

THE CAMPUS  
**FreePress** October 2009

A Joint Independent Student Newspaper

Charging Activist Prime!

Mental Health's stigma battle

A night with Mother Mother

Conversations from the fringe



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# THE CAMPUS FreePress

A Joint Independent Student Newspaper

OCTOBER 2009

In this month's issue ...

### CALLING ACTIVIST PRIME!

Brett Greene explores the activist's mind

### THE WOMEN'S CENTRE GETS NEW DIGS

Ian Desjardins talks about taking back the night and other stories

### CONVERSATIONS FROM THE FRINGE

Kyle Fowle listens in on cafeteria gossip

### MENTAL HEALTH'S STIGMA BATTLE

Filipa Wilson, Jenn Pope and Chris Curry examine the web of misinformation in the world of mental health

### WORLD OF WONDERS

Matthew Bradley's photo essay from Ontario, Africa and beyond

### THIS MONTH'S COVER IMAGE

This month's cover was shot by Nipissing University alumni Matthew Bradley, BBA. Bradley's image was shot north of New Liskeard, Ontario and reflects on the changing nature of our environment. See the cover story on the subject, "Charging Activist Prime!" by Brett Greene on page 12.

Do YOU have a piece of artwork or a photo which you believe belongs on the cover of The Campus Free Press?

Send your high quality, 300 dpi image to us by email with your name and phone number to: [editor@campusfreepress.com](mailto:editor@campusfreepress.com)

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[editor@campusfreepress.com](mailto:editor@campusfreepress.com)

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# A LETTER FROM THE MAYOR'S OFFICE

## Tackling the 'Buy American' Provision



North Bay is a \$100 million company, and we make several purchases each year in the United States. However, there is a very onerous provision attached to the stimulus money U.S. cities receive. Here is the shortened version of a letter sent to one U.S. Mayor; a letter that has sparked a national debate:

*"Something is happening between our two countries that could jeopardize our relationship, and that is the 'Buy*

*American' initiative. It's important you know that this year my City purchased two fire pumpers manufactured by Crimson Fire Truck for \$850,000. These trucks were manufactured in your city – a community of 5,693 people. Can you imagine if my country had restricted us with a similar policy? One of your leading manufacturers, an integral employer in your community, would not have received that order, and may have been forced to lay people off for that period.*

*Naturally, we love to support our Canadian manufacturers, but we shop for the best value for our taxpayers. There are no restrictions*

*attached to our stimulus money or other local capital funds, as there are with your stimulus 'Buy American' provision. If Canada were to adopt a similar restrictive policy, can you imagine the number of U.S. companies that would not be receiving daily orders for equipment and supplies from their largest trading partner?"*

*I do not support protectionism and I do not support retaliation; it's bad for everybody. That's why it's so hard to comprehend this provision. We buy fire trucks made in your city, but you can't buy engineering services or manufactured products from our city. I ask you, Mayor to Mayor – does that sound right?*

*Will you and your Council request your government drop the Buy American provision for the reasons stated?"*

As I mentioned, this letter has sparked a national debate, and North Bay is at the leading edge. Please e-mail me your thoughts on this – let's get engaged in a chat!

You can contact me at the Mayor's Office any time. My Blackberry e-mail is [mayor@cityofnorthbay.ca](mailto:mayor@cityofnorthbay.ca) and I'm the only person with access to this e-mail. I encourage you to write to me with any thoughts or questions you may have.

Mayor Vic Fedeli

# Call the office with your questions.



# Monique Smith

MPP for Nipissing

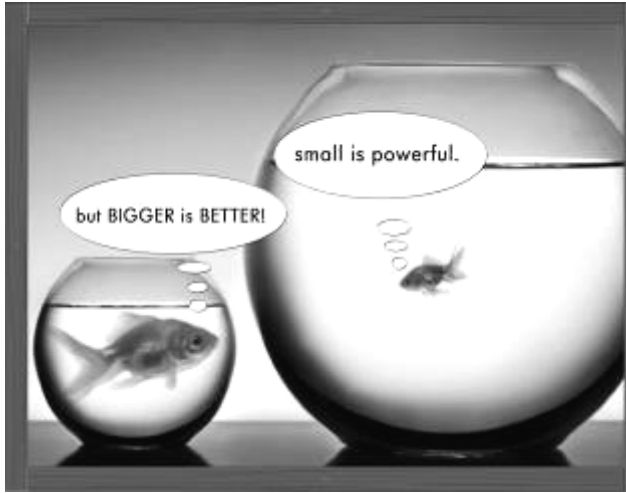
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## Art Happens at the W.K.P. Kennedy Gallery



By Alex Maeve Campbell

Gallery Coordinator, WKP Kennedy Gallery

Coming up this November at the W.K.P. Kennedy Gallery is a return to *Small is Powerful*, our yearly pre-Christmas sale, exhibition, and fundraiser. This time around we put a new twist on the old favourite — “*small is powerful but BIGGER is BETTER!*” — by altering the parameters slightly. In the past we have asked artists to create works that are no larger than 12” by 12” for the show, but this year we’ve decided to make things more interesting. We are asking for work that is 12” by...whatever! Pieces could be 12” in height with any length or 12” in length with any height. The exhibition will include a variety of media forms, from paintings to ceramics to jewellery and back again.

For artist submissions, we are accepting work on November 10 and 12 (we are closed November 11 for Remembrance Day) from 11 am to 5 pm. Contact us at [info@kennedygallery.org](mailto:info@kennedygallery.org) or 705-474-1944 ext. 231 for more details.

## Carley Set to Re-launch *Inishmore* in Toronto

By Peter Magill

Rod Carley, Canadore’s Theatre Arts and Rep 21 Coordinator, has secured the Canadian rights to re-launch *The Lieutenant of Inishmore* for a two week performance in Toronto. Rep 21 is a Canadore repertory theatre group, comprised of 2<sup>nd</sup> year Theatre Arts students, that launches three plays every year working and performing with theatre professionals from across the country. All three plays are performed in North Bay for two weeks and a week in Toronto. This unique theatre group allows students the opportunity to build their resumes, prove the classroom theory learned and work with professionals to launch a seasonal performance.

Last July was Rep 21’s third performance season. “Rep 21 did exceptionally well, with its best overall attendance to date,” said Carley. “*The Lieutenant of Inishmore* was incredibly well received both in North Bay and in Toronto. It is certainly our strongest Rep 21 show to date – one of those rare ‘lightning in a bottle’ experiences.” With the help of a number of local supporters’ small financial donations, the rights have been secured for the December 2 to 12<sup>th</sup> performance run at the Berkeley Theatre. This will be the official Ontario premiere of Martin McDonagh’s hilarious black comedy. “We have raised over two-thirds of the \$49,000.00 cost needed to launch *Inishmore*, but we still require donations to ensure the performance’s success,” said Carley. Rep 21 and The White Water Gallery are co-producing the play and the WWG is able to provide a tax receipt for any charitable donation.

Carley says that this premiere performance will benefit both Canadore and North Bay. “*Inishmore* will feature six alumni from the Theatre Arts program, as well as local and provincial professionals. “What better way to market the Theatre Arts program, Canadore College, and North Bay than with audiences seeing our actual graduates performing in an acclaimed work for two weeks in Toronto. It is a feel-good project coming out of North Bay, celebrating what we have to offer,” Carley stated.

If you wish to help out with the re-launch of *The Lieutenant of Inishmore* donations are needed. “We are close,” said Carley, “but we still need a little bit more help to make sure that this is a success.” For further information on how you can get involved please visit the Rep 21’s website at [www.rep21.ca](http://www.rep21.ca) or call Rod Carley at (705) 474 7600 ext: 5670.

### Upcoming Events for November & December

**W.K.P. Kennedy Gallery**

**150 Main Street East**

**November Showings**

**Opening Reception from 7 - 9 pm!  
Saturday, November 14**

**Gallery I:**

**Canadian Eclectic Expressions**

**Jack Lockhart**

**November 14 – December 8, 2009**

**Gallery II Main Space:**

**small is powerful, but BIGGER IS BETTER  
November 14 – December 19, 2009**

**Upcoming Workshops**

**Monoprint Workshop**

**Sunday, November 1, 9 am - 4 pm**

**[www.kenedygallery.org](http://www.kenedygallery.org)**

### A Funny Thing Happened on the Way to Inishmore

A Dinner/Dance/Auction to help raise funds for Rep 21’s production of *THE LIEUTENANT OF INISHMORE* in Toronto this December

Friday, November 27th

Location TBA (check [www.rep21.ca](http://www.rep21.ca))

Cocktails: 6:00 p.m.

Dinner: 6:30 p.m.

Featuring the jazz styling’s of Billy Dean and Trio Jazz plus Two, silent auction and door prizes.

Tickets: \$35.00

Call Nancy Thompson at 476-9851 for reservations.

## NaNoWriMo a Novel Challenge for Education Centre students



*"I challenge thee to a word war!"*

By Jessica Burwell

It's (finally!) time for National Novel Writing Month (NaNoWriMo)

again! For anyone who doesn't know a thing of what I'm talking about, it's an annual challenge to write a 50,000 word novel from start to finish in the month of November. But, the real kicker is, you cannot write a single word until 12:01am on November 1<sup>st</sup>. Plan anything you like now. I know someone has pictures of their characters, descriptions, and their entire novel mapped out. Doing things like that is going to totally help you along the way. But others, like me, aren't so organized. I rather prefer just writing and seeing what happens.

Okay, so perhaps you're looking at the 50,000 word goal and thinking "No f#%\$ing way I can do that!" If you average it out, you only need to write about 1700 words a day. At that rate, you'll actually finish ahead of schedule. Or, you might favor binge writing as better suited to your writing style or schedule.

I really failed last year. Like, so epic I'm embarrassed to share how terrible it was. However, I'm totally psyched to attempt this challenge again. Last year I watched one of my friends complete not one, but two (yes, two!) NaNo's by the deadline. Needless to say, I'm a little inspired.

