



THE MEDIUM

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Province funds mental health services

Tri-campus committee in the works, vlogging project underway, mental health helpline launched in new approaches

LARISSA HO
NEWS EDITOR

Following the Ontario government's announcement in March that it will invest \$27 million over three years to provide new mental health services at Ontario colleges and universities as part of its Comprehensive Mental Health and Addictions Strategy, the University of Toronto plans to address the increased mental health needs of students across the three campuses.

To be chaired by vice-provost students Jill Matus, the Provostial Committee on Mental Health will develop a tri-campus Student Mental Health Framework and Strategy to explore "promising and best practices", understand how mental health needs are currently being addressed on the three campuses, conduct a policy and guideline scan, and make recommendations.

"Specifically, at the University of Toronto we have seen an increase in service usage related



TERESA ORBILLO/THE MEDIUM

Those with mental health needs have a mental health helpline available to them.

to mental health concerns in our health, residence, accessibility, and counselling services," said Matus in an email interview. "Cor-

respondingly, faculty and staff are strengthening their awareness and knowledge of mental health needs through training opportunities in

order to respond in the most appropriate manner to support the students' identified needs."

The goals of the committee will

include evaluating the student mental health initiatives that have been developed over the past few years and educating and training members of the university community to recognize, understand, and effectively respond to students' mental health needs.

"It's recognized that campuses and divisions have their own community needs. However, the broad range of issues under review and recommendations for change will continue to strengthen our abilities as an institution to best support students with mental health needs," said Matus.

It's expected the committee will make formal recommendations to the provost for policies, procedures, and resources in support of mental health concerns by October 2014.

The committee will comprise administrative leaders, faculty, and staff across the university, as well as graduate and undergraduate students.

Mental continued on page 3

Winter res fees not set to budge

UTM's director of residence met with UTMSU representatives but promised no decrease

LARISSA HO
NEWS EDITOR

Dale Mullings, UTM's director of residence and student life, said that there are no plans to reduce the winter residence fee imposed on residence students who stay on campus over the two-week winter break. The \$400 fee, which is equivalent to a month's rent at Homestead, caused a stir last year among residence students who felt it was unnecessary.

Mullings met at Oscar Peterson Hall on October 10 with Melissa Theodore, UTMSU's VP external, Agita Wijaya, UTMSU's international students coordinator, and David Zheng, this year's Residence Council president, in a meeting at which the *Medium* was present.



JASMEEN VIRK/THE MEDIUM

A student moving into residence in September.

"I don't have any intention of reducing the cost. I don't have any intention of increasing the cost," said Mullings when asked whether

there was any way that services can be cut to reduce costs.

There is no official breakdown of the expenses, but Mullings de-

scribed the services offered to students during the winter break.

Fee continued on page 2



Students get disoriented

UTMSU's annual social justice event included a trip to a women's shelter. *Medium News*, page 2

Perception must change

Even more important than dealing with an individual system is fixing the stigma of mental health. *Medium Opinion*, page 4

The \$10,000 shortlist poet

Ian Williams, a UTM alumnus and poet, reads from the anthology that nearly won the Griffin Prize. *Medium Arts*, page 5

On professors' plates

We interview a few faculty to find out what foods float their boats. *Medium Features*, page 10

Beating rivals and records

The Varsity Blues football team wins against the Waterloo Warriors, and raises the bar on two achievements. *Medium Sports*, page 11

Fee would go up if food were included

Fee continued from Cover

There are on-call staff, such as dons (for lockouts and addressing smaller issues), a live-in staff member (for emergencies like hospital visits and tank leaks), five professional staff, the assistant director of residence life (for issues like mental health concerns), the director of residence life, maintenance technicians, and grounds staff (to clear the snow). All staff are paid to be on campus during the break.

There are also hydro and heating costs, as well as costs to run programs, of which there were eight last year, with an average of about 10 students in attendance.

Campus Police must also be paid to respond to a higher level of incidents than they would have to if residences were closed.

"We charge less than the weekly rate for the cheapest unit," said Mullings. "The idea is not to be gouging students."

Theodore held an open forum in Colman Commons on September 25 to talk about the fee and solicit input on what could be done about it.

Three students besides Theodore and Zheng attended and provided feedback about the three



JASMEEN VIRK/THE MEDIUM

McLuhan Court is one of several residences at UTM in which students stay during the break.

options that Theodore presented to them: to keep the cost at \$400 but to have food included; to advocate for a lower price, provided the services remain the same; or to have all residence students pay an extra \$30 per year to fully subsidize those who stay over the break. The students in attendance liked the first option the best, according to Theodore.

Mullings replied that the fee

would be above \$400 if food were included. Keeping Colman Commons open over the break would be a question for Chartwells, he added.

Last year, Residence Council initiated a bursary program to disperse \$10,000 among students who apply out of need. Not limited to those who stay over the winter break, the bursary drew over 50 applications. Twenty students

were given a bursary of \$500 each.

The application for this bursary will open again in January. There's a possibility of increasing the total amount of the bursary for 2014/15, said Mullings, who also mentioned the potentially cost-free option of having students stay in the homes of nearby residents.

Last year, fifth-year student Nengi Adoki organized a group

of 10 residence and non-residence students to meet with Mullings and the communications coordinator, Emma Beamson. The students wanted justification for the fee. Adoki also raised issue with the fact that she was not made aware of the fee until late in the year when she made the decision to stay on residence. Because of that, Mullings said, this year it's written explicitly in the application for residence, and students are able to indicate if they're interested in staying over the break on the form. Applications for staying over the break went up on October 7.

UTM began offering students the option to stay on residence during the break in 2008 at an initial rate of \$250, which was increased to \$400 three years ago to pay for on-call staff. For the past three years, 100 students have stayed on residence over the break. There is no record of how many of those students are international students, for whom returning home over the break is less commonly an option.

Right now, there are 300 vacancies in residence, with openings for students to apply to live on residence in January.

CAMPUS POLICE WEEKLY REPORT

October 3, 9:35 a.m.

Mischief under \$5000

Campus Police investigated a mischief to an office window at the North Building. Investigation revealed that the glass pane was probably shattered by a projectile from a pellet gun. Nothing was stolen from the office of the shattered window.

October 5, 4:45 a.m.

Personal safety concern

Two students at Oscar Peterson Hall were rushed to hospital by ambulance after they were found unconscious from over drinking alcoholic beverages. The two students recovered.

October 6, 11:25 a.m.

Motor Vehicle Accident

A collision occurred between two vehicles in Parking Lot 4. Damage was minor.

October 7, 9:25 p.m.

Controlled Drugs & Substances Act

Campus Police attended a unit at MaGrath Valley after a don reported smelling burnt marijuana. A student was cautioned by Campus Police.

October 10, 7:37 p.m.

Call to Service

Otis Elevator Company was called to attend campus and free a person stuck in an elevator in the CCT Building.

October 11, 4:41 p.m.

Medical Call

A construction worker was injured at a job site on campus. The injured worker was transported to hospital by ambulance.

October 11, 6:40 p.m.

Theft Under \$5,000

A student reported the theft of his tablet from the RAWC lobby.

October 13, 6:00p.m.

Suspicious Person

A student reported a suspicious female in the Davis Building Meeting Place. Campus Police attended and identified the female.

October 15, 10:38 a.m.

Driving Offences

Campus Police received a report of a vehicle speeding and not obeying road signs on campus. The owner of the vehicle was identified and cautioned by Campus Police.

October 15, 10:30 p.m.

Personal Safety Concern

Campus Police received a report of a suspicious male in parking lot #9. Campus Police attended and identified the male. The male was on campus to visit a student.

October 16, 12:30 a.m.

Controlled Drug & Substances Act

A don reported a smell of marijuana at Putnam Place residences. Campus Police attended the area and were unable to detect a smell of marijuana.

October 16, 3:08 p.m.

Trespass to Property Act

A student reported an unknown female approaching students in the CCT Building trying to sell salon packages. Campus Police attended the building, but the female selling salon packages had left the area.

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Mental health care to be reviewed

Mental continued from Cover

Five working groups will be established (with student representation on each) that will look at awareness and anti-stigma initiatives, education and training, curriculum design and pedagogy, policies and procedures, and services and programs.

The UTM Health and Counselling Centre has started a vlogging project this fall called UTMental, in which five UTM students offer different perspectives as a way to start talking about mental health.

Each of the students vlogs about four different topics each week. The first is an introduction, followed by stress, mental illness, and the “five ways to well-being.”

Chad Jankowski, the health education coordinator at the HCC, said in an interview, “The UTMental project is meant to challenge the stigma that surrounds the topic of mental health by creating a forum where it can be talked about openly and honestly.”

When asked why mental health is important, UTMental blogger and second-year psychology student Nolan Anderson said, “Mental health is important because as university students we tend to get pulled into a world where outward success and achievement is perceived as paramount, whereas, in fact, our overall sense of well-being is determined by our ability to balance our physical, mental, emotional, and spiritual needs.”

“Simply discussing these issues in an open manner encourages students to speak more freely about them amongst themselves,” said Anderson. “Letting people know that they’re not alone in dealing with these problems, that there’s help available, and that one should never be ashamed or embarrassed to say they’re struggling with a mental health issue is my main objective.”

Garth Ngo, the mental health team leader on the Peer Health Education Team at the Health and Counselling Centre, spoke about the stigma surrounding mental health.

