



THE MEDIUM

THE VOICE OF THE UNIVERSITY OF TORONTO MISSISSAUGA

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U of T celebrates the new co-curricular record

Students, staff, faculty, and alumni gathered at Hart House to inspire student engagement

LARISSA HO
NEWS EDITOR

The celebration of U of T's new co-curricular record saw students, staff, faculty, and alumni come together at Hart House to mingle and talk about extracurricular involvement, its benefits, and the definition of leadership. The official launch of the online database was on September 10 with about 450 activities. Kimberly Elias, program coordinator of the co-curricular record, said that up to 1,000 activities are expected to be included by December, and 4,000 by September 2014.

The co-curricular record is an official U of T document that tracks both undergraduate and graduate students' engagement outside the classroom, links those activities to competencies, and provides students the opportunity to present their extracurricular activities to future graduate schools and employers as a complement to their academic transcripts.

The evening started off with a networking event in the East Common Room of Hart House. About 80



LARISSA HO/THE MEDIUM

The Office of Student Life at St. George show their colours.

students signed in, had some fruit and cookies, and were seated at decorated tables as staff of the Office of Student Life encouraged students to speak to the other people at their respective tables about their various

involvements at U of T.

Students were invited to discuss what they would change about their "academic journey", what legacy they wanted to leave behind, and what motivated them to come to

the launch. Besides the free food, students said they came to celebrate the CCR and to learn how to get more involved.

After discussions at the tables ended, four U of T alumni who had

each won a Gordon Cressy Leadership Award in 2008 were invited to come up and talk at a panel about their experiences of being involved at U of T.

Varuna Prakash, who came to U of T as an engineering student and who has returned as a medical student this September, wanted to emphasize that getting involved yielded more benefits than she anticipated. Josephine Comegna, a litigation associate at Himelfarb Proszanski LLP who won the Cressy Award for her numerous contributions to the U of T community as a law student, touched on finding a passion but not limiting oneself to activities relevant to a career in the chosen field of study, instead looking at the transferrable skills to be gained from different activities.

Emily Kettel, another law student who was involved in numerous extracurricular activities and is now an associate at Gilbert's LLP, answered questions about finding a balance between school and extracurricular activities.

CCR continued on page 3

Painting the campus pink again

UTM hosts the 22nd annual CIBC Run for the Cure in support of breast cancer research

LARISSA HO
NEWS EDITOR

Over 2,500 students, staff, faculty, alumni, and residents of Mississauga and its surrounding communities gathered at UTM on Sunday for the 22nd annual Canadian Breast Cancer Foundation CIBC Run for the Cure, Canada's largest community-driven fundraiser supporting breast cancer research.

Access to campus from Mississauga Road from Collegeway North to Burnhamthorpe Road was restricted from 9:45 a.m. to 10:45 a.m.

Braving the light rain to run or walk in support of loved ones suffering from breast cancer—a disease with which one in nine women in Canada are diagnosed



LARISSA HO/THE MEDIUM

Survivors stood at the starting line in front of the Davis Building on Sunday.

yearly—participants wore white t-shirts with the words "I'm running for my future" on the front and their team's name on the back. They decorated themselves

with pink buttons, hats, and hair accessories and mingled around the registration and sign-in tents, media tents, the U of T Alumni Association's tent, and other tents

set up in a square on the lawn beside the William G. Davis Building.

Pink continued on page 2



"Grossly misinformed"

UTM's principal, Deep Saini, goes into more detail on the unpopular Middle Entrance sign project. **Medium News, page 3**

Stiring up enthusiasm?

The co-curricular record is a nice way to give credit, but whose minds will it change? **Medium Opinion, page 4**

Sloan speaks

The *Medium* got a chance to talk to the iconic Canadian band while they were in Mississauga. **Medium Arts, page 6**

Helicopter parents ahoy

Even university students need to fend off the odd overprotective dad sometimes. **Medium Features, page 8**

Underwater bicycling

It's a thing. And it's good for your health. And we tried it out for you. **Medium Sports, page 12**

CAMPUS POLICE WEEKLY REPORT

September 26, 8:20 p.m.

Theft under \$5,000

A student reported the theft of her personal property that she inadvertently left on top of her vehicle. When she returned to her vehicle, her property had been stolen.

September 26, 10:09 p.m.

Assault

Peel Regional Police and Campus Police investigated a call in regards to two males fighting inside a courtyard in a townhouse complex. No one was arrested in this altercation.

September 27, 11:59 a.m.

Motor Vehicle Accident

A staff member reported that someone had hit his vehicle in a parking lot. The driver of the second vehicle did not remain to report the incident.

September 27, 11:27 p.m.

Mischief under \$5,000

A wall to a campus building was spray-painted by person(s) unknown. The Grounds Department was contacted to have the graffiti removed.

September 29, 1:31 a.m.

Controlled Drugs & Substances Act

Campus Police received a call in regards to a male who was smoking marijuana inside the common area of

an on-campus apartment. The male, along with a group of friends he was with, fled prior to the arrival of Campus Police.

September 30, 12:45 p.m.

Suspicious male

Campus Police were contacted in regards to a male who was acting strangely outside of the UTM Bookstore. The male had left the area prior to Campus Police arriving in the area.

October 1, 8:00 a.m.

Suspicious male

Campus Police were alerted to an unknown male that verbally threatened two students outside of the library. This occurrence was the second incident reported. Peel Regional Police were also contacted and attended and took a report. The student waited several days before reporting it

October 2, 2:23 p.m.

Theft under \$5,000

A student reported the theft of his wallet from the outside benches near the Kaneff Centre.

October 2, 8:47 p.m.

Theft under \$5,000

A student reported the theft of her cellular phone from a classroom inside the Kaneff Centre.

TD Bank donates \$1 million to UTSC

The grant will fund research in urban forest conservation and biology

MARIA IQBAL

On September 28, TD Bank Group announced it will contribute \$1 million to UTSC to promote research and teaching efforts in the areas of urban forest conservation and biology.

According to a UTSC press release, the grant will fund undergraduate and graduate research scholarships and help establish a TD limited-term professorship in urban forest conservation and biology.

"We're grateful to TD for this generous gift and excited by the potential to push the boundaries of our understanding of the natural environment with Canada's

first national urban park as our lab," said Professor Franco Vaccarino, principal of UTSC.

The donation will fund UTSC's continuing research efforts in Rouge Park, an ecological buffer zone that covers over 40 square km. According to an *Inside UTSC* article published on February 28, 2012, the university officially signed a partnership with Parks Canada in February 2012 to "[transform] the Rouge Valley into Canada's first national urban park".

According to Vaccarino, Rouge Park will offer students the opportunity to advance knowledge across areas ranging from groundwater and soil science to

geochemistry and geographic information systems.

The donation also helps contribute to UTSC's goal to raise \$35 million to fund student scholarships, international study and work placements, student leadership development, experiential learning, and a visiting scholars program.

In addition, the grant is part of U of T's \$2 billion Boundless campaign.

"We are thrilled to support [...] our ongoing commitment to green spaces and urban forestry," said Alec Morley, senior vice-president of the GTA region of TD Canada Trust.

Breast cancer run at UTM

Pink continued from Cover

Just before warmups, the crowd listened to speeches from breast cancer survivors, as well as UTM's principal, Deep Saini, who reminded the community that associate chemistry professor Patrick Gunning and his team are conducting internationally acclaimed breast cancer research at UTM.

At this point in time, the team has successfully designed a drug that

cures breast cancer, multiple myeloma, and acute lymphoblastic leukemia in mice.

After the speeches ended, a team from a company named Get Cracking led the crowds in a heart-pumping warmup that transitioned directly into the run, called the "Survivor March". The runners started shortly after the survivors began, followed by those who planned to walk the route across campus.

The first CIBC Run for the Cure, held in Toronto's High Park in 1992, drew more than 1,500 participants and raised \$83,000. Last year, more than 60,000 Ontarians participated, raising close to \$13 million, of which \$500,000 was raised by the over 2,100 participants from Mississauga. The same number of participants across Ontario was expected for this year.

The next run will take place on October 5, 2014.



The Medium 2013/14 Board of Directors By-Elections

Voting is now open at voting.utoronto.ca until October 20!

More information at mediumutm.ca/elections

Five undergraduate seats will be filled.

Candidate Statements:

Nour Hassan-Agha

I am running for a position on the Medium's Board of Directors because I want to be heavily involved with the campus newspaper in both writing and administrative work. I want to write for the news and opinion sections because I am deeply passionate about politics, sociology, and economics and would like to have my voice heard in our campus instead of just blogging and social media.

I don't want to spout platitudes or sell myself as something I'm not. I'm really quite ordinary. All I want to do is help end this campus phenomenon where many people are unaware of campus developments and issues, and sometimes don't even know this paper exists. If I'm elected, I'll try to help make the Medium the paper UTM deserves, a paper everyone is aware of, and a paper everyone reads. No more, no less.