To be officially part of the challenge, go to [www.nanowrimo.org](http://www.nanowrimo.org) and register. You can't officially win (which means hitting the 50,000+ mark) without registering before November 1<sup>st</sup>. Once you register, join the North Bay Region, so you can get acquainted with other writers and our Municipal Liason's (ML's for short), who organize local events like write-ins. I have heard from our local ML's that there will be write-ins (we gather en masse and write in a social environment, complete with word-war duels and all) in the cafeteria on Main Campus on Tuesdays, and at Veritasse on Fridays. Exact times and locations will be posted via the region group link at [www.nanowrimo.org](http://www.nanowrimo.org).

My November's resolution is to write my novel....the countdown is on to 12:01!

## Canadore Alumnus Films a Documentary of Coast-to-Coast Trek

By Rebecca Morin

On Saturday, October 17<sup>th</sup>, some very anxious individuals gathered in the Weaver Auditorium for a very special premier screening of a documentary created by a graduate of Canadore College's Broadcasting: Television and Video Production program – Andy Pederson.

*Rubber Side Down* is an epic Canadian adventure best summed up in three words: Coast To Coast. Spanning over three months during the summer of 2008, two amateur cyclists attempted to pedal 8000 km from British Columbia to Newfoundland, in an effort to shed light on Crohn's Disease and ulcerative colitis – tragic illnesses that affect more than 200,000 Canadians. There is no known cause or cure. These diseases are 3 times more common than Multiple Sclerosis in Canada.

Between raffle ticket sales and donations, \$278.47 was raised for the Crohn's and Colitis Foundation of Canada. After the screening, Pederson stayed around for a very special Q&A session and discussed the filmmaking process, the cross country trip and his career.

This event would not have been possible without the support of: The Holiday Inn Express, Clarion Resort Pinewood Park, White Owl Bistro, Print Plus and Canadore College.

**Saturday, October 17th, 2009**  
**RUBBER SIDEDOWN**  
 North Bay Premiere Screening  
 followed by filmmaker Q&A

FROM THE ROCKIES TO THE ROCK

**Free Admission**  
 Donations Welcome

**North Bay Premiere Screening**  
 Canadore College/Nipissing University  
 100 College Drive - Weaver Auditorium  
 Saturday, October 17th, 2009  
 12:00 noon - 2:00 pm  
 Plus Bonus Raffle (\$5 per ticket\*)

**Grand Prize:** 1 night stay at the Clarion Resort Pinewood Park  
**Second Prize:** Lunch for 2 at the White Owl Bistro

Tickets available at the screening or by contacting [rubbersidedownscreening@gmail.com](mailto:rubbersidedownscreening@gmail.com)  
\*All proceeds going to the Crohn's and Colitis Foundation of Canada

**Event Sponsors:** Holiday Inn Express, Canadore College, Clarion Resort, Print Plus

**Prize Sponsors:** Clarion Resort, Print Plus

# Women's Centre Representatives Launch New School Year With Pride

By Ian Desjardins

Hi, my name is Ian and I'm your Men's Issues Representative for the Nipissing University's Women's Centre. This year the W.C. will be hosting a variety of different events, from promotion of Social Issues to networking to having fun, we hope to instill a sense of community pride and involvement. A few of the events that we have organized this semester include:

## October 22nd

### Take Back the Night March

- 5 PM - Walk upper residences
- 6 PM - We have booked a bus to bring everyone downtown to North Bay's newest nightspot: The Underground.
- 6:30 PM - Speeches
- 7 PM - Walk downtown
- 8 PM - Regroup at The Underground for Potluck and beverages

Please leave your name and food contribution. (When bringing in the food, please label it with ALL ingredients!)

THERE WILL BE 2 POTLUCK LISTS:

- 1 in the WC and a second on the discussion board on Facebook

## October 30th

### Rocky Horror Picture Show Party

Tentatively planned event. We will post more information once the room is booked.

## November 2 – 6

### Christmas Karma Tree Fund

Individuals will cut and color their ornaments for a donation. All proceeds will be going to the Santa Fund. We are looking for volunteers to sit at the table during this great community event.

## November 2 – 6

### Eating Disorders Awareness

We will provide an information booth to promote awareness of different eating disorders such as Anorexia, Bulimia & Compulsive Overeating, as well as where to get assistance with these disorders.

## November 15th

### Santa Claus Parade

North Bay's theme this year is the 2010 Olympics. We are looking for suggestions for the Float. Post your ideas on our Facebook page.

## November 25th

### International Day for the Elimination of Violence Against Women

The first in a series of screenings, New Zealand's "Once Were Warriors" explores the violence and effects of intergenerational colonialization. The W.C. will be hosting a wide variety of different movies FREE to students and faculty throughout the year. We will be

selling drinks and popcorn with the proceeds going to different shelters throughout North Bay and area.

## On-going Ventures and Visions

The Women's Centre will be ordering t-shirts for those interested. The front says: "This is what a Feminist looks like", the back has the Nipissing University Women's Centre logo. You can own yours for the price of \$20! The t-shirts will be ordered after every 10 requests.

To order: send a request to the W.C. e-mail account with your size. The shirts come in different colors so there is no guarantee on colors.

For those who do not know what the Women's Centre is about, we help:

*To heighten awareness of equality issues on campus and in the community;*

*To coordinate events and campaigns on campus which address gender equality and social justice issues;*

*To provide a safe and welcoming environment in which all women and men can come together to share their thoughts, feelings, concerns, and support;*

*To provide Nipissing University with a diverse resource centre for students and faculty.*

We Hope To See You There!!!!

## The Nipissing University Women's Centre Moves in on the A Wing

By Peter Magill

This year finds the Women's Centre on new turf: the A Wing on Nipissing's main campus. The office is slightly larger than their last location and centre members have it painted in bright, warm colours. Although small, the centre provides a great place for students to meet, access resources or volunteer for the centre's many events, awareness campaigns and charitable works.

The Campus Free Press staff would like to congratulate the Women's Centre on their new digs and encourage all students to drop by the office and say hello. We know you won't be disappointed. Also check-out the Centre's newsletter publication called **Our Voice** at ourvoice1@live.com, it's worth a read!

The WC is located on the Main (2nd) floor, room **A244a**, right beside the Treehouse/Student Union Lounge.

**Web:** [nuwomenscentre.weebly.com](http://nuwomenscentre.weebly.com)

**Telephone:** (705) 474-3450 ext.4213

**E-mail:** [nuwomenscentre@hotmail.com](mailto:nuwomenscentre@hotmail.com)

## Cafeteria Conversations

By Kyle Fowle

All of the below listed comments have actually been spoken out loud in the cafeteria here at Nipissing and Canadore. They are quoted exactly as they were spoken, so if there are errors in grammar and/or morality, do not blame me, I am merely the messenger.

I know what you're thinking...how does he know that all of these lines have been spoken? Well my friends, I sat in the cafeteria with a notebook and documented everything that I heard that I felt was noteworthy, profound, outrageous, or just plain hilarious. You probably feel a little violated right now, and I don't blame you. Let's be honest though, if you didn't want it to be heard, you would have talked more quietly. Don't worry; I'm only lurking in a few shady corners, not all of them.

So for all you voyeurs out there, please enjoy! And if any of you feel the need to steal these lines to create a modern day Breakfast Club, be my guest.

- *"So are you saying you would NEVER hit a woman? Not even if she gave you permission!?"*
- *"The world's biggest mall is in Dubai now, it's no longer in Edmonton" "Oh my god, really? Do they have real stores there?"*
- *"Just because you are spoiled doesn't mean you're well behaved"*
- *"Fuck the Student Centre, put some leather couches in the Brown lounge. Or straighten out those crooked stairs"*
- *"If I could speak French I would travel EVERYWHERE, it would be so fun"*
- *"If I do exchange in Korea, do you think I'd have to do homework?"*
- *"Being with a guy who's circumcised isn't all that different. It's just like wearing a hat while it's raining."*
- *"Well does she smell like a slut? Sluts have a certain stench to them."*
- *"In the end, it doesn't really matter. Eddies are just worm food like the rest of us."*
- *"I had to put my hair back today because it was raining. Fuck my life."*
- *"I'll admit it, between Megan Fox and Michelle Obama, I would choose Michelle purely on the grounds that she is sleeping with Barack Obama. It would be my own little piece of hope."*

When you call ... we'll be there

# Union Taxi

474-2700 840-0000



# Trailblazing the Future for Accessibility on Nipissing Campus

By Kevin Salzman

Hi, my name is Kevin Salzman. I'm a fourth year English major at Nipissing. Those of you who know me, may know that I am an activist for accessibility on campus. The issue of accessibility is becoming more and more evident in our school environment. We will see implementation in 2010 of the new Accessibility Act, which will require all buildings to be accessible and easy to access for everyone. Nipissing is no different. It has an extraordinary reputation for being accessible because it is in one building. With this article, I do not wish to tarnish the reputation of Nipissing, but merely to provide suggestions as to how accessibility on campus can be improved, and to make people aware that accessibility is not only an issue for people with disabilities, but for the population as a whole.

Recently, I called for an audit looking to improve the overall accessibility on the Nipissing campus. I know I won't be around to see these changes, but I am doing my best to improve the conditions and make this a better institution for people coming after me. I made 24 recommendations in my audit, where minor improvements can be made to make a better, more accessible school for everyone. In these recommendations I suggested various areas for improvement and suggestions. For example,

A designated area in the cafeteria does not exist for persons using wheelchairs or other mobility devices.

**Recommendation:** Evaluate the need for a designated area(s) and implement if needed.

Counter for condiments, utensils, etc. in the Main Cafeteria is too high, making items not accessible to persons in a wheel chair.

**Recommendation:** Lower condiment, utensil counter.

Sidewalk between Student Centre and Governor's House presents a hazard for some wheelchair users. Edges of the sidewalk are not at grade level which creates a risk of the wheelchair going over the edge and either falling into traffic or into a ditch. With barriers installed on both sides of the existing sidewalk, the pedestrian movement area on the sidewalk would be too narrow.

**Recommendation:** Widen the sidewalk and install barriers (e.g. handrails or concrete walls, along both sides of the widened sidewalk) between the Student Centre and Governor's House.

