



UTM departs on an Odyssey

UTM first-year students embrace “Odyssey 2013” at UTMSU’s annual Orientation Week

LARISSA HO
NEWS EDITOR

Amid the cheering, screaming, and chanting that traditionally characterizes Orientation Week, first-year students got a blast of UTM spirit as Orientation Week kicked off last Monday. Hundreds of first-year students congregated on campus to enjoy the various Orientation festivities hosted by the UTM Students’ Union. Froshies had the chance to get acquainted with the campus and make new friends as they celebrated the start of their undergraduate careers.

“Odyssey 2013” hit campus on Labour Day with early sign-ins, where first-year students were able to pick up blue frosh totes filled with goodies and find out their group and bus numbers.

The events began on Tuesday with UTM’s Welcome Day at the RAWC hosted by the UTM Department of Student Life. Wearing “I LOVE UTMSU” t-shirts, students were introduced to resources that would help them transition into



JASMEEN VIRK/THE MEDIUM

UTM frosh faced off the U of T colleges at St. George on Friday.

university life, received a greeting and congratulations from Principal Deep Saini, and were sent to various areas on campus to get

acquainted with their academic departments’ faculty and staff.

Lunch was included in their orientation fees, and was followed by

the “Carnival” and a paint party. Students brought extra pants or shorts to change into afterwards.

In the evening everyone congre-

gated in the RAWC to learn UTM cheers and movements, encouraged by the enthusiasm the frosh leaders put into the cheers, hip thrusts, and middle-finger-pointing.

Past froshies may remember the cheer “Everywhere we go / people wanna know / who we are / so we tell them / we are from ‘Sauga / mighty Mississauga / UTM / Erindale campus!”.

The UTM’s Got Talent show in the RAWC included dance and song performances, as well as the return of the annual hypnotist show.

Wednesday, or “Blue Shirt Day”, included workshops and a battle between teams in the UTM Athletic Council’s Olympics. Froshies were separated into groups that rotated around campus and maneuvered around the construction in front of the Kaneff Centre to designated spots, where they played dodgeball, V8 Flip Cup, flag football, and stumbled through an obstacle course.

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Orientation coordinators resign from UTMSU

After allegedly being “demeaned” by UTMSU executives, the OCs quit before frosh

LARISSA HO
NEWS EDITOR

In the midst of intensive planning for arguably the most anticipated UTM Students’ Union event of the year—Orientation Week—the two key people in charge of the planning and execution of festivities resigned from their positions at the students’ union, three weeks prior to the start of Orientation.

This was Lara Stasiw and Neelam Din’s second resignation. Stasiw and Din allege that their first resignation, which was “not accepted”, came before they were yelled at and “demeaned” by UTMSU executives. Their second resignation followed an event in which the president of UTMSU, Raymond Noronha, claims Din “harassed and attacked in person and later via email” a frosh leader during the second frosh leader training. Din has disputed this claim.



JASMEEN VIRK/THE MEDIUM

Lara Stasiw and Neelam Din sit at the St. George campus last Friday.

Not for “personal reasons”

UTMSU’s executive director, Walied Khogali, wrote in an email on August 15 to the executives of UTMSU-funded clubs and societies that the resignations were due to “personal reasons”.

“I did not resign for personal reasons. I resigned because I no longer supported the environment that was

being created by UTMSU. [It] was blatantly hostile,” said Stasiw in an interview. “We were yelled at numerous times in the [UTMSU] office. Both of us have cried numerous times. We have been demeaned by all except for Hassan [Havili, VP part-time affairs] and Grayce [Slobodian, VP campus life], [and] at some point, most bla-

tantly by Raymond [Noronha, president] and Nausheen [VP internal and services].”

Neither Stasiw nor Din are strangers to Orientation Week, having both attended their own orientations as first-year students.

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Time well wasted

The official co-curricular record has been introduced at U of T.

Medium News, page 2

Dialogue > monologue

Some of us are picking up the paper for the first time at UTM. That’s the right idea.

Medium Opinion, page 4

Comics shmomics

You might shrug off the graphic novel as a wannabe art form. This reviewer begs to disagree.

Medium A&E, page 6

Supplies for \$300, or \$50?

When you’ve been here a while, back to school doesn’t hurt so much.

Medium Features, page 8

Playing it by ear

You just don’t play football without a playbook. Unless, that is, you’re Nick Volpe.

Medium Sports, page 10

UTMSU alleges that OC “harassed” frosh leader

OCs continued from Cover

Stasiw went on to become a frosh leader. She was an orientation coordinator last year, while Din served as an Orientation Committee member.

Who disrespected whom?

Problems between the new OCs and the executives of UTMSU began before that, according to Stasiw. For one thing, she said, she had to ask for last year’s final numbers in the Orientation budget before being told she could not have a copy but could “briefly” look at it. On top of that, said Stasiw, her opinion was “not valued or respected.”

“All of our decisions for Orientation were overlooked and undermined,” she said. “It was very difficult not to stand up for what we truly believed was right. However, we were very quickly demeaned and told we were being disrespectful when we were merely calling attention to the inequities and injustices put forth by executive members,” said Stasiw.

Noronha said in an email to frosh leaders, “We have always treated the orientation coordinators with respect and expected nothing less in return. Unfortunately, respect for us was lacking and it was evident during the decision-making process.”

Stasiw acknowledged that she and Din did not always respect the decisions made by UTMSU executives, alleging that those decisions were not always in the best interest of students.

In one instance, the executives went in camera and voted no to an Argos game that the OCs wanted first-years to experience as part of

Orientation. The executives did not provide reasons for their decision, said the OCs.

Din alleged that Noronha sat her down one day and told her, “Everything that has happened that has been bad thus far is your fault.”

“It was after their lack of transparency that we realized they were making decisions based on what they personally felt was best for them rather than what would be best for students,” said Din.

Stasiw said that one of her goals as OC this year was to bring new ideas to Orientation rather than continue with the same activities as past years.

“We felt going to an Argos game with the rest of U of T would have been the perfect opportunity, especially when it didn’t affect the budget or ticket prices. It was unfortunate to have the execs vote no and not be transparent about their reasoning,” said Stasiw. “Leaders should be embracing [this idea] rather than shying away from [it] merely because of the associated liability, which is no greater than any other frosh event.”

Resignations “not accepted”

Stasiw and Din handed in their resignations on June 4, but were told that their resignations were “not accepted” because Noronha did not see a reason for them to resign.

In a meeting with Noronha, Khogali, Adam, and Slobodian, they outlined their reasons for resigning, but were convinced by Khogali to stay.

“We continued [to work at UTMSU] because we believed the broken promises we were fed and the commitment to improve the work environment,” said Stasiw.

They held leader interviews and training.

“Leaders that myself and Lara felt uncomfortable with were put on the leader list,” said Din. “There are some people that should not be on that leader list right now [...] they are leaders because of the executives.”

Noronha, on the other hand, said UTMSU has a very transparent process for hiring leaders. Applications that are sent in to UTMSU are screened by the OCs under the supervision of the VP campus life and interviews take place.

“After the interview, the final list of names is reviewed by the UTMSU Executive Committee to make sure we do not take on leaders that might have been problematic in prior years,” Noronha said. “That being said, UTMSU does not have any preferential hiring for any leaders or staff members.”

OC accused of harassment

During the weekend of August 10, the second leader training took place, in which Din had allegedly “harassed and attacked” a frosh leader, according to Noronha.

The leader in question was a volunteer at last year’s Orientation and had, according to the OCs, repeatedly broken rules. This leader was not supposed to be on the list, said Din, but Noronha insisted that she be made a leader.

Noronha addressed this issue by saying that the leader did well in her interview and her having a “personality conflict” with the OCs was not a sufficient reason to bar her from participating as a leader during Orientation.

“Myself, along with other members of the executive team, had previously worked with that leader and we knew that she would be an amazing leader during Orientation Week—and she was,” said Noronha.

At the second leader training on August 11, the leader engaged in a heated conversation with Din about not obeying the rules at last year’s Orientation, at which the leader was a volunteer.

At that point, according to Din and Stasiw, Noronha raised his voice and told Din that she had to leave.

