

THE DOUGLAS COLLEGE NEWSPAPER SINCE 1978

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ART?

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WHO WE ARE

The Other Press has been Douglas College's student newspaper since 1976. Since 1978 we have been an autonomous publication, independent of the student union. We are a registered society under the Society Act of British Columbia, governed by an eight-person board of directors appointed by Wand from our staff. Our head office is located in the New Westminster campus.

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registration, and from local and national advertising revenue. The Other Press is a member of the Canadian University Press (CUP), a syndicate of student newspapers that includes papers from all across Canada.

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The OtherPress.

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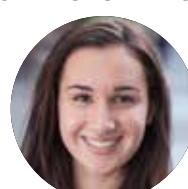
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Letter from the Editor:

That's a wrap!

We did it. If you're reading this, then two things are true: 1) you probably are taking a much-needed break from cramming for exams and 2) we've managed to churn out another year's worth of *The Other Press*.

While we still publish a few very special summer issues, today's issue is as nostalgic for me as this Harmon-less season of *Community*. For the past three years, my life has revolved around the OP: writing, editing, and planning for its future. So, as my time at the grind comes to an end, I have a few things to get off my chest.

Student journalism is important.

Sure, it's rare for Canadian college students to crack groundbreaking news, but student newspapers like *The Other Press* are a creative breeding ground for people with talent and drive to explore their passion and gain experience. As a working professional now a year out of school, it's Lucite-clear what a difference this opportunity can make once you get into the real world. The first thing I ever contributed to *The Other Press* was a timidly-written 300-word article about my personal distaste for Uggs; I feel like I've come a long way. This issue showcases a feature by former *Other Press* editor Liam Britten—now an up-and-coming journalist whose work has been featured in major publications like the *Metro*. If you are a student and you want to be a writer, editor, photographer, or creative person, I can't stress how strongly I recommend coming out to play the student journalism game.

You can't expect the world to be fair or people to be kind. Though sometimes, they are.

This year at the helm of *The Other Press* has been one of major personal growth. I'm no ingénue, but looking back to September, I have definitely been naïve. As a lifelong introvert, I'd spent so much time with my head in the books that I didn't realize that human nature is sometimes shitty: people who you thought were friends will turn on you, people will make terrible mistakes, and people will disappoint you in surprisingly (and sometimes comically) horrible ways. This all sucks, and has been eye-opening to a girl who started off the year with a Pollyanna-lite mentality. However, as startling as the dark side of human nature has been (my own darkness woefully included), I've also come to see that there is a lot of unexpected kindness just waiting to pop up. Going forward, I'm going to make more of an effort to forgive, and to be forgivable, in my life and work. It's the only way to not go insane.

HAGS.

I'm extremely proud of the 28 issues that we have produced this year. I've read the archives of *The Other Press*, and I truly believe that the current crop of editors, managers, writers, and contributors is the most talented, innovative, and hard-working group to ever grace these pages. If you're reading this, chances are that you agree with me. Congratulations to everyone at *The Other Press*, and to all the staff and students at Douglas College, for finishing another year. Have a great summer.

Sharon Miki



3-D printed assault rifle | Photo courtesy of www.digitaltrends.com

Three dimensions of weaponry

Texans revolutionizing firearms production

By Aidan Mouellic, Contributor

As the United States government tries to make public access to firearms more difficult, a group in Texas has been using technology to make firearms easier to get a hold of. Using emerging 3-D printing technology, Wilson, the co-founder of the Texan arms manufacturer Defense Distributed, is revolutionizing how firearms are made and regulated. With the help of

manufacturing companies such as MakerBot, the prices of 3-D printers have fallen to the point that it's possible for individuals to now go online or to a store and purchase a 3-D printer for less than \$2,000.

To print objects with a 3-D printer, you need to have a computer assisted design (CAD) file to send to the printer. Websites such as MakerBot's own Thingiverse.com and even torrent aggregator, Pirate Bay, are places where people can find CAD files for objects they wish to print at home. Thingiverse hosted CAD files for parts of firearms, but after public backlash last year took down the files. To fill the void,

the decidedly anarcho-capitalist Wilson founded Defense Distributed as a way to sell his own 3-D printed firearms and also setup DEFCAD.org, a site for hosting free CAD files that are firearms related. Earlier this year, Wilson and his team released the CAD file for an AR15 lower receiver that was able to withstand close to a thousand shots.

The two main firearm components being printed using a plastic polymer are the controversial 30-round rifle magazine and the lower receiver of the AR15 rifle system. The lower receiver is what the Canadian and American firearms authorities consider to

be the sort of "heart" of the gun and it is the only part of the rifle that is regulated. The other parts that make an AR15 rifle able to fire, such as the barrel and trigger, are able to be purchased in Canada without a firearms license if you are of legal age.

"There are people from all over the world downloading our files, and we say, good—we say you should have access to this," said Wilson.

DEFCAD.org, combined with a 3-D printer, gives anyone the ability to manufacture the only part needed for an AR15 that is traceable and difficult to get a hold of legally in Canada within your own home. It is also illegal in Canada to own a

rifle magazine with a capacity of more than 10 rounds. In the US, Defense Distributed has a federal license to produce and sell their own 3-D printed 30 round magazines in Texas where it is illegal to own such items.

The owners of Makerbot intended their printer to be used for legal purposes, but Wilson sees his use of the technology as an exercise in anarchism. In an interview with Glenn Beck, Wilson says that he "is doing this project and using this technology as a form of resistance, so it's just a critical use of this technology...we see liberty under threat and sovereignty under threat and we must respond."

Douglas research shared with community

Geography department partners with Fraser River Discovery Centre

By Dylan Hackett, News Editor

Seven Douglas College geography students have partnered with the Fraser River Discovery Centre, located

down the road from the New Westminster campus, to educate the population on the reality of pollutants, storm-runoff, and industry on the 1,375-km river. The students, most of whom are first year, will have their research papers adopted for Discovery Centre's training materials, giving outreach volunteers the most up-to-date information on the longest river in the province.

"It's fine to read about these things in textbooks or

hear about them in lectures, but now the students are actually seeing how they work, and they have the chance to help prepare educational materials," says Mike McPhee, geography department chair. "It's also a chance for students to give back to the community, as opposed to just turning in a term paper."

The discovery centre boasts a kid-friendly pollution model toy which allows guests to observe effects that pollution has on the scaled map of Metro

Vancouver.

"It is fun to play with the toys and water at the pollution model," says Shannon King, education coordinator at the Fraser River Discovery Centre. "But our enviro-savvy visitors also want to know what the real deal is, and I am grateful that these students are helping update our training resources."

"It's only recently I learned that fresh water could be in such high demand in the future that wars could be fought over it,"

says student Leon Yee says. "If we don't make changes soon, this valuable resource could become so scarce that not only people living in arid conditions would have to worry about how to get it, but those of us living close to large bodies of water would have to as well."

The Fraser River Discovery Centre will be hosting an Earth Day celebration on April 21, coinciding with the start of its volunteer appreciation week.



World Recap: April 5-11

Badam Zari, second from right, leaves the election office after filing her candidacy for Parliament in Khar, capital of the Pakistani tribal area of Bajur, Monday, April 1, 2013 | Photo courtesy of www.bostonherald.com/AP

Weekly geopolitical news

By Keating Smith, Staff Writer

Africa: (Tunisia) The Tunisian government received a \$28.8-million cheque last week from Qatar's attorney general doctor, Ali bin Fetais al-Marri, who has been put in charge by the UN to recover money embezzled out of the country by former president Zine al-Abidine Ben Ali and his wife. Both are accused of stealing hundreds of millions of dollars from Tunisia and hiding it in accounts outside of the state before the Arab uprisings that brought Ben Ali's 23 year rule over the country to an end. State media in Tunisia say that the exact amount unaccounted for is unknown at this point. Tunisia asked the International Monetary Fund for a \$1.8-billion loan last week to combat high

unemployment rates, along with many other economic problems the country is currently faced with.

North America: (Washington) The National Council of Resistance of Iran (NCRI) opened an office in Washington, DC last week. Last September, the US State Department removed the party from their list of selected terrorist organizations. The NCRI is best known for being a secular exiled Iranian parliament, opposing the theocratic conclusion of the Iranian Revolution in 1979. The group was accused of killing six American citizens during the same time frame. Several significant politicians in the White House have rallied in recent years from having the party removed from the US State Departments list after determining the organization is both a "peaceful and democratic government."

Latin & South America: (Uruguay) Officials in Uruguay voted last week in favour of legalizing same-sex marriage in the country. While many people and religious institutions in the country felt disconcerted by the decision, Uruguay's President Jose Mujica and his majority government are reported to have fully backed the decision. The law, which is expected to come into effect towards the end of the month, also pushes the legal age of marriage to 16 for both genders. After Canada and Argentina, Uruguay is the third country in the Americas to legalize same-sex marriage.

Asia- Central & South: (Pakistan) Two women from the tribal region of Pakistan made history last week after running for parliament in the country's May 11 elections. The women, who have advocated for change in the hostile area of Pakistan, have cited poor

education standards for women and heavy-handed laws placed on women by militants as some of their main concerns for political stability in their home regions of Pakistan. "This step will pave the way for other people, especially women, so that this can happen in other districts of the FATA (Federal Administered Tribal Area)—that will ensure that other women can come forward," an official with the Pakistani government told the press.

Asia- Pacific: (Japan) The United States and Japan reached a negotiation last week that saw the US military handing back nearly 600 hectares of land to the Japanese government located on the southern island of Okinawa by 2022. The Futenma air base is one of several US bases located on the island that have been operational since the end of the Second World War. North Korea reaffirmed Japan

as hostile nation on Friday, claiming Tokyo as a prime target if a combat were to break out on the Korean peninsula.

Europe: (Serbia) The Russian government arranged a \$500-million loan with Serbia last week, promising to back the country and its ailing economy. The deal with Russia comes after officials in the Serbian parliament rejected a negotiation with the EU aimed to see ethnic relations between Belgrade and the breakaway republic of Kosovo rekindled. "The government of Serbia cannot accept the proposed solution as it does not guarantee the safety and human rights of Serbs in Kosovo," says Serbia's prime minister Ivica Dacic. The EU is asking Serbia to surrender its control of northern Kosovo in exchange for membership in the EU.

A chat with Shane Kennedy

By Dylan Hackett, News Editor

Last week, The Other Press interviewed Shane Kennedy, BC Conservative candidate for the Coquitlam-Burke Mountain riding. Kennedy is a Douglas College graduate and finished his Bachelor of Arts in Political Science at the University of British Columbia. Below is an excerpt of our conversation.

Both the other major parties platforms on post-secondary education focus on skills training. Are the BC Conservatives also veering away from promoting liberal arts education?

"I always make jokes about the traditional bachelor's degree, but there always should be a good blend in society. I feel that post-secondary years are self-exploratory for most people. When I was growing up, there was a focus on white-collar labour, a little bit to the detriment of blue-collar labour. In Europe [tradespeople] are called artisans. There's a real sense of emotion and pride in it. We do have a skills shortage coming up, but there still needs to be people managing that, and dreaming big dreams."



Shane Kennedy

Political science, business, commerce—all those things [are necessary]."

What was your plan, career-wise, in pursuing a political science degree?

"Let's go way back to 1982. My brothers were pushing for us to all get law degrees and form our own law firm."

You'd only need one name for the title.

"We'd save a lot of money! First I was thinking of doing forensic psychology, but I found you have to have a tough stomach for that with people afflicted with mental health issues—the fine line between criminality

and intent. I thought law might be better for me. I started with political sciences, but I'm not that academic so I finished with solid C+ average and okay scores on the LSAT."

What is your relation to the Coquitlam-Burke Mountain riding and what you want to run for provincial seating under the BC Conservatives banner?

"I don't agree, fundamentally, with everything the NDP has to offer. I joined the BC Conservative Party when I was 14 years old. Going back to the Vic Stephens era, I thought that he had integrity and I respect him. Once again, I got involved with John Cummins, I think he's very good and has a lot to offer, a lot of experience, and he's a man of integrity. There are so many problems with both the BC Liberals and the NDP."

