



Awards For Dr. McGinn and Dr. Herron. PC:www.brandonu.ca

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## BUILDING YOUR PERSONAL RESILIENCE

Alexandra Mackay, Senior Reporter

On Thursday, November 8<sup>th</sup>, BU is offering students and staff a 'Building Your Personal Resilience' workshop. Most people aspire to meet life's inevitable conflict and demands with optimism and elasticity, but maybe aren't sure how and end up feeling stuck or overwhelmed. This workshop aims to teach the skills and attitudes necessary to be resilient during times of stress, both short term and chronic.

The session will use reflective and interactive exercises to teach you to recognize patterns of reactivity and potential adverse impacts of stress, as well as teach self-regulation that fosters a grounded body, a calm mind, and a strong sense of self.

The workshop will be facilitated by David Falk, of Facilitated Solutions, an organization that specializes in mediation and conflict management.

The event will take place on November 8<sup>th</sup>, from 9:00a.m. to 4:30p.m. in the

Louis Riel Room in Mc-Master Hall.



Louis Riel Room. PC: Brandon University Website

## ACADEMIC WORKSHOPS

Alexandra Mackay, Senior Reporter

Academic workshops are offered through the Academic Skills Centre and area intended to provide support in order to help students become more efficient and confident learners. Within the Academic Skills Centre are three related offices for learning, math, and writing. The goal of the learning office is to help students transition to university and learn the skills needed for success in university. Workshops for this semester are as follows:

Tuesday, November 6<sup>th</sup> 12:40 to 1:30p.m. in McKenzie Building, Room 005: "Strategies for Success: The Study Cycle"- Effective strategies to study smarter not harder.

Tuesday, November 6<sup>th</sup> from 2:00 to 3:00 p.m. in McKenzie Building, Room 005: "Midterm Recovery: You CAN Do This!" - How to review a past test to be able to do better on the next one.

Thursday, December 6<sup>th</sup> from 10:00 to 11:00 a.m. in McKenzie Building, Room 005: "Final Exam Prep" - Emergency exam prep strategies to make the best of cram time before finals.

Thursday, Decem-

ber 6<sup>th</sup> from 11:00a.m. to 12:00p.m. in McKenzie Building, Room 005:

"Strategies for Multiple-Choice Tests" - Multiple-choice strategies to improve performance on tests.

Walk ins are open on Fridays from 9:00a.m. to 12:00p.m. in McKenzie Building, Room 102. These sessions are focused on learning how to learn; this includes, making a study schedule, reducing procrastination, reading textbooks effectively, preparing and writing exams, and improving memory. The last day for learning skills walk-ins this term is December 14<sup>th</sup>.

The 'Learning Coach' also offers walk ins on Mondays from 1:30 to 3:30 p.m. in McKenzie Building, Room 002. The learning coach specializes in helping with, best study practices, reading textbooks to remember what you read, writing multiple-choice tests, getting better connected with campus resources, reviewing midterms to improve on the next, and how to calculate your GPA. The last day for learning coach walk-ins this semester is November 26<sup>th</sup>. The learning skills center also offers online re-

source guides about reducing procrastination, reading textbooks more effectively, taking better lecture notes, preparing for tests, writing essay exams, and improving memory.

The math skills center is here to improve your comprehension of basic mathematical concepts. Offering workshops, individual and group appointments, and walk in peer tutoring hours. The schedule for peer tutoring can be found online at [brandonu.ca/academic-skills/math-skills/math-peer-tutors-schedule/](http://brandonu.ca/academic-skills/math-skills/math-peer-tutors-schedule/). All workshops are held in Brodie Building, Room 1-53, this semesters workshops are as follows;

Tuesday, November 20<sup>th</sup> 12:40 to 1:30p.m.: "Calculus I".

Tuesday, November 27<sup>th</sup> 12:40 to 1:30p.m.: "Two Sample Test for Mean and Proportions".

Tuesday, December 4<sup>th</sup> 12:40 to 1:30p.m.: "Linear Algebra".

Tuesday, December 11<sup>th</sup> 12:40 to 1:30p.m.: "Introduction to Statistics".

The writing skills center works with students to develop writing skills and assist them at any stage of

the writing process. Writing workshops are designed to help in a group setting where students can benefit from hearing other students questions and collaborate in finding solutions. Individual and group appointments are also possible.