Prithvi Mynampati

Andrew Nablo

Hi, my name is Andrew. I'm the Associate Copy Editor at The Medium. I'm a fifth-year who has cared about The Medium enormously since I started reading it three weeks ago. I love what The Medium does and how they are the unbiased voice of the students. I want to get as involved with The Medium as I can and help maintain their independence, integrity and reputation. Thank you for your consideration.

I want to be on the Board of Directors because I want to ensure the Medium runs as effectively as possible. The Medium is an important and unique outlet for student creativity. It should remain independent and student run, without outside involvement. If I serve for the Board of Directors, my decision will be based on what is best for all students.

Matt Long

Corey Belford

Hello, my name is Corey Belford and I am applying to for a position on the Medium Board of Directors. I am interested in this position primarily because as a frequent contributor to The Medium and regular reader of the publication, I would like to see this newspaper grow and flourish into something noteworthy and relevant at UTM beyond what it has already achieved. I feel that my involvement would be of great merit given my current involvement with other campus clubs such as CFRE as well as my respective academic societies. I am already deeply invested in the promotion of communication and culture on campus and I feel that The Medium is an important part of this. Thank you for your consideration.

I would like to run for The Medium's Board of Directors because after four years on campus, I would like to be more involved with the campus paper. The Medium is an important part of UTM's campus life and provides a voice for students such as myself on campus. For my final year I would like to have a part in helping the paper thrive.

Matthew Del Mei

Faris Al-Natour

I believe that independent media is essential to any fair and egalitarian society, and the UTM community is no exception. I am running for the Board of Directors to ensure that the Medium continues to report news and opinions in a comprehensive, objective, and fair manner and that such a vital resource is managed ethically and responsibly to continue to serve current and future students.

Principal Saini on the Middle Entrance

LARISSA HO
NEWS EDITOR

UTM's principal, Deep Saini, said that students have been "grossly misinformed" about the Middle Entrance redesign that garnered overwhelmingly negative student feedback since its completion in April.

According to chief administrative officer Paul Donoghue, the total project cost was \$998,000, which included not only the sign but also the reworking of walkways, traffic signals, electrical structures, landscaping, and more.

Saini said that branding investments such as the Middle Entrance are essential for inviting external funding. "We live in times where universities that cannot raise private money cannot reach the level the University of Toronto is at," he said. "These invest-

ments, in the long run, pay off very handsomely." He went on to cite competition from McMaster (planning to expand to Burlington), Wilfrid Laurier (expanding to Milton), and Sheridan (looking to become a university).

Plans to redesign the Middle Entrance began in March 2011. The following month, a formal project was recommended to the Space Planning and Management Committee, on which 14 staff, four faculty members, and one student sit. The student seat was not occupied when the SPMC approved the project in April 2012.

Raymond Noronha, the president of UTMSU, said in an interview that UTMSU requested formal representation on SPMC but was rejected by the administration.

"We make a very clear distinction between UTMSU and a student on a

committee," said Saini, who went on to say that UTMSU has often requested ex-officio representation on different committees. "It is a very tricky issue. [I am on record] about why it's not a good idea."

Saini said that UTMSU has been asked to suggest an appropriate student for the committee. "I don't think we should bar a member of UTMSU executive, but we should not be limiting ourselves to a member of the executive," he said.

According to Noronha, the student representative on the SPMC this year is Hamza Ansari, UTMSU's VP university affairs and academics. Noronha has said that UTMSU does not consider the SPMC process transparent and that they have put in a formal request for revision of its practices.

CCR database expected to grow

CCR continued from Cover

Randall Baran-Chong, a former commerce student and now a manager at nD Insight, said that students benefit in the long run from helping others more than themselves.

Students applauded each speaker before being surprised by the arrival of members of the MoveU team, who had arrived to lead the audience in a flash mob in the Great Hall.

The launch in the Great Hall saw a total of 250 students, staff, faculty, and alumni attend.

"The CCR has been a long time coming. It will actually let students know what they can get involved in," said Amy Mullin, UTM's vice-principal academic and dean, in an interview at the launch. "It will celebrate and document what they've been involved in, as well as reflect upon and identify skills that they have gained

by participating in those activities."

Jill Matus, the vice-provost students, spoke briefly on the benefits of the CCR before Lucy Fromowitz, assistant vice-president student life, gave a background on the CCR and the process leading up to it.

Fromowitz encouraged students to ask if the activity they participate in is represented on the CCR database, and if it's not, then to ask "Why not?"

Sikh association serves *langar* to students

Students from different backgrounds welcomed to eat free food at the Student Centre

KIRANJYOT CHATTA

The Sikh Students Association offered free food to 150 students in the Student Centre last Friday as part of a *langar*, a traditional event "where everyone can come to enjoy a free meal regardless of their cast, creed, religion, race, gender, and colour", according to SSA president Anmoldeep Kaur Sohal.

"There was a larger turnout this year because the students are more familiar with the food now," said Sohal. "Last year, a lot of students wondered whether they were allowed to join in the langar if they weren't Sikh."

Sohal, her mother, and her

neighbour cooked the food the previous night and early morning. The fare was vegetarian in order to remain accessible to everyone, and included cooked vegetables, rice, yoghurt, rice pudding, and roti.

The meal began at noon and the trays were emptied by 3 p.m. Emily Smith, a first-year CCIT student, described the meal as "better than campus food".

Shoes were scattered on the floor outside room 280, because those who join the langar must cover their heads and remove their shoes as a sign of respect. Ben Buckley, a fourth-year computer science student, said he understood why he was asked to do so.

Sikhs religiously revere a number of historical gurus, one of whom, according to Sohal, formalized the practice of langar after his wife's custom of providing sweet rice to visiting adherents.

The SSA is a UTM student club that represents the Sikh community and religion to the campus. Although the SSA receives funding from the UTM Students' Union as a registered club, the cost of the meal was taken up by Sohal and her family. Sohal considers this the spiritual duty of *seva*, which she defines as "selfless service without expecting anything in return, to recognize the human race as one".

»WHAT DO YOU THINK OF THE WINTER RESIDENCE FEE?



Stephanie Okeke
1st year, social sciences

I'm angry.



Tom Tang
3rd year, economics

Unnecessary.



Kim Shea
1st year, commerce

I think it's unfair.



Alister Chia
1st year, statistics

I don't see the rationale behind the implementation.



ANMOL KAUR/THE MEDIUM

Students enjoy a traditional "common kitchen" meal.

NEWS BRIEFS »

UN fact-finder arrives in Canada to survey First Nations concerns

United Nations has dispatched law professor James Anaya to speak to First Nations representatives and government officials to take stock of the plight of Canadian aboriginal peoples. Anaya is responsible for promoting laws and policies that support indigenous peoples around the world. He will also look at their living conditions and issue recommendations.

Source: CTV News

U.S. government shutdown by the numbers this week

The partial government shutdown in the U.S. has forced federal workers off the job and caused the suspension of all but essential government services. About 800,000 workers have been temporarily forced off the job; 401 National Park Service sites have shut down. It's been 17 years since the last shutdown. Among the 17 affected services are passport applications.

Source: CBC News

Royal Proclamation gets a symposium to commemorate it

The Royal Proclamation of 1763, issued by King George III, defined the relationship between the Crown and the native peoples in the new territories in North America acquired by the British. On Monday, October 7, a symposium of academics and aboriginal leaders gathered near Ottawa to commemorate this important document in Canadian history.

Source: CBC News

Three Canadian bodies unrecovered from Antarctica crash

Blowing snow over the Antarctic winter could either help or hinder the recovery of the bodies of three Canadians killed in a plane crash in January on the continent. The frozen remains of three Canadians have been in the wreckage of the plane for nine months. There is confusion about who should coordinate the retrieval and it is unclear when it will happen.

Source: CBC News

Man, 19, dies after stabbing during Nuit Blanche

A stabbing amid Nuit Blanche festivities in downtown Toronto has claimed the life of a 19-year-old man. The victim came into contact with a group of males before he was attacked on Sunday on Richmond Street near York Street, in front of the Four Seasons Centre for the Performing Arts. Police are unsure whether the fatal stabbing was related to the festival.

Source: CBC News

MEDIUM OPINION

Editor-in-Chief | Luke Sawczak

Not just something to show

The CCR isn't likely to fix our low student engagement problem

Somehow I've never felt very invested in the co-curricular record. Just last Thursday, a party was thrown for it, complete with a flash mob, after its official launch on the 10th, and alumni talked about all the ways they'd gotten involved during their time here. Their testimonies were quite impressive. But for some reason, I can't clearly envision the CCR beside my transcript.

That's not to say I'm not a fan of extracurricular (isn't that what we used to call them?) activities. I've worked at the *Medium* for four years now, and over the course of two years I was a member and then an executive of the UTM Debating Club. I'm not the most involved student, but I know the value of being engaged in student life.

