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Chartwells contract to expire in April

Students complain that campus food is costly, unhealthy, and monotonous at “Eat the System” panel

MARIA IOBAL
NEWS EDITOR

UTM students expressed their complaints about campus food at UTMSU’s “Eat the System: Changing Food Campus Systems” last Wednesday, a discussion on food accessibility held as part of eXpression Against Oppression Week.

Guests from the Meal Exchange and Ryerson University’s student-run Good Food Now campaign attended the event and encouraged students to mobilize against food insecurity on campus.

“We’re hearing the same complaints,” said guest speaker Andrew McAllister, referring to food on campuses across Canada, “that it’s not healthy, it’s expensive, that the food sucks.”

McAllister, last year’s VP operations of the Ryerson students’ union, helped organize a Ryerson campaign for cheaper food that’s also ethically produced and environmentally friendly. The campaign was launched in response to news



JASMEEN VIRK/THE MEDIUM

The UTM Students’ Union has called for switching from Chartwells as the campus food provider.

that Ryerson’s contract with its food provider, Aramark Canada, was going to expire that year.

Wednesday’s event was partly organized in the context of the impending expiration of UTM’s con-

tract with its current food service provider, Chartwells, a division of Compass Group Canada. The contract is set to expire at the end of the current school year.

Online minutes of a meeting of

the Food Service Advisory Committee, a body that advises the director of hospitality and retail services on issues pertaining to food services, dated December 12, cite Paul Donoghue as stating that the

contract between UTM and Chartwells will expire on April 30. More detail on the statement is not available because the meeting was in camera at the time.

The minutes also mention a request for proposal for a UTM food service provider, with details to be made public this year.

According to the blacked-out version of the contract released to UTMSU by the university, UTM signed an amendment to the contract in 2009, agreeing “to provide financial relief to Chartwells so that Chartwells will continue food services operations for the balance of the term of the food services contract”.

The amendment—the second made to the original Chartwells contract—states that this agreement was put in place because “Chartwells has experienced financial difficulties in the performance of its obligations under the food services contract.”

Food continued on page 2

Two slates standing in UTSU elections

MARIA IOBAL
NEWS EDITOR

Candidates running in the highly turbulent elections for next year’s UTSU executive positions addressed questions in a packed lecture hall at the Executive Candidates’ Forum last Thursday in the Bahen Centre.

Candidates for five UTSU executive positions, including president, from two competing slates—U of T Voice (incumbent) and Team Unite—spoke about their respective platforms and answered questions from the audience.

An independent candidate, Luis Moreno, running for VP external, announced his decision to withdraw from the election during his opening speech. This left only two candidates for the position, Unite’s Nicky Bhatti and Voice’s Grayce Slobodian, currently UTMSU’s VP campus life.

The issues discussed at the forum



JASMEEN VIRK/THE MEDIUM

Candidates for next year’s UTSU executive addressed students’ questions at the forum.

included the ongoing defederation drama and financial transparency.

The VP external candidates were asked to discuss UTSU’s future relations with “dissatisfied” divisional societies, with specific reference to the

fee diversion issue being discussed at the Undergraduate Student Societies Summit. Bhatti, of Team Unite, advocated for increased collaboration with the heads of divisional colleges and societies, including UTM—which an-

nounced its withdrawal from the summit last month—to better understand their needs.

UTSU continued on page 2



Freed prisoners Skype in
Students Against Israeli Apartheid brings students together to speak with Palestinian prisoners overseas.
Medium News, page 3

Chartwells isn’t the end
Get rid of one monopoly, open the door for another. It’d be better to build up a profitable student op.
Medium Opinion, page 4

Staging a murder
The detective is omnipresent and invisible. Four suspects face murder charges in an original play.
Medium Arts, page 5

UTMental goes for gold
The HCC’s video blog campaign for mental health has been entered in a competition—and is doing great.
Medium Features, page 8

Ball hockey brawl
Over a decade ago, the league was shut down for a year. The problems it faced then might be reappearing.
Medium Sports, page 11

CAMPUS POLICE WEEKLY REPORT

March 1, 5:37 a.m.

Transport to hospital

Peel Ambulance Services attended a townhouse complex and transported a female who was feeling unwell to hospital. In a separate call, ambulance attended at 6 a.m. to escort a male who was feeling unwell to hospital.

March 1, 11:50 p.m.

Motor vehicle accident

A student called to report that he had been involved in single-vehicle accident. He had inadvertently driven into a curb. The vehicle was towed off campus.

March 2, 4:30 p.m.

Motor vehicle accident

A student attended the Campus Police office to report that his parked vehicle had been damaged by another vehicle. The driver involved in the accident did not remain on scene.

March 2, 7:53 p.m.

Suspicious male

A student reported being confronted by a male on a walkway near Erindale Hall who demanded the student give him his cellular phone. The student

refused and the male had pushed the student and fled after other students in the area came to his aid.

March 3, 2:22 a.m.

Power outage

The entire campus and several surrounding Mississauga homes were without power for several hours. The UTM engineering Department and Enersource worked to restore power on campus.

March 3, 7:03 a.m.

Trespass to property

A non-community member was issued a trespass ticket by Campus Police and she was escorted off campus by Peel Regional Police.

March 4, 2:50 a.m.

Transport to hospital

Campus Police transported a female to hospital to receive treatment for a cut to her hand.

March 5, 5:10 p.m.

Motor vehicle accident

Campus Police attended a parking lot for a minor accident involving two vehicles. Neither driver was injured.

Elections this week

UTSU continued from Cover

"We don't want to consider [UTM students] as odd or different. We want to consider everyone as a U of T student in themselves and we want to include everyone in talks," said Bhatti.

According to an article in the *Varsity*, UTSU also announced it was leaving the summit in a decision strongly condemned by directors of the union and divisional society leaders.

While both Slobodian and Bhatti said they had little experience with the summit, only Bhatti offered a position on the fee diversion issue.

"We do discourage fee diversion, but at the same time, if a division does hold a referendum and their majority of students do vote in favour of a referendum, we will not prevent them from leaving. And we will also let them come back if they choose to come back," he said.

Another question concerned the breakdown of UTSU's finances, including the amounts allotted for executive members' salaries. Cameron Wathey, VP internal candidate for the incumbent slate, contended that union executives have the right to have their salary, which he said is \$28,870, kept private. Anna Yin of Team Unite, however, said that her team would make the details of the complete compensation package all of its executives receive available to students.

The event, streamed live, was moderated by Susan Froom, the president of the Association of Part-time Undergraduate Students. Voting will take place this week at polling stations and online at utsu.simplyvoting.com.

The availability of online voting this year is the result of pressure for electoral reform by union members last year, as well as of the threat of withheld fees by Governing Council.

Islam Awareness: henna, hijabs, & the Holy Qur'an

Week-long event focuses on knowledge and environmentalism



NICOLE RAQUINIO/THE MEDIUM

The MSA set up booths in CCT to answer questions and showcase Islamic books and art.

ATIKA AZHAR

The Muslim Students' Association held its annual Islam Awareness Week last week.

"It's so important for us to take the opportunity to facilitate dialogue within the UTM community to talk about the Islamic faith," said Maryam Khattab, the president of the MSA.

Booths were set up throughout the week in the CCT atrium to showcase Islamic art and books. There was also a booth where students could try on a hijab.

"I'm really open to different cultures and religions. I think we all believe in one higher spirit; we just do it differently," said Liza Noritsyn, a fourth-year student who tried on a hijab and had a henna tattoo done. "It was great to learn about new things and people."

The theme for this year's Islam Awareness Week was "Faith in Action: Knowledge, Service, and Environmentalism."

"The purpose of the theme was to demonstrate what Islam means, not only on a personal spiritual level but also on a broader scale. We also want-

ed to use these because we felt like they were common values to draw upon," said Khattab.

The events held throughout the week included a bake sale, a community café, lectures, and an open mic night. The proceeds from the bake sale went to New Muslim Care, a foundation geared towards helping new Muslims integrate into the broader Muslim community. MSA also hosted a week-long food drive for the UTM Food Bank.

"It's part of our core beliefs to have to take care of everything around us and treat it as a gift."
—Amna Haleem

Tuesday's community café featured a discussion on the environment, moderated by Imran Haq, a UTM alumnus, public speaker, and administrator at Al-Huda institute Canada. The discussion focused on Muslims' responsibility to the environment.

"As Muslims, for us, the Earth is a gift from God," said Amna Haleem, an MSA volunteer who attended the event. "It's part of our core beliefs to have to take care of everything around us and treat it as a gift."

The first of two Thursday lectures was given by Katherine Bullock, a political science professor at UTM. Bullock talked about academic and intellectual contributions made by Muslim figures.

The second lecture was given by Shaykh Abdalla Idris Ali, a U of T alumnus and current secretary general of the Islamic Society of North America based in Canada. His talk focused on the Islamic teachings about pursuing religious and secular knowledge. The lecture was attended by 70 students.

The final event of the week was an open mic night featuring poetry and spoken word performances about Islam, the struggles of completing an undergraduate education, perspectives on war, and respect for elders. There was also a comedy performance by Hamilton's MOIST theatre group.

The first Islam Awareness Week was held in 2007.