Wednesday, November 7<sup>th</sup> from 1:40 to 2:30p.m. in McKenzie Building, Room 005: "Essay Basics" - Students will learn to identify basic parts of the essay and what goes into each, as well as purpose of the essay, selecting and narrowing topics, scholarly language, thesis statements, use of evidence, and how to access resources on campus and online.

Friday, November 9<sup>th</sup> from 11:40a.m. to 12:30p.m. in McKenzie Building, Room 005: "Citation and Reference Basics" - Students will learn the basics of APA, MLA, and Chicago in-text citations and Reference/Works Cited/Bibliography.

### BOBCATS FEMALE ATHLETE OF SEPTEMBER



Chelsea Plett is a backfielder for the Bobcats and reigned supreme out on the field this year. It was through her hard work and consistent play that she helped her team make the run to the third straight MCAC league title.

Plett scored her first goal this September as she was a third year defender and helped gain her team a victory over Providence on the road to the Final four games. She is noted as a hard worker in games and practices, she is a leader on and off the pitch.

PC: Bobcats Website

## BOBCATS BASKETBALL

Robert Killam, Editor-in-Chief

There was a busy Basketball team out on the road this weekend, playing out in Kelowna BC against the UBC-Okanagan Heat. There were some good and close match ups between the two teams and games often boiled down to the last few moments in the matches.

In women's basketball the Bobcats did great and won both of their games! These are the first wins of the season and show the women are hopefully strong contenders for play-offs this year. Starting on Friday the women of BU were not put off by the Heat at all in BC. The Bobcats clearly owned each quarter and left UBC with no chance to come back from the third quarter. The Bobcats outscored the Heat in every way, from free throws to three pointers, the stats on the women were astounding and it shows on the scoreboard just how hard they worked for their opportunities. The women

would win the game 82-59. On Saturday the Bobcats were up for a bit more of a fight but still came out on top. Players Lauren Anderson, Adrianna Proulx and Logan Biccum all had a great weekend and each scored over 20 points in total form the games.

In men's basketball it would appear that lady luck would not smile down upon them as they came close to victory, within a point, but could not quite win. The men lost both of their games and would lower their record to 1-3 this regular season. Friday night was a thrilling feat for the Heat who came back from being down by 17 points. The Bobcats could not hold onto their lead and in the last quarter were outscored 31-11 and ultimately ended up losing the game 79-84. Saturday the game got even more intense and was even closer scoring than last nights 5 point difference of a game. The game on Saturday ended with the Bobcats down 82-83. It came down to a final layup that would not stay on the

## WEEKLY SPORTS SCOREBOARD

U-SPORTS VOLLEYBALL	U-SPORTS BASKETBALL
MEN 02 Nov 2018 <b>BOBCATS VS THUNDERBIRDS</b> 3 - 0	MEN 03 Nov 2018 <b>BOBCATS VS HEAT</b> 82 - 83
MEN 03 Nov 2018 <b>BOBCATS VS T-BIRDS</b> 3 - 1	MEN 02 Nov 2018 <b>BOBCATS VS HEAT</b> 79 - 84
WOMEN 02 Nov 2018 <b>BOBCATS VS T-BIRDS</b> 0 - 3	WOMEN 02 Nov 2018 <b>BOBCATS VS HEAT</b> 82 - 59
WOMEN 03 Nov 2018 <b>BOBCATS VS T-BIRDS</b> 3 - 1	WOMEN 03 Nov 2018 <b>BOBCATS VS HEAT</b> 82 - 78

rim to land in the basket but would instead roll out and cause the Bobcats to lose this nail biting game. Players of the weekend include Tyvon Cooper, Kobyn Jopp and Jaleel Webb alongside Pookie Saunders. Sadly as hard as these men worked they were just not quite able to snatch the win from the Heat.

The Bobcats next games will be taking place out in Brandon against

the University of Regina Cougars. The games are scheduled for Friday with the women at 6:00p.m. and the men at 8:00p.m. If you want to catch up on the latest statistics and information of the Bobcats you can check out their website at [gobobcats.ca](http://gobobcats.ca). Best of luck in your next games Bobcats!



Calgary against the Mount Royal University Cougars. The games are scheduled for the women at 6:00p.m. Friday and 8:00p.m. for the men. If you want to catch up on the latest statistics and information of the Bobcats you can check out their website at [gobobcats.ca](http://gobobcats.ca). Best of luck in your next games!

