

MEDIUM

MAGAZINE

MEDIUMONLINE.CA/MAGAZINE

UNIVERSITY OF TORONTO
ISSUE 2 2011

Q+A

with

Jian

Ghomeshi

IS THERE ANYTHING THIS GUY CAN'T DO ?

**HOW
CONFIDENT
ARE YOU?**

**SOCIAL
NETWORKING
101**

**MEET A YOUNG
ENTREPRENEUR**

**DO NOT ENTER:
FRIEND ZONE**

**STYLE
FILE**

**must have
essentials for
every
wardrobe**



KEEP IT GREEN

When you're done reading this magazine don't throw it out. Leave it for someone else to find and enjoy. Cool?



 **FOSTER'S**
Australian for Beer.

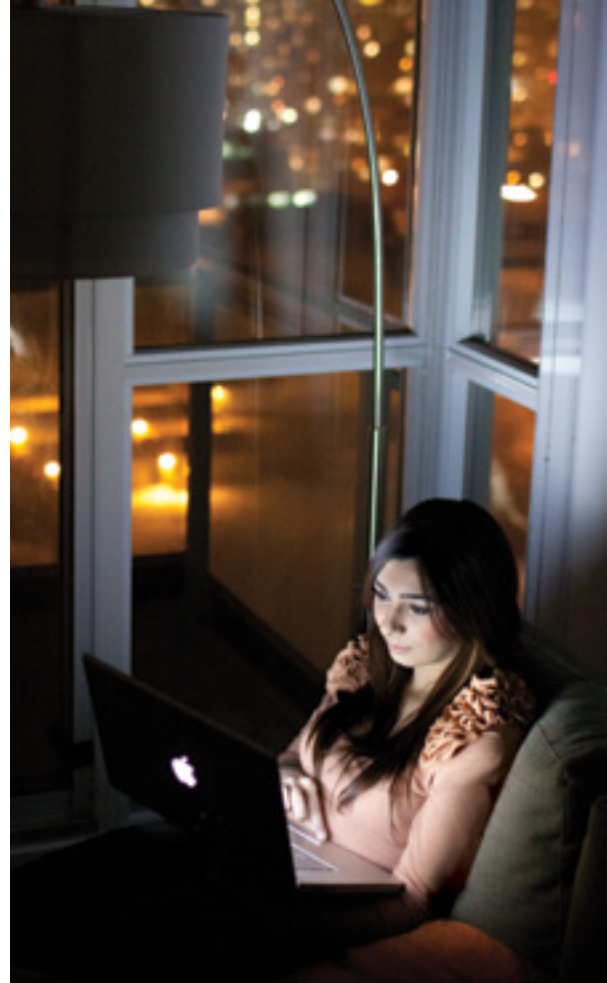
750ML CAN

**WHY NOT PICKUP
A HANDFUL TODAY FROM
The Beer Store**

WELCOME TO
ISSUE TWO OF THE
MEDIUM MAGAZINE

EDITOR'S NOTE

YOU NEVER KNOW WHERE INSPIRATION IS GOING TO COME FROM



In the process of producing this issue of *The Medium Magazine*, my team and I went through hundreds of topics. We wanted to make it entertaining and informative. Every page represents us and our take on issues we're all dealing with right now. Whether it's trying to develop your own personal style, considering being your own boss, trying to get in shape, or being confident—we've got you covered.

What I love about this magazine is that it gives people a chance to be creative and try new things. I love experimenting with different jobs and learning from experiences outside the lecture hall. Being the Editor-in-Chief, creatively directing the magazine, styling looks for our fashion piece, and interviewing Jian Ghomeshi (who knows a thing or two about doing what you love) has given me more motivation to pursue a career I'm passionate about. We want everyone who reads the magazine to think about how they can learn from new experiences. Whether it's taking a trip abroad, living on your own for the first time, or infusing social media into your life, there is no experience that you can't learn from, so take it—and run with it.

There's one thing I've learned from my years of working in a competitive entertainment industry: what makes people successful is working hard, yes, but more importantly, putting their *heart* into what they do. There's a saying I live by: "If you can't put your heart into it, take yourself out of it." That's exactly how we looked at the magazine, and here it is. Heart and all.

Enjoy the issue.

COVER PHOTO / JIAN.CA / EDITOR'S NOTE PHOTO / EDWARD CAI

2011

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MEDIUM MAGAZINE

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HOW TO BE A SOCIAL MEDIA SENSATION

 NIVES HAJDIN

Have you got a lot to say? Do you crave a strong online presence? But are you a complete noob when it comes to social networking? There are a lot of different social media sites out there, and while they seem to be only growing in popularity, they can be intimidating if you have no idea what you're doing. But with this how-to guide, you'll not only have the tools to make your mark in the online community, you might even become a trending topic (more on that later!).

WELL, AREN'T YOU TWEET? – TWITTER

With almost 200 million user accounts since 2006, Twitter has definitely cemented itself as one of the leading social networking sites on the Internet. Before we get into what makes it so wonderful, you need to get familiar with the terminology.

A tweet is your voice on twitter; you can post a message or tweet of up to 140 characters, so this is where your wit and succinctness comes in. You can write a tweet in any way you like, whether it's a spastic update on your encounter with a celebrity downtown, or a wardrobe question that you'd like answered by a fashion guru. Now, you're not writing these tweets just so that you can admire them yourself, are you? Gaining followers—people who read your tweets by opting to “follow” you—is one of your main goals, and the easiest way to gain followers is to first follow them yourself. This might not be enough, though, as you might actually have to @ them with a comment—that is, direct a tweet at the person by writing @ and their username—and only then might the person become aware of your presence and begin to follow you as well.

A great way to build your Twitter confidence is to follow your friends and reply to their tweets as practice, before you head out into the realm of the celebrity. That's right—you can know what Justin Bieber is doing 24/7, including how his mom cancelled his cellphone plan. Where else are you going to find this kind of juicy info? Many celebs tend to limit their Twitter activity to career promotions, while some simply leave the tweeting up to their management, but a large chunk of them actually have hilarious and interesting things to say, and even take the time to tweet back to your question or comment, or at the very least retweet your tweet.

Are you getting confused yet? A retweet is exactly what it sounds like: if you come across a tweet that you just have to share with the rest of the world, you can click the “retweet” button and the tweet will appear on your followers' timelines, even if they aren't following the person you retweeted. A timeline is like your news feed on Facebook—I apologize if you don't have Facebook and thus don't know what we are talking about here, but if this is the case you're really living in the Stone Age and you need to get out—where all of your tweets and your followers' tweets exist in harmony, as well as all the tweets of the people you are following (remember, you can have access to someone's tweets even if they aren't following you as long as their tweets aren't protected. To make your own account private, simply go to Settings and select “protect my tweets”. It doesn't matter if these people don't know you; in fact, many of them won't (how many celebrity friendships have you made recently?). But the whole point of Twitter is to build your network with people around your city and the world, so that you can be instantly connected to what interests you, even if you're a continent away. Large-scale news corporations like CNN, CEOs like Steve Jobs, and acclaimed newspapers like *The New York Times* are just a fraction of the presence on Twitter, and following such news sources

and individuals is a very easy way to stay connected to what is going on in the world if you don't have time to sit down and read a good, old-fashioned newspaper.

Even if you are just interested in what other people have to say on a topic, you can search a keyword and it will pull up any tweets mentioning that word. People include in their tweets what is called a hash tag, which is just # and the buzzword. Hash tags are useful if you want to sum up your tweet; for example, if you write “My cat ripped my homework into 1000 pieces and then I missed the bus”, that likely won't come up in a search. But it will if you add #FML to the end, and it also gives your tweet a nice finishing touch. If a word or topic becomes really popular, it becomes a trending topic, and this simply means that the topic is one of the most discussed on Twitter at that particular moment.

These are just a few of the many things to be learned about Twitter, but hopefully this basic introduction has equipped you with the knowledge to make your voice heard, well within the realm of 140 characters.

ALL THE KIDS ARE PLAYING IT – FOURSQUARE

Foursquare is a location-based networking application that lets its users “check in” when they visit a particular location, for which you then receive points. Just to clarify, this is a cellphone-based service, so unfortunately you can't take over the social media world behind your laptop in this case.

Based on your location, your phone pulls in all of your surrounding venues and locations as well as their distances from you, and you can check in at one location per day. Every time you revisit the same location, you move closer to becoming the “mayor” of that location, until someone else with more visits comes along and steals your title. Based on how frequently you check in at various locations, you are rewarded with badges based on your accomplishments, including “Crunked” for when you hit up more than four locations in one night, “Jetsetter” if your travels take you to five different airports, or “I'm on a boat!” for when you check in on the high seas.

Checking into these locations is not solely to become a fictional mayor, but you can also add “tips” to that venue in order to alert oth-

ers of a good restaurant you went to, or a chic boutique you found downtown. Many companies are now jumping on the Foursquare bandwagon, such as *The Wall Street Journal*, Zagat, and Bravo, providing links to connect to the application, as well as tips, badges, and promotions about their products and services. In October 2010, an astronaut unlocked the “NASA Explorer” badge when he checked in at the International Space Station, so you can literally use this service anywhere in the world—and beyond.

THE BLOGGING COMMUNITY IS YOUR NEW NEIGHBOURHOOD – TUMBLR

If you know how to make and maintain a successful blog, you are well on your way to becoming social media royalty. Most of us need a little push to get there though, and Tumblr makes it incredibly simple to make your mark in the blogging world.

The first step is to select the design template for your blog. There are hundreds of styles to choose from (though many of the nicer ones are premium, and you have to shell out some cash to use them) so you will likely be able to find a look that reflects your personal style. However, Tumblr also allows you to create your own custom HTML themes, so if you have some knowledge of cascading style sheets (CSS) and XML

documents, that's another more hands-on option to creating a unique blog interface. But getting back to the basics, you can adjust the colours and banner images on pre-programmed themes to create a more personal touch. You can then post text, links, audio, and video files, and even link the latter directly from YouTube. One fantastic feature of adding photos is that you can create a photoset, in which all of your photos appear in a slideshow format. This is perfect for vacation photos, for example, as it looks a lot more organized than posting 100 individual photos one after another.

Just like Twitter, you can “follow” other users and get their posts delivered to your dashboard—again, like a news feed or home page—and you can reblog a particular entry that you'd like to share with your followers. Similarly, you can search the community or “directory” for different areas of interest, including art, sports, photography, and many others, with hundreds of interesting blogs listed in each category. Tumblr is also perhaps one of the few self-regulating social media sites, as you can have your posts automatically published through a queue; you select how many times a day and between which times you would like a post to be published, that way your blog stays consistent even if you are not able to manually post something yourself.

Tumblr is getting a lot of buzz and is slowly gaining on social media giants Facebook and Twitter, so if you've got Tumblr under your belt, you've significantly raised your social networking value, my friend.



PHOTO / EDWARD CAI

YOUNG ENTREPRENEURS: WHERE ARE YOU?

 MATT GOULART



MATT GOULART IS THE OWNER OF WEBSTAR CONTENT; HIS CLIENTS INCLUDE MAPLE LEAF FOODS, AMERICAN EXPRESS CANADA, AND BANKNERD.CA, ONE OF CANADA'S LARGEST FINANCIAL WEBSITES.

Right off the bat, I'll get right to the goods. Most young entrepreneurs suck: they are filled with lofty, unrealistic goals and typically serve a selfish or ego-driven hunger... usually to impress their friends on the fourth floor of the UTM library. I'll go one step further and say most entrepreneurs lack the backbone to come up with a brilliant idea and execute it. Most young entrepreneurs want to establish a marketing agency and charge ridiculous fees for their service, a get-rich scheme of sorts. The idea typically fails—who's really going to trust an inexperienced and immature student with a few million?