Campus food a universal issue

Food continued from Cover

When asked about this agreement, Christine Capewell, the director of business services, who signed the second amendment, said that the university's decision to release the contract is currently being appealed to the information and privacy commissioner of Ontario.

However, she said she was able to reveal that the amendment was added in order to change the direction of "capital investment and capital expansion of food services" on campus.

"That change in direction was a result of the evolution toward a

campus master plan for food services," wrote Capewell in an email, adding that the amendment allowed UTM to "assert more control" over the investments.

She said this added control allowed UTM to expand and renovate its food services in the Instructional Building and the TFC, as well as in the reconstructed North Building and Innovation Complex, which are scheduled to open this fall.

She also mentioned that there would be further expansion in the next stage of renovations of the Davis Building, which will include the "Student Services Plaza."

However, the causes of Chartwells' financial losses remain unclear, as do the reasons the university agreed to cover those losses.

Food providers may be suffering across university campuses. Last February, the *Toronto Star* reported that Ryerson University had spent over \$5.6 million covering Aramark's financial losses.

Chartwells replaced Aramark as UTM's provider at the beginning of the 2004/05 school year, according to an article in the *Medium* from that time.

The next meeting of the Food Service Advisory Committee is scheduled for this Thursday.

MEDIUM
MAGAZINE
IN RETROSPECT...

coming soon

SAIA brings Palestine to UTM

Freed prisoners Skype with students for “Hungry for Freedom”

SHEFA OBAID

Freed Palestinian prisoners connected with UTM students via live Skype calls and prerecorded videos at Students Against Israeli Apartheid UTM’s “Hungry for Freedom” event last Friday.

The speakers included Palestinian football player Mahmoud Sarsak, the recently freed Samer Issawi, and the woman behind the Free Palestinian Prisoners campaign, Malaka Mohammed.

“This event taught me about the importance of creating a space where an open and positive dialogue can exist,” said York student Samah Al-Nachawati, an equity and culture major. “I was inspired by the strength of the speakers, and their advocacy for peace and love despite the injustice they faced.”

Approximately 100 students, staff, and community members attended. Among them were UTM’s Deep Saini (vice-president and principal), Nythalah Baker (equity and diversity officer), and Mark Overton (dean of student affairs).

At the event, the SAIA executives described examples of what they considered to be Israel’s violations of international law, emphasizing the “failure of the peace negotiations” and promoting the Boycott,

Divestment, and Sanctions movement as an effective non-violent strategy to pressure Israel to conform to international law.

The featured speaker of the night, Samer Issawi, was a former political prisoner held in an Israeli prison for 17 months without trial or charge for entering his hometown, Jerusalem. He was also a hunger striker who refused food for a total of 266 days and was freed as a result of international awareness and pressure on Israeli authorities.

Due to the controversial nature of the event, SAIA met with Ulife, Student Affairs, and the Equity and Diversity Office to ensure that the event maintained a safe environment.

Farah Saeed, a SAIA executive and political science specialist, said, “The mistreatment of Palestinian prisoners in Israeli jails is an aspect of Israeli apartheid that we as a club felt was important to address, and we felt that it was our responsibility to raise awareness [of] the issue

and to give students a chance to know what it’s like to be a political prisoner in a state that operates on apartheid policies.”

Due to the controversial nature of the event, SAIA met with Ulife, Student Affairs, and the equity and diversity officer to assess the program and the speakers, and to ensure that the event maintained a safe environment. Concerns surrounding the nature of the material presented by the speakers were brought up; when reviewing the prerecorded video, disclaimers were inserted stating that the speakers’ views don’t necessarily reflect those of student group.

SAIA has been the subject of criticism by multiple media outlets and other groups who disagree with its position. This event, too, received opposition, with allegations that SAIA was allowing a “convicted terrorist” to speak. Members of the police and the administration in attendance addressed these concerns.

Last year, SAIA successfully petitioned UTMSU to officially endorse the Boycott, Divestment, and Sanctions movement, which seeks to cut off economic interaction with Israel but which has faced international criticism, including by Mahmoud Abbas, the president of the Palestinian Authority.

»WHO IS YOUR FEMALE ROLE MODEL AND WHY?



Aniah Senat
2nd year, psychology

My older sister Ashleyann. Just everything about her.



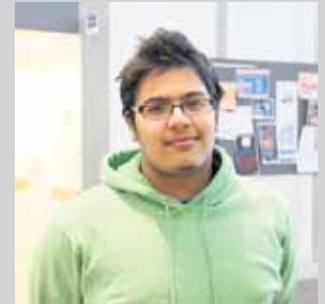
Ramello Peralta
2nd year, life sciences

My mom. She works late hours but she still has the time to be a great mom.



Natalia Ramnarine
2nd year, English & psych

My grandmother. She sacrificed so much so I could enjoy privilege in life.



Prateem Shrestha
4th year, comp sci and bio

Melinda Gates, because of her work with her husband on polio.

Self-love and self-defence taught at Women’s Week

NICOLE DANESI ASSOCIATE NEWS EDITOR

International Women’s Week was celebrated by the UTM Women’s Centre for the second year at UTM last week. The celebration’s theme was “inspiring change”, with different subthemes for each of the six days of festivities.

The week kicked off last Monday with an exhibition that explored perceptions of beauty. Set up in the Meeting Place, the fair offered activities organized by the UTM Health & Counselling Centre, Career Centre, and the Women’s Centre. Among other activities, attendees were invited to write down positive qualities of their bodies and to identify successful women in photographs.

“We wanted the theme of the fair to be about seeing yourself as beautiful,” said the Women’s Centre’s marketing coordinator, Zoë Adesina. “It’s a nice way of promoting self-love.”

The second day included a movie marathon of feature films related to the day’s theme, “not your fairytale ending”. The marathon includes *Brave*, *Precious*, and *Bend It Like Beckham*.

“We like these films because they portray women differently [from media stereotypes] as real, actual women,” said Adesina.

Two short films produced by the Women’s Centre were also shown at the screening.

As part of the week’s activities, UTM’s Campus Police hosted an information session to help students

ensure their safety on and off campus. The Wednesday session included a self-defence tutorial by Corporal Bobbi-Jo Duff.

“The purpose [of the event] is for women and men on campus to feel confident, to know that you can be safe in any situation, as long as you have the knowledge, skills, and tools to use,” said Duff.

Agata Ambrozy, a third-year CTEP student who participated in the event, stressed the value of the workshop.

“We should take use of our resources to get knowledge about how we can help ourselves and defend ourself[ves] in situations when they do come across,” said Ambrozy.

As part of the week’s programming, the Women’s Centre also host-

ed a conference attended by about 20 female students, who discussed the challenges women face in the workforce, including sexism and wage inequity.

Ontario’s pay equity commissioner, Emanuela Heyninck, who was the conference’s featured guest, said as part of her speech, “Young women graduating today may not appreciate that there are a lot of biases that act as barriers to women in the workforce, and one of the goals of [the conference] was to raise that awareness.”

The conference “made me feel more empowered as a woman,” said fourth-year student Rebecca Dantes.

The week’s festivities concluded with a charity dinner hosted on Saturday evening to raise funds for the

Power to Girls Foundation, a charity based in both Mississauga and Ghana that works to promote leadership skills in young girls. The organization’s founder, Aisha Addo, spoke at the dinner, along with CampUS project manager Jacqueline Benn-John, and Joan Simalchik, a professor and program coordinator with UTM’s Department of Women and Gender Studies.

“The response from those that have attended our events has been very positive,” said Adesina. “We want to inspire others to see issues and make changes in small and big ways.”

International Women’s Day has been celebrated internationally since the early 20th century and in the West since the 1970s.

NEWS BRIEFS »

Vice-president of Afghanistan dies of health problems

The vice-president of Afghanistan died on Sunday of natural causes. Marshal Mohammad Qasim Fahim, a former warlord, suffered from diabetes and heart problems. There had been two attempts to assassinate Fahim during his life. He was 56 at the time of his death.

Source: Agence France-Presse

York shooting suspect still at large, victims recovering

The suspect in the gun firing at York University’s food court on Thursday remains at large, according to a report by CBC News on Saturday. Two women were left with injuries after the shooting; one was due to a bullet and the other to shrapnel. Police don’t believe the victims were targeted. One victim underwent surgery and remains in the hospital.

Source: CBC News

Three hospitalized after inhaling chlorine in Ottawa pool

Three people had to go to a hospital after inhaling chlorine from a pool at an Ottawa hotel on Saturday. A total of 54 people had inhaled the chemical, many experiencing vomiting and a shortness of breath. Paramedics arrived at the scene and provided medical treatment. Most of the victims were children.

Source: CBC News

Toronto woman shot dead, boyfriend taken into custody

A woman was shot and killed in her Toronto apartment on Saturday. A man believed to be her boyfriend was present in the apartment when officers arrived. He was taken into custody for questioning. Police suspect the shot may have been accidental. The victim’s name had not been released as of press time.

Source: The Toronto Sun

Alberta avalanche leaves two dead while snowshoeing

Two snowshoers died in an avalanche near Lake Louise on Saturday. RCMP officers reported that the victims had been at the bottom of a slope with three other people when the group triggered the avalanche. The victims, one male and one female, were not Canadian locals, but had been working in Alberta. The other three group members were not injured.