The audit, along with all 24 recommendations, was submitted August 24 to the Accessibility Committee. I encourage anyone interested in reading the full report to visit the Campus Free Press website, where the audit will be available. I have just listed a few recommendations in this article, but these recommendations are of crucial importance to me. For example, the fact that the sidewalks are not wide enough for me to comfortably use (I have less than a foot of clearance on each side), forces me to use the road for my motorized chair. This can be dangerous with traffic and especially treacherous in the winter. I also have low vision, so this challenges my depth-perception. Maybe that's why I can't drive well.

Even though I won't be around to see some recommendations put in place, I am asking for other students to be more aware of accessibility issues. Nipissing is one of the most accessible schools, and I have really enjoyed my time here, however, I am trying to make improvements to break new ground for the people who come after me. In no way am I trying to create a legacy; I am just trying to make people stop and think. I am asking others to take up my cause and become advocates not only for others, but for themselves as well.

Please visit the Campus Free Press website to view the complete report. [www.campusfreepress.com](http://www.campusfreepress.com).

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**Cell: 498-7244**

**Police, Fire, Ambulance: 911**

**Campus Safety Walk: 498-7244**

## Eating Out: Gastronomic Disillusionment or a Carb-induced Lethargy?

By The Minimalist Gourmet



Consider the glove tossed. To all the cooks and restaurateurs of North Bay, I challenge you to serve me one great meal.

Finding food in North Bay is not a problem; finding good food is. Note the wording: food, not *product* - actual *food*.

When was the last time you ate something in a restaurant ... and stopped? Eyes growing wide as you masticate once, twice and instantly recognised that this is something special; something to savour and truly taste; magically melding together, the ingredients form an orgasmic concoction that has you swooning.

Not because someone else said it was good. Not because it was affordable. Not because a celebrity's name was on the bottle, package or menu; but, because it's truly an exquisite experience worth remembering.

It can happen. The last time it happened to me was three years ago at the Foire Gourmande in Ville Marie, Quebec. It was a fish chowder (and I'm not a fan of fish chowder) that was a melodic mélange of seafood that melted on the tongue and creamy base perfectly offset by the slight taste of brine. Heaven unfolded when married

with the faint smokiness of lardons.

By contrast, my food experience since then has been highlighted by ammonia-scented fish cooked to the consistency of rubber, or not cooked at all; milk thickened with a roux made from margarine, raw flour and cornstarch masquerading as cream sauce; raw chunks of unseasoned red pepper and snow peas dubiously claiming the distinction of accompaniment; and, unidentifiable white meat on a stick.

Occasionally, people enthusiastically recommend restaurants for me to try. In the hopes of finding *The One*, I follow their suggestions. Each time, I'm met by mediocrity - at best.

Needless to say, like many of the people I meet in this northern Ontario town, I no longer eat out.

When I'm tired of cruising grocery stores for limp vegetables whose variety does not change with the seasons, I go to Burger World. Yes, Burger World - at present the best restaurant in the Bay. The food is fast, well cooked and served with a smile. The eggs are neither too runny nor overdone and their fried food is plunged for the right length of time into fresh oil held at a temperature that minimises absorption. Burger World delivers exactly what I expect, every time.

"North Bay is a Wal-Mart town", is the excuse that I often hear from people when discussing the lack of good or original food and restaurants in town. When I tell them what I think the dining-out experience should be like they usually respond, "that would never fly." I'm beginning to think that this is just Euphemious phrasing for gastronomic disillusionment, or maybe a carb-induced lethargy.

Arguments that the current economic down-turn is to blame for floundering fine-dining restaurants makes me wonder why greasy spoons are opening at an unprecedented rate and established restaurants like Casey's, East Side Mario's and Boston Pizza are packed almost every night. It is obvious that people want to eat out.

Yet, many people viscerally recognize that the food they're being served in fine dining establishments is not worth the price tag.

"We accept mediocrity," said one foodservice professional who asked not to be identified. "We don't ask for anything more. Don't support good restaurants. Part of the problem is we accept large plates at low prices." Indeed, we expect them.

"We also don't pay trained staff well enough", he continued.

So, I challenge all of our local 'cooks' - become chefs and make it worth my while to eat out in The Bay. Or, better yet, make me eat my words.

## AMAZING JOB OPPORTUNITY: Managing Editor—Available Immediately!



By The Poet's Wife—(AKA: Dian Papineau-Magill)

Are you looking to make a mark in the world of print publishing? Are you excited to work with the most interesting assortment of people?

Do you have a penchant for perfect punctuation?

The perfect candidate for this position is part "mother hen," part sous-chef, and always particular about the proper use of the English language.

You are driven by the need to get things done right AND on time. You are not afraid to badger friends, family or complete strangers to read our little magazine.

You are never afraid to take on a writing assignment—even if it's about a topic of which you know nothing (see Poet's Wife coverage of Nipissing Lakers hockey team launch!).

You will be called on to make decisions about possible legal issues, proper accounting practices, and whether or not someone should tell the Editor in Chief that, no matter what he thinks, wearing "Blanky" in public is never a good idea.

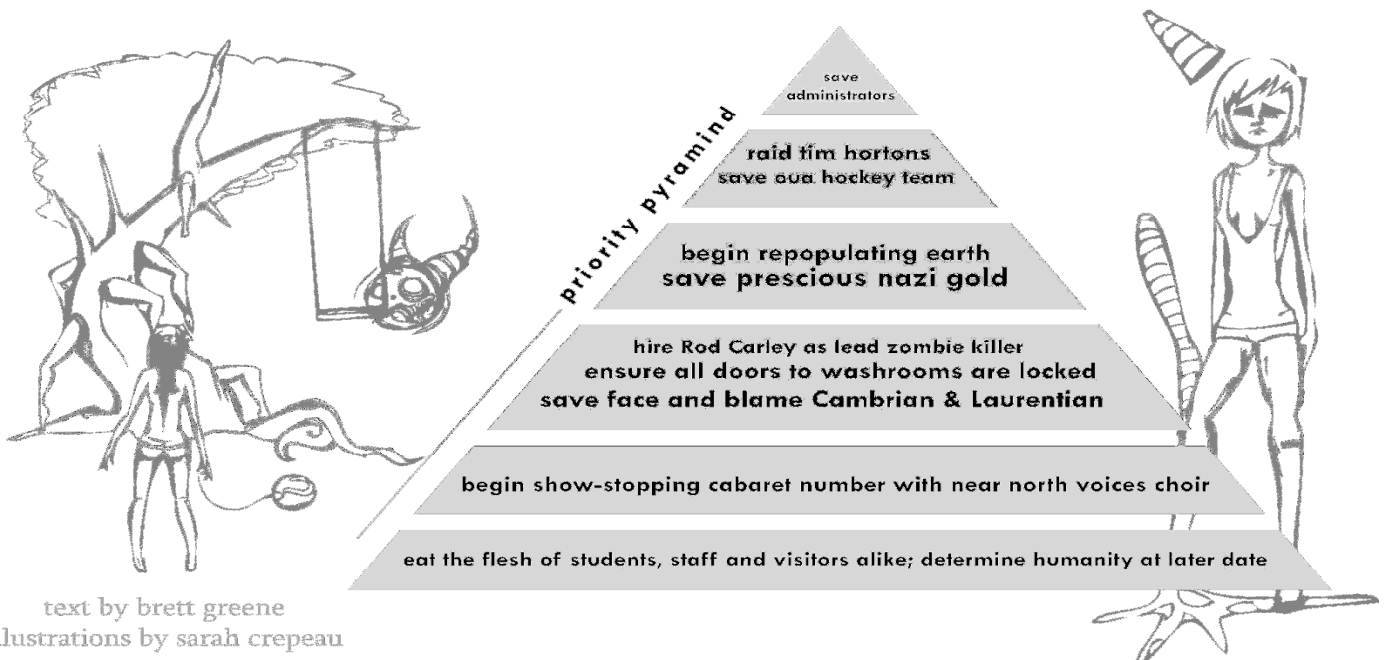
This job description is neither exhaustive nor written in stone. There will be days when you are required to be all of the above and more.

Salary is NOT commensurate with experience or enthusiasm. Who am I kidding? THERE IS NO SALARY! The biggest perks with this job are the ones that come with the arrival of Timmy's, and that special high that comes from doing something you love and doing it well.

Seriously folks. As of November 1<sup>st</sup> I will be in Hay River, Northwest Territories and so must give up my position as Managing Editor of The Campus Free Press. I know by your enthusiastic acceptance of this magazine that there is someone special, waiting in the wings, to pick up where I am leaving off. Email our Editor in Chief a [editor@campusfreepress.com](mailto:editor@campusfreepress.com) or stop by the office in C110 to make your presence felt.

# WHAT TO DO IN THE EVENT OF THE ZOMBIE APOCALYPSE

A CANADORE COLLEGE AND NIPISSING UNIVERSITY JOINT SAFETY PLAN



## Calling Activist Prime!

*Making the radical claim to be a disturber of the peace*

By Brett Greene

I KNOW YOU'RE OUT THERE, WAITING TO PERFORM. Your lack of urgency and utter apathy notwithstanding, there is *still* a kernel of hope inside you on which the fate of our generation rests. Mounting troubles from all sides—fuel costs, energy concerns, pollution, death, decay, rising populations, social media run amok and rampant Rick Rolling memes—make the need for activism more pressing than ever. And yet, there is some certainty in knowing that a life of doing little to lend a helping hand is tempting. After all, anarchy is work.

But the simple truth is that all of us have the power to be an activist. And not just any old activist, either; with determination, strength and resilience, it's entirely possible to be a tool of mass destruction against rigid ideology. Perhaps because of the zeitgeist of our time and technology, it's never been easier to help a better world; it's decidedly unfortunate that the world is in such dire need of radical change.

I can distinctly remember a time when my world sprang open. I was a naïve teenager, wet behind the ears reading Vonnegut, Orwell and Dick; the world which had for so long seemed quaint, was falling apart at the seams. Vonnegut's "Cat's Cradle" had one lasting impression: *Rules were now arbitrary!* Imagine that. All life and politics could simply be broken down into *thinking* and *doing*; if one was so inclined, normative behaviour could be changed. It was freeing to know that if one entire generation was controlled by a thought process, then a charismatic leader could push a Zeitgeist to brush it all away. I don't think I was alone in finding out the frailties of our system, either.

