



**BONA-FIDE
CAMPING
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THE ONTARION

The University of Guelph's Independent Student Newspaper



Megan Verhey

The youth of the Guelph Contemporary Dance Festival take the stage during the Youth Moves performance at the River Run Centre.

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Gluttony: then and now

U of G prof reveals changes in the link between pleasure and eating

ANTIK DEY

University of Guelph Professor of Italian studies, Mary DeCoste, discovered that Catholic Europeans were not allowed to enjoy their food until the Renaissance. This shift put new emphasis on cooking, making the meals healthier.

"For me, the most interesting contrast with the Middle Ages and today is the idea of pleasure," said DeCoste. "The medieval notion of gluttony included the idea of taking too much pleasure in food as being sinful. Today, if we say someone is a glutton, it basically means that we think he or she eats too much, even if that person eats without pleasure. In fact, I would say that now we

sometimes think of gluttons as eating compulsively and thoughtlessly, with diminished pleasure."

According to DeCoste, during the Middle Ages, the church considered gluttony as one of the Seven Deadly Sins for its ability to divert people away from a spiritual focus.

"Christians were expected to devote their attention to God," explained DeCoste. "Pleasure in food was considered a sensual pleasure at the expense of devotion to God. For this reason, gluttony was often linked to sexual sensuality, because it consists in inordinate sensual pleasure. Gluttony and sexual sins were closely linked in the medieval imagination."

Those who were faithful to the Church developed strategies to diminish the pleasure in eating,

See "EATING," page 3

The U of G's sexiest conference of the year approaches

Leading sexual education event to take place on campus

LAURA SCHEP

Starting on June 21, our very own University of Guelph campus will host its sexiest conference of the year: the 32nd Annual Guelph Sexuality Conference, with the catchy title of "Communication & Sexual Health: More than Words."

Confused?

Allow me to clarify for you what this conference entails. The Guelph Sexuality Conference is proudly recognized as Canada's leading, annual education and training opportunity for individuals interested in pursuing sexual health professions. Delegates present at the meeting include public health as well as community

health workers, people from the education and social services fields, counselors, medical doctors and nurses, researchers, clergy and more.

Essentially, the Guelph Sexuality Conference program is dedicated to understanding the complexities of human nature and celebrating sexuality in a respectful and dignified manner. The conference provides an opportunity for administrators, researchers, therapists and service providers to showcase their success stories in this career field. The conference offers an opportunity to learn, network, and establish or enhance skills necessary for discussing this sensitive topic in an appropriate and educational manner. Attended by over 500 individuals each year,

See "SEXY," page 3

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Arts & Culture

The girls who cried Art

How M.I.A., Kelis and Christina Aguilera let the world down

DUNCAN DAY-MYRON

If necessity is the mother of invention, then what is the mother of reinvention? Publicity, record sales, creative exhaustion? It isn't uncommon for any public figure to hijack or reevaluate their own careers. But it doesn't always work out for the best.

Christina Aguilera's career is a testament to the powers reinvention: from 1990s girl next door virgin, to imtemperate sexual predator in her "Dirrty" days, to the jazz inspired 2-disc behemoth *Back to Basics*. For better or worse, Aguilera's image has been nothing if not au courant. But regularly changing your musical MO to keep you on the charts doesn't exactly bode well for your artistic reputation, something Aguilera yearns to have. To wit, in recording her newest album *Bionic* she brought in some of the most respected writers to help her out: Le Tigre, Ladytron, Sia, M.I.A. and Nicki Minaj all assisted. However, Aguilera's caterwauling doesn't service these songs well and the result

is poorly calculated, constructed, and insincere, not pop enough to fit on the radio but not experimental enough to warrant serious critical thought. Both sides Aguilera tried to impress ended up short changed, and the album ended up universally displeasing and disingenuous, saved only by the kudos you could give her for attempting something new.

One of Aguilera's honchos was the pride of Sri Lanka, Maya "M.I.A." Arulpragasam. Her newest album, the absurdly titled *M.A.Y.A.*, hits shelves soon. Hotly anticipated, music journalists for everywhere from Pitchfork Media to the New York Times have been on her trail generating hype since it was announced. The first song released, the dark and dense "Born Free", in which M.I.A.'s distorted vox ride a wicked Suicide sample, was accompanied by a controversial, exceptionally violent short film. The song itself was passable. You couldn't dance to it like half of *Kala*, but it had the same sense of immediacy that always made M.I.A. interesting. Not as interesting as the video, however, as people wrote expositions on its possible meanings (genocide? immigration?) and the song took a back seat.

The rest of *M.A.Y.A.* falters almost all the way through. It grinds more than it bumps. It drones for minutes at a time. It's Metal Machine Music on MDMA. "Tequilla" clocks in at over six minutes of sirens and repetition. Unfortunate that it follows the first single (and the album's only high note) "XXXO", but it sets the stage for the rest of the album adequately. M.I.A. feels more concerned with getting as much stock political rhetoric between extended avant-garde samples and 808 loops than she does making the kind of music that got her to the point where people cared about her politics in the first place.

M.I.A. and Aguilera have, in the past, served two separate markets, two separate purposes, two separate masters: the status quo, and the elite. They were both meant to dominate playlists, tastemaker music blogs and magazine covers for the next four months. But both of these albums fail in the same way, in that these masters became their own ideas of artistic ambition.

That's not to say that a musician to pander to public expectations of their music, but the only defense of these two mediocre albums is the political and ideological defenses



Megan Verhey

their creators put behind them, to reinvent both perceptions of them as artists but also of the music they create, be it Top 40 pop or college radio electro. When the dust settles, their well-publicized artistic ambitions will be lost, and all that will remain is the product itself. Artistic intent and biography are ultimately irrelevant to any cultural

production, and the same is true of popular music. As noble as lofty ambitions might be, they don't make good music.

There's the cliché that art is defended by people by saying that an unfavourable audience simply didn't get it. But, especially for pop music, if the audience didn't "get" it, then it's the artist who has failed.