Source: CBC News

MEDIUM OPINION

Editor-in-Chief | Luke Sawczak

MASTHEAD

EDITORS

Editor-in-Chief
Luke Sawczak
editor@mediumutm.ca

News
Maria Iqbal
news@mediumutm.ca

A&E
Colleen Munro
arts@mediumutm.ca

Features
Maria Cruz
features@mediumutm.ca

Sports
Jason Coelho
sports@mediumutm.ca

Photo
Jasmeen Virk
photos@mediumutm.ca

Design
Mubashir Baweja
design@mediumutm.ca

Copy
Olga Tkachenko
copy@mediumutm.ca

Online
Edward Cai
online@mediumutm.ca

Blog
Michelle Bonsu
Safia Amin
blog@mediumutm.ca

ASSOCIATES

News
Nicole Danesi

A&E
Kathelene Cattell-Daniels

Features
Alexandra Geddes
Madeleine Brown

Sports
Ebi Agbeyegbe

Copy
Andrew Nablo

Photo
Mahmoud Sarouji
Christy Tam
Cody Greco

STAFF

Advertising Manager
David Sanchez
ads@mediumutm.ca

Webmaster
Kevin Joy
web@mediumutm.ca

Distribution Manager
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BOARD OF DIRECTORS

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Student-run is the long-term fix

Easy as it is to cry “#WTFUTMFOOD”, we need to work on providing our own

I've always had a hard time duplicating some of the complaints about food on campus. Admittedly, I don't know a whole lot about what food is like at other universities. I have spent a good deal of time at St. George, and I recognize that their selection is much wider. But my reaction to what we do serve here almost never consists of the upchucking depicted on the posters for UTMSU's Facebook event “#WTFUTMFOOD”.

That said, if someone can do a better job, I wholeheartedly invite them to. I'm glad there's Indian food on campus, as a general fan of the cuisine, but realistically, Tandoori is the fast food version of Indian food even though it prices itself in the range of some of the restaurants I've been to. Similarly, the International Kitchen, which serves a different dish every day and rotates something like every month, sometimes has dishes among my favourite at UTM, but sometimes it's mac and cheese. At such times, I resort to Timmies, Subway, or pizza, all of which quickly get monotonous. And why do we have one Starbucks on campus but two Second Cups? Is there ever a lineup for the one in the Meeting Place? Worst of all, when we *Medium* folks are here publishing on Sunday, the only place still open at supertime is OPH, where you can miraculously pay upwards of \$14 for a dish, a drink, and a chocolate bar. Yeah, things could be better.

The question is, who is this super-

hero who should come in and fix it?

For a long time, the flak has been directed at Chartwells, the food provider whose contract with the university names it as the sole provider of all food on campus, except for the Blind Duck, vending machines, and food you bring from home. The various restaurants have been routed through Chartwells since 2004.

That said, Chartwells' winning the contract over the departing provider, Aramark—the same one that was in the news for having been given millions in subsidy while providing food services at Ryerson—was heralded as a major improvement. They had purportedly friendlier staff, they cared about the environment, and they had plans for the future. The president of the student union at the time said Chartwells was “an excellent choice for the campus [...] They have proven themselves in other schools and seem to be ahead of the game already.” (This was between remarks disparaging Aramark. He also said the student union was “one of the leading forces on campus in opposition to Aramark”—but then, they're in opposition to most of what the administration does. Just last week a UTMSU exec described the administration to me as “the enemy” before regretting the word choice. No wonder Chartwells, now established at UTM, has come under fire.)

Anyway, my point is that replacing Chartwells with a different provider won't change much. In fact, in 2000,

the *Medium* printed a rather prophetic quote by a student who predicted that if we ever got rid of Aramark, some other monopoly would come along to make us miserable.

But one thing did actually change substantially between Aramark and Chartwells. In the latter contract, the Blind Duck is placed in the hands of students. The idea was that the profits from the pub could be forwarded to student service improvements.

For years the Blind Duck has required a student levy of tens of thousands of dollars to break even.

It was a good idea, but something went wrong in the implementation. For years the Blind Duck has been so unprofitable that it requires a student levy of tens of thousands of dollars to break even. On top of that, until last year, it required an advance from UTMSU of tens of thousands more that was regularly written off. This advance was recovered in 2012, but the pub is far from profitable.

But that doesn't mean we should lose faith. The model is the right one. Right now, Chartwells' contract is up for expiry in April, as you can read more about in this week's cover story. And a lot of fuss is being made about

whether it will be renewed or opened up to other bidders. But it doesn't really matter either way. Whoever gets it will take advantage of the fact that our only other choices are to bus to Square One or (heaven help us) pack sandwiches in Tupperware, and will expect us to be grateful for a third, a fourth, even a fifth station selling the exact same soups and sandwiches, not to mention those adorable plastic cups filled with 10¢ worth of red jubes being sold for \$1.99.

No, what we need is a better infrastructure to gradually erode the need for outside providers. And that's the tricky part. We need to know more about our situation and how to do better. Why is the pub unprofitable? How can we make it profitable? What do we want to see more of and can we offer it? Are the pub's prices really any better than elsewhere on campus for the same item? We should be investigating questions like these.

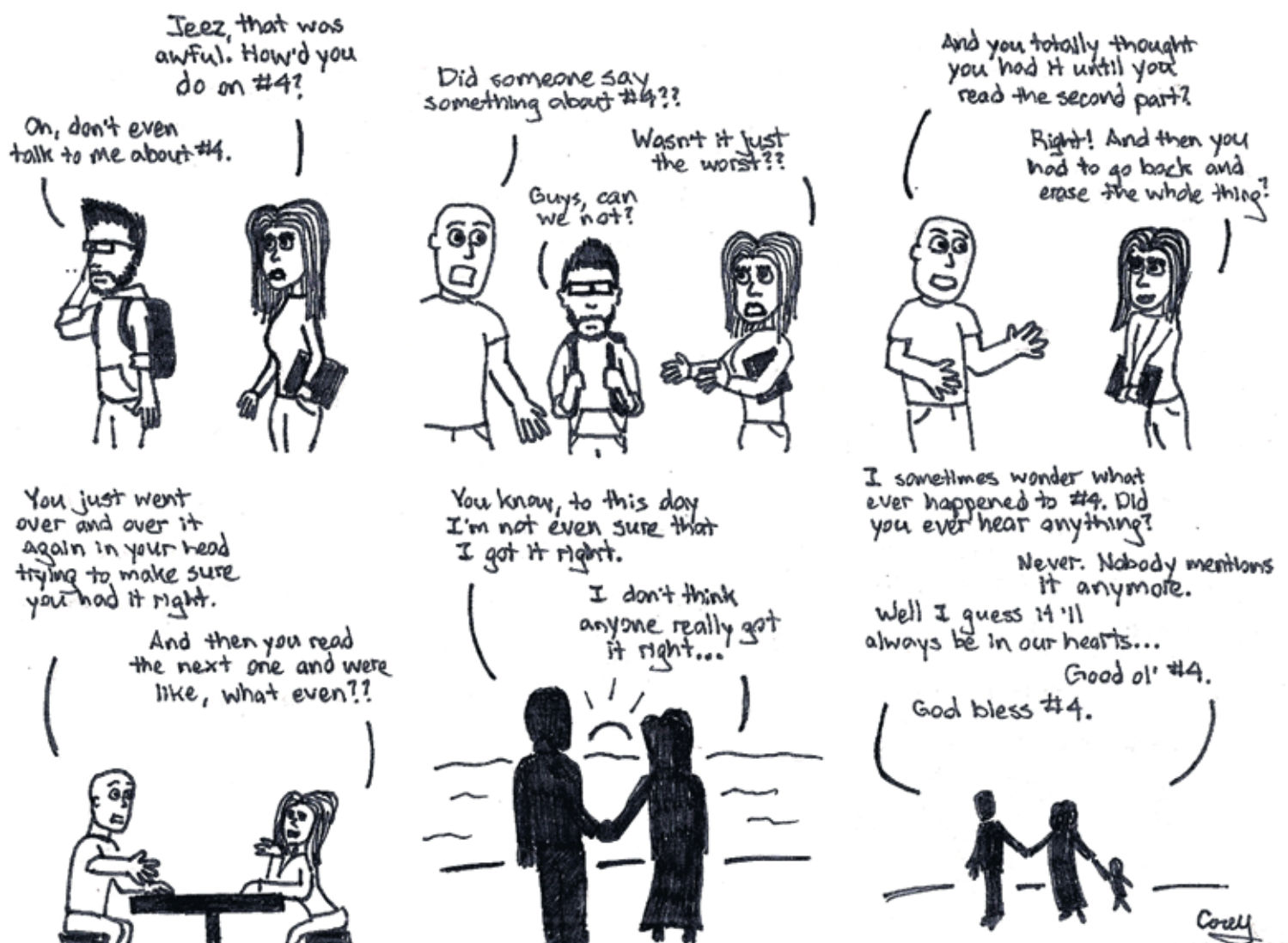
It's easy to take shots at Chartwells. It's harder to work out a real solution. But that's what needs to happen.