Marc and Craig Kielburger, co-founders of *Free the Children* and the Me to We Movement recognize this: the brothers urge youth to make lifestyle changes to positively impact the quality of life for the world's most vulnerable sector—children in the poorest nations. The Kielburgers, who together formed the organization in their early teens, recently held a national 'We Day' event to encourage global activism at home through small efforts like raising money to build schools and providing shelter for those without homes. What's interesting about their message is that giving doesn't mean grand gestures; rather, giving should be as natural as breathing, and as familiar a pattern of behaviour as the pleasantries exchanged every day. After all, in some regard, helping to build futures among the poorest people in our country begins with class and grace, doesn't it?

The Biomass Innovation Centre at Nipissing University is making similar steps to build a better tomorrow with better energy and a stable job market. The initiative, funded by the Ontario government, hopes to turn wood by-product into commercial fuel and, along the way, stimulate the economy. Being on the inside track of progress—I work as a Communications Officer for the outfit—I can tell you that's all thanks to the willingness to pitch in. Developing an industry isn't just about lining up the key players; it's about changing hearts and minds and creating strong relationships. There's a sense in our industry that hope springs eternal and I believe it's this attitude that is the central reason why a personal commitment to activism works every time.

Activism is about small, conscientious steps. It's about reviewing where our time, energy, money and idolatry are spent. Conserving energy, volunteering to a worthy cause, giving of ourselves to those who need it the most and even spending money wisely so that no one sector or class is exploited – these are all behaviours which add up to make a remarkable difference. And not one of the listed behaviours takes much more thrust than to think, "Who can I positively affect in my daily routine?" and as simple to undertake by doing a good deed for stranger without thought to reward or praise. *Small, conscientious steps.*

Ask somebody you've never met how his or her day is going. When trash litters the ground, pick it up. If a need arises, find a solution to fit the problem. After all, it's those small steps that really matter most.

## Live and on the air!

*The Campus Free Press Radio Show* features special guests, top-notch interviews, rants, poetry, essays and more.



Hosted by Chris Curry & Kyle Fowle

### This month, we interview:

- > LLAMA proprietor Andrew Morrison
- > The cast of OLN's Departures
- > GlobeCampus.com's Joey Coleman
- > ... and talk about Tips for Freshmen!



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104.9

## Three Weeks Left to Live in the Life of a Superman

By Courtney Zippel

Many of us tend to complain about the smallest and pettiest of things. We live day to day, sharing the latest gossip or making sure we cram in that very last text message. But what if you knew you only had three weeks to live, would your priorities change? Would you continue to be the same person you have always been?

About four weeks ago I met this little boy. He was only five years old and had more appreciation for life than anyone I have ever met. He told me to call him "Superman." Superman was battling cancer and was going downhill very fast. He had been staying with his grandma, as his father was no longer in the picture and his mother suffered from drug addiction. It was three days before Superman was getting ready for his stay at the Sick Kids Hospital. He knew he probably wouldn't be there for long as he was only given less than a month to live.

I spent the afternoon with him. Despite his wonderful smile, and love for life, his energy to do day to day activities was low. The cancer was taking over.

I asked Superman how old he was and he proceeded to tell me "five, but I will be six in two weeks" he said. I asked, "What do you want for your birthday?" "Nothing much" he replied, "I have everything I want" and after a short pause, and the cutest little grin he added "well I would like some Mc Chicken Mc Nuggets." I just smiled. He asked me if I had ever played Nintendo Wii. I said "well one time, but I can play if you'd like." So we played tennis and out of nowhere after playing for about 15 minutes, Superman turned to me and said, "Your pretty good at this game, for a girl."

I couldn't do anything but laugh. This kid was awesome.

Later that afternoon, Superman wrote me a letter, as this would be the last time I would see him. The letter read ....

*To Courtney,*

*I had lots of fun today playing games. I hope you do well in school, I think you will. I wish you could come to my birthday party. I would like to see my mom but I know she's sick, I think she'll get better. I had fun, thank you Court!*

*From your friend, Superman*

*P.S I wish I could leave you my Nintendo Wii because you really need to work on your tennis skills. Just Kidding, I joke sometimes!*

That letter is one of the best gifts anyone could ask for. His face just lit up when he gave it to me. Superman was one of those kids that would simply light up a room every time he walked into it. He was well aware of his condition and yet he was more concerned about the people around him. I recall him asking a nurse what she was going to make her kids for supper. The nurse replied, "I think tonight we'll have meatloaf," and Superman simply responded "You know nurse, kids don't like meatloaf. Make them Kraft dinner." She just laughed.

Sometimes I wonder what makes us so concerned about the little things. We seem absorbed with unnecessary things. Maybe we need to step back and take some heed from a five year old.

## Don't Start Something That You Might Not Ever Be Able to Quit

By Chris Curry

Although it can be argued that most addictions are inherently self-defeating and pointless, none are more pronounced in their destructive and seductive nature than tobacco.

I'm a smoker. It's not because I want to be one. It's not because I love cigarettes or that I am not aware of the drastic health consequences attached to my good friend. It isn't because I'm uneducated, unmotivated or unwilling to quit. I smoke because I started smoking in high school, under the direct advisement of peer-pressuring older musicians that I was trying to fit in with and now, I am now hopelessly addicted.

Not that high school influence is any excuse for taking up such a disgusting and unhealthy habit, but I would like to think that had I made it through high school without picking it up, I probably wouldn't pick it up in college.

What really grinds my gears is the people I've met at Canadore and Nipissing who have decided to take up smoking for the first time in their lives. I, at least, have the excuse of high school ignorance. What do they have? It is absolutely impossible not to appreciate the inherent horrible nature of this filthy habit, especially by a well-educated 20-something in post-secondary education.

And the days of it making you cool are far, far gone my friends.

I don't even like smoking near my non-smoking friends. When I visit a particular house of non-smokers, I try not to smoke for at least half an hour beforehand so as to not inundate them with the funk odour of death. It's been a long time, if ever, that anyone thought I was any cooler because I had a cigarette dangling from my lips.

If you've lasted this long, please, don't start now.



## Letter From the Editor — Changes and Observations



Photo by Peter Magill

A lot has happened since my September column and I have been struggling with what I really want to say in this month's issue. As the Editor-In-Chief I am constantly forced to choose between writing what I want to say and ensuring that the interests of students and the magazine are being promoted. Due to our being a new medium on campus, our size, our lack of money and our need for student involvement and support, my Letters from the Editor in the past have often seemed like writing a check list and a tireless promotion piece on who The Campus Free Press was, and what it so desperately desires to be ... this can be a bit stifling to the creative or opinionated side of Peter.

So as I speed towards the end of my post-secondary education and tenure as the EIC, I thought that I would share some personal news and opinions with you:

In my last letter I spoke about the changes, decisions and directions the CFP staff discussed and implemented over the last school year and during the summer. There are a number of students who have expressed interest and we are all excited at the prospect of seeing a new Editorial Staff take over before many members graduate in 2010.

As you may have already read in *The Poet's Wife's* article ... Since our September issue my wife, Dian, our Managing Editor and current M Ed student at Nipissing University, has accepted a teaching position in Hay River. By the time some of you read this article, Dian will already be on her way to begin her job in our new home town, leaving me behind to finish up my last year before joining her in the North West Territories. This is a huge opportunity for us both and we are looking forward to 'the adventure.' Dian and I have both grown up in North Bay and this was a big and difficult decision that we have been discussing for awhile. Not to get too maudlin and melancholic but, I must admit that I am reeling as I write these lines ...

Now that I have the good news out of the way,; on to what many of my younger friends term as "old man rants." I have packed a few abbreviated versions in here of op-ed pieces or stories that have not

made the paper (I am the Ed after all and that means the first to cut):  
*... I have noticed the recent sticker campaign on the main campus encouraging people to pay for parking. You can't help but notice them because they are everywhere. More important messages could be promoted, such as reminding people to turn off the lights when they leave the classroom—Everyone now knows that they must pay their parking fees, but try to find the Security Services number on the campus*

*... "President Obama wins the Nobel Peace Prize" Come on; give the guy a break and let him do something first. This could be perceived as recognition of a possibility of peace, but could also be seen as a gun to the head of peace. My god! He must crap himself every morning, in bed, just thinking about what everyone thinks he has already accomplished. "... uhh. Michelle ... Sorry baby ..."*

*... I am still enraged by what I have come to term as 'Generation Distraction.' The obsession with continuously being connected and 'on' has everyone playing with technology and not using it for any real purpose. Note Gen D: the world around you is analogue.*

*... The cheapening of art through the digital medium has created a world that demands everything for free and right now. Everyone seems stupefied and wonderfully bored as they download snippets out of context.*

*... Students— when the bus driver asks you to move back, take off your pack and move back.—When you are walking the hallways and staircases apply the rules of the road and keep right.—When you engage someone in conversation, listen when they are talking and don't use the time to catch up on texting and email.—You Rule the school, but in the classroom the Teacher Rules!*

*... The instillation of new hand dryers in the two most used bathrooms on campus: What if I wash my face or have a good cry, am I supposed to use the 1/4 ply toilet paper? While drying my hands I can review the Health Unit's poster that recommends using paper towels.*

*... The Human Rights Wall of 'Shame' outside of the Library: No new members since 2004? If we are going to celebrate something by giving it wall space, then let's keep up on it.*

I could go on here, but I am limited by space and there are still another few issues in which to share my thoughts with you before I am gone. No need to fall on my own pork sword all at once,. It's always better to drag out the experience over a period of time. Like driving past a car-wreck on the highway, no one wants to look but everyone slows down to get a better view.

**Got something to say? Then send your letters to the Ed**  
 c/o Peter Magill EIC                      editor@campusfreepress.com

Or drop by and visit us at:

Office Rm: C 110

474-7600 Ext: 5150

## Green and Ethical Lifestyle for Students: Out of the Classroom and Into the Woods

Greetings,

This is my first issue as editor of the Green Campus section of the Campus Free Press. As such, it has been deemed appropriate that I inflict upon you an account of my grand and glorious 'vision' for the section. Fear not; I will be brief.