Problems in their policy or in the makeup of the party?

"The optics of their behaviour have been poor. I think the Liberals could've gone for George Abbot [as leader] because he's a lot calmer and educated. I'm not sure what happened with Christy Clarke. I've heard people say she went tries all these universities but never graduated from one

of them. I have a learning disability—I'm dysgraphic, and I was able to push my way through a degree.

"I think Adrian Dix has done some questionable things as well. People keep talking about the backdated memo but there's also the issue of riding transit for free. Students have to pay for that themselves. They could've picked Mike Farnsworth. [Both parties] went for people with a lot of charisma but I'm not sure how much their substance is. John Cummins is very forthright. He's not going to create a lot of excitement I'm afraid but when you look at his policy, it's good policy."

Do you believe in direct democracy in BC, such as the measure that was taken to revoke the HST?

"I don't think it's good for everything. Sometimes it makes the government look catatonic, like in California with everything being a referendum."

You've been a member of the BC Conservatives since you were 14. What's it like to be a member of a party not on the fringe ideologically, but politically?

"We haven't elected a member since Vic Stephens in 1979, so there are a lot of challenges that go with it. One of them, of course, is money. When you don't have sitting members it's difficult to fundraise. I think people are ready for a third party. When people say that the Liberals are the centre-right party, I'm willing to say that we're right-of-centre, but the Liberals are further right than us."

In regards to what?

"I think they have a real obsession with balancing the budget continually. They talk about balanced budget laws and selling off assets to balance the budget. It's like me selling my house to say I don't have a mortgage."

What do you want the readers of *The Other Press* to know about you?

"I'm the most approachable of all the candidates. Chris Wilson is a big beefcake guy and Douglas Horne looks very much like a judge. I can't promise them I'll be the best MLA they've ever had or that things will be all wonderful when I'm elected but I'll do the best I can do."

Students share concerns at budget consultations with Douglas president

By Dylan Hackett, News Editor

Last Friday, a dozen-and-a-half students gathered for Douglas College President Scott McAlpine's budget consultation, with concerns aired by students directly and on behalf of the Douglas Students' Union (DSU), with opinion data and comment collected in their "Your Voice Matters" survey. The forum took place in New Westminster with a live, interactive stream connecting the two attendees at the David Lam campus.

McAlpine detailed 2013/14 operating budget additions, which included 103 new sections for courses already offered by Douglas as well as new offerings, one of which being a



Scott McAlpine

Bachelor of Psychology degree. Student concerns aired through DSU representatives Jillian Griffin, Jesse Stamberg, and Jenelle Davies addressed the difficulty in registering for essential first-year university transfer courses, the lack of

available computers available in the library, and the clumsiness of the aged hardware in the 5th-floor and 6th-floor computer labs.

"I use the library often," one comment read. "As happy as I am with the help of the staff, the availability of the computers could be better."

Some concerns outlined in the DSU survey report were addressed in the budget, such as the hiring for a student councilor for international students and course section expansion.

A strong sentiment against the Douglas "Do" campaign was expressed by student Jacob Waskow on the principles of the mass exposure of the campaign diluting the message,

the aesthetic of the new logo and other usage for the money allocated for the campaign.

"I think that the advertising campaign has not only been prolific, which I would argue to be a bad thing in this case, but has been completely ineffective," said Waskow.

Davies echoed concerns on the effectiveness of the money allocated for the marketing and communications department's campaign.

"I agree with the point raised that the advertisements are not effective in the way you want them to be, it's kind of a joke on Twitter, if you say you go to Douglas College they say, 'Oh, the one with more ads than SFU,'" Davies explained. "...I just think the expenditures are

very high. What are the goals of the advertisement?"

"I can't answer specifics on the ad budget...but I hear your comments and will consider them," replied McAlpine.

McAlpine held court for a majority of the hour-and-a-half consultation and jotted down concerns and criticisms that were reiterated by attendees.

"I'm happy to take criticisms and listen to students all of the time," McAlpine reflected on a brief break between the employee consultation taking place shortly after. "We heard quite a bit of suggestions around financial aid that we will be following up on."

The future is just around the corner

*Dorothy Woodend talks
DOXA's Spotlight on the
Future*

By Angela Espinoza, Arts Editor

The DOXA Documentary Film Festival starts up again in May, and with five theatres (Pacific Cinémathèque, Vancity Theatre, Vancouver Playhouse, Rio Theatre, and Collingwood Cinema) and well over 70 films in its 2013 lineup, things are looking spectacular. Festival Programmer Dorothy Woodend took some time to speak with us last week on the upcoming event, highlighting this year's Spotlight.

"The thing about DOXA is every year we try something different," Woodend starts, "because I think that's what keeps things fresh and fun and interesting. One of the key differences this year is the... Spotlight on the Future that incorporates, not just the films themselves—that are about developments in medicine and technology—but also in... how films are made in terms of documentary practice."

"A lot of the more interesting and engaging films that came in this year, [we] took a look at them and thought, 'I don't know what this is.' But there was a couple in particular that really stretched the boundaries of I think what's possible in terms of narrative and documentary story-telling specifically. On the face of it, they look like a strange combination of science fiction and documentary, which, you couldn't... find two genres more dissimilar. The kind of convergence of those two things blew me back a bit because it was really fascinating."

Woodend described the aesthetics of several films in great detail, pointing out some of the can't-miss features of the Spotlight on the Future. Of the eight features in this year's program, Woodend focused on the following three.

"Our special screening that we're offering at the Playhouse this year is a film called *Google and the World Brain*. [The film] launches with an interview that they did with H.G. Wells in 1938, when he was writing about a future scenario he'd envisioned about people being



Google and the World Brain playing at Doxa 2013 | Photo courtesy of www.worldbrainthefilm.com

able to share knowledge all around the world and how it was... a 'world brain,' which turned into, some would think, the Internet and World Wide Web and all that stuff.

"One of the other ones that's in the Spotlight on the Future this year is a film called *There Will Be Some Who Will Not Fear Even That Void*, which is, ostensibly in the way that the filmmaker describes it, a 'science fiction documentary.' The very first time I watched it [with] everyone who was on the screen committee... we realized, 'wait a minute, this is not real essentially.'

"What the story is basically is he [director Saeed Taji Farouky] envisioned this group of artists who are kind of documenting the Arctic in a state of decline somewhere in a future scenario. It's taking documentary practice and

documentary elements and... creating a sort of strange symbiosis of science fiction narrative and documentary filmmaking. It's beautiful and strange and surreal and hilarious and sad and just an interesting combination of film and media qualities and elements, that, as a programmer, that's the one thing you kind of [look for, when] your 'Spidey-senses' start to tingle. We'll premiere that film eventually [at DOXA], which we're really quite happy about."

The final film Woodend brought up went on to become a 10-minute discussion in itself. The following is a brief sampling of, from what Woodend described, I can assume will be a fantastic and very powerful film.

"We have films that are part of the Focus Forward areas, which... deal specifically

with people who are really pushing innovation, whether that's medicine or even something like... food practice, sustainability, the guy who invented the means of actually creating clean water, and dealing with pollution. There are all these kinds of technological solutions to essentially the problems that the humans have created for themselves, which is [the focus of] another one of the films in the Spotlight this year is called... *Critical Mass*.

Mike Freedman is the filmmaker—and he's coming with the film this year—but he takes this sort of leaping off point with a series of experiments that a scientist named John B. Calhoun did in the '60s in California where he basically built, it's called a 'rat city.' It's a rat population study where he had an enclosed area where he gave the rats all the sort of resources, food,

water, places to live that they could basically need, and [he] watched what happened as the population exploded. At one point in the rat population, when it reached such a certain density, [Calhoun] had to break down and then he sort of drew correlations between those experiments and what happens in urban centers with human populations, and he found some pretty disturbing stuff."

The Spotlight on the Future is just one of four special programs this year, including Justice Forum, Rated Y for Youth, and Philosopher's Café (which I can attest is a fantastic opportunity to discuss subjects beyond certain films). The DOXA Documentary Film Festival runs from May 3 to 12, so heed my advice and get your tickets early!

Sins aren't cheap in 'The Place Beyond the Pines'

By Parker Thompson,
Contributor



What price does a father pay for his sins? Spanning three storylines over 17 years, *The Place Beyond the Pines* audaciously asks this question throughout. The answer, however, finds a lull part way through the film before picking up again. Despite this, *The Place Beyond the Pines* is beautifully shot and thought-provoking. We also get the rare treat of seeing multiple sides of a story.

Directed by Derek Cianfrance (*Blue Valentine*), *The Place Beyond the Pines* begins by following Luke Glanton (Ryan Gosling), a disheveled motorcycle stuntman performing in a

state fair. His fair is about to leave Schenectady, New York, when Romina (Eva Mendes), an ex-lover of his, visits him. Glanton learns that he is father to Romina's two-year-old son. He quits his job to stay in Schenectady and provide for his new family. The problem Glanton faces is finding a job that earns enough. We are also introduced to Avery Cross (Bradley Cooper), a low-ranking Schenectady cop with a bright mind, who fatefully crosses paths with Glanton.

Compelling themes are raised and held onto for this 140-minute film. *The Place Beyond the Pines* wraps a nice little bow around questions of sin, blame, and legacy.



Ryan Gosling in *The Place Beyond the Pines* | Photo courtesy of Atsushi Nishijima

The trouble with 'Terror'

We review *The Flaming Lips' latest*

By Jacey Gibb, Assistant Editor



Bands with considerable discographies tend to fall under one of two categories: either they found their sound years ago and are now just going through the motions at this point, or they treat time like a lesson and never cease to grow with each passing release. Luckily for us, The Flaming Lips belong to the latter category.

By album number 13, titled *The Terror* (released April 16), you'd think a band would be running on empty, creativity-wise—drawing upon innovative fumes and churning out subpar material. But with each album, the Lips manage to add another layer to their extensive arsenal of sound. "Look...the sun is rising," the first track on the LP, contains all the traits of a signature Lips song: droney fuzz rock, with elements of psychedelic thrown in for spark. The track, which was also the first song released to the public, acts as a foreshadower of what's to come—but the delivery is dead on arrival.

After a decade of loving the Lips, *The Terror* was the

first album I found myself being disappointed with. It's a lot softer than some of their more recent pieces, which demonstrates their ability to branch out from their signature sound, but it's almost *too* soft. Instead of a group of songs meant to feel like your brain is exploding (looking at you, 2009's *Embryonic*), I felt myself dozing off to a sleepy, slower array.

I could see *The Terror* working as a good soundtrack to fall asleep to, or maybe as background music while you look at the night sky and try to distinguish satellites from flying saucers, but as a standalone Flaming Lips' album, it's disappointing.



Your 'Evoland' is evolving!

By Angela Espinoza, Arts Editor



The RPG genre of video games has evolved drastically over the years. With more powerful consoles and changes in graphics came

significantly better games. Indie developers Shiro Games took this concept and in 30 hours created what is now known as *Evoland Classic* for the Ludum Dare 24 competition last year. Since then, *Evoland*'s full version has arrived, and you can see right away it was a labour of love.

Released on April 4, *Evoland* takes the player on a journey from RPG's humble beginnings of green and white 8-bit adventure into a 3-D epic! You take on the role of a Link-a-like, fighting bats and octorocs and searching for treasure. As you progress though, you realize there's actually a story going on, and with your faithful lady

healer, you try and vanquish the evil of the land once and for all.

Evoland is a love letter to the RPG genre as it's developed over the years, and it's incredibly fun to play. However, there are two big issues with the game that cannot be overlooked: it's very easy (no harder modes are available) and it's horribly short. You could probably beat

this game in less than six hours, and that is almost never a good thing.

With that in mind, *Evoland* is still a game that needs to be played. *Evoland* is very fun and to say it's nostalgic would be a gross understatement. The game is currently available on PC and Mac for \$10 (as always, wait for a sale).