YOURS,

LUKE SAWCZAK

CORRECTION NOTICE

The picture accompanying the article “Nolan Anderson's game plan” in the March 3 issue was actually of Brandon Rynka.



MEDIUM A&E

Editor | Colleen Munro

IVNVI gets theatrical for a good cause

The Navigator explores crime and deceit with great success and audience interaction

NATALIA RAMNARINE

The UTM Forensics Society (IVNVI) hosted *The Navigator*, a charity theatrical production, in the MiST Theatre last Wednesday. *The Navigator* is a whodunit murder mystery produced in collaboration with the English and Drama Student Society to raise money for Child Find Canada.

The stage was graced with blank shapes, bright spotlights, and barren seats as the show began, centred around a table with five chairs. Each suspect in the murder of Dennis Reynolds was detained in a room as the audience watched everything unfold.

An aspiring body builder, one of Dennis' relatives, a successful woman, and a car factory worker were all defendants whose actions were questioned by the omnipresent invisible voice of a detective. As the characters were forced to discover the real murderer among them, the plot expanded and relationships were revealed, and the script was brilliantly executed.

The Navigator was written by student **Mohammed-Maxwel Hasan**. When asked about his inspiration for writing the play, Hasan said that



AMY DIANNE CAPERCHIONE/PHOTO

The suspects in *The Navigator* must uncover the identity of the murderer.

“storytelling [is] by far the most effective way to get your point across. [The] more people told exciting stories, the easier it would be to learn life's greatest lessons.” The in-

tricate points of the play were well scripted and excellently performed by the cast.

While covering issues of identity and truth, *The Navigator* also artic-

ulated the importance of complex characters in productions. **Tatiana Haas**, who played Dementia, engaged the audience with her strange movements and eerie persona, even

though she had few lines until her breaking point at the climax of the story. **Connor Dutchak** embodied the body builder character with his constant flexing (“Just because I have big, beautiful biceps doesn't mean I use them for evil”), genuine care, and loud presence. With the characters turning against each other, **Emily Thorne** as Hazel kept the cast together with her wit and street smarts, maintaining her individuality throughout the play.

The performance from the entire cast and crew was exceptional, thanks in part to director **Paul Falkowski**. He encouraged the fabrication not only of multiple realms but also of various perspectives.

The cause being supported was a second source of satisfaction for the audience. Child Find Canada is a non-profit community service that has advocated for missing children since it was founded in 1984. Now affiliated with the Canadian Centre for Child Protection, it receives 40–50 reports of missing children per year. More information, educational materials, and direct support can be found at missingkids.ca.

For more information on IVNVI, visit utmforensics.com.

Form, Colour, Line gets back to the basics

New AGM exhibition celebrates the work of two emerging artists in underattended opening

KATE CATTELL-DANIELS
ASSOCIATE A&E EDITOR

The Art Gallery of Mississauga's new exhibition, *Form, Colour, Line*, promotes the work of two emerging artists, **Natasha Gouveia** and **Laura Marotta**. The show aims to show a new approach to minimalism, a style that, apparently, has so far been dominated by men. This time around, two women take on the subject, showcasing work that engages and disappoints in equal measure.

Gouveia's work comprises a series of pieces called *Gouge*, for which she painted large, canvas-sized pieces of wood black and then scraped away the paint along the grain of the wood. The first two pieces I saw elicited a powerful emotional response in me, and I'm not even sure I can say why. It seems like such a simple concept, not unlike the metallic scratch art I used to make as a child. But I suppose it was Gouveia's idea to put her project on such a large scale and her choice of material that were so unique.



ARTGALLERYOFMISSISSAUGA.COM/PHOTO

Laura Marotta's "African Violet" (seen here in detail) is part of the AGM's new exhibition.

A series of miniature *Gouges* were also displayed, which I found incredibly powerful on display together. Even though they were list-

ed as practice pieces for the larger works, I almost preferred them.

On the other hand, I found Marotta's pieces less rewarding. She

stacked three-dimensional pentagons, triangles, and hexagons made of several different kinds of wood and plastic, which made them more

reminiscent of designer furniture than minimalist art. While her work was unique, it didn't elicit an emotional response, and no one piece stood out.

Also displayed were Marotta's concept drawings for the pieces. Like Gouveia's miniatures, I was more interested in these than in her final products. It was challenging to understand the drawings because they resembled optical illusions. I couldn't quite figure out which shape overlapped with which, and which piece or colour was meant to be in front of which panel of wood.

It seems the AGM often sees poor attendance at its exhibits. When I attended the opening of *F'd Up* in the fall, there was a decent turnout. But the opening of *Form, Colour, Line* was attended by only a handful of people. Part of the challenge with this show might be that since only two artists are featured, it attracts fewer guests. I was left trying to figure out a way to promote the AGM to help them out a little.

Form, Colour, Line runs until April 18.

Music Club offers a blast from the past

UMC celebrates the classic music of the '90s at their latest themed open mic night



CHRISTY TAM/THE MEDIUM

UMC paid tribute to the '90s through performances that spanned a variety of genres.

CHRISTINE SHARMA

The UTM Music Club held their '90s-themed open mic night last Wednesday evening in Kaneff. The proceeds from the \$2 tickets (free for members) went to United Way.

Complete with snacks, ambient lighting, and a handful of dedicated attendees, the night started with host **Joe Measures** apologizing for the half-hour delay and promising a '90s music-filled show.

The performances began with a band who played a grunge-y instru-

mental number on an acoustic guitar, an electric guitar, and drums. They then smoothly transitioned into a mellow rendition of the **Red Hot Chili Peppers'** "Under the Bridge", which was highlighted by a strong vocal performance.

The Lizards, who were lately the winners of this year's ArtsFest show, stole the stage with an upbeat cover of **Nirvana's** "In Bloom" followed by a strong cover of **Rage Against the Machine's** single "Killing in the Name".

"This is a drastic change from

what we've just heard," singer **Nina De Silva** told the crowd as she introduced herself and launched into passionate and soulful R&B covers of **Boyz II Men's** "I'll Make Love to You" and **All 4 One's** "I Can Love You Like That".

During the 15-minute intermission that followed, the audience and performers helped themselves to snacks before the next half of the show.

To kick off the second half, solo performer **Vinh-Khang Nguyen-Huu** took the audience on a musical

journey from east to west with his vibrant piano performances of "Appalachian Snowfall" by the **Trans-Siberian Orchestra** and **Eric Johnson's** guitar piece "Cliffs of Dover".

"We're performing a '90s song from *The Land Before Time*," said **Katherine Nader** to enthusiastic audience applause to introduce her singing **Diana Ross's** "If We Hold on Together" with **Sean Yokoyama**.

The show closed with performances by UMC executives, who led a sing-along of "Hey Ya" by **Outkast**. UMC president **Zain Ali Shah**

played an acoustic cover of "Losing My Religion" by **R.E.M.**, and **Measures** sang a **Matchbox 20** and **Barenaked Ladies** mashup.

UMC took the opportunity to promote their upcoming elections and their second CD launch concert on March 21. The 16-track CD features original music by UTM students, including some who were also featured on last year's debut, *The Original Chords*. All proceeds from the CD sales will be donated to the Canadian Music Therapy Trust Fund.

300 returns with more gore, fewer thrills

300: Rise of an Empire favours bloodshed over a compelling story and ultimately loses the war

JAIME POKHOY

Blood splatters across the big screen in *300: Rise of an Empire*, an adaptation of **Frank Miller's** graphic novel *Xerxes* and a follow-up to 2006's *300*. Newcomer **Sullivan Stapleton** grimaces and struts into the role of Themistocles, a Greek admiral defending his people from the Persian god-king Xerxes (**Rodrigo Santoro**), who's hell-bent on conquering the world alongside his beautiful yet vicious commander, Artemesia (**Eva Green**), who frontlines his ruthless invasion.

This movie serves as both a prequel and sequel to the first *300* by showing the Athenians' perspective of the Persian invasion while the original *300* Spartans fight in the Battle of Thermopylae. The movie begins with the origin story of how this nationwide war began and how Themistocles, Artemesia, and Xerxes took on their roles. Themistocles then desperately tries to rally all of Greece against Xerxes' massive force while his own ragtag force defends their land using guerilla tactics.



ACESHOWBIZ.COM/PHOTO

Lena Headey and Sullivan Stapleton star in *300: Rise of an Empire*.

An interesting change in this movie is that the vast majority of the war is fought at sea by naval forces; the obnoxious amount of blood

spilled is enough to turn the Aegean Sea crimson. This movie has something for everyone: numerous six-pack abs to keep girlfriends blush-

ing and enough over-the-top gore to have boyfriends wide-eyed. A romantic aspect is even forced into the film via the twisted sexual ten-

sion between Artemesia and Themistocles.

The audience is bound to feel a bit more seasoned in Greek history due to the long narrations that could be mistaken for a lecture. They can be difficult to follow because of the many complex names of people and places—it's hard to distinguish between them at times.