Being an entrepreneur is not only challenging, it's gruelling and tough. Anyone who says it's easy hasn't developed a successful business. For the young entrepreneurs thinking of starting a marketing agency, don't! It's a saturated industry that is filled with more experienced and creative individuals. You think you can undercut the big boys to get the big client? Not a new idea—you and a hundred other companies have done it and failed.

Just a little demotivating, isn't it? Well, that's the typical young entrepreneur. I've learned a lot running my young business. I'll explain some of my experiences that can help the young entrepreneur within you. I first started out running a "marketing agency" when I was 16. I sold it as an agency, but in reality we just delivered flyers. Made \$2,000 a month when I was a

kid—not bad. I sold my partnership stake in that for a few hundred bucks (my first time dealing with equity stakes; it would prove to be a valuable experience, and I later found out I sold my stake for cheap). I now run an online "boutique". We manage websites, and what sets us apart from a marketing or ad agency is we actually develop an all-in-one solution, with a platform that actually generates revenue or brand awareness which we leverage to generate revenue later.

The best advice I can give you is don't ever undercut your product or service. People and companies will pay for anything if they see value. If you can provide value to an organization (big or small), you not only become valuable to them but you become an authority in your field. It's that authority you can now leverage to generate revenue. I never charge less—I believe my time and my service is actually worth something.

Developing revenue for clients has proven to be the biggest reward for me. Why? I quickly learned that if I could make money in the process of making more money for the people that pay me. Not only are they happy, but they'd promote me to others (referrals). This is where most young entrepreneurs fail: they believe they need to get rich first and forget about others in the process.

Let's take a step back and look even closer to the people around you, your employees. I pay my employees (I have five writers, a chef, an assistant, plus three contract workers) more than the average. Yes, this cuts into my cash flow and reduces my profits. But I know they are happy, and making my employees happy is my first goal. When

they are happy I know they will work harder, a above and beyond. It's a win-win situation.

Besides making sure my employees are happy, networking has become the second-most important aspect of my job. I don't see the value in those stupid networking events some clubs in university hold (no offence really). I mean really networking, knowing the person one-on-one. I've had the luxury to meet

CEOs, VPs and directors. After you go through your first few executives, you realize it's just a title and that these individuals are just like you and me. They are friendly and always looking to help, though you might get a couple rough, ego-driven executives. The best way to meet and know people is to do something good for them first. You need to provide something to them that shows your value.

Personally, I leverage my sites to get in contact with these individuals, I Google the VP of marketing (or who I'm interested in getting in contact with), and I contact them (thank you, LinkedIn). I send them an email and ask for an interview. After the interview I'll send them a nice thank-you note and small gift. Small gestures go a long way. This method typically works, because guess what: Who doesn't like to get interviewed and featured on a popular site, magazine, or newspaper? Everyone likes that extra little bit of attention. The gift is designed to show your appreciation and reinforce your new relationship.

Stay in contact with your network. I send

out a monthly or bi-monthly personal email to each one. They aren't long, but they are personal. I always go out for coffee, usually at Starbucks. You need to keep and develop your relationships—they eventually all pan out in some way.

Lastly, always be positive and always help others. I give out a ton of free advice to make money online. I literally give away most of my tactics and "secrets". Most would say this is bad business. I believe otherwise! Most individuals won't actually do what I tell them; they either don't have the drive or determination to do it, or they lack the knowledge. Guess what they do when they fail? They come back and talk to you. Being positive attracts positive things to you; I've been called a lunatic for stating this. But I'm serious, I can count several occasions when I was just being nice and positive to someone else, which brought huge benefits to my organization or my personal life. Yes, I do think Ari Gold (from the TV show *Entourage*) is awesome, but that isn't reality. Develop a positive attitude towards others and I bet you positive things will start to happen to you.

The most important aspect to every new startup and established business is focusing on your employees, networking, and being positive. You need to develop a positive and happy environment.



THE BEST ADVICE I CAN GIVE YOU IS DON'T EVER UNDERCUT YOUR PRODUCT OR SERVICE.

FASHION BEYOND



DEVELOPING YOUR REAL STYLE

LYSAN SEQUEIRA **EDWARD CAI**

For many of my high school years I was oblivious to real style and just ended up buying whatever I saw in Abercrombie and Fitch stores. I was blinded by what the mass-market retail world had told me what real style is about, and I had fallen into something I like to call “The A&F Trap”.

Sure, I thought I looked cute and fashionable then (and got some compliments in the process), but now I realize how constrained and totally boring my style really was!

Of course it’s fun to feel like you fit in, as if that moose-embroidered Henley you’re wearing makes you a tiny bit cooler somehow. At the same time, it’s much more rewarding to find your own sense of style, mixing and matching different labels, styles, trends, and ideas to create something that’s uniquely you.

REAL STYLE IS BETTER

As nice as it is to be complimented on your straight-off-the-mannequin outfit, it’s so much better when someone compliments you on a look that you worked to put together yourself with pieces from all over the place. That way, you know they’re complimenting your unique style and eye for

fashion, not the “fashion” know-how of some merchandiser in an A&F store.

IT’S NOT JUST A&F

Not that there’s anything really wrong with good old A&F; they do have some cute stuff at times! In fact, I swear by their basic tanks because they’re long and stretchy. But it’s not the be-all-and-end-all of fashion and style. If 90% of your wardrobe bears only one label, you are in need of a style re-evaluation.

It’s not “a look” to wear nothing but one brand from head to toe. If you walk around campus and see multiple girls wearing the same outfit as you in different colours, it’s time to really think about things, and start expressing yourself through your clothes, not somebody else’s ideas.

HOW TO GET OUT OF THE TRAP

Take a 30-day A&F break. The next time you go to the mall, resist the urge to stop in that store (it doesn’t have to be A&F, apply it to whatever store the majority of your clothes come from). Try out another shop that you don’t go to as often and see if anything appeals to you. Better yet, check out cute accessories instead of

buying more plain tops and jeans you don’t really need. Even better, skip the mall altogether and move on to step two.

BRANCH OUT.

Visit your local vintage store, that unique little boutique downtown, or just raid your most fashion-savvy friend’s closet. Look at textures, colours, and patterns, and take note of what really speaks to you. Make an effort to buy or borrow something that you really love—bonus points if it’s something that you wouldn’t normally wear!

Study up on style. I don’t mean memorize the latest trends or even necessarily try to emulate high-fashion looks, but instead try to learn about real style. Look to fashion icons of the past; find photos and videos and examine what they wore and what elements of that style you find appealing. Flip through Vogue and browse the runway photos on style.com. Rip out or print whatever you really like, and learn about proportions.

MAKE MISTAKES!

Fashion is all about experimentation. Don’t be afraid to wear something crazy if you’re in love with it! In fact, it’s almost better if everyone thinks you’re crazy because that’s how you know you’re original. Even if you really regret wearing something later, remember that all the most famous style icons make fashion mistakes at some point. (If you don’t believe me, check out some old pictures of Nicole Richie! She wasn’t born the fashion trendsetter that she is today!) Making mistakes is part of learning about what works and what doesn’t. Everyone has to go through it, and it will only make you more stylish in the long run.

BUILD A WARDROBE.

Think long-term. Will you still love your A&F tops and ripped up jeans when you’re in the “real world”? The next time you go shopping, really think about classics. Invest in good-quality clothes that you’ll have for the future, and take good care of them to make sure they last.

FOLLOW AND SKIP TRENDS AS YOU PLEASE.

There are so many trends out there, but that doesn’t mean you should follow them blindly! When you think about trends, don’t forget to consider what works for you, your style, and your body. For example, I think the wide-leg jeans trend looks super-cute on lots of girls, but I don’t like how they look on me, so I stick to my skinny jeans. It’s always better to skip a trend than wear something that doesn’t suit you at all. If, on the other hand, you love one of the latest spring trends for example, then just go for it!

Look at fabrics, cuts, and styles—not brand names. You want to look for quality, not a logo you recognize. Nine times out of 10 the label on your clothing says absolutely nothing about its stylishness anyway. Don’t be label-obsessed, be style-obsessed! If it’s fabulous, wear it. If it’s not, then pass on it.

LEARN ABOUT FASHION.

Getting your style outside the world of mass-market is so much easier once you learn about the fashion industry. Check out fashion show pictures, learn about how seasons work, get to know individual designer’s work (and how to pronounce their names!). The more you familiarize yourself with fashion, the more you’ll understand how it affects you. It’s really interesting to watch runway shows and then check out stores six months later and see different incarnations of the looks. It’s also incredible how everything repeats itself: just watch and you’ll see!

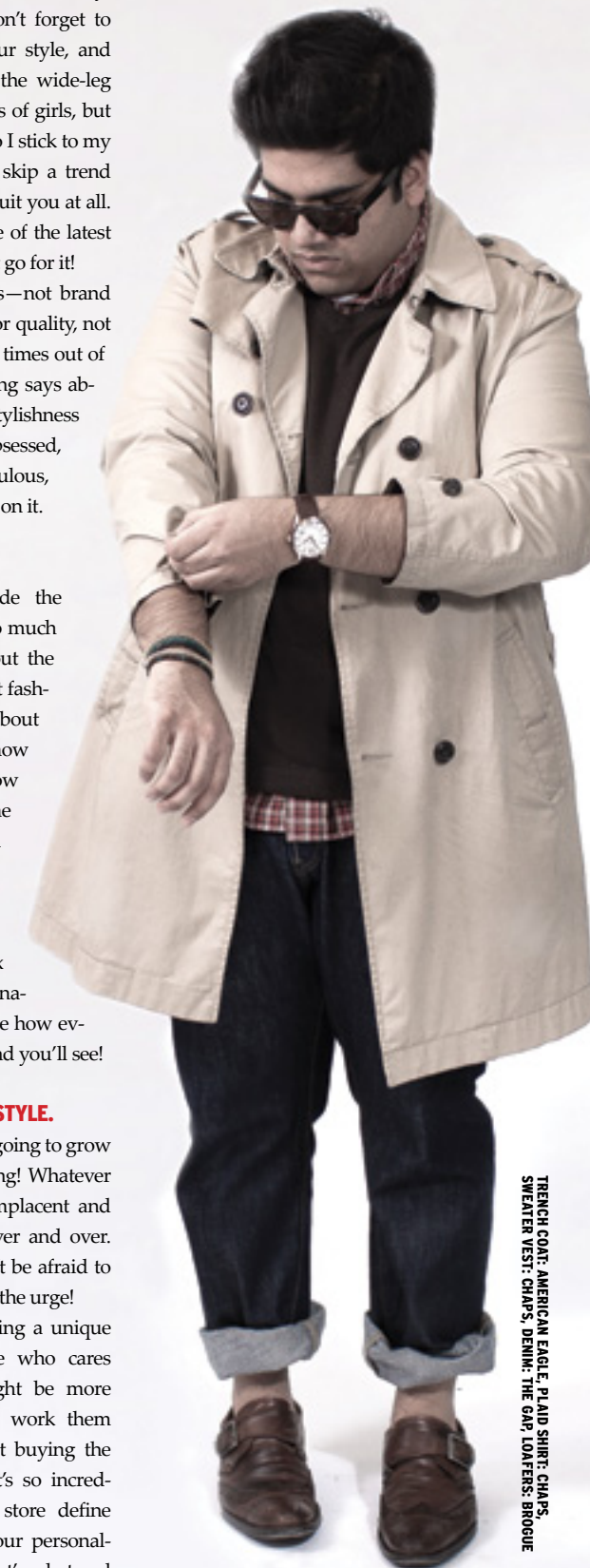
NEVER STOP DEVELOPPING YOUR STYLE.