8 in total, UBC made 22. It was a super strong start to a season and just adds momentum that plowed unto the night after. On Saturday the T-Birds fared better but could still not keep up with the Bobcats. After losing the first one in a close 2 point set, the Bobcats would come back and pound on the UBC rivals. Both Seth Friesen and Elliot Viles were leading the team in kills and helped put the Bobcats on top this past weekend.

The Bobcats next games will be taking place out in

direction of UBC. If you were at the game you may have gotten excited in the second set when the Bobcats jumped ahead by seven points, only to be misled as the T-Birds came back from the jaws of defeat. Saturday appeared to be an upset to for Bobcat fans as they remembered the night before and lost the first set 16-25. It was after this that the Bobcats swung in to take their first victory this season, winning the next 3 sets 26-24, 25-20 and 25-15. Nikala Majewski and Michelle Egger were both

crucial to Brandon's winning strategy.

In men's volleyball the Bobcats continued on down their warpath of destruction adding two more wins to their records. Friday when the men played they won 3-0 and on Saturday they won 3-1. The men's first game was clearly a show of dominance over the league this year as they crushed all three sets immediately, winning 25-16, 25-13 and 25-20. What the game simply came down to was the amount of mistakes made and where BU made

## BOBCATS VOLLEYBALL

Robert Killam, Editor-in-Chief

Bobcats took to the court this weekend to play some volleyball in back to back games with the UBC Thunderbirds. The games took place Friday and Saturday evenings in the HLC.

In women's volleyball the Bobcats lost 0-3 on Friday and won 3-1 on Saturday. Fridays losses were swiftly delivered by the T-Birds, the score for those sets were 18-25, 23-25 and 15-25. When looking at the statistics from the game, one can see the hitting percentages greatly skewed in the

## AUTUMN SWEET TREATS

Donnovan Hillman, Master Baker

Ah yes, the season of autumn. Many things are associated with this time of year. Back to school, Thanksgiving, Halloween and astounding scenery. However, baking can also be associated with fall. While it's true that Christmas takes the cake in terms of baking seasons that doesn't mean fall is out of the picture. There are plenty of seasonings, sugars and spices that are closely tied to the fall season. With cooler temperatures many people are experiencing the urge to fire up their ovens and bake delicious cakes, pies and muffins. Every fall season I have two recipes that serve as my go to for seasonal snacks.

As students 'time' is the singular, most valuable thing imaginable. There is never enough of it and it seems to go by instantaneously. That's why this Betty Crocker recipe for Easy Caramel Apple Bars is perfect for university students. Preparation time is only 15 minutes and each bar contains a measly 100 calories. Not only is the recipe

easy to prepare but the ingredient list is also relatively short. Easy Caramel Apple Bars provide a quick grab and go snack when studying, assignments and projects begin to add up.

*Easy Caramel Apple Bars*

### Ingredients:

½ cup of cold butter

1 egg

¾ cup of caramel topping

¼ cup of all-purpose flour

1 finely chopped and peeled apple

1 pouch of Betty Crocker oatmeal cookie mix

### Directions

Heat oven to 350 F. Spray the bottom of 13x9 inch pan with non-stick cooking spray.

In a large bowl cut the butter in to the oatmeal cookie mix using either a fork or pastry blender. Then proceed to still in the egg with a fork.

Set aside 1 ½ cups of the cookie mixture. Press the remaining cookie mixture into

the bottom of the pan. Bake for 15 minutes.

Sprinkle the apple over the baked crust. Then mix the caramel topping and all-purpose flour in a small bowl. Proceed to drizzle the mixture over the apples.

Take the 1 ½ cups of reserved cookie mixture and evenly spread it over the apples. Bake for 25 minutes. Cool for 2 hours.

Cut the bars into 9 rows by 4 rows and enjoy.

Once in a while students realize that they can't live off of treats and snacks throughout the entire school year. As attractive as cake and cookies are they usually aren't the most nutritious items to eat. Luckily a recipe I came across a while back offers both nutrition and flavour. Pumpkin Bread is perfect for fall time snacking. This simple and long-lasting recipe can be stored at room temperature for 4 days or refrigerated for 10. Best of all it is packed full of nutrition. Each slice offers only 95 calories and 4 grams of fat. It provides a dose of

dietary fibre and 42% of an individual's required Vitamin A daily intake.