In the most concise terms, what I want to bring to readers is a source of advice on how to live in a more 'green' and ethical way, within the confines of a student budget and a Northern Ontario location. Having grown up here, I know it can seem daunting to find food sources for a hundred-mile diet, and our most eco-conscious shops are small and hidden away. My intention, therefore, is to give you all of the information you need to find products that are organic, natural, ethical, repurposed, second-hand, or what-have-you.

Of course, simply knowing where to buy things isn't enough. I also want to bring you information about exactly which changes in your lifestyle will have the greatest impact on the earth. I'll try to debunk commercial myths about environmental choices, and I'll give you a heads-up to other sources of 'green' education as they present themselves. I'm also considering printing simple

recipes to help you prepare meals using foods that are both easy on the planet and cheap. Wouldn't you love some more variety in your student diet?

You can help, too! This is the part where you write to me with information, ideas and even whole articles for the Green Campus section. If you know of an environmental event, if you have ideas for greening our campus, or if you have any information to help make this section 'green' and relevant, send an email, call or drop by the office.

In the meantime, study hard, have fun, and try not to turn the heat up too high.

Yours most sincerely,

Erin Woods

tranquildusk@gmail.com.



## York University's Campus Compost Waste Goes Vegan

By Nicki Mossavarrahmani

Excalibur (York University)

**TORONTO (CUP)** – New cone-shaped garbage bins are popping up all over York University. They're composters – but not your average backyard kind.

York has installed new additions to composting cones all around the university, in a continued attempt to make campus more environmentally friendly. Currently there are 50 cones at the Keele campus and two at the Glendon campus.

Campus Services and Business Operations (CSBO), the entity responsible for waste management at York, has been exploring the usage of worms in the process of composting.

Composting is the biological decomposition of organic substances.

The Institute for Research and Innovation in Sustainability at York (IRIS) looked into potential ways of improving composting on campus.

The outdoor system consists of bottomless cones that stand above half-a-foot-deep holes in the ground.

The items that should go into the bins include vegetables, fruits and plain carbohydrates.

This system does not require York to supply the worms; the worms

that are already on campus are attracted to the compost and con-

sume the waste. Due to the bottomless nature of the bins, the garbage decomposes at a rate that precludes the need for maintenance.

Meagan Heath, a master's of environmental studies student and member of IRIS, said the bins have to be emptied once a year in the fall before the frost so that they can be used during the winter.

"Waste management is a municipality responsibility and York has to manage its own garbage through contracts with other companies such as waste haulers," said Heath.

There is a difference between what York University and the City of Toronto consider to be compost. For instance, the compost bins at York do not accept biodegradable packaging, such as coffee cups, even though they are accepted throughout the rest of Toronto.

To help students determine what qualifies as compostable material, illustrative stickers on the bins clarify what kind of waste belongs in the cones.

The food vendors and restaurants on campus are required to collect any kitchen food waste and sort it into their own organic collection.

The compost is then collected and shipped to industrial composting facilities, paid for by the restaurant owners as part of their maintenance fees.



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## Is Eco-Consumerism Replacing Instead of Reducing, Recycling and Reusing?



Photo by Lindsay McGuinty

By Erin Woods

So here we are in the grip of a “go green” movement that has everyone from Hollywood to big business on board. Grocery stores are discouraging plastic bags. Designers are dressing their models in organic bamboo fibre. The rich and famous are driving cars that stake their name on low gas-consumption. The world has finally tuned in to the needs of the environment, and no one could be happier than me.

But.

Have you ever wondered (and, cynical as our generation is, I’m sure you have) if we’re getting the full picture? Oh, we’re taking steps in the right direction, of course. We’ve acknowledged that we need to change and we want to do something about it. But as any good advocate for democracy and freedom could tell you, knowledge is power. *Information* is power. Here in the famously educated, consumer-driven West, we can access that information. Still, incredibly, we don’t. Cynical though we are about our government and media, we listen to what they say, sniff if we disagree with it, and fail to dig any deeper.

How many of us consider, for example, the energy cost of manufacturing a new Energy Star appliance or fuel-efficient car to replace our old, less-efficient but still functional model? Often it would be better to maintain the old one until it stopped working. How many people know that the new long-lasting light bulbs we’ve been encouraged to use contain heavy metals? Unlike the old bulbs, these need to be disposed of as hazardous waste. And then there’s recycling. Is the average consumer aware that many recycling depots simply throw away containers that are not free of food residue, labels or lids? It’s almost tragic to think of all the misguided steps we take to feel good about our ecological footprint.

Not that I’m one for doom and gloom and pessimism. I have great hope for our world, and more than ever since “eco-chic” became a catchphrase. All I ask is that human beings learn to *think*. To ask ourselves if recycling is at all praiseworthy if we won’t reduce. To consider the ramifications of millions of single-use products. To wonder if saving time is really worth more than saving resources. To ask ourselves what happens to the perfectly functional bathroom fixtures our favourite TV designer just tore out. To remember that our forefathers (and especially our foremothers) managed to live happily by the mantra “make do or do without”.

We hear constantly of the small, easy steps we can take to save the world – turn off a light switch, say, or bring our own bags – but the truth we’re afraid to admit is that these things are not enough. If we want to change the planet, we have to change our society. *Fundamentally*. This does not mean penciling “solve climate change” into the to-do list in our recycled-paper notebook (recycling paper still takes massive amounts of water, energy and bleach). It means deliberately seeking out information. It means *doing* something with that information. Finally, more than anything – and this is both the easiest part and the hardest – it means using our heads.

### Things we can do to help the planet

- Buy clothes second-hand; they are cheaper, leach fewer chemicals onto your skin, and do not use new energy and resources to make them
- Shop at locally-owned stores with an investment in ethics and environmentalism, such as Hibou, Soul Sister Creations, Veritasse Café and Rebuilt Resources
- Buy Fair Trade products when you can; Metro is one of the best local sources
- Save on gas – shop online
- Fix things that are broken instead of replacing them
- Check out local food sources like the Saturday morning Farmer’s Market
- When choosing produce, give priority to goods grown in Canada
- Generally speaking, the food around the outside of a grocery store (the food that is not boxed, packaged and chemically preserved) has had the smallest impact on the planet, and is the best for you.



## No Need to Visit the Man With Over the Counter ‘Crack in a Can’

By Charles Parent

Another Red Bull truck is being emptied and at the Education Centre campus is being loaded. I stand there, shaking my head as to how the government has found a way to legalize speed.

Think about it. Who are the real drug pushers? Not the guy in the hooded sweatshirt and the beat-up old minivan. There is an epidemic facing us and it is time we look at our government for what it is; a farce.

With Oxycontin on the market for over ten years now, the number of people who are addicted has become staggering. There are more people being treated for addiction to Oxycontin than cocaine, heroin and crack combined. And what is really staggering, is that Oxy's are legal.

Oxy's are known on the street as 'Hillbilly Heroin.' It is taxed and our government collects the revenue on the thousands of people ad-

dicted to it. The present system continues to drop millions of dollars into the 'war on drugs' which is simply a cover for our government's own drug dealing ventures.

Another legal drug has recently hit the streets in the form of energy drinks. I affectionately call them 'crack in a can' for that is all they are, instant gratification, just like speed with a big crash at the end.

I am a drug addict in recovery and I remember the first time an energy drink hit my lips. The rush was instantaneous; the same as when I used to take speed. The guilt was there in the beginning, but then I was reassured by another addict that it was okay because it was legal.

But after the first drink, I was hooked again, just like speed. If it looks like a drug and alters your mind like a drug, then it must be a drug.

Crack in a can is the new drug on the street and who is making money from it? Not the low level street dealers, but our Canadian government.



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# Who is Crazy Now?

By Filippa Wilson

If there is one thing I have learned in my short time here it is that more often than not life doesn't always go according to plan. You wake up one morning to find your entire existence in question. You realize that your already hard battle seems to only get harder.

At least, for most, we can take comfort in the fact that there is hope things will get better. Well, my friends, I ask you this: what if you didn't have any hope? What if life had completely destroyed everything about what made you who you were? What if your whole world stopped turning?

Thousands of times a day millions of people deal with these questions. They are often pushed deeper down by what society sees: a schizophrenic, a maniac, a lunatic, a crazy person.

They struggle each day with the perceptions generated by what we like to think is the "norm." We constructed a generation where only the accepted will prosper. We have become fools rushing towards some distant hill of perfection that is completely unobtainable. We have forgotten to stop and demonstrate at least a thread of humanity. How many times in a day do we say words such as "crazy", "insane", "mental" or any other word that describes the un-normal? Has anyone stopped to comprehend to what magnitude these words hold consequence?



Photo by Filippa Wilson

## Mental Illness Affects us All

- 20% of Canadians will personally experience a mental illness in their lifetime.
- Mental illness will indirectly affect all Canadians at some point through a friend, colleague or family member.
- Suicide is one of the leading causes of death in both men and women from adolescence to middle age.
- Mental illness is caused by a complex interplay of factors including genetics, personality and environment.
- 49% of people who have suffered from major depression have never sought treatment.
- The mortality rate due to suicide for men is four times higher than it is for women.
- Suicide is the second leading cause of death among 15 – 24 year olds in Canada.

Source: Canadian Mental Health Association

[www.cmha.ca](http://www.cmha.ca)

When we attach connotations negatively to words, we have lost our essence of being. Our compassion, our empathy have deserted us. It has reached a critical point in our generation where we must stand for something; standing for nothing leaves us close to standing alone.

Mental health awareness is not an easy task. Acceptance is hard for most. But there is hope, since becoming educated and exposed to mental illness, my very own perceptions have changed. By developing passion and understanding and creating a new personal dynamic, I've grown to accept my own struggles with mental illness.