“I said, ‘Fine, I will leave, but you will have to make the decision of keeping her or me.’ Then I left and I cried. Leaders saw me and committee saw me,” said Din. “That’s when people saw that this isn’t the best place to be working in if your employees are crying every week because things aren’t proper.”

When asked about the incident, Noronha replied, “A leader was harassed and attacked in person and later via email by one of our orientation coordinators. [...] I stopped the OC right there from continuing the conversation with that leader.”

“It’s ironic that Neelam mentioned herself crying,” added Noronha. “It was actually the leader who had tears in her eyes, and myself and Ro’a are witnesses of this fact.”

Din denied that she had harassed the leader either in person or via email.

Orientation by someone else?

Stasiw and Din handed in their resignation the next day. It was approved by the executive committee three days later and ratified by the

UTMSU board of directors at its meeting of August 19. Stasiw, Din, and their supporters discussed the possibility of Orientation being done through a different organization, but Stasiw said that the majority felt it was too late to do so without affecting the Orientation experience for first-years.

“We were not proud working for a students’ union we felt did not stand up for what was best for students,” said Stasiw. “We handed in our letter so we would have a clear conscience, knowing we did all we could in the positions we were in and with what material we had.”

When asked his opinion of why Stasiw and Din resigned, Noronha responded, “My opinion is not relevant. Ms. Stasiw and Ms. Din resigned for reasons that we as employers have tried to resolve on many occasions [...] Unfortunately, the threat of resignation was used as a tactic to intimidate or as a means to reverse decisions that were discussed and finally decided upon.”

“We resigned as we wanted students to realize they do not have to put up with abusive conditions to achieve anything,” said Stasiw.

After their resignations, Noronha emailed frosh leaders to inform them of the news.

Stasiw alleged that this email slandered her and Din. “It was extremely untrue and was a matter of ego before professionalism,” she said.

The email in question was sent on August 13. Noronha addressed the incident that took place at the second frosh leader training.

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ECC quietly retires

Erindale College Council replaced by UTM Campus Council

LARISSA HO
NEWS EDITOR

Effective July 1, the UTM Campus Council replaced the Erindale College Council, which has been the governance model at UTM since 1965.

The ECC was the highest advisory body at UTM and made recommendations on matters such as academic planning and finances. It did not have the authority to make decisions on UTM issues; its mandate was strictly to advise. The Governing Council, the highest decision-making body at U of T, based at St. George, had the final vote on all matters at UTM.

Under the new UTMCC model, elected members vote on campus-specific matters that then go directly to Governing Council for approval. They are responsible for overseeing academic, business, and student affairs at UTM.

Described as “comparable to a board of the Governing Council”, the UTMCC comprises representatives of the five estates—administrative staff, alumni, government appointees, students, and teaching staff—to see to matters affecting campus priorities and objectives. Some of these matters include academic plans, capital projects, co-curricular plans, and incidental fees.

One of the most drastic changes in the governance structure is the size of the new model; the total membership of the UTMCC is 28 members,

of which four seats are available to students. The ECC had 75 seats available to students—50 to full-time undergraduates and 25 to part-time undergraduates.

Previously, the UTM Students’ Union was guaranteed representation on the ECC; while the rest of the 75 student representatives were required to run in elections for a seat on the ECC, the UTMSU executives had reserved seating. Now that there are only four seats available to students, UTMSU executives may find themselves without a voice at the discussion table.

There are no UTMSU executives on the UTMCC this year. Serving on the UTMCC for 2013/14 are Alice Li (a commerce student), Muhammed Mahmood (a UTMSU board director in 2012/13, this year a Division 2 board director), Ron Racioppo (a part-time undergraduate who works at the Office of the Registrar as an academic advisor), and Masood Samim (a PhD candidate in physics).

There are three standing committees of the UTMCC: the Academic Affairs Committee, the Campus Affairs Committee and the Campus Council Agenda Committee.

The Campus Council Academic Affairs Committee is concerned with the teaching and learning function of campus and amends academic policies. It comprises of 63 members, 9 of whom are students.

The Campus Council Campus Af-

fairs Committee is responsible for overseeing matters directly involved with campus and student life. There are 34 members on this committee, seven of whom are students.

The Campus Council Agenda Committee is responsible for directing the flow of business for the UTMCC and serves as an advisory board for the vice-president and principal at UTM. There are 13 members on this committee, one of whom is a student.

Since the inception of the university-wide Towards 2030 planning initiative, the Governing Council established the Task Force on Governance, which produced a Governance Report that recommended the restructuring of governing bodies at the satellite campuses.

In January 2012, the Governance Review Committee presented recommendations, including that UTM and UTSC each have their own Campus Councils with separate committees to review academic and campus affairs. This would effectively tailor decision-making procedures to the needs of the satellite campuses. In April 2012, the structure and mandate of the proposed governance model for UTM’s new Campus Council was presented. The Governing Council approved the new governance structure at UTM (and at UTSC) on June 25. On April 4 of this year, the Erindale College Council met for the last time. The UTM Campus Council model came into effect on July 1.

Co-curricular record goes live

NICOLE DANESI

University of Toronto students will now be able to track extracurricular activities completed on campus as part of the newly introduced co-curricular record launching on September 10.

The program, which is modelled on initiatives implemented at other universities, aims to track personal extracurricular activities to develop an authorized record of each student’s involvement and skills acquired from their experiences on campus. To verify individual student participation and skill development, U of T employees associated with U of T extracurricular activities will have the ability to access the database and acknowledge individual student involvement to verify the record.

Bonnie To, a UTM international student from Hong Kong, believes this is a valuable resource for her to demonstrate to potential employers her extensive involvement on the UTM campus as the communications officer for the UTM Anthropology Society, and international life peer academic leader at UTM’s Student Life, among other extracurricular activities she is actively involved in.

“If I have the record, then I can show people that I have those kinds of skills,” said To.

To, however, expressed her concern

regarding the verification process being limited to U of T employees.

Paul McKay, a commerce and finance student, believes the ability to verify student extracurricular activities being limited to employees of the university, rather than students, is beneficial.

“It must slow the process down a little, but then you would have more accuracy,” said McKay. “They have nothing to gain or lose.”

Kimberly Elias, the co-curricular record program coordinator, mentioned some refinements to follow once phase one of the program is complete, including the addition of extracurricular activities at U of T not involving staff.

“We are starting phase one with a limited number of activities, and will spend this next year gathering more activities for the CCR database,” said Elias. “This will include engaging in an extensive consultation with student clubs and organizations to determine an appropriate validation process. A working group will be struck with the student societies and Student Life, with a specific focus on determining potential inclusion of student clubs in the future.”

The co-curricular record will be available for all U of T students, and will be accessible at ccr.utoronto.ca using students’ UTORid login information.

Froshing around



JASMEEN VIRK/THE MEDIUM

UTM froshies marching around St. George campus at the U of T Parade.

Frosh continued from Cover

While waiting for Toga Pub in the Blind Duck that evening, froshies milled around outside the Student Centre in togas made of bed sheets. The pub opened at 10 p.m., and music blasted from the speakers while the attendees danced—carefully, so as not to accidentally lose their togas.

The following morning, froshies headed to the RAWC for “Stuff a Bus”, where they donated non-perishable items, such as canned goods and drinks, they had brought in throughout the week.

Froshies later attended a show at Medieval Times and took photos with the knights after the show and danced in the foyer before heading back.

“What do we think of the red knight?” a frosh leader prompted his group after the red knight consented to taking a photo with the leader and his group.

“We love the red knight! Mwah!” they responded.

On Friday, students travelled by bus to St. George to battle the other colleges in the customary cheer-off. After lunch, they walked to King’s College Circle where they met with the St. George colleges and engaged in a fierce, energy-infused cheer-off that saw many people lose their voices before the U of T Parade that was to follow.

The UTM frosh led the crowd

marching through downtown Toronto, accompanied by police officers on motorcycles. Music blasted from the back of Blind Duck manager Shane Madhani’s car.

The parade returned to Hart House to be greeted by a carnival at which they went from tent to tent picking up goodies. The traditional tri-campus after-party at the Government nightclub in Toronto took place that night. The formal that took place on Saturday night at the Capitol Banquet Hall in Mississauga completed “Odyssey 2013”.