What's less apparent to me is the value of a *record*. Even the (impressive) research on our official "Why have a CCR?" page is exclusively on the benefit of the engagement itself. Presumably the purpose is to facilitate and encourage such engagement.

But the explanation that jumps to mind is the motivation of "something to show for it". It reminds me of the FSG training module for building a portfolio of your FSG work. There's nothing wrong with making a portfolio, as long as it remains a propor-

tionally small reason to run an FSG at all. At the *Medium*, we're acquainted with "something to show for it" being a writer's main motivation; some of them drop off the map forever the instant they earn a title, and "your name in print" is our usual call for volunteers. And we need these participants, of course. So do student clubs. We're all woefully understaffed.

That leads to a major question that has been asked about the CCR: who can sign off on an activity? There's a certain balance to be struck between exclusivity and credibility, and in my opinion, the latter currently needs a bit of boosting. The issue is intimately tied up in the value of what's shown on the record. In a *Varsity* article from Sept. 23, Walied Khogali, the executive director of UTMSU, expressed vague concern about limited signing authority. But for my part, I believe there are good reasons to limit it.

Anyone who's been a part of the average club at UTM—I don't mean the well-funded, well-publicized ones—can tell you that executives are hard to come by. Filling the positions often means a couple of engaged members asking friends if they'll collect signatures and run unopposed to fill a role whose duties haven't been made clear

to them. Sometimes this can even go very wrong; in my first year in the Debating Club, the execs told us how in the previous year, an exec had run off with the tournament budget she'd been entrusted with. Now, there are certainly people who care much more and who work hard in these clubs—the president of UTMDBC in my year was one of them—and I don't mean to disparage them whatsoever. But given the possibility of apathy and mismanagement, the restriction of signing authority to university staff is probably called for.

And unfortunately, I don't think the CCR will entice many more of the ones who care—they've been involved all along. And the benefit is not what they have to show for it; it's what they personally gained. The CCR has a skills lookup to match us with activities flagged as fostering particular skills, and—even though I find such assignments somewhat arbitrary when job-hunting—this could prove the most useful feature of all.

Or maybe I'm just bitter because it's not retroactive. You never know.

YOURS,

LUKE SAWCZAK

Cameras in parking lots

No surveillance on several lots

My car got rear-ended in the lot 9 car-pool lot while I was in class. Because I figured all lots had surveillance I went to the campus police to look at the tapes. There I was informed by the police that there are no cameras trained on parking lot 4, 8 and 9 which happen to be the busiest parking lots.

How is it that the university can spend so much on aesthetic things and yet can't afford to buy cameras for the parking lots? This makes me feel unsafe as a female student, especially considering the recent rash of assaults at other universities. I wonder if the *Medium* could look into this because the school webpage does not have a complain button and this is an issue that needs to be addressed before someone gets seriously hurt in a parking lot.

Paulina Do
UTM student

If you get hit, there'll be no proof

On the subject of campus safety, I'd like to see the *Medium* do a story about the lack of cameras in the parking lots.

My friend's car was recently hit while in lot 9, and when we went to the Campus Police to seek help, we were told there is only one camera in lot 9, and

it barely sees past the CCT wall. The Campus Police regretfully informed us that, not only were there few cameras trained on the lots, no cameras could be moved without wrecking the other cameras, and they could do nothing to help us. The story is much the same in other lots—for instance, lot 8 only has one camera that's zoomed far out from the parking structure and cannot be zoomed in. If you get hit in the lower level of the parking structure, there'll be no video proof.

The walkway by OPH is definitely a safety hazard, and I'm glad to see steps are being taken to make it safer. However, it's terrifying that, as a girl, I know that if I'm in any parking lot on campus at night, there are no cameras there to watch me. Anything could happen, and no one would be able to help me.

I pay over \$7,000 tuition annually. I should be able to feel safe in a parking lot. This is a commuter school, after all.

Erin Mander
UTM student

CORRECTION NOTICE

In the article "You thought it was over" (Sept. 30), Nythalah Baker was credited with saying that not enough is being done to bring bullying issues to light. This opinion was Rachel Marie Rose Derby's.



the
MEDIUM

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MEDIUM A&E

Editor | Colleen Munro

David Bowie: the man, the music, the art exhibit

The AGO's latest exhibition features fashion and memorabilia celebrating Ziggy Stardust himself

BAILEY GREEN

Fill in the blank: David Bowie is...

There are endless possible answers and some of the most creative ones are displayed throughout the *David Bowie Is* exhibit currently showing at the Art Gallery of Ontario. The exhibit is on loan from the Victoria and Albert Museum in London.

Victoria Broackes and Geoffrey Marsh, theatre and performance curators at the Victoria and Albert Museum, spoke at a keynote last Saturday night to celebrate the Canadian launch of the exhibit. Marsh spoke passionately about the iconic pop star in his speech. He focused on the question of why Bowie matters. "Bowie showed that anybody can be anybody," he said. Marsh emphasized that Bowie's influence can be seen in numerous places in pop culture today—for example, Lady Gaga built her extremely loyal fan base of "little monsters" partly by encouraging them to just be themselves.

Broackes described the unique curation process. With literally tens of thousands of items to choose from, the curators selected some 300 pieces. They sought to create a non-linear, non-traditional way of dis-



TORONTOIST.COM/PHOTO

David Bowie Is shows off the fashion from David Bowie's many diverse eras.

playing the items. David Bowie drew inspiration from theatre and performance art throughout his career and Broackes wanted this to be reflected in the exhibit.

Broackes and Marsh insisted that one of the qualities that makes

Bowie so extraordinary is his control over his image throughout his career. Bowie produced, wrote, designed, and collaborated with artists, photographers, makeup artists, and filmmakers to create his own unique art. He controlled his projects from

start to finish. Some of the things he drew inspiration from include Berlin, Orwell's *1984*, Eastern fashion, and mime, to name a few.

The multi-disciplinary nature of this exhibit highlights Bowie's chameleon-like transformations

throughout his career, as the viewer's eye travels from Ziggy Stardust to *Diamond Dogs* to Major Tom. Each room embodies multiple different conclusions to the sentence "David Bowie is..." Over 50 costumes are displayed. Through the glass, you can spot cigarette burns in the fabric of the iconic Union Jack coat from the cover of *Earthlings*. Mannequins were constructed specifically to present the costumes, since they had to approximate Bowie's slim 26-inch waist and fashion a high instep arch for the multiple pairs of platform and high-heeled shoes. Projections of Bowie's performances and tours grace small and large screens throughout the exhibit. Other items include pages of lyrics with Bowie's own scribbles and notes in the margins, props from his films, all of his original album covers, candid photographs, and old fan letters. Bowie's favourite books dangle suspended from the ceiling by wire.

Accompanying this entire exhibit is an auditory experience. Visitors can choose to wear a headset that plays Bowie's music, interview snippets, and academic commentary as you approach different displays.

David Bowie Is runs until November 27 at the AGO.

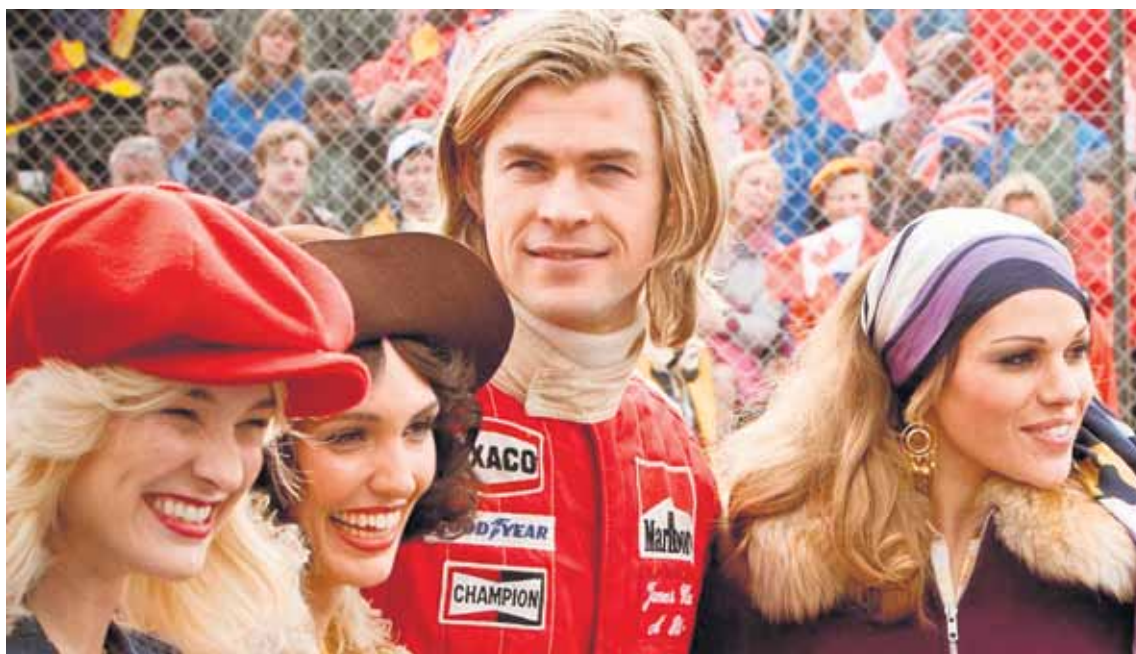
Rush offers white-knuckle dramatic thrills

Ron Howard's Formula One flick delves into the personalities behind a famous rivalry

COLLEEN MUNRO
A&E EDITOR

Hollywood has seen more than its fair share of sports movies. From *Rocky*, *Remember the Titans*, and *Blades of Glory*, most audience members know what to expect when they plunk themselves down in a chair to watch the latest tale of athletic turmoil and triumph. Now, with the film *Rush*, director Ron Howard is delving into the real-life rivalry between Formula One race-car drivers James Hunt and Niki Lauda in the 1970s. And while his movie may not be a reinvention of the sports movie genre, Howard (who has given us terse character-driven dramas like *A Beautiful Mind* and *Frost/Nixon*) proves once again that he knows how to tell a wholly satisfying Hollywood tale with depth.