“When we have the flu, or break a bone, or pull a muscle, we’re encouraged to seek help. But when our mental health is challenged, we too often feel pressured to deal with it on our own or risk being

labelled as weak or helpless,” said Ngo. “Mental health is important because it needs a voice; it needs to be discussed as openly as any physical ailment and those who suffer from it need to feel that they can reach out and ask for help.”

Fifth-year economics and environmental management student Jack Liao, another UTMental vlogger, said that he believes the vlogging “addresses the stigma in the sense that students are talking about mental health and not faculty or professionals. I think it’s more effective when the messages come from peers rather than the university or advocacy groups.”

“As university students we tend to get pulled into a world where outward success and achievement is perceived as paramount whereas, in fact, our well-being is determined by our ability to balance our physical, mental, emotional, and spiritual needs.”

—Nolan Anderson

“Mental health is important because it’s tied in with our overall well-being. It’s much easier to stay focused and motivated when it comes to doing anything if you’re in the right frame of mind,” said Gregory Henry, a third-year philosophy student and another of the UTMental vloggers. “To me mental health means training your mind, as you would your body, to perform better. Examples of benefits from this would be: decreased risk in anxiety and depression, increased self-awareness, increased motivation, and increased overall well-being.”

When asked whether students are equipped to provide peer counselling to students with mental health needs, Jankowski said, “Students offer each other informal support all the time and friends are often the first people we turn to when things aren’t going well. There are limits, however, to the extent to which other students, staff, and faculty who are not men-

tal health professionals can provide effective support. Professional helpers have the training and experience necessary to provide that level of care and have a greater capacity to support students when there is a need for ongoing support.

Ontario’s postsecondary students with mental health concerns can now expect to have a new resource at their disposal: a 24-hour, 365-days-a-year mental health helpline launched by the government of Ontario that provides free, confidential, and anonymous access to mental health resources, including professional counselling. The new helpline, called Good2Talk, is delivered in part by Kids Help Phone and the Ontario Centre for Excellence in Child and Youth Mental Health.

“We want to let college and university students know they aren’t alone and that there is help,” said Brad Duguid, Ontario’s Minister of Training, Colleges, and Universities, in a government press release. “The new supports will help them have a healthy, productive transition to postsecondary institutions and deal with newfound independence, both on- and off-campus.”

Comprehensive approaches to mental health care are growing in importance as the public understanding of mental health treatment shifts; the common medication-based approach is falling out of favour, as argued in a September 3 *New Yorker* article and an October 18 *Toronto Star* article.

This helpline is one of the 10 projects that received approval to move forward in round one of the Mental Health Innovation Fund. The other projects include the development of a province-wide peer mentoring program for students with mental health issues, training staff in universities in mental health first aid, and generally boosting support for those with mental health issues, with a special plan to improve the student experience for lesbian, gay, bisexual, transgender, and queer students across the province.

Ontario will begin accepting proposals from colleges and universities for the second round of the fund later this year.

Students are able to access the mental health helpline by dialing Good2Talk at 1-866-925-5454.

» ARE THERE ENOUGH MENTAL HEALTH RESOURCES AT UTM?



Jiten Amin
2nd year, ecology

I think a lot of people don’t know about resources.



Jeffrey Tam
1st year, biotechnology

Stress is always part of university, but it’s important to develop character.



Vanessa Demello
2nd year, psychology

I think mental health is really important and UTM is very accommodating.



Ryan Principi
1st year, psychology

There aren’t enough; I don’t know about them. They need to get the word out.

Students take on social injustice at DisOrientation

LARISSA HO
NEWS EDITOR

The third annual DisOrientation Week was hosted last week by UTM’s Ministry of Social Justice and Equity.

With a “student activism” theme, this year’s DisOrientation Week included a trip to Interim Place, a women’s shelter, a student poverty workshop, and an open mic night.

“It’s something we try to raise awareness about in the Ministry of Social Justice and Equity,” said Ro’a Saafan, the VP equity. “We try to get students involved outside of the academic sphere. We focused on issues that affect students.”

Twenty-three students made it out to Interim Place on Tuesday and hosted different activities for the women and kids, including henna and nail art. There was also a non-perishable food and school supplies drive for the shelter.

“It was successful,” said Saafan of the week’s events. “We had a big turnout for each event. We were happy to change things up.” (This is in reference to the inclusion of the women’s shelter instead of the food bank this year.)

Involved in the planning process were Saafan, her associates, and the various LGBTQ, accessibility, bursary, and food bank coordinators.

NEWS BRIEFS »

Saudi Arabia turns down UN Security Council seat

The 2013 United Nations Security Council election was held on 17 October. Saudi Arabia has turned down a non-permanent seat on the United Nations Security Council, accusing the world body of “double standards”. The Saudi foreign ministry said the UN needs to be reformed first, and that it had failed in its duties to Syria.

Source: CBC News

UN urged to declare Canada’s treatment of aboriginals “genocide”

Activists are pushing the UN to recognize Canada’s treatment of First Nations as genocide, citing policies for starving First Nations people, the residential school systems, and the removal of aboriginal children from their homes for adoption by white families as violations of the Convention on the Prevention and Punishment of the Crime of Genocide.

Source: Huffington Post

Toronto zoo elephants expected to arrive in California on Sunday

A convoy transporting three Toronto Zoo elephants to their new home in California faced winds of 80 km/h winds overnight but were still on track on Sunday after travelling through the American Midwest on Saturday. The team taking care of the elephants reports that they’re eating a lot of hay, drinking water, and getting some sleep.

Source: CBC News

Egyptian doctor’s family refuses Israeli honour for saving Jews

A member of the family of the first Arab honoured by Israel for risking his life to save Jews during the Holocaust says the family isn’t interested in the recognition. The Egyptian doctor, Mohamed Helmy, was honoured posthumously last month by Israel’s Holocaust memorial for hiding Jews in Berlin during the Nazis’ genocide.

Source: CBC News

Phallic-shaped bush in Windsor sculpture garden fixed

Windsor city workers have fixed a shrub after officials say vandals shaped it into a giant phallic symbol. The city’s executive director of parks and facilities said they’re letting the bush grow and are transforming it into a poodle. The city spends about \$150,000 a year to fix vandalism and graffiti.

Source: CTV News

MEDIUM OPINION

Editor-in-Chief | Luke Sawczak

Adapting our strategy Address the stigma

Addressing mental health doesn't just mean lowering the bar

The Ontario government has pledged \$27 million to the province's colleges and universities to allow them to address mental health issues. As you can read in the cover story and in Ms. Ho's letter this week, the funds come as much-needed relief to programs struggling to serve an increasingly high volume of students seeking help. A year-long report commissioned at Queen's last year cites such Ontario postsecondary student figures as 15% having been treated for mental health problems, 36% feeling so depressed they couldn't function, and 53% being overwhelmed by anxiety. At UTM, after students go through an intake session, then (except in a crisis) they can wait days or weeks to see a counsellor or months to see a psychiatrist who can make diagnoses and prescriptions. U of T's plan to form a provostial committee to make recommendations is certainly called for; more staff hours would be a good start.

The questions I have concern not only remedies but also causes. The first thing to set out is the distinction between lifelong diagnoses and issues produced by changing circumstances; I mean the 7.5% of students in a study mentioned in a *Maclean's* article last September who developed symptoms for the first time in university and the 5% whose symptoms worsened. What is the root? The typical answer is that students face stresses they can't cope with. This invites further questions: What are the specific stresses and are they growing? Why aren't students able to cope with them these days, or, if the situation hasn't changed, why are universities only recognizing the problem now?

I'm reminded of a Margaret Wenté article, "University's not meant to be easy", from the *Globe and Mail* last December. (It can be hard to read Wenté dispassionately, and on top-

ics like this the comment section on their website is closed.) Her argument is that young people today are less equipped than ever to deal with pressures they've always faced, and that typical university strategies to reduce anxiety amount to "infantilizing" us. She says it's cruel to tell mentally fragile students to just suck it up, but when a huge proportion of the student population displays mental health issues, a panacea of simply "toughening these students up" seems to do just that.

One example is the proposal of a fall break to parallel the spring break, which is now implemented at 11 of Ontario's 20 publicly funded universities, according to a *Toronto Star* article from last Tuesday, and is in place at St. George but not yet at UTM. Students have always coped without a fall break, so would it constitute a lowering of the bar? Hardly, I think: most of the implementations are a weekend plus a day or two (U of T's is two days), and what's more telling about the attitude towards them is a quote from Cooper Millard, Brock's student president, in the article: he hopes students will use their vacation time to get caught up with studies. If the work threatens to creep into every new space of free time that opens up, that's a sign that our attitude as students is one of resignation to overwork as a fact of student life. Is it even possible for some students to avoid feeling that they need to work and be productive or pay the price later? Remember, that wasn't administration but a student who implied that we should be working even on a rare break.

In the same vein, although Wenté said that students "barely squeaked through high school and can't do the work", the *Maclean's* article says the average incoming grade of Queen's students went up from 2007 to 2011

(when it was 88.1%), and U of T's figures aren't much lower. Not many of us here are actually inadequate as students. Yet many students I talk to feel they have to work excessively hard—that is, hard enough to lead to the anxiety figures noted above—to make the future value of their education worthwhile. (And this is accompanied by the frequently reinforced dread in the back of many of our minds that our education is becoming less pragmatically viable in the workforce with every day we take to complete it.)