Orientation went on in spite of the resignation of the two orientation coordinators hired by UTMSU, who were in charge of planning the week. Lara Stasiw and Neelam Din allege that UTMSU executives had mistreated them and, as a result, handed in their resignation to the union three weeks prior to Orientation Week.

After their resignations, a frosh leader, forensic science student Aliza Farooqi, reported that “every meeting we went to after Lara and Neelam left was very unorganized. They [UTMSU] didn’t even properly train us for the cheers because there are leaders who still don’t know the cheers. We haven’t even bonded with our fellow frosh partners. We don’t even know who our froshies are yet[...] it’s a mess. They want everything to be their way or no way. All they do is educate us about UTMSU.”

Farooqi said she wrote on the Orientation Week leaders’ Facebook page: “What was the point of us coming in to get headshots and taking the time to write bios if the first-years STILL don’t know their groups?”

A few people answered her question, but then she received a private message from an Orientation Committee member who asked her to “refrain from negativity.”

“It’s just very upsetting that I’m getting personally called out for asking a frosh-related question,” said Farooqi. “As a leader, I feel like I have the rights to know every detail of my frosh. And they lied through their teeth. They themselves don’t know what is going on with some frosh aspects. Instead of being honest they made me feel like shit for asking a question.”

Farooqi created a Facebook group the week before Orientation Week “for Lara and Neelam and a bunch of us who don’t agree with UTMSU”, but she deleted it out of fear that UTMSU executives would “pull [her] out of frosh.”

Farooqi said she doesn’t want to let the creation of the Facebook group stop her from participating in Orientation.

“Although I don’t agree with UTMSU and how they run frosh, I’m not going to drop out. I’m going to do it [for] the froshies. And I won’t let them silence me. I’ll just keep taking stabs back at them. It’s time people knew.”

»WHAT WAS THE MOST EMBARRASSING PART OF FROSH?



Jamie Huang
1st year, math

Probably the thrusting.



Laura Carrera Rivas
1st year, math

The cheer-off because I didn’t want to cheer in front of everyone.



Fatima Mohamed
1st year, political science

At the hypnotist show, I didn’t get hypnotized. It didn’t work on me.



Anthony Osagie
1st year, commerce

Probably the cheering, especially the “Oh, I feel so good!” one.

Orientation goes on

OCs continued from page 2

“Over the weekend, a potential leader was harassed and attacked in person and via email by one of our orientation coordinators,” wrote Noronha. “We had no choice but to take all the necessary precautions to stop the use of our resources to attack any student.”

After their second resignation, Stasiw and Din approached Khogali and requested that, at the request of several leaders, they continue their term as OCs, so long as they did not have to communicate with UTMSU executives on matters unrelated to Orientation.

“Seeing as no executive played an active part in any of the planning until we resigned, we were aware of the implications on first-years should we not complete [our

work as OCs],” said Stasiw, who added that Orientation planning at that point was far behind schedule. They were later told that Noronha’s immediate response to the request was a blatant “no”.

Noronha said he is unaware of such a request.

“It is sad that the OCs chose to resign a few weeks before Orientation Week. Since their first resignation, I have pleaded with both Lara and Neelam to continue to work at UTMSU as orientation coordinators, but we emphasized that it is important to respect their colleagues and the decisions made by the elected executive,” said Noronha.

Stasiw had been employed by UTMSU for three years as a poll clerk, while Din spent one year as a poll clerk and two as the volunteer coordinator.

NEWS BRIEFS »

107-year-old man dies in shootout with SWAT

Monroe Isadore, age 107, barricaded himself in a bedroom in Pine Bluff, Arkansas. When officers tried to speak with him, he shot through the door. A SWAT team was brought in, but Isadore refused to negotiate. When they tried to get in, he shot at them again and SWAT officers shot and killed him as they entered. No officers were injured in the shootout. It is still under investigation.

Source: *The Daily Mail*

Immigrant suspected of illegally entering the U.S. in truck full of chili

Customs and Border Protection officers discovered a Mexican stowaway drunk and face-down in a shipment of red chili. Officials said the “highly intoxicated” 35-year-old told agents he climbed into the truck while it was stopped in Mexico in hopes of getting a ride all the way to Chicago, but he only made it to the New Mexico checkpoint. He was sent back to Mexico, according to U.S. Customs.

Source: *The Independent*

Stroke victim cannot stop helping others after brain changes

A man in Brazil developed what doctors have called pathological generosity, after a stroke damaged parts of his brain. The 49-year-old began to give away money, food, and drinks excessively after a stroke disrupted the part of his brain related to higher thinking and decision-making. Doctors say this type of change is novel, although changes in behaviour in stroke victims are not unusual.

Source: *The Daily Mail*

Stork detained as winged spy in Cairo found dead

A stork once detained by Egyptian authorities on suspicion of being a winged spy has been found dead. Mahmoud Hassib, the head of Egypt’s southern protected areas, said on Saturday that local residents found the dead bird on an island in the Nile, south of the ancient city of Aswan. The cause of death is unknown.

Source: Breitbart TV

Toronto councillor wants to ban trucks from school zones

Violet Liang, who was killed by a large truck as she walked to school last Tuesday morning, died in front of her school in Toronto where she was entering grade 10, sparking city councillor Anthony Perruzza’s proposal to ban large truck traffic near schools when students arrive in the mornings and leave in the afternoons. Chris Bolton of the TD School Board also called for new safety measures.

Source: *The Globe and Mail*

MEDIUM OPINION

Editor-in-Chief | Luke Sawczak

You can't be transparent and silent

When parties refuse to speak to each other, the coverage doesn't get more objective. It gets one-sided.

As an editor-in-chief who stepped into the role after three years not as a journalist but as a copy editor, and who abstained on his own candidacy, I've been grappling with the question just as apparent to me as to our potential readers: why do we need a campus newspaper at UTM?

If it sounds adversarial, it's because it is, a little. I first worked here as I would at any job: I did the work and was paid. The above question is a live one for me. But it's also a question that, over the last month—in which I've been plunged into a thousand things I've never had to do before, learning to be publisher, board member, human resources, media liaison, and more—I've begun to answer.

If not for the campus newspaper, there would be very little space for a platform for public representation of various organizations. That became clear as we were investigating the recent resignation of the UTMSU orientation coordinators, Lara Stasiw and Neelam Din, which you can read about in the news section.

Ms. Stasiw and Ms. Din emailed the frosh leaders first to tell them what had happened, and emails followed from Raymond Noronha, the president of UTMSU, and Walied Khogali, the executive director, to the frosh leaders and the executives of academic societies and clubs. The discrepancy between the two versions is best summarized by the fact that each party accused the other of harassment and by the conflicting attributions of the resignation to “personal reasons” (Mr. Khogali) versus “the hostile environment” (Ms. Stasiw and Ms. Din).

From here the press coverage could have gone one of three ways. To begin with, it could have ended there. Nobody might have spoken up, and the average student might never have caught wind of the fact that Orientation, an event for which they pay an entrance fee, had a rocky planning phase.

Or only one party might have spoken up publicly and created a one-sided dialogue. For a while,

that's what it seemed would happen. Both UTMSU emails reached our news editor, Larissa Ho, by different means; she followed up with Ms. Stasiw and Ms. Din and with Mr. Noronha.

Only one party might have spoken up publicly and created a one-sided dialogue.

For a while, that's what it seemed would happen.

Whereas Ms. Stasiw and Ms. Din immediately gave both online and in-person interviews, Mr. Noronha declined on the reasonable grounds that the executive team was exceptionally busy with Orientation. He subsequently declined a phone interview for the same reason, but also to avoid a risk of “misquotation” by the *Medium*. In the first place, this concern might be more

understandable had UTMSU made any formal requests for retraction in recent years. More pertinently, this attitude represents a step away from transparency and accountability to stakeholders.

Such a position is perplexing, and this is not the only suggestion of it. Ms. Stasiw alleges that she asked to see the previous year's budget as part of her planning but was told she could only have limited access. This isn't a question of the executives' confidence in the coordinators themselves: the document should by no means be private, being a record of how student money was used.