Getting the dirt out with brentalfloss

Talking with online comedy-musician Brent Black

By Angela Espinoza, Arts Editor

After last year's immensely successful event, Fan Expo Vancouver is returning this year with more guests, more panels, and an even bigger hall. One of their many guests this year is Brent Black, better known as 'brentalfloss.' With well over 150,000 YouTube subscribers and music videos with views in the millions, Black is something of an online celebrity. Black took some time out to talk with us about himself and what we can expect from his upcoming Fan Expo panel.

"I'm mostly known on the Internet for taking beloved video game tunes from the '80s and '90s and adding lyrics, usually satirical lyrics kind of like a Weird Al thing," starts Black. "I started doing that in 2008, and it just sort of picked up speed. I released a CD in 2010 and just continued doing that ever since. I also do... general song writing and odd jobs here and there."

Black then went to talk about the development process of writing the songs. Some of these more popular videos include 2008's "Mega Man 2 WITH LYRICS" and 2009's "Zelda WITH LYRICS" and, a personal favourite, "Dr. Mario WITH LYRICS." In this particular moment, Black brought up his recent "Ballad of the Mages" video.

"[Writing songs] varies, but it's always longer than is reasonable, just because I tend to develop concepts about the individual lyrics over time, and most of the time, if I crank something out in less than two weeks, it's a huge risk, just because... there's this weird incubation period with me that can last up to multiple years. I know that sounds insane, but—I did a video with puppets called 'Ballad of the Mages' this past December, and I first had that idea in the fall of 2010, and I did some drafts, and it was okay... I actually wrote six different drafts of it and during that time I had to get the puppets made, it felt like I worked every day on that thing for two years. But there's this weird—I call

it creative distance. My best analogy for it is, if it were an impressionistic painting that's just all dots, if you're really up close to it you don't really see the whole thing, you just see this mess of dots, but over time you back up and go, 'Okay, here's what I have, here's the problem.' And that's pretty pretentious considering they're just silly songs about video games and I definitely am aware of that, but that's pretty much how it works."

From there, Black told us a little about what he has planned for his visit to Fan Expo Vancouver. Black happens to be flying all the way out here from the state of Texas, so I'm hoping this will be an active and of course fun and silly panel that makes the trip worth it for him and the audience—I know I'm looking forward to it!

"I generally do a very free-form Q&A, and I try to keep it more interesting. I try to either have a theme or a rule sometimes—if I do a bunch of conventions right in a row, I get Q&A fatigued. So sometimes I'll make a rule that if somebody asks a question that I've never heard before, I'll throw a piece of candy to them. As dumb as that sounds, it really keeps things interesting."

"But yeah, it's basically Q&A and then generally I will do some kind of sneak peek. If I've got an animated project on the way, if I have storyboards for that, usually I'll show it at a Q&A. Or I'll play a demo version of an upcoming video or sometimes I'll sing lyrics that I just wrote recently. Sometimes a Q&A for me is a way to test out material—there have been at least 10 pieces of material that I've decided not to do after they've flopped at a Q&A. but if somebody got a decent giggle out of it or if somebody felt like they were behind the scenes, to me it's worth it."

Fan Expo Vancouver returns this Saturday and Sunday, so if you haven't gotten tickets already, get them now! Brent 'Brentalfloss' Black will have his panel on Sunday at 2 p.m. But if Sunday's not your best day, Black will also be playing a concert at The Railway Club with local nerd rockers Kirby Krackle and The Double Clicks; tickets for the show are only \$5, so you know you're getting your money's worth.



Brent "Brentalfloss" Black | Photo courtesy of Brentalfloss (Facebook)



Bollywood is not British Columbia

The controversy behind the Times of India Film Awards

By Angela Espinoza, Arts Editor

I write pretty often on my love for film, and what kind of cinephile would I be if I didn't love and know a little bit about foreign films? With that said, I have to stress that I am not the biggest fan of Bollywood films—they're just not my taste. So you can imagine I wasn't very interested when I heard we were to host the Times of India Film Awards, which occurred Saturday, April 6.

You'll see a lot of stories about the success of the event, and how popular it turned out to be, with CBC reporting near 40,000 were in attendance. But, while I'm sure it was a lovely event for the Bollywood film industry and the Indo-Canadian community here in BC, hosting the Times of India Film Awards

was also one of the most blatant attempts at self-indulgence I think any of us have ever seen by our increasingly flimsy Liberal party.

First to address was the price of the tickets. Although the cheaper tickets ranged between \$47 and \$62—understandably they were the first to sell

a major part of Bollywood films, but news flash, we're not. As the event neared, there were many rumours flying around that attendance wasn't going to be as high as expected; for some inexplicable reason, tickets just weren't selling as much. Not long after, a number of people received tickets literally priced

"Save BC Film" campaigns were launched earlier this year to raise awareness of the major arts cuts BC recently received, specifically to our film budget. Vancouver is a known film-loving community, especially with our dozens of annual film festivals and ever-popular film programs and Vancouver

“However, local filmmakers are struggling to make their BC-based films, with less assistance from our provincial government than ever. To see a supposed \$11 million spent on this event and completely separate industry is a slap in the face.”

out—ticket prices from there suddenly jumped to practically double at \$123.75, and from there basic seat tickets were \$1,523.75, which at that point was nothing more than price gouging. There were also fan packages that went from \$2523.75 to \$3273.75—this pricing I understand if we were

at \$0.00 in an obvious show of seat filling. So if you were wondering how 40,000 people could afford tickets priced between \$123.75 and \$1,523.75, turns out they couldn't.

But the biggest outrage from hosting the Times of India Film Awards is in regards to BC's dying film industry. Several

Film School. However, local filmmakers are struggling to make their BC-based films, with less assistance from our provincial government than ever. To see a supposed \$11 million spent on this event and completely separate industry is a slap in the face.

Much of the finger pointing has once again been placed on Premier Christy Clark, who in recent months hasn't exactly been the Premier BC needs, and especially not the one we deserve. With the enormous "ethnic vote" scandal that broke last month, suddenly hosting the Times of India Film Awards made significantly more sense. As reported by Global, the event was highly encouraged by our Ministry of Tourism, with Clark announcing to the media that, "This event is just part of what's going to inject millions into our economy." Because we're still not done paying the debt from hosting the 2010 Winter Olympics—which at the very least was broadcast around the world. The Times of India Film Awards weren't even broadcast live!

I think BC citizens have had just about enough with this delusion and disrespect. I certainly have in regards to how our local arts have been treated.

Caffeine nation

The highs and lows of every student's favourite study aid

By Sonia Panesar, Contributor

Caffeine is an addiction we're accustomed to, but have you ever considered what it does to your body?

The recommended daily consumption of caffeine by Health Canada is 45 mg for children aged four to six; 62.5 mg for children aged seven to nine; and 85 mg for children aged 10 to 12. The recommended maximums for children are equivalent to about one to two 12-oz (355 ml) cans of cola a day. Health Canada doesn't specify limits for adult caffeine consumption, although they say that an average intake of 400 mg per day shouldn't have any negative effects. Women who are pregnant or planning to get pregnant should lower their intake to 300 mg/day.

What is caffeine? Caffeine is a substance that is produced by the leaves and seeds of several plants. It is considered a drug because it stimulates your central nervous system and increases your alertness by injecting adrenaline into your system. It's not a permanent form of energy, but it can lighten your mood. It can be found

in several substances such as coffee, tea, soft drinks, chocolate, and some over-the-counter medications and pain relievers. Most of the caffeine we consume is not stored in our bodies, though we can feel its effects for up to six hours.

Consumption of caffeine has its benefits, with the main one being an increase in your mental faculty, which is probably the reason for its popularity. Caffeine also increases your muscle strength, and it increases your metabolism rate by freeing fatty acids and helping them be burned down by your body. Caffeine benefits those who are at a high risk for liver disease, and reduces asthma symptoms. Caffeine can also stimulate hair growth in men and women who are losing their hair. One major positive effect is that caffeine can prevent cataracts. Cataracts are responsible for half the cases of blindness across the world, and studies have shown that eye drops containing caffeine can make eye surgery unnecessary.

However, the consumption of caffeine does have negative effects. There are some moderate effects and some more severe. The moderate effects include headaches, irritability, an upset stomach, increased heart rate and blood sugar, difficulty concentrating, and restlessness. People who drink up to more than three cups of coffee a day are addicted to caffeine, and they could experience mild withdrawal symptoms within

12 hours of their last cup. Severe negative effects of caffeine overconsumption include: panic attacks, sleep deprivation, prolonged depression, sleep disorders, irregular heartbeat, and continuous stomach problems.

Even though caffeinated beverages have negative effects they are useful to us in several ways, mostly when consumed in moderation. Pulling all-nighters with coffee isn't a great idea because you destroy your body's sleep cycle and abuse the receptors in your brain, the same way a drug like heroin would. If you are consuming too much caffeine on a daily basis, several things can be done to minimize withdrawal symptoms and cut back on your intake, such as swapping out one of your caffeinated beverages for something like herbal tea. Don't skip breakfast, try to keep fit, and exercise more: even small bursts of activity, like choosing the stairs instead of the elevator, will minimize withdrawal symptoms.

For those of you who have thought about completely forgoing caffeine, quitting cold-turkey is the worst thing you could possibly do. Suddenly cutting out coffee actually makes you crave caffeine more, so to be on the safe side, reduce your intake by one cup at a time, or switch to beverages that contain less caffeine, like black or green tea.



Program Spotlight: Student achievements

Print Futures: Professional Writing

By Monica Rolinski, Contributor

Wow! Here it is, April! Which means this article is about the Print Futures: Professional Writing students that have left their mark on Douglas College. The complete list of students, and their contributions, is pretty long. I mean, after 21 years of providing all forms of writing and design work for our campus, there is enough to fill a book. In the interest of this little piece of writing, I'll mention a few people specifically, listing some examples of their work and

some back story on what these pieces meant to them or what motivated them. Check out the online version of *The Other Press* for links to these students' accomplishments.

Let's begin with Sarah Khan. A superstar in her own right, I first met Khan about three years ago in an English course. She was studious, focused, and not afraid to ask questions. It's nice when people stay the same. Nearly three years later, Khan's diligence has brought forth some amazing results. Khan and fellow Douglas student Iloradanon Efimoff, created the Douglas College Feminists for Gender Equality club on Facebook.

That same semester, when Khan was in the second-year Editing course of the Print Futures program, one of the

assignments was to create a magazine. Quickly seeing that she could tie the feminist club in with a feminist magazine, she launched the first issue of *Woman* magazine. Her designing and editing skills were shaped into a professional craft by these combined projects. Then, on March 8 of this year, the college held its annual International Day of Women celebration. You may have seen the Douglas College Feminists for Gender Equality table in the concourse, or taken part in one of the three workshops offered by them. In keeping with the international theme, I'll end the section about this accomplished student with her next move. On May 7, Sarah Khan leaves for Zambia to complete a three-month internship with the Zambia

Global Leadership Program.

Another student that has contributed to life on the Douglas College campus is Eliot James. Even before the end of the program, James was helping promote student life by contributing to the community blog. In February of 2012, James wrote "Discovering the World on International Day" as a way to promote the students' involvement in the yearly International Day festival and celebration. Then in March, "Douglas College shapes up with the Biggest Loser and Health and Wellness Challenges" became the focus as 200 students, staff, and faculty worked together to improve their health.

James graduated from the Print Futures program in 2012 and wrote a couple more stories

over the summer. In September, this Print Futures grad was hired to promote the athletics department at Douglas College and became a regular contributor to the Royals' website.

Print Futures students have also made a mark all over the Douglas campus'. Caitlin Van Den Brink created the rebranding design for the Douglas College Business Association, and Jerrie Lynn Morrison coordinates the marketing for the Douglas association. And right here at *The Other Press*, our own editor in chief Sharon Miki, former Life & Style editor Laurel Borrowman, and former editor in chief/current layout manager Cody Klyne are all Print Futures grads. So check out this year's crop. It might inspire you to check out the program for yourself!

'The Other Press' guide to life: cleanliness (part two)

By Keating Smith, Staff Writer

Purchasing household cleaning products doesn't need to cost you an arm and a leg, especially if you're working with a student budget. However, if you hold off on a brew night with the boys and use the money to buy a few essential cleaning products for your residence, they can last you quite some time and make those unwanted science experiments you have growing in your pad disappear effectively.