But I'm not ultimately pinning mental issues to the workload. Lightening the workload—which, if it were our main goal, might as well consist of encouraging students to take fewer courses—is far from a strategy for addressing mental health. Students do need to acquire coping mechanisms, but it's not simply because they're not ready for the work. The real causes of mental health issues are much more complex, and it's hard to talk about them without sidetracking. *Maclean's* mentions the obvious one of the biological changes we undergo at university age. That's certainly a factor. So is the possibility of underlying traits being brought out by transitional stress. But these issues have always existed, and the fact remains that situation of students has changed in recent years, marked by a rise in the rate of mental health issues. What's uncertain now is in precisely which ways it has changed, and how they're relevant to this effect, and that's what I hope the provostial committee will uncover. There's no reason why addressing students' mental health needs should involve a lowering of the bar; it should involve a change of strategy.

YOURS,
LUKE SAWCZAK

Dear Editor,

I was relieved to find out about the newly announced Committee on Mental Health. As someone who has personal mental health issues (who doesn't have mental health issues these days?), and has been in the mental health system for nearly 10 years, I know that it's in desperate need of change. Still, I'm wary of being too optimistic too soon. Changing the mechanics of the system won't help much if we don't change the general perception that those who are sick are "weak" or "crazy" and somehow responsible for their condition.

When I came to UTM three years ago, I took advantage of the Health and Counselling Centre's services as well as the AccessAbility Resource Centre's mentor program. For the most part, I've felt supported throughout my university years, but this is not the case for everyone. Before being given the chance to see a psychiatrist, I had to undergo a screening process in order for the HCC to collect information and assess my need for services. It's distressing to know that some people are turned away because there aren't enough resources for everyone, and that some people are given priority, while others are deemed to be, basically, not ill enough for treatment. (The problem is, who should be allowed to make that call?) There are also long wait times—sometimes several months—to get an appointment with the psychiatrist who only works one day a week.

I write this not because I wish to criticize the mental health care system, but because writing openly and honestly about mental health issues will help decrease the more pressing issue of the stigma surrounding mental health. Because of the stigma, it can be difficult for people to recognize their own mental health needs, tell others, and seek treatment.

Even those trained in the profession sometimes misunderstand mental health. I once admitted to my case manager at CMHA that I couldn't take it anymore. She replied, "Go to the washroom and put on some lipstick. That'll help. It always helps me." I followed her suggestion not because I thought it would work, but because I didn't want her to feel stupid.

I was reminded of the severity of the stigma last November when I covered the UTSU's AGM and then-president Shaun Shepherd cried in front of more than 300 members of UTSU during his presidential address as he described his episode of depression, saying that he had a breakdown due to the alleged attacks on his team.

Not only are people unaware of the effects their actions have on the mental health of others, intentional or not, there's still much misunderstanding and fear surrounding it. Taking him at his word, Mr. Shepherd's actions were brave; in the face of so much discrimination and at the risk of social exclusion, he spoke openly and honestly about it. And that's what they say is going to diminish the stigma: open and honest discussion.

That those who are mentally ill should have to fight their demons on top of the stigma that often stops them from getting help for fear of being seen as weak is, to say the least, terribly depressing. And the eradication of the stigma may mean life or death for many suicidal people.

We need to change the way mental health is regarded in our society. It'll allow those who have issues to come forward and ask for help. If mental illness is accepted for what it is, the issues will be addressed. If they're addressed, there will be less suffering and suicides.

Yours,
Larissa Ho
News Editor

the
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MEDIUM A&E

Editor | Colleen Munro

UTM alumnus returns to talk poetry

Griffin-shortlisted Ian Williams visits poetry class to talk about inspiration and awards

CHRISTINE SHARMA

UTM alumnus and former TA **Ian Williams** paid a visit to **Professor Wood's** poetry class on October 15. This year, Williams was shortlisted for Canada's Griffin Poetry Prize.

The annually awarded Griffin Poetry Prize is Canada's most well-known poetry prize. Publishers are invited to submit applications for the best collection of poetry, and two poets are selected to win \$65,000 each. Each shortlisted writer wins \$10,000 and performs at the annual Griffin Poetry Prize Shortlist Readings in Toronto. This prestigious prize is awarded in two categories, international and Canadian, by the Griffin Trust. Canadian writers such as **Margaret Atwood** and **Michael Ondaatje** sit on the board of trustees and select the judges for the prize annually.

"It's a great time to be a Canadian poet," Brampton-bred Williams said on being selected as a finalist for the Griffin Poetry Prize. Williams' first contact with poetry came in the form of his mother's poetry anthologies as a child. Read-



SUMMER HASSAN/THE MEDIUM

Ian Williams spoke to Dr. Wood's class about recently being shortlisted for the Griffin Prize.

ing Sylvia Plath and other famous poets in these collections, Williams grew to enjoy their poetry's beauty and creativity. His experience with poetry increased in middle school when, in a gifted class, his teacher

gave the students freedom to do as they wished and Williams used this time to write poems. Williams continued to write poetry throughout high school. He had originally planned to be a doctor when he

came to UTM, but a year later, he decided the medical path wasn't for him and continued as an English major, which led to a doctorate, teaching in the U.S., and becoming an English TA at UTM.

Speaking in Professor Wood's poetry class, Williams encouraged students to follow their passions. "What is a dominant emotion for our age?" Williams asked, saying that poetry should reflect the period it's written in. The class responded with "anxiety," "fear," and "materialistic hunger," while Williams focused on an attachment to technology, proceeding to read a few poems from his Griffin Prize collection, *Personals*. The "almost love poems" of *Personals* describe people of 2013 with a desire to connect to each other that is never fulfilled. Williams' use of pop culture references and everyday items such as debit card machines and Microsoft Office allows modern readers to relate to and understand his poetry.

Williams advocates randomness, openness, and pleasure when reading poetry, instead of logic and sequence. But there is a time to write, he says, and recommends focussing on writing as many poems as possible in the hopes of yielding a few gems.

A white-knuckle ride through outer space

Alfonso Cuarón's latest film is bringing in big money at the box office. But is *Gravity* worth the hype?

MATT LONG

Gravity is an awe-inspiring opportunity to experience the vast depths of space while appreciating the beauty of life on Earth. The intense story provides a gripping film experience. While the quick pace and short length make the film less epic than desired, it's a film wholly worth seeing.

In *Gravity*, **Sandra Bullock** stars as Dr. Ryan Stone, an undertrained scientist on her first space mission. She's aided by a team led by Matt Kowalski (**George Clooney**), a senior astronaut on his final space journey. Their mission is unidentified, but Stone is busy installing equipment on a satellite when unexpected news is received from NASA. The debris of a destroyed Russian satellite is hurtling around Earth's orbit and their shuttle is directly in the path of the debris. Before the team can react, their shuttle is destroyed and Bullock and Clooney are left spiralling in space.

Gravity is director **Alfonso Cuarón's** feature film follow-up to the 2006 *Children of Men*. He developed the idea for *Gravity* sometime thereafter, but he waited for technology to advance to a point where he could properly recreate the final frontier.



ACESHOWBIZ.COM/PHOTO

Sandra Bullock explores the final frontier in Alfonso Cuarón's *Gravity*.

Avatar's release in 2009 made it clear that technology had reached an adequate level. It's a good thing Cuarón waited, because the computer-generated depiction of space is breathtaking. An almost Kubrick-esque vision is offered through long takes and wide shots of the vastness of space.

Bullock delivers a strong perfor-

mance as the desperate protagonist. Her struggle to survive without any basic needs—most vitally, oxygen—is delivered astonishingly well. Her character experiences many emotional states, all of which Bullock makes believable. Clooney plays his usual confident smooth-talker. His performance is adequate and, most

importantly, offers some much-needed comic relief, but the film belongs to Bullock.

The film is very well-paced. We are first treated to a few moments of character development, which largely displays the differences between Stone and Kowalski. Once we know the characters and we've been given

enough time to accept that they're in space, disaster strikes. Cuarón wastes no time in a film where every second is vital. The film expertly creates an incredibly tense situation from the start.

The story and the visual effects are outstanding, but the script could have used some tinkering to take it to the same level. The dialogue and characterization (especially Clooney's) seem far too cliché, and some dialogue felt unnecessary and contrived. In a silent environment like space, every sound should be precious. The film also verges on failing to satisfy its premise. The story feels incredibly tense, but the fast narrative ensured that Bullock's situation never felt completely hopeless for too long. This is an effective film trope, but the subject seems to warrant more. Still, a film can't be faulted for not being something it isn't. Cuarón crafted a strong science fiction film that evaded any trappings of the genre. In a year rife with sci-fi films, *Gravity* clearly stands out as the strongest.

Gravity is an argument that life on Earth is a luxury, uniquely done by transporting the viewer away from this planet. And it needs to be experienced in theatres—it even justifies the 3D surcharge. **MMMM**

Cyrus switches gears on telling new album

Musical diversity reigns on *Bangerz*

RACHEL LEE-THOMAS

It's very apparent that Miley Cyrus has been making some huge adjustments to her music and style recently, but has she gone too far? Are these new antics inappropriate? Or are they just an entertaining contribution to her persona as a performer?