Mr. Noronha initially agreed to supply email answers, eventually taken from his original email to the frosh leaders and resulting in non-sequiturs. Thankfully, after repeated requests (Ms. Ho raised the issue to me), the third possible option was reached: both parties spoke at least somewhat openly about the events. Ms. Ho received a more detailed and direct set of

answers to her follow-up questions, which turned out to be crucial to what I find is the article's balanced perspective.

The professional benefits to everyone are obvious, but I also benefitted personally: although I originally pursued this disclosure out of obligation—as just one of the issues I was juggling as I prepared for this unfamiliar position—I became more aware of the importance of what we were seeking. We aren't out to give either side a platform for a press release; the student newspaper needs to be a conversation, not a monologue.

Behind the general clamour and excitement of Orientation, froshies are probably already hearing from friends and classmates not to get their hopes up for an exciting campus. Actually, things do happen at UTM—we just need to talk about them openly.

YOURS,

LUKE SAWCZAK

NEW FACES OF THE MEDIUM

It's our first issue. Time to shake a few hands... figuratively.

NEWS

Larissa started out at the *Medium* as a volunteer writer in first year, three years ago. She is happy to say she will graduate from UTM next June with a degree in English and professional writing & communication. She usually spends her days reading books for English courses, writing stories, and running around campus in an effort to interview different people for future news articles in the *Medium*. Thanks to all the other editors, Larissa has managed to survive every Sunday of publishing (so far!) for the past two years. If you feel like writing for news, get in touch with her. She'd love to read your work.

ARTS

Colleen will graduate from UTM this November with a degree in English and professional writing & communication. If you want to stay on her good side, you may want to avoid asking what her career plans are beyond that. She is thrilled to continue with the *Medium* as arts & entertainment editor again this year and looks forward to covering all of UTM's arts-related events. She's a movie geek at heart, so feel free to strike a conversation with her about the latest release. Or better yet: write about it in the arts & entertainment section!

FEATURES

Maria is currently earning her bachelor's degree in English and professional writing and communications. She is also minoring in Italian (although she can only say about three words). And those are pretty much the only interesting things going on in her life. Her boring life consists mostly of writing short stories in her spare time and trying to take as many naps as humanly possible in one day. She's a writer so she doesn't get out much... Pretty much the only other things she likes are watching *The Office*, stealing food off other people's plates, and preparing herself for the upcoming zombie apocalypse.

SPORTS

Jason is a former sports writer and associate sports editor for the *Medium*, and is entering his first year as editor of sports. In addition to his involvement in the extreme and addicting world of fantasy sports, he spends his off-time playing sports in real life! A hockey fanatic, Jason is ever ready to engage in heated debates with any naysayers who do not see hockey as the best sport in the world, or the Leafs as serious contenders. He plans on keeping the UTM student body aware of the goings on of U of T-wide sports teams as well as UTM's views on the professional sports world.

the
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MEDIUM A&E

Editor | Colleen Munro

TIFF launches into star-packed first weekend

A look at a few of the typically diverse offerings from TIFF's slate of screenings

COLLEEN MUNRO
A&E EDITOR**Hateship, Loveship**

Kristen Wiig finally gets a leading dramatic role in this adaptation of an **Alice Munro** short story of similar name. The film is not plot-driven, but builds on the premise of Wiig's character Johanna, a repressed woman hired to look after a rebellious teenage girl played by **Hailee Steinfeld** (*True Grit*). Johanna ends up developing an odd relationship with the girl's largely absent father, Ken (**Guy Pearce**, *Memento*), when she begins a correspondence with him.

As this is based on a Munro short story, all is not as it seems, and the film is not nearly as much of a cutesy rom-com as the premise would suggest. Instead, much of the first half of the film is spent building Johanna up as an awkward, almost pathetic character. From Johanna's dowdy clothing to her impeccable manners, Wiig perfectly portrays a sense of loneliness without making Johanna so alienating that the audience is unable to connect with her. Conversely, Pearce nails the easy-going charm of Ken, a free spirit whose own emotional baggage lingers barely beneath the surface.

Director **Liza Johnson** might have thought the audience would find it unbearable to endure a whole movie of Johanna's small humiliations, because she flips things around into a more conventional narrative arc for the film's latter half. But while that may be more comfortable for the viewer, it unfortunately also makes for a less interesting film. Character motivations become far less consistent, and the film seems to quickly brush over key relationship moments. Several



TIFFNET/PHOTO

Xavier Dolan stars in, writes, and directs the eerie TIFF entry *Tom at the Farm*.

characters take unexpected personality zigzags, and *Hateship, Loveship* begins to feel like it's reaching to hit all of the required narrative moments without displaying a respect for what's best for its characters.

All that said, *Hateship, Loveship* certainly has its charms, and it's refreshing to see Wiig and Pearce in prominent, true-to-life roles. And while it may not have any groundbreaking pronouncements about love, it does hit some painful but true points about what it means to actually love someone, and that achievement alone puts it above many of Hollywood's modern-day love stories. **MMM**

Tom at the Farm

If you thought your family was dysfunctional, fear not. *Tom at the Farm* proves that things could probably be much worse.

Tom at the Farm is the fourth film by the 24-year-old Canadian

favourite **Xavier Dolan**, whose past projects include *Lawrence Anyways* and *Heartbeats*. This time, he tackles the thriller genre, following the story of a grieving young man, Tom (played by Dolan himself), who is subjected to a multitude of mind games when he visits the family of his recently deceased lover.

That said, this is a thriller by Dolan's standards, which means that the film offers a careful pace and plenty of moody, lingering shots. But if Dolan takes his sweet time building tension, it means the staccato moments of action pack all the more punch.

Though not especially horrific or graphic, the rare moments of violence in this movie feel shocking, partly thanks to the beauty of Dolan's camerawork and the scenic, starkly overcast rural setting. The constant threat of harm lingers over Tom, and Dolan manages to impressively convey this with-

out resorting to cheap thrills or a black-and-white villain. Instead, he injects a lot of menace into the character of Francis (**Pierre Yves-Cardinal**), the brother of Tom's lover, while still managing to make him a complicated, almost sympathetic character whose story is just as rich as Tom's.

The film really becomes a tug-of-war between Tom and Francis, and their complicated bond is best highlighted in a wonderful, bizarre dance sequence partway through the film. Dolan isn't afraid to make bold storytelling choices like that, and while certain characters' decisions at times feel like a stretch, Dolan still always seems to be in control of the strange story world he has woven for himself. Beautiful to look at and compelling to take in, *Tom at the Farm* is an assured, perfectly off-kilter entry from one of Canada's leading young directors. **MMMM**

A Promise

Costume dramas have a reputation for being stuffy and formulaic, and, unfortunately, *A Promise* is one example that supports the stereotype.

Director **Patrice Leconte** has been making movies in his native France for over 30 years now, but *A Promise* is his first English-language effort. Set in pre-WWI Germany, it stars **Alan Rickman**, **Rebecca Hall** (*Vicky Christina Barcelona*, *The Town*), and **Richard Madden** (*Game of Thrones*) as participants in a truly odd love triangle. Madden plays a young secretary who falls for his employer's wife, and here begins the type of costume drama you've likely seen a thousand times before.

Individually, the acting here is fine. Hall shines brightest out of the main trio, bringing a gawky charm to her upper-crust character. Rickman, too, is well-suited to his role and seems to be channelling Snape in this dour performance, but he really isn't given much to do. And despite the acting skill on display, together the trio has shockingly little chemistry. The romance between Hall and Madden's characters in particular never has any real spark, which is a big problem when the film hinges on the audience wanting them to be together.

Visually, the film is well put-together and there is some lovely costume work. But when it comes to the story and the key romance, it feels like a very watered-down version of other films of its kind. *A Promise* lacks the deeply felt longing of *Bright Star*, the tragic urgency of *Atonement*, and the social commentary of *The Age of Innocence*, which ultimately leaves the film feeling mechanical and hollow. **MM**

UTM alum wins big at SummerWorks

Theatre Erindale grad Andrea Scott wins RBC Arts Professional Award for her play *Eating Pomegranates Naked*COLLEEN MUNRO
A&E EDITOR

Theatre Erindale doesn't kick off its season for another few weeks, but that doesn't mean that things slowed down for UTM's drama students over the summer months.