Director **Noam Murro** was passed the fading torch by **Zack Snyder** (who helmed the original *300*) and he successfully presents an over-the-top, bloody war between Greek skins and Persian shirts. Repetitive slow-motion spurts of infinite blood lose their stunning visual factor after the first few hundred times they're shown. The Spartan queen, Gorgo (**Lena Headey**), reprises her role and provides the narration for the movie, which at times is overwhelming. The unending bloodshed throughout the movie leaves the plot faint and forgotten, turning the film into one extended action sequence.

300: Rise of an Empire fails to rise high enough. **MM½**

Non-stop thrills? St. Vincent explores new territory

This year's Liam Neeson action flick satisfies



FORBES.COM/PHOTO

MAYANK SHARMA

Since 2008's *Taken*, **Liam Neeson** has pleased his fans by appearing in action-packed films every year. The latest, *Non-Stop*, merits the name of action and keeps the audience on the edge of their seats throughout its 106-minute runtime.

The movie is set in a claustrophobic airplane on a trans-Atlantic flight. Bill Marks (Neeson) is a U.S. Federal Air Marshall who receives text messages from a passenger on the plane in a secure network. The passenger presents Marks with an ultimatum: either he transfers \$150 million into the bank account provided or he witnesses the death of a random passenger on the flight every 20 minutes. This sets off a chain of events leading to chaos and panic while Marks tries to ensure the safety of the passengers on board. With the aid of the crew and Jen Summers (**Julianne Moore**), a woman he befriended during takeoff, he tries to track down the terrorist without giving in to his demands. As things get

more out of hand, Marks begins to suspect every passenger on board, including a flight attendant played by **Lupita Nyong'o** (who just won an Academy Award for *12 Years a Slave*).

Non-Stop's suspense is built really well, effectively using tropes from the psychological thriller genre as a catalyst for action. The cinematography is commendable, as is the application of humour at the appropriate moments to ensure that the film flows well.

Neeson's dramatic skills allow him to pull off the character's gruff demeanor believably. The supporting cast is also strong. However, the CGI and special effects in the film are questionable, and a few segments of the story felt rushed or unnecessary, such as some of Marks' and the passengers' choices.

Non-Stop is a fast-paced and well-structured action film. If you want some suspense outside of awaiting midterm results and enjoy watching Liam Neeson beat the daylight out of bad guys, this film is not to be missed. **MMM½**

Dynamic rock songstress expands her reach with new album



THEGUARDIAN.COM/PHOTO

St. Vincent is the fourth LP from singer-songwriter Annie Clark (AKA St. Vincent).

COLLEEN MUNRO A&E EDITOR

St. Vincent might not be a name immediately associated with rock 'n' roll, but her latest, self-titled album makes a compelling argument that she might be one of the last true rock stars we have.

Annie Clark (who performs under the name St. Vincent) is a musician of multiple talents, and *St. Vincent* is a testament to her versatility. It's a constantly surprisingly album that finds Clark frequently transitioning between a girlish whisper and a sardonic yowl and because of this variety, the album flies through its 11 dynamic tracks. I could have easily listened to another four songs without getting bored.

The highlights come frequently and in all different forms on *St. Vincent*. The shimmering "I Prefer Your Love" is a tender tribute to Clark's mother, and its subtle groove and simple lyrics

give the track an elegantly bare feel.

Meanwhile, Clark shows off her more abrasive side on tracks such as "Regret" and the infectious "Birth in Reverse". Her guitar has a distinctive crunch, and whether she's peppering in horns or synthesizers on top, the primal feel of her musicianship is always present. Even the album's more dance-influenced tracks (such as "Digital Witness") or experimental offerings (such as the dizzying "Bring Me Your Loves") offer a strong dose of Clark's artistic voice.

This is one of the things that prevent the album from feeling fractured. There are so many different styles present here that it sometimes feels like Clark is eager to try out a few too many things at once. But despite the fact that there's so much going on, the album never feels bogged down in its own experimentation.

It's also a remarkably well-balanced album. For example, after two heavy and loud tracks ("Bring Me Your

Loves" and "Psychopath"), Clark takes a step back and allows the listener to breathe. The buoyant "Every Tear Disappears" then offers a moment of exuberance, feeling all the more lovely in light of what came before.

St. Vincent is such a concise and well-thought-out album that it comes across a touch clinical. There is a genuine energy in Clark's music, but there's also a sense that she's hyper-aware of every detail at play. This lends the album a slightly calculated effect that, while not exactly a hindrance, does occasionally prevent *St. Vincent* from achieving the emotional impact it could have had.

While it feels like Clark is still figuring out exactly what kind of music she prefers to make, *St. Vincent* shows that an artist doesn't always need to settle on a definitive identity. The experimentation and growth here is fascinating to watch as it unfolds. Let's hope Clark never pins herself down to just one style. **MMMM**

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.

COLLEEN MUNRO A&E EDITOR

Bend Sinister *Animals*

As soon as I opened the envelope containing the *Medium's* copy of **Bend Sinister's** *Animals*, I knew this album had to be reviewed. A gaudy ode to taxidermy, beards, and redneck culture in general, I assumed the album cover was meant to be taken ironically, but I still felt compelled to listen to *Animals* just to be sure.

Indeed, Bend Sinister is very much in on the joke. But while their sound is gleefully incongruous to the album's cover, that doesn't mean it's not over the top in its own way. For example, the album opens with an eight and a half-minute opus, "Best of You", which should tell you a lot about Bend Sinister's approach to making music. Starting with an extended piano- and electric guitar-driven instrumental intro, the song plays out like a would-be "Bohemian Rhapsody", alternating between moments of soaring guitar and

intensely earnest introspection from vocalist **Daniel Moxon**.

In fact, the influence of **Queen** is strong throughout the whole album, and Moxon often comes across sounding like an emo **Freddie Mercury**. He's got an undeniably commanding voice, and while the music here is sometimes ridiculously bombastic, he sings with the conviction and power of a man who believes every overwrought word he says.

But while some of the early tracks are kind of delightful in their exuberance, the band's "more is more" aesthetic begins to wear out its welcome by the album's second half. The overly long "Teacher" packs in a few too many frantic guitar licks to be enjoyed, and the overall commitment to classic rock swagger begins to outpace the actual songwriting skill on hand.

If you like the nostalgia rock of recent acts like **Wolfmother** or the **Darkness**, Bend Sinister may be worth a look, but otherwise, *Animals* feels like a competent but overblown ode to better music that came before it.

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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MEDIUM FEATURES

Editor | Maria Cruz

UTMental health campaign in finals

The campaign created by UTM students has landed in the top 10 finalists in COU competition

ARANIE VIJAYARATNAM

Mental health is a topic that most university students avoid discussing. Yet it's reported that many students experience feelings of helplessness and depression, and many think they're alone in feeling this way. To raise awareness of mental health issues and to battle the stigma associated with mental health and its discussion, UTM's Health and Counselling Centre ran its UTMental campaign last October.

Chad Jankowski, the HCC's health education coordinator, said he hoped UTMental would provide a platform for students to talk openly and honestly about their experiences with mental health, mental illness, and stigma.

The health campaign ran throughout October. The students who participated in the project became finalists in the Council of Ontario Universities' Mental Health 2.0 Competition. The COU wanted undergraduate and graduate students to "promote campus mental health" through social media. The competition was inspired by the Mental Health Commission of Canada's Mental Health Strategy.

The competitors didn't need to have a full campaign planned to enter; they could submit an outline of their plan, which needed to include the type of content and how they planned to reach their audience.

A panel of experts on social media,



For one episode of the vlog, the UTMental team sallied out to give students free hugs.

YOUTUBE.COM/USER/UTMHCC/PHOTO

mental health, and accessibility will determine the winners, who'll receive cash prizes and a celebration later this month. In addition to the cash prizes awarded to first-place, second-place, and third-place winners, the council will present a people's choice award, the winner of which will be determined by an online poll.

The finalists include UTM's own Nolan Anderson, Jack Liao, Ro'a Saafan, Jena Fabroa, and Greg Henry. They took advantage of YouTube, creating weekly videos to start the conversation on mental health.

They also invited HCC's personal

counsellors, UTM professor Hywel Morgan, and UTM principal Deep Saini to create guest vlogs.

Jena Fabroa, a campaign representative and peer health educator, described the importance of having big role models participate in the campaign. She explained that having professors and even Saini taking the time to talk about mental health demonstrates the importance of taking a breather.

Fabroa notes that although professors, personal counsellors, and UTM's principal have busy schedules, they still make time to do something that

makes them happy. "Being strictly academic isn't always [as] important as it looks, but taking care of our health [and] minds is," said Fabroa.

Fabroa was surprised by the amount of attention the videos got. "I knew my mom, dad, and friends would watch them—not so much others," she said. "The fact they school community is willing and open to watch a four-minute video from each member is eye-opening." She believes that mental health awareness is an important cause that "needs to be talked about more."

This campaign also drew attention from people at UTSG and UTSC, who

cheered on their fellow students once they learned about their participation in the competition. The support from all three campuses along with that of family and friends motivated Fabroa and the others to keep going. Since joining this campaign, Fabroa has gotten involved in other mental health awareness groups on and off campus.