Sports & Health

The power of nine

SPEAK INTO THE MIKE



MIKE TREADGOLD

The results are in and they're not pretty.

Mired in a steroid scandal since early April, the University of Waterloo has elected to suspend its football program for one year and place its coaching staff on paid

administrative leave. This decision comes in the wake of nine players on the team testing positive for performance enhancing drugs, following a team-wide test of all 62 members by the Canadian Centre for Ethics in Sports.

Nine were guilty, and 53 apparently innocent. Yet, they all suffer, unable to play during the upcoming football season while the university conducts an internal review of its program and policies.

Some say that the decision of

athletic director Bob Copeland to punish the entire team is far too harsh, while others posit that a team wins together and loses together and therefore must endure this burden as a group. Who's right? Who's wrong? Hard to say, however, the 'clean' players certainly have my sympathy.

So too, however, does the UW athletic administration, placed in the ultimate unfavourable position of having to determine the severity of the punishment in light of the

largest doping scandal in CIS history. Effectively, it comes down to one word.

Precedent.

The athletic administration had virtually no choice but to be heavy handed with its reaction to the test results. Virtually any other response could have easily been interpreted as a failed attempt to eradicate steroids from university sport.

The UW administration had to be swift in its reaction and set an example for other teams, other schools and other players. The actions of cheaters extend beyond mere individual punishments. Like it or not, your decisions as a member of a team have a ripple effect that directly affects your fellow teammates. And now, the decisions of nine members of the Warriors team to use banned substances has ultimately cost the entire team their season.

Ask around and you'd be hard pressed to find anyone who doesn't want steroids kept out of the CIS, and cheaters to be prosecuted accordingly. However, it is also important to realize that keeping

steroids out and testing each and every athlete presents remarkably high costs, which no school could reasonably afford. Speculation has suggested that nationwide testing of CIS athletes would amount to at least \$1 million per school, per year. Waterloo itself shelled out \$20,000 for its football team testing alone in April. Sustaining these costs is simply impossible for athletic departments, already operating on strict operating budgets without considerable room for new revenue streams.

And with nationwide testing virtually impossible, what is the alternative?

To make an example out of one group that will hopefully serve as a deterrent to others.

The decision to suspend the program for one year and prevent seemingly innocent members of the team from playing is eye-opening; however, I can't help but look at this entire situation as an opportunity for the CIS to be proactive and progressive. And for the greater good of the sport, working towards making it clean and keeping it that way, this move was the right one.

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Life

foodstuffs

Cook a perfect steak

NICOLE ELSASSER

This Foodstuffs is not for the vegetarians out there. Nor is it for those who, for health reasons, tend not to eat red meat; preferring the fish fillets and chicken breast with no skin. Instead this installment of Foodstuffs is for those who love red meat. It is for those who live for the fatty edges on a good steak and willingly throw caution to the wind in the name of gastronomic pleasure. This installment is exclusively those who understand that to love steak is, contrary to popular opinion, not a sign of an unadventurous eater who can't imagine straying beyond the meat and potato formula. Instead these enlightened meat-eaters know that the beauty of steak is in its simplicity and that if you have a good quality piece of meat, all it should need is a little salt and pepper to be, dare I say it, sublime.

When selecting one's steak, first thing's first. It's a much better time

to eat beef than several years ago because of the increasing availability of sustainable-raised animals for meat production. If able, any true meat lover should willingly pay slightly more for their steak to know that the animal that it comes from lived a comfortable life. Next, it is always preferable to get a steak from an actual butcher rather than simply selecting one out of the many from a trough at the supermarket. If possible, ask for a steak that has been slightly aged. A good steak, one that has had time to age that is, shouldn't be the vibrant red that so many are at the grocery store. Instead a steak should be aged anywhere from two to three weeks and look slightly purple and much darker than an unaged steak. The reason age in a steak is so desirable is because it's far more tender than a fresh steak. In layman's terms: aged steak equals moist and therefore delicious.

The following is a method

for preparing a perfect steak, unadulterated by marinades or other culinary shenanigans. The cooking times will yield a medium-rare steak because it is, in my very subjective opinion, the best. If you like your steak anywhere else on the done spectrum, you will have to adjust using your judgment, partially because I don't have the cooking times for a well-done steak and partially as punishment for having such sorry steak taste.

Cooking method for perfect steak

- One large steak approximately 1-1.5 inches thick
- Coarse salt
- Ground black pepper
- Canola oil

Take steak out of the fridge 30 minutes before cooking. Preheat oven to 450F. Blot steak dry with paper towels and season generously with salt and pepper. Film the bottom of a



Courtesy

cast iron skillet with oil, and heat over moderately high flame until almost smoking. Sear steak for two minutes on each side, using a set of tongs to rotate meat, lightly searing edges as well. Transfer pan to preheated oven.

Cook steak for 4-5 minutes, flip and cook for same length of time, an approximate 8-10 minutes total for medium rare. Remove steak and let rest on a cutting board for at least 15 minutes.

I really wanna get into...camping

NICOLE ELSASSER

I have a mind-blowing confession to make. I have never been camping. Despite romantic ideas about the "great outdoors," friends who enjoy their fair share of time in the bush and a lifetime proximity to some kind of nature, the closest I have ever come to camping was sleeping in a trailer in my grandmother's front yard as a child. Needless to say, I'm a camping novice. But despite being far behind many of my friends in this respect, I have decided that this is the summer that I brave the great outdoors, that I sleep in a tent, build a fire and eschew proper toilets in favour of a hole in the ground. It's going to be swell.

In order to pass for a true outdoors-person I began researching what I would need to know in order to successfully camp. To clarify, the tips that are provided below are not fit for an extreme wilderness adventure. They are more for someone looking to have a wilderness-adventure lite; a way to gracefully make the transition from camping-virgin to bona-fide person who slept in the woods.