SummerWorks, a Toronto-based theatre festival, drew in several current and former UTM students; the event ran for 11 days in August at a variety of downtown venues. According to its website, SummerWorks is "the largest juried festival in Canada featuring predominantly new Canadian plays". This year's festival also included a concert series and

other satellite events throughout the city.

There were several awards up for grabs at this year's SummerWorks, one of which was awarded to UTM grad **Andrea Scott** for her play *Eating Pomegranates Naked*. Scott's play, which frankly explores the devastating effects that miscarriage can have on couples, won the RBC Arts Professional Award. This \$1,000 prize "recognizes the work, craft, and dedication of an emerging arts professional".

Scott sees her success at SummerWorks as a recognition of her business sensibilities as much as her art. For example, in order to raise funds to stage the produc-

tion, she created an Indiegogo account.

"It is validation for all the independent business learning I absorbed over the last ten years on my own," she says. "My gurus are Malcolm Gladwell, Daniel H. Pink, and Seth Godin, who look at the psychology of business, communication, and people skills. I always believed that I had a good play, but just having a good product won't sell it to the masses."

Several current UTM drama students also took part in the festivities, including **Lindsey Middleton**, **Michael Esposito II**, **Tyler Seguin**, **Denise Norman**, **Alessa Dufresne**, **Nicole St. Martin**, **Michael Bradley**, and **Zoe**

Sweet. As well, UTM Canadian theatre history professor **Sasha Kovacs** appeared in the festival entry *Show and Tell Alexander Bell*.

As Scott explains, having your play in a festival like SummerWorks teaches you some important lessons quickly.

"As a writer, it forces you to write on a tight deadline when your director tells you five days before opening that five pages have to be cut," she says. "You learn not to be precious about your work and attempt a little guerrilla dramaturgy [...]. Just because you think your work is a fine piece of brilliance that will have the critics and audiences

trumpeting your genius doesn't mean that will actually happen, so always have a backup."

For Scott, though, all of the hard work and last-minute stress paid off. She describes her play as "naked" and "voyeuristic" and though it may test audiences, *Eating Pomegranates Naked* was a hit with critics and, as it turned out, the jury. "When I heard that I'd won the RBC Arts Professional Award on August 18, I gave myself a pat on the back and said, 'Well done,' as it was the recognition I had hoped for three years ago when I began writing *Eating Pomegranates Naked*," Scott says. "So yes, sometimes there are happy endings."

Celebration Square Bash says goodbye to summer

The Medium reflects on the Big Sound's End of Summer Bash concert

KRISTIE ROBERTSON

"All right, I'm really excited, so I forgot the words. Let's be real here, you know," confessed **Tanika Charles** of the **Big Sound** admitted when opening their show at the End of Summer Bash at Mississauga's Celebration Square on Saturday with a cover of Martha and the Vandellas' "Dancing in the Streets".

The 28-piece Motown band hit the stage at 9 p.m. with an alternating group of lead singers whose voices and styles were as diverse as the audience in front of them. A backdrop of blue, purple, and red lights hung behind them, rippling in the mist of the humid September air.

I could feel the bass drum in my chest as the band belted out classics. Even so, it became clear partway through the show that the Big Sound was having trouble reaching their audience, except for an energetic group of chil-



ESSRA MOSTAFA/THE MEDIUM

The Big Sound performed a variety of Motown hits at the Celebration Square End of Summer Bash.

dren that had congregated at the right side of the stage.

Periodically, a few of the singers would challenge the audi-

ence, at one point asking five members of the crowd to stand or they would not continue playing. There was even a joking accusa-

tion made towards the Beaver Tails vending truck for making people sit down to eat.

The band hurried through

songs from Diana Ross and the Supremes, Marvin Gaye, Sly and the Family Stone, Aretha Franklin, and many others. It wasn't until the cover of James Brown's "This is a Man's World" that you could really feel the audience come alive. The male vocals were variously gritty and smooth in all the right places. Falsetto riffs had goosebumps crawling over my skin. It was an incredible performance. The music took me back to Saturday nights when my sister and I would dance around our kitchen table to the oldies while we waited for our parents to start our family movie night.

Unfortunately, I had to leave before the last song, but I had the privilege of listening to the female performer's crisp voice among the trumpets, echoing among the traffic of Burnhamthorpe Road as I waited for the bus. I thought, "Maybe nothing is perfect, but this feels like home."

Can graphic novels elevate storytelling?

Sweet Tooth series ends on high note

KATE CATTELL-DANIELS
STAFF WRITER

"You read that stuff?"

I get mixed reactions when I read graphic novels in sight of other people. The best was the look on my dad's face when he saw me reading *Watchmen* on the living room couch: "I took you for a proper Victorian novel-reading type," he said.

I replied, "Not exclusively."

With this summer's publication and completion of the graphic novel series *Sweet Tooth* by **Jeff Lemire**, I've been rethinking why I like this form so much and wondering just how it works its magic.

In the beginning, there were Saturday morning funnies. As a child I was obsessed with Calvin and Hobbes and I still look forward to the full-colour comics in the Saturday Star. Therein, I think, lies the basis of prejudice against graphic novels. What appear like simple pictures with flat colour and dumbed-down text makes sequential art seem like a medium for those who can't stomach the idea of a "real" book. If this is you, go read some of **Scott McCloud's** *Understanding Comics*, and then we can talk.

As it stands today, the study of English literature has three major branches: prose, poetry, and drama. Graphic novels don't yet have a place in the great canon of English books, although they seem to be forming a canon of their own to get revenge. There is much argument for opening up the canon to include writing by authors who aren't DWEM (dead white European males), for the non-English majors), and I'm not against this in the least. But we should be bringing in not only new writers,

but also new mediums.

If you think about it, graphic novels make a lot of sense. As human beings, we experience the world through both images and words.

"Well," you say to me, "watch a darn movie then."

And I say to you, "No." Because I've seen lots of movies, and after a while you realize the genre can be pretty predictable and very, well, mainstream. Actors and plots are consistently repeated. Occasionally, a good film will subvert this. Occasionally, graphic novels, though, rework everything you thought you knew. *Watchmen* takes the superhero story to a whole new level; *Fun Home* reconfigures the autobiography. *Sweet Tooth* takes the ever-popular post-apocalyptic genre and contorts it into an uncensored, heartwarming horror show. There is no censorship, and that's good thing. Art should never be checked.

The most important element of this volume of *Sweet Tooth* is its conclusion. The last instalment remains true to its prequels, delivering a raw, beautifully illustrated, climactic novel featuring the most rewarding and frustrating ending of any book I've read since *The Handmaid's Tale*.

The moral of the story? Not everything is clear. That's just life. The reason this is so bothersome is the suspense that leads up to it. The timing is impeccable; *Sweet Tooth's* s edge-of-your-seat tone never disappoints. At first I thought I hadn't understood what Lemire was trying to tell me; then I realized that ambiguity can be purposeful. The character arcs, if not the main plot, are allowed a beautiful ending. Bring your tissues.

A pub crawl of epic proportions

Hot Fuzz gang reunites for apocalyptic comedy *The World's End*



FOCUS FEATURES/PHOTO

Simon Pegg (center) reunites with some old pals in *The World's End*.

RAJ-KABIR BIRK
STAFF WRITER

The fruitful collaboration between writer and actor **Simon Pegg**, actor **Nick Frost**, and director **Edgar Wright** began in 1999 in the form of the British Channel 4 sitcom *Spaced*. Since then, the trio have battled zombies in the 2004 cult classic *Shaun of the Dead* and fought crime in the 2007 buddy-cop satire *Hot Fuzz*. Now, they're staving off an alien invasion in this year's *The World's End*.

In *The World's End*, the last of the "Cornetto Trilogy", five childhood friends reunite 20 years after a failed pub crawl and attempt to finish it at the request of the former leader of the group, Gary King (Pegg). Driven by King, the group traverses the "Golden Mile", hoping to finish at a pub named *The World's End*, but what they intended to be a journey through the pubs of their hometown turns into a quest to save the world from an annihilating alien force.