Though coming off as distasteful to some, there's symbolism, talent, growth, and musical variety to be found on Miley's latest album, *Bangerz*, released earlier this month. Since *Bangerz* features the summer's much-discussed singles "We Can't Stop" and "Wrecking Ball", the creative and stylistically different songs that make up the rest of the album may come as a surprise to some, since out of 13 songs on the album, the media focused on only two.

Despite the raunchy and angry images of Cyrus growling on the album sleeve, *Bangerz* begins with the soft and slow ballad "Adore You", a delicate ode to love that features lovesick lyrics such as "When you say you love me, know I love you more / And when you say you need me, know I need you more."

Unrecognizable to some, Miley's album features very personal and emotional lyrics. Cyrus has been quoted as saying that this album was one of her more personal albums, and the listener can really get a sense of Miley's anger and heartbreak, perhaps inspired by her split from Liam Hemsworth earlier this year.

One of the best things about *Bangerz* is the variety—there's a song for everyone. Though it does feature a majority of electro-pop tracks with

experimental rap, songs like "4x4" will appeal to Miley's country fans. The acoustic beat and Southern-inspired lyrics give a sense of Miley's country days. This also applies to the foot-tapping "#getitright", which offers a sound similar to that of Bruno Mars and features upbeat guitar riffs, vocals, and whistling.

Another must-listen on the album is the track "FU". The listener is presented with another heart-wrenching ballad laced with elements of musical theatre and burlesque—a very different sound from the other tracks. Listening to the lyrics, you can feel the anger and emotion in her voice: "I've got two letters for you / One of them's F, and the other one's U." Miley draws these lines out, releasing an angered but haunting cry of love and pain.

One of the only negative aspects of *Bangerz* is that the songs on the album don't feel as connected as they could be. Although most of the songs feature the theme of love and heartbreak, there's not enough distinguishable connection and flow between the tracks. The organization of the album feels staggered and incorrect at times.

Overall, Miley has provided a refreshing, personal, and experimental album featuring songs vastly different from each other, adding variety to Miley's discography. Even so, Miley fans shouldn't be disheartened by her new approach; *Bangerz* is still laced with fragments of her old style combined with the new. Everyone must grow as a person, and in turn, every musician must grow within their music. **MMM½**

Tree art comes to CCT courtyard

The story behind the donation of a new wood carving



JASMEEN VIRK/THE MEDIUM

"Curiosity, Knowledge, and Wisdom" in the CCT courtyard.

MARIA RUIZ

Walking around campus these last few weeks, you might have noticed something different about the CCT courtyard. Or it might have blended right in. The newest addition to the campus, an art piece called "Curiosity, Knowledge, and Wisdom", is a fitting tribute to UTM's natural setting.

A life-size wood carving made out of recycled white pine, the piece features an owl perched on top of a tree trunk, a cardinal on a branch lower down, a raccoon poking his head out of a hollow, and a fawn sleeping happily at the base. The donor, UTM alumnus

Dr. Leny Sferlazza, picked these animals as representative of UTM's fauna. Sferlazza, now a dentist, says he typically sees most of these animals on the walks he takes with his family through campus, and that the owl symbolizes wisdom.

It was during his time as a student that Sferlazza met his wife, also a UTM alumna, in the Blind Duck Pub, back when it was still a trailer. His donation of the artwork to campus is, he says, a means of giving back and of celebrating his family's personal connection with the campus. The installation was also a surprise for his wife.

The piece is part of a larger collection resulting from a partner-

ship between the City of Mississauga and self-taught artist Jim Menken, who takes dead trees and turns them into pieces of art. A map of the locations of the other pieces around the city is accessible on Menken's website (jimmenken.com). Four others are located along Mississauga Road near UTM.

Yan Tam-Seguin, the project manager of the Office of Student Affairs, initiated the installation project, and is happy to have afforded Sferlazza the chance to make a gesture that fits in with the general environment of the campus. "We have a beautiful campus with a real commitment to green space," she says.

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.

OLGA TKACHENKO
COPY EDITOR

The Grates

Gravity Won't Get You High

I'll say this about the Grates: they write catchy songs (and chose a clever name, no doubt). The Australian trio's 2006 debut album, *Gravity Won't Get You High*, packs a high-energy dance-worthy punch and is cohesive if a bit repetitive. Grungy and pop-ish, with a juvenile rebellion sort of theme, the Grates make up for low sophistication with immense energy and brightness.

I was hooked from the first track: "I Won't Survive" runs only a minute long, and features yodel-like vocals from lead singer Patience Hodgson complemented by bursts of drums, a simple guitar tune, and some well-placed glockenspiel. My favourite

track, "Howl", shows off grungy guitar riffs and energetic drumwork, perfectly combined with Hodgson's fresh and somewhat strained voice. Throughout the album, Hodgson displays some versatility, switching between the said yodelling, shrieks, and growls, and sweetly sung choruses.

The Grates' strength is that they don't take themselves too seriously. The lyrics are at times ridiculous and cryptic—"Shakin' like you don't know what you're waiting for / Shake like bacon / Ice-cold it's flooded" appears in the mediocre "Inside Outside"—but the tunes are mostly well-rounded and memorable. If you find yourself nostalgic for those sunny days of youthful rebellion or just want something cheerfully mindless to listen to, this album may be for you. But be warned: the choruses will haunt you for a while.

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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Venus in Fur flips convention on its head

In the form of a play within a play, an edgy examination of gender roles and power comes to a Toronto stage

KATE CATTELL-DANIELS
ASSOCIATE A&E EDITOR

Venus in Fur is a powerful play that rocked the Broadway boat last year and has now come to Toronto. Directed by **Jennifer Tarver** and boasting an absurdly talented two-person cast of **Carly Street** and **Rick Miller**, this production of *Venus in Fur* is flexible and intelligent while remaining honest.

The 90-minute play takes place over several hours in a playwright's office as he and a wannabe actress read the play he has just completed based on the erotic novel *Venus in Furs*. At first, she comes across as stupid and shallow, he conceited and overeducated, but the two of them share a chemistry that neither can deny. The whole thing begins innocently enough with the entrance of the actress, late for her audition. The assistant reader has gone home for the night, so she reads with the playwright.

Careful! This is where the magic starts. What is initially a casual reading soon becomes much more as both characters sink so deep into the play and their characters that the lines between what's real and what isn't become very blurred indeed. Like the characters they



Rick Miller and Carly Street square off in *Venus in Fur*.

CANADIANSTAGE.COM/PHOTO

portray, the actress and playwright play at a courtship that veers into the territory of troublesome dominance games, raising questions that have been asked by masters and servants, men and women since, well, forever.

The set is a piece of art in itself,

making brilliant use of the enormous stage at Bluma Appel Theatre. The action takes place on a square of hardwood flooring at centre stage that takes up about a third of the available space. To the right and left, the floor is empty nearly up to the wings, where foot-

lights serve as a constant reminder that this is theatre. Undisguised lights also hang on a lighting grid above the playing space, and these prove essential as the characters switch between play and reality.

The costumes also play an essential part of this transition, or lack

thereof. The actress spends half the play in a stripper costume complete with corset and garters and the other half in an enormous cream period gown. The playwright, first in jeans and T-shirt, puts on a tailcoat and never takes it off. Actors are always told to build a character from the inside out, but in this case the externals correspond to the internals perfectly. The actress's costume is especially important, serving as a metaphor for women in general as depicted in the play: cupcake on the outside, viper underneath. This is true of both her and the character she portrays, the starving artist and the society lady respectively, both concealing intelligence, wit, and a decent helping of cruelty.

Venus in Fur delves deep into issues of sex, dominance, and gender bias and explores them in profoundly disturbing ways. I haven't been this riveted by sexual tension since I first saw *Spring Awakening*, and I don't know that I've ever been so intrigued by violence. The play is a discovery for the actors, characters, and audience as everyone struggles with their morals, unable to look away.

Venus in Fur plays at Bluma Appel Theatre until October 27.

A historic award for Alice Munro

Beloved Ontario author becomes the first Canadian woman to win the Nobel Prize in literature

NIVEEN FULCHER

Alice Munro, an 82-year-old marvel, became the first Canadian woman to receive a Nobel Prize in literature earlier this month. Munro isn't new to the award-winning world. The short story writer has been receiving awards for her works since the '60s, when she received the Governor General's Literary Award.

Reports say that the Nobel Prize win came as a shock to Munro, which suggests a humble attitude. Unlike many public figures, Munro is an elusive personality and guards her privacy carefully. Born and raised in Wingham, Ontario, Munro currently resides in nearby Clinton. She studied English and journalism at the University of Western Ontario, and in 1950 published her first story, "The Dimensions of a Shadow".

Munro writes short stories on a

personal scale that explore human complexities through simple, direct sentences. Yet her fiction writing deals with unusual and troubling information in an indirect manner that keeps the reader craving more. The words she uses paint a vivid canvas, leaving out redundant and elaborate explanations.

It's more common to find short story writers who also write novels, but to find a high-profile writer so committed to the short story form is remarkably rare. Major publishers agree that the short story doesn't sell well; it might even be unfashionable. But Munro succeeds in not only selling her short stories, but also in making a Canadian icon of herself in the process.

The stories Munro writes are usually set in her home province, often in very unglamorous locales, with no indication of present time. Despite

her introverted and sweet-looking exterior, Munro writes some dark and terrifying fiction. The narrators and protagonists are regularly filled with obscure secrets that pique the readers' curiosity. She creates characters that abuse town gossip and flutter around in the most unpleasant settings, such as impoverished farm kitchens. Her male characters seem to represent the epitome of cold-heartedness, to the extent that some critics shun them as unrealistic. However, these criticisms haven't influenced her style, and Munro's success and the praise for her work speaks for itself.