*Pumpkin Bread*

### Ingredients:

1 2/3 cups of sugar

2/3 cup of vegetable oil

2 teaspoons of vanilla

4 eggs

3 cups of all-purpose or whole wheat flour

1 can or 15 ounces of pumpkin

½ cup of raisins

½ cup of chopped nuts

2 teaspoons of baking soda

1 teaspoon of salt

1 teaspoon of ground cinnamon

½ teaspoon of baking powder

½ teaspoon of ground cloves

### Directions

Move oven rack to the low position within the oven so the top of bread pan will be in the center of the oven. Preheat oven to 350 F.

Grease the bottom of a 9x5x3 inch pan with shortening.

In a large bowl mix to-

gether pumpkin, eggs, vegetable oil, sugar and vanilla.

Add the flour, raisins, chopped nuts, baking soda, salt, ground cinnamon, baking powder and ground cloves to the mixture. Stir well.

Pour mixture into the 9-inch pan. Bake for 1 hour 10 minutes to 1 hour 20 minutes. Cool for 10 minutes and loosen sides of loaf.

Remove bread loaf from pan and place on a wire cooling rack with the top side up for 2 hours. Slice and enjoy.

Whether it's Easy Caramel Apple Bars or Pumpkin Bread as this fall season continues on I'll have my oven working around the clock. These two recipes are designed perfectly for students as once you've baked your treat of choice you'll have quick grab and go snacks for the rest of the week. Although it's not Christmas quite yet, seasonal baking has already begun.

## SOOTHING DRINKS FOR THE SEASON

Donnovan Hillman, Shaken Not Stirred

Fall is in the air and although it's been a much colder season than most would like, winter is not officially here yet. Therefore, there's still time to enjoy those spiced autumn beverages that we've all been craving since last fall. There are certain flavours, spices and seasonings that are heavily associated with the season of fall. Today, I will showcase two of my favourite hot beverage recipes that I believe make the season of fall bearable.

First up is a Pumpkin Smoothie recipe. Now many people may think that smoothies are more of summer drink and certainly don't associate them with cooler temperatures. However,

just because its cold outside doesn't mean you can't enjoy that delicious puree of mysterious mixtures! Besides, anything with pumpkin in the title automatically screams two things, Halloween and Thanksgiving. The Pumpkin Smoothie is incredibly easy to make and doesn't require half a ton of ingredients. It also only has 155 calories and is a good source of protein. If you're a die-hard pumpkin fan than the Pumpkin Smoothie is just what you need to get through those dreary fall days.

*Pumpkin Smoothie*

### Ingredients

1 can or 16 ounces of pumpkin puree

2 cups of milk

¼ cup of brown sugar

2 teaspoons of ground cinnamon

### Directions

1. Place your pumpkin puree in a tightly sealed freezer bag. Then proceed to freeze the puree for 24 hours.

2. Heat the bag of pumpkin puree for 2 minutes on high in the microwave.

3. Pour the milk into a blender. Then proceed to add the ground cinnamon, brown sugar and heated pumpkin puree. Blend until smooth and enjoy.

Sometimes the cool fall breeze brings on the desire to have a warmer beverage than a smoothie. One of the best drinks to warm you up is tea. While students are continu-

ously locked in the debate of coffee versus tea, there is nothing more soothing on a chilly fall day than a large glass of Hot Cranberry Tea. This delicious fall treat has a nice kick to it and is low in sodium.

*Hot Cranberry Tea*

### Ingredients

3 ½ quarts of water

1 package or 12 ounces of cranberries

2 cups of white sugar

2 whole oranges, juiced

2 whole lemons, juiced

12 whole cloves

2 cinnamon sticks

### Directions

1. In a large pot combine the water and the cranberries

2. Bring the mixture to a boil then reduce the heat

to medium, simmer for 30 minutes

3. Add the sugar, orange juice, lemon juice, cinnamon sticks and cloves.

4. Cover and let ingredients soak for 1 hour. Serve warm.

On a cool fall day nothing beats a seasonal beverage. Whether your holding onto summer with a Pumpkin Smoothie or embracing the change with a Hot Cranberry Tea you'll be looking at fall with open eyes. These two recipes are both easy, inexpensive and relatively quick to make. If you find yourself with time to spare this season fire up the blender and get a taste of fall.