Get the right gear

For a beginning camper, there is no reason to spend a fortune



Megan Verhey

on a tent. Best make sure that you actually like camping before you spend a good amount of money on the equipment. Relatively inexpensive tents can be purchased from many retailers and the most important thing to

look for is that it is the right size to fit those who will be sleeping in it, that it's waterproof and that it can keep mosquitoes out. There are lots of other features to look for in a tent but it's likely that for all of them, you will need

to pay a little more money. The good news about sleeping bags is that their use isn't only limited to the outdoors. You can use it for camping just as well as you can use it when you stay at a friend's house out of town. Unless you expect to do a great deal of winter camping, you'd probably be safe with a lightweight, rectangular sleeping bag.

The business of eat and drink

In order to eat something other than simple sandwiches, you're going to need to cook. Now there are so many fancy stoves you can buy specifically for camping but if you are just starting out, nothing beats cooking over a fire. All you need is some sort of rack to go over the flame and fire skills and you're good to go. In case of rain, however, it's always good to have food that you can eat without heat. There are just as many water filtration devices as there are little cooking stoves but they are all fairly expensive. For a beginning camping trip, it's probably best to bring your own water or a jug if the place you are camping has water fill up stations.

Bears!

No matter where you are camping, be prepared to hide

your food from bears. If you are fortunate enough to have a vehicle, leaving your food in there is your best bet. If this isn't an opinion, wrapping your food up in bundles and hanging it from trees is the next best thing.

This is just the tip of the iceberg of camping information. For more, do what I did, and consult the internet.

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A LOOK AT THE GUELPH CONTEMPORARY DANCE FESTIVAL

MEGAN VERHEY
TEXT BY
NICOLE ELSASSER

JUNE 3 TO 6, 2010



For 12 years, the Guelph Contemporary Dance Festival has been a life force in the city's arts community representing contemporary dance so faithfully that it draws people from all around. According to Catrina von Radecki, a co-founder and general manager of the festival, the larger goal of the festival is to put the city of Guelph on the artistic map showcasing, not only the dance talent found within its limits, but also all that makes Guelph unique.

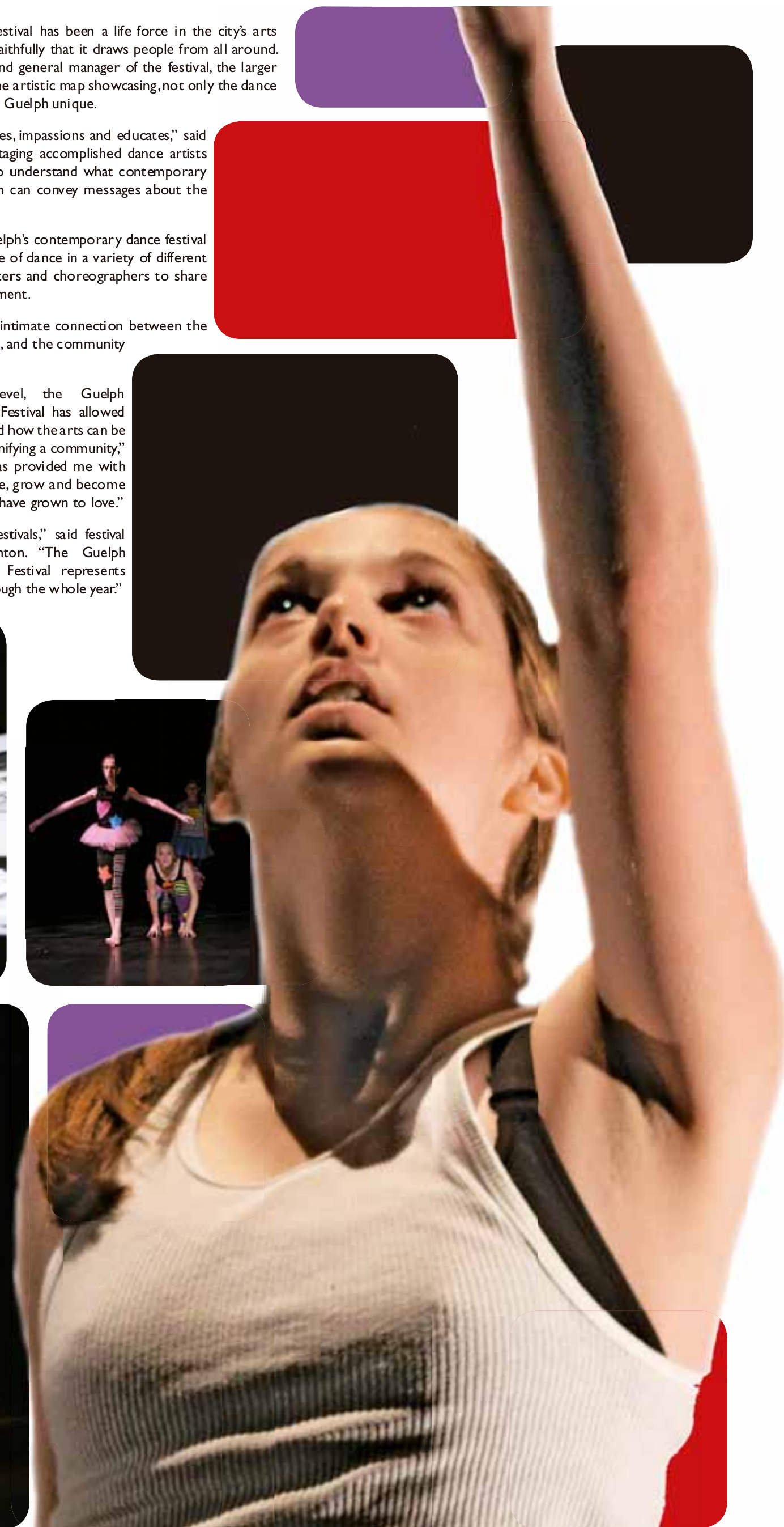
"The Guelph Contemporary Dance Festival enraptures, inspires, impassions and educates," said von Radecki. "It is recognized both locally and nationally, staging accomplished dance artists from across Canada...We offer opportunities for people to understand what contemporary dance is and how such a unique form of artistic expression can convey messages about the world we live in."

