week for Men's Volleyball)		BCCAA Week 15 (7 th Week for Men's Volleyball)	
Friday, October 30, 2009		Friday, January 15, 2010	
Victoria	UBCO 3-1 Camosun 25-23, 20-25, 25-23, 26-24	Abbotsford	CBC at UFV
North Van.	Capilano 3-0 COTR 25-17, 25-22, 25-21	Kelowna	at UBCO
New West.	Douglas 3-0 Selkirk 25-14, 25-13, 25-14	Castlegar	at Selkirk
		Capilano	at UBCO
		Douglas	at COTR
			Saturday, January 16, 2010
Abbotsford	CBC 3-2 UFV 22-25, 23-25, 25-21, 25-30, 16-14	Kelowna	VIU at UBCO
Victoria	UBCO 3-2 Camosun 21-25, 25-16, 25-20, 24-26, 15-11	Castlegar	at Selkirk
North Van.	Capilano 3-0 COTR 25-19, 25-8, 28-26	Capilano	at COTR
New West.	Douglas 3-0 Selkirk 25-10, 25-6, 25-14	Cranbrook	at COTR

BCCAA Week 10 (2 nd Week for Men's Volleyball)		BCCAA Week 16 (8 th Week for Men's Volleyball)	
Friday, November 6, 2009		Friday, January 22, 2010	
Nanaimo	UFV at VIU	Abbotsford	VIU at CBC
Kelowna	Selkirk at UBCO	UBCO	at COTR
North Van.	Douglas at Capilano	New West.	Capilano at Douglas
	Saturday, November 7, 2009		Saturday, January 23, 2010
Victoria	CBC at Camosun	Abbotsford	VIU at CBC
Nanaimo	UFV at UBCO	Abbotsford	Camosun at UFV
Kelowna	Selkirk at UBCO	UBCO	at COTR
	Sunday, November 8, 2009		Sunday, January 24, 2010
Victoria	CBC at Camosun	Abbotsford	Camosun at UFV

BCCAA Week 11 (3 rd Week for Men's Volleyball)		BCCAA Week 17 (9 th Week for Men's Volleyball)	
Friday, November 13, 2009		Friday, January 29, 2010	
Abbotsford	Douglas at UFV	North Van.	UFV at Capilano
Abbotsford	Capilano at CBC	New West.	CBC at Douglas
Cranbrook	VIU at COTR	Victoria	COTR at Camosun
Castlegar	Camosun at Selkirk	Nanaimo	Selkirk at VIU
	Saturday, November 14, 2009		Saturday, January 30, 2010
Abbotsford	Douglas at UFV	North Van.	UFV at Capilano
Abbotsford	Capilano at CBC	New West.	CBC at Douglas
Cranbrook	VIU at COTR	Victoria	COTR at Camosun
Castlegar	Camosun at Selkirk	Nanaimo	Selkirk at VIU

BCCAA Week 12 (4 th Week for Men's Volleyball)		BCCAA Week 18 (10 th Week for Men's Volleyball)	
Friday, November 20, 2009		Friday, February 5, 2010	
Cranbrook	UFV at COTR	Abbotsford	COTR at CBC
Castlegar	CBC at Selkirk	Abbotsford	Selkirk at UFV
Nanaimo	Camosun at VIU	Kelowna	Douglas at UBCO
	Saturday, November 21, 2009		Saturday, February 6, 2010
Cranbrook	UFV at COTR	Victoria	VIU at Camosun
Castlegar	CBC at Selkirk	Abbotsford	COTR at CBC
North Van.	UBCO at Capilano	Abbotsford	Selkirk at UFV
North Van.	UBCO at Capilano	Kelowna	Douglas at UBCO

BCCAA Week 13 (5 th Week for Men's Volleyball)		BCCAA Week 19 (11 th Week for Men's Volleyball)	
Friday, November 27, 2009		Friday, February 12, 2010	
Abbotsford	UBCO at CBC	Kelowna	UFV at UBCO
Nanaimo	Douglas at VIU	North Van.	VIU at Capilano
Victoria	Capilano at Camosun		Saturday, February 13, 2010
	Saturday, November 28, 2009	Cranbrook	Selkirk at COTR
Castlegar	COTR at Selkirk	Kelowna	UFV at UBCO
Abbotsford	UBCO at CBC	North Van.	VIU at Capilano
Nanaimo	Douglas at VIU		
Victoria	Capilano at Camosun		