Even if you're unfamiliar with Hunt and Lauda's story and don't know what the outcome of their showdown was, you can probably see a number of the plot turns in *Rush* coming from a mile away. Chris Hemsworth plays Hunt, a cocky and charismatic Brit who becomes the golden boy of the Formula One world. However, he soon



FILMOPHILIA.COM/PHOTO

Chris Hemsworth plays charming womanizer James Hunt in *Rush*.

meets his match in the form of Lauda (Daniel Bruhl), a stern and determined German driver who will stop at nothing to beat his new rival. The two men trade off victories and defeats and they both begin to take bigger risks in hopes of defeating the other.

The film also offers subplots involving the women in Hunt and Lauda's lives, and while the charac-

ters of their love interests may not be terribly well-developed, they do help give us revealing looks into the lives of the two drivers. Both men push away the women who care about them, and their single-mindedness about racing threatens to derail their personal relationships altogether. This is just one of the ways that Hunt and Lauda are more similar than the viewer might

initially expect.

Howard offers many parallels and subtle insights into the two men's psyches throughout *Rush*, making Hunt and Lauda's characters all the more compelling. Hemsworth and Bruhl also deliver nuanced performances that allow us to become emotionally invested in their characters' personal and professional lives. Hemsworth offers plenty of

bluster and bravado, but vulnerability bubbles right below the surface. And while Bruhl initially seems stilted, it soon becomes clear that it's all a part of Lauda's calculated exterior.

But as much as *Rush* is a character study, it's also a movie about racing, so you'd expect to see some pretty visually impressive scenes on the racetrack. Howard succeeds in this regard as well. The film's racing sequences are all exhilarating and full of energy. Thanks to the tight editing and perfect pacing, you can feel the danger in every acceleration and hairpin curve the drivers navigate. Howard is sometimes accused of being bland in his directing style, but the racing sequences here are anything but boring.

At two hours long, *Rush* takes the time to build its characters; without compelling and believable personalities, the film would have had little to offer. It's certainly not a groundbreaking entry into the sports movie genre, and at times its clichés are a bit too prominent to take seriously. But thanks in large part to its capable direction, *Rush* ends up being a dynamic and engrossing look at rivalry and obsession nonetheless. **MMMM**

Eclecticism and democracy do Canadian rockers well

The *Medium* talks to Chris Murphy of Canadian indie favourites Sloan, briefly in Mississauga

COLLEEN MUNRO
A&E EDITOR

More than 20 years into their career, Sloan is in a unique position. To start with, all four members of the band are still touring and making music, and with 10 studio albums under their belts and another in the works, they're showing no signs of slowing down.

This fall, they're embarking on a Canadian tour, which includes a stop at Mississauga's Living Arts Centre on October 17. The *Medium* chatted with Sloan's Chris Murphy about longevity, fan expectations, KISS, and the vision behind the band's intriguing next album.

The Medium: You guys recently announced your plans to release a new double album where each of the four album sides are written by a different band member. In the past, you've all brought your own songs to albums, but what made you want to split up the songwriting duties so evenly and definitively this time?

Chris Murphy: Pretty much by our third record we were all splitting the real estate on the records pretty evenly. It was an effort to keep everyone in the band interested in being in the band and we had decided from the outset to split all of the money and the songwriting credit evenly no matter who wrote what. [...] We take pride in our eclecticism and "anything goes" approach. But almost never on our records does one member's song follow the same member's songs. We always have it that you are sandwiched in with songs by the other guys. So we just thought that this would be a fun thing, to create four mini-EPs within one record.

The band KISS did this in 1978; they had four solo albums. They each shipped 1,000,000 copies and sold a total of 1,000,000, so they had a giant backlog of returns. It marked the end of their commercial success. [Laughs] Ours is long over, so it doesn't matter.

TM: As a band, do you get excited about the new opportunities that the



YEPROC.COM/PHOTO

Sloan embarks on their latest Canadian tour this fall, including a stop in Mississauga.

Internet and social media offer, or is it more just a necessary side of the business that all bands have to keep up with to stay relevant?

CM: I would say that as a band, we're excited about it. Not so much me—I really don't delve into much social media stuff, but I'm willing to roll with whatever's happening. I don't care if we release digital albums or real albums. In 2010, we did an EP that was digital-only, just to see what followers of ours would say. When you talk about the record-buying public or kids, they're probably just using iTunes or downloading music, whereas we're sort of catering to people who, if they already have 10 of our albums on vinyl, maybe they want the 11th album on vinyl, too. They're not necessarily giving up physical copies of things. So we released a digital-only EP and of course we got a lot of whining online. [...] But I don't feel, either, that the old way is an albatross and I can't wait to get rid of it or something. I enjoy making physical things and stuffing album jackets and all that kind of stuff. I like every aspect of my job, although I realize that a lot of things have changed. We are literally a pre-Internet band, so we've had to sort of roll with it, I guess.

TM: Because you got your start before the Internet really got going, what kind of career arc do you think you would have if you were a young band just starting now in this era? How do you think it would be different?

CM: Who knows, of course. But we were extremely lucky in the early days because we really got a leg up. Without really having to do much ass-kissing or begging, we got signed to a major record deal with kind of the coolest major label in the world [Geffen Records]. That's long over, that circumstance, but it really gave us a leg up. We had a big story, we were sort of hot shit in Canada and big man on campus in Halifax, where we were from. But over time, I've realized how lucky we were, because so many talented people are just slinging tapes or out postering and [doing] what I think of as essentially undignified [stuff] to have to do to get someone to listen to you. The Internet has opened up new possibilities. You can be in your bedroom and someone can discover you. You can be Justin Bieber or whatever. But it also obviously is a giant wall of noise and, you know, everybody's in a band. I can't stress enough that we

were extremely lucky when we got started.

TM: When you're doing live shows, do you feel like people still get excited about the same songs that they did 10 or 15 years ago, along with the newer stuff, or have the audience favourites kind of shifted over the years?

CM: I would like to think that people's favourites are sprinkled all over the canon of our work, but I think it's always the case that people love the record that they came in on, and the ones surrounding that. We had our

most commercial success in 1997, so the songs on that record are probably the ones that get the biggest hoots and hollers because those are the ones that people know best. But there's an interesting difference between playing in Canada and the States. When we play in Canada, we've been on the radio and we've been on TV, so the songs that benefit from mainstream media are that much more recognizable to people. But in the States, we've never been on anything, so we don't find that playing the hits gets any more of a response than album tracks. So it's kind of more fun to play in the States, in a way, because we can be like an indie band and play whatever we want, whereas in Canada, there's certainly a responsibility to play the songs that people know.

TM: Are there any songs that you wrote at such a different point in your life that they're difficult to connect to now when you're playing them live?

CM: I'm probably emotionally cut off from everything in the world. I'm sort of joking, but I don't really get that emotional about any of the songs, I must admit. But we rereleased our second record, *Twice Removed*, last year and we toured that. In the first couple shows, we played a couple songs that we hadn't played in, like, 18 years and literally, without sounding like a goof, I felt sort of choked up singing them. But I don't normally feel this way. I'm normally a robot.

REJECTED REDISCOVERED

We get sent so many CDs to review that we just don't have room for them all. Here—sometimes years later—they get a second chance.

MUBASHIR BAWEJA
DESIGN EDITOR

Violent Kin

People

Disclaimer: I picked out the album with the most interesting artwork. Albums with the most interesting covers may not always be the best ones.

People (2011) is the sophomore album from Saskatoon sibling duo Violent Kin, on which they try to arrange a three-way marriage between the techno synth sound of the 80s, old-school electric guitar and drums, and modern-day computer "glitch" music. It has a minimalistic cover with the title of the record sporadically scribbled in grey crayon and the name of the band once in pink. But it falls far short of coming together as a unified album.