We must *want* to change the face of mental illness. This is not just a charming illusion that we have all become the victim of the lack of will to overcome. I refuse to believe we have become that out of touch with our essence that we push aside valuable life, leaving it to fade away. You are shaped by the choices that you make. Others cannot make those for you. Choose for yourself.

What do you believe?

### Ignorance is No Excuse: Get Educated

Mental Illness Awareness Week

[www.miaaw.ca](http://www.miaaw.ca)

Schizophrenia Society of Canada

[www.schizophrenia.ca](http://www.schizophrenia.ca)

Stamp Out Stigma

[www.stampoutstigma.org](http://www.stampoutstigma.org)

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#### What We Mean by the "Other Stuff"



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- Athletics, Recreation and Wellness, ext. 5259
- Career Services, ext. 5368
- Conference Services, ext. 1101
- Counselling, ext. 5205
- Health Centre, ext. 5261
- Residence, ext. 1100
- Testing Centre, ext. 5516

#### Director of Campus Life

Shawn Chorney  
(705) 474-7600 ext. 5349 room C214

#### Community Services

Emergency - 911  
North Bay Transit - (705) 474-0419  
Parabus - (705) 476-5530

#### Walk-In Clinics

Northgate Medical - (705) 495-2685  
Guardian Location - (705) 476-7233  
Ferris Medical Clinic - (705) 495-4000  
Health Unit - (705) 474-1400  
Crisis Centre - (705) 474-1031  
The City of North Bay Child Care Subsidy Office - (705) 474-2151





## The Stigma Behind Bipolar Disorder

By Michelle McKeever

Have you ever mouthed the words "he's so crazy?"

Have you ever spun your fingers around clockwise? Were you implying that the person is coo-coo or a nut bar? Have you called people a schizoid or a freak? Do you whisper to your friends that the guy beside you is bipolar or insane?

Would you make fun of a person who has cancer or diabetes? Of course you wouldn't. So perhaps you should ask yourself 'what's the difference?' And maybe try someone else's shoes on for size.

Imagine having a mental illness. Picture the way people would treat you and see you if they knew of your diagnosis. Should you be treated differently? Is it fair to be treated differently just because some neurons in your brain aren't firing the same way as everyone else's?

I recently went to a support group meeting for survivors of bipolar disorder. It was absolutely wonderful.

The individuals were warm and friendly. They respected me if I chose not to say particular things. I told them that I know a person who has bipolar disorder and that I'm doing a project on it for Mental Health Awareness Week. They were very excited that I was going to spread the word about this disorder. I found out that bipolar awareness day is on October 9th.

I interviewed a person who has bipolar disorder. She told me that stigma has drastically affected her treatment. She said that she had to attend a hospital out of town because her husband worked at the one in her town. The family had to travel every weekend to visit her.

When asked if she had a message, she simply said, 'If you hear of a person with mental illness, don't judge them. And please, don't label them as crazy.'

## Psychiatric Hospitalization: Locked Doors and Closed Minds



By Jennifer Pope and Chris Curry

Most of us will never spend time in a psychiatric hospital. But, invariably, some of us will.

Is there a difference between a medical hospital and a psychiatric hospital? Of course there is. But somewhere along the line, one was deemed socially acceptable and the other was deemed socially incomprehensible.

People enter a psychiatric hospital for the same reasons that all of us enter a medical

ahead of them.

People don't look at you weirdly or act strangely around you when you get back from a few days off due because of the flu. But, try telling your co-workers or classmates that you were hospitalized for a week for a psychotic break, a major depressive episode or schizophrenia. In all likelihood you won't get the same response.

We have a long way to go.

And the time is now to change our thought-patterns.

hospital. We are suffering from a condition that we do not have the capacity to care for ourselves, therefore, professional help is necessary.

Most of us wouldn't bat an eye about bringing our boss or professor a doctor's note explaining our absence with the flu. Yet, those who have to be placed in a psychiatric hospital have a much more complex task

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## Spend a Night Out With Your Mother Mother

By Kyle Fowle

*On the night of November 26<sup>th</sup>, Matthew Good will be bringing his music to North Bay once again, this time to a no doubt packed house at the Capitol Centre. Matthew Good is no stranger to the area, having played here many times, but his opening act, fellow Canadians Mother Mother are brand new to the town. After a year where they found their sophomore album O My Heart go to number 5 overall on iTunes and their hit single "Body Of Years" all over the radio, Mother Mother are looking to bring their unique indie-pop sound to a broader audience. Recently I spoke to lead singer and guitarist Ryan Guldmond about touring with Matt Good, their upcoming show in North Bay, and what lies ahead for the band.*

**So where exactly did your band name come from? Why the two Mothers?**

*Well, when we first formed the band we were called Mother...for reasons unbeknownst to me. When we signed a record deal though, we had to change our name for legal reasons. Someone else already had the name Mother.*

**And how did the band come together?**

*Me and my sister moved out to Vancouver a few years ago. We spent six years there, five of which we've spent with the band. It started as just me and my sister, but we knew some people from music school so we started to grow. We started playing open mics and small gigs like that and then moved to some bigger venues, and yeah, here we are now.*

**You guys are on tour right now with Matthew Good. How did that come about?**

*It just kind of came about. We didn't have any rapport with him prior to the tour, but basically he was looking for an opening band, preferably Canadian, and we are always looking for opening gigs.*

**So their side extended the offer?**

*Yeah. Not Matt Good himself. He didn't like phone us up and ask us to play or anything, but yeah, his people called our people.*

**Have you toured across North America a lot?**

*Not really in the States, but we have toured a hell of a lot all across Canada.*

**On this tour you're actually playing Massey Hall in Toronto. It must be exciting to play such a historic building.**

*Yeah for sure. The whole tour is really exciting. We're playing a lot of bigger venues, something we haven't really done before. Massey Hall is a little scary. It can be very intimate which is great, but that can be very intimidating at the same time. You never really know how the audience is*



Photo courtesy Mother Mother

*going to react.*

**This summer, I could not get away from your song "Body of Years" It was all over the radio. How does it feel knowing your songs are getting more and more exposure?**

*Its' great of course...it always helps. It's good to see our songs getting out there to a broader audience. The radio is known for playing some bad music though \* laughs \*. I shouldn't say that...what I mean is, the radio can really stick to one kind of music, its known for not branching out much. "Body of Years" is definitely one of our more radio acceptable songs.*

**Any plans for an album in the near future?**

*Yeah, hopefully by next year. After the tour we'll be heading back to Mushroom Studios in Vancouver and recording another album. Hopefully it will be available as a nice christmas present for everyone next year.*

**How does your recording process go? Are your songs more or less fleshed out on tour?**

*We do a lot of writing on tour, then we arrange the music and flesh it all out in*

*the studio.*

**Are there any influences you attempt to channel when in the studio?**

*Not really. Its more about just finding your sound, your own unique sound. That can take a long time. We want our songs to be edgy, colourful and intricate you know, its not like we're trying to liken it to something else. We don't listen to a playback and say "we need more Bowie-ness in the chorus" or something like that. We just go with what we feel and it kind of happens.*

**Well I wish you guys luck with the tour and we look forward to having you in North Bay.**

*Thanks a lot. We're excited to be in North Bay for the first time, so hopefully the show goes well.*



## Nipissing University Lakers defeat University of Toronto Blues at home

By Bob Pipe



Photos by Bob Pipe

The Nipissing University Lakers hockey team beat the University of Toronto Blues in a hard fought 4-3 game, to earn the team's first home-ice victory, Friday night in North Bay.

Both teams played well in the first period. Lakers defenceman John Quarrie, was handed an interference penalty 47 seconds into the game, but the Lakers penalty kill came through and limited the number of quality chances. The Lakers power play got their opportunity a short time later, when Toronto's Brent McGrail went off for hooking. Despite some good chances, the Lakers couldn't beat Blues goalie, Russ Bronwell. With Lakers Sam Hopewell in the box for slashing mid-way through the first period, Toronto gave up a short handed breakaway that had the crowd on its feet, but the Laker forward couldn't get a good shot off after making his move.

The Blues notched the game's first goal at the 16:57 mark, when Joel Lenius found the back of the net after a goal mouth scramble. The Lakers put on some pressure to end the period, and earned some quality chances, but couldn't beat Bronwell.

Nipissing came out flying in the second period, totally controlling the play and not allowing Toronto any scoring chances. Toronto didn't get a shot on goal until past the 10 minute mark of the second period. The Lakers tied the game half-way through the period when Assistant Captain Dan Watt broke in alone and beat Bronwell with a nifty backhand to the top shelf, much to the fans' delight.

With Quarrie in the penalty box for tripping, the Lakers penalty killing unit looked good. Big defenceman Josh McKinnon used his muscle along the boards, while Andrew Marcoux showed great hustle, diving and stretching to clear the puck out of the offensive zone. The Lakers popped their second goal with only 27 seconds left in the period, when Hopewell chipped it in with assists from Nathan Hewitt and Trevor DiCandia.

Nipissing notched a total of 18 shots on goal in the second period while completely dominating play, limiting the Blues to only five shots.

The Blues' trouble continued into the third period, with two penalties in short succession to give the Lakers an extended two-man advantage. The Lakers, however, couldn't convert. Captain Matt Lahey was assessed a high-sticking penalty at the 2:11 mark, ending the two-man advantage. Toronto tied the game on a power play goal with Lahey in the box, and some defensive zone breakdown on the part of the Lakers penalty killers.

The Lakers took the lead back quickly on a fluke goal by Justin Villeneuve, when his weak wrist shot from outside somehow fooled Bronwell. Toronto, however, wasn't done yet. Byron Elliott tied the game for the Blues with a nice deflection off defenceman Brendan Sherrard's point shot.

Villeneuve put the Lakers back in the lead at the 11:13 mark, on a well played goal with assists to Adam Simms and Jason Gray.

After killing off a hooking penalty that had the crowd loudly expressing their displeasure, the Lakers executed a safe, controlled game, getting the puck in deep and putting it on net whenever possible.

Toronto refused to roll over, however, and some late chances and close-calls had the Lakers fans' hearts beating. Lakers goalie Kyle Cantlon kept his cool and kept the puck out of the net, sealing the Lakers win. In the final shots on goal tally, Nipissing fired 38 shots, and Toronto 33.