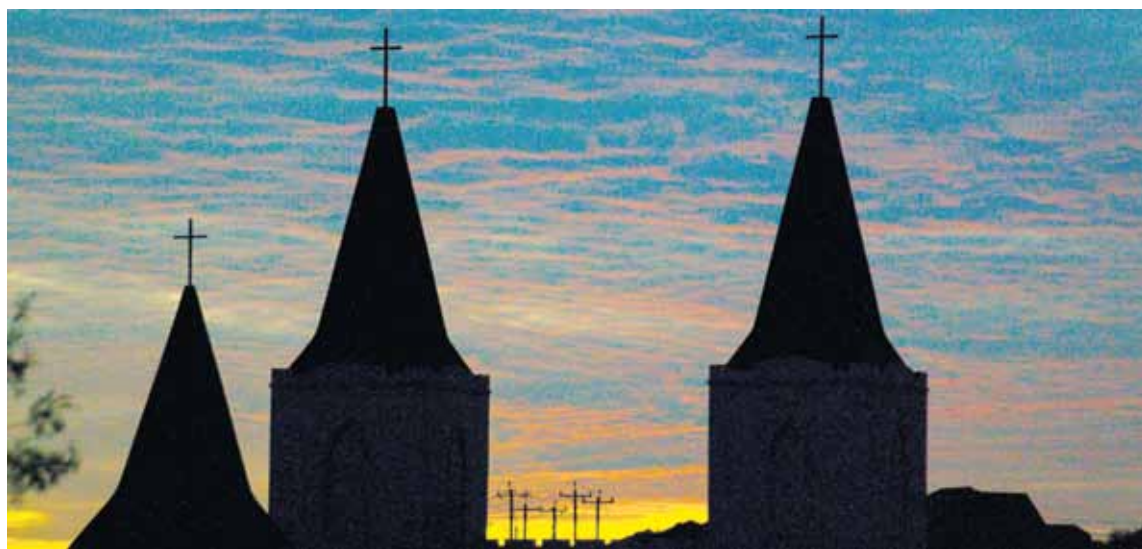
Both Fabroa and Anderson also attended Unleash the Noise, a student-organized and student-run mental health strategy summit held in downtown Toronto from February 28 to March 1.

Unleash the Noise brought together over 200 students from universities, colleges, and high schools across Canada to develop strategies for raising mental health awareness. This event, sponsored by Bell's Let's Talk campaign, shares Let's Talk's goal of decreasing the stigma of mental health issues. According to the Unleash the Noise's website, the campaign will change the way people think about mental health by "focusing on our strengths as young people."

When asked about the future of UTMental, Fabroa said that she hopes it runs again next year, with even more vloggers sharing their experiences. For now, students can take the first step towards positive change by working to become more aware and accepting, and, most importantly, by joining the conversation on mental health.

Belief as a mental concept

UTM students discuss whether you can have faith without religion



FLICKR.COM/PHOTO

Some view spirituality and religion as two different things.

EMILY KOVACS

In his latest book, *Keeping the Faith Without a Religion*, teacher and best-selling author Roger Housden examines the concepts of faith and belief, and argues that spirituality need not be tied to religion. In an interview with *Psychology Today*, Housden

defined faith as non-rational rather than irrational, an intuition of an immaterial intelligence present at all times, whereas belief is something like a mental concept tied to opinions. For Housden, faith is "secular in the sense that it can be part of our everyday ordinary existence if we are open to it".

I took these opinions to UTM students and religious clubs on campus to suss out their ideas on the relationship between spirituality and religion, and to help define faith and belief.

Faith continued on page 9

Hook-up culture gets to be a part of everyday life

Tinder app meshes with our generation

MARIA CRUZ
FEATURES EDITOR

Hitting up clubs and going home with strangers has never been easier than with Justin Mateen and Sean Rad's 2012 creation: Tinder. With geolocation technology, you can now hook up with random people from the comfort of your own home—because meeting people in real life is for squares.

Basically, you sign in using Facebook (thereby exposing all your personal profile information, including photos) and are instantly matched with the thousands of people in your area using Tinder. It's simple, or so I hear. If you think someone is good-looking enough to, put it delicately, meet for coffee and more (minus the meeting for coffee part), you "like" their photo by swiping to the right. If they're deemed unworthy based on one photo, you swipe to the left. Pretty simple. Rejection has never been faster.

Over 2,000,000 people have signed up for Tinder; most of the app's users are 25 and under. With so many young people signing up for the app, it's obvious that Tinder has appealed to our generation's "hookup culture".

A good number of students on campus have the app and were all in favour of using it. Henry Yekta, a first-year business major, has used the app since last year. "I think it's a great way to meet girls without having to deal with all the other stuff," he said. "I'm too young to get a girlfriend right now, so having casual sex with girls who are okay with the idea is perfect for me right now." When asked how many girls he's met so far, he smiled and didn't answer.

Bianca Abarnikov, a third-year women's and gender studies major, said that the app is the best way to meet men when you don't have the time to go out and look for them.

Tinder continued on page 9

Pancake Day crêped up quickly this year

Inspired by Shrove Tuesday traditions, the *Medium* helps you make the most of your pancakes

MADELEINE BROWN
ASSOCIATE FEATURES EDITOR

It happened again. I forgot about Pancake Tuesday. To think I let one of our few food holidays simply slip away is gut-wrenching. This has happened every year since first year. I didn't grow up in a family that observed the day for its religious reasons, but we did use it, as many do, as an excuse to have breakfast for dinner. Cutting into a fresh stack of pancakes after a day at school made me feel like such a ruthless rule-breaker. However, since I moved out, it seems like the holiday has lost its importance. We no longer spend it debating whether we should add blueberries or chocolate chips to our pancakes, or worrying about having enough maple syrup for everyone.

I'm speaking out now on behalf of the pancakes. We must never let another Pancake Tuesday pass us by without any recognition. Heck, who cares what day it is? This breakfast food deserves a place on the dinner table any day of the week. I mean, pancakes fit right in with student diet staples like Kraft Dinner, Uncle Ben's, and spaghetti with tomato sauce. I'd even argue that they're healthier than these options—just hold the whipped cream and chocolate sauce.

Whether you make them yourself or pay someone else to do the work for you, I've compiled a list of how to get your regular serving of this favourite breakfast food.



COMMONS.WIKIMEDIA.ORG/PHOTO

Fresh blueberry pancakes are just one of the types offered at Villa La Bella.

DINING OUT

Breakfast restaurants aren't just for Sunday mornings, and they can do a lot more for you than cure your latest hangover. Toronto and Mississauga are home to a selection of restaurants that are taking the traditional pancake and flipping it on its head. Barque Smokehouse in the West Toronto neighbourhood of Roncesvalles offers smoked duck pancakes with blueberries and chèvre. At Saving Grace at Bathurst and Dundas Street West, you'll find the daily pancake special, which has previously included offerings such as Japanese pancakes and corn pancakes with

onions—so you'll truly never get bored of pancakes no matter how often you have them. If you're in the Annex, head to Fanny Chadwick's and order their stuffed Finnish pancakes, which are crammed with goat cheese and pears, then roasted in olive oil, basil, and maple syrup, topped with sea salt and honey, and served with your choice of fruit, baked black beans, bacon, pea meal bacon, or beef brisket.

Closer to home in Mississauga, catch the 110S from campus to the warm and friendly Villa La Bella, where they keep it simple with your choice of plain, chocolate chip, or

fresh berry pancakes. Visit on a Monday and you can get them for half price. Think you're too good for the old-fashioned pancake? They also offer delicious crêpes, which I'll accept as a reasonable substitution. Speaking of crêpes, it's Crêpe Festival again at the Apricot Tree, where you can have the pancake's closest relative for your appetizer, main course, and dessert. And this Thursday, March 13, the Department of Language Studies is serving them up in the Dean's Lounge to celebrate Mardi Gras.

If you're on campus and desperate, Colman Commons will occasion-

ally serve up not-so-homemade pancakes for breakfast, but it's not guaranteed that they'll be available or delicious. Their waffles on Sundays, though, are not to be missed—but that's another article entirely.

DINING IN

If you can't drag yourself outside, pancakes are one recipe you can master without much skill, particularly with some help from our favourite aunt, Aunt Jemima, and her trustworthy pancake mix and syrup. You could save a bit more money and buy bulk pancake mix by the pound from Bulk Barn, to make sure you'll always have some on hand. But why bother making pancakes when you can just pop premade ones in the toaster à la Kellogg's Eggo buttermilk pancakes?

However, if you have more dignity, 100% homemade pancakes are worth the effort. My go-to place for reliable pancake recipes is Milk Canada. Heeding the advice in their tips section, I made a big batch of farm-favourite oatmeal pancakes and froze them for a week's worth of pancakes, which was as quick and easy as the recipe suggested. I ate mine with cream cheese, dried figs, and a drizzle of honey. Next, I have my eyes on their oatmeal date pancakes, which are gluten-free and made with quick-cooking oatmeal flakes (although I imagine quick-cooking oatmeal would work) in place of regular flour.

A spiritual secular life? Skipping small talk

Faith continued from page 9

Paul Filaber, the external relations officer of UTM's Catholic Club, says the distinction is that faith is trust put into a foundational belief (such as the existence of God), and involves some sort of dependence. It requires a personal commitment to the truth of said foundation.

Belief alone entails less of a personal commitment than does faith. A belief in the existence of God, for example, is not the same as having faith in God, he said.