The futuristic opening track "Law of Attraction" fails to accurately set the tone and style of the album. The listener expects something similarly

mathematical after that first track, but the rigid and robotic instrumentals don't reappear on the 13-track record until another song near the end. The rest of the album abounds with noisy drums and electric guitar, but even then the sound isn't quite consistent. As the album progresses, it struggles to stick to a single genre and jumps back and forth between an alternative pop-rock and a synth-pop vibe.

The one gem on the record that resonated with me the most, "Golden Age", features a totally unexpected and dreamy guitar and drum solo that works surprisingly well with the quasi-shoegaze sound that the track eventually develops.

People attempts to be the jack of all trades and masters none. Each song seems to have a genre of its own, and they don't come together to form a record that flows. There are a couple of tracks that shine that I may even listen to again, but unfortunately they do little to save the record from the mishmash of noise that it is.

Like the sound of the album? The first person to come by our office this week can pick it up for free.

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Pop music's unlikely new queen emerges

16-year-old Lorde has topped the charts with "Royals," but does her debut album meet expectations?

RACHEL LEE-THOMAS

From the islands of New Zealand hails a Kiwi with a huge sound. **Ella Yelich-O'Connor**, known by the stage name **Lorde**, is an up-and-coming musician with a killer style and vocals comparable to those of **Adele** and **Florence Welch**.

Beginning as a small-town chamber choir singer, Lorde got her start when she was noticed by A&R scout **Scott MacLachlan**. He was impressed by her vocals, and she was soon signed to Universal and began working with their songwriters. Lorde began writing music at the age of 13 and has been hard at work leading up to the debut of her EP *Love Club*, released in March of this year, and her first album, *Pure Heroine*, released last week.

Pure Heroine is a refreshing collection, featuring elements of new and old musical styles. The simple elec-

tro-pop beats combined with Lorde's impressive vocal range and chamber choir sound give the album a magical, nostalgic feel. The melancholic harmonies give the listener chills and several layers of sound to absorb. Lorde is deeply influenced by soul singer **Etta James**, as well as newer artists like **the Weeknd** and **Bon Iver**.

Working with co-writer **Joel Little**, Lorde writes lyrics focused on the troubles of growing up, being unique, and experiencing new things. Fans of the hit single "Royals"—which debuted at number one on the New Zealand Top 40 and reached number one on the Billboard Hot 100—should check out the track "Team," one of the strongest and most diverse on the album. Featuring Lorde's echoing voice, it features heartfelt lyrics such as "We live in cities you'll never see onscreen / Not very pretty, but we sure know how to run free" The deeply meaningful lyrics give insight into Lorde's

life before her rise to recognition, describing struggle, exploration, and growth. These themes pop up again in the track "White Teeth Teens," in which Lorde sings, "I'll let you in on something big / I am not a white-teeth teen / I tried to join but never did."

Lorde's lyrics also deal with being a musician and coming to another country. In "Still Sane," she sings, "I'm little, but I'm coming for the crown / I'm little but I'm coming for the title held by everyone who's up," and in "Tennis Courts," she sings her hypothetical first time leaving New Zealand: "Pretty soon I'll be getting on my first plane / I'll see the veins of my city like they do in space."

Listening to *Pure Heroine* from start to finish, the listener can expect a full dose of Lorde's talent, which is all the more impressive because she's still so young. *Pure Heroine* is an excellent debut. **MMMM½**



CONSEQUENCEOFSOUND.NET/PHOTO

Lost in *Game of Thrones* lore

Examining the literary merit of the popular fantasy novel series



RYVIEWS.WORDPRESS.COM/PHOTO

Brace yourselves. Your inevitable obsession with *Game of Thrones* is coming.

KATE CATTELL-DANIELS
ASSOCIATE A&E EDITOR

I spent my summer doing three things: taking a full load of summer courses, folding clothes at Costco, and reading *A Song of Ice and Fire*. The first two I did out of necessity, the third because my friend Aaron spent the better part of the previous school year berating me about *Game of Thrones*. "You'd like it, Kate," he said. Having no clue what this series was about, I had no grounds for argument. So in May I went to the library and took out the first book, *A Game of Thrones* by **George R. R. Martin**.

For the first third of the book, my biggest problem was that I couldn't keep track of the politics. I felt kind of stupid. And every Monday and Wednesday morning, Aaron greeted me with an enthusiastic "Where are you in *Game of Thrones*?" or "What do you think?" or "Who's your favourite character so far? Just wait till you get Cersei's point of view."

Let's just say I'd have read a lot more critical theory if I hadn't saddled myself with five monstrous fantasy novels.

At first, I was under the impres-

sion that I was reading a flighty, shallow fantasy novel, because *A Song of Ice and Fire* is a page-turner. Amid the mire of my academic reading, I had forgotten that smart books don't necessarily have pages of lead. Also, "good" can mean different things. I'm not a fan, but I think the *Twilight* series and *Fifty Shades of Grey* must be good in some sense given how many readers they've captivated.

Aaron: "Do you think this is a literary text, Kate?"

Me: "No, I think it's a good story."

"But Martin's using some decent metaphors, and the politics are incredibly complex."

"Yeah, but I don't think I could, you know, write an essay about *Game of Thrones*."

It took me all of *Clash of Kings* and half of *Storm of Swords* to realize I was wrong.

I get an itch in my fingers when I want to write about something. It's that feeling that tells me the essay or story I'm about to start is going to be a good one. I have words in my head that want out. The itch means that, this time at least, I won't have to scramble for quotations or write absurdly long sentences to fill the mini-

mum word count.

So I made a list of all the possible essay topics for *A Song of Ice and Fire*. Because I'm not a nerd or anything.

The whole saga reminds me of my elementary school *Harry Potter* days, when my friends and I would run around at recess being wizards and doing magic and quoting the movies verbatim. Don't pretend you didn't do it too. *A Song of Ice and Fire* plays into the same desire for immersive escapism I believe any successful novel has, the best part being that you can always come home if the death toll gets too high for you. Also, it's something to think about between customers at your summer job.

So if you think fantasy is only for brain-dead, lazy readers, you're judging the book by its cover. But wait until winter break to start reading the series or you will, like me, risk academic and social suicide, especially if you decide to catch up on the TV series at the same time.

And one more thing: I reserve the right to reiterate that the book is always better than the movie. So even if you've religiously kept up with the TV series, you don't know the whole story.



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MEDIUM FEATURES

Editor | Maria Cruz

Prisoners in their own homes

Overprotective parents mean well, but end up stunting the growth and learning of their children

ANDREEA MIHAI

Nothing is more instinctive than parents wanting to protect their children, and the typical news story is no great comfort. But opinions are divided on what constitutes too much.

The *Global Post* published an article listing the negative psychological effects of an overprotective parenting style.

Children fail to systematically learn from their mistakes when prevented from making them, it argues, and this, in turn, leads to dependency, stunted growth, and poor self-esteem as they find themselves lacking competence in certain tasks.

The article also said that some parents can't cut the cord even after their child has graduated and is ready to join the workforce.

The *Post* released a quote from a 2007 study by the Collegiate Employment Research Institute, revealing that some parents negotiate work contracts on behalf of their children. It's these types of intrusions that lead to overprotected children's dependency on their parents.

This dependency is just the tip of the iceberg. Individuals buckling



Helicopter parents dropping off their 500th care package.

under constraints of overprotective parenting may feel the need to go to extremes to prove their independence, not realizing the self-sabotage of their actions.

Katherine Putzig, an 18-year-old first-year humanities student, recounts her grad trip to Florida with her friends. Her mother, who came along with them, established curfew at 2 a.m. "One girl with us, whose parents had never really been there

for her growing up, felt she didn't have to follow that rule because she was an adult, and she stayed out till four in the morning every day," says Putzig.

By contrast, Ella Wiernikowski, a 20-year-old second-year student, says her parents let her live her own life. "When I was 17, they let me move all the way to France for one year, only meeting the family once," she says. "My youngest

brother, on the other hand, now 16, barely knows how to warm soup, because my mother still does it for him. Whatever my brother asks her to do, she'll do because he's the baby and she loves him, but he's not learning anything. My parents want him to go out and visit friends and have a life, but he has no desire to go outside because everything that he needs is in his bubble."

This is exactly what the *Post* ar-

ticle warns about, quoting pediatrician Ramon Resa: "Overprotective parents essentially make children prisoners in their own home."

A *Toronto Star* article by Paul Irish reported on the correlation between helicopter parenting and bullying, citing the University of Warwick's Professor Dieter Wolke, who analyzed 70 related studies on bullying involving more than 200,000 children.

He found that when parents try to buffer their children from bullying, "They prevent [them] from learning ways of dealing with bullies, making them more vulnerable."

"Parents must stand aside, allow their children to experience life—conflicts and all—so that they can learn how to deal with all the difficult issues that they will face in life," says Wolke.

Irish wrote that negative parenting (ranging from abuse to overprotection) can turn children into easy targets for bullies because they haven't developed the autonomy and assertion to fight them off.