Von Radecki explained that something that distinguishes Guelph's contemporary dance festival from others is that it is able to showcase this particular style of dance in a variety of different forms and venues as well as provide opportunities for dancers and choreographers to share their passion at differing stages in their professional development.

Ultimately, organizers of the festival agree that there is an intimate connection between the artistic community, more specifically that of the dance world, and the community of Guelph in a larger sense.

"On a personal level, the Guelph Contemporary Dance Festival has allowed me to better understand how the arts can be a driving force behind unifying a community," said von Radecki. "It has provided me with an opportunity to share, grow and become part of the a city that I have grown to love."

"Guelph is a city of festivals," said festival publicist Lynn Broughton. "The Guelph Contemporary Dance Festival represents what Guelph offers through the whole year."



Clockwise from top left:
Robert Kingsbury (choreographer), Guelph; Youth Moves; Floating Seed, Montreal; Animals of Distinction, Vancouver; Youth Moves; Youth Moves; Larchaud Dance Projects, Toronto; Rachel Cyr (choreographer), Toronto; Youth Moves.

Cut out photos:
Above: Helen Husak, Calgary.
Right: Youth Moves.

Opinion

Loose Cannon

Whose side are you on, Denise?

GREG BENETEAU

More than two months after University of Guelph undergraduates voted overwhelmingly in favour of leaving the Canadian Federation of Students, we remain unable to leave the organization. Like a fly trapped in a spider's web, the more the Central Student Association struggles to remove itself from Canada's "united student movement" the more trapped it seems to become.

After all the trouble the CFS caused, it's appalling that External Affairs Commissioner Denise Martins would help to impose their ridiculous standards on other schools that want out.

But I digress. The CFS held its semi-annual general meeting in Ottawa at the end of May. According to Federation bylaws, a majority of member unions must ratify the results of our referendum before we can finally be free of the CFS.

Sadly, U of G didn't make it on to the agenda. The CFS and CFS-O won't even consider our request to leave until its members on the Referendum Oversight Committee

endorse the results, which they have refused to do.

Since the CSA remains a reluctant member of the federation, it was entitled to send a voting delegation to the meeting – but only one person could attend, the CFS National Executive decreed, because the request was submitted past deadline.

Martins chaired the campaign in favour of staying part of the CFS, and was in opposition to the majority of CSA Board members who voted to endorse de-federation. Regardless, as External Affairs Commissioner she is our official representative to the federation. She was sent to Ottawa, entrusted with voting in the best interests of the CSA.

Instead, Martins made a mockery of the CSA and students on this campus, endorsing a series of restrictive referendum bylaws that put even more power in the hands of CFS. If these bylaws were in place prior to Guelph's referendum, a vote would never have happened.

Martins voted in favour of Motion 7, making paper ballots the only

acceptable method of voting in CFS referenda (it passed).

It was a bizarre decision, considering that the CSA uses electronic ballots in its own general elections. The CSA also spent \$70,000 in court, fighting for the right to use email balloting during the referendum vote. The court steadfastly upheld that right, and the right to have a neutral third party conduct polling.

Undoubtedly, email voting played a key roll in increasing voter turnout. Nearly 45 per cent of undergraduates cast ballots in the referendum – roughly the same estimated turnout for young voters in the last federal election. It should be considered a positive step for student democracy.

Yet according to Canadian University Press Ottawa Bureau Chief Emma Godmere (the only reporter allowed to attend the meeting) a group of supposedly progressive student delegates was suspicious about using technology in an election. Citing a handful of security breaches in the past year, they warned that email voting could

not be trusted.

Those breaches involved private companies conducting online polling, whereas Guelph's vote was overseen by the university administration. Further, student unions across Canada have used online voting for years without any serious problems.

Passing an amendment based on such sweeping generalizations was nothing more than a cynical attempt to keep turnout low, which favours CFS supporters. Martins, who once told The Ontarion that she found the high turnout for the referendum "suspicious," played right along.

It wasn't the only vote cast by the CSA delegate that students would find remiss. Martins also voted in favour of other regressive bylaw changes, including:

- Motion 29, tightening the requirements to submit a de-federation petition and giving the CFS National Executive the "sole authority" to determine whether a petition is valid;

- Motion 30, which implicitly recognize counter-petitions

that remove students' names from a de-federation petition.

- Motion 32, requiring member locals to submit a voters list to the CFS, or else use a double-envelope system.

The CSA fought all of these in court for the simple reason that the CFS abused them to prevent a democratic referendum from happening. Simple common sense would dictate that the CSA wouldn't impose standards on others that it wouldn't accept for itself. Yet, all of the above motions passed with Martins' support.

At its last meeting, a flabbergasted CSA Board voted to re-affirm its support for the electronic ballot system used during the referendum, but the damage was already done.

The External Affairs Commissioner is supposed to represent the CSA to outside organizations like the CFS. Through her voting record, Martins instead supported her own interests in the CFS, betraying the trust of her colleagues and students who elected her.

Local Food Growing on Campus

Support for a new course

LINDSAY
MESSERSCHMIDT AND
ONNELA PUKK

Do you pay attention to where your food comes from? How many carbon emissions were released into the air to get that California apple to you? Have you ever thought about how your food purchases

might affect your local economy, the environment or your health? Students and faculty have begun to recognize that local food is a key way to support sustainable initiatives on the University of Guelph campus. As the number one agricultural university in the world, and with its Food Science Department being the largest in the university, the U of G has great resources to support local food initiatives on campus, including celebrating the work Hospitality Services has made in providing local food options on campus. The U of G is unique among Canadian universities in offering both academic and applied learning opportunities in organics on campus.

Buying local food has many rewards. It supports farmers economically and sends the message that their work is valuable. Knowing the people behind your produce builds human relationships and encourages quality food products. Local food is more nutritious because it is picked at its peak and reduces environmental impacts as transportation is minimized. Food produced locally doesn't leave such a large carbon footprint. A taste-test that sought to compare the tastes of local versus imported food found that an overwhelming majority of students are unaware of the fact that there is any local food

served on campus. All of those who were interviewed demonstrated a willingness to support local food over imported food, even if they had actually preferred the taste of the imported food during the taste test. What this suggests is that, were students given the opportunity to distinguish between local food versus non-local food, they would actively attempt to make conscious decisions based on the knowledge they could have gained from labeling, perhaps something that could ultimately change what they would buy. The current situation suggests that students who are unaware of local food initiatives on campus assume that local foods have not been integrated into the university's food systems. This assumption is, however, far from true.

Hospitality Services currently sources up to 40 per cent of the University's food locally, primarily through the Elmira Produce Auction Cooperative (EPAC). EPAC is a wholesale market for regional produce serving country market owners, local universities, as well as individual community members. Locally purchased products include fresh produce, dairy, eggs, yogurt, ice cream and a variety of meats – an accomplishment worth celebration and praise.

The University of Toronto took steps to ensure that students were able

to differentiate local food on campus from other foods in 2006. They launched a deal with their food service companies to meet and implement the labeling standards of Local Food Plus, a Canadian non-profit organization that certifies local sustainable farmers. The University of Guelph could replicate this model in order to strengthen student awareness about the numerous local food products already provided on campus.

Students at the U of G would like to see the university take action and implement an undergraduate Local Food Systems and Sustainability course that will work to increase the availability of local foods on campus. The idea came from the University of British Columbia where a similar set of courses were developed nine years ago and are now being offered at the University as the UBC Food System Project (UBCFSP), an initiative towards sustainable and secure campus food systems. Just as UBC assumed responsibility, the U of G can provide students with the opportunity to improve their understanding of globally relevant issues while studying the impacts of the food system in feeding the campus and Guelph community. A course would help students evaluate the ecological, economic, and social sustainability of food systems, while working to increase the availability

of local food at the university.

A group of students advocating for local food met with U of G President Alistair Summerlee to discuss the opportunity for establishing a local food system course at the University. The students were elated to find that he is very supportive of this idea. He also suggests that through the course, students further develop the Guelph Centre for Urban Organic Farming at the Arboretum to maximize production as a source of local food for campus – a unique initiative where even honey is made from the bees on the farm.

The Centre Coordinator, Martha Gay Scroggins, commented about the barriers to expanding farm production.

"We need a vision plan. A long-term 10-year plan," said Gay Scroggins. "We have very limited resources to work with, so we definitely need donations. We need to build washing stations and an outdoor shower and we're putting in a solar energy system. They also need the hands of volunteers to help with numerous tasks from planting and pulling weeds to making compost and saving seed."

There you have it; the importance of supporting local food at the University of Guelph has even the president's support for a more sustainable food system on campus.

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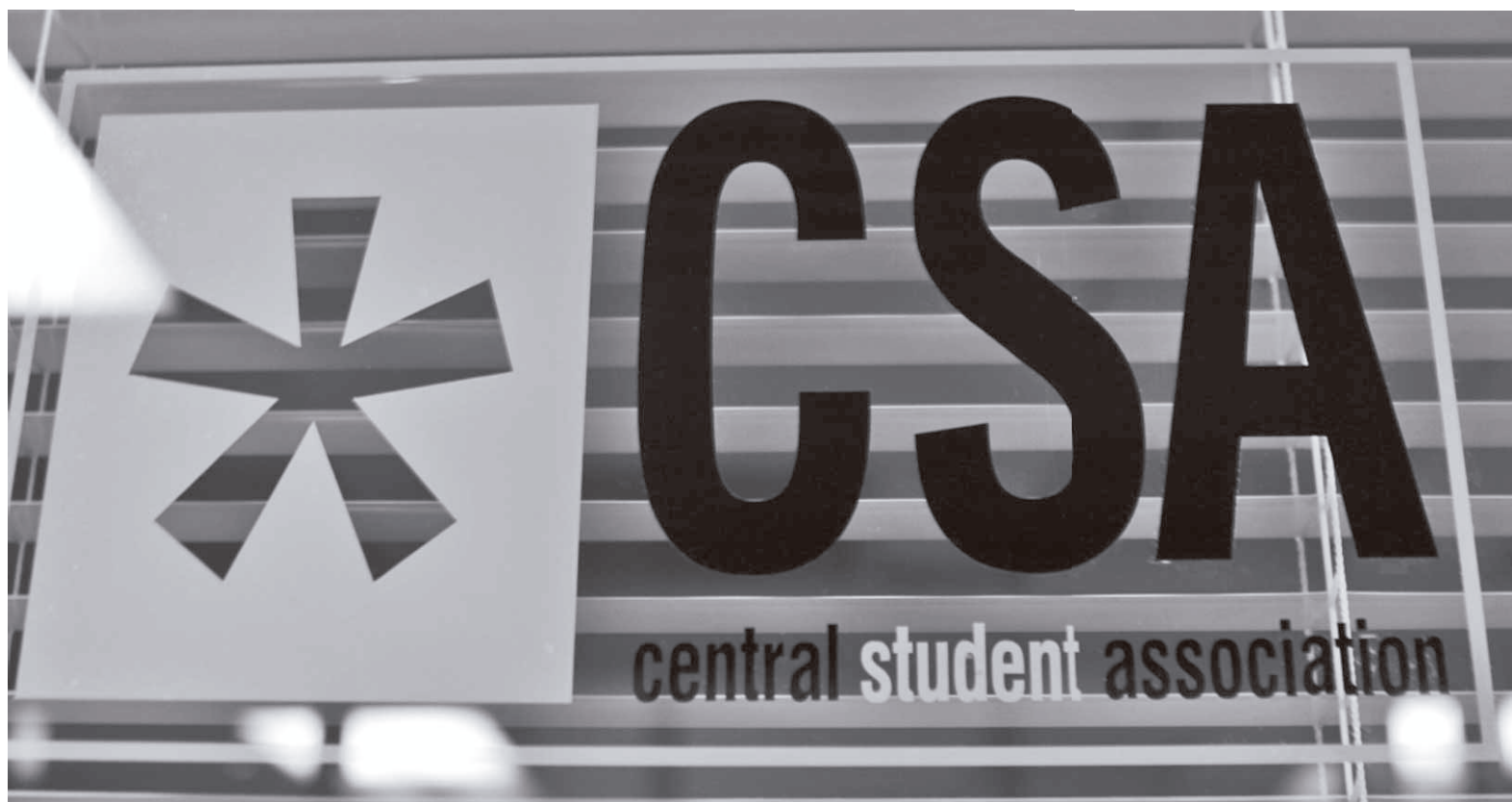
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Editorial



Megan Verhey

Where hast thou gone responsible, receptive and transparent student government?

With all of our editorial topics having been fairly heavy this summer, The Ontarion wanted to cap our summer publications with a rant about the World Cup. It was going to be simple. It was going to be funny. It was maybe even going to elicit some sort of an indignant response from an otherwise silent readership. But with something weighing heavily on our minds, we couldn't, in good conscience, leave a recent development with this year's CSA unaddressed.

Last year's news section was constantly following developments as students from the University of Guelph and eventually most of the Central Students Association (CSA) endorsed the decision to discontinue membership in the Canadian Federation of Students (CFS). As the year progressed, the story went from a small group of students pushing petitions through, to the CFS, in a grand hindrance to democracy, refusing students the right to determine continued membership, to the CSA fighting in court against the CFS for said right and finally, to students voting overwhelmingly in favour of discontinued membership with the CFS. It was certainly an interesting year, especially when it became clear that despite U of G students voting to leave the CFS, it would be a long road for them to be permitted

to eventually leave, if at all.

After the referendum on continued membership in the CFS revealed that a resounding majority of students wished to leave, pro-CFS individuals in the campus community, namely CSA External Affairs commissioner Denise Martins, yelled 'foul.' They were suspicious at the high student voter turnout. They suddenly had qualms with the use of online voting in the referendum (despite this being the very method used to elect the current CSA executives to their positions). And they had sour grapes about the CSA's endorsement of the decision to leave the CFS; claiming that the students who voted to leave were largely misled by their student government.

All signs point to the last grasps of a defeated minority. This becomes problematic, however, when power-playing members of the aforementioned defeated minority are in positions of power. Even more so when, like Martins, they are charged with representing student interest in the CFS arena. Perhaps it was all too much to expect an elected member of the student government to put aside their personal politics and actually represent their constituency.

At the recent CFS AGM, Martins voted, not in the interest of the students who elected her to her position, but in the interest of the CFS;

leading to the introduction and adoption of a number of small but problematic bylaws making it all the more difficult for U of G students to leave.

These actions read like someone who has heard the desires of their constituents, presumed them to be expressed in ignorance and has decided that only they know what's best for the many.

We at The Ontarion, see that these recent events could get swept under the rug given that they transpired during the summer semester, a time when

few students are here to kick up a fuss. It is our hope that, when the majority of students return to the campus, they demand that their democratic voices be taken seriously by the current CSA; that they demand a little credit as informed members of our campus community.

And most of all, it is the hope of The Ontarion, that this time the *all* members of the CSA executive decide to listen.



Judy Brisson, O.D.
Lynne Leis, O.D.
Elaine Harrison, O.D.
Reita Thomas-Parel, O.D.
Terry Runstedler, O.D.



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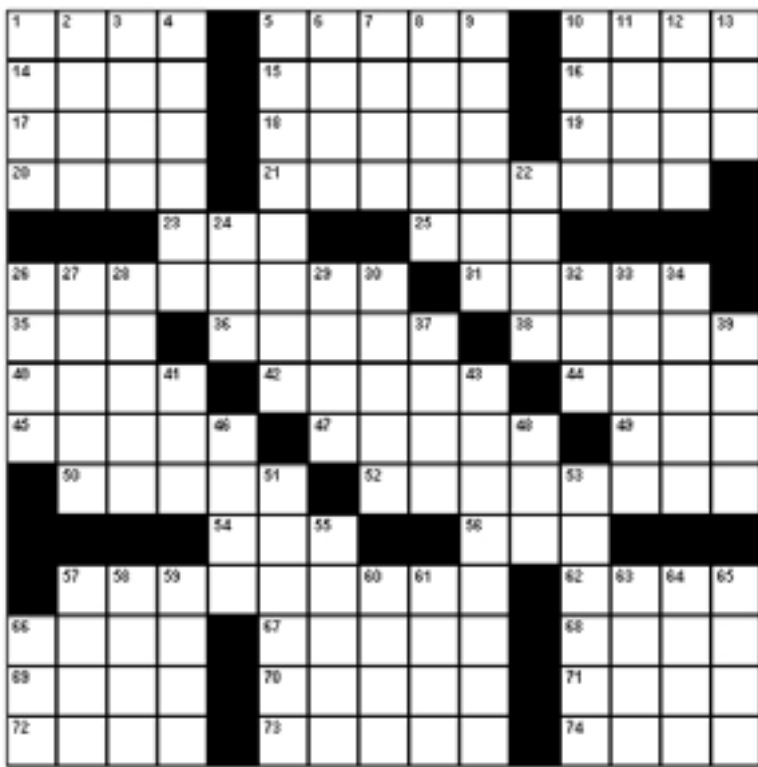
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Across from OVC Small Animal Admissions, CIBC Plaza
FREE PARKING

Crossword



By BestCrosswords.com

Down

- 1- Journey
- 2- Has a bug
- 3- Corrida cries
- 4- Group of six
- 5- Italian noblewoman
- 6- Draft classification
- 7- Bits of thread
- 8- Communion table
- 9- Objects from everyday life
- 10- Vessel
- 11- Electric fish
- 12- Remain
- 13- Bashful
- 22- Ova
- 24- Howe'er
- 26- Payment for travel
- 27- Disconcert
- 28- Totaled
- 29- Farm structure
- 30- Tending to a definite end
- 32- Meadow
- 33- Muse of lyric poetry
- 34- Lout
- 37- Drum sound
- 39- "___ She Lovely?"
- 41- ER VIP
- 43- Germanic
- 46- Knitting stitch
- 48- Diamond stat
- 51- Certain fisherman
- 53- Cornhusker, e.g.
- 55- Nimble
- 57- Arabian sultanate
- 58- Vamp Theda
- 59- Boast
- 60- Jump on the ice
- 61- Author Morrison
- 63- Alleviate
- 64- Streetcar
- 65- Sewing case
- 66- CIA forerunner

Across

- 1- New Mexico art colony
- 5- Tooth
- 10- Cong. meeting
- 14- Anger
- 15- Old-womanish
- 16- 8th letter of the Hebrew alphabet
- 17- Holly
- 18- Oscar de la ___
- 19- Now ___ me down...
- 20- Attention-getter
- 21- A seizure
- 23- Biblical verb ending
- 25- Manipulate;
- 26- Most distant;
- 31- Awry;
- 35- Attorney's org.
- 36- Bendable twig, usually of a willow tree
- 38- Turkish palace
- 40- Monetary unit of South Africa
- 42- Dole out
- 44- Exclamations of relief
- 45- Bar, legally
- 47- Crude carrier
- 49- Freight weight
- 50- Hoax;
- 52- Talipes
- 54- Actor Stephen
- 56- Acapulco aunt
- 57- Not to be omitted
- 62- Network of nerves
- 66- Actor Epps
- 67- Agnew's old boss
- 68- Trading center
- 69- Franklin D.'s mother
- 70- Nicholas Gage book
- 71- Biblical birthright seller
- 72- Hang-up
- 73- Museum piece
- 74- Do followers

Last Week's Solution



Submit your completed
crosswords by
Monday June 21 at 4 p.m.
for a chance to win!

Sudoku



Sudoku Instructions:

Fill out the grid so that each row, column, and each marked 3x3 square contains each number from 1 to 9 with no numbers repeating.

Comics

AWKWARD PLACES TO RUN INTO YOUR ADVISOR



www.phdcomics.com

Community Listings

Thursday June 17

OUTline Phone Volunteer

Training: Summer 2010.

Tuesdays June 22, 29 &

Wednesdays June 23, 30 from

6-9pm & Saturday June 19

from 10am-4:30pm. Visit www.uoguelph.ca/~outline/ for more

information and to sign up.

World Refugee Day at UofG.

12pm: African Drumming

Workshop with 50 drums in

the UC Courtyard. 1pm: Panel

Discussion on Refugee Issues

with a focus on Education,

UC Rm 103. Open to the

public, donations appreciated

for (WUSC)'s Shine a Light

Campaign. wusc@uoguelph.ca,

www.wusc.ca,

shinealight.wusc.ca

Friday June 18

Guelph Food Bank Gigantic

Fundraising Garage Sales &

Silent Auctions. 100 Crimea St.,

8am-6pm. Rain or Shine! Today

and Saturday, June 19.

Saturday June 19

The Arboretum 40th

Anniversary Open House,

10am-3pm. Staff, Auxiliary

and Master Gardeners answer

questions & lead tours. Tours

begin every half hour at the

Information Kiosk down the

hill from Alumni House. www.uoguelph.ca/arboretum or call

519-824-4120 x52113.

FINALS! Guelph Poetry Slam.

Top ten poets compete against

one another for a place on the

first ever Guelph Poetry Slam

Team which will represent Guelph at Canada's national poetry slam. 7-10pm at the eBar, 41 Quebec St. Guelph. \$10 cover, youth welcome.

M.A.K.E. Music and Art for Kids Education Silent Art Auction at Wyndham Arts Supplies (125 Wyndham St. N). Proceeds will help subsidize Art and Music Camps for youth that could not otherwise afford to attend. www.wyndhamARTsupplies.com

Wallypalooza! A family event of music and fun in support of the Trillium Waldorf School. 2-8pm at Fourfold Farm - 7682 4th Nichol Line. Music and Dance, Activities for the children, Barbecue and picnic dinner. Pay what you can, bring a lawn chair. Rain or shine. Info: wallypalooza.com/

Sunday June 20

Pollinator Day in the Garden at the Arboretum. An afternoon of information about pollinators, pollinator plants and their habitats. Guided tours at 1pm, 2pm and 3pm. Meet in the Gosling gardens, past the J.C. Taylor Centre. Information: Phone: 519-822-1260 x 2109, Email: healthylandscapes@uoguelph.ca, Web: uoguelph.ca/healthylandscapes.

Guelph Arts Council Historical Walking Tours - Tour V: Brooklyn and the College Hill. Tour includes some of the city's best examples of masonry and stone carving. Meet 2pm at McCrae House,

108 Water Street. Cost: \$3 per person. (519) 836-3280 or gac@sentex.net

Monday June 21

Guelph Hiking Trail Club www.guelphhiking.com. Hike - Dufferin Quarry Bridge - 2 hr. Bring water & bug repellent. Meet 6:15 p.m. at the Covered Bridge parking lot by Gordon Street. For information contact: Leader: Kathy 519-836-9147; Peter 519 824-1353.

Tuesday June 22

Townhall: Natalie Mehra Speaks Out on new changes within hospitals, nursing homes and retirement homes at 7pm at 10 Carden street in Guelph. Wheelchair accessible. Refreshments. Info at 767-0084.

Sunday June 27

Guelph Wellington Local Food Fest at Ignatius Jesuit Centre, 5420 Hwy 6, 11am - 5pm (just north of Guelph). Farmer's market & exhibitor area, prepared local food, dynamic children's area, live entertainment, workshops on local food/farming, cooking classes, farm tours, wagon rides and more. Free event. Visit: www.guelphwellingtonlocalfood.ca/fest.

Guelph Symphony Orchestra presents 7th Annual **Music in the Park**. 3pm at Riverside Park Bandshell. Donations gratefully accepted. Bring a lawn chair or blanket. www.guelphorchestra.ca.

Guelph Arts Council Historical Walking Tours.

Ward One Guelph (New Tour)

The two hour tour starts at 2pm

at the Toronto Street entrance

to Tytler School (just off York

Road near York Road Park).

There is a small admission

charge. (519) 836-3280 or

gac@sentex.net

Ongoing:

Guelph Civic Museum

Exhibition - Spirit of change:

One Building Tells the Story

of Guelph. Tracing the history

of the second oldest church

building in Guelph. Exhibit runs

from June 12, 2010 - January 9,

2011. 6 Dublin St. S. Open daily

1-5pm. uoguelph.ca/museum.

McCrae House Pipe Evenings

with the Guelph Pipe Band - 2nd

Tuesday of each summer month.

Enjoy the Guelph Pipe Band as

they practice. Bring lawn chair.

108 Water St. (519) 836-1221,

uoguelph.ca/museum. Summer

Hours (July-Nov) Daily 1-5pm.

Macdonald Stewart Art Centre

Exhibit: 'Slip' Cheryl Ruddock

opening reception, 3-5pm.

Exhibit continues until July 18.

358 Gordon St. 519-837-0010.

info@msac.ca www.msac.ca

Guelph Civic Museum Exhibit

- Spirit of change: One Building

Tells the Story of Guelph. Tracing

the history of the second oldest

church building in Guelph.

Exhibit runs until January 9,

2011. 6 Dublin St. S. Open daily

1-5pm. uoguelph.ca/museum.

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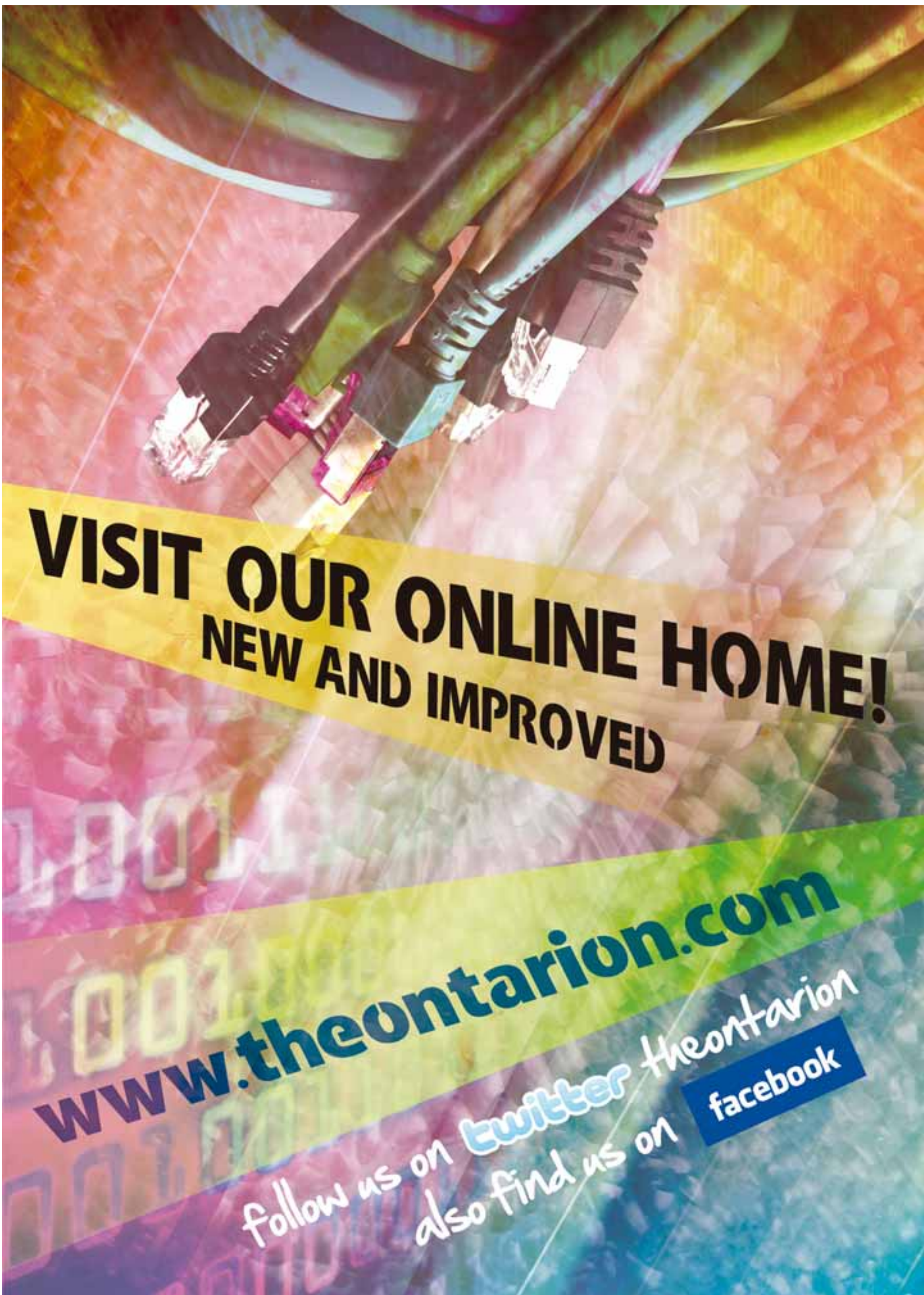
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