On the other hand, Pastor Scott Plavnick of UTM's Baptist Student Ministries believes that faith and belief are one and the same. He pointed out that in the Christian New Testament, the same Greek word is translated as "faith", "belief", or "trust" depending on the context.

Neither interviewee believes that religious commitment is necessary to have faith or be spiritual. Filaber says that for some people, faith is religiously informed, while others may have faith in some other foundational belief that resonates with them. Therefore, he believes that religion isn't necessary for spirituality, but a foundation is.

For Plavnick, a religion is defined as an interest that's held by a group of people as very important. Therefore, any deeply held belief can be religious. Religion doesn't have to be "or-

ganized" to be religion, in his opinion.

Filaber defines spirituality as the quest for truth. Some people don't find anything that resonates as true for them within a religion. Many continue to search for that resonance outside of organized religion. This is a commitment to the search for truth, and it's active spirituality without committing to a religion.

"There's an intuition of the transcendent that isn't confined to a church or a mosque or a synagogue."
—Roger Housden

However, he warns that active spirituality should first and foremost be a quest for objective truth, not for things that one would merely like to believe or that are convenient. To be faithful and spiritual, one must be prepared to accept the uncomfortable fact that one may need to change.

Filaber adds that the real question shouldn't be whether non-religious spirituality can exist, but rather, "Has a person put their faith in something that is true or false? It's essential to put one's faith in what is true."

Muslim student Sosan defines

faith as believing "110% that there is a reason for why things happen." She believes that faith allows a modicum of certainty and permanence in a world where nothing else makes sense, while belief is a weaker form of faith with less personal commitment. "Anyone can be spiritual because anyone can discover their own valid path towards a realization of truth, with or without religion as a guide," she says.

Unitarian Universalist student Kal believes faith and belief are any metaphysical beliefs. He distinguishes between religion and spirituality, opining that "spirituality is organic, religion is mechanical. They do not and will never belong together. Religion is only an institution that tries to systematically administer spirituality." He says it was "created by man to serve a function."

Sikh student Puneet believes that faith is that which gives you hope and imparts peacefulness, guiding you to find yourself and your place in the world. "When I lose faith, I feel lost and life loses its spark," she says. "Spirituality is all about finding what is meaningful to you."

Of his book and beliefs on secular spirituality, Housden says, "Belief is more connected to opinion. Faith is like a fragrance, if you like, of the heart's knowing. There's an intuition of the transcendent that isn't confined to a church or a mosque or a synagogue."



EDWARD CAI/THE MEDIUM

A sneak peek at the app.

Tinder continued from page 9

"I can't always go to a club and find a man [who] wants to go with me," she said. "So when I meet a man in the app, it's easier for me. I don't have to worry about any strings. We just hook up and go about our day."

Regardless of the personal information being shared through your Facebook page, you can only meet someone through Tinder if there's a mutual swipe to the right. "That's what I like about it," Abarnikov said. "At first, I worried that men would see all my information, but you don't need to worry about meeting someone you don't like if you're not interested in them. It's a different scene from the club scene. I like not having to tell a guy off to his face. This way, he knows I don't want to meet him."

Personally, I wouldn't download it.

I'm not knocking those who have it—with the stress of exams coming up, this is how some people take the edge off. But I couldn't go through with it.

I once signed up for eHarmony or something similar, and this one guy who lived in my city, without a profile picture, said he wanted to meet me. I thought, "What if he's crazy?" (He must have been, wanting to meet me.) So I just stopped going on the site, which meant that signing up was a colossal waste of time, given that it takes five years to fill out the interrogation form to create your profile.

I'm also not a fan of the geolocation aspect of the app. You know that guy you meet in a bar who says he'll "treat you right, baby" after a five-minute conversation? Well, imagine millions of them being able to see where you are at all times. I'll pass.

Students let themselves get arrested for charity

The Forensics Society hosts several interactive events to boost image and raise money

FARAH KHAN

Interested in forensics? Hoping to ease your test experience by drawing on a test bank? Want to raise money for charity? Or even pick up a gun licence? All of these opportunities are offered by the UTM Forensics Society.

According to president Tiffany Lee, one of the most valuable opportunities the society offers is the meet-and-greets with forensics professors. “A number of our profs are part-time profs only—they’re mainly police officers and forensic identification specialists—which makes it tough for students to reach them,” she says. “We try our best to be the bridge between the students and the profs through our meet-and-greets.” Among the non-academic events are the Firearms program, in which students can obtain a gun licence, and events where they can



COMMONS.WIKIMEDIA.ORG/PHOTO

The universal symbol of forensics.

learn about careers in forensics.

The club hosts several events yearly to raise money for Child Find Ontario, a charity that supports families by helping them protect their children. One such event is Murder Mystery, held last Wednesday and covered in the arts

section this week, which raises money through a raffle. The Murder Mystery is an interactive play in which guests try to guess who the murderer is. Another popular event, Get Arrested for Charity, allows students to get a mug shot.

The club also offers academic as-

sistance. “Many students sign up for the huge test bank,” Lee laughs. “We offer tests for biology, chemistry, calculus, anthropology, sociology, [and] psychology [...] courses that cover material in forensic science and more.”

Members can also attend semi-

nars that help them with the forensics program application, which includes an essay component, unlike most other programs at UTM. The club also facilitates signing up for the American Academy of Forensic Science, an annual conference at which forensic scientists come together to talk about new research and its applications.

The forensics club is young and looking to expand. The society currently has 300–400 members, and its executives are coming up with ways to allow it to grow and develop. “We’re currently working on getting volunteer work offered to members [...] we’re hoping to get it underway in a year or two,” says Lee.

The club seeks to educate its members and nourish an interest in the field of forensic science. Questions and inquiries can be sent to forensics@utmsu.ca.



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MEDIUMSPORTS

Editor | Jason Coelho

Remarks, old tensions spark brawl

The RAWC disqualifies team and hands out four suspensions to campus rec players in wake of heated scuffle

JASON COELHO
SPORTS EDITOR

You might not see them playing, but every Tuesday and Thursday afternoon, ball hockey players face off against each other in campus rec intramural action in Gym C. The sport is offered in the fall and winter semesters.

Ball hockey rose to monumental heights at UTM in the 1990s, according to community members present at the time. Gym C would fill to capacity with spectators and players every Friday night for weekly ball hockey games. The pre-game festivities were as formal as before an NHL game, with the national anthem played and players sitting on benches before the game.

At one point, UTM reportedly boasted the largest ball hockey league in North America, with over 70 men's and women's teams. With the inherent physicality of the sport comes a greater chance of fisticuffs. Incidents involving violence and, according to some, racism, led to the league being shut down, and the sport never regained its place in UTM's sports scene. With



ERIN.UTORONTO.CA/PHOTO

Ball hockey leagues at UTM have a well documented history of physical play and racism.

the creation of the RAWC and the two main gyms, Gym C remains hidden in the dark basement hallways of Davis. The league manages to boast steady participation, although UTM no longer has a women's ball hockey league. With all the changes to UTM sports,

the ball hockey league has been under scrutiny from RAWC officials due to its past and reputation.

The league's current teams include Globo Gym, the Average Joes, That Cute Girl Next Door, the Screaming Sheep, and the Filthy Mitts. But don't

let the hilarious names fool you—these guys can get intense.

Recently, a game between Globo Gym and the Average Joes on February 13 became more heated than usual. Players found themselves engaging in a war of words that eventually led to

a brawl. The teams in question have a history of bad blood between them. This time, the fight cost one team their season, and the other a player suspension.

Globo Gym, led by captain Rory Bourgeois, was previously forced to default a game after an injured player was replaced by a tri-campus player; a ball hockey league rule forbids teams from having more than three players at the tri-campus level. Bourgeois, Kyle Kuczynski, and Ben Gryschuk all play for the UTM men's tri-campus ice hockey team, and the addition of another player put Globo Gym over the limit. Ball hockey rules include a two-default policy. After the second default, teams are disqualified from the league.

The second default for Globo Gym came about after their brawl with the Average Joes, due to two major penalties awarded during the brawl: one was given to Gryschuk and another to Mike McDonald. But why did the brawl take place?

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UTSC spikes UTM's chances



JASMEEN VIRK/THE MEDIUM

The tri-campus men's volleyball team ends its season with a disappointing loss to UTSC rivals.

ERIC HEWITSON
ASSOCIATE SPORTS EDITOR

UTM suited up against UTSC for the final tri-campus men's volleyball game of the regular season at the RAWC last Tuesday. The teams were trending in different directions, and it was apparent who was heading to the playoffs and who wasn't. In quick fashion, UTM lost in straight sets to an athletic UTSC squad, leaving hope only for a better season next year.

Spectators watched the first set with great enthusiasm as both teams slammed the ball back and forth. Jacob Ociera added to the great mix of hits when, set up by Alex Singh, he smashed the ball past tall UTSC frontmen, keeping the ball in bounds and giving his side some momentum.

But the UTSC attack was too strong for a smaller-statured UTM team that had trouble blocking the hard shots. UTSC won the first set 25-16.