"That certainly wasn't our best game. Toronto is an experienced, smart team and they really made it tough on us. The will to win is what won that game for us, our guys willed that game," said Lakers coach Mike McParland. "Kyle Cantlon made some good saves for us there at the end and that's what you need to win games."



## Canadore College Panther Varsity Women's Volleyball Schedule Oct—Nov 2009



Date	Home Team	Away Team	Time	Gym Location
Fri. Oct. 16/Sat. Oct. 17/09	Sheridan Invitational	Canadore	Tournament	Sheridan College
Sat. Oct. 3/09	Sault	Canadore	12 p.m.	Main Campus
Sat. Oct. 24/09	Lambton	Canadore	8 p.m.	Main Campus
Sun. Oct. 25/08	St. Clair	Canadore	11 a.m.	South Campus
Fri. Nov. 6/09	Canadore	Fanshawe	6 p.m.	Ed Centre
Sat. Nov. 7/09	Canadore	Niagara	6 p.m.	Ed Centre
Fri. Nov. 20/09	Canadore	Sheridan	6 p.m.	Ed Centre
Sat. Nov. 21/09	Canadore	Humber	6p.m.	Ed Centre
Wed. Nov. 25/09	Nipissing	Canadore	6 p.m.	RS Athletic Centre
Fri. Nov. 27/09	Redeemer	Canadore	6 p.m.	Redeemer
Sat. Nov. 28/09	Mohawk	Canadore	12 noon	Fennell Gym

## Canadore College Panther Varsity Men's Volleyball Schedule Oct—Nov 2009

Date	Home Team	Away Team	Time	Gym Location
Sun. Oct. 25/09	St. Clair	Canadore	1 p.m.	South Campus
Fri. Nov. 6/09	Canadore	Fanshawe	8 p.m.	Ed Centre
Sat. Nov. 7/09	Canadore	Niagara	8 p.m.	Ed Centre
Fri. Nov. 20/09	Canadore	Sheridan	8 p.m.	Ed Centre
Sat. Nov. 21/09	Canadore	Humber	8 p.m.	Ed Centre
Wed. Nov. 25/09	Nipissing	Canadore	8 p.m.	RS Athletic Centre
Fri. Nov. 27/09	Redeemer	Canadore	8 p.m.	Redeemer
Sat. Nov. 28/09	Mohawk	Canadore	2 p.m.	Fennell Gym



## Running the Gamut: Canadore College Recreational Activities

### Sunday 'Triple Play' Day:

Take part in an afternoon of activities at the Education Centre Gymnasium. Floor ball (very much like Floor Hockey) 12:30pm-2:00pm, Badminton at 2:00pm-3:30pm & Lacrosse from 3:30pm-5:00pm. Equipment is supplied, no team is required.

### Co-Ed Recreational Ice Hockey League:

Our pre-season games have started but we are still accepting registration forms. How to sign up? Stop by the Athletics Office at College Drive C-250 or the PAC Offices at Commerce Court. Fill out a registration form and bring cash or cheque \$140 for students and \$170 for Alumni.

### Co-Ed Rec. Intramural Volleyball League:

League begins Wednesday October 28<sup>th</sup> at the Ed. Centre Gymnasium. Games run Wednesdays 9:00pm-11:00pm. Sign up with a team of at least 6 team members; at least 2 females. There is a \$20 refundable bond required when you sign your team up.

### Canadore's Amazing Race:

This event is on Saturday November 28<sup>th</sup> starting at 11:00 a.m. at the Education Centre. Sign up your team of 6 today. Students will travel with their team to different challenges; they must complete their task before getting their next clue. \$60/ team. Sign up today at the Athletics Office C-250 or Gym Office.

### Fitness Classes:

Take part at both the Commerce Court and College Drive Campuses. Classes include: **Cycling, Yoga, Zumba, Boot Camp, Gliding, Circuit Training, Women Only Weight sessions in the weight room, & Core focused classes.** There is no charge for Canadore students so stop by the Ed. Centre Gym Office or the Athletics Department C-250 to pick up a schedule and check class availability.

For Schedules & More information  
[gymtech@canadorec.on.ca](mailto:gymtech@canadorec.on.ca)

## Reviews: Justin Vernon returns, Spirits are evoked, and Girls take over the party

By Kyle Fowle

### Volcano Choir – *Unmap*

8.7/10



On Justin Vernon's first album since *For Emma, Forever Ago* and the accompanying *Blood Bank*, nothing really seems to have changed, at least not instantly. His collaboration with folk/experimental group Collection of Colonies of Bees, calling themselves Volcano Choir, doesn't immediately strike the listener as anything drastically different. The album, titled *Unmap*, opens with sparse guitar and Vernon's distinguishable and beautiful falsetto in a song called "Husks and Shells". As stated, the track is sparse, but god damn beautiful. Vernon's voice is used more of an instrument, with his voice adding layers of ebb and flow vocal melodies to the scattered yet coherent ramblings from his bandmates. This song acts as a harbinger of what lies ahead on *Unmap*. Almost all of the following tunes fall in the same category of experimental neo-folk. Often time on the album, the lyrics are indistinguishable, but it is the haunting melodies that make this album more of a mood album than anything. It ends up creating an atmosphere, one that is at times catchy, always haunting, and at other times, brilliant. *Unmap* comes close to being too inaccessible and drawn out, but then recovers quickly by giving us "Still", which is a reworking and far superior version of Bon Iver's own "Woods" from the *Blood Bank* EP. This song leads right into the closer, a beautiful, soulful song called "Youlagy". Vernon's voice enters a whole new level of heart and soul on this track, which finds his voice wandering alone over some humming strings and the occasional cymbal bash.

*Unmap* is not Bon Iver, but this is in no way a bad thing. This album comes across as a truly brilliant piece of atmospheric music. I recommend picking up this album, tossing on some headphones, and laying down in the dark with your eyes closed. Let this album wash over you, let it move you and excite you. You won't regret it.

### Dead Man's Bones – *Dead Man's Bones* 7/10



After all the hype, all the pre-release videos, and all the Lunchables for the children's choir, the debut album from Ryan Gosling and fellow actor Zach Shields is here. And guess what? It's pretty damn good.

The album begins with a slightly unnecessary spoken word intro, but I guess it can be forgiven considering this album was originally meant to be a play about ghosts and zombies. After that, the album breaks into much of what has been heard in many pre-released tracks. Gosling and Shields create a very minimalist sound on this album, but that by no means dictates the quality of the music. The guitars are sparingly finger-picked at times, and maddeningly strummed other times throughout the album. The guitars build around the low and rhythmic drumming provided Shield, and many of the songs take the Arcade Fire route of starting off soft and building to an epic climax. Songs such as "Dead Hearts" and "Lose Your Soul" truly haunt you and fill the room with par-

lour house piano, hand claps, and those eerie children's voices. Other songs move along at a slower, waltz-like pace, with Gosling's surprisingly strong voice carrying the sometimes goofy lyrics over truly interesting and mesmerizing music.

For an album that had an equal amount of hype and doubt, Dead Man's Bones have created an engaging and fascinating album. It's hard to tell if the album will be standing long past this Halloween and Christmas, but for now, we listeners have a very unique and haunting album to fill our time with.

### Girls – *Album*

8.9/10



When I first put this album on, I had no idea what to expect. I randomly picked it up, found out that it was a much-hyped debut album, and then commenced my listening. When the sounds started filling my ears, it hit me as a breath of fresh air, yet it was completely recognizable. The guitars were sunny, the lyrics were about love and friendship, and the vocals were wobbly and self-conscious. For the sake of pointless musical comparison, it was like the Beach Boys meets Elvis Costello, and in a totally good way!

The album, cheekily titled *Album*, begins with the wonderfully catchy "Lust For Life" (no, not that one), which opens up with the aforementioned sunny guitars and wobbly vocals. A solid opener can make or break an album, and Girls start their debut off right. The crazy thing is, it only gets better from there on out. The seven minute opus "Hellhole Ratrace" is a brilliant piece of music with some very powerful, evocative lyrics. The

sunny mood continues with songs like "Big Bad Mean Mother Fucker" which is obviously surfer inspired, but there are some darker spots spliced in, such as the frightening, drug tinged acoustic tune "God Damned".

2009 has been a year of great music, great expectation, and also many let downs. With many stellar albums from established indie bands such as Animal Collective and Grizzly Bear garnering all the attention, it can be hard for other indie bands to create their own spotlight. Girls have done that though, creating a brilliant album of catchy pop tunes, surfer rock, and the occasional acid-rock slow burner. Easily a contender for album of the year, *Album* is a truly mesmerizing piece of art.



Photos by Peter Magill

## Shark

By Stefan Phillips

What teeth have you my halfhearted friend!  
So like to a man's but more a shark's  
Rough like you and pointed on end  
I bet her scarf only half hides the marks  
No doubt you're tough my coldhearted friend  
Ten million tiny teeth comprise your skin  
Deep in the sea your dark body blends  
Yet you've rubbed her with your sandpaper sin  
Your smile scares me, you salty thief  
Roll over black your eyes become pits  
In my world you're the god of grief  
I know, I know: you'll tear her to bits  
Please leave now you deep-gutted thief  
You both swim and love with wide mouth parted  
Waiting for the injured, hidden in the reef  
When they try to resist it must be halfhearted  
Those eyes, your eyes, so deep with charm  
When she dives in, do the waters warm?  
Those teeth, your teeth, they serve your need  
Oh how you smile to see her bleed!