Munro told the *National Post* back in June that she was "probably not going to write anymore", and even after the fabulous win, she has been ambivalent about committing to another book. But Munro has already done Canada proud and secured the short story's place in literature.



THESTAR.COM/PHOTO

The 82-year-old Alice Munro won the Nobel Prize in literature.

What's on your mind?

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MEDIUM FEATURES

Editor | Maria Cruz

Work experience trumps education

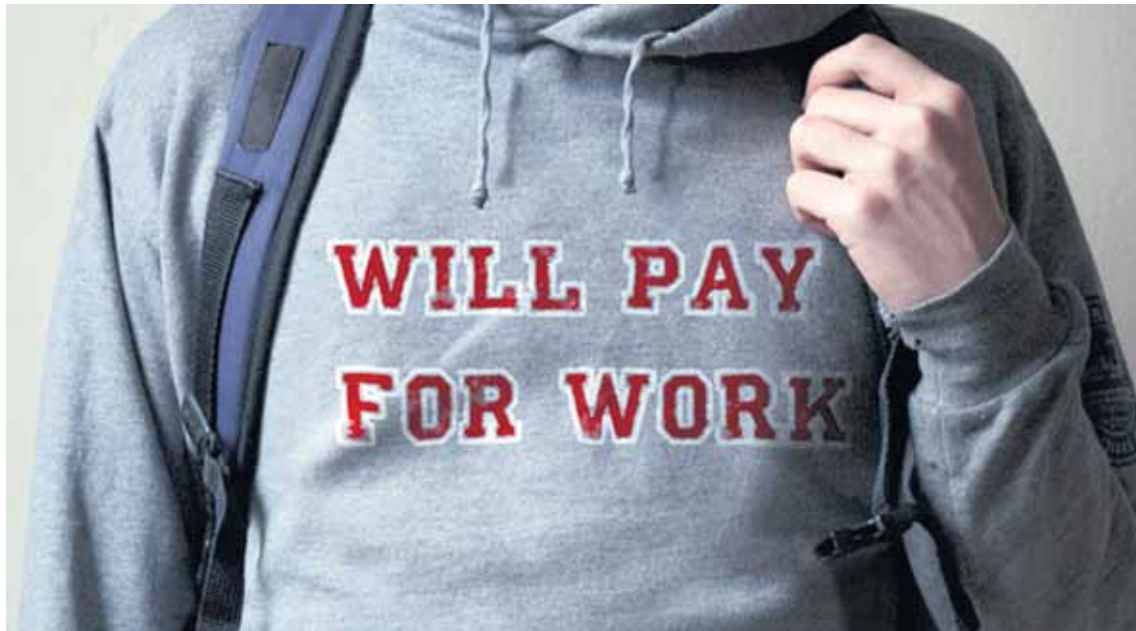
Employers are looking for more than a diploma in their candidates, and it can be hard to come by

MARIA CRUZ
FEATURES EDITOR

In early July of this year, *Troy Media* published an article by Roslyn Kunin discussing the difficulties faced by recent graduates seeking jobs in today's workforce. Kunin theorizes that young people aren't finding work because they haven't been gaining work experience. "Parents who tell kids it's more important to study than to take part-time work during the school term and who say that there's no need for a summer job are seriously harming their children's long-term career prospects," she writes.

Students are often under the impression that the answer to a tough job market is more education. Beefing up a resume with more schooling is widely considered a good idea, but the costs and the lack of practical experience may mean it's less effective than we would hope.

Anureet Kaur graduated from UTM in June with a bachelor of business administration as a management specialist, and subsequently wrote to the *Medium* to describe her and friends' struggles searching for work. "We should have done co-op rather than study a four-year theoretic degree that only looks fancy in a resume or at



BLOGS.NEWCASTLE.EDU.AU.COM/PHOTO

When experience is a prerequisite for a job...

dinner parties," she reports them saying.

I sat down with Kaur to speak with her about her life after school, the "pessimistic" workforce, and her advice for students.

Kaur considers herself lucky to have found work in her field through UTM's Career Centre. She had been rejected by her university of choice for graduate studies, and decided to look for work instead. She applied for a job she discovered through the Career Centre,

received an interview, and was hired.

Although she was successful in securing a job and believes her degree contributed to that success, Kaur found that U of T hadn't prepared her for the workforce. The solution she proposes is that universities push students into the job field more. "Co-op should be mandatory," she says. "You have internships in some programs and that's a really good thing. [...] It's hard for students, especially inter-

national ones, to find work after they graduate."

Kunin also draws attention to the situation of international students. "Immigrants to Canada know how important work experience is," she writes. "Many immigrants take any work they can get in any occupation and at any pay level just to get a foot in the door. Others create their own jobs [...] by starting a business."

As for young Canadian students, both Kunin and Kaur say that stu-

dents are making a mistake when they return to school after failing to find work, barring the necessary further education in fields like medicine.

"[Students] often make two serious mistakes," writes Kunin. "First, they do little or no research into what has been happening to recent graduates of the programs they enter. Eventually they find themselves back in the same jobless position they were before—with one big difference. They are now thousands of dollars deeper in debt thanks to the student loans needed to finance the additional education."

Kaur also shared some general post-graduation advice to students in her letter and her interview. One of her points is that students need to boost their writing skills. "You need to have some level of writing because you will need to write emails and speak to people and give presentations," she says. "I always tell my friends that they need to start working on their writing or brush up on their skills because it's something that will come in handy." One of her personal strategies for improvement is regular blogging.

Job hunt continued on page 10

Lifelong debt versus a good credit score

Do 20-something students have what it takes to handle a credit card responsibly?

ALEXANDRA GEDDES
ASSOCIATE FEATURES EDITOR

I can't count the number of times I've been offered a credit card on campus. At the Davis Building entrance, representatives offer me a free T-shirt—as long as I apply for a card. It's often nearly impossible to walk through the Student Centre without someone offering me a free water bottle in exchange for my signature on an application form. But are credit cards really good for students?

Articles published by the *Toronto Star* and the *Globe and Mail* present the view that students can benefit from getting a credit card, so long as they use it responsibly.

In an August 24 *Toronto Star* article on the benefits of a credit card for students, Robb Engen wrote that students, "probably should [get a credit card]. Credit cards are practical and useful and managing them is a fact of life. So the sooner young adults learn to use one responsibly and begin building a credit history, the better."



ELLESWIM.WORDPRESS.COM/PHOTO

How good is your credit score?

The average student is about \$24,000 in debt, which includes government loans such as OSAP as well as credit card and banking debt. While OSAP is unavoidable for many students, it's easier to put out of mind since no interest is added before graduation.

According to a *Globe and Mail* article by Claire Neary published in June, the number of students with unpaid credit card debt remains low. The average debt for students with unpaid balances rests at about \$3,500—a small proportion of overall student debt.

Eighty-nine percent of students use credit cards regularly, and 82% of these students reported that they pay off their balances in full each month.

"I'm late [on my payments] sometimes because I just forget to go to the bank. I wouldn't say I'm out of control," says Priya Chopra, a fourth-

year CCIT student. "[Having a credit card] makes student life easier."

"I have one, but I barely use it. I use debit for most things," says first-year student Jacob Cochran.

For many, credit cards make large payments easier to handle. "When buying books, I don't have to wait for money to be in my account. I can just use my Visa and pay later when I have more money," says Chopra.

However, there are some horror stories. "I only had a few thousand to pay off. [My husband] Jeremy had about \$20,000. It took us six to seven years to pay it off," says alumnus Chris Brooks. "We graduated without money and married young. I'd say the debt has been with us most of our lives."

Credit cards can easily tempt students into overspending and lead to lifelong debt. But there's a silver lining to student credit card use—improved credit scores.

Credit continued on page 9

Good eats within reach

The Erindale Family Restaurant is a new favourite among students

MADELEINE BROWN

Two readings to do for Monday, countless exercises spread throughout this week, and a project proposal due the next: welcome to classes at UTM. I need sustenance to fuel my workload. And, no, a dry packet of Mr. Noodles and a leftover can of Coke is not the most tantalizing of dinner options. I hop on the 1E at Dundas and Mississauga and jump off six minutes later at the Erindale Family Restaurant.

The atmosphere upon entering the restaurant is cozy and comfortable. Familiar Top 40 tunes play on a radio in the kitchen and a Canadian sports team plays (and loses against) a U.S. team on a TV above the door. I am warmly welcomed by one of the owners and invited to take a booth along the perimeter of the restaurant. The menu has a huge variety offering your typical diner fare including hamburgers, sandwiches, and pastas, and spare ribs, fish and chips, and pork schnitzel. A selection of their dishes is also featured on the daily dinner specials board for a dollar or two less than the listed price.

Following a recommendation from the owner and noticing it on the specials board, I choose the veal parmesan with spaghetti and garlic bread. Feeling guilty at the thought of that sad vegetable in my crisper, I choose the salad starter. Within five minutes, the salad arrives. It's a traditional house salad (think iceberg lettuce, tomatoes, and red onions) with my chosen dressing thoughtfully

served on the side.