The film boasts a talented main cast, moving the limelight away from Pegg and Frost, if only momentarily. At the core, there is the enduring and tumultuous friendship between Gary King and Andy Knightley (Frost), and joining the duo are Cornetto regulars **Martin Freeman** and **Paddy Considine**, as well as newcomers **Eddie Marsan** and **Rosamund Pike**. Those familiar with the trilogy will be accustomed to the gags and references that are staples of the series, but even those new to the world of Pegg, Frost, and Wright will be instantly introduced to their world of ironic, deadpan comedy set in high-octane situations.

Among the laughs and gasps, we are also made to consider the topic of conformity. The theme, originally dealt with in *Shaun of the Dead* and *Hot Fuzz*, is fully developed in this film as a small town's citizens' bodies are overtaken by alien forces, à la *Invasion of the Body Snatchers*. But as with Wright's other films, the

message is not heavy-handed and instead creates an atmosphere that allows for character growth, witty comedy, and fast-paced action.

Too often, sequels are stale as a result of a lack of ingenuity and an inconsistent standard of writing, but in this series—an unofficial trilogy with different characters but the same actors and similar themes—each film is fresh and rewarding. *The World's End* is no exception.

However, because it's continued in the same vein as the previous two films, there is also a sense of familiarity to *The World's End*. Where *Shaun of the Dead* and *Hot Fuzz* had the strength of unpredictability, *The World's End* was at times left wanting, especially in its pacing at the start of the film. Even so, despite its flaws, it doesn't fall flat.

A fitting conclusion to the trilogy, and viable as a standalone film, *The World's End* ultimately succeeds as an exciting, thematically relevant film without becoming a victim of its satire status. **MMMMM**

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If you'd like to participate in the squash ladder email Michael Foley atm.foley@utoronto.ca

2013 UTM EAGLES 2014



2013 UTM EAGLES 2014

Men's Tryouts

Basketball	Sept. 11, 16, 18*	Gym A/B	8:00pm - 10:00pm
Flag Football	Sept. 11, 17, 19	South Field	5:30pm - 7:00pm
Ice Hockey <small>(Non-Contact)</small>	Sept. 15, 22	Iceland	9:45pm - 11:45pm
Soccer*	Sept. 12, 16, 18 **	North Field	5:30pm - 7:30pm
Volleyball	Sept. 12, 17, 19	Gym A/B	8:00pm - 10:00pm
Rugby	Sept. 12, 16, 18	South Field	7:00pm - 8:30pm

Women's Tryouts

Basketball	Sept. 12, 16, 18	Gym A/B	6:00pm - 7:30pm
Flag Football	Sept. 12, 16, 18	South Field	5:30pm - 7:00pm
Ice Hockey <small>(Non Contact)</small>	Sept. 25	Clarkson Arena	10:00pm - 11:00pm
Soccer*	Sept. 11, 17, 19	North Field	5:30pm - 7:00pm
Volleyball	Sept. 11, 17, 19	Gym A/B	6:00pm - 7:30pm

*Cleats & shin guards are mandatory at soccer tryouts
**Last tryout is by invite only

Coed Tryouts

Ultimate Frisbee Sept. 11, 17, 19 South Field 7:00pm - 8:30pm

Tryouts open to all UTM students!

UTM Department of Physical Education, Athletics and Recreation



www.utm.utoronto.ca/athletics



PROGRAM OFFICE - ROOM 060

MEDIUM FEATURES

Editor | Maria Cruz

What's in your backpack?

As another school year approaches, students share how much they spend on back to school gear

ALEXANDRA GEDDES

Upon walking into Staples on Tuesday, I was greeted by rushing students, pushy parents, and stressed-out staff. Each customer frantically moved through the aisles, attempting to get supplies needed for the school year.

Known to retailers as “Super Tuesday”, the day after Labour Day is the second-busiest day for many stores. Topped only by Christmas Eve, Super Tuesday means big profits. According to Walmart Canada, students will spend an average of \$450 on back to school products this year.

According to a recent CTV consumer alert, most shoppers make about five visits to stores to buy the necessary products. Barring the unique requirements of some courses, stocking up on everything early is widely considered the best way to succeed.

I asked students on campus how much they spent in preparation for their first class, and discovered that upper-year university students know plenty of tricks to inexpensive back to school shopping.

“I usually do my shopping at the dollar store. I only spend about \$50,” says Kayla Hamden, a fifth-year kinesiology student. “I get the supplies I need for way cheaper.”

“I spent \$200 to \$300 this year,” admits Priya Chopra, a fourth-year



JASMEEN VIRK/THE MEDIUM

Essential UTM memorabilia.

CCIT major. “I wasted a lot of money in first year. I didn’t need to buy individual notebooks for each class. By second year, I knew what I needed. What I needed was a laptop.”

Fifth-year linguistics major Michael Cristiano found that out the same way. “Buy as you go and as [you] need. I spent \$200 this year, but double that in first year. I bought too many coloured pens and Post-its.”

Like many first-year students, Kaitlyn Margison spent a lot more

on preparing for her first university classes. “I spent about \$500 on clothes, \$200 on stationery, and \$1,500 on a new laptop,” she said.

Internet Retailer editor Paul Demery estimated that there was a 12% growth in student back to school spending last year. He attributes this growth to the continuing rise of online shopping. The top three back to school retailers are, in descending order from most sales, Amazon.com, Walmart, and Zappos.com, a web-only shoe and apparel unit of

Amazon.

Another factor in the increase in back to school spending this year is the growing popularity of electronics as learning tools. Many lecture notes and PowerPoint slides are available online, making traditional pen-and-paper notes a less popular option. Students are now also opting to type or record classes on their own initiative. One benefit of this shift is that it contributes to better savings in the long run. As more and more students switch to online

note-taking and studying, the cost of stationery per student decreases. Instead, first- and second-year students focus on one big purchase, such as a laptop or tablet, to assist them throughout their entire university career.

“I don’t think I’ll spend nearly as much as this year,” explains Margison. “I expect my laptop to last through all four years of university.”

As a fourth-year professional writing student, I know all too well the importance of frugal school shopping. I constantly fill notebooks with article ideas and interview notes. Over the years, I’ve developed my own strategy: discount products! Instead of doing a large stock-up before classes each year, I buy only the basic necessities on the first round; this year I’ve bought a single notebook, a couple of pens, and a cozy sweater. I wait until after the second week of classes, when most professors have introduced their course routines, before I shop. By this time, most stores have reduced their back to school essentials to a clearance price.

Every student has their own approach to back to school shopping. Some prefer to go on a spree, and others buy what they need throughout the year. This year, when you’re rounding off your back to school shopping, take a minute to think about how many different colours of highlighter you really need.

A crash course on cash management

Were students ever taught how to handle their finances?

ANDREEA MIHAI

Whether it’s applying for OSAP, buying textbooks, or budgeting one’s personal expenses, university is the first time many students deal with money matters. Many of them come unprepared for the experience, and either flounder or forward everything to their parents. Should more be taught on the subject prior to university, rather than leaving it to students to catch up and find out things for themselves?

According to an article published by the Guardian in 2011, 84% of Canadians believe young people are ill-prepared to manage finances when they enter the workforce, and 85% believe that learning how to handle money while in school would benefit us in the long run.

Second-year students Monique Swaby and Emily Bryk believe that being in university has given them the skills they need to be indepen-

dent outside of school.

“This year, now that I have to pay for textbooks and stuff, I’m really trying to budget myself and find alternative methods,” says Swaby. “Last year, I bought everything new, my mom paid for it [...]. When I first started working, I thought, ‘I have a hundred dollars; that means I can afford everything!’ I now realize that I can’t. I still have to pay for gas and all that stuff. It makes me be more responsible, so I’m learning a lot.”

Bryk believes the whole university experience is about becoming more independent, including living alone, getting a job, and managing money. She believes these skills should be taught in schools as an ongoing process.

Evidently, high school hasn’t prepared many of us for money management. As university students we now recognize the necessity of that skill.

“High school didn’t prepare me to manage money,” says Janny

Huynh, a third-year psychology student. “It was all a learning experience from first year. It was the biggest transition. [...] It’s not enough just to show people money management in a textbook. It’s more about a practical thing—you have to get out there and do it yourself and manage yourself.”

Students are pushed into the deep end in first year, often not knowing how to manage their finances.