"Children need support, but some parents try to buffer [them] from all negative experiences," writes Wolke.

Parents continued on page 9

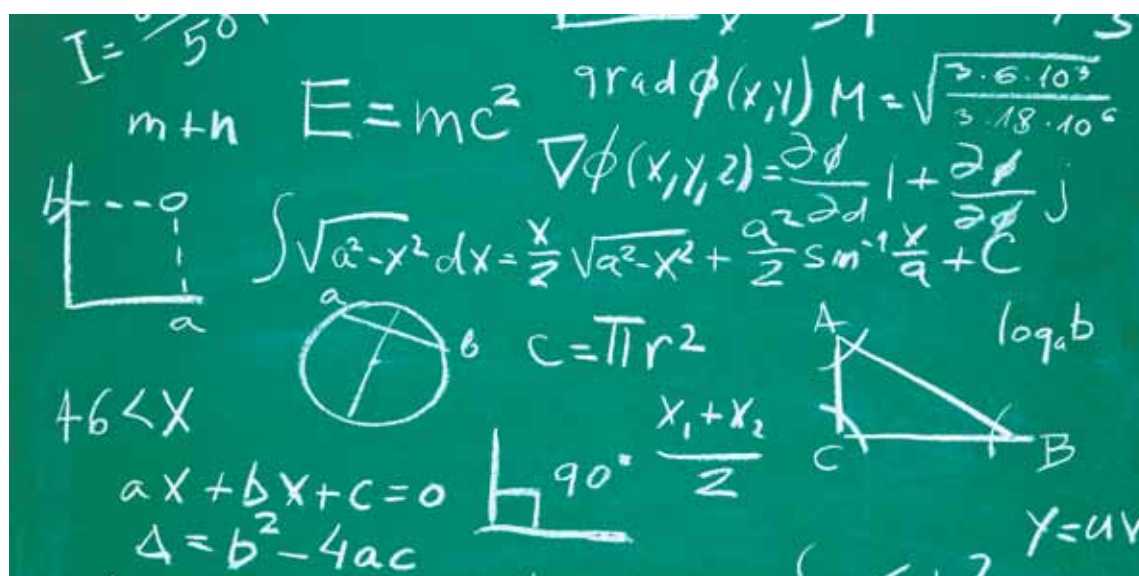
No easy solution to math problems

Increasingly poor math skills point to a lack of preparation in early schooling that's hurting university students

ANAGHA NATARAJ

Ah yes, math, a favourite of many. When I was in grade 10, I failed my first (and last) exam. I got 7/100 in calculus. Frightened by my lack of numerical skills, I took all the tutorials that were offered. Every week we did 400 practice questions on calculus and algebra, and after taking every practice test and exam from then till grade 12, I fell in love with math. But acquiring the skills took time, and not everyone has the time for or even the access to such resources.

The *Toronto Star* recently published an article by Tara Walton on the decline of math skills in elementary school students. Students struggle in the classes when they're young and once they go to high school, they wind up taking applied math. Their skills have inevitably atrophied by the time they arrive in university or college. A lack of math skills is a "sad waste of potential," wrote Walton, adding that it closes the door to many high-paying jobs.



Raise your hand if you got confused just looking at this.

The numbers are pretty shocking. Walton reported that the provincial goal of B-minus to B-plus was reached by only 57% of grade six students and 67% of grade three students. She said that Ontario's education minister, Liz Sandals, needs to attend to this problem. "Ontario needs scientists, engi-

neers, physicists, accountants, not to mention householders who can balance the family books. Our economic health in part depends on it," wrote Walton. The decline in scores has steepened in the past five years.

Two obstacles to math education were cited in my interviews with

UTM students and friends, both related to the learning approach. One was that the allegedly growing reliance on calculators eliminates much-needed practice. The other was that the large proportion of international students on our campus have learned different conventions—differences

that, although minor, can disorient a student crossing the gap.

Professor Ian Graham, who teaches second-year calculus, acknowledges that the way math is taught in schools has changed, with less emphasis placed on teaching students certain problem-solving skills and that should be focused on more.

"People are inclined to new approaches today," he says. "There are all sorts of formulas available on the Internet today. These approaches may not necessarily be beneficial. I personally believe that the traditional rigorous methods of training are definitely more beneficial [for] the development of math skills."

Several students I interviewed commented that they had observed a divergence between what was taught in class—what they felt they were expected to know—and what they were really required to know for tests or even basic comprehension of upper-year material.

Math continued on page 10

UTM's banana bread bonanza

Sampling different muffins and breads around campus, we find the most banana for your buck

MADELEINE BROWN

Don't get me wrong, I like pumpkin. And I look forward to the abundance of seasonal food promotions on campus. But there are also great flavours that stay around for the whole year, like banana.

As I searched for the best banana bread on campus (of which there are apparently only two types), I discovered the variety of banana-flavoured products available at UTM, including muffins and a breakfast cookie.

As the leaves change colour and the temperature drops, it's time to reacquaint yourself with the classic flavour that never goes out of season—literally.



HEYBERNICE.COM/PHOTO

Which banana muffin throws the best party for our tastebuds?

STARBUCKS

\$2.25 (includes tax)
BEST SMELL & FLAVOUR

After the Circuit Break Café in the CCT Building, Starbucks has become my go-to place for desserts on campus over the years. Their banana loaf does not let me down. Sold as a single but thick, square slice, this banana bread has a light, natural banana taste and smell.

The crust is as soft as the interior and topped with a light glaze. Unfortunately, there are no added spices or extras like walnuts or chocolate chips.

The quality of the banana flavour more than makes up for this absence, though.

SECOND CUP

\$2.00 (includes tax)
BEST APPEARANCE

Second Cup's banana muffin looks too good to eat: a heavy sprinkling of cinnamon, chunks of banana chips, and a handful of chocolate chips decorate its top.

It was the only banana product I tasted that included a hint of spice. The crispy banana chips contrast well with the soft interior, although the muffin is slightly dry.

The banana flavour itself is the most artificial-tasting of all the products I tried. The chocolate chips add richness to the muffin, but impart no flavour.

TIM HORTONS

\$1.20 (includes tax)
BEST MOISTURE

Instead of the banana bread I so eagerly expected, Tim Hortons offers students a banana muffin. The walnuts make this muffin and are the source of its most dominant flavour.

They are evenly distributed throughout. There's a reason walnuts and bananas are a traditional pairing, and the muffin does this partnership justice.

The muffin is as moist as the Starbucks banana loaf. It's light and small and provides a punch of banana without being too rich and filling.

TFC/COLMAN COMMONS

\$2.90 (includes tax)
BEST VALUE

Chartwells's banana bread, sold in the TFC, Colman Commons, and IB (next to Panini Fresca), is the staple banana bread of UTM. It's sold in a package of two rectangular slices, which means you get almost twice as much banana bread for the same dollar. It has a dark and sticky crust and a flecked light-brown interior.

Like its Starbucks counterpart, this banana bread has no spices, nuts, or chocolate chips in it. The bread had a freshly baked smell, but the slices seemed slightly burnt and tasted bitter.

SECOND CUP

\$2.20 (includes tax)
BEST SUBSTANTIAL SNACK

Second Cup's banana nut breakfast cookie is as substantial as any bread or muffin. It has pieces of oatmeal peeking through and chunks of walnut in the middle. Like their muffin, the flavour tastes artificial. The cookie is dry and grainy.

However, it does have a nice sweetness to it that grows on you. It would make a nice breakfast alongside a warm cup of tea. Advertised as low in fat and with prune puree as one of its main ingredients, this banana treat makes a healthy alternative to your traditional banana bread.

Keeping tabs on our kids

Parents continued from page 8

That's not to say that the overprotective parent is damaging their child in every situation.

Marlo Young-Sponda, an 18-year-old second-year anthropology and professional writing major, finds her parents looking out for her convenient.

"Children fail to systematically learn from their mistakes when prevented from making them, and this leads to dependency, stunted growth, and poor self-esteem."

—The *Global Post*

"They are protective, but they don't want me to miss out on things," she says. "Say I want to come to campus for a party. They'll drive and pick me up, so if I'm drinking I'm safe—I'm not drinking and driving or taking the bus or sleeping at some guy's house. They've achieved that nice balance where I do have some limitations, but at the same time I'm liv-

ing a safer life and I'm still getting to experience things, but not the wrong things."

The extremes may be rare, but they are there, say the researchers, encompassing both ends of the spectrum: handicapped dependency on the one hand and rebellious delinquency on the other.

Both outcomes are, of course, dangerous. "Research has confirmed that victims and children who bully but are also themselves victims, are more likely to develop physical health problems, suffer from anxiety and depression, and are also at the increased risk of self-harm and suicide," says Wolke.

Resa attributes these effects to the same cause when she says, "Children eventually become depressed and suffer anxiety disorders that are attributed to obsessed parents." She adds that parents who try to create a stress-free environment "often accomplish the opposite."