## A Modest Reception

By Kyle Fowle

I walked in the dark  
To see Dr. Spark  
Past the odourless rooms  
All dreary & stark  
  
The mice shook their heads  
And the doctor said  
That the best thing to do  
Was to feed my head  
  
But I was born this way  
And I have to say  
That I'd rather hop along  
And be on my way  
  
I fell to the left  
And I fell to the right  
And vanished like a moonbeam  
Into the night

But I was condemned  
By the poets & men  
To a life of writing  
With a broken pen

One that just spurts  
When it sinks or it hurts  
About the women that came  
In their sun-dried skirts

But this musical heart  
Was lost from the start  
Damned to the bottom  
To play his own part

To write what he sees  
What buckles his knees  
A hole to the soul  
A lock for my key

And I do not question  
This modest reception  
Just take this skewed dream  
As my newest invention

For my eyes they collide  
With the high rising tide  
And I've come to realize  
That meaning is all lies

## Dim Light

By Brian Talmey

In the light  
Of a candle's glow  
The native-chief  
Looks down upon creation  
The world he stood proud for  
Is dead, dying, destroyed  
In the dim-light of a candle  
The mother cries  
Her baby is dead  
Suddenly, crushing hope  
In the dim-light of a candle  
The lovers embrace  
In post-coital bliss  
Strange scenes in the candle-light  
Strange indeed...



# The Road (Not) Traveled

By Jessica Burwell

Four hours into my six hour car ride, and I approach a crossroads that makes me question my entire journey. As I approach the stop sign, I have an overwhelming feeling of confusion and disorientation. I have no idea as to what direction to take. It's a simple question, really. My only options are left or right.

A decision I've made many times before, without thought or consideration. I should be turning right. The whole purpose of this journey is to turn right.



Photo by Peter Magill

It is a simple action, and a thoughtless decision that I have made several times before. My love will be hurt if my plans alter. The relationship has been unsteady for awhile, and by not turning right it would surely bring about its demise.

I hear a honk behind me and look up to see a disgruntled driver swerving around me to turn left. I could follow that jerk and go left as well. At the end of the road, there could be anything. I've never gone that way before. Or, I could make this simple and turn around.

Do I make my normal choice and please my love? Or do I take the road not previously taken?

Turning around would be the safest and possibly the stupidest decision I could make at this point. My phone rings and it startles me. I pick it up, and see my love's number on the call display. I throw my phone back on the passenger seat after silencing its sound. I cannot let the call influence my decision, and I attempt to remove the thought from my mind. I need to make this choice for myself. Only I know what the right direction is at this point. I am far beyond the help of any GoogleMap.

I flick on the blinker, and make my turn. I relax in my seat and take in the scenery as I follow the smooth pavement before me. If I change my mind, I can always turn around.

## Love

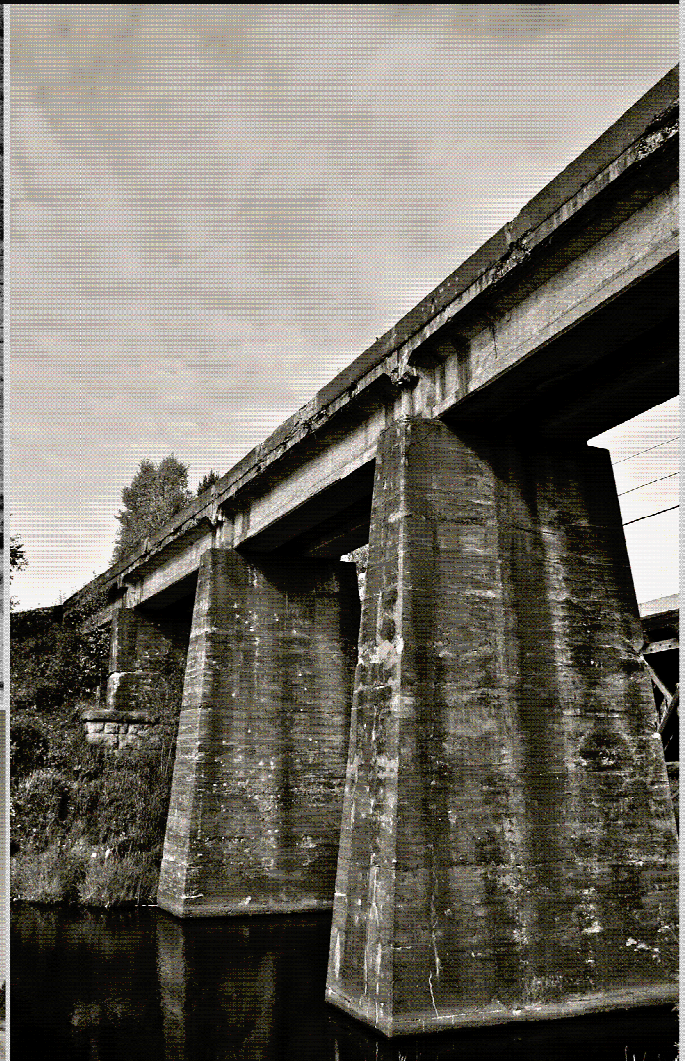
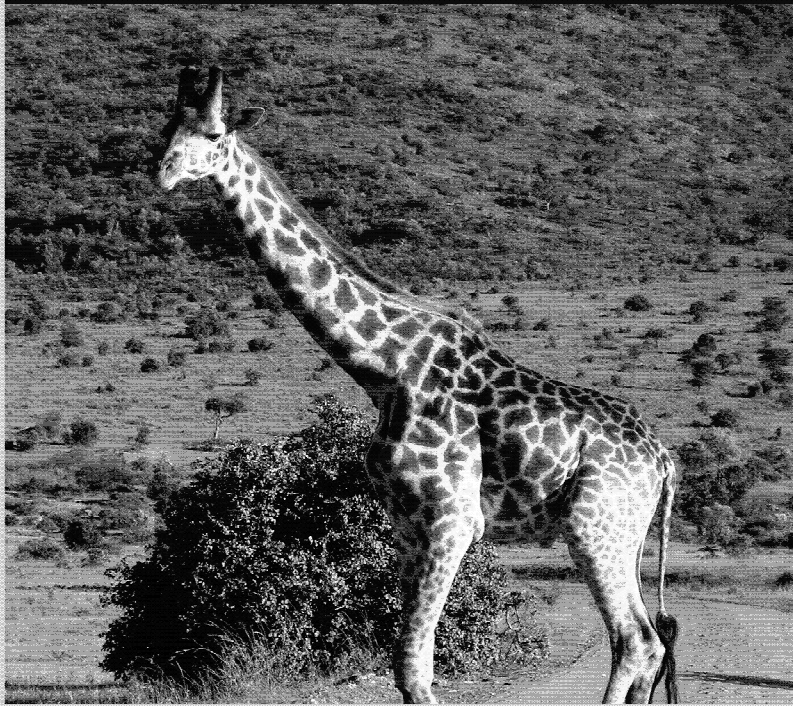
By Diana Arhin

It is a fairytale  
 Hard to believe  
 It happened in seconds  
 My life will never be the same  
 I never stopped believing  
 Though sometimes it slipped my mind  
 I struggled on my own  
 Blind as a bat  
 Didn't recognize my aura was as black  
 Blatantly denied you  
 Came back but payback was a bitch  
 Coiled in loneliness  
 Waiting for daybreak  
 On the verge of starvation  
 Naïve and wicked were my ways  
 Like a temptress  
 I chose my prey  
 The hunter became the hunted  
 Cried out but there was no sound  
 Loved but there was no passion  
 The stench of hate was unbearable  
 My escape was as easy as a walk through the door  
 Just like that I was free  
 Saw your smiling face  
 Indulged in your embrace  
 This journey has taken a toll on me and you  
 Our bond can never be broken  
 They were in disbelief when they saw us  
 Hand in hand, like lovers





WORLD OF WONDERS | PHOTOS BY MATTHEW BRADLEY



## Decaffeinated, Please

By Brett Greene

Missus Jacobs strode into Hardy's Deli just off East Street at a quarter past nine carrying the water weight she'd always claimed was Thanksgiving's best berth.

I heard she and her husband, Delacroix, were having some trouble at home; nightly, our neighbours could swear that they heard thumping going on upstairs, as if God had shifted seats in a Mad Hatter's game of poker. Nightly, they heard muffled cries.

Today, she seemed serene as she wrapped the blue-brown apron around her torso, patting the bump for good luck before dipping the carafe toward our cups. Elmer was first, then Benny second and, as was customary, she switched to decaf for me.

"How's Delly and the boys, Missus?"

Just back from my shoulder was Robert Gunder, an ex-naval jockey who was known as our town's filthiest and richest drunk.

"Well, Delly isn't feeling too great actually, Mr. Gunder. He fell down last night just after the news and I had to revive him with some of those... what do they call 'em?" she asked.

"Epsom salts, I believe."

"Right, well, I had to revive him with some of those, and he had

a trouble of a time getting up. It seems that he and the rest of the boys got a bit drunk at McDougal's last night—"

"Half price whiskey!" Benny spun out.

"Indeed, half price whiskey. At any rate, he fell asleep on the floor and I haven't seen him since."

"Aren't you worried he might be dead?" Gunder inquired.

"I'm not worried about anything at all, Mr. Gunder, save for paying my rent and buying some happiness someday."

She was firmly grasping the decaf carafe with the orange rim when suddenly we heard a sluice. Not a splash, nor a thunk, but the sound of a bathroom drain relieving its contents.

First Elmer, then Benny, and as was customer, me, looked over the counter. And lo and behold from betwixt her legs—Delacroix Jacobs' head.

**We welcome submissions to the  
Fridge Door Section!**

**Send your poetry, prose, rants and raves to:  
editor@campusfreepress.com**



Art by Sarah Crepeau

### Snapshot

By Brian Talmey

The past is a funny thing  
Inconsequential in the moment  
Momentous on reflection  
Photos of times when we  
Were all someone  
When it all made sense  
When there was a hereafter  
Still frames of smiling faces  
Lighting up the banality of now.  
Still frames, still thoughts  
Still waiting for it all to come back.



# LIGHTS

with guests

**Jets Overhead**

Oh hey, I'm LIGHTS--a fairly small-sized, Canadian girl (from Callander) who makes intergalactic-electro music. What do I mean by intergalactic? I'm glad you asked. I try to find sounds that seem like they could have been plucked from Saturn's rings or a meteor belt.

Equal parts  
fantastical/epic/beautiful/emotional.

**Sunday, November 22**  
**7:30 pm**

**Tickets: \$25 Advance**  
**\$30 Day of**

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**LIGHTS' debut album**  
**The Listening featuring**  
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