BCCAA Week 14 (6 th Week for Men's Volleyball)		BCCAA Provincial Championships @ Camosun College (Victoria B.C.)	
Friday, January 8, 2010		February 25-27, 2010	
New West.	Camosun at Douglas	Quarter-Final	Seed 6 vs Seed 3 Feb. 25 th
	Saturday, January 9, 2010	Quarter-Final	Seed 5 vs Seed 4 Feb. 25 th
New West.	Camosun at Douglas	Semi-Finals	Winner Q1 vs Seed 2 Feb. 26 th
		Semi-Finals	Winner Q2 vs Seed 1 Feb. 26 th
		Bronze	Loser SF1 vs Loser SF2 Feb. 27 th
		Gold	Winner SF1 vs Winner SF2 Feb. 27 th

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		4	Columbia Bible College <i>Bearcats</i>	1	1	0	3	2	2
		5	University of the Fraser Valley <i>Cascades</i>	1	0	1	2	3	0
		6	Camosun College <i>Chargers</i>	2	0	2	0	6	0
			College of the Rockies <i>Avalanche</i>	2	0	2	0	6	0
			Selkirk College <i>Saints</i>	2	0	2	1	6	0
			Vancouver Island University <i>Mariners</i>	-	-	-	-	-	-

BCCAA Week 9 (1 st Week for Women's Volleyball)		BCCAA Week 15 (7 th Week for Women's Volleyball)	
Friday, October 30, 2009		Friday, January 15, 2010	
Victoria	UBCO 3-0 Camosun 25-10, 25-19, 25-22	Abbotsford	CBC at UFV
North Van.	Capilano 3-0 COTR 25-13, 25-7, 25-16	Kelowna	VIU at UBCO
New West.	Douglas 3-0 Selkirk 25-13, 25-17, 25-22	Castlegar	at Selkirk
		Capilano	at UBCO
		Douglas	at COTR
			Saturday, January 16, 2010
Abbotsford	CBC 3-2 UFV 25-20, 23-25, 20-31, 25-22, 15-12	Kelowna	VIU at UBCO
Victoria	UBCO 3-0 Camosun 25-15, 25-16, 25-30	Castlegar	at Selkirk
North Van.	Capilano 3-0 COTR 25-7, 25-12, 25-10	Capilano	at Selkirk
New West.	Douglas 3-1 Selkirk 25-18, 25-23, 14-25, 25-12	Cranbrook	at COTR

BCCAA Week 10 (2 nd Week for Women's Volleyball)		BCCAA Week 16 (8 th Week for Women's Volleyball)	
Friday, November 6, 2009		Friday, January 22, 2010	
Nanaimo	UFV at VIU	Abbotsford	VIU at CBC
Kelowna	Selkirk at UBCO	UBCO	at COTR
North Van.	Douglas at Capilano	New West.	Capilano at Douglas
	Saturday, November 7, 2009		Saturday, January 23, 2010
Victoria	CBC at Camosun	Abbotsford	VIU at CBC
Nanaimo	UFV at UBCO	Abbotsford	Camosun at UFV
Kelowna	Selkirk at UBCO	UBCO	at COTR
	Sunday, November 8, 2009		Sunday, January 24, 2010
Victoria	CBC at Camosun	Abbotsford	Camosun at UFV