# THE ART OF HARMONY: TAO TE CHING

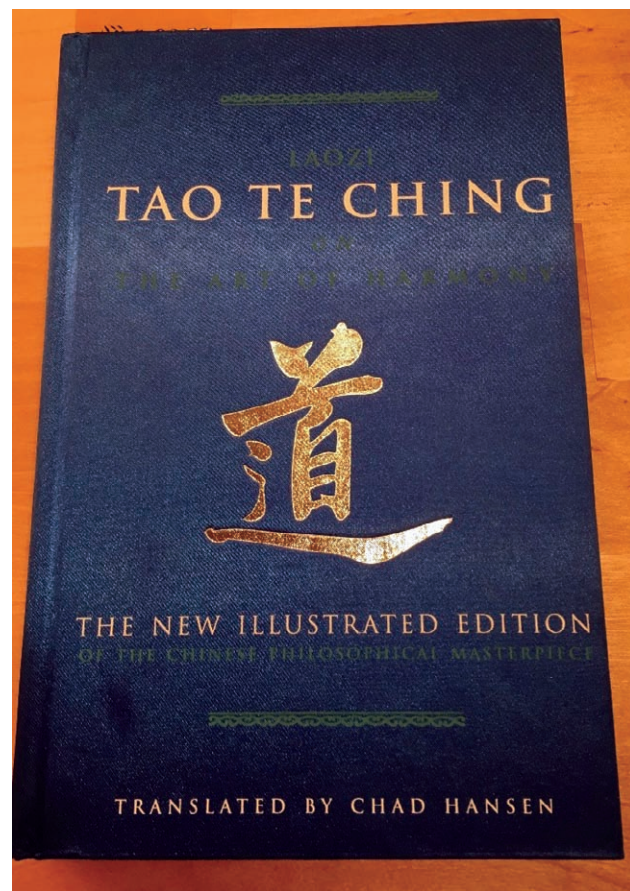
Noah Monk, Philosophical Reporter

Perhaps one of the most influential philosophy books ever written, Laozi's Tao Te Ching has given rise to many life philosophies. While Tao Te Ching is not a long book, it still can take hours to understand the meaning behind each of the 81 poems. Even for physicists, modern physics manages to show itself within the book, with things that sound like Einstein's theories of relativity and quantum mechanics, Laozi's 2500-year-old book still has high relevance to today's highly technological world.

The name "Tao Te Ching" is translated to mean the 'classic ways of virtues'. Each line in the book, are like zen koans, which basically are unsolvable enigmas designed to break the brain, or make one think deeply about the world, nature, and reality. I should warn people who are thinking about reading Tao Te Ching because the book can make one become self-aware, in the sense that you will start to make notice of your ac-

tions and thoughts more than you normally would. After all, sometimes the most mind-bending thing is being shown yourself.

However, the Tao Te Ching can sometimes help people discover the meaning of life, or answers to questions like "why are we here?". To read Tao Te Ching expecting to find answers is perhaps the most common mistake. A lot of the text in Tao Te Ching is not meant to be comprehensible, nor have definite answers to the meaning of the text. The best way to read the book is to read with no end goal or purpose. Each poem can be interpreted in different ways, each interpretation depends on the individual. It really does not matter how you interpret something from this, as long as it has meaning to you. "Art is not about perfect reproduction, it is about interpretation, identity, and ideas. Reality through your eyes... Art is, a part of you." – N.M.



"Deem 'heavy' as the root of 'light',  
Deem 'calm' as the leader of 'uproar'.  
Using this: sages walk all day  
Without ever letting go of their heavy load,  
Even while at sublime overviews,  
Comfortably perched and transcendent."

Dear Quintilius,  
How will you be honouring Remembrance Day this coming year?

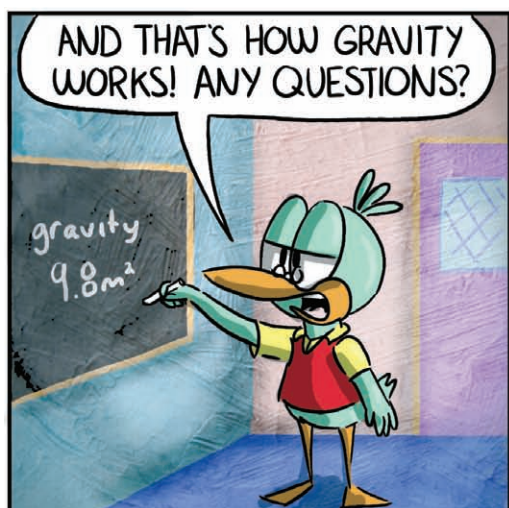
Sincerely, To Those Who Served

Dear Service,  
Remembrance Day is less than a week away and it is a time to honour those of our past who have paid the ultimate price for freedom. Now do I really believe that all people who went to war thought they were fighting and laying down their lives for freedom? No, at least certainly not all of them thought that. Some people did it for money, some for adventure, some for respect and recognition. There are usually multiple reasons why people serve their militaries and why they choose to go to war. This Remembrance Day when we take note of all those who have died in the line of service we must not idolize these people. They were human beings who felt fear, who tasted love and who died tragic deaths. They are not heroes nor villains, just people.