As I finish up, my main course is served. I'm given grated parmesan and hot chili flakes for the table. I like the freedom to add as much seasoning as I please to my dish. I despise those waiters who think it's appropriate to stop sprinkling parmesan or grinding black pepper before I say "stop". Plus, there's nothing that wins me over more than the option of a little spice (in the edible sense, of course).

The restaurant would be the ideal setting for an off-campus study spot, a meeting location for a group project, or a casual catch-up with friends.

The veal parmesan is tender, with a crispy coating and gooey cheese, hot and melting on top. For me, though, the spaghetti is the highlight of the dish. The homemade sauce is nicely flavoured with big chunks of green pepper. The spaghetti noodles are al dente and good-quality. The garlic bread is perfect for mopping up the leftover sauce on my plate. As I work through the dish I realize how generous the portion is. However, in the end I defeat it.

Despite how my stomach feels I am not one to turn down dessert. Particularly when the menu includes homemade rice pudding with cinnamon whipped cream. It's homey, warm, and actually

quite soothing.

The Erindale Family Restaurant is family-owned and operated. The atmosphere reflects this. It's new to the neighbourhood, only six months old, but it's already a student favourite. I'm told the pasta is the most popular dish among students for both dining in and takeout. The owners have run similar restaurants across the province, including as far north as North Bay and the not-so-distant Brantford.

The restaurant reminds me of Fran's, the famed Toronto diner chain, but with more heart. The ambience and food are familiar, but not tired. The price is very student-friendly. For under \$20 I had a three-course meal and left a hefty tip for the quick and caring service. Meanwhile, for breakfast I could have had two eggs, meat, homefries, and toast for only \$5. Or for lunch a homemade burger or sandwich with fries and soup for \$8. For regular menu items the restaurant offers a 10% discount to all UTM students. I will definitely be trying the soup, which is made in-house every day. The fettuccini jambalaya sounds equally tempting.

The restaurant would be the ideal setting for an off-campus study spot, a meeting location for a group project, or a casual catch-up with friends. The 1, 1C, 44 and Dundas Express all stop near the restaurant. Despite two previous restaurants opening and closing relatively quickly in the same building before, the owners are hopeful and excited—and so they should be.

CREATIVE CORNER

Apologies

SHEALYN IVANY

Listen
with tears carving lines down our faces
we are saying sorry
we are watching rocks fall down cliffs
we are kneeling under a cross with our sins on our sleeves
and saying sorry
we are holding hands with ghosts standing over looming headstones forgetting to remember
back from the scolding eyes of authorities
after praying we are saying sorry
after driving cars
down roads with forgotten names we are saying sorry
with our hands we are saying sorry through windows and in storms and through crooked smiles

remembering the stares and the eyes like knives
and the nights with no dreaming we are saying sorry
in the stores we are saying sorry under the feet of giants who wouldn't challenge their equals
and the screams of those who hate themselves
we go on saying sorry
with the trees falling down around us and our burning regrets we are saying sorry
with children dying
and more being born we are saying sorry
with the words we can't say falling frozen on our lips
with the buildings getting higher and the grasses getting browner
we are saying sorry faster and faster
we are saying sorry and laying on a world made of broken bones

Average student credit card debt sits at \$3,500

Credit continued from page 8

Credit scores are determined through a mathematical formula that analyzes your financial and debt history. The formula yields a three-digit number between 300 and 900; the higher the number, the better your credit score. Higher credit scores make it easier to be approved for such things as car leases, mortgages, and large loans in the future.

Many students are unaware of the importance of credit scores. Without regular credit card use, students can't begin to build a strong credit score. Their score improves every time a loan is paid off.

Chopra said about her credit score, "I don't even know what that is."

Neary writes that she got in contact with Nadim Abdo, the vice-president of client solutions at Equifax Canada, for a rundown on why credit scores are so important.

"Mr. Abdo also told me that credit scores are only one of several tools that credit agencies use to determine your credit-worthiness," she writes. "Your score is a check on your character," he said. "In this day and age, when we often can't meet face-to-face, [you determine someone's character] through

looking at their past history and see how they've paid back debt."

Student credit card debt is a tight-rope. Irresponsible spending can push students into overwhelming debt, but monitored and responsible spending can allow students to live more comfortable lives in the future.

If you're a student considering applying for a credit card, many financial sites, such as moneysense.ca, rate the best and worst cards for students. As a general rule, you should look for cards with no annual fee and a low interest rate. You should also look for a card with perks that you will use (like a Scene card or RBC's Shoppers Optimum MasterCard).

Engen shares this opinion. "The best deal for a student is a card that has no annual fee and rewards each purchase with cash back or discounts on things they need," he writes.

"The rewards should be useful, though: earning points toward a new car or a fabulous holiday might sound good, but chances of spending enough to earn the points are out of reach for most students."

As long as you spend responsibly and pay off your monthly balances, any card will improve your credit score.

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Inside the professors' lunchboxes

Professors on campus give the *Medium* a breakdown of everything they eat in a day

MADELEINE BROWN

I daydream about food. In lecture, walking to campus, and even the moment I finish one meal I'm immediately thinking about what I'll eat next. So, naturally, during a recent lecture, the thought struck me: What do my professors eat? Are they budding chefs or fast food junkies?

To answer my questions, I sat down with three UTM professors and asked them to take me through their day at UTM meal by meal. From homemade BLTs to pots of Earl Grey tea and sauce-making, we chatted about what they like to eat and why.

JOSEE JOHNSTON SOCIOLOGY

7:30 a.m.

I always have a half-caffeine, half-decaf cappuccino to start my day. I love coffee. It's one of my top three favourite flavours. I feed my children their breakfast and give them their vitamins before having an apple cinnamon smoothie with protein powder. I'm out the door and heading to UTM by 9:00 a.m.

1:00 p.m.

I typically pack a salad for lunch, usually something with quinoa, but I was in a rush this morning. Instead, I have a cashew coconut bar, baby carrots (left over from my children's packed lunches), and a large honey crisp apple. With this sad lunch, I grab a second coffee, a latte from Second Cup. I don't like buying coffee from a corporate coffee chain, and I wish UTM had its own independent student-run coffee bar.

6:00 p.m.

My family and I eat in almost every night. Once I'm home, I pour myself a glass of red wine and we start cook-



Some pros eat the same healthy food your mother packed for you in grade two.

ing. Since everyone is tired by the end of the week, Friday night is often BLT night. Our BLTs include homemade mayonnaise, Ontario tomatoes, and Rowe Farms bacon. (My daughter, who loves animals, tries to limit herself to only two pieces of bacon.) My partner bakes our bread, but BLTs call for a loaf of fluffy, white bread from our local Cobb's bakery. After dinner, we have dessert. That night I have a Coconut Bliss ice cream bar. We don't have dessert every night, but I think it's important to treat yourself to something sweet. In fact, I love baking, particularly cakes, but I'm still trying to improve my icing skills.

HOLGER SYME ENGLISH & DRAMA

10:00 a.m.

When I get up I make myself an espresso with freshly ground coffee beans to jolt me awake in the morning. I have Dorset Cereals brand cereal with blue-

berries and almond milk. To sustain the caffeine the espresso provided me, I prepare a pot of Fortnum and Mason Earl Grey tea. Afterwards, I'm on my way to UTM.

1:00 p.m.

Generally, after I wrap up my Shakespeare lecture at UTM I don't have lunch. But if I do, it's a slice of rye sourdough bread from Woodlot, a restaurant and bakery on College Street, a slice of whatever cheese is available from my neighbourhood deli, and some almond butter.

4:00 p.m.

Between meetings and administrative work I have a second espresso. I make another pot of Earl Grey tea and snack on some 70% dark chocolate.

8:00 p.m.

My partner and I don't eat a lot of meat and we go through vegetarian phases.

However, I usually slide back to meat because I find it easier and more fun to cook. I like to cook Italian, rice, or one-pot dishes. That night I cook my favourite fallback dinner: a warm salad of mango, avocado, pan-fried chicken, and brown rice. We eat dinner while watching Netflix. I make one more pot of tea before settling in to work on my own research and writing for another three or four hours.

MAIRI COWAN HISTORICAL STUDIES

7:00 a.m.

Knowing that there are some leftovers in the historical studies' departmental fridge, I have a light breakfast of a banana and a cup of orange pekoe tea. I eat as I make my daughter's packed lunch. I take the shuttle bus to UTM, arriving late because of an accident on the highway.

12:00 p.m.

I heat up the leftover lasagna from the department's Prandium lecture series and eat it in a meeting with the HIS101 TAs. We all eat together: the TAs are always hungry after a morning full of tutorials!

2:00 p.m.

As a mid-afternoon snack, I eat an apple at my desk. I often eat apples, nuts, and seeds in the mid-morning or mid-afternoon at work, especially if I'm getting ready for a lecture.

6:00 p.m.

At my house, every Friday is pizza and video night. I assemble two types of pizzas, one for my daughter and the other for my partner and me. While both begin with a tomato sauce, grated mozzarella cheese, and green and black olives, the second one also includes spinach, mushrooms sautéed in garlic and butter, red peppers, and sundried tomatoes.

I also make a salad to have on the side. It begins with a selection of bitter greens followed by cooked beets, nuts, and sliced ripe pear. I finish it with a dressing of olive oil, balsamic vinegar, Dijon mustard, and salt.