BCCAA Week 11 (3 rd Week for Women's Volleyball)		BCCAA Week 17 (9 th Week for Women's Volleyball)	
Friday, November 13, 2009		Friday, January 29, 2010	
Abbotsford	Douglas at UFV	North Van.	UFV at Capilano
Abbotsford	Capilano at CBC	New West.	CBC at Douglas
Cranbrook	VIU at COTR	Victoria	COTR at Camosun
Castlegar	Camosun at Selkirk	Nanaimo	Selkirk at VIU
	Saturday, November 14, 2009		Saturday, January 30, 2010
Abbotsford	Douglas at UFV	North Van.	UFV at Capilano
Abbotsford	Capilano at CBC	New West.	CBC at Douglas
Cranbrook	VIU at COTR	Victoria	COTR at Camosun
Castlegar	Camosun at Selkirk	Nanaimo	Selkirk at VIU

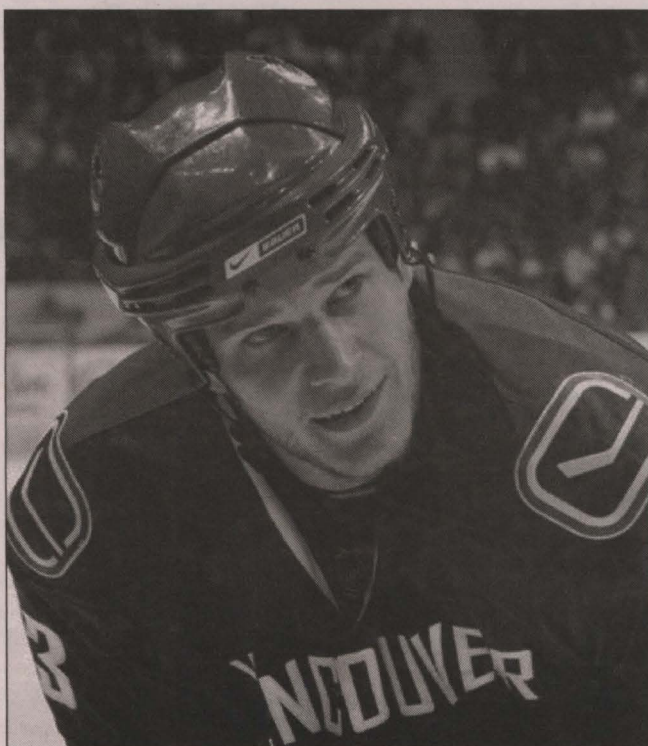
BCCAA Week 12 (4 th Week for Women's Volleyball)		BCCAA Week 18 (10 th Week for Women's Volleyball)	
Friday, November 20, 2009		Friday, February 5, 2010	
Cranbrook	UFV at COTR	Abbotsford	COTR at CBC
Castlegar	CBC at Selkirk	Abbotsford	Selkirk at UFV
Nanaimo	Camosun at VIU	Kelowna	Douglas at UBCO
	Saturday, November 21, 2009		Saturday, February 6, 2010
Cranbrook	UFV at COTR	Victoria	VIU at Camosun
Castlegar	CBC at Selkirk	Abbotsford	COTR at CBC
North Van.	UBCO at Capilano	Abbotsford	Selkirk at UFV
North Van.	UBCO at Capilano	Kelowna	Douglas at UBCO

BCCAA Week 13 (5 th Week for Women's Volleyball)		BCCAA Week 19 (11 th Week for Women's Volleyball)	
Friday, November 27, 2009		Friday, February 12, 2010	
Abbotsford	UBCO at CBC	Kelowna	UFV at UBCO
Nanaimo	Douglas at VIU	North Van.	VIU at Capilano
Victoria	Capilano at Camosun		Saturday, February 13, 2010
	Saturday, November 28, 2009	Cranbrook	Selkirk at COTR
Castlegar	COTR at Selkirk	Kelowna	UFV at UBCO
Abbotsford	UBCO at CBC	North Van.	VIU at Capilano
Nanaimo	Douglas at VIU		
Victoria	Capilano at Camosun		

BCCAA Week 14 (6 th Week for Women's Volleyball)		BCCAA Provincial Championships @ Camosun College (Victoria B.C.)	
Friday, January 8, 2010		February 25-27, 2010	
New West.	Camosun at Douglas	Quarter-Final	Seed 6 vs Seed 3 Feb. 25 th
	Saturday, January 9, 2010	Quarter-Final	Seed 5 vs Seed 4 Feb. 25 th
New West.	Camosun at Douglas	Semi-Finals	Winner Q1 vs Seed 2 Feb. 26 th
		Semi-Finals	Winner Q2 vs Seed 1 Feb. 26 th
		Bronze	Loser SF1 vs Loser SF2 Feb. 27 th
		Gold	Winner SF1 vs Winner SF2 Feb. 27 th



Canucks Corner



Biekša is no bust



Garth McLennan
sports editor

With the Canucks' so-so start to the season, there has been plenty of talk about who is and isn't carrying their weight on the team. One of the names that continually crops up is that of defenseman Kevin Biekša.