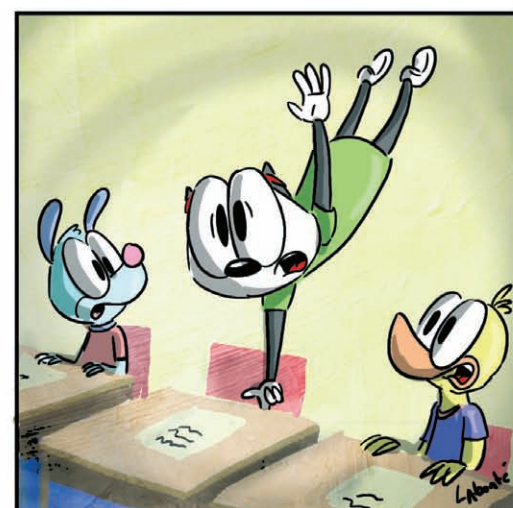
People say fight for honour. But talk with the corpses along the fields of the Somme and ask what honour means to them. Your answer will be the breeze of the wind. Now I am not saying war is not necessary and I am not saying we don't show respect for the dead. What I am saying is that in this life the only difference between gardens and graveyards is what we put into the ground. Peace and stability come at a heavy price. If we do not manage the borders of both our graves and gardens it may not matter when foreign troops are marching over them. These warriors won't see it as a freshly planted garden, all they will see is another objective accomplished.

This Remembrance Day I will be spending it honouring my comrades who have fallen and my family who fought in battles they likely understood very little about. Everyone thinks they are fighting on the right side of history but only time will tell.

All Salute The Eternal City,  
Quintilius of Rome



L.A. Bonté



@FilbertCartoons

## EVANS THEATRE UPDATE

Carly Murkin, *Basically A Badass*

With the new month comes a new lineup of showing at Brandon University's Evans Theatre. And with the snow on the ground there's no better time to stay indoors out of the cold and catch some cozy entertainment.

The Sisters Brothers will be having three showings beginning on November 9<sup>th</sup> at 7:30, another on the following day on the 10<sup>th</sup> at

7:30, with the last on the 11<sup>th</sup> also at 7:30. The Sisters Brothers is based on the novel by Canadian author Patrick deWitt. The story follows that of the assassin brothers Eli and Charlie Sisters as they pursue their target Hermann Kermit Warm, while dealing with Eli's doubts about the wisdom in his chosen profession and the potential conflict of a counter offer by

Hermann. This film is rated 14A for violence.

The Wife will be playing from November 16<sup>th</sup> to the 18<sup>th</sup> at 7:30 p.m. in the Evans Theatre. Based on the novel by the same name by bestselling author Meg Wolitzer, the story is that of the wife of to a soon to be noble prize winning writer who travels with her husband to Stockholm to receive his prize. Conflicts

arise however as complexities in the relationship are revealed and the impact of gender is revealed upon the Wife's own literary pursuits. The film is rated 14A for course language.

Lastly from November 30<sup>th</sup> till December 2<sup>nd</sup> at 7:30p.m. Beautiful Boy will be playing. Based on the memoirs of David Sheff and Nic Sheff, the film follows divorced father and

journalist David Sheff as he struggles to reconnect and help his son who has become addicted to methamphetamine. The film stars Steve Carell as David Sheff and Timothée Chalamet as son Nic Sheff. The film is rated 14A for drug use.

All movie tickets are \$6 cash only at the door.

## DEPARTMENT OF GEOGRAPHY AWARDS

Robert Killam, *Editor-in-Chief*

Brandon University recently had two members in the Department of Geography recognized with awards from the Canadian Association of Geographers (CAG). Professor Emeritus Roderick McGinn and Dr. Rachel Herron have made significant scholarly contributions to their fields of study and were presented awards on the 29<sup>th</sup> of September in Hecla Manitoba.

the John H. Wakentin Award for his contributions to Geography of the Western Interior.