Throughout your life, your style is going to grow and change. And that’s a good thing! Whatever you do, don’t let yourself get complacent and bored, wearing the same looks over and over. Have fun with your look and don’t be afraid to shake things up whenever you feel the urge!

At the end of the day, developing a unique style is something that everyone who cares about fashion should do. It might be more work to find unique pieces and work them in your own way rather than just buying the newest clothes at the mall, but it’s so incredibly worth it. Don’t let a retail store define you: define yourself and show your personality off through what you wear! That’s what real fashion is all about.



FUR: FUR; JACKET: VINTAGE; BOWLER HAT: H&M; LEGGINGS: H&M; WAIFABER GLASSES; OVER THE KNEE BOOTS: ALDO; RING: VINTAGE



TRENCH COAT: AMERICAN EAGLE; PLAID SHIRT: GAP; SWEATER VEST: GAP; DENIM: THE GAP; LOAFERS: BROUQUE

WARDROBE ESSENTIALS FOR HIM AND HER

 RAZAN KHAN

TOP FIVE FOR HER

DOUBLE-BREADED COAT.

Whether it's wool-blend for winter or a lighter material to carry you through spring and fall, a double-breasted coat is a must-have! Take it up a notch and buy it in a bold colour!



DARK DENIM

The right dark denim pants are not only flattering, but will most definitely class up any outfit. If you're still wearing acid-wash denim with giant tears, it's time you stopped shopping at Parasuco.



STATEMENT JEWELLERY

Jewellery can say a lot about who you are and what you're all about. Statement jewellery can be subtle but colourful, or bold and brilliant. Check out Stella & Dot jewellery at stelladot.com. They carry chunky bracelets, beautiful necklaces, and everything pretty in between!



DAY BAG

Most girls have purses and mistaken them for "bags". A day bag is tad larger and fits all necessary items for your day out. Go for a neutral colour or classic black and you'll be on your way in style!



FLATS.

Whether you're dating someone shorter or you just can't bear a full day in heels, your flats will be your saviours at school, work, or the club.



TOP FIVE FOR HIM

STARTER SUIT.

It's black or navy and it will carry you through weddings, formals, interviews, presentations, and funerals. Check out stores like the Bay and Tip Top for budget-friendly suits that won't break the bank. Just remember to stay away from polyester.



CAMEL KHAKI.

Whether it's a luncheon, a study session at the library, or a Saturday stroll downtown, the camel khaki can work overtime and in almost any scenario. You can't get any better than the vintage khaki from the Gap.



CRISP WHITE SHIRT.

Like a good sidekick, a good white shirt can be taken anywhere, anytime. Great white shirts show their quality, so make sure your purchase is a wise one. A Hudson Room shirt is perfect.



MESSENGER BAG.

The messenger bag offers a casual and modern alternative to your backpack and for days when you've got only a few things to carry it makes perfect sense. The Lacoste Sport messenger bag is perfect to carry your 15" Macbook or any other paperwork you may need—and a little bit more.



LOAFERS.

Not too dressy and not too casual, loafers are a perfect way to dress up jeans and dress down pants. They come in an array of colours and can be worn anywhere. Buy them in brown and they'll go with everything you own.



SOME MORE LOOKS TO DEVELOP YOUR REAL STYLE



VISIT MEDIUMONLINE.CA/MAGAZINE FOR MORE LOOKS.



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FACING YOUR FIRSTS

by KATHERINE LUCZYNSKI
 photos by EDWARD CAI



“THERE’S A FIRST TIME FOR EVERYTHING!” A PHRASE COINED BY SOMEONE WHO OBVIOUSLY KNEW WHAT THEY WERE TALKING ABOUT.

There is absolutely a first time for everything, since we’re not born with experiences but rather endure them throughout our lives. When it comes to university life, experiences differ from those in previous years.

Moving out of your parents’ place and (finally) living on your own is just one of these experiences. You leave the nest and try to find a place for yourself, either on residence or in a place you rent with your friends. Everything’s great, right? No parents to tell you what to do or when to come home.

It might be great for the first five minutes, but don’t be fooled by freedom. If you’ve never cooked or cleaned before, guess what? Now’s your chance. There are no parents around. Remember? It’s all up to you now.

So my suggestion is this: don’t rush to move out. You have the rest of your life to live on your own and experience freedom. University is stressful enough without the extra burden of feeding yourself and keeping your place somewhat tidy.

There’s always the chance that you choose a university far from home and staying home is not an option. I must warn you, living away from home means living away from everyone at home. This includes your girlfriend/boyfriend.

Sure, you’ve had relationships before, but have you ever had a long-distance relationship? Living apart means that you can’t see each other on a regular basis and unless you have an extreme amount of trust in your significant other, you can’t know what they’re doing while you’re not around.

Ever heard of the “turkey dump”? This may in fact happen to you. The first long break you have from school is the Thanksgiving (or turkey) break. You go home and see your significant other only to find out that they’ve fallen for your best friend. Why? Because you’re too far away and too busy with school to talk to them on the phone every night. Translation: you’re not giving them any. Which brings me to my next point.

Why is it that with university comes the idea that you can no longer be a virgin? As though it’s some sort of curse you’ve car-

ried all this time and now need to get rid of your V-card. Somehow the only way to truly be a university student is to have slept with someone by the end of your first year, though preferably by the end of your first week at university.

Most people have an idea of a romantic first time with someone they truly love in a setting that’s absolutely perfect, like in a candlelit room or under the stars (probably not on a beach, though). Somehow that idea is lost once people enter university. Sex is no longer thought of a special moment between two people, but is now something you have to do because everyone else is doing it and you’re already eighteen (if not older)—so it’s about time, right?

I say, wrong. Having sex for the first time just because it seems like the thing to do is not something you’ll be proud of later in life. So don’t get drunk and sleep with Rodrigo, a Spanish guy you met at some dingy hole in the wall, but wait for someone you actually like. It may take some extra time, but it’ll be worth it in the long run.

Between living on your own, stressing about your boyfriend/girlfriend back home, and worrying about whether you should or shouldn’t sleep with that cute blonde in your psychology class, when are you going to find time to actually sleep (no, not with her)? The first few months of university are usually easy, but don’t think this will be the routine for the whole year. Once midterm season hits in October and again in February, sleep becomes a privilege for those who are masters at time management.

If you don’t like coffee, this is the time to put the hatred aside and chug cup after cup of hot black coffee. How else are you going to stay awake to finish that paper for your Shakespeare class? Lack of sleep is never a good thing, but don’t wor-

ry—you’ll have Christmas break and summer vacation to catch up on the Zs.

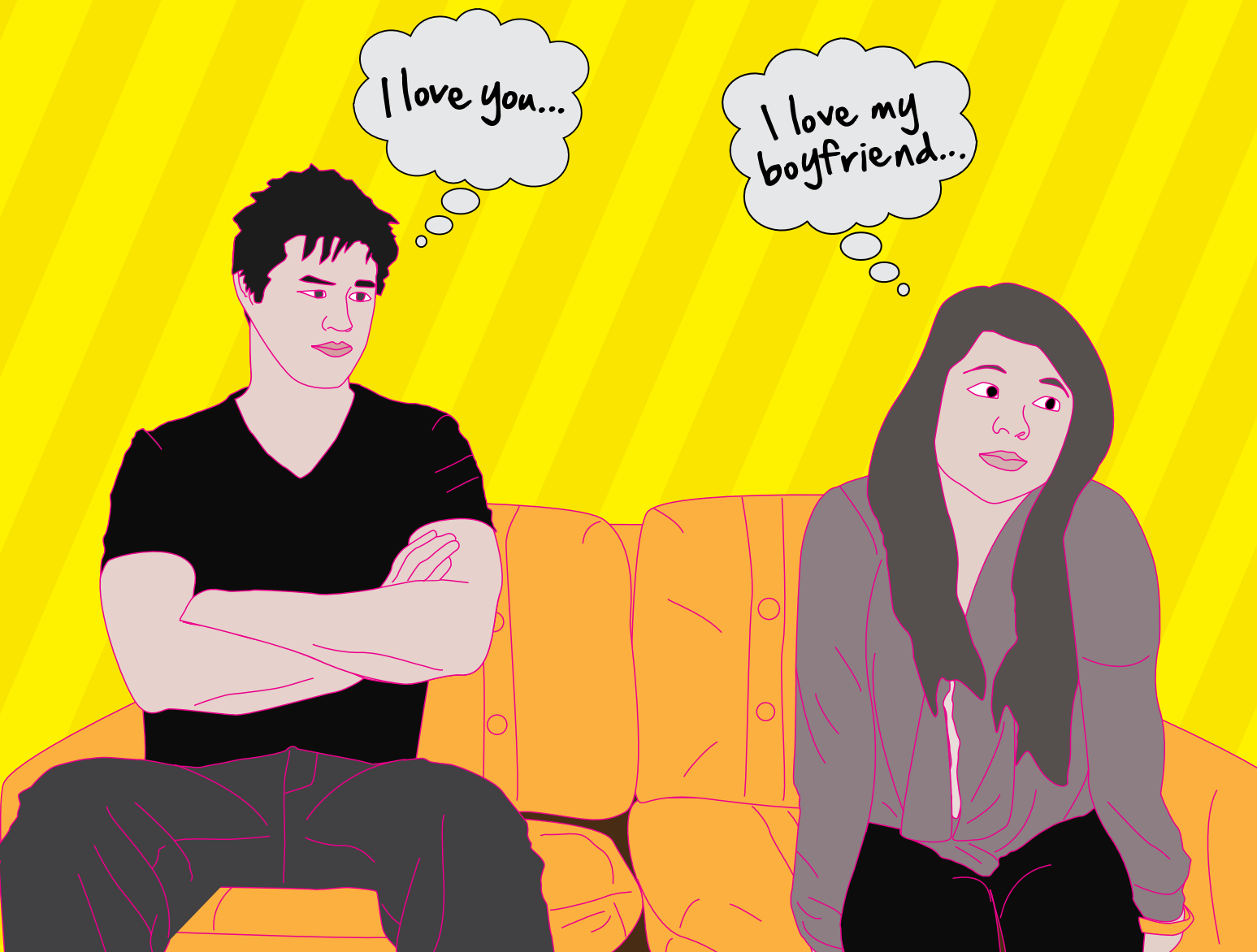
Here’s my advice: relax and enjoy your time in university. Don’t rush into something you’re not ready for—and get some recipes from your mom.



HAVE YOUR OWN FIRST TO
 SHARE? LET US KNOW AT
 MEDIUMONLINE.CA/MAGAZINE

THE FRIEND ZONE

 STEPHEN EXCEL



THERE ARE SOME THINGS THAT ALL GUYS ARE NATURALLY AFRAID OF. NOBODY KNOWS WHY THIS IS, BUT MALE SOCIETY HAS EVOLVED SO THAT THESE THINGS WILL MAKE THE TOUGH-ACTING MEN COWER AND TREMBLE WITH DREAD.

Men are afraid of vampires, because they have potentially gay connotations (unless it is a she-vampire—then it's a different story). Men are afraid of angry dogs, because, well, who hasn't seen a video where someone is bit in the nether regions? Men are also afraid of huge spiders, because (let's be honest) they are gross and freaky-looking. But a man's worst fear is that of the "Friend Zone".