Biekša has been taking a considerable amount of heat so far this season. Talk show and newspaper critics have decried his efforts on the power play, his supposed lack of grit and toughness this year and the solid contract dollars he pulls down. Despite those charges, the aim of those critics is misplaced.

It's true that Vancouver's defence hasn't exactly been first class this year. There have been a number of poor plays made, and while nobody can say that Biekša has been perfect, he isn't a problem either.

Has Biekša been inconsistent at times? Yes, I think that's a fair comment, but he's far from the only one, and the swings in his game haven't even come close to matching those of guys like Alex Edler or Shane O'Brien. He's also worth much more to the club than Sami Salo, who makes the same money as Biekša but plays about 20 games fewer each year.

Now, the argument could be made that because of Biekša's relatively large contract (he was signed to a three-year, \$11.25 million pact that pays him \$3.5 million per season back in 2008-09) his play needs to be at a higher level than it is right now.

While it's true that Biekša is tied as Vancouver's highest-paid defenseman, I would say that he has fully earned that distinction.

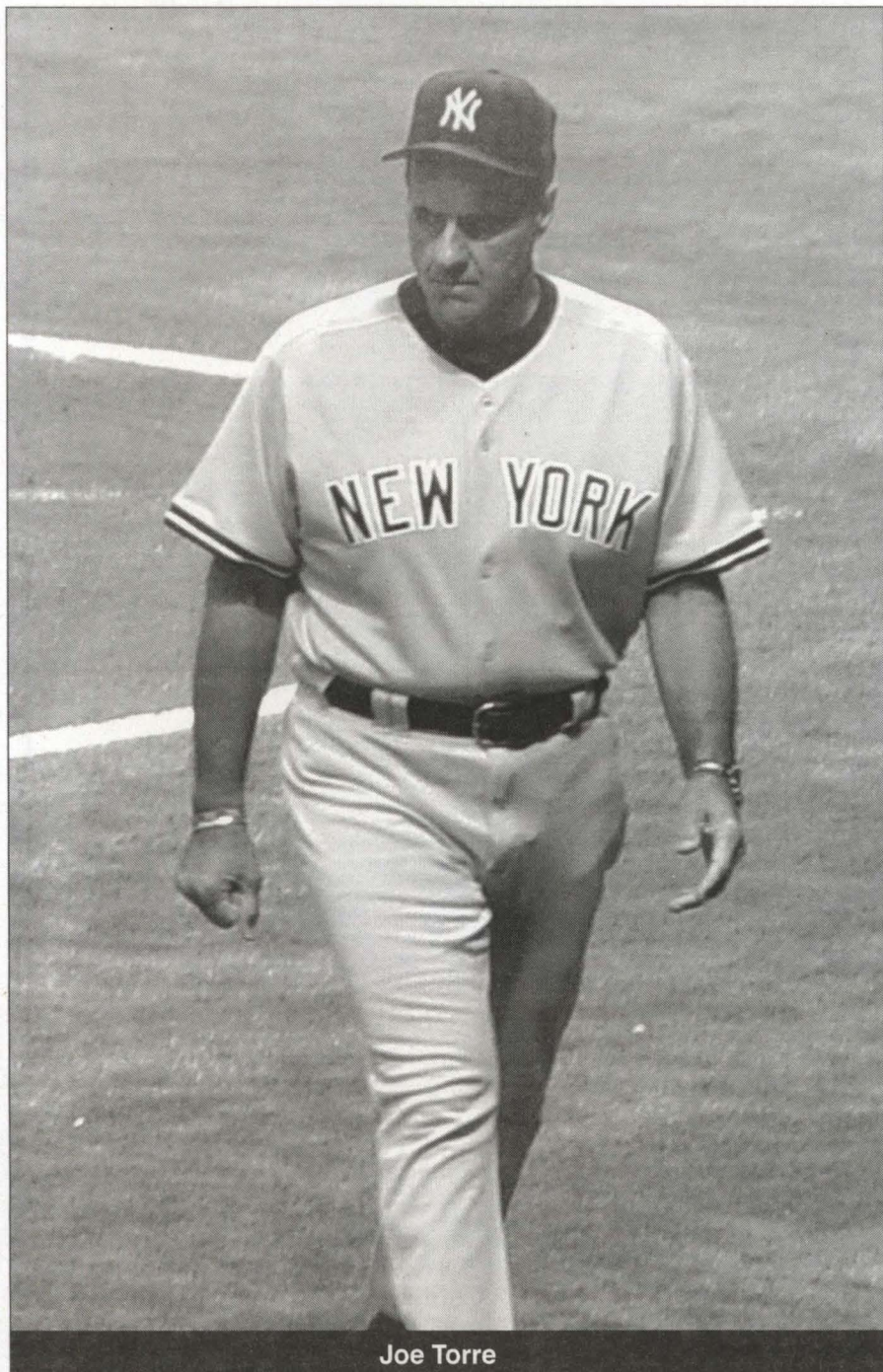
After all, the 28 year old did lead the team's blueliners in scoring last season with 43 points, which was six points more than Edler's 37. It is true that he scaled back on the fighting last year, the 97 penalty minutes he compiled in 72 games was a significant drop off from the 134 he posted back in 2006-07, but it's also safe to say that his overall game has improved. Even though his penalty minutes declined last year, his fight totals didn't move much. In 2006-07, Biekša fought six times while last year he dropped the gloves on five occasions. That isn't a major drop. That doesn't show less toughness, it is a good indication that Biekša is becoming a smarter player and cutting back on detrimental minor penalties.