Dr. Herron received the Prairie CAG Early-Career Award for her health based contributions and exceptional achievement in teaching.

Both professors are noted as contributing meaningful and important work in Western Manitoba. Dr. McGinn shows great pas-

sion in his research and has spent a lifetime exploring the complex physical geography of western Manitoba. Dr. Herron is noted as being one of the leading early-career health geographers in Canada. Her work exceeds all expectations and her ambitions are great, it shows deeply in her accomplishments. Dr. Herron is a Canada Research Chair, has as many as twelve peer-reviewed papers and four

book chapters with more in review, and is playing a lead role in developing a new research centre at BU and creating CIHR and SSHRC grants in the community.

Dr. Eberts, president of the PCAG and professor of Geography says "BU is home to world class scholars and our students are truly privileged to study and work with some of the best geographers in the re-

gion and beyond."

Congratulations goes out to the talented and hardworking professors! For more information on the professors or their awards you can check out the CAG website or BU website. Best of luck in your future endeavours professors!

## MOVEMBER AND TESTICULAR CANCER

Robert Killam, *Proud Supporter Of Moustaches*

It is that time of year again where faces get a little more hairy and moustaches get a little more appreciation. Movember is back and men across the globe will be sporting some new stylish pieces of facial hair. Some men will hardly be able to grow anything, some will grow more hair in 3 days than some will grow in three weeks, some will look good, some less so.

November is the time to support men's health initiatives and what better way to emphasize this than by growing a moustache (obviously right?). Now I know it seems weird or illogical but the entire idea here is to raise awareness. While you are growing awareness

up top Brandon University is asking you to remember to check down below.

That's right, testicular cancer is no joke and if there is one way to fight back against getting this cancer it's obviously by growing a moustache. BU is encouraging everyone to grow a moustache and to post their in-progress photos on social media in order to find the best moustache on campus. BU isn't fooling around with Movember at all and the university will be giving away prizes for the best moustache. Winners will receive a gift certificate for a straight razor shave.

Throughout the month the university will be advertising information about

men's health challenges. These tidbits of information can be seen throughout campus and encourage men to talk about mental health and health in general.

The focus is indeed on testicular cancer, one of the most common types of cancer in young men. It also happens to be one of the most curable types of cancer, when caught early enough. That's right gentlemen be sure to check around down there next time you're in the shower or whenever you have a chance to do a self examination. Testicles can be odd topics to talk about with certain stigmas or feelings of embarrassment surrounding the subject. However these

conversations need to be taking place and men need to know how and how often to check their testicles. Now I'm not suggesting bringing it up every 5 minutes or asking someone to look at something because you have a weird rash, but I think its time for the stigma around testicles to change.

This Movember remember what you are growing out your luxurious mous-

t a c h e  
f o r!  
F o r  
m o r e  
i n f o r  
m a t i o n  
o n t h e  
t o p i c  
p l e a s e  
c h e c k  
o u t  
m o -

tales. Best of luck in your future endeavours professors!



## BEST PLACES TO EAT IN BRANDON

Donnovan Hillman, Assistant Editor-in-Chief

Although I hail from Portage la Prairie, which is an hour and a half east of Brandon and is by far one of the greatest cities on Earth, I have visited Brandon on a regular basis throughout my life. Throughout the many, most likely thousands, of times I've been to Brandon I've had countless opportunities to dine at some of the city's finest restaurants. Today I will share some of Brandon's best places to eat. With the City hosting a population of almost 50,000 people there are countless pizza joints, fast food places and eat-in restaurants. Therefore, I have narrowed it down to five incredible options, trying to keep it as diverse as possible.

First off it is important to understand that although Portage is an amazing and inspirational city it does not have every single restaurant imaginable. I have always said that everything I could possibly need is in Portage while everything I could possibly want is in Brandon. Therefore, there would be no need to go forth and tread in that terrible collection of riff raff known as Winnipeg. Anyway, one such delicious restaurant that Brandon possesses while Portage does not is a Wendy's. Yes, indeed that same Wendy's that has the fresh never frozen beef and cheap, frosty ice cream. Wendy's is also home to the Baconator which by all accounts imaginable beats every single fast food menu item out there. There are, of course, other menu items included at Wendy's, though I'm not sure why that would matter with the Baconator on the menu. Nonetheless this restaurant also serves

up salads, kid's meals and chicken nuggets. Wendy's is located at 905 18th street on the corner of 18th street and Park Avenue, only minutes away from campus.