To men, the "Friend Zone" is the ultimate trap. It lures you in with promises of warmth and company, and then WHAM! You're in the Zone faster than you can even say "Wow, you're such a nice guy!" And once you have been caught in the Zone, it's nearly impossible to escape, because if you try, you could ruin a perfectly decent relationship and cause countless awkward silences. This is a risk that many are just not willing to take.

The Zone is not just the simple prevention of a relationship (a "cockblock", if you will), but it is full of torture. While in the "Friend Zone", you will be seeing this person on a regular basis, which becomes painful, demoralizing, and even unbearable to deal with. For instance, said "friend" will want to hang out with you more and more, because "you're such a good listener", and then during these hanging sessions they proceed to speak of their many crushes and romantic issues, while you seethe quietly on the inside.

One girl can have countless poor souls trapped within her own personal Friend Zone. While these unfortunate individuals are unlikely to ever meet, when they do see each other it is with pity, not sympathy, believing themselves to be superior to the other "just friends". It's not that they see each other as a source of competition, because they always think of themselves as the first choice of potential relationships

from within the Zone. This is truly saddening to regard, as any objective observer can see that these guys have less of a chance at this than even the random dude she just met yesterday.

One could compare the "Friend Zone" to a room. It's not a very interesting room—rather plain, really. There is a water dispenser, like you'd find in a staff room or office. There's also a boring choice of wallpaper, and some old couches off to the side. The only reason you ever wandered near the room was the promise of cookies (namely, Tang!), and the belief that you wouldn't accidentally get locked in the room. You were wrong. All of a sudden, you're in this boring room, and while the water dispenser is enjoyable, there are no cookies whatsoever. What's worse is that you have a window looking into another room, where you get to see various people, specifically not yourself, all enjoying cookies. But when you try to get out, you realize that you are locked inside. You are trapped. You become anxious, and

realize that you'll just have to live with the bland taste of water for the rest of your life.

THE "FRIEND ZONE" IS PERHAPS ONE OF THE GREATEST CAUSES OF UNHAPPINESS AND FRUSTRATION IN THE WORLD.

One could blame the Zone on many of history's worst periods, such as the Cold War or the Great Depression (please don't look that up). While there is a general consensus among mankind that the "Friend Zone" must be brought to an end, our greatest scientists have yet to find a viable solution. The only advice to give is: avoid all contact with the female species.

99% of the girls I meet have me in their friend zone.

FRIEND ZONE ESCAPE TIPS

STOP ACTING LIKE HER GIRLFRIEND

Don't let her talk about her daily problems and how the jerk she's dating is a huge flirt.

BE INDEPENDENT AND DECISIVE

Don't keep seeking her approval on what movie to see and where to go eat.

BE BUSY

If you're always around she'll never have time to miss you.

CREATE SEXUAL TENSION

A good massage never hurt anyone—getting her to think about sex when she's around you could be your in.



Jian Ghomeshi's REAL COOL WORLD

📄 SAALIHA MALIK

📷 MATTHEW FILIPOWICH

WAKING UP AT 6 A.M. FOR A 12-15 HOUR WORK DAY MAY SEEM CRAZY TO MOST OF US BUT TO JIAN GHOMESHI THAT'S A TYPICAL DAY AT THE OFFICE.

An award winning broadcaster, the host and co-creator of the national daily talk program, *Q*, on CBC Radio One, Jian also manages the career of Canadian singer/songwriter Lights through his production company Wonderboy Entertainment.

At the CBC building in downtown Toronto, Ghomeshi dishes about his years as a confused undergrad student at York University, learning how to be comfortable in his own skin, and who his biggest critic is. →

Q+A

The Medium: You're an artist, musician, writer, producer, and manager—what keeps you so driven to do so many different things?

Jian Ghomeshi: It's a good question. I feel like I have this unbounded interest in a lot of things. I would say, in terms of my own self-identity, my best quality is that I have this wide variety of interests in things that I want to do. So when I'm interviewing someone or involved with a project, I'm genuinely interested, I'm genuinely throwing myself into it—the downside is, I feel like I'm counting down the years. There's already things that I can no longer do, [like play in the NHL], so when I think of the list of things that I want to do, there's a bunch of stuff I'm really interested in. Honestly, I think part of my ambitions is fuelled by the love of wanting to be involved with something. So, for example, with *Lights*, that comes from a genuine passion and belief in her over the years, and wanting to work with her and develop her and see her dreams through as her manager. And that's true for any project I'm involved in.

TM: Was there ever a time when you thought this career and industry weren't for you?

JG: There's a lot of times I've felt that in the most pronounced way. I lamented in the past; particularly when I was in university, I was really worried and kind of overcome by the fact that I had a variety of interests and I kept thinking that if I only focussed on one, I'd be particularly good at it—you know, as if I'm some sort of jack of various trades and master of nothing. I was really into singing and music, and I felt like if I just focussed on that I could be Bowie; and I was really into political science and history and studying the Middle East, and if I just focussed on that I could be Edward Said. The irony of all that is, despite the fact that I lamented these various interests, it's that very "Renaissance Man" nature of me that's led me to be able to do what I'm doing. I use my political science major and women studies minor every day, my experience

JIAN GHOMESHI'S REAL COOL WORLD

as an artist brings empathy into my interviews with other artists, and for all those years on the road, I use my experience as an activist. The very concern I had with my diversity of interests has actually turned out to be a boon for me. And when I speak to campuses and students, I say "Don't be afraid of having a variety of interests", because people get freaked out and think they have to focus on one.

TM: After speaking to so many campus groups, many of which were during Frosh Week, is there anything you wish you could go back and tell your first-year self?

JG: I'd say, "Hey, pal, try and be more confident. Try not to worry so much about what sets you apart, because that could actually be an asset." I feel like between being a first-generation immigrant and the kind of stuff I was involved in, my struggle through my teenage years was worrying and feeling like I didn't fit in. I focussed on that a lot, and wanting to fit in somehow and have people like me always clashed with the fact that I'm somebody who has a lot of strong opinions and I'm someone who wants to create change and I want to act on things I believe in. And those things don't necessarily go hand in hand, advocating and being loved by everybody. The most important thing I could do for younger Jian is give some assurance that it's okay. I really love the "It Gets Better" campaign, because what it's really saying is "trust who you are"—and as time moves on, and the older you get, the more experience you get, you realize it's okay to be you. And it's true and it's been really important for me. One of the tricks of a broadcaster, for example, is to impart this sense of comfort, being comfortable in your own skin on the air. I used to say that was the key to broadcasting, but it's almost the key to life. You tend to like people more who are open and comfortable with themselves and not putting on a façade.

TM: You have a great way of making people feel really comfortable on air. Some of your guests show sides of themselves that we never really see in their "celebrity" identity. Howie Mandel, for example, was very candid about his struggle with mental health issues, and he's usually seen as a funny man who can't be serious. Has there ever been a time where an interview completely

changed your opinion of the guest—for better or worse?

JG: All the time. Thank you for saying what you said. The idea that I can create a sense of community and put them at ease and get somewhere with them is something I really try for. I think part of it is really investing in the person I'm interviewing, both by doing the research and demonstrating to them that I actually care about this. When you invest in the interview as the interviewer, the interviewee can sniff that on you, and they'll relax and tell you things that they might not tell someone who's more passive about what they're doing. But it's happened many times: I've gone into interviews thinking "This will go okay" and end up being blown away. Jennifer Love-Hewitt comes to mind. I remember interviewing her, thinking, "She'll probably be bubbly and sweet—best-case scenario, she's a nice person." I remember my producers at the time saying "Don't go too hard on her." She was probably expecting some superficial questions, but at the interview she turned out to be incredibly genuine and self-aware and connected to who she is and what people think of her, not delusional about her own abilities. She was just an all-around sweet person, very interesting, and I walked away really impressed with her.

The flipside of that is interviewing Chris Rock, who's one of my heroes, and I had a very disappointing interview. He didn't invest and engage and I was asking questions of a political nature based on his documentary (that he would be interested in), and he had absolutely no interest in going there and he wasn't funny; it was just all-around kind of disappointing, which is most depleting not only in the sense that I didn't get a great interview but he's also one of my idols and now I have to think of him like that forever.

TM: What are the biggest misconceptions that people have about you?

JG: One of the things that's always been a misconception about me, because of the way I carry myself and because I've got opinions that I'm not afraid to share, is that I'm super-confident and you could say anything to me and about me and it won't bother me. It's not only untrue, it's the opposite of the truth—ultimately, I'm an artist, and the same thing that fuels me to write and play music or perform is the same kind of vul-

nerability or insecurity that makes me concerned about what people think or respond when they get something wrong. Inevitably, there are always people who misunderstand what I say, or if I'm being sarcastic they think I'm being serious. I'm a serious guy but I joke around a lot; I like satire, I like sarcasm, I like humour, and if there's ever a misunderstanding about what I'm saying on air or on Twitter and people are taking it as some very serious commentary...

Other than that, people also have misconceptions about how easy it might be to do a show like this. I sometimes have people ask me what I do for the rest of the day, as if I just turn up and freestyle when I go on air. Boy, do I wish that was the case! I haven't figured out a way to do what I do without doing research and working with my team, so I think—and I don't mean this in any woe-is-me way, but realistically—people sometimes don't know what it takes to put the program on air.

TM: There's a lot of people who I hear saying how much what you do means to them. How much is that a part of your reason for doing what you do?

JG: The best thing anyone can say is that they feel connected to me, or the country, by listening to the show. That's such an honour; it's such a wildly flattering thing to hear. I'm not someone who spends a lot of time reflecting and thinking on what I've done. In fact, I focus on the things I do wrong—that's another thing people don't know about me—so the show ends and the most critical person is me, I pick it apart. If I screw up I'm very hard on myself, and it's amplified by the fact that I always screw up on air in little ways; I'll stutter or say something I wish I'd said differently. But when I do have a moment to reflect that I co-created something here and it's sort of based on my personality and interests, that is resonating and that has worked, I can't believe it—I think it's incredible! What a generous gift for people to want to tune in and listen to things I'm interested in and conversations that I'm passionate about. I'm sure a lot of it has to do with the guests we have and the team we have, but to be at the centre of that is such an honour.

Q AIRS ON CBC RADIO ONE WEEKDAYS AT 10 A.M. (10:30 NT) AND 10 P.M. (10:30 NT). CHECK OUT CBC.CA/Q

PHOTO / JIANCA



**"TRUST WHO YOU ARE.
...AS TIME MOVES ON,
AND THE OLDER YOU
GET AND THE MORE
EXPERIENCE YOU GET
YOU REALIZE IT'S OKAY
TO BE YOU"**



HOW CONFIDENT ARE YOU?

TAKE THIS QUESTIONNAIRE AND DISCOVER WHETHER YOU'RE A SHY, LONELY INDIVIDUAL, A CONFIDENT PERSON, OR JUST A HIGH-MAINTENANCE SNOB. BE AS HONEST AS POSSIBLE!

1 When you're doing a group assignment, how do you feel about bringing new ideas to that table?

- A) I will only talk if I am forced.
- B) I love sharing my ideas in group assignments. After all, two brains are better than one.
- C) I hate group assignments—I can do a better job all by myself.

2 When you look in the mirror, what do you think to yourself?

- A) I don't like looking in the mirror...I get nervous.
- B) Hey there, good-looking!
- C) I'm the sexiest person in the world.

3 Do you make eye contact when speaking with others?

- A) When I look people in the eye, I feel like they are burning my soul.
- B) I have no problem keeping eye contact; it shows my interest in the conversation.
- C) Eye contact? Please, as if we're equals. I'm the one looking down on them.