Where to buy from: Avoid purchasing cleaning products from stores such as Safeway, Thrifty's, Superstore, London Drugs, Save-On-Foods, or any convenience store. Unless they have a sale on or you partake in clipping coupons like an old lady, you will pay a significant amount more for these products at those stores. Instead, buy them from places such as the dollar store or Army & Navy. These places will generally have the same types of product, but with significantly lower prices. Another place to consider is a bulk store such as Costco; if you do not have a membership, find

a friend or family member who does. You will acquire more than what you need but that's fine as it means they will last longer. Finally, one of the best-kept secrets for purchasing cleaning products here in Vancouver is from the Vancouver Flea Market on Terminal Avenue.

What to buy: In no particular order you should have the minimum: Windex, toilet bowl cleaner, Pine-Sol, LYSOL spray, vinegar, bleach, dish soap, a mop, a bucket, a broom, and any type of abrasive cleaning pads (some brands include Scotch-Brite or 3M). The cheapest way to acquire rags for cleaning is by cutting up old cotton T-shirts you no longer use or going to the Salvation Army and buying some.

Do not buy: Swiffer dusters, Bee Mops (complete garbage), and specialty cleaning rags. Avoid paper towels if you can. Newspaper works just as well as paper towel does and you have my permission to use this page to clean whatever it may be when you are done reading this.

If you are still feeling like these purchases may all be a little too much for your budget, then hot water with a touch

of vinegar or bleach and a rag will suffice when cleaning any surface in your home. Before I forget to mention this, do not mix bleach with ammonia or make a concoction with multiple cleaning mixtures unless you want to inhale some deadly gases and take a trip to the ER. If you think I'm joking, you should know that this kind of mistake is common. Finally, if your microwave resembles the set of a bad horror movie, you can place a bowl containing lemon juice and water inside it, let it nuke for two minutes, and wipe all that splatter off using little to no elbow grease.

So there you have it, fellow Douglas students. I sincerely hope that this has helped you a little, especially if you are living on your own for the first time and no longer have your parents around to look after such household tasks. Good luck, and don't be afraid to take a little time out of your busy student life to make sure everything in your house looks legit. Maybe, just maybe, you will find the chaos of school a little less intimidating if you have a clean and organized place to call home.



Keating Smith, showing you how it's done | Photo courtesy of Jude Hussain

Before you go

The preparation and apprehension of travelling

By Elliot Chan, Staff Writer

So you've decided to trade in the comforts of home for the adventurous world abroad. Good choice, but there is more to travelling than just hopping into a car or stepping onto an airplane. Sometimes we get so focused on the beaches, foods, and activities we forget that we are not entering a big playground; we are entering someone's home, natural habitats, and a different functioning society. These are important things to take into consideration before you depart.

While some friends would look at you with envy, others will eye you with trepidation, worried that you might not return. You can spin a globe around as long as you want and

never land on a perfect country. Every place has their own unique problems, whether it is poverty, political disputes, natural disasters, or all of the above. It is true we are fortunate to be living where we are, but bad things can happen anywhere at any time. Despite this, it is important we make choices that sustain

You don't just go some place to check it out!" He seemed outraged by my response, as if I had irresponsibly booked a flight to the moon. The old man's disapproval stayed with me for a while, but he was wrong... life is all about checking stuff out.

Now that you have your passport renewed, required

Any teeth, joint, or head pain should be properly assessed before departure. Your travel companions do not deserve to be your nurse for the length of the trip. And unless you are staying at an all-inclusive five-star hotel, try to get into reasonable shape. You won't be running marathons, but sightseeing can

Just imagine someone coming to your hometown and vandalizing your property because it was okay where they grew up. Odds are your bad habits will look bad in any country. Don't spit, don't cuss, and don't fight.

Not all locals enjoy tourists waltzing around their city. Most will gladly help you, but keep in mind that they too have busy schedules. They don't have all day listening to you fumble with words to communicate. Have a communication strategy if you don't know the language. Bring a translator or a phrase book and attempt to learn. You might feel like an ignorant fool, but it is part of the process. Plus, you are not as good of a charades player as you think you are.

Boarding time is approaching, and you are anxiously anticipating the trip of a lifetime. Always be aware that the worst-case scenario is just right around the corner—but it probably isn't, so have fun.

Just imagine someone coming to your hometown and vandalizing your property because it was okay where they grew up. Odds are your bad habits will look bad in any country. Don't spit, don't cuss, and don't fight.

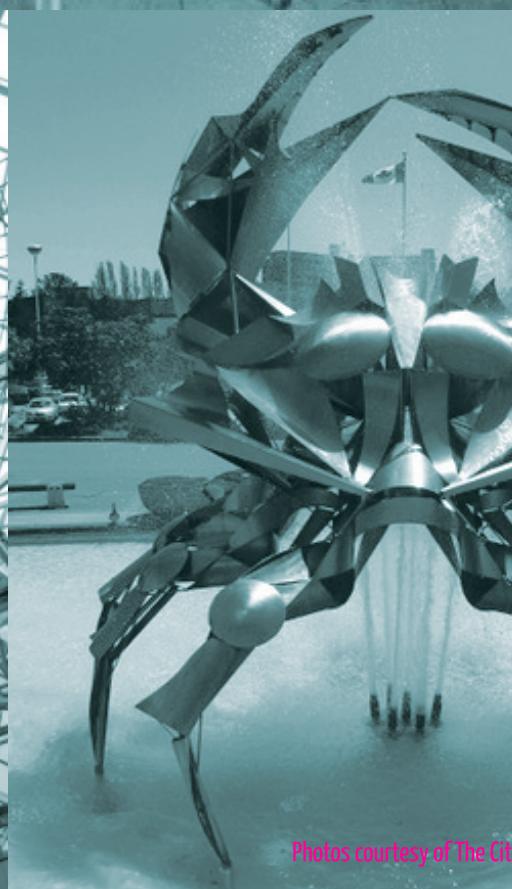
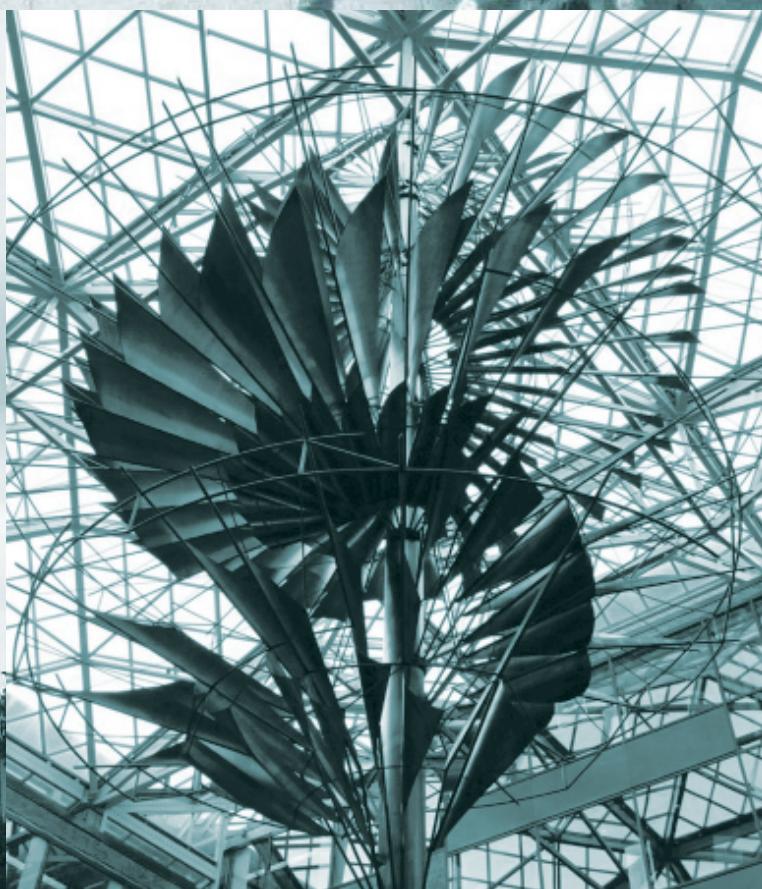
personal growth. I remember a conversation I had with an older man on a connecting flight in Salt Lake City. I asked him where he was going and he said, "Atlanta, Georgia to visit my family." Then he asked me the same question and I replied, "Quito, Ecuador, to check it out." "Check it out?"

visas, vaccinations, traveller's insurance, plane tickets, and packed bags there are few less tangible necessities that you should consider. Make sure you are physically healthy. I know you are a trooper, but believe me the smallest aggravation can ruin your long-awaited vacation.

be a strenuous activity.

Next, you must do some research about the culture. Wherever you end up going, understand that people don't always agree on the same customs. Tourists often feel immune to the law and plea ignorance, but that is not right.

GEORGE NORROS AND A DEHUMANIZED CITY



Photos courtesy of The City

D

By Liam Britten, Contributor

George Norris was not a bitter man.

But when the sculptor's greatest work, a graceful, 13.4-metre stainless steel abstract, was removed from its place outside Pacific Centre and destroyed by city workers, it affected him deeply.

Norris, who died last month at the age of 84, is remembered for sculptures like The Crab outside the H.R. MacMillan Space Centre, the concrete frieze on Postal Station D on Pine Street, and The Swimmer at the Vancouver Aquatic Centre.

But son Alexander Norris, a Montreal city councillor, remembers the motivation behind his father's art: enriching public spaces at a time when cold functionality was the order of the day.

"I think it was one of his most beautiful pieces," Alexander said of the Pacific Centre sculpture. "It saddens me to this day that it was taken away and destroyed."

wall of Eaton's replaced the theatre and shops on the west side of Granville Street.

"Entrapment and gloom" were what people felt as they walked by, Norris wrote. Ignored were pedestrian flow, light, airflow, and even a sense of freedom and movement that vibrant public spaces demand.

"My father had enormous frustration with [Cesar Pelli], the architect involved in that project," Alexander recalled. "I think it's interesting because there's a new appreciation that such architecture is highly inappropriate for urban settings. When we think about the streetscapes, I think time has vindicated my dad and his vision more than Cesar Pelli's."

After meeting with Pelli in Los Angeles, Norris was invited to propose a sculpture concept for the intersection.

An intersection for the people

Norris wanted to make the intersection inviting to human beings once more with this sculpture. His proposals called

"That piece was designed for that site, a glass canyon, very windy because of the different heights of the towers," he said. "The wind catches and swirls around in there. So Norris was responding to the wind currents, the vertical nature of the glass towers around it."

From 1974 to 1988 it stood in the spot it was painstakingly designed for. Then it was taken down by Pacific Centre owners Cadillac Fairview so they could fit another enclosed structure in its space.

\$50,000 of scrap

To Rammell, it was obvious the managers at Cadillac Fairview had no idea that they destroyed the context of the statue when they gifted it to the city of Surrey.

"The problem I have is bankers or whoever, think the sculpture doesn't belong here anymore, so send it over there and it'll be fine over there, which is bullshit," he said. "You put that in a mall in Surrey and it's silly. The whole idea was

New home, same ideals

George Norris never again worked on public art in Vancouver. He was tired of the proposal process, the revisions, the rejections.

"Certainly that whole experience maybe underlined his disillusionment with the whole competition process and doing public art, but I wouldn't try to claim that because this happened he stopped doing art or it discouraged him," Alexander said of his father.

He moved to Shawnigan Lake, on Vancouver Island, and he continued his work to enrich public spaces.

He collaborated with the architect of Shawnigan Lake's community centre in the 1990s and invited the townspeople to contribute decorative artwork for the building.

Together, they crafted a public space in the truest sense of the word—one that still stands to this day.

People for Kerrisdale, Kerrisdale for the people

Norris' vision ran contrary to the minimalist values of his 1970s contemporaries. He felt these values were alienating and inhumane, and cities that used it as their design philosophy were building for cars, not a public made of human beings. Pacific Centre embodied everything that was wrong about these values.

But it did, while it was there, provide something of beauty for passersby to appreciate in an otherwise gloomy and oppressive intersection."