Sometimes fast food is great, other times you're in the mood for something more whole and fulfilling. I recently had the opportunity to dine in at one of Brandon's newest restaurants located in the the southern reaches of the city. East Side Mario's is a modern Italian restaurant that recently set up shop in Brandon. Although certainly more expensive than Wendy's, you will find a far wider selection of meals here than any fast food place. Being an Italian based restaurant there are many items on the menu that make it feel like you're in Italy. You could dive into a dish of chicken parmesan or chow down on some signature pasta dishes. Of course, an Italian restaurant couldn't be complete without pizza! East Side Mario's delivers on this statement. There are countless pizza selections available. To top it all off there is a lounge set up right inside the restaurant in case you have free time on your weekends. East Side Mario's is located at 1570 18th street inside the Shoppers Mall parking lot. Next time you're in the area stop by for a little taste of Italy.

One major difference between the restaurants in Portage la Prairie and Brandon is that there is a large amount of ethnic dining options in Brandon. You could experience food from all over the world without ever having to leave this corner of the world. One of these ethnic restaurants that every newcomer to Brandon must try, especially if you're

a fan of Eastern European cuisine, is Ukrainian Cuisine. Ukrainian Cuisine is a hidden gem within the city of Brandon and requires some background knowledge of the city in order to find. Located in the old Town Centre mall, which is at 800 Rosser Avenue, Ukrainian Cuisine offers customers delicious homemade, ethnic food. With everything from Borscht to chicken Kiev, the dishes here will make you feel like your journeying throughout the Ukrainian countryside. One of my favourite menu items is the garlic fries. These aren't your ordinary fast food fries, these are homemade, freshly seasoned french fries. Best of all they come with two dipping sauces that are literally to die for. Unlike some restaurants Ukrainian Cuisine won't break your bank account either, with prices staying fairly reasonable. Next time you want a taste of Eastern Europe but don't have hundreds of dollars to actually travel there, head down to the Town Centre and hit up Ukrainian Cuisine.

Eastern European food isn't the only ethnic food you will find in the City of Brandon. If you are a major seafood fan you have a variety of options only minutes away from the University campus. One of these options is the Japanese restaurant called Sushi Hut. Sushi Hut serves, as I'm sure you've guessed, sushi. This isn't the kind of sushi that you pick up from one of those deli coolers at the supermarket, no this is hand wrapped, quality seafood. Having first ate there only one year ago I was amazed at all the incredible options and varieties available. Best

of all I went there during lunch. You see from 11:00 a.m. to 3:00 p.m. Sushi Hut has their all you can eat sushi feature. I've seen all you can eat chicken, all you can eat ribs and even all you can eat steak, but all you can eat sushi takes the cake. If you're a major fan of sushi or have yet to try this amazing heavenly treat head down the street to Sushi Hut and enjoy every kind of sushi imaginable. Sushi Hut is located at 2728 Victoria Avenue and is a short drive, or even walk away, from Brandon University.

Up until now I have covered singular restaurants, one dining option at a time. However, there is one location in the city of Brandon that has multiple dining options and simply must be mentioned. That is the Shoppers Mall food court. I imagine that well over the majority of students know where Shoppers Mall is and what is included within its walls. After all it is one of Brandon's most popular destinations to get together and hang with friends. At the south end of the mall you will find the food court. Although almost every mall would no doubt possess a food court, the one at Shoppers Mall is a rarity in my opinion. For the size of the mall, and the size of the city for that matter, the dining options at the food court are

quite impressive. Fast food options such as A and W, Subway and Dairy Queen are included in case you wanted something quick and on the go. Tim Hortons also has an outlet here providing an excellent location to get together with friends for coffee. However, there are also places like Thai Express, Sizzling Wok and Vanelli's which provide that taste of ethnic food while you continue shopping. The food court at Shoppers Mall also includes the only outlet of New York Fries in Manitoba outside of Winnipeg. Next time your heading down to Shoppers Mall don't forget to stop by the food court and see all the dining options for yourself.

Now that I have gifted you all with this knowledge get out there and experience all the dining options that Brandon has to offer. Whether you're a newcomer to the city or, like me, have been here many times before, you too will be astounded with all the unique and diverse restaurants Brandon possesses.

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