84% of Canadians believe young people are ill-prepared to manage finances when they enter the workforce.

Renu Kanga Fonseca, a financial advisor at UTM’s Office of the Registrar, points out that late budget planning also has repercussions when applying for OSAP.

“Because of the time required to process OSAP documents and students often applying quite late, their funding can be released late,” says Fonseca.

Fonseca also suggests coming in to chat with a financial advisor well in advance, and adds that there are a lot of online sources and OSAP information that students receive in the mail, and taking the time to read it all can really pay off.

Canadian universities offer a range of financial services to enrich students’ financial literacy, including online sources where students can find information on OSAP and scholarships, opportunities to meet one-on-one with a financial advisor, and workshops that cover a range of topics. UTM offers all three services. The U of T website hosts information on OSAP and budgeting advice. Students can also consult with a financial advisor regarding student loans or general questions about

personal finances.

In addition, the Office of the Registrar offers OR 101, a series of free workshops on OSAP, student loan repayment, budgeting tips and tricks, and student awards and scholarships that starts on Welcome Day, and continues throughout the year. The presentations are posted online afterwards.

There are also several useful apps that can help students keep track of their finances. Many of them allow users to check their bank accounts as well as look in on their credit cards and loans. Some will even inform you on how much to spend in relation to your income with notification emails.

Maybe the reason money management isn’t being taught in school is because it’s perceived as a skill best learned through experience. But perhaps it’s through a combination of experience and textbook methods that students are truly learning how to manage their money.

Two more to keep you going till noon

We jokingly call it an addiction, but what would you do without your nine o'clock fix?

LILY BOWMAN

A cup of coffee before your nine o'clock class, another before your first conversation, two more to keep you going till noon... and before you know it, all your lunch money has been wasted on Starbucks. Ah, Starbucks, where everybody knows your name.

Believe it or not, despite caffeine addicts' understanding that they're addicted (the first step to recovery, at least), they don't believe that coffee consumption is bad for them, though several studies prove otherwise.

Health Canada's statement on coffee in the Food Guide explains that although for healthy adults, a small amount of caffeine may have positive effects, such as increased alertness or ability to concentrate, those more sensitive to caffeine could experience insomnia, headaches, irritability, and nervousness.

As I stood in coffee shop lines around campus, only Han, a first-year management and psychology major, was well-informed on the negative effects of coffee consumption. Citing his lessons from psychology class, he told me that too much coffee can "harm the brain and tamper with memory". I nodded as I breathed in the bittersweet fumes emanating from Tim Hor-



HUFFINGTONPOST.COM/PHOTO

Health Canada warns against more than 400 mg of caffeine per day.

tons.

The other students and staff I badgered identified themselves as coffee-drinkers, consuming three to five cups a day.

I asked Vian, a fourth-year business major Starbucks barista, what he thought. When I asked how many people this location serves per day, he let out a long exhale, suggesting that the number is impossible to calculate. He told me

that on summer days, when business is at its lowest, they usually rake in about \$1,000 in profits, equivalent to about 200 customers.

He also provided a harsh view on coffee, divulging that one of his customers came in demanding his "caffeine fix". This makes me remember being in the library at 11 p.m., thankful to catch the last call at Starbucks. My arm twitched every couple of minutes as I dug

through Plato and Heroditus.

Vian also believes coffee to be an addiction equivalent to smoking.

"It even turns your teeth yellow," he says. Still, even Vian has a cup or two once in a while to "stay wired".

Some of us just can't wait to grab our next cup. Those admitting an addiction do so jokingly, like Mike, one of our Campus Police officers. I received a quick "yes" through

laughter as he rushed over to the next available cashier at Tim Hortons.

So how much coffee is too much? At what point do we start experiencing the eye-twitching?

Canada's Food Guide states that for "the general population of healthy adults, the long-standing advice still applies of no more than 400 mg of caffeine per day, the equivalent of about three eight-ounce (237 ml) cups of brewed coffee".

This doesn't sound so bad, but beware the variable definitions of "cup" on campus. Starbucks and Tim Hortons both offer an eight-ounce cup: the Starbucks' "short" and Tim Hortons' new "extra small" cups. However, Starbucks has 160 mg of caffeine in its cup as opposed to Tim Hortons' 80 mg.

This means that Health Canada would limit you to either two and a half cups of brewed coffee from Starbucks or five cups of coffee from Tim Hortons, provided that you order the smallest sizes possible.

Next time you're standing in line at Starbucks, ask yourself whether the guaranteed wide-eyed alertness is worth the possible brain damage, arm jitters, and memory failure. Then again, it may already be too late. You probably used this article as a coaster for your coffee.

Misery loves company

Facebook is responsible for loneliness in young adults

ANAGHA NATARAJ

Over the last decade, social media is a pretty big deal to young people, who are influenced more than other demographics by the current social demands. Being on the go and being able to keep in touch with the people in our lives plays a key role in our relationships.

But does social media contribute negatively to our mood changes and how we perceive ourselves and others?

That's the question Alexandra Sifferlin of Time is trying to answer. In an August 15 article titled "Two-Faced Facebook", she proposed that being on Facebook can affect how you behave.

Recently, a friend of mine remarked that seeing photos of her friends hanging out at the beach made her upset not to have been invited. When she ran into one of the friends a week later, she still showed signs of withdrawal and anger. Observing everything her friends were doing made her feel lonely and unwanted.

A recent post by Rowena Kang for Social Media Today looked at relationship trends and suggested that social media is contributing to the increase in divorces and break-ups, particularly in common-law relationships. Reconnecting with people you used to know or connecting with those you want to get to know is easy today, she points out, but such connections can be damaging to other relationships.

Most of the students I spoke to said they went on Facebook "just for the sake of it"; though they might not start with the intention of spending time browsing, logging on just becomes a habit. Once they had logged in, however, they found themselves browsing through photos and finding some reason to stay on and "look at what other people are up to". When faced with discoveries like not being invited to a party, or a friend writing an offensive status, most would log out in a bad mood.

Similarly, during my second year, I saw one of my friends update her work information on Facebook. I found myself going through her work history (stalker much?). When I logged out, I felt horrible about myself—I felt like I hadn't accomplished anything and didn't even have a steady job, whereas everyone else was occupied with so many interesting things. Sifferlin cites Ethan Kross, a social psychologist at the University of Michigan who mentions this exact phenomenon of "social comparisons".

Though many of us enjoy logging in to Facebook and posting the occasional status, all of us have become upset at some point because we saw or read something we didn't like. And many of us have let it negatively affect our moods, causing us to behave negatively towards others.

Not only is Facebook an accomplice in causing relationship tur-

moil, but it also alters how we view some of the 400+ "friends" on our profiles. The need to seem interesting 100% of the time doesn't help us in our personal lives; instead, it gives us unrealistic goals and reminds us that we're not as exciting as our Facebook updates, a narrow selection of the most exciting things that happen to us, suggest we are.

In fact, according to Maslow's classic hierarchy of needs, at some point we all do things that are acceptable (or not) in society to "fit in" and be considered "part of the group". As humans, we all have a need to be wanted and respected by others.

But seeing someone new date our ex or watching our friends make plans without us just makes us feel lonely.

This is not to say that Facebook doesn't have its positives too. Sifferlin talks about using social media "the right way". Some therapists agree that simply watching friends on social media can lead to loneliness and "social comparison". But when used to keep in contact with our peers, it can combat loneliness, as we join new communities, and reconnect with old friends.

But it's hard to eliminate jealousy and peer competition on social media when we're already struggling with it in day to day life.

I wonder what Mark Zuckerberg would say if he found out that his baby is actually creating barriers.

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Do you really need a playbook?

CFL legend Nick Volpe does not believe having a game plan is integral to a team's success



ANDREW FRANCIS WALLACE / TORONTO STAR

Toronto Argonauts head coach Scott Milanovich and rookie Jessie Hubbard during Rookie Training Camp in 2012.

ISAAC OWUSU

There is one tangible in football that has the power to send a player packing even before they hit the field.

In its many forms, it serves as a model of systems that basically remain the same in all levels of football. For current CFL players and coaches, the mantra has always been the same: know your playbook, cherish your playbook, and if you lose your playbook, you're done.