4 When someone gives you a compliment, what's your reaction?

- A) I smile, but shake my head shyly.
- B) I smile and accept the compliment with a "thanks".
- C) I know I'm hot, no need for compliments.

5 How do you feel about your current studies?

- A) I am doing what my parents asked me to do.
- B) I love what I study! It's my passion.
- C) I study sometimes, but I know I will just end up being a model.

6 Confidence to me is:

- A) I don't know.
- B) Being able to be yourself.
- C) ME!

7 What would you do if your significant other cheated on you?

- A) I'm too shy. I don't date.
- B) Move on! There are plenty of fish in the sea.
- C) People don't cheat on me...have you seen me?

8 If you had to describe yourself in one word what would it be?

- A) Quiet.
- B) Fabulous.
- C) SEXXXXXXXXXXXXXXXXXX

ANSWERS

If you chose mostly As: You're too shy and quiet. You don't believe in your abilities to conquer the world and you're trying way too hard to blend in. You describe yourself as "quiet" and hardly ever share your ideas with others. You need to break out of your shell and FAST! At least twice a week, try to do things that you normally wouldn't do, like sparking a conversation with a classmate. By doing these things, you will slowly break out of your shell and blossom into the confident person you know you can be.

If you chose mostly Bs: You're confident. But you're not full of yourself. You're humble, but you know that you're a good catch and deserve a faithful partner. You let your opinion be heard, but still give others the chance to speak and give ideas. You believe in yourself and learn things that you're passionate about. You think you're fabulous but you are far from being shallow. You simply confident!

If you chose mostly Cs: You're overconfident. This is not a good thing, because your confidence has turned into shallowness and arrogance. And no one likes a superficial individual. You think you are God's gift to the world, and your main focus is physical appearance. You think you're better than everyone, and there is no such thing as equality in your world. However, this "I am the best" act is probably due to the many insecurities you are currently struggling with. Get your head out of the clouds and come back to Earth!

STOP TALKING START RUNNING

WILLIAM ROBERTSON

So you want to start running? Running can increase stamina and muscle strength, and studies show that it seriously decreases body fat. The hardest part about running is getting motivated to take your first step out on the road for your first run; no treadmills here. March is just around the corner and it's a great time to start running—the weather is changing and the warmer air will ease your body into the punishment it is about to endure. Here are a few pointers to get you started on your first run:

GOOD SHOES—NO PUMAS HERE!

The most common running injury is pain in the knees and/or feet. The cause: bad running shoes. Yes, your Pumas are stylish, but no, they aren't running shoes. If you're serious about getting started, buy a good pair of runners. Asics seem to be a solid foundation for runners as they provide ankle support and cushioning for every stride.

If you're planning to run strictly on grass, Nike Free is a good choice. Just be sure to get a running shoe, not a "lifestyle" shoe, or your legs will tell you to quit.

DO NOT EXPECT QUICK RESULTS

It is proven that running decreases weight and body fat, but only over time. Running should be something you enjoy, not a chore to lose some pounds gained over the two or three holiday dinners that you're still regretting. Running doesn't provide a quick fix to losing weight, but it will help you lose it over months of time.

STAY MOTIVATED

The most difficult part of running is motivating yourself to keep going and continuing to stride. Find something that keeps you motivated on your run. Bring your iPod and run to the beat if you need to; music is a great tool to avoid thinking of the pain in your lungs or legs. If you stay motivated, you will go further and get there faster every time.

SET ATTAINABLE GOALS

The worst feeling is setting a goal and not being able to achieve it. Start off slow! Even if you feel like you are hardly moving just keep running and don't walk! Setting an attainable goal is the key to your success. You know what you can do and

what is achievable; set a goal and stick to it. Increase your goal on a weekly basis and you will be surprised how far you go.

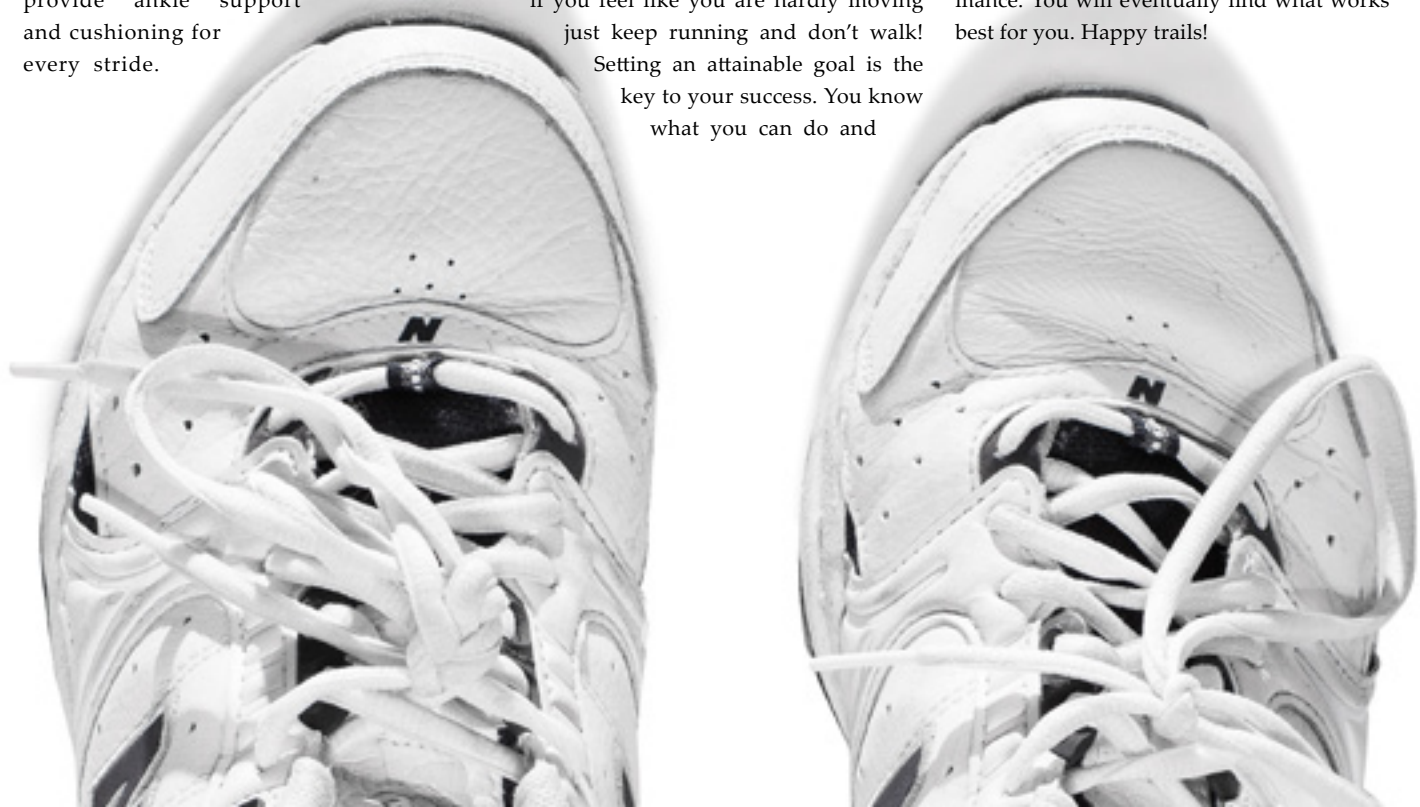
THE RUN IS NOT OVER AFTER YOU STOP RUNNING

So you just finished your first 3K run and your lungs and legs are burning and you just want to sit down. Don't do this! The run isn't over until you cool down and stretch. If you want to be able to walk properly the next day, take the advice and stretch thoroughly before and after every run.

EAT WELL, DRINK WELL

It's pretty obvious that if you have a Big Mac an hour before you are planning to run, it isn't going to turn out too well. The same goes for heavy meals: it will just cause cramps and ultimately make you stop. Have a light meal before running, let it digest, then run. Keep hydrated! And no, beer does not count as hydration. It's water; water is your best friend as a runner! Cramps while you run are caused by dehydration and a simple drink of water before your run can avoid this.

All in all, running is one of the greatest ways to keep fit. Every runner is different in what they want out of running. All you have to do is focus, stay motivated and keep getting back on the road even after a bad performance. You will eventually find what works best for you. Happy trails!



PHOTOS / EDWARD CAI

PHOTO / EDWARD CAI



HOW TO PLAN A TRIP ABROAD

STUDENT EDITION

PHOTO: NIVES HAJDIN

SO YOU'VE FINALLY DECIDED TO SPEND YOUR SUMMER ACROSS THE OCEAN, AND YOU'RE ALREADY THINKING ABOUT VISITING ART MUSEUMS AND LOUNGING AT CAFÉS. NOW WHAT?

You've actually got to plan this dream vacation, and though you won't have it all figured out in a matter of days, you have to start somewhere. Here are a few tips that will hopefully make your planning a lot easier, while also saving you some money in the process.

USE KAYAK FOR FLIGHT COMPARISON

Instead of limiting your search for flights to one website at a time, Kayak (kayak.com) pools together all of the results from different websites so that you can do a side-by-side comparison of all available flights to your destination. This way you won't miss out on a great deal on a site that you forgot to visit. In addition to flights, the site offers the same service for hotels, cars, and cruises, among other things. It also lists the latest deals for specific destinations in case you still aren't sure where you're headed. You can also search these deals according to your interests, including golf, beach time, or family.

TAKE ADVANTAGE OF EURORAIL TRAIN PASSES

Plane tickets can be extremely expensive and though domestic flights within Europe are often on the cheaper side, it can still be stressful to hop on a new plane every few days if you have a lot of ground to cover. Taking a train is therefore the best option, and specifically with Eurorail you can travel all around Europe without having to board a plane at all. There are different types of passes available, depending on how many countries you plan to visit and how many times you will need to travel: you can purchase a "Global Pass" that lets you travel across 21 countries, a "Select Pass" for

three to five countries, a "Regional Pass" for one specific region that you can explore in-depth, or a "One Country Pass" that is perfect for those who are constantly on the go in a country. Information about each country and its rail service is provided in great detail on eurail.com, including reservation suggestions, scenic route alternatives, and connecting bus routes between airports and transit terminals.

INTERNATIONAL STUDENT IDENTITY CARD

The ISIC is an internationally recognized student discount card that saves you money in many ways, including accommodations and meals. Even if you aren't travelling, you can still receive discounts, such as cheaper rates for land-line phone calls on Skype and cheaper newspaper subscriptions. Although the price of the card varies from country to country (visit your local ISIC office to inquire about the exact cost), it's roughly the price of a movie ticket. Considering the potential savings you can make compared to the price of the card, it's definitely worth the trouble of applying for one, even if you don't end up using it that often. The ISIC can be bought at Travel CUTS (Canadian Universities Travel Service), your college or university student union, or online at isic.org.



TAKE ADVANTAGE OF A TRAVEL AGENT'S EXPERTISE

Although many travellers prefer to cut out the middleman when looking for trip deals and booking flights, students can greatly benefit from speaking to a travel agent. Not only are they trained to find you the best deals, many of these agents have specialized knowledge about student rates, packages, and discounts. Eurorail, Air Transat, and RBC Travel Insurance all have great student rates that can knock off a significant amount from the overall cost of your trip. By speaking to a trained consultant about your trip plans, you might also pick up some tips about a specific hotel he or she stayed at, which landmarks can be accessed by subway instead of spending extra money on a taxi, or what types of things to avoid in a certain city. It can't hurt to hear what they have to say, and you will likely walk away feeling much more confident about your proposed travel plans.