Norris' vision ran contrary to the minimalist values of his 1970s contemporaries. He felt these values were alienating and inhumane, and cities that used it as their design philosophy were building for cars, not a public made of human beings.

Pacific Centre embodied everything that was wrong about these values.

The LA vision of Vancouver

Pacific Centre was the result of a redesign of the corner of Granville and Georgia, and it took away everything Norris loved about a once vibrant intersection: theatres, neon lights, shops all within easy access for pedestrians.

Now, the shops were underground. The open spaces were shaded by a pair of massive, dark, glass-and-steel towers and the massive white

for a sculpture, a fountain, canopies, planter boxes, seating—things that would encourage passersby to stay a moment—but only the sculpture and fountain were approved.

The abstract sculpture, unnamed, as was Norris' style, stood 13.4-metres tall and was made of stainless steel. It evoked a dancer's physique, graceful and lithe. It reflected West Coast aboriginal art and natural patterns of growth.

Norris wrote in a letter that the sculpture was full of "actual and implied tension": actual tension in the bronze struts emanating from a central hub, and implied tension between the public and private nature of the space that contained it.

George Rammell, a sculpture instructor at Capilano University, called the work "unmistakably the greatest sculpture of its time." He helped fabricate the piece and said it was the culmination of Norris' lifetime of expertise brought to bear on a singular work.

so bizarre. They lost a piece of national treasure status by moving it out of there."

For eight years, the sculpture was in limbo in the hands of the city of Surrey.

Then, in 1996, it was reported that the sculpture had been destroyed. It was scrapped and sold for \$50,000 to a metal dealer.

The city said it was mistaken city workers who destroyed it. The workers' union blamed a mid-level manager. Norris considered it "unproductive" to assign blame, he wrote in response to a letter of apology from Surrey's then-mayor, Bob Bose.

He spoke bitterly to newspapers, though, telling the *Vancouver Sun*, "Vancouver chews us up and spits us out."

He lamented the year of "difficult and frustrating labour" spent in scaffoldings of foundries in False Creek and Coquitlam crafting a sculpture he likened to one of his children.

Alexander Norris remembers when George and his wife, Phyllis, saw a desolate street north of 41st Ave. in Kerrisdale during the 1960s.

The City of Vancouver never planned to beautify that street, but it was beautified nonetheless.

The Norisses and their neighbours blocked off the intersection, near the commercial heart of Kerrisdale, and worked to make it a more inviting public space.

"They got planters and painted old furniture and they re-claimed, in a way, the street for the people," Alexander said.

Like Pacific Centre, the re-decorated street off 41st Ave. no longer bears the mark of George Norris.

But its creation in the first place showed George Norris' commitment to enriched public spaces—both through his art and his actions.

The Other Dress – April 16 to 22

By Savis Irandoost, Contributor

Taylor Scott

Environmental Studies

Who do you think is the best dressed celebrity?: "I dunno... Helena Bonham Carter? I don't care."

What is your favourite style era?: "Probably '70s or '60s."

Most desired clothing item: "A nice jacket. Like, an actual leather jacket. I don't want any of that pleather shit anymore!"

Most embarrassing clothing item: "My little boy Batman tighty-whities. I wore them to a morning after party and I stuck a sock in them and it just looked awesome!"

How would you describe your personal style? "A mixture of every era combined into one."



Nailin Chen

Marketing

Who do you think is the best-dressed celebrity?: David Beckham. Brad Pitt. Johnny Depp! I like his style, but it's difficult to imitate because it's so unique."

Most desired clothing item: "I like a lot of different styles of clothes, because I think clothes match different locations. If you're doing sports, or at school, or in an office, you should wear different kinds of clothes or accessories. I'd like a fancy suit, but not too fancy. Just a little bit fancy."

Most embarrassing clothing item: "I bought a sweater with an opera face on it. First time I saw it I think, 'Oh it's kind of Chinese anime, should be nice,' but the first time [I wore it] out, everybody looked at me and said 'That's weird.' I never wore it again."

How would you describe your personal style?: "I would say comfortable. I don't dress for a particular style, as long as it's comfortable. Everything must fit my mood."

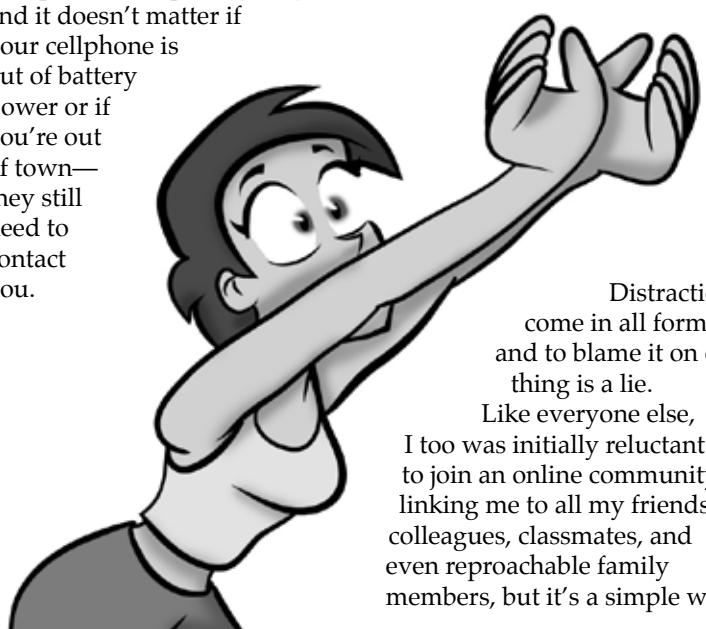


Don't get disconnected

Alternative means of communication should be mandatory

By Elliot Chan, Staff Writer

A dmit it: you're an important person. People rely on you, and it doesn't matter if your cellphone is out of battery power or if you're out of town—they still need to contact you.



Distractions come in all forms, and to blame it on one thing is a lie.

Like everyone else, I too was initially reluctant to join an online community linking me to all my friends, colleagues, classmates, and even reproachable family members, but it's a simple way

Technology is so accessible now that it would be ridiculous to not embrace it.

Some worry that social networks may become an addiction and a waste of time, but the truth is, if you're a procrastinator, you'll have more than Facebook and Twitter to contend with.

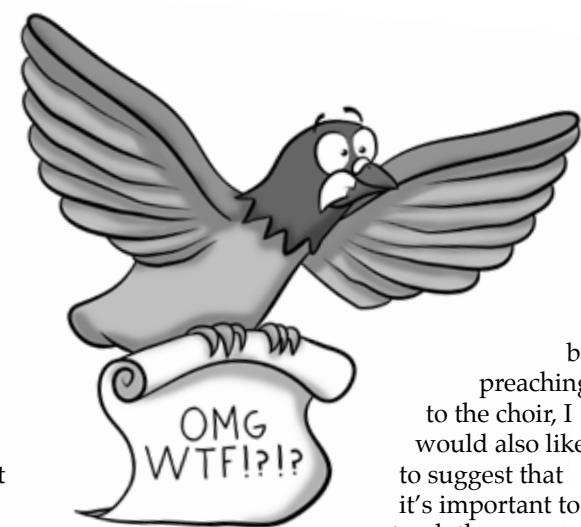
of keeping them in my life. You might not share their love of cats or inspirational quotes, and they might not care about your vacation pictures or status updates—but that's not the point. The point is that you know they are there, and vice versa.

If a cellphone is your only lifeline to the world, then you might end up a castaway. News travels fast. If you only get social updates from word of mouth, then odds are it's already old news. Very few social engagements are arranged face-to-face or even over the phone. Usually there is one person organizing the event, which is a strenuous job in itself, but inviting people is often even more troublesome. Simply being present makes their job a lot easier. If you want to be properly invited, then allow yourself the opportunity. That way, no feelings will be hurt.

Privacy is a problem we all deal with in social media. You don't want your employers seeing your party pictures, and

you don't want disdainful individuals creeping your page. These are circumstances we all have to face alone. The same way you wouldn't leave your front door open for intruders, you also shouldn't leave your Facebook accessible to just anyone. We're all on different levels of security, so it's important to recognize the unsavoury ones.

In the same way that foregoing insurance is irresponsible, dismissing forms of communication is inconsiderate of yourself and others, whether they depend on you to show up for a coffee date or to meet a deadline. Technology is good. It's the new generation, and though I might



be preaching to the choir, I would also like to suggest that it's important to teach these means of communication

to the elderly. It might seem horrid seeing our parents on the Internet, browsing through our Twitter and reading our blogs, but hey, why should we hoard a good thing? They fill out census forms and they pay their taxes, so why shouldn't they be reachable to the wider world? After all, your home makes you a resident of your community, your job makes you a member of an organization, and your online presence makes you a citizen of the technological world.

Lowering the bar

Fear mongering in bar bathrooms

By Avalon Doyle, Contributor

I t's Friday night and I'm in Langley at Gabby's Country Cabaret with one of my girlfriends. I'm there to look pretty, dance, and maybe lasso me a cowboy. The last thought on my mind is, "I'm probably going to get the Human Papillomavirus tonight from said cowboy and die of cervical cancer." It's the last thought on my mind up until I make a trip to the loo, where I sit reading an advertisement for a HPV vaccination that says, "Don't get screwed by cancer: get immunized against HPV."

Ads like this are in every bar I've been to in the past year, and they're ridiculous for several reasons. In this example, the copywriters and drug company went for a punchy line over factual accuracy. The vaccine doesn't protect against all forms of cancer; it can reduce your chances of developing

certain strains of cancer associated with HPV.

There are many misconceptions about sexual health that already exist in the world, which largely has to do with society's values associated with sexual acts. I don't think it's fair that a huge drug company uses its ad-buying power to perpetuate ignorance, or uses my girls' night out as a chance to scare me into using their product.

My second issue is a much larger one: these ads are another form of slut shaming. Especially the aforementioned ad, "Don't get screwed...": the advertisers highlighted "screwed" in red—really driving the point home. As a writer, I know that these words aren't randomly chosen and the poster isn't randomly placed. They put it in a bar where girls go out, amp themselves up on a little liquid courage, and maybe think about taking home a cute boy. Then the ad literally catches them with their pants down, bombarding them with an inappropriate message that suggests they will definitely get burned by their sexual habits.

There's no "You could get this," or "You might get that." It's always "You will get cancer." It reminds me of a scene from the movie *Mean Girls*, where the sex education teacher tells the class, "If you have sex, you will get Chlamydia, and die."

Port Coquitlam's Treehouse Pub is even more abrasive. Their bathroom features an ad from the Canadian Women's Foundation that reads, "Congratulations, it's a girl. She has a 50 per cent chance of being physically or sexually abused." Then the tag line reads, "For girls growing up in Canada, it's tougher than you'd think." No shit, Sherlock. I know that—I am a girl. What I'd like to know is where that statistic comes from. Is it 50 per cent because women make up roughly half the population? Again, they choose shock value over helping us to understand the facts.

I still have no idea why this is in the women's washroom. Does the Canadian Women's Foundation believe women don't know how difficult and scary it often feels to be a woman in our society? When I was a child, I wasn't allowed

to go outside for recess or ever play beyond an adult's sight because a child-molester was calling my mother every week to talk about me. That man never got to me because my mother and the women around her kept me safe—the cops said they couldn't do anything unless he hurt me first—and yet the Canadian Women's Foundation thinks we need to be told to keep women safe. Shouldn't such an ad be in the men's washroom?

Did anyone know that Gardasil is available for men in Canada? It's not included in the proposed programs for HPV vaccinations in middle schools—that's just for girls. I've never seen it advertised. I never hear about men being told to take care of their sexual health. In bar bathrooms, advertisers encourage them to try this new beer, or these new smokes. Why not tell them that the vaccine may prevent their penis from breaking out in big, nasty genital warts? Or maybe we should be telling men their little girl has a 50 per cent chance of being physically or sexually abused.

The way it is now makes

me feel like I'm being told that it's my responsibility. It's my job to keep my precious womb disease-free, and mine alone. Just as I've always paid for my birth control and the morning after pill, and just as it's women who accompany other women to abortion clinics. Sex is a shared act between two consenting adults—or it should be—but the consequences rest on my shoulders alone.