As the game has progressed, so have the methods and complexity of calling and executing plays. Yet CFL legend Nick Volpe doesn't agree with these innovations.

"It's all too much—everything should be simpler," says Volpe, a six-time Grey Cup champion. "Because the game's complicated enough as it is. So you have to make up your mind instinctively."

During his playing days in the 1940s and '50s, Volpe served as the backup quarterback and place kicker for the Toronto Argonauts. He won two Grey Cups while being coached by Frank Clair. He's also had great success organizing the Xs and Os.

"I wrote a football book in '66 for high school coaches, and that was the principle that I used: keep it simple so that everybody can understand," said Volpe, who coached the Argos from 1953–63, among other teams. "You don't learn from a playbook, you learn by doing it

on the field. That's the key difference. The playbook is just to help simplify things, but you have to do it out there. If people got a playbook, they had to guard it; there was no passing around."

Jason Maas, two-time CFL Most Outstanding Player and two-time Grey Cup champion at quarterback for the Edmonton Eskimos, can't help but disagree with Volpe.

"Football is a detailed game," Maas says. "When you're putting together a playbook and installing your plays, you need to be detailed so that there's no room for error, or when someone does [make an] error, they know that [they] made one."

Maas joined the Argos last season; he coaches wide receivers, including Chad Owens, the league's record-breaking Most Outstanding Player in 2012.

"With our game up here, with the waggle and that stuff, those things are already going to create some inconsistencies with receivers, running backs, and quarterbacks," Maas said. "That's why you want to be as precise with your detailing and where they line up as you can be."

Still in its early stages, the 2013 CFL season has introduced new players and coaches to the game. The learning curve with the playbooks is much more accessible and hands-on, as they are now prepared electronically for teams to use on iPads and other mobile devices.

"I've seen it go from concep-

tual—where you have to memorize a certain phrase, and that phrase leads to a certain design of a play—and I've seen it progress to systems where they have a word for every player," says Jeff Johnson, the Argonauts' veteran running back and two-time Grey Cup champion, following the first practice of the team's training camp.

"You don't learn from a playbook, you learn by doing it on the field.

That's the key difference.

The playbook is just to help simplify things, but you have to do it out there.

If people got a playbook, they had to guard it; there was no passing around."

—Nick Volpe

"It goes in waves: the run game, the pass game, it always changes. As defences do one thing to catch up, an offence has to move forward and adjust," Johnson adds. "The defence will do something and offence ad-

justs again. It goes in multi-year waves."

It makes sense that a league celebrating the 100th anniversary of its Grey Cup would experience great innovation in how plays are designed and called.

"You would practice all these playbook situations that would happen during the spring practices and two-a-days, and then you'd scale them down," said Chuck Ealey, a CFL legend in the '70s who quarterbacked the Hamilton Tiger-Cats to victory in the 60th Grey Cup.

Ealey also had stints with the Winnipeg Blue Bombers and Argos until his career was cut short due to injury in 1978. In his historic football career, he was undefeated in the college ranks at Toledo University and was named the CFL's Most Outstanding Rookie and a league all-star. He grew to understand the art of the playbook. He also learned just what he could and couldn't do when it came to tinkering.

"There was a big number of plays, but you wouldn't use them all," says Ealey. "It became somewhat of a blueprint of the process of when you go from team to team. Some teams would play the same kind of defence in the same kind of way and you could use the same plays and other teams would have to adjust."

"I recall a lot of the adjustments took place on the field," he adds, "where the playbook which you might not have played had to change in the middle of the game."

No matter the era, to forget or lose one's playbook is probably the biggest no-no in sport. Such negligence is football sacrilege.

"If you lose a playbook, it's like giving somebody a pot of gold," said Jason Shivers, the Argonauts' defensive assistant coach.

"I have seen somebody lose their playbook before. It was a joke; he was being irresponsible and the vets took it," said Shivers, who played defensive back for the Argos and Tiger-Cats for four seasons. "He basically left it, and so he really didn't lose it, but he did lose it and they threw it away. He ended up with a \$200 fine—it's definitely serious because it's like a business, and when you have a successful business model and plan, you don't want to just give it away. And that's what losing the playbook is like."

A \$200 fine for losing a playbook may seem a little harsh, but to lose your job over it? That's just cruel.

"I've seen a guy lose his playbook once and it was home on a flight right after," said Johnson. "He was a rookie, so it taught him and the team a lesson."

That was a rookie mistake which resulted in a visit to the unemployment line—but what would the punishment be for a 14-year veteran like Johnson?

"I wouldn't know, because I'll never lose it," he said, half smirking, half holding a straight face. "It's just that important. You don't lose your playbook."

Gareth Bale's record-breaking transfer

The Welsh midfielder is one of the many names to have been transferred during the offseason

ORVILLE MACIEL

This past month had the soccer world abuzz with news of some of the biggest player transfers and extraordinarily hefty price margins it takes to acquire such superstar players.

Most notable was Welsh native and Tottenham Hotspurs frontman Gareth Bale, whose ground-breaking £85.3-million transfer to Real Madrid surpassed fellow teammate Cristiano Ronaldo's £80-million transfer from Manchester United, making him the most expensive football player. The news of Bale's transfer set the world aflame, sparking countless debates on whether he was paid too much and whether the world of soccer had become a money-hungry organization, failing to focus on skill or a team's ability to win titles.

Interestingly enough, back in 2007, Gareth Bale joined Tottenham for a measly £7 million. Tactical shifts had him playing different positions until his speed, agility, precision, and powerful left foot cemented him a spot as a more offensively oriented player. It is these same qualities that have



EMIRATES247.COM/PHOTO

Gareth Bale and Real Madrid President Florentino Perez at Bale's official introduction

many agreeing with the large price tag attached to a skilled player like Gareth Bale.

This trade caused even more controversy when it was announced that the addition of Gareth Bale to the Real Madrid squad meant the departure of star midfielder Mesut Ozil to Arsenal. At the start of September, Real Madrid acquired German Inter-

national and star playmaker Ozil for a healthy £42 million. Though this margin is within the norm in terms of soccer salaries, the real surprise came to the players and fans of Real Madrid, who found it difficult to comprehend Ozil's departure.

The Gunners of the Arsenal Football Club are the lucky ones in this deal, having obtained an in-

telligent player with a keen sense of how to play the game. Connecting him with Lukas Podolski and the likes of Theo Walcott and Per Mertesacke, the possibilities are endless for the Gunners this season.

Numerous other respected franchises engaged in large transfers during the offseason. Notably, Brazilian native Neymar brought

his skillful footwork and speed to Barcelona for a signing of £50 million. Whether his style will blend with the team's infamous "Tiki-taka" style of short-passing plays is still undecided. Neymar becomes the fourth-most expensive football player in the world; following him are equally talented players like Edinson Cavani, who signed with PSG from Napoli for £57 million. Trying to form a new era with a new manager, Manchester United signed Belgian star Marouane Fellaini, reuniting him with his former Everton manager, David Moyes.

Setting aside the spotlight on individual players, one must understand that soccer is a team sport. It's about 11 men working as a unit to display their skill and talent as a whole in order to be the best. A team's ability to work in unison with their manager and trainers allows them to reach this goal.

Although the soccer salaries have changed dramatically over the years, with a growing emphasis on endorsements and big money transfers, one thing remains the same—a team's success is not determined by a single player.

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Ball Hockey (Men's)	Tuesday, September 17 - 11am
Basketball (Men's)	Tuesday, September 17 - 12pm
Indoor Soccer (Men's)	Tuesday, September 17 - 1pm
Cricket (Men's)	Tuesday, September 17 - 3pm
Volleyball (Coed)	Tuesday, September 24 - 12pm
Indoor Soccer (Coed)	Tuesday, September 24 - 1pm
Ultimate (Coed)	Tuesday, September 24 - 2pm
Basketball (Coed)	Tuesday, September 24 - 3pm

All Team Entry Meetings will be held in Gym C in the Davis Building

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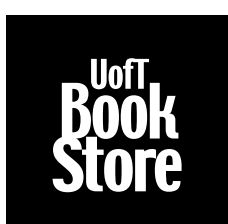
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