So what are you waiting for? That trip isn't going to plan itself!



PHOTO / EDWARD CAI / ILLUSTRATIONS / MATTHEW FILIPOWICH

EAT PLAY LOVE

 RAZAN KHAN

IF YOU ONLY HAD ONE DAY IN THREE OF THE MOST BEAUTIFUL CITIES IN THE WORLD, WHAT WOULD YOU DO? WHERE WOULD YOU STAY? WHERE WOULD YOU EAT?

...IN LONDON, ENGLAND THE CITY OF ART AND ARCHITECTURE

BEST SEASON

Summer. With the sun setting at 8 p.m., you'll have plenty of daylight to explore vast architecture like the Tower Bridge, Big Ben, and the British Museum. The chances of rain during the summer are small, which means this is the best time of year to be outdoors in London.

WHERE TO STAY

To see London, you need to stay in London. The Mint Hotel Westminster provides you with modern amenities, contemporary design

and place customer care first. As a bonus, it's near Westminster Abbey, Big Ben, the Tate Modern Art Gallery, London Eye, and many more must-see places.

WHERE TO EAT

Fish and chips is one of the first dishes that come to mind when you think of London and there is no better eatery for fried haddock, chips (that is, fries), and mushy peas than the Golden Hind. Since its opening during World War One, they're

IT MAY BE SUMMER IN LONDON BUT RAIN IS INEVITABLE AND AT ANY MOMENT IT CAN POUR DOWN WITH NO NOTICE.

um. This museum boasts over 100 exhibits filled with history, art, and artifacts that span civiliza-

tions from around the globe. Also, make some time for shopping at Harrods at Knightsbridge and Oxford Street; you'll soon realize that you want to stay for more!

TRAVEL ADVICE

It may be summer in London but rain is inevitable and at any moment it can pour down with no notice. Always keep an umbrella handy.

...IN PARIS, FRANCE THE CITY OF LOVE AND LUXURY

BEST SEASON

Spring. Strolling through the gardens of Versailles, shopping along the Champs Élysées, and marveling at the beauty of the sunlight hitting every plastered wall and every cobblestone on the street makes springtime the only time to visit Paris!

WHERE TO PLAY

A trip to London is not complete without a walk through the famous British Museum.

WHERE TO STAY

If there's one way to experience Paris it's to stay in a hotel that's big on service and small in size. I suggest nothing other than Paris Hotel Montréal.

You will get a personal experience that will debunk claims that French people are rude and arrogant. This hotel is ideally situated close to many popular tourist attractions such as the Champs Élysées, Orsay and Louvre museums, and the fine department store Printemps.

WHERE TO EAT

Restaurant Natraj Paris, conveniently located across the street from Paris Hotel Montréal will suit anyone's fancy. Kebabs, saucy butter chicken, and soft naan bread greet you while sitting in this chic eatery. The walls are decorated with glamorous wallpaper and the dim lights and fast service make this the ultimate dining destination.

WHERE TO PLAY

To play in Paris means one thing and one thing only: shopping. Before you lose control map out shops you want to visit such as the world-famous Printemps. If you're looking for fabulous fashions, clothes off the runway, boutique items, and gorgeous gifts, you're in the right city.

TRAVEL ADVICE

A little French can go a long way. Brush up on your basic phrases and visiting Paris will be a breeze! The locals love when travelers speak just enough French for them to try and help you get on your way! Adieu et bon voyage, mes amis!

...IN NEW YORK CITY, USA THE CITY OF FAME AND FORTUNE

BEST SEASON

Winter. Rockefeller Centre's big Christmas tree and ice rink, Macy's moving window displays, and warm street vendor chestnuts; Nothing like Christmas in NYC.

WHERE TO STAY

The Barclay is the only place to stay when in the big apple. It is situated next to Madison Avenue and Lexington, which are known for their upscale shops and dining establishments. The grand foyer, service-driven staff, and lush rooms will keep you well rested.

WHERE TO EAT

An authentic New York-style pizza is a must on your trip. Check out Lombardi's Pizzeria in SoHo. It offers one of the best coal oven pizzas in town and with a claim to be the first pizzeria in America, it's worth a try!

WHERE TO PLAY

A trip to NYC is not complete without a trip to Macy's where you can shop till you drop. Add to that a visit to the United Nations, a walk down Broadway, and perhaps a musical or two and I'm sure you'll feel like you've seen all that this great city has to offer!

TRAVEL ADVICE

Cash in pocket and camera in hand. No one goes to New York City without a camera for taking stunning pictures and extra change for cab fares when you realize walking from 48th Street to 36th Street only looks easy on a map.

LONDON PHOTO / FLICKR ID E01 / PARIS PHOTO / FLICKR ID ANCAMA_99 / NYC PHOTO / FLICKR ID CHRISTOPHER SCHOENBOHM

PHOTO / WIKIMEDIA.COM



UNIVERSITY OF TORONTO

Voting Period: Monday, February 28, 2011 at 9:00 a.m. to Friday, March 11, 2011 at 5:00 p.m.

Online voting will take place on ROSI (www.rosi.utoronto.ca), and paper ballots will be mailed to post-graduate medical trainees.

Full-Time Undergraduate Students, Constituency I (Faculty of Arts and Science, University of Toronto Mississauga, University of Toronto at Scarborough)

Erik Bracciodieta

My name is Erik Bracciodieta and I am asking for your vote. I am in third year and have had it up to here with governance. Do you know who your current representatives are? Thought so. If you elect me, I will promise to be open and listen to your ideas and concerns. I stand for greening our campus (like banning the sale of bottled water), reducing corporate influence, speaking up for the university's largest group (undergrads!) and wise, ethical spending of our tuition

Abinesha Elanko

Hard work, dedication and responsibility. To my fellow U of T undergraduate students, my name is Abinesha Elanko and I will be running for governing council as your representative. As a second year Human Biology: Global Health and Political Science student, I understand the needs of social justice and the responsibility required to bring out the best environment for our student body. I am not unfamiliar with the term leadership and have already coordinated and helped in various campus events. And if elected as your rep, I will continue to bring out student engagement and U of T spirit!

Nicole Fogel

Hello! I am from the United States and I like to travel and ski. I would describe myself as being understanding, punctual, and dependable. Throughout high school, I was involved in Disability Walks, National Honor Society (Secretary), and had work experience at an Ophthalmologist's office. Here at the University of Toronto, I have further enhanced my capacity to effectively guide others by becoming involved in the Faculty of Arts and Science Council, French Club, and Eyes of Hope Volunteer Club during my first year. With your help, I hope to make a memorable difference for the University of Toronto community. URL: nicole.fogel@utoronto.ca

Alex Heuton

Hello! My name is Alex and I am seeking your vote in the Governing Council elections. During my three years at this university, I have been very involved on campus, serving on the Students' Union Board of Directors, and more recently as Vice-President of the Innis College Student Society. At Innis I have taken pride in being a responsible student representative while maintaining positive working relationships with university administrators. If elected, I plan to bring my knowledge of student issues to the table as I work to amplify the voice of the students to the UofT Board of Governors. URL: <http://heuton.ca>

Sowmya Kshatriya

Sowmya Kshatriya is a second year student in the Faculty of Arts and Science at University of Toronto, St. George Campus working in a Genes, Genetics and Biotechnology specialist program. She has displayed tremendous leadership qualities during

2011 GOVERNING COUNCIL ELECTIONS: Student Candidates Statements

Please visit <http://www.governingcouncil.utoronto.ca/elections.htm>

her high school years and received many awards and certificates as a School House Leader, Class President, Class Prefect, Student of the Month and Student of the year. Her motivation to run in the elections is to serve as a sincere member of the Governing Council helping to support the University's mission and all its concerns zealously with all dedication. <http://www.utsu.ca/index.php/section/5>

Ron Leung

As a student who passionately believes in student activism and bettering campus life, I thank you for taking the time to contribute toward shaping your university experience by partaking in this year's Governing Council elections. Listening equally to all three campuses is imperative and as a candidate from UTSC, I promise you that all campuses' concerns and ideas will be voiced. Please feel free to express your own addendum towards my proposed platform. And needless to say, please express the changes you would like to see happen within our university that can be affected by my candidacy. Best, Ron Leung.

Aly Madhavji

Together, we can improve our University. I understand and relate to the many difficulties surrounding academics, social life, and diversity experienced by domestic and international students. With an understanding of the financial burden we students face, I promise to strive for lower tuition fees or tuition freeze and will work towards reducing parking and residence rates across all campuses. I hope to work with you and will always be open to each of your concerns and suggestions. You can contact me at aly.madhavji@utoronto.ca and join the Facebook Group: 'Vote Aly Madhavji for Governing Council.' Together, We Can Make a Difference!

James Y.K. Park

My name is James Yong Kyun Park, and I'm a third year student studying English and Sociology. As a current member of the Governing Council, I would love the opportunity to continue the work that I've been involved in this past year. Such items include removing the costs associated with reviewing a past written exam, offering students who are currently paying tuition on a course by course basis the option of program fees, and advocating for the implementation of a self-declaration of illness. I promise to continue working with the students' best interest in mind. Vote James Yong Kyun Park.

Jorge Prieto

Hello, My name is Jorge Prieto and I am excited to run for Governing Council. I propose practical but important changes to make our lives at university better, no matter what academic year or background we may come from. We can reduce tuition by paying only for classes we are taking (abolish flat fees). We can improve course selection (no more worrying about ROSI waiting lists). We can empower clubs and societies. In general, we can alleviate unnecessary burdens to enhance our experience. Because, as a wise man once said: we cannot let our schooling interfere with our education.

Lindsay Tegler

"Vote Lindsay Tegler! The University of Toronto is a network of students, staff, and faculty who work together to create our experience here. Together, we have interests and aspirations for the university that overlap and diverge, bringing us to debate and negotiation.

The Governing Council has an important role in realizing this by making sensible decisions with this notion of interdependence. I intend to work on behalf of students and our organizations to promote communication and mutual understanding between students and the Governing Council. My hope is to facilitate sincere communication between all affected by governing policies. Vote TEGLER."

Dean (Di) Wu

Dean is currently finishing his second year at University of Toronto at Scarborough. Having lived in parts of China, New York, Saskatchewan, British Columbia, and Ontario, Dean loves exploring different cultures, especially when it comes to international cuisines! Regardless of the various locations he has lived in, Dean has been consistently involved in his community as he has served as the Vice-president during high school years and worked as an assistant program supervisor for his community centre. Dean is running for this position because of his desire to continue to contribute to his community and make friends along the way.

Bill Zhao

Dear fellow students: the time has come. Cast your ballot for Bill. For I will listen to your voices, fight for your rights, and make sure you get what you deserve. It's your university, it's our university. And united, we have the power to shape our tomorrow. Together, we will make U of T an even better place for all!

Full-Time Undergraduate Students, Constituency II (Professional Faculties)

Cary Ferguson

During his undergraduate studies, Cary researched student advocacy issues for the Vice President (Education) of the McMaster Students Union. Cary also helped set policy at three general assemblies of the Ontario Undergraduate Student Alliance. As a law student, Cary spends many of his days discussing policy and the law. Cary's experience with student advocacy and the law make him uniquely suited to ensure that student needs and concerns are taken into consideration by the Governing Council. When he's not promoting student issues, Cary enjoys photography, losing at squash, and naps in the library. For more information, please see www.about.me/caryferguson

Nicholas Gan

Hello fellow students! My name is Nicholas Gan and I am a 2nd year undergraduate student currently enrolled in chemical engineering. I want to become a member of the Governing Council because I want to be the voice for the U of T community. I want to be the person that everyone can come to when there is a problem. I want to make sure that every person has their voice heard. Most of all, I want everyone at U of T to experience the best university life of their lives. Vote Nicholas Gan for member of Governing Council!