I'm not asking for it to be solely a man's responsibility, either. That would be just as wrong. I'm just asking that if the act is between two people, that advertisers treat the consequences equally. There should be just as much of a push to vaccinate men, and just as much responsibility on them to keep women safe. I'm done with being told I'm wrong for being a sexually expressive, independent woman and that my actions will undoubtedly lead to me being raped, getting HPV, and dying of cancer.

The better option would be to stick the ads on the back seat of a cab and make us both think about protecting our sexual health.

Veggie tales

The acceptability of raising vegetarians

By Natalie Serafini,
Opinions Editor

I've been a vegetarian for almost a year now, and something I've considered during that time—as scientists have warned that food shortages could force the world towards vegetarianism, and as pig meat shortages have threatened the world's bacon reserves—is the ethicality of raising children as vegetarians. While I take it for granted that raising mini vegetarians and vegans is perfectly acceptable, others I've discussed this with see it as a form of deprivation. These accusations of meat-withholding probably have more to do with an infatuation with bacon, burgers, and all things beefy, but it does bring up an interesting question about the extent to which our beliefs should limit those around us—especially if those around us are helpless little tots who really just want a pork chop.

Obviously I'm slightly biased since I've already abandoned meats for eats, but there's a serious discussion to be had about the sustainability of raising omnivores. Some scientists have suggested that the world is headed for vegetarianism because the industrialized food system can't support mass production of meat with rapidly disappearing resources. We're also directing

food, like corn, that could feed people towards animals that could easily eat grass. In addition, it's environmentally unsustainable to invest tons upon tons of water in animals being raised for slaughter—not to mention the energy expended raising, killing, and transporting these animals. I'm purposely avoiding a drawn-out discussion on animal sentience, but I will say I think most creatures are adorable, and I'm not big on sticking a fork in them or otherwise harming them.

So, personally, I think it's more sustainable to at the very least limit meat consumption. Nonetheless, it's easy to make the argument that, while having those beliefs and putting them to action is all well and good, you can't force other people to adopt your beliefs. Try to convert them all you want, but imposing your morality or lifestyle on others is just that—an imposition.

While I'm against pushing anything on anyone, I think presenting information like this is a wholly different matter. Particularly in the case of raising kids, it's like teaching your child that it's wrong to bully other kids. You explain to them that it's wrong because it's hurtful and you shouldn't be mean to people. It's as simple as that.

A lot of people, myself included, might wonder whether it's right to deprive children of the joys of hamburgers and hotdogs. But hamburgers and hotdogs aren't necessarily the healthiest things to eat, and there are other delightful foods out there. If you walk a child to school

in the morning rather than driving them, technically you're depriving them of the comfort of a car ride. Because it's healthier to walk, that "deprivation" is justifiable. You don't parent based on the idea that you shouldn't deprive your child of certain things, you parent based on your own morality and lifestyle.

The other aspect of imposing a lifestyle on a child is that every decision you make in raising your child imposes a certain lifestyle on them; you just have to decide what is more socially and morally responsible. You could say that, by encouraging your child to be omnivorous, you're imposing a meat-eating lifestyle on your child, or that any religious family is imposing religion on their children. I'm all for allowing kids to make decisions for themselves, especially with regards to their beliefs; after a certain point, though, you have to stop worrying about influencing the kid too much and just realize that no matter what you do, you're going to encourage them in a certain direction. It's just a matter of whether you make it clear that it's ok for them to make their own decisions—even if that means your little vegetarian grows up to be a big ol' carnivore that rivals a tyrannosaurus rex.

Of course, you have to make sure you're raising the kid healthfully and that they're getting enough protein in their diet, but that's really easily accomplished. Many adults manage to be vegetarians without dying,



and some religions restrict the consumption of meat—if you research alternative sources of protein, it's easy enough to give up meat and still be healthy. In the end, you have to decide for yourself if you want to limit your own lifestyle, and that's definitely a personal decision.

If you're choosing a specific lifestyle because you genuinely believe it's right, whether that's a religion, a dietary choice, or anything else, it will please you to know that others are influenced to see things your way.

Jobless stress

Why is finding a decent job so difficult?

By Sonia Panesar, Contributor

As students, we always have expenses, from textbooks to clothes to the costs of living. Some money might come from parents, but then again, you need your own spending money. This is where having a job is necessary.

I've had several jobs in the past, and none of them have

been stable, although I've tried my best to find a good one. In high school, I needed 30 hours of work experience to graduate, and I ended up splitting this work experience between two jobs. One was volunteer work, and the other was a job delivering newspapers twice a week. That might sound like fun initially, but let me tell you the truth: after a day at school, I would come home and put together all the flyers, which would take about half an hour. Then I had to deliver the newspapers in batches no matter what the weather was

like, whether pouring rain or burning sun. With a backpack stuffed with newspapers and my arms supporting as much weight as they could, I would deliver the papers and walk back home when I ran out. It was exhausting, and it was even worse because the pay was \$25 every two weeks, while delivering the newspapers required at least five hours of work a week. It didn't meet the minimum wage because the pay was according to the number of newspapers that were delivered—still, it was definitely not worth it.

Since then, I've had trouble finding employment, despite my best efforts. After the 30 hours of work experience were completed, I started looking for jobs online. I applied to as many opportunities as I could, but I didn't get any feedback. I didn't want to sit and waste time, so I tried bulking up my résumé with some volunteer work. After adding more experience to my résumé, I applied for jobs again. From McDonald's to clothing stores, there hasn't been any response. Out of the 50 jobs that I applied to, I got a response from only one, which I

interviewed for. I didn't get the job.

What really surprises me is that I have so much volunteer work, and getting work experience volunteering hasn't landed me a job yet. I have to wonder why. Working while going to school is often necessary, but for whatever reason, it seems like employers are unwilling to give students a chance—perhaps because of our hectic schedules, our youth, or our supposed lack of experience. Finding a job shouldn't be so difficult, and yet it is a tedious part of being a student.

Rants and Raves

Do you want to share something you love or hate? Has something been weighing on your mind? Then write it out! If you have a quick rant or rave that you'd like to submit for publication, contact the Opinions Editor at opinions@theotherpress.ca—we want to hear from you!

I think I may be alone here, but I can't stand when intersections or guard railings have make-shift memorials planted beside them, "honouring" someone who died there. First off, I thought that's what cemeteries were for? If we're going to be erecting tributes everywhere someone died, then places like hospitals would be overflowing with things like flowers and plush animals. Frankly, seeing roadside memorials is depressing and after a few days in the rain, unpleasant to look out. If you want a way to warn drivers about a potentially hazardous intersection or piece of road, maybe start a petition to have a sign put in instead of transplanting a temporary garden.

- Roadside rage

Headphones are my favourite accessory. I want to acknowledge that few people—myself included—actually look good sporting massive pods on either side of their head, but after I recently canned my earbuds in favour of something more substantial, I know I can't go back. I've always had trouble making earbuds stay in my bizarrely small ears, but even apart from that, the experience of listening to music on headphones is so much better. Ears don't hurt from having music blasted directly into the drum; they block outside noise much better, so I don't have to listen to honking cars or chirping birds if I don't want to; and if you invest in a good pair, the sound quality is much better. They're spectacularly dorky-looking, and aren't nearly as sleek or subtle as the easily hidden earbuds, but there's really no other way to listen to music.

- Music to my ears

I'm nowhere near being an expert in health, but I'm really sick of hearing about how unhealthy binge drinking is, and how college students are slowly killing themselves one bottle at a time. No one's pretending that they're paragons of health by downing shots, and to be honest, few people even think about the effects of alcohol on their liver when they're at a party. That's one of the points of going to a party: have fun, and forget about exams, commitments, and other concerns. I'm well aware that it would be better to limit how much alcohol I consume. My hangover the morning after drives that point home just fine without articles and advertisements warning me that my organs are shrivelling up. Obviously people should be safe, drink with people they trust to avoid becoming vulnerable, and not die. Those warnings are fine, but I'm young, I like to have fun, and I don't want to hear about how my having fun is dangerous to the health of my organs.

- Sorry for party rocking

I don't think this gets emphasized enough outside of fights that develop from little white lies, but honesty really is the best policy. Every once in a while I'll find myself in a situation where telling someone the truth will be awkward and embarrassing, possibly hurtful, and almost definitely complicated, and like most people, I'm tempted to lie. Whether by omission or admission, a lie is almost always the easiest way to go, at least in the short-term. But I'm slowly finding, based on the few times that I've recently had to confront my aversion to honesty, that I don't regret telling the truth. I don't regret being honest about what I've thought, felt, or done. I only regret other people's reactions to my honesty, and their reactions are up to them—not me. So, much as I don't really have anything against lying (it's still a tempting little treat), I'm finding more and more that I love being honest.

- TBH

Cooking is not rocket science

Getting to the bottom of the Yvonne Brill memorial scandal

By Angela Espinoza, Arts Editor

Canadian rocket scientist Yvonne Brill sadly passed away on March 27 due to breast cancer at the age of 88. Brill's enhancements of propulsion systems and inventions, some of which are still used today, have secured her as one of the great scientific minds of the past century. Unfortunately, while this should be a time to mourn and celebrate a great person, Brill's accomplishments in her lifetime have not been making the headlines. In place of these

accomplishments, you'll find the highlight of these stories has been her beef stroganoff—or, at least, the outrage of it.

To clarify, the Winnipeg-born Brill spent much of her working life in the US, having most recently been a resident of New Jersey. As such, Douglas Martin of *The New York Times* felt obliged to write a loving obituary in Brill's memory, which was published on March 30. The following is what the opening of this obituary originally read:

"She made a mean beef stroganoff, followed her husband from job to job, and took eight years off from work to raise three children. 'The world's best mom,' her son Matthew said.

But Yvonne Brill, who died on Wednesday at 88

in Princeton, NJ, was also a brilliant rocket scientist, who in the early 1970s invented a propulsion system to help keep communications satellites from slipping out of their orbits."

Within the next day, there was a public outcry against the offensive intro. The *Times* edited the piece so that, "She was a brilliant rocket scientist," now replaced, "She made a mean beef stroganoff." The rest of the article otherwise reads as it was, which, to be fair, is a respectful and detailed account of Brill's career and family life. (Her son Matthew was interviewed for the piece, after all.)

Though there still remains the line, "followed her husband from job to job and took eight years off from work to raise three children," which is just as unsettling to read. At this point,

with all the attention the piece has garnered, the argument is no longer about *who* Brill was, but *how* the public should remember her. But the argument doesn't end there, because now attention also rests on how all women's careers *should* be viewed.