The exact formula for striking a balance is hard to nail down. But the necessity of making at least some of our own choices, even if we pay for them, is clear. All of the students interviewed, regardless of their history, agreed with Wolke's conclusion and believe that making their own mistakes is a necessary part of life.



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Your guide to succeed in university

The *Medium* sits down with alumnus Aly Madhavji to ask him what inspired him to write a guide

ZAINAB ANJUM

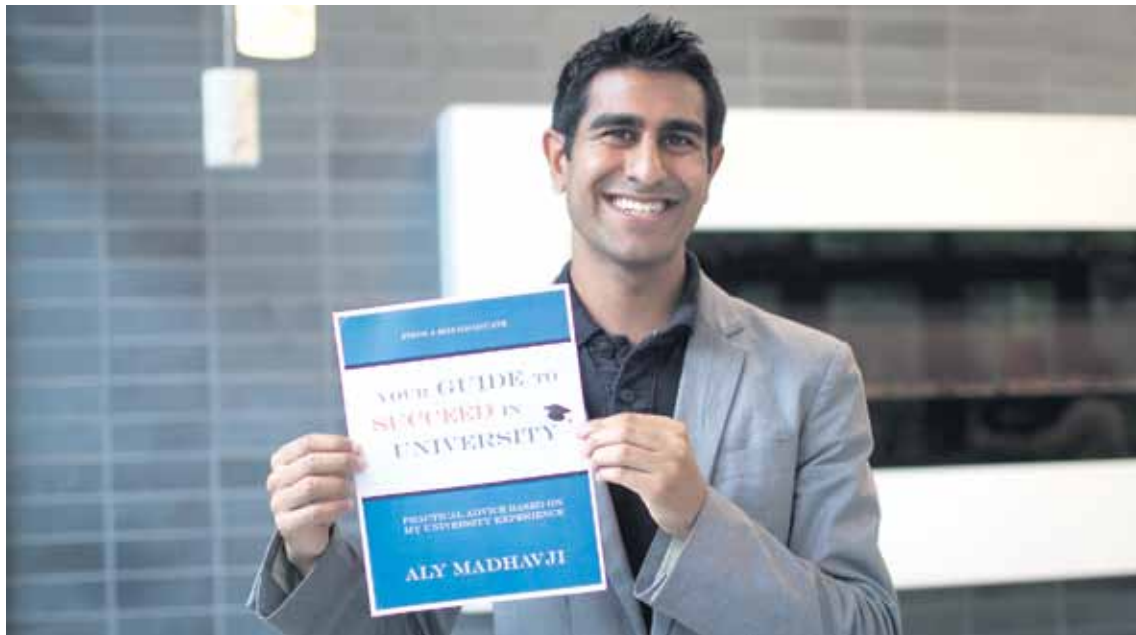
The list of Aly Madhavji's accomplishments is long for a recent graduate. To add to this, he's published *Your Guide to Succeed in University* in order to help other students along.

Madhavji graduated from UTM in June 2012 with a Bachelor of Commerce. During his years in university, he noticed that alumni and upper-year students tend to wish for prior knowledge that could have helped them avoid making some common mistakes and get an edge.

In his fourth year, Madhavji began to compile a list of these common struggles. When he came up with some solutions to these problems, alumni advised him to convert them into an accessible guide for students—and so he did.

Your Guide to Succeed in University was published in August, and it has been received very positively.

I had the opportunity to sit down with Madhavji and ask him a couple questions about his guide, his reasons for writing it, and what his guide offers students that other guides don't.



EDWARD CAI/PHOTO

Aly Madhavji poses with his guide for students.

The Medium: How would you describe your years in university?

Aly Madhavji: I definitely loved it. It was one of the best experiences of my life. I did poorly in my classes [in] first year, but I learned to get organized and prioritize, so over time I could still be

involved around campus, yet focused. I got involved with student government, my residence housing, meeting new people, and it all contributed to my personal development. I was able to work for students and [participate in] social as well as academic activities.

TM: How did you manage all of that and good grades? What was something you used to separate the personal growth from the academic?

AM: For me, the big thing was learning to be organized and I talked about it in the guide as well. I think any student can do it. I'm an ordinary student who made all the ordinary mistakes. What I think I picked up a little quicker was to stay organized and trying to push myself—one step each time—further. I used resources like my phone calendars with due dates and reminders to finish my assignments before deadlines. If you can do that, then you can also plan out volunteering and work, if you're doing that part-time. The important thing is definitely to organize oneself and be efficient.

TM: When did you decide that you wanted to write this guide?

AM: As I was graduating, I talked to a lot of alumni and they all wished they knew things in first, second, and third year that would help them do certain things better. I kept hearing the same things and wondered why everyone still continues to make the same mistakes.

It didn't make sense to me, so I started compiling different ideas in my fourth year. And as I talked to more alumni, they suggested I can make into a helpful guide that turned into this. But then we needed to make it accessible to students, so I ended up

getting it published.

TM: How was your publication process?

AM: I published it through Smashwords, and then I self-published it. So it's available on iBooks, Androids, and from the Barnes & Noble online bookstore.

TM: What does your guide offer to students that other guides don't?

AM: There are a couple of things that really stand out about it. Most college/university guides basically just say that you need to study, to go to class, and to get organized—the basic stuff that's not very practical. A lot of it focuses on the academics, whereas I try to emphasize that academics are important but so is getting involved. What I tried to cover in [my guide] is how I made my mistakes. I have excerpts that are personal. It talks about how I screwed up, what you can do differently to learn from my mistakes. It's very down-to-earth; you get to know me through it and see how I messed up but gradually improved over the next three years.

TM: Do you think it's important in university to say, "Okay, I messed up," or just move on when you make those mistakes?

AM: It was vital to capture the realism and the down-to-earth bit. I had to be able to say that this guide was written by an ordinary person so you can do it too. You can make mistakes too, but you need to be able to learn from them, grow up, and continue to improve.

TM: How has the guide been received?

AM: It's been distributed to over 1,000 students and the reviews have been amazing. Though only a few students have rated it [online], I keep getting messages and emails from students that find the topics so helpful, like how to network. Or they like that it's so down-to-earth and practical. They want to share it with their family who are either in university or about to start it. It's very touching. I don't know these people, but it's really nice and I'm very glad that it's helping them.

Your Guide to Succeed in University is available on Smashwords at smashwords.com/books/view/351861.

Attention All Undergraduate Students NOTICE TO MEMBERS FALL 2013 ELECTIONS

The University of Toronto Mississauga Students' Union is holding its Fall 2013 Elections for the following positions:

★ Division I – First Year Representatives: 2 spots

★ Division IV - Part-Time Directors at large: 2 spots

Period	Dates
Election Nominations (All Positions)	Monday, October 7, 10 am. to Friday, October 11, 4pm.
Silent Period	Saturday, October 12th, 6pm. to Monday, October 14th, 8:59 am.
All Candidates Meeting	Saturday, October 12th, 1pm to 6pm
Election Campaign Period	Monday, October 14th, 9am to Thursday, October 17th, 6pm
Election Voting Period	Wednesday, October 16th to Thursday, October 17th 9am-6pm
Election Results	Monday October 21st

To run for a position, please pick up a nomination package during the nomination period from the U.T.M.S.U Office - Room 115, Student Center. Please keep in mind the dates and deadlines above. For more information please refer to the union's Constitution and the Election Procedure Code.
(Bring your T-Card for Identification)

For more information, please visit our students' union website at www.utmsu.ca or contact the Chief Returning Officer at cro@utmsu.ca

UTMSU Office: Room 115
Hours: 9am-5pm



facebook.com/utmsu @myUTMSU utmsu.ca

Math scores declining

Math continued from page 8

It seems the onus of acquiring the missing knowledge is often placed on the student rather than the instructor who, at some earlier point in the student's education, presented a concept improperly or dealt with a different curriculum.

Professor Ke Zhang, who teaches second-year linear algebra, holds a similar view. "University expects higher standards of freshmen coming in than what is offered in high school," he says. Nevertheless, both professors also emphasized the differences in students' efforts.

This last obstacle to learning may have the familiar echo of the teacher who shifts all the blame to the pre-

vious level of education, but it also clicks with Walton's claim that students become disillusioned fairly early in their schooling with their progress in math.

She writes that to nip the problem in the bud in grade schools, "School boards need to recruit more teachers who are good at numbers. And they should provide more training for those in the system who need it."

The problem suggests no solutions, but Walton's obviously reasonable suggestion could be one of the most promising next steps, in addition to examining the curriculum, and ensuring that students are being properly prepared for the higher levels of math that underpin so many lucrative and necessary careers.