Kent Kuran

www.KentKuran.com. As an active 3rd Year Engineering Student and your returning Student Governor, I will strive to represent the professional faculty students. I believe that all disciplines should be equal at UofT, including Engineering and the other professional programs. Not only do we unjustly pay more and get less, but we are also excluded from the wider UofT community. We should have equal access to Courses, Colleges and Residences. If re-elected, I will continue to work in these areas while reaching out to the student body. Vote Kent Kuran again! kent.kuran@utoronto.ca

Azadeh Mostaghel

I believe we need to work for a better tomorrow. We have to govern our university not only for building our future, but also for shaping the future of our nation. Some believe "the future is not a gift, it is an achievement." University of Toronto has to take the lead to out-educate its students so that they can out-innovate others in a very competitive world. University of Toronto is a world-class institution and it should contribute to training the leaders of tomorrow not just for Canada but also for the world in many fields and locations.

Ayo Odutayo

Ayodele Odutayo is a 2nd year medical director at UofT. He currently serves as the medical director of the UofT International Health Program (UTHP); A role in which he oversees over 20 campus-wide global health initiatives and advocates for increased global health opportunities for students. Ayodele is also a member of the Faculty of Medicine Appeals Committee and has worked as an intern at the World Health Organization to conduct a study on knowledge management. If selected to the governing council, he will place a specific focus on financial support for students and the appropriate distribution of funds among Faculties.

Manveen Puri

I graduated from New College in 2009 and am now in my second year of medicine. With six years of experience in student leadership at UofT, I bring a mature yet fresh perspective to Governing Council. Students are ultimately UofT's *raison d'être*, and I believe we can achieve practical results if we approach issues with reason rather than passion. I will keep the interests of professional students in mind on each vote, and as your representative will advocate for affordable tuition fees, greater links between professional faculties, a more sustainable UofT, and open communication with the administration. Vote Manveen Puri! www.manveenpuri.ca

Manisha Verma

I am a recent graduate from University of Toronto's Medical Doctorate program. I am currently pursuing a residency in Family Medicine at University of Toronto. Over the years, I have developed a keen interest in becoming involved with academia in ways that make a difference. Building on this, I now have a desire to help shape the university's strategic direction. I believe that my passion for education, strengths, and sincere aspiration to contribute to the institution that has provided me with such a thoughtful and quality education, make me an ideal candidate for a position on the 2011/2012 Governing Council.

Part-Time Undergraduate Students

Ken Davy

The need for financial support. The need for classroom availability and accessibility. The need for experienced representation at the Governing Council level. These are all challenges facing part-time students. I'm Ken Davy and a fourth year student with three years of Governing Council experience.

As a part-time student, parent, and small business owner, I understand the challenges we face. I'm asking for your vote this year to become the voice of part-time students on Governing Council. I've worked hard to expand the financial resources available to part time students, and plan to continue this effort. Read more at kendavy.wordpress.com.

Maria Pilar Galvez

Vote Maria Pilar GALVEZ to be your part-time undergraduate representative on the Governing Council. As an executive of two UofT unions, I recognized issues students face in accessing post-secondary education and acknowledged systemic barriers our own University holds. I sit on the Erindale College Council as a part-time representative, articulating that needs of part-time students differ from those full-time. I want to keep part-time student interests a priority and to communicate with all students, faculty, and staff so that we may work together to achieve affordability and accessibility, and to create the University experience our current governance withholds. Vote GALVEZ!

Dustin Hiles

Dustin Hiles is dedicated to bringing a students-first policy to his Governorship at U of T. By engaging students through monthly town halls and round tables, Dustin will be an advocate for accountability to the student body, making his vote yours! ALL policy decisions will be based solely on the wants and needs of his constituents allowing for a real student voice on the Governing Council. Dustinhiles.blog.com.

Brian Kerr

I am running for the Governing Council because I feel that I can offer a unique and essential perspective to the Council. I was a full-time student of the University of Toronto in the 1970's; I am now a part-time student completing my degree. I am also the father of a current University of Toronto student, a Certified General Accountant and an employee of the students of The University of Toronto Scarborough Campus (as the Chief Account for the Scarborough Campus Students' Union.) I expect to be able to use these to represent all the part-time students at the University.

Graduate Students, Constituency I (Humanities and Social Sciences)

Jessica Anania

Holds a Bachelor's Degree in Political Science from Ryerson University and is currently enrolled to complete her MBA at the Rotman School of Management. Prior to her MBA, Jessica worked on a political campaign for the 2008 Federal Election. From there she went to work in an entrepreneurial setting in a family company, learning the fundamentals of business.

Frank Samuels

Frank Samuels – I am a part-time MED student in TPS at OISE, with a full time commitment to listen to, discuss with and work with you as we continue to build our university. I stand for integrity, honesty, building trust and establishing safe comfortable environments of and for exceptional teaching and learning. Let's work together! URL: <http://www.youandme4uoft.org>

Oliver K. Sorin

As representative on Governing Council, I will continue to push the University to upgrade its academic infrastructure for graduate students (the number of professors in departments, accessible resources, space and equipment, and better email services). I will also press for an increase in the funding package so that students in humanities and social sciences can be on equal footing with their colleagues in divisions 3 and 4. Furthermore, I will ensure that there are more services and campus space for graduate students to help us interact and learn outside of the classroom. Thank you in advance for your support.

Morgan Vanek

An outspoken advocate for an equitable, accessible, and publicly accountable university both within the English department and as Chief Steward for CUPE 3902, I've worked hard this year to critique and diminish barriers to engagement in the important work of governing this institution. While organizing TAs across campus in pursuit of better working and learning conditions, I've also come to appreciate the many concerns we share for the future and direction of our diverse degree programs, our funding, and our academic freedom, and I remain committed to reminding our Governing Council that these should be its priorities, too.

Graduate Students, Constituency II (Physical Sciences and Life Sciences)

Jenny Hong

As your representative, I aim to push for an increase in our sources of financial support, particularly for students who are in their sixth year (or above) of PhD studies. I also aim to push for an expansion in student services (such as housing, career and academic counseling), student benefits/discounts, and campus space available for graduate students. Previously, I was a member of the Undergraduate Advisory Committee, accessing and evaluating new curriculum proposals in order to create a better learning environment for the students. Similarly, I commit to being a strong voice for all graduate students. Vote for Jenny Hong.

Mu-Qing Huang

More SUSTAINABLE university policies and practices? More Teaching Assistant positions? More professional networking opportunities? More academic support? We deserve them all. As an M.Sc. student in Forestry Economics, I bring a GREEN and FRESH perspective into practical issues that matter the most to my fellow students. I have been serving the various U of T student groups since 2006; my familiarity with the campus operates as a loyal bridge between you and your university. Genuine, experienced, passionate, strategic and dedicated, Mu-Qing has a strong voice that speaks YOUR concerns. Cast your vote, and expect a change next year!

Keven Roy

Graduate students fulfill a crucial part of the University's mission, and representation of our interests is crucial. As a Ph.D. student in the Physics Department, I have been involved with the departmental student union, as well as in various initiatives and clubs around campus. I will be a strong voice for graduate student interests, and I will make sure I am always available to hear and voice your concerns as a graduate student and member of the University of Toronto community, as well as being proactive in its improvement and development.

Chirag Variawa

Thank you for choosing to make an educated vote – I represent being clear, concise and credible. I have a fulfilling history with this university and city, am a member of several successful clubs, and value this learning experience enough to pursue a Ph.D. degree. I've seen and helped UofT grow, and know we can become even better with strong leadership and well-defined core values. I value honesty, transparency, accessibility, and respect for others. By voting for Chirag Variawa, you are voting for realistic progressive action that will help all learners be the best they can be. For specifics visit, www.chiragvariawa.com



SO YOU WANNA TAKE PHOTOS?

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NOW THAT YOU'VE BOUGHT OR BORROWED YOUR CAMERA (FOLLOWING THE INFOGRAPHIC FROM THE MAGAZINE'S LAST ISSUE) YOU WANT TO TAKE AWESOME PHOTOS. BUT WHAT EXACTLY MAKES A PHOTO "AWESOME"?

SIMPLE TIPS

The age of digital cellphone photography and cheap digital cameras has turned everyone into a photographer. Pro-photographer Chase Jarvis says, "The best camera is the one that's with you. Images aren't about dynamic ranges and megapixels. They're about stories and moments."

But just because you have a big expensive DSLR doesn't mean you're a great photographer. Neither does a small point-and-shoot camera automatically make you a bad photographer. Simply put, good photographers find themselves in the right place at the right time.

Always be active. You bought your cam-

era, you brought your camera, now use it to its full potential. If someone could just take a photo of that really cool-looking statue just once and have it turn out great, we wouldn't need massive amounts of memory cards on the market. Keep taking photos from different vantage points, up in the air, on the ground, slightly to the left, slightly to the right—anything, really.

Be your own critic. Just because you took 20 photos of that statue doesn't mean you have to show your friends all 20. Be your own critic and choose one. If it's too hard to choose just one, pick your favorite three, then narrow it down a couple days later.

Zoom with your feet, because it's better than using the optical zoom, and God forbid you use the digital zoom. This forces you to move around the subject and hopefully find new vantage points.

Treat your camera like a personal visual diary. Record whatever you think is meaningful in your life, not what you just had for dinner at that really nice restaurant.

The reason why those Facebook photos look typical and normal is because they

were shot in the perspective of the human eye. Interesting photos are those shot in the perspective of the camera. Fill the frame to give more depth in the photo, and to reduce eye-distracting clutter.

Try to do some of the legwork in the camera settings. If all you have is a point-and-shoot, there are probably some basic "scenes" you can choose from. Turning the flash on and off is usually another option. Adjust your scenes accordingly, and try to leave the flash off. Diffuse light is more pleasing to the eye than your puny on-camera flash. However, there are opportunities when you want to leave the flash on for the rawlook.

MANUAL SETTINGS (FOR DSLR/ADVANCED USERS)

The first step towards that direction would be to dial the camera settings to manual. That's right, you're actually going to have to use your brain when taking photos. Because no matter how sophisticated computers get, they will never understand the nuances of human thought and sure as

hell can't read our minds. So, we have to tell the machine what we want, and not settle for any of that "little green box" crap.

The basic building blocks of photography are shutter speed, aperture, and ISO. Each one of these blocks has their own unique characteristic (and trade-off) which will, simply put, make an image brighter or darker. How the photographer combines these building blocks is what makes or breaks a photo.

SHUTTER SPEED

Shutter speed is the time between when the shutter opens and closes. This action can range from 1/2000th of a second, to minutes, to hours. The faster the shutter speed, the more accurate the camera is at capturing fast-moving objects. The trade-off is that less light will be "absorbed", resulting in a darker picture. One way to think of this is to look up in the night sky. At first glance, it may seem empty and dark, but as you keep staring, your eyes absorb light from the stars, and they seem to get brighter.

APERTURE

Bokeh, the Japanese term for "blur", is the fine art of subject isolation. This shallow depth of field is achieved by using the aperture opening of the lens. When light first travels through the glass of the lens, it must go through a user-adjustable opening before it hits the sensor (or for all you vintage fans, film). This opening before the sensor (or film) is called the aperture. Like all other openings, it can be wide or narrow. The size of the exact diameter of the opening is mea-

sured in f/stops. F/stops range from f/1 to f/32.