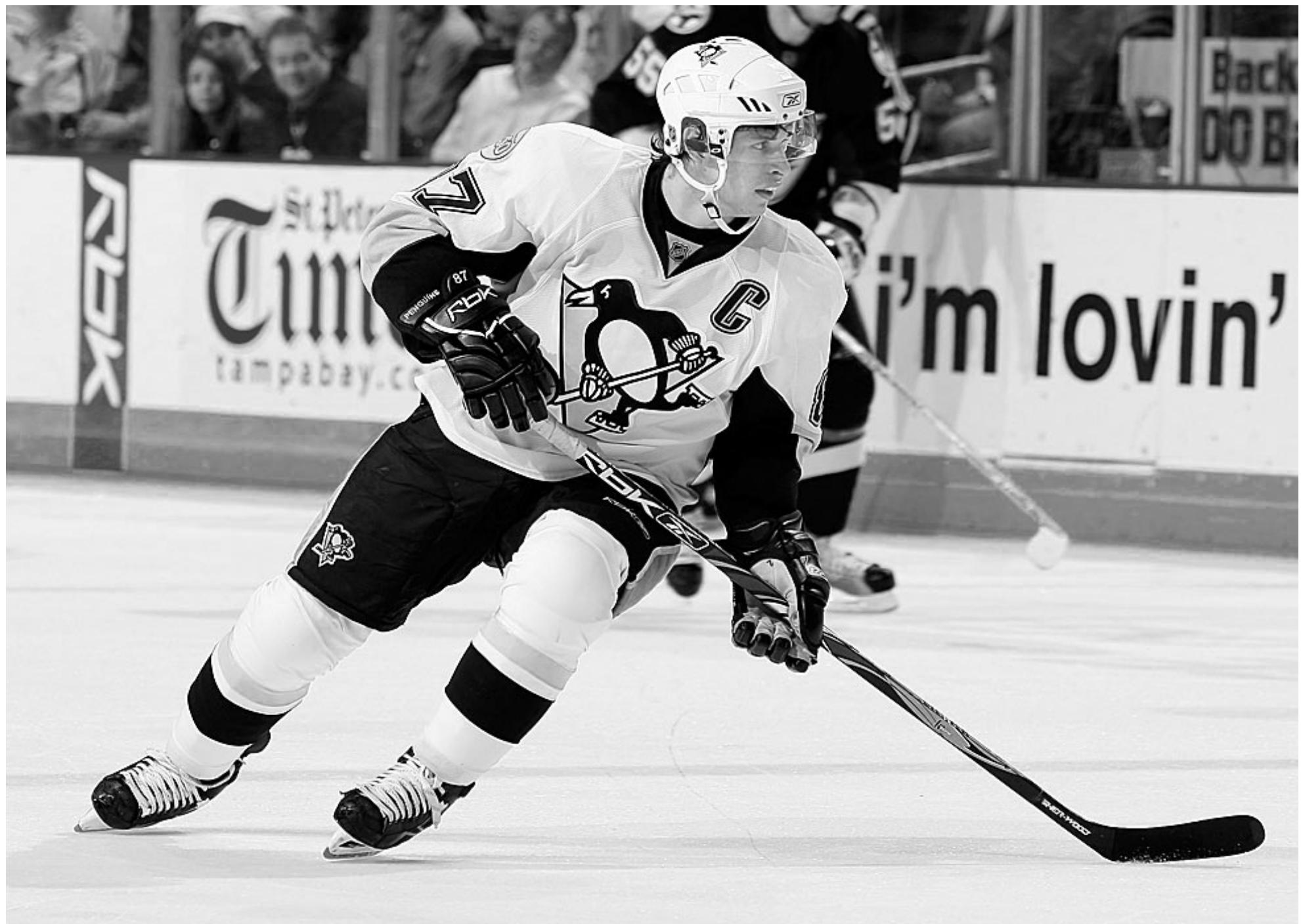
What was originally a blind mistake (I hope) has become another painful reminder that no matter what a woman does with her life, she's just going to be associated with kitchens and family in the end. Rocket science was not Yvonne Brill's side project, or something her husband assumedly allowed her to do.

What if Brill had never gotten married or had children? Well obviously this is how her obituary would read: "Yvonne Brill was a brilliant rocket scientist who died on

Wednesday at 88 in Princeton, N.J. In the early 1970s, she invented a propulsion system to help keep communications satellites from slipping out of their orbits."

Better question, after all the negative response, why the hell doesn't it read that way now? Why couldn't something like, "She was also a loving wife and mother, who took eight years off from work to raise three children before returning," be the first part of the second paragraph instead?

It's wonderful that Brill was a good mother who found a way to balance her career and her family life. But I also hope this serves as a reminder that unless she is a chef of some sort, no woman should ever have her obituary start with, "She made a mean beef stroganoff."



Sidney Crosby | Photo courtesy of www.pittsburghsportingnews.com/crosby-talks-nhl-lockout

The sole goal

Best players of the 2013 NHL season

By Elliot Chan, Staff Writer

For a moment there in early January, hockey fans were ready to call it a year; but after a significant portion of the season, the lockout is now fading in the rear view mirror. Still, the shortened season has produced some magnificent performances from some of the games most experienced players and young up-and-comers. It will not only be an interesting playoff run, but also a tight race for the players' trophies awarded at the end of the year.

Hart Memorial Trophy: Despite breaking his jaw in a game against the New York Islanders, Sidney Crosby is

the prime candidate for the NHL's version of the MVP. But if voters are feeling generous, they might turn their sights to an unexpected candidate: Columbus Blue Jackets goalie Sergei Bobrovsky. After losing star forward Rick Nash in the summer, Bobrovsky has displayed heroic numbers with a 2.01 goals against average, a .932 saves percentage, and a record of 16–10–6. If the Blue Jackets are able to sneak into the playoffs, consider him the contender.

Calder Memorial Trophy: The top rookie award is a three-player race between Florida Panther's Jonathan Huberdeau, Ottawa Senators' Cory Conacher, and St. Louis Blues' Jake Allen. Huberdeau and Conacher have been neck and neck all season. The league can flip a coin on those two

young forwards and do no wrong, but the wild card is Allen. The 22-year-old goalie has carried his team at various points throughout the season, while veterans Brian Elliott and Jaroslav Halak were coping with injuries and poor play. The Blues would not be in playoff contention if it weren't for Allen's 9–4–0 record.

James Norris Memorial Trophy: Many would be surprised at the beginning of the season if one were to say Sheldon Souray and Francois Beauchemin of the Anaheim Ducks would be considered among the best defensemen of 2013. But that is exactly what they are. Beauchemin is spotting his first positive plus minus season since 2006–07 with a +24. But other teams are not forfeiting the title to the Ducks so hastily. Often awards are

given not just by performance, but also by reputation—and few have a better reputation than Boston Bruins' Zdeno Chara while others believe that P.K. Subban from the Montreal Canadiens has a good chance, leading all defensemen with 32 points.

Frank J. Selke Trophy: Awarding a player based on how they consistently perform in games, rather than on statistical prowess, is a hard one to select... in theory. But there's no denying that Pavel Datsyuk of the Detroit Red Wings is the main candidate. Few players can play like Datsyuk, with his shifty style he can steal a puck, finesse it, and score a goal before the opposition even knows what happened.

Lady Byng Memorial Trophy: It would be a surprise for Patrick Kane of the Chicago

Blackhawks to be rewarded the player with best sportsmanship, mainly because of his past reputation. But his minuscule four minutes of penalty and 46 points proves that he is a maturing player, focusing more on winning games than showboating. Another player worth recognition is Matt Moulson from New York Islanders, who has 37 points and also four minutes of penalties.

Vezina Trophy: This is the year where back-up goalies have come into full form. Although Bobrovsky is the touted favourite, Tuukka Rask from Boston is really calling for attention in the league with a .928 SV% and a 1.95 GAA. Ray Emery of Chicago Blackhawks may be the dark horse, but with a 14–1–0 record in the season so far, how can anyone deny his proficiency?

Bring on the playoffs

The pressure is on

By Josh Martin, Sports Editor

While it may seem like the season is just getting started—just like that—we find ourselves in the final few games of the shortened regular season, on the cusp of enjoying some playoff hockey. Here's a look at several favourable teams and surprises heading into the 2013 NHL playoffs.

The Pittsburgh Penguins are the clear number-one favourites heading into the post-season with the likes of late-season acquisitions star forwards Jarome Iginla, and Brenden Morrow as well as Jussi Jokinen and defensemen Douglas Murray joining the already star-studded cast of Sidney Crosby, Evgeni Malkin, Pascal Dupuis, Chris Kunitz, James Neal, and Kris Letang. This team was already dominating the Eastern Conference before they acquired the aforementioned players, but now they look as if they're a bona fide all-star team. Anything short of

a Stanley Cup this year will be a disappointment for the Penguins, who are first overall in the East and second overall in the NHL behind the Chicago Blackhawks. However, with recent injuries to Crosby—who suffered a broken jaw after a slapshot from teammate Brooks Orpik hit him in the face—Neal, Letang, and defensemen Paul Martin, the trade acquisitions are coming up more useful than mere depth players that they were expected to be.

Luckily for the Penguins, Crosby is expected to be back before the playoffs, as well as Letang.

As of last Sunday, the Chicago Blackhawks are the first team in the league to clinch a playoff berth. The team that started the season with a sensational run of gaining at least one point in a 24-game period have not let off the gas pedal since. The Blackhawks are currently the number one overall team in the NHL, with only five regulation losses and an impressive 30–5–4 record.

With only a handful of games left, it looks as though the Blackhawks will capture the

Presidents' Trophy as the team that amasses the most points in the regular season. But looking back in the past four years, the Trophy winners have all come up short, not even making it past the first round of the playoffs (with the exception of the Vancouver Canucks, who lost in the Cup finals against the Bruins two years ago.)

All eyes will be on the Blackhawks in the West to make a deep playoff push, especially if they finish first overall in the regular season. It's theirs to lose, and that has proven to be a decision maker in the past several years.

It looks as though this will be the first year since 2004 that the Toronto Maple Leafs will be making a post-season appearance. Maple Leaf nation has gone nine miserable years without cheering for their team in the months of May and June. But that will soon come to an end if all goes well, as they sit in fifth position in the Eastern Conference with a 22–13–5 record and 49 points with eight games remaining in the regular season. Just being in the playoffs is a huge accomplishment for

Toronto, who could possibly fly under the radar for a deep playoff push.

With Nazem Kadri having a spectacular breakout year (17 goals, 23 assists, 40 points), Phil Kessel leading the way (14 goals, 26 assists, 40 points), and goaltenders James Reimer and Ben Scrivens playing solid between-the-pipes, Maple Leafs fans finally have a team worth getting excited about.

The Montreal Canadiens have possibly had the biggest turnaround year in the NHL. After finishing last in the Eastern Conference last season with a terrible 31–35–16 record and 78 points in 82 games, the Canadiens have played like a team possessed, going 25–9–5 in 39 games while collecting 55 points.

Rookie GM Marc Bergevin, who was hired last May by Montreal, is looking like the favourable candidate for GM of the year after taking a risk in hiring the former Canadiens head coach Michel Therrien to a second stint with the team—which has evidently paid off. He also locked up goalie Carey Price, winger Max Pacioretty,

and juggernaut defencemen P.K. Subban for several more years. The Canadiens are one of the top teams that have emerged in the East behind the Conference-leading Penguins heading into the Playoffs.

Last but not least, the Ottawa Senators have had a truly remarkable season. Despite devastating injuries to superstar defensemen Erik Karlsson and sniper Jason Spezza, they have played exceptionally well going 19–14–6 with 44 points in 39 games so far this season. They are sixth in the East, with the New York Islanders, and New York Rangers knocking at the door with 44 points apiece, sitting at seventh and eighth place respectively. On the upside, Karlsson has been skating with the team as of late and may return within the next month, depending on whether or not the Senators make the playoffs. If they do and Karlsson returns, he will provide a huge boost in the Senators lineup next month, which will increase the chances of this underdog team putting up a fight against the beasts of the East .



Toronto Maple Leafs goalie James Reimer, centre, celebrates with teammates Phil Kessel, left, and Tyler Bozak, right. | Nathan Denette/CP



Cornerback Richard Sherman of the Seattle Seahawks | Photo courtesy of Steve Dykes/Getty Images/Vancouver Sun Columnist

Keeping focus

Richard Sherman's comments bring Adderall to the forefront

By Eric Wilkins, Staff Writer

Richard Sherman, star cornerback for the Seattle Seahawks, has always been a colourful character, to say the least. Having such a personality often leads to some negative media coverage, and Sherman just landed himself in some hot water. The outspoken all-pro recently went on record as saying that "half the league" takes Adderall.

The league was none too impressed with Sherman's comments and released the following statement on the matter: "The comments are ill-informed and inaccurate. Adderall is easily detected under current testing and will result in a suspension absent

an approved therapeutic use exemption. If his statement were true, we would be seeing many more positive tests and suspensions. More importantly, his comments are irresponsible, as they ignore the serious medical risks and documented public health crisis associated with the improper use of Adderall and similar drugs." Sherman quickly tried to cover his tracks by saying, "First off, I didn't say that. It's just another case of these writers trying to gain a little notoriety in an interview."

Amusingly, *The Vancouver Sun*, the newspaper in which the interview appeared, released a video proving the quote was correct; the quote was taken out of context but was there nonetheless. However, the take-away from the incident isn't really about Sherman shooting his mouth off, but rather the growing image that Adderall is a normal and

common drug for players to take.