After dinner, we have fresh fruit for dessert. I am more of a cook than a baker, and I love cooking sauces to the point that I splurged on a Le Creuset saucier pan. My favourite sauces to make are béchamel and hollandaise. On certain nights I like to cook from historical recipes. Recently, I made a delicious sweet and savory tourte d'herbes from a 17th-century New France recipe book that I picked up in Trois-Rivières in Quebec.

With history being a passion of mine, I tend to look at everything, including food, through a historical lens.

Making the most of your potential

Job hunt continued on page 8

Additionally, Kaur urges students to mention their diversity in an interview with an employer.

"It's good to mention on your cover letter or resume the diverse skills you have. You need to tell [employers] that they may be lacking in a certain area and you have

Both Kunin and Kaur say that students are making a mistake when they return to school after failing to find work.

the skills to better their company," she says. "You need to have a diverse set of skills going in to the job and then tell them what you have so they know you're a valuable asset."

Lastly, she advises that students

keep in contact with the professors that made an impact on them. "I didn't contact any of my professors, to be honest, but it's something I always tell my friends to do because they often own their own companies," she says. "And if they see that you're a good student, they may offer you an internship with them. They were always telling me to come back and speak to them if I needed a job, so it's good to keep in contact with them."

Kaur echoes Kunin's argument that students need to understand how important any work experience is to them. "As soon as you can, as young as you can, get any kind of work," Kunin writes. "Make some money, even if it's not much, and get a reference saying at least that you show up for work and stay until the job is finished."

"Never say, 'How is working in a restaurant going to help me be a better doctor or engineer?'" she adds. "All work experience is valuable. Get some."

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Editor | Jason Coelho

Varsity Blues football breaks records

Varsity Blues win final season game against University of Waterloo Warriors and break two franchise records

JASON COELHO
SPORTS EDITOR

On a rainy afternoon on Saturday, October 19, the University of Toronto Varsity Blues took to the field for their final game of the regular season against the Waterloo Warriors in an attempt to reach the .500 mark for the first time since 1993. As part of the festivities, the Varsity Blues honoured upper-year graduating members of the team who would play their last game in Blues' uniform; among them was receiver Paul de Pass, who began the game 128 yards away from breaking U of T's all-time receiving yards record.

The first quarter began with the Varsity Blues struggling to connect on any plays and bring them to fruition, resulting in an interception from Waterloo at U of T's 25-yard line, which led to an astounding 28-yard reception by wide receiver Nick Anapolsky of the Warriors to put his team on the scoreboard with a 7-0 lead. Anapolsky, who was playing his last-ever football game at the university level, was attempting to break two records of his own during the



MAHMOUD SAROUJI/THE MEDIUM

The Varsity Blues' Paul de Pass broke the U of T all-time career receiving record.

game, being three interceptions away from beating the OUA receptions record, and seven receptions away from the all-time CIS record. Inching their way towards the opposition's end zone, the Blues answered immediately by making Waterloo concede a safety, bringing the score to 7-2. Before Waterloo could catch their

breath, U of T was on the offensive once again, with quarterback Simon Nassar connecting with de Pass for a 16-yard touchdown to give the Blues a 9-7 lead halfway through the first quarter and something for the loyal fans who braved the rain to cheer about. As the first quarter neared its end, the Varsity Blues continued

pressing the Warriors' defence. Nassar put out a pass which looked as though it wouldn't find anyone, until receiver Alex Pierzchalski made a diving grab for a 17-yard touchdown reception, giving the Blues a 16-8 lead at the end of the quarter.

The second quarter was relatively quiet, without any scoring until the

halfway mark when Varsity Blues placekicker Eric Hewitson, a UTM second-year English major, booted a 32-yard field goal to give the Blues a 19-8 lead. Though the Warriors weren't able to answer on the scoreboard, wide receiver Anapolsky broke the all-time OUA record for the most receptions in a season with 69, and was poised to smash the CIS record before the end of the game. Waterloo's defensive back, Alasdair Coy, maintained the momentum by scoring a 23-yard field goal to make the score 19-11 at the close of the half.

As the second half began, the Blues attempted to increase their lead and did so less than five minutes into the third quarter when de Pass made a 67-yard touchdown reception, giving the Blues a 26-11 lead, with de Pass three yards away from breaking the all-time U of T record. The dominant play was continued by Varsity Blues' running back Aaron Milton, who made a 73-yard rush to the opposing end to put his team in scoring position.

Blues continued on page 12

UTM defeated by UTSC in the East-West Classic

KYLE KUCZYNSKI

Every year, UTSC and UTM battle it out in bitter rivalry on the ice during the East-West Classic, which marks the season's first game between the two campuses. This rivalry stands out among all U of T intramurals, particularly due to the heated play between the two squads that often results in umpteen minutes spent in the penalty box.

Charlie Foster, a second-year medical student, and Kyle Kuczynski, a fourth-year history specialist, pocketed the first two goals less than a minute apart to make the score 2-0 at the end of the first period. In the second period, UTSC scored early, but forward Rory Bourgeois, a fourth-year political science student, brought the score up 3-1 for UTM. The remainder of the second period saw UTM spending the majority of the time in the penalty box, allowing Scarborough to capitalize on available chances and tie the game at 3-3. As the third period got underway, UTM failed to retake the lead and ended up giving up two goals to UTSC, making the score 6-4 and giving UTSC the victory for the fifth straight year in East-West Classic history.

"It was tough to see them carry the trophy at the end of the game,"

said assistant coach Michael Keaveney. "We had the game and we let it slip away."

UTM's players were reportedly growing frustrated with UTSC and the referees, and lost focus on trying to maintain their lead.

This year's East-West Classic was strikingly different from previous years' because of the newly implemented no-contact rules. The Classic is usually marked by extremely physical play between the two sides. "We don't like each other, and there's no better feeling than laying a big hit into these guys," said Bourgeois. He was frustrated with one of UTSC's players who, he claims, performed dives in order to get UTM in the penalty box. "[Someone should] let him know he can't be faking falls, or hacking guys legs behind the play," added Bourgeois.

"I'm not trying to say that it's the referee's fault or that player's fault that we lost, but these refs were not helping us out," echoed Keaveney.

"We just have to forget about this loss, and play better next time," said Mark Runciman, a fourth-year criminology major. "We can't let little things like that bother us, and [we should] focus on winning."

UTM's next game is on October 21 against St. George Red at Varsity Arena at 9:00 p.m.

Getting ready for NBA action

UTM fans await the 2013/14 season and predict Raptors winning big

CHRISTOPHER AUTUCHIEWICZ

As the 2013/14 NBA season nears and fills fans with anticipation, off-season shakeups have created many new contenders and crumbled former dynasties to make for another interesting season of basketball. The season opener on October 29 will see LeBron James and defending NBA champions Miami Heat take on the Chicago Bulls, who will have returning MVP-calibre player Derrick Rose in the lineup for the first time since his injury in the first round of the 2011 playoffs.

Our Toronto Raptors will take to the Air Canada Centre for their home opener on October 30 against the Boston Celtics. Though an opener against the Celtics would usually look to be a sure loss, this game against a team that's traded away the offensive forces of Kevin Garnett, Paul Pierce, and Jason Terry looks to be winnable for the Raptors. The Raptors are coming off a 2012/13 season in which they saw high chances of making the playoffs before falling into a slump with a morale-deflating losing streak and a number of injuries to key players on the roster, which led to the departure of Jose Calderon and Ed Davis and the acquisition of Rudy Gay, with a final season record of 34-48.

The off-season built up promise and hype for the Raptors, as the team

was able to steal the reigning Executive of the Year, Masai Ujiri, from the Denver Nuggets. The Raptors also got rid of Andrea Bargnani, who, despite his talent to stretch the floor and drive to the post, eventually became dead weight on a team that was ready to move on. Unfortunately, the team moved on a bit too late and traded Bargnani to the New York Knicks for Steve Novak, Marcus Camby, and Quentin Richardson, as well as a first-round draft pick in 2016 and second-round draft picks in 2014 and 2017.

The notable new additions to the squad include Tyler Hansbrough, a gritty player who brings toughness to the team, Novak, a three-point specialist, and Dwight Buycks, a 24-year-old Italian league MVP.

In addition to the loss of one-time fan-favourite Bargnani, the Raptors also said goodbye to Linas Kleiza, John Lucas III, Mickael Pietrus, and the Raptors' mascot, who is out for the year with an injury.

The team looks significantly better on paper than before, sporting a talented starting five for the season with Kyle Lowry at point guard, Demar DeRozan at shooting guard, Rudy Gay at small forward, Amir Johnson at power forward, and Jonas Valanciunas at centre.

"The team does look fairly intriguing compared to recent teams in the

past; the roster has a lot of youth and upside that could equal a lot of wins this year," says Paulo Sanchez, a second-year political science major. "Or, of course, the new roster could equal a lot of wins in the future after they're done tanking the season and drafting Andrew Wiggins."

This is essentially the risk of re-tooling a roster with new talent: you can look great in terms of upside, but before you know it, half the team has been traded by the all-star break and fans are booing teams off the court. Though everything may look fine at the moment, Lakers fans know how quickly the anticipation can turn into disappointment. The point is, no specific statistics, individual achievements, or upside can determine how a team will play—only the team can do that once they step onto the court. So let's not jump out of our chairs just yet (though as a long-time Raptors fan, I'm personally shaking with excitement for the upcoming season). Some fans have much lower expectations for the team. "I don't expect the Raptors to make any big noise this year; the team often puts together a decent roster and nothing goes their way," says Timothy Lawrence, a third-year criminology major. "If halfway through the season they are in the run for the playoffs, I'll get excited."