Plus, when Biekša does decide to scrap, he's among the tougher fighters in the league. He's quick to defend teammates and he usually wins. According to hockeyfights.com, in 20 career fights before this season, Biekša has an impressive record of 17-2-1.

This is still only the second year of Biekša's contract and barring a trade he'll be around next season as well. While his goal scoring hasn't been anything to write home about so far this year, his point production has been moving along at a solid clip.

Does Biekša need to get better? Probably, but he's earning his money and is far from a defensive or offensive liability for the club; it's time that Vancouver fans realized as much.

Why do baseball managers wear full uniforms?



Joe Torre

By Garth McLennan, Sports Editor

The 2009 MLB playoffs have been brilliant so far, but watching so much

baseball so close together has brought something odd to my attention. It's made me realize

that baseball is the only major sport where the coaches, or managers, wear the same uniforms as their players.

Really, it's a little embarrassing. I mean, what's the point of it? I know that it has become tradition and everything, but watching an old man trot out to the mound to relieve a pitcher or to the plate to argue with an umpire just looks silly. I know that Joe Torre is one of the most accomplished and respected individuals in the game, as he well deserves to be, but come on, he's a 70-year-old man.

The thing is, baseball is the only sport that does this. Look at hockey and

basketball; I understand that both are played indoors, but the guys behind the bench are all wearing nice, tailored suits. Could you imagine Alain Vigneault on the bench at

"Could you imagine Alain Vigneault on the bench at GM Place with shin guards and shoulder pads on, complete with the team's socks and jersey?"

GM Place with shin guards and shoulder pads on, complete with the team's socks and jersey? Or Phil Jackson down with the Lakers, how about him directing traffic on the bench

in L.A. shorts and a sleeveless jersey? Call me crazy, but I think that a slick black suit looks more professional.