Adderall, a drug usually prescribed for those with ADHD, is often used by those without the condition to help fuel or sustain their focus and energy. College students are known to take it around exam times when cramming or finishing final assignments. And how does that relate to football players? Playbooks are filled with endless diagrams that have to be studied and memorized; a slip-up studying can lead to big mistakes on the field. Players truly have to be students of the game. Late-night or early-morning film study sessions can be difficult to get through and getting pumped for a game isn't easy all the time, and it appears that many are turning to Adderall to help them through the process.

There's one problem though: Adderall is illegal and considered a performance-

enhancing drug (PED) in the NFL. Some manage to get around this by procuring a prescription for the drug by some means, but the substance is likely being abused by the majority of its users in the league. Two recent cases of the NFL cracking down on Adderall use (according to the rumours) were the aforementioned Sherman, and fellow Seahawk Brandon Browner. Sherman fought the suspension and won by claiming that the sample was mishandled, but Browner simply took the four-game ban. While it will remain unconfirmed whether Adderall was actually to blame (due to the union preventing the league from releasing specifics of drug tests), no one has raised any complaints about the rumours.

With that said, players likely help fan the flames of these rumours for one simple reason: who cares if you're

using Adderall? There's no real stigma about it, and many members of the public make use of it themselves. If one were to fail a drug test, would you rather it be for steroids or Adderall? By having the results of which PED they took remain private, players can hide behind the smokescreen of uncertainty and almost portray themselves as victims. Getting suspended for a studying aid? It comes off as a little harsh.

Of course, the players who slip through the drug tests are only hurting themselves. The long-term effects of Adderall can include cardiovascular problems and strokes, and mental health issues such as depression, hostility, and paranoia. For a league that seems to have a constant uproar about player safety, it's ironic to see how some players are putting their future health at risk entirely of their own accord.

The ultimate distraction

A big year for Canada

By Josh Martin, Sports Editor

No matter where you are in life, there are always ups and downs. Whether you're busy with studying for the next exam, working, or working at trying to find a job, there has to be some sort of "out." For some, this means screaming the lyrics of Weezer's "Say it Ain't So," at the top of their lungs in the passenger seat of their

friends mustang. For others, this means watching a live performance of Cats while indulging in some buttery popcorn. And for the rest, it means sitting down to a good old-fashioned game of football/baseball/hockey/whatever else fits your fancy.

With the Toronto Blue Jays deemed as being the World Series favourites and being in the discussions of the championship for the first time since they won it in back-to-back seasons in 1992 and 1993, sports fans across Canada are jumping on the bandwagon.

Ticket sales and prices have risen with hype surrounding the team of the off-season 12-player blockbuster trade that the Blue Jays made with the Miami Marlins.

In the NHL, the playoffs are right around the corner, with what looks like for the first time in seven years, four Canadian teams playing in the post-season. With a handful of games left in the regular season, the Vancouver Canucks, Ottawa Senators, Toronto Maple Leafs, and Montreal Canadiens all have promising positions.

Last week in the world of tennis, Milos Raonic helped team Canada advance to the semi-finals of the Davis Cup for the first time in Canadian history. They defeated Italy and will face Novak Djokovic and team Serbia in the World Group semifinals in September.

For all you sports fans out there, this is an all-you-can-eat buffet with drinks on the house. School is coming to an end and soon it'll be T-shirt and shorts weather. Indulge, enjoy, and be proud to be Canadian. This is your "out."

The Jock Trap: Who is your favourite all-time athlete?

By Josh Martin, Sports Editor



Holly Withers

Second-year history major

" I'd probably say Wayne Gretzky. He's one of the Canadian heroes, and I'm Canadian, and out of all the many sports out there, hockey is the one that I really follow. As a person and as an athlete, I really respect him a lot. He knew what he was doing and understood commitment and understood that you needed to be a team player and it isn't just about yourself and that you need to make sure everyone is succeeding with you. I learned from him that you're not always on top and you're not always the number one person. There's always going to be someone out there who's better than you, but that's no reason to not try and be the best that you can be. "



Chelsea Stamp-Vincent

Third-year psychology student

" It would have to be Cody Hodgson. He was pretty awesome when he was on the Canucks and I think he's really going to prove himself to take over the Buffalo Sabres as captain in a couple of years. He's really cute and he has the drive to do it. I think that the Canucks really underplayed him when they had him and they're going to regret it. I think he's nowhere done peaking, I think he'll peak in his 30's. He's got a really good career ahead of him and brings [a great asset] in being able to play multiple positions. "



Fauxoscopes

**FINAL EXAM
HINTS EDITION!**

Capricorn (12/22-1/19)

On your Geography final, be sure to avoid answering anything to do with Manitoba. Also, write that you do not care for Australia, even if the exam has nothing to do with Australia.

Aquarius (1/20-2/18)

Your Chemistry final will go really well if you mix fire and hydrogen. But try to watch as much *Breaking Bad* as you possibly can beforehand.

Pisces

(2/19-3/20)
Your Women Studies teacher

will really appreciate it if you answer all questions with "This isn't relevant for men."

Aries (3/21-4/19)

On your Biology exam, be sure to draw little cartoons of dancing rat hearts along with singing sheep's eyes. Pretend that they're in Las Vegas with Penn and Teller.

Taurus (4/20-5/20)

If asked anything about Genghis Khan on your History exam, simply write "YOLO." If asked about Henry VIII, write "YOLO." If Pierre Trudeau gets mentioned, write "YOLO" 10 times.

Gemini (5/21-6/21)

Psychology exams always get marked higher if you mention that you were raised in a Skinner box. Bonus points if you mention that you had a lobotomy when you were five-years-old.

Cancer (6/22-7/22)

Your Math teacher will be impressed if you write down all the digits of pi.

Leo (7/23-8/22)

On your Philosophy exam, draw a ninja and write "I created this ninja out of ink from my own pen. Therefore, he must be my

son. My son wants me to have a perfect score on this exam."

Virgo (8/23-9/22)

Mention on your Canadian History exam that the first prime minister of Canada was a Molson Canadian beer bottle. The second prime minister of Canada was a bucket of maple syrup.

Libra

(9/23-10/22)
On your Geology exam, be sure to memorize the three types of rocks: hard rock, soft rock, and surfer rock.

Scorpio (10/23-11/21)

On your Music History exam,

write down that Puccini is a type of mushroom. Try and write down the lyrics to every Gregorian chant.

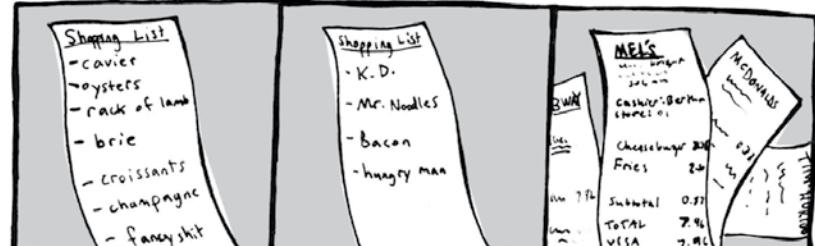
Sagittarius (11/22-12/21)

Remember, if all else fails on your English exam, you can always write about King Lear being haunted by three witches and telling the tale of star-crossed lovers whose fathers carry the chains of burden in the afterlife.

With files from Livia Turnbull



WHAT You EAT



YOUR KITCHEN



YouTube Comedy Classics

Hastily Made Cleveland Tourism Video



By Joel McCarthy, Graphics Manager

<http://www.youtube.com/watch?v=ysmLA5TqbIY>

Christy Clark could learn from this piece of cinematic gold. I've watched hundreds of corny tourism videos in my lifetime and none of them have ever persuaded me to spend my hard-earned cash to travel, until now. After watching this video you'll want to go to Cleveland too, but wait! If you like this comedy classic, you are in for a treat because the same makers released *Hastily Made Cleveland Tourism Video: 2nd Attempt!*



Man falsely committed to psychiatric hospital

Accusations by man that led him to being committed proven true

By Aidan Mouellic,
Contributor

Geoffrey Smith was a typical Canadian college student. He lived in a basement suite alone, had student loan debt, and was awkward around women. However, this all changed last year when his family staged an intervention that ended with him being sent

to a Vancouver psychiatric facility.

Smith's parents and friends say that he became extremely paranoid last fall and began to make bizarre claims that he was being followed by men in suits who were driving large black SUVs, that his phones were tapped, that he was being watched at home, and that his computer was being hacked.

Smith still managed to function well at school during this period, but his family believed that the level of their son's paranoia merited some

sort of psychiatric care. The staff at the hospital where Smith was committed to against his will said that Smith's behaviour was evident of paranoia and that he showed extreme conviction of the reality of his delusional beliefs. The medication that the hospital administered to Smith did not appear to help, but just made him sleep all day.

In a shocking development, Smith was released from the facility and received an apology from the RCMP. His family was told that Smith had been mistaken for a

major gang leader who held the same name and went to the same school and that surveillance had been implemented on the innocent Mr. Smith.

Smith later said that he "feels betrayed by my friends and family who, instead of believing me, sent me to a mental institution that drugged me up." The RCMP has since spoken to Smith's college and he will receive a full refund for the tuition he paid and he will not receive any F's on his transcript.

As for the lessons that Smith has learned from

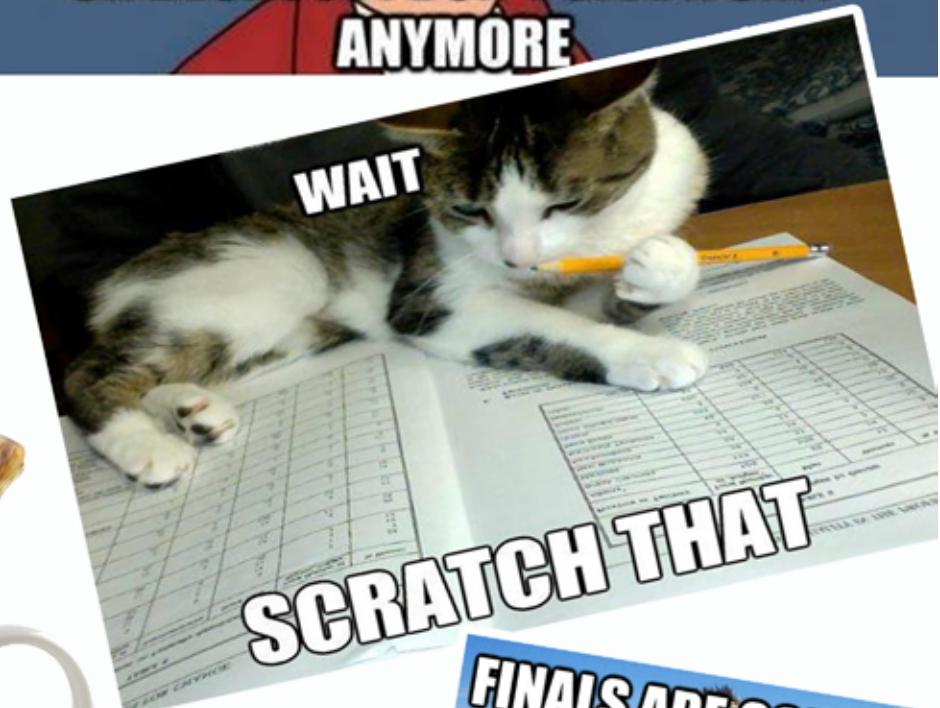
this, he warns others to, "Trust people more and believe them when they say that they are being spied on, or else this might happen to someone else—though that might not be too bad for them, since the living conditions at the facility were better than my basement suite. The meds also really helped me sleep."

Smith also told us he thinks that his experience at the facility will help him get more dates, since he claims that "Nothing gets the ladies better than a good story!"

FINISHED STUDYING?



NOT SURE IF I'M CALM BECAUSE I STUDIED ENOUGH



Good Luck With Finals!



DID YOU STUDY FOR THE TEST?

Nerd
ALL week long

Normal People
Read the chapter!

Me
WHAT TEST???