NBA continued on page 12

Blues beat Memorial in pre-season action

The Varsity Blues rallied around UTM's Manny Sahota to win their first pre-season game at UTM

EBI ABEYEGBE
ASSOCIATE SPORTS EDITOR

The Varsity Blues men's basketball team defeated the Memorial University of Newfoundland Seahawks 73-59 in a closely contested pre-season game at the UTM campus.

This was the first Varsity game played at the UTM campus this year instead of St. George's Athletic Centre sports gym. The atmosphere was electric, with over 300 people in attendance to cheer on both teams. The game started off much like a professional NBA game, with cheers during the introduction of the Varsity Blues players and coaching staff, and a barrage of boos directed at the opposing Memorial Seahawks.

The game started off slow, with both teams playing strong defence at the beginning of the first quarter. The Seahawks chose to play inside; by giving centre Vasilije Curcic opportunities to collect rebounds and score points near the hoop, Memorial took an early 13-5 lead halfway through the first quarter. UTM's Manny Sahota tried to turn things around early by stealing the ball and racing down the floor to score and put a spring in the step



JASMEEN VIRK/THE MEDIUM

The Varsity Blues played their only game at UTM this season with 300 in attendance.

of the team, bringing the score to 18-15 in the Blues' favour at the end of the first quarter.

The second quarter continued in much the same way, with Memorial getting the ball in deep inside to their big men to jump-start their offence. The Blues slowly picked up the offensive pace with help from guard Alex Hill, and with the defensive efforts of Memorial University slowing down, the Blues

were able to take a 33-31 lead.

The cheerleading team for the Varsity Blues put on a show for spectators, followed by a half-time show organized by UTMAC.

The Blues came out of the half firing on all cylinders, with Sahota hitting a three-point basket to push the lead to five points early in the third quarter. Memorial University didn't roll over without a fight, however, and was able

to shift the momentum and take a 42-41 lead halfway through the quarter. The Seahawks picked up the defence and stalled the offensive effort of the Blues, leading at the end of the third quarter with a score of 49-45.

After a much-needed consultation with head coach John Campbell during the interval, the Blues' defence began to outshine Memorial's offence. Blues big men Den-

nis Ankrah and Devin Johnson defended against Curcic, who was unable to keep his team in the lead. Curcic ended with a game high of 22 points and 15 rebounds. The Varsity Blues rallied around Sahota, who, with a couple of steals, a late three-pointer, and a block, helped seal the victory for U of T. The game ended 73-59 in favor of the Blues, giving Campbell his first pre-season win with the Varsity Blues.

After the game, fans of both teams spilled out of the RAWC to grab the free pizza and refreshments waiting for them and discuss the highs and lows of the game. "The game was intense and longer than normal Division 1 games. I don't know why we don't have more Varsity games here at the UTM campus," said UTM student Manny Jacques. "It's fun to watch and the atmosphere is unlike any other basketball game I've seen at the gym."

The Varsity Blues beat Concordia University on October 19, 109-68, and took on St. Lawrence College on October 20. They begin the regular season in Saskatchewan against the University of Saskatchewan Huskies on October 24.

Blues claim 50-18 win

Blues continued from page 12

U of T's Pierzchalski scored his second touchdown of the game with a five-yard catch to put the team up 33-11 with under four minutes to go in the third quarter. With a minute left in the third quarter, receiver de Pass became U of T's all-time career receiving record-holder, breaking Mark Magee's record of 2,385 yards by two yards, and celebrating amid the applause from spectators and hugs from teammates. To keep the crowd cheering, the Varsity Blues capitalized on a penalty incurred by the Warriors when punter Marcus Hobbs scored a touchdown to give the Blues a 40-11 lead with only 30 seconds left in the quarter.

As the final 15 minutes of the Varsity Blues' season began, the team tried to hold off the Warriors as best they could. Unfortunately, a penalty incurred by the Blues led to the Warriors' running back, Glorian Ganza, scoring a touchdown to bring the score to 40-18. As the Warriors tried to make a comeback, U of T stretched the lead even further with a 103-yard touchdown reception by de Pass, which gave his team a 47-18 lead. As the Blues continued to put the pressure on, another record was broken by safety Kevin Bradfield, who became the Varsity Blues' all-time career punt return yards record-holder. With under three minutes remaining, Hewitson rocketed another field goal to give the Blues a 50-18 lead. Though things looked bleak for the Warriors, Anapolsky managed to secure his spot as the all-time leader in CIS history for most receptions in a single season. With the seconds winding down to end the game, the crowd erupted one last time this season to celebrate the Varsity Blues' fourth win of the sea-

son and the first time in 20 years that they've reached the .500 mark.

The magnitude of this victory was felt by the players and coaching staff. "It's huge! It's been 20 years, and we're really doing something right now," says Bradfield, a third-year employment relations major. "Things are changing around here. We really made a statement this year. We had a couple close games, but we put in work this year. And we've shown the league that we're a force, we mean business, and we're not playing around."

The victory was bittersweet for de Pass, who ended his five-year long career with the Varsity Blues in style. "It's rewarding, first and foremost, and exciting. I've spent a lot of time in the program, so to break a record that has been longstanding is a really good feeling," said de Pass, a history major.

"I think that this team is starting to gel. We're disappointed [to lose] the veterans like Paul, but we think we have young guys who are coming up that can replace them over time," said Greg Gary, the head coach of the Varsity Blues for the fifth year in a row. "I think the program is on the right track, I think we're trending upward."

Gary believes the team still has at least one more year of rebuilding before they can play at a higher level in the OUA. "I think it will still take some work to get there," he said. "But I think these are pretty good indicators that we're moving the program along."

After giving their best effort in 20 years, the Varsity Blues end another chapter in their rebuilding process and move a step closer to achieving their goal of a championship. The players and coaching staff are confident that victory is on the horizon, and promise to give U of T a lot to cheer about in the coming years.

Raptors look better on paper

NBA continued from page 11

The Eastern Conference is fairly locked up when it comes to the first through fifth seeds with the likes of the Miami Heat, New York Knicks, Indiana Pacers, Brooklyn Nets, and Chicago Bulls, but the sixth through eighth are still up for grabs.

Don't be surprised if there's another big trade this season involving Gay or DeRozan. DeRozan is younger and will get a better return due to the contract differences. Gay is signed to a \$17-million contract and has never really lived up to the hype: he's a great clutch and defensive player, but doesn't bring a consistent and efficient effort on the offensive end. The 2013/14 season will require Gay to become the Raptors' leader and if he's unable to bring the team to the playoffs, he will likely not be re-signed, so fans could see another rebuild in Toronto. Ujiri will have his work cut out for him if this team doesn't have a successful year, but he's more than capable of turning this ship around—more than any other general manager in the league. Of course, with Canadian superstar Andrew Wiggins as the frontrunner for the 2014 draft, no team would mind losing all 82 games for a chance to add him to their roster. If the Raptors don't do well, expect a massive shakeup next off-season that will probably include a coaching change and a roster overhaul.

The off-season was highlighted by massive moves around the league that will change the landscape. The big move of the summer was an expected one—

Dwight Howard signing with the Houston Rockets. The Rockets' style of basketball should benefit everyone on the team, and the addition of Howard should free up the floor for James Harden, Jeremy Lin, and Chandler Parsons, who should all see their numbers rise, since Howard not only brings a stellar offensive game but has a huge defensive presence.

The 2013/14 season will require Gay to become the Raptors' leader and if he's unable to bring the team to the playoffs, he will likely not be re-signed, so fans could see another rebuild in Toronto.

Another team to look out for is the Cleveland Cavaliers, who acquired arguably the second-best centre in the league in Andrew Bynum along with their first overall pick—and the first ever Canadian to be chosen first overall—Brampton native Anthony Bennett. If Bynum can clean up his act and stay injury-free, Cleveland can put themselves into discussion for the top-five seed in the East. Finally, the Brooklyn Nets made the biggest splash in the offseason by acquiring Pierce, Garnett, and Terry from the Celtics.

Though many teams were able to improve substantially, some

teams are going into the new season in rough shape. The Celtics not only lost three of their best players but also Doc Rivers, one of the best head coaches in the league. The Lakers also seem to be at the end of an era and the beginning of a rebuild process unless they can snatch a franchise player such as Carmelo Anthony or LeBron James. The Denver Nuggets are one of the biggest losers in the league after losing franchise player Andre Iguodala, current Executive of the Year Ujiriand, and current Coach of the Year George Karl.

As Raptors fans gear up in excitement for another NBA season, they can look forward to Toronto being the centre of the basketball universe: it was recently announced the 2016 NBA All-Star game will be played here. To emphasize the importance of the all-star game, the Raptors are looking into rebranding over the next two years. Initially, there were talks of a complete rebrand that included changing the team name, but those talks were dismissed during the all-star game press conference. The team will be rebranding its logo and colours, and has enlisted the help of Toronto rapper Drake as its ambassador. A bright future lies ahead for the Toronto Raptors' organization, a once-struggling sports team that now seems to be in line for success and league-wide recognition. The loyal Raptors fan base has grown with each season, and though just as many remain sceptical about post-season triumph, there's no denying this season will be the start of something new.