The highlight of the game came in the second set when UTM, down 13 points, showed resilience and teamwork, climbing their way back and making UTSC fight until the very end. Ultimately, UTSC won their second set 25-17. Kenil Upadhyay, a second-year life sciences student, praised his team's great composure. "We were 13 behind in the second set, but we managed to make a mini-comeback by getting some good points," he says.

In the final frame, UTSC played like the playoff team they are and finished off the game with a convincing win, taking UTM down, 25-17. Ekpedeme Moron was UTM's stron-

gest contributor of the night, but even he couldn't get past the mighty UTSC team.

Upadhyay understands why his team struggled. "We lost some points because we weren't getting the blocks tight enough on the net and covering tips well," he says.

UTSC had the advantage of playing with an experienced team, whereas UTM had Upadhyay, a late addition to the team who had to get accustomed to his new environment before the game. Even so, Upadhyay was satisfied with his play. "I felt good about my passes and pretty good about the one hit I got," he says. He adds that the tri-campus competition was difficult for him to adjust to but with the determination to improve, he hopes for success in the coming years.

In the ring with Brandon Rynka

JASON COELHO
SPORTS EDITOR

Wrestling, a sport only seen in its purest form during the Olympics, is something more than you think.

It's a combat sport that involves pure strength, and not nearly as many dramatic monologues as WWE would have you believe. Combat sports like MMA and UFC have found an avid following in North America. Many are attracted to wrestling because of the grandiose battles on TV and the classic moves of famed wrestlers.

Brandon Rynka was attracted to the physicality and the one-on-one competitive aspect of the sport. "I've always been a physical person, and the sport offered an outlet where I could use my athleticism and physicality," he says. Rynka was born in Burlington and currently wrestles for the Varsity Blues. He has always tapped into his physical side; from a young age, he competed in sparring tournaments in martial arts like jiu-jitsu.

His journey to UTM and into the world of wrestling involved a series of self-discoveries. Rynka spent his first year at McMaster University in Hamilton, where he was accepted to the

football team. He wasn't sure what he wanted to study, and ended up transferring at the end of the school year. On the lookout for a new school, Rynka made a highlight film that showcased his talents on the field.

During the summer, Rynka was contacted by Bishop's University in Sherbrooke, Quebec, with an offer to play on their football team. He enrolled in the business program—a program he wasn't too keen on. "A week in, I came home before school started, as I felt my decision to go to school there was more forced just to play football," he says. He felt that he would've put all his energy into football instead of studying something he didn't want to. Rynka's parents intervened and asked him what he was truly interested in studying.

After meeting with a career counsellor, he found that communications and writing piqued his interest. His counsellor helped him find schools with programs that fit these interests and had a football team he could play on. "U of T fit both those requirements," he said. "The program was perfect and was offered at the UTM campus, so UTM it was."

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Ball hockey controversy

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According to Globo Gym's players, it followed a racially charged insult that was directed at Gryschuk by Average Joes player Chris Gomes, which led to a fight. Gryschuk, McDonald, and Gomes were all suspended indefinitely after the brawl, along with Bourgeois, since he was a team captain who didn't control his players.

Bourgeois also believes that the Average Joes have a "shield of immunity" in their player Joey Akleh, simultaneously acting as commissioner of the league.

"The only reason Chris Gomes is suspended is because Jack Krist happened to be within an earshot," Bourgeois alleged. "There was no immediate intervention, and all parties instead stood around and waited to see how Ben [Gryschuk] would react."

"UTM promotes itself as a bastion of acceptance and diversity. However, if they don't take a stand on racial discrimination, one must call this source of pride into question."

—Peter Ferrell

Gryschuk said he was disappointed that Krist didn't step in after the comment, that all players involved had received the same punishment, and that no other action was taken by the department in regards to the racist remark. "My experience in the league has not been good so far, and if this is any indication of what campus rec sports are like, I most likely won't be participating in them again. Most situations that happen at UTM regarding sports are not dealt with properly."

The members of Globo Gym have raised their voices in protest to the rules enforced by the RAWC. They asked for leniency on their first infraction, since they would have forfeited the game and their campus standings if they hadn't asked for another player (who was tri-campus). Bourgeois brushed off the first default at the time, but decided to fight the call on the team's second default.

Program coordinator Jack Krist is aware of Globo Gym's situation, but can't undo their disqualification since it would be unfair to other campus rec teams who've suffered because of the rule. Akleh believes the rule is necessary in the campus rec league, but understands that it can be unfair to teams who have to choose between forfeiting the game and affecting their league standing, and using "illegal" players. Akleh says he would be open to amending the rule to reschedule games and avoid unnecessary forfeits due to injury or other extenuating circumstances.

Bourgeois believes that Akleh coerced referees not to award the Average Joes with their second major penalty of the game, which would have defaulted their team, too. "I received a shot to the groin and head. The ref was going to call a major, [Akleh] intervened, and the penalty was made a minor," says Bourgeois.

Krist says that although Akleh is allowed to sit in on the review board for the incident, he holds no voting power, since his team was involved in the incident. In campus rec leagues, players can and should also be league commissioners, according to Krist. "Without these student leaders, we wouldn't be able to have any leagues on campus," he says. "We could hire outside officials, but the cost of doing this would cause me to have to charge students and teams to enter the leagues to offset the high cost of the officials. Our campus rec program is all-inclusive, with no extra fees being charged. This isn't the case in a majority of other universities, including the top intramural leagues at St. George, where teams pay a cost-recovery fee to enter the league."

Besides the cost, Krist feels that in a niche sport like ball hockey, players make the best commissioners.

Akleh, a fourth-year political science major, disagrees with Bourgeois, describing Globo Gym as consisting of "very aggressive ice hockey players who have no respect for our UTM non-contact ball hockey league". He alleges that Gomes was originally provoked by Globo Gym's "unsportsmanlike" behaviour.

The situation is strange to other players in the league, including Michael Florindo, a second-year political science major who plays for the Filthy Mitts. "In the two seasons I've been playing in the league, I've never seen a situation like this. However, I have seen multiple teams disqualified due to an insufficient amount of players," he says. Florindo believes the referees should've been aware of the history between the two teams and been firm in reprimanding both teams for any unfair play.

Meanwhile, That Cute Girl Next Door player Peter Ferrell is angered by the university's stance on racist comments, and says, "UTM promotes itself as a bastion of acceptance and diversity. However, if they don't take a stand on racial discrimination, one must call this source of pride into question."

He also questions the league commissioner's partiality. "One must ask oneself if he was really able to remain neutral and unbiased throughout this process, especially when one considers [that] his teammate inexplicably escaped punishment for using blatantly racist language," he said.

Bourgeois, McDonald, Gryschuk, and Gomes have been suspended from all campus rec sports indefinitely, until they attend their review board hearing, which will take place in the next few weeks.

Rynka reaches his goals



BRANDON RYNKA/THE MEDIUM

Rynka is a former Varsity Blues football player.

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A U of T recruiter was shown Rynka's highlight reel, liked what he saw, and offered Rynka a spot on the Varsity Blues. He played on the football team during the 2011 and 2012 seasons, and found that playing the game he loved and studying a subject he was interested in was a perfect match.

Rynka sustained an ankle injury in his second season during a game against the Laurier Golden Hawks. It wasn't the injury that ended his relationship with the sport, but a conflict that arose between Rynka and the Blues' head coach. "I was fed up with the politics," he explains. "I chose to pursue something I didn't have to rely on others for, and something I was going to pursue anyway—that was to wrestle collegiately."

The fourth-year professional writing and communications major finished his first season with the team on March 1. He doesn't have any past training in wrestling, but that didn't stop him from making it into the top tier at U of T. "I got into the sport

very late, and wrestling is probably one of the worst sports to get into late, as experience plays such a massive role in winning matches," Rynka says.

Despite Rynka's lack of experience, head coach Michael Quinsey is proud of his performance in his first year of wrestling. "Brandon has chosen to get into a really tough game. Freestyle wrestling at the varsity open level is not selective when it comes to matchups for tournaments, and he's faced some pretty stiff competition," Quinsey says. "It would be like starting to play hockey and going against the Marlies in your first year. Brandon's a terrific athlete who's applying himself very well. It takes a special athlete to have the patience and determination to learn the art of freestyle wrestling. I'm excited by watching his improvement and expect that he will find a new level of game when he gets to the Ontario university championships."

Rynka prides himself on his fitness, and follows a strict diet plan throughout the year. "I live for fitness and working out," Rynka says.

"I've worked out since Grade 9, and haven't taken more than a week off since then. I've always wanted to put the best fuel possible into my system. When you're competing, it shouldn't be a difficult decision to put down the beer or fatty foods."

During his first year, Rynka has noticed a lot of differences between football and wrestling. He realizes that the sport is harder to market to students than sports like football are. Though he's on the mat by himself, he's found that wrestling has a team mentality similar to other sports. Rynka and his four teammates train and practise together, encouraging each other to do their best. Though juggling school and varsity sports isn't an easy task, Rynka's disciplined enough to prioritize and get work done, on and off the wrestling mat.

The 24-year-old is content with where he's currently at in his life, having proven to himself that he can attain the goals he sets. "I always try pushing myself, and don't want to have regrets once I leave school. Wrestling is something I told myself I would do, and here I am," he says.

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