

Amber Lopez

Typography 2

Too much space between words:

Kevin Perley
Contributing writer

YOU DON'T NEED TO spend more than a few minutes talking with David Paquette about his latest project before you start hearing things.

When the *Courier* met with Paquette at a Commercial Drive coffee shop, the 23-year-old masters student was eager to expound on the inimitable relationship he has developed with his "acoustic environment."

As part of his MA thesis on "soundscapes" (the sonic equivalent of landscapes), Paquette spent two months doing sound recordings up and down the Drive, as well as conducting extensive interviews with local residents about their day-to-day impressions of their "acoustic community."

"You look at the overall sound environment of a location—a community or neighbourhood or an indoor space—and you look at how people behave, what they listen to, what sounds they like, what sounds they don't like, and how people use these sounds to create a sonic image of their environment."

And that's when it happened.

The coffee machines grinding beans, a motorcycle growling by, the cuckoo-bird-like sound of the crosswalk signal, the screeching brakes of a bus, a barking dog, a door slamming, glasses clinking and much more. It was the interview soundscape.

"Most sounds are mechanical," says Paquette. "It makes less room for human interaction. For instance, you have to speak louder when there is traffic, so it modifies the way you have a discussion."

Sounds that define a community are called soundmarks (again, think landmarks). Examples of soundmarks include the steamclock in Gastown or the nightly firing of the nine o'clock gun in Stanley Park. Also known as "keynotes," these are sounds so interconnected with your acoustic life that you don't necessarily notice them until they're taken away.

Paquette has been "playing with sounds" ever since he began his undergraduate degree in communications at Concordia University, where his initial instrument of choice was the drums.



Too many words in a line:

At AddictiveTips we review the best software and services from around the web and routinely cover latest tips and tweaks on Windows and other Operating Systems At AddictiveTips we review the best software and services from around the web and routinely cover latest tips and tweaks on Windows and other Operating Systems At AddictiveTips we review the best software and services from around the web and routinely cover latest tips and tweaks on Windows and other Operating Systems

Too few words in a line:

Hugs for Life

The big relationship drought is connected to emotional and physical health

By John Sanderson



The Baras family lives by the motto that four hugs a day are necessary for survival, 8 hugs for maintenance and 12 hugs a day for growth. At the top, Gal, middle row, left to right, Ronit, Tsoof and Eden with Noff at the bottom.

Brisbane Life Coaches, Ronit and Gal Baras, claim there is a drought in the area of relationships today, as damaging in the long term as the lack of water.

Based in the suburb of Wishart, they claim the cost of good health is nowhere near the cost of sickness, when it comes to busy people not getting their quota of relationships and hugs. For 17 years they have forged coaching careers, while conducting workshops on relationship skills, helping at least ten participants to give up anti-depression medication in a single twelve-month period.

Partakers also reported improved

relationships with their children and partners.

Sickness and depression seem to have increased as hugs and relationships have decreased due to our hectic modern lives, the Baras' say. Because most connect a health decline to overwork and getting older, many find themselves untreated. Gal and Ronit form a coaching team calling itself, Be Happy in LIFE.

Ronit is a lecturer in language at

UQ and special education teacher and both have conducted around 100 workshops, recently entitled "Be a Happy parent". They say that feedback from all parents who took the course has been nothing short of amazing and several schools have seen the potential and begun sponsoring them.

"We found coaching to be an excellent tool and a great alternative to medication, particularly when clients were able to give up pills after years of taking medication for depression. We encourage them to make the change with the help of their doctor or psychiatrist," said Ronit.

Usually good results are reported after

just 3-4 sessions. Some report saving their marriages, and others a sense of wellbeing at finding the skills to get on better with partners and children.

"A vital factor in this emotional intelligence is understanding yourself," Ronit said.

In 2005, Be Happy in LIFE published a book in USA and Canada and later in Australia focusing on relationships of teenagers with their families and friends. The book "Be Special, Be Yourself for Teenagers," gathered positive feedback from educators, parents and teenagers.

A 16-year