MEDIUMSPORTS

Editor | Jason Coelho

Kicking it with Blues' Eric Hewitson

Varsity Blues football team placekicker is grateful to have a spot on the squad and to represent UTM

JASON COELHO
SPORTS EDITOR

The privilege of playing at the varsity level in university is something few get the chance to experience. For Eric Hewitson, a second-year English major and UTM student, playing for the Varsity Blues is a dream come true. A Cambridge, Ontario native, Hewitson started playing football in grade 10, but didn't discover his talent for kicking until later in high school. "I really had no attraction to the art of kicking until, one day in gym class, the coach of the senior football team asked me to go out and kick some field goals," says Hewitson.

To Hewitson's surprise, his ability to boot field goals came quite naturally and he earned a spot on the high school football team. Hewitson has been working to improve his kicking ability ever since. "The craft is very addicting and challenges me mentally to be the best I can possibly be," he says.

Having started off without much experience in the sport, Hewitson credits his high school coach Mark Hatt with helping him realize his potential, and his current U of T Varsity Blues coaches Ken Mazurek and Greg Gary with helping him grow as a player.

Though Hewitson found his calling in football, he initially improved his kicking strength by playing soccer. "I had played soccer at a high level for seven years before I first started kicking field goals, kickoffs, and punts," says Hewitson, who is now the Varsity Blues' designated placekicker. "Soccer helped me to increase my leg



JASMEEN VIRK/THE MEDIUM

Eric Hewitson is starting his second year with the Varsity Blues football team.

strength and [the] accuracy needed to be a good placekicker," he says. "Once I started playing football, I fell in love with the atmosphere and I saw a football field as a much more challenging place to be."

Hewitson is now in his second year with U of T's top football squad; he was pursued by the Varsity Blues while still in high school and has worked tirelessly with coaches and CIS kickers to improve his kicking. This dedication earned him a spot on the Blues' roster.

The allure of playing for the storied Varsity Blues organization

and the world-class education he would receive from the University of Toronto swayed him to select the school as his number one choice. "I wanted to be part of the Varsity Blues football program more than any other program in the country," says Hewitson. "I wanted to be part of an organization that had an incredible coaching staff and was on the rise to success in the CIS. On the academics side, there's no better degree to have in the country than [from the] University of Toronto. It makes me and my family very proud."

As Hewitson looks ahead at possible career opportunities, he is keeping his options open, but leaning toward a career in the world of sports journalism. "I have strong aspirations to become a sports-writer," he says. "The university has great English and expressive writing courses that I am currently taking advantage of, and what better place to learn how to write [about] sports than Toronto?"

In the meantime, Hewitson is fully booked with football commitments and the ever-growing pile of coursework U of T students are fa-

miliar with. "Finding time to manage football and school during the months of September and October is difficult," he adds. "If you have a strong desire to do well in the classroom you will always find time to get your work done. Having school and football just means I'm always busy."

Though sports journalism is his fallback, Hewitson hasn't ruled out the possibility of kicking it into high gear and turning professional. And playing on the varsity level, including in games shown on TV, has given Hewitson and his teammates university- and city-wide fame that could expose him to the big leagues.

His UTM connections on the team are another factor that has helped his on-field confidence and helped him succeed in the program. "Having other Varsity Blues players that go to UTM, like Jordan and Justin Marra, has helped me to feel more confident in my abilities," he says. "These veterans are very talented, encouraging, and inspirational. They treat you like an equal and challenge you to become a better athlete every day."

Hewitson is optimistic about the Blues' championship chances in the coming years. "This Varsity Blues program is on the rise, and winning a Yates cup is something we're striving for in the years to come," he observes.

Students will have two more chances to see Hewitson rocket the ball in October when the Varsity Blues play their final games of the season against York University on October 10 and the University of Waterloo on October 19.

Varsity Blues hockey team battles York Lions

The Varsity Blues beat the York Lions 5-2 in pre-season play as they embark on their 122nd season in the OUA

SANTIAGO BOTERO

On October 2, the Varsity Blues hockey team prepared for the upcoming 2013/14 season by facing the York Lions in the team's first and only pre-season home game at the Varsity Arena.

Fourth-year forward Michael Markovic scored 12 minutes into the first period, and the Lions couldn't respond, setting the score for the first period at 1-0.

The Blues held their advantage through the second period, as Jeff Brown, a third-year student, sniped the puck into the net out of the reach of Lions' goaltender Andrew Perugini, bringing the score to 2-0.

With tensions running high as both teams looked to establish themselves as frontrunners for the upcoming season, the first scramble broke out between Blues' defenceman Lane Werbowski and York's wingman Andrew Clouthier, setting both teams on fire.

The Blues closed the second period strong with goals from second-year forward Dylan Heide, who scored off a point shot from rookie defenceman Corey Jackson, and Markovic, who scored his second goal of the game, giving the Blues a 4-0 advantage.

The third period was scoreless until the final three minutes of the game, when Markovic completed

his hat trick and gave the team a commanding 5-0 lead as the clock wound down.

"With team success comes individual success. We want to make it deeper into the playoffs."
—Michael Markovic

Though the game seemed out of reach for the Lions, they continued to push to make a comeback.

U of T goaltender Michael Nishi, who finished the game with 28

saves, was en route to a shutout until Mark Cross of the Lions scored with three minutes left in the game, followed by another goal by York's Chad Hohmann nine seconds before the game's end. Still, this comeback wasn't enough for the Lions, who lost with a final score of 5-2.

After the game, the Varsity Blues' coach Darren Lowe answered some questions.

"Our goal is to get better every day, and with that, reach the playoffs," says Lowe.

With a total of seven new players on the roster this year, including Jackson and Nishi, the team looks strong at both the defensive and offensive positions.

"I expect the new players to improve [and] become better every day, and be ready to play," says Lowe. He added that the team has more specialized departments this year, including specific people hired for coaching and player support.

"With team success comes individual success. We want to make it deeper into the playoffs, and hopefully win," says Markovic.

The Blues will play two more pre-season road games—one against Ohio State University in Columbus, Ohio and one against Robert Morris University in Pennsylvania—before returning to the Varsity Arena on October 11 for the home opener against the University of Ottawa.

Taking a spin on the hydroriders

Why students should take the plunge into an intense, refreshing underwater spin class

JASON COELHO
SPORTS EDITOR

You might be privy to the buzz if you spend enough time pumping iron and running laps in the RAWC, but for those who haven't heard, the RAWC is once again offering the famed hydrorider class, which lets you burn calories in a fun and innovative way. I decided to take the plunge myself and see what all the fuss is about and was pleasantly surprised by the experience. The class is designed for participants of any skill or fitness level, both students and faculty.

The class begins with participants getting accustomed to the cycling motion of the hydrorider by starting slow and working their way up. The workout is known as the "pyramid routine", in which the intensity of the workout gradually increases at designated intervals. For a gradual build and recovery, the workout starts with cycling at a medium to high level of intensity and increases in intensity every five seconds up to the one-minute mark; this is the climb up the pyramid. Each period of cycling alternates with an equally long rest period of riding at a slower pace. The pyramid routine ends with participants



FORTSTJOHN.CA/PHOTO

Hydroriders offer an intense calorie-burning workout without applying stress on joints.

climbing down the pyramid as the cycle and rest periods decrease in intensity.

The workout isn't finished there. Participants are taught at the beginning of class how to ride the machine while keeping their body elevated. Now they com-

bine this skill with another pyramid routine in which participants climb at a higher intensity while lifting their bodies from the seat, with increases of intensity every 20 seconds.

During the final part of the workout, a variety of exercises are

performed, including underwater arm movements, which take the pressure off your likely worn-out legs, push-ups on the hydrorider machines, and a set of stretches.

The entire class clocks in at under an hour and offers a full-body calorie-burning spin class

without applying much pressure on the joints. "[This is] a real cardio workout without the stress on your joints. Do the class and let the water do the rest," says Bronte Murcar-Evans, the instructor.

The hydrorider class offers lower resistance than a traditional spin class. In addition, there are no speed adjustments, which doesn't make the workout easier, but does make it more comfortable. This is why hydroriders are often used in hydrotherapy to treat joint, lower back, and knee injuries.

"For those recovering from injuries, being in the water itself can help," says Murcar-Evans. "The water's buoyancy helps relieve stress on joints, which is key with injury recovery. I know from my own personal experience with a chronic condition in my lower back that the hydrorider class was gentle on my lower back, while still allowing me to get in my cycle workout."

Students are encouraged to try the class out for themselves. The workout varies from week to week, shifting the focus between endurance, pace, speed, arms, and core. Classes are available at the RAWC swimming pool on Mondays from 5 to 6 p.m. and Wednesdays from 8 to 9 p.m.

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TUESDAY OCT. 8TH / 8 PM / GYM A

UTM EAGLES

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2013
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CLASSIC

MEN'S TRI CAMPUS HOCKEY
UTM VS. UTSC

WEDNESDAY OCTOBER 9TH / VARSITY ARENA / PUCK DROP 8PM
FAN BUS DEPARTS UTM AT 6:15 PM IN FRONT OF THE RAWC AND RETURNS FOLLOWING THE GAME.

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