With football coaches, they're all wearing heavy jackets, and I get that. In most NFL cities, it's near freezing right now, and the football coach has a lot more to do than a head man in hockey, basketball or baseball. But what about soccer coaches? They're wearing suits and like their counterparts in hockey and basketball—it looks sharp, not like they're trying really hard to hold on or drag out their glory days as players like baseball managers so often do.

Tyranny in Toronto

Maple Leafs' overbearing influence on NHL bad for the game



Richard Peddie, Maple Leafs CEO

By Garth McLennan, Sports Editor

It seems like general knowledge at this point, but the Toronto Maple Leafs might be the most infuriating franchise in the history of professional sports. They really are the evil empire of hockey and it just seems like year in and year out, they have this irrefutable control over the NHL and surrounding entities.

You don't have to look any further than the recent Phoenix fiasco involving Jim Balsillie and his repeated bids to acquire the troubled Arizona team and transplant them to Hamilton in Southern Ontario.

Now, there are a host of issues pertaining to Balsillie's inability to get a hold of an

"We're talking about a team that since the NHL expanded beyond six teams has failed spectacularly at every opportunity with a laughable combination of inept management, dreadful scouting and drafting, poor coaching and awful ownership."

NHL club, not the least of which includes his increasingly personal problems with commissioner Gary Bettman, but the Leafs are a huge part of this whole thing as well.

As the whole hockey world is aware, Toronto has a stranglehold on the very lucrative Southern Ontario market and has gone to considerable lengths to keep it that way. They have a virtual monopoly over the region and gobble up ridiculous profit margins each year because of it. Combine that with perhaps the most arrogant and self-serving ownership in the game and you have a very old, very powerful franchise that is unwilling to part with even a little bit of the treasure trove they rake in from Southern Ontario.

But the problems with Toronto go beyond them just protecting their territory. The League bends over backwards to accommodate their every wish and it can become more than frustrating being a fan of another highly successful and profitable Canadian team. Just look at the scheduling done by the League's brain trust this year. Do you think that when the Canucks fly out to Toronto they can just demand that the game starts at 7 p.m. Pacific Time, or 10 p.m. Eastern? Of course not, because that would be absurd. But wait—that is

exactly what occurred just a few weeks ago when the Leafs visited Vancouver. The game started at 4:00 p.m. Pacific so that Toronto wouldn't feel out place with the time change.

The blatant and sickening Leafs love-fest that occurs every Saturday during *Hockey Night in Canada (HNIC)* is enough to drive even the most casual NHL fan crazy. Can someone please explain to me how the Maple Leafs manage to play on *HNIC* during prime time, the most coveted time slot out there, every single week of the year, regardless of how bad they are? It's all part of the endless Toronto power play.

Edmonton and St. Louis are duking it out for the final playoff spot in the West on the final day of the season? Who cares, we'll

give 'em Toronto-Carolina, even if the Leaf are 12 points out of the post-season. That's the attitude *HNIC*, which also gives us constant ramblings from Don Cherry about how much he loves Toronto, has stuck to for years.

The attitude from Toronto fans caps it all off. This is a team that hasn't been remotely competitive since before the lockout and hasn't been to a Stanley Cup final in 42 years, but from the way the vast majority of Leafs fans act, you'd think they were a never-ending dynasty.

It would be different if the Maple Leafs were a successful team on the ice, but they're not. It's okay for the New York Yankees to make demands because they're perennial championship contenders. In Toronto though, we're talking about a team that since the NHL expanded beyond six teams has failed spectacularly at every opportunity with a laughable combination of inept management, dreadful scouting and drafting, poor coaching and awful ownership.

Enough is enough. Is Toronto a popular team? No doubt, but the ironclad grip they hold over the NHL and the way they abuse that power is detrimental to the league and to the game.

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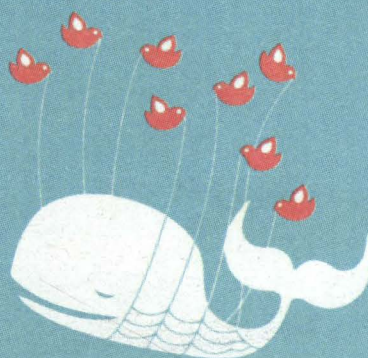
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