The lower the number of f/stops, the wider an aperture is, the more light is let in, and the shallower the depth of field. The higher the number of f/stops, the narrower an aperture is, the less light is let in, and the deeper the depth of field.

WIDE APERTURE	NARROW APERTURE
Lower f/stop number	Higher f/stop number
More light	Less light
Shallow DoF (more blur in back/foreground)	Deep DoF (more focus in back/foreground)

Think of your trips to the optometrist, when they shine the light in your eye. They're looking for a constriction in your

pupil, which tells whether the brain is properly sensing the "brightness overload" and narrowing the "aperture" of your eye. On the other end of the spectrum, widening the aperture is like how cats enlarge their pupils in the dark, allowing more light to enter at once so it can still see.

ISO

ISO speed is the sensitivity of the sensor (or film) to light. The ISO on standard SLR cameras can range from 100 to 32,000. By raising the ISO, the sensor is more sensitive to light, resulting in a brighter photo. This is equal to making a photo artificially brighter in post-processing (Photoshop, GIMP, etc.) without affecting the aperture size or shutter speed. The trade-off for this is that the more sensitive the sensor is, the more "noisy", or grainier, the photo.

LET'S SEE YOUR BEST PHOTOS! SHARE THEM AT MEDIUMONLINE.CA/MAGAZINE



USING A LONG SHUTTER SPEED WILL GIVE YOU BLURRY IMAGES AND LIGHT TRAILS.

FIVE EXCELLENT BOOKS

📖 MR. AMIR AHMED

Reading is sexy. In fact, seeing a girl go through some quality Rushdie is stimulating to me in a way that my doctor and parents are starting to get worried about. Unfortunately, if you don't know where to look for reading material, you can get into trouble; every time you turn the page of a good book, fifteen boring ones get pumped out. So, taking upon a mantle of arrogance that'd get me punched in real life, I wrote this article to help people find that next excellent read, and share my love of books. The scary, scary love.



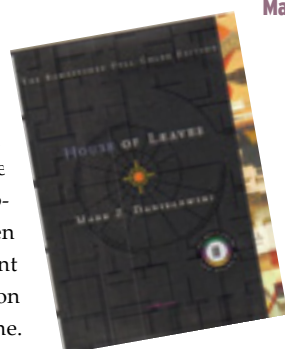
GENERATION A Douglas Coupland

It's always a hit-or-miss with Douglas Coupland. He can be brilliant (*Hey! Nostradamus!*) or a sitcom-writer (*JPod*), but if you want a book where wit and insight spark off the pages, go for *Generation A*. It's the near future and all the bees in the world have vanished—as a consequence commercial farming is in disarray, the world is on the slow course to famine, and no one seems to care. But then, six people across the world are stung by six solitary bees. *Generation A* is the story of these six people—about their coming together, about their lives, and about the secret that's out to get them.



JOHN DIES AT THE END David Wong

John Dies at the End is one of the funniest, scariest books to come out of the indie publishing scene, or even the horror genre as a whole, in recent years. The novel began as a story on the internet forum Pointlesswasteoftime.com and acquired a cult following before being printed by Permuted Press in 2007,



HOUSE OF LEAVES Mark Danielewski

If you took *The Blair Witch Project* on VHS and taped the film to paper, you'd have ruined a perfectly good VHS. You should have read *House of Leaves* instead; it's scarier and no one will look at you funny. The

and Thomas Dunne books in 2009. The novel follows the adventures of David and John, two pseudo-normal guys in a depressing American town. Also there's demonic shadows obsessed with penile humour, an inter-dimensional monster known as Korrok, and some of the cleverest deadpan humour since Terry Pratchett decided to stop being funny.

THE SEA OF FERTILITY TERATOLOGY Yukio Mishima

Mishima's Sea of Fertility encompasses four novels: *Spring Snow*, *Runaway Horses*, *The Temple of Dawn*, and *The Decay of the Angel*. It narrates the successive reincarnations of Kiyoyaki Matsugae—an aristocrat of 1910's Japan—as observed by his friend Shigekuni Honda. Kiyoyaki and his reincarnations are tortured by their desires in a changing nation, and ruin themselves and those around them as they chase what they want. There's no hope. No salvation. Just suffering the slow grind of life and what comes after. It's bleak and beautiful and will rock your world.



novel's multiple narratives fold into each other a lot, sort of like those Russian dolls with the creepy painted eyes, but the main story you need to know is that of photographer William Navidson, his family, and the house they just moved into that's larger by two feet on the inside than it is on the outside. As Will investigates the house's weird proportions, some creepy stuff starts going down as physics and logic fall apart inside his home. A dark hallway opens up in a room that shouldn't be there, leading down into the earth, and into a labyrinth. *House of Leaves* takes us into the labyrinth beneath the Navidson house, and shows us what comes out of it. Scary stuff indeed.

THE WINDUP GIRL Paolo Bacigalupi

The Windup Girl is like Michelle Rodriguez socking you in the face with the butt of a laser gun: innovative, destructive, and quite arousing. The novel takes us to Thailand after global warming, carbon fuels, and genetically enhanced plagues have levelled natural plant and animal populations. The Thai kingdom is swimming in disease and corruption, with thieves and people who just don't care. The old world is collapsing, and nothing but a rebirth is going to save humanity. But, as we learn from the book, this rebirth doesn't come from returning to the simple times, it comes from going forward, out of the ashes, and into an uncertain future. Also, the writing itself is just perfect. Read the friggin' book.



**DO YOU HAVE A BOOK YOU THINK
MISSED OR DISAGREE WITH US COM-
PLETELY? JOIN THE DISCUSSION AT
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PUTTING YOUR BEST FOOT FORWARD

📖 COLEEN MUNRO

MEETING NEW PEOPLE IS ALWAYS STRESSFUL. EVERY NEW PERSON THAT WE ENCOUNTER COMES WITH POSSIBILITIES AND UNCERTAINTIES.

Maybe the two of you will hit it off, or maybe this person will suck you into a vortex of never-ending small talk or hostility. But while it's impossible to control how the other person behaves or how they perceive you, there are a few ways to make sure you make the best first impression possible, depending on the situation.

POTENTIAL EMPLOYERS

A job interview might be one of the most nerve-racking first encounters that you'll ever have. The pressure of competing for a job, the stone-faced interviewers, and the generally formal tone are enough to make anyone sweat. So much depends on what the individual employer is looking for, but politeness, enthusiasm, and confidence are three personality traits that suit almost any hiring situation.

Looking the interviewer in the eye goes a long way in showing confidence, as does speaking clearly and not fidgeting. And when employers ask about your qualifications, highlight the skills that you would bring to the job. It may seem like bragging, but employers want someone who can present themselves confidently.

As well, it's important to gauge the interviewer's disposition. Some are strictly interested in business, but other interviewers are fine with slightly more casual conversation or joking. Especially if the job involves working with the public, it can be beneficial to show your potential as a friendly yet professional employee.

FRIEND OF A FRIEND

Sometimes your friends choose weird people to be friends with. So when someone you know invites you to meet their new friend or boyfriend/girlfriend, most people are understandably apprehensive. Just because your mutual friend has some quality that you both like doesn't mean that you're going to get along with this new person. And then there's the awkward fact that you'll probably see this person again in the future. And obviously your friend likes them, so you can't say anything bad about them... and, well, you get the picture. It can be tricky.

When in doubt, keep in mind that you do automatically have something in common with a friend of a friend. You can always ask them how they met your mutual friend. There is usually some kind of vaguely interesting story behind how friends meet that you can go along with. This person may not become your new best friend (or maybe they will—there's always that possibility), but the two of you will probably work out some kind of necessary and unspoken truce to be cordial if you're going to be seeing a lot of each other.

SOMEONE YOU LIKE

It obviously depends on the situation, but my best advice when it comes to catching someone's attention is just to keep it simple. Playing hard-to-get or being aggressive works for some people, and if you've had success with your own strategy, that's great. But in a lot of cases, just being friendly and showing inter-

est gets the message across.

That said, being overly forward might be unwelcome, and sometimes inappropriate, depending on the environment. So start slow. Small talk may seem boring, and shouldn't become your permanent method of communication, but it's a good way to break the ice. Rather than jumping into your life story or getting too personal too quickly, it gets the two of you talking without scaring the other person away.

From there, you can ask the person some basic questions about themselves. It shouldn't turn into an interrogation, but many people enjoy talking about their own life. So get them talking about their job or their friends. That way, you're showing interest, and letting the person feel like the two of you have connected.

All you can do is be approachable. And even though you still might not land the job, get on the good side of your friend's roommate, or get that date, there are always other opportunities. It's up to the other person to decide what they think of you, and there are ultimately a lot of factors that you can't control when making a first impression. Maybe the person had a bad day, or has preconceived notions about what they think of you. Or maybe they'll turn out differently than you expected and you'll be the one trying to get some distance. But if you ignore the hypotheticals and focus on what you do have power over, at least you're giving yourself the best shot possible.

HEALTHY BREAKFAST OPTIONS

 **WILLIAM ROBERTSON**



OATMEAL, BERRIES, AND ALMONDS

This is a fast and easy choice for breakfast, but still contains everything you need to start your day off right. Instant oatmeal works perfectly if you only have three minutes in the morning to spare. Make the oatmeal, add some frozen berries and sliced almonds, and you're good to go.

CLASSIC SCRAMBLED EGGS

Eggs are a great way to start off your morning. Scrambled eggs are simple but can be great to start your day, and can even be done in a minute. Crack 2 eggs in a microwave-safe bowl, add salt and pepper, stir, and pop it in the microwave (yes, the microwave). Cover and cook for 1 minute and you are set. Add some wholegrain toast with a little bit of jam and you have a complete breakfast.

FRESH FRUIT SALAD

Cut up your favourite assortment of fruit and throw it in a bowl. It's easy as that, and perfect to start your day.

PROTEIN SHAKE

For all you work-out buffs, this one is for you. Add frozen berries, soy milk (it's healthier than regular milk), and your protein powder. Blend it up and enjoy. Extremely easy but it starts your day on the right foot.

FRUIT SHAKE

Start with soy milk and add bananas and raspberries (or your favourite berry). Blend and enjoy. This is high in fibre and potassium, which provides you with a great start to your morning as you get on your way.

YOGURT AND FRUIT


Get low-fat yoghurt (non-fat usually has more sugar) and add some bananas and/or berries to it. This is simple and fast but provides everything you need in the morning.

Generally, stay away from pastries and the infamous Egg McMuffin from McDonald's that you crave as you nurse your hang-over. Also, muffins have empty calories that do not serve a purpose in the morning. It's basically eating cake for breakfast. Instead, try any of these breakfast ideas and you will begin to see a difference in your mornings. Enjoy—and good morning!

HAVE YOUR OWN HEALTHY BREAKFAST ROUTINE? HEAD ON OVER TO MEDIUMONLINE.CA/MAGAZINE AND LET US KNOW!

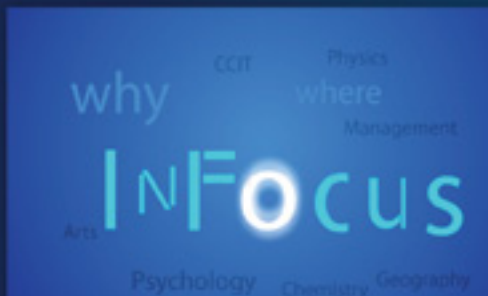



We do stuff. It's creative.

 We are a **student-run media outlet** dedicated to documenting life at the University of Toronto Mississauga. **What we do:** encourage students to **create unique and informative video content**, and **facilitate learning through experience and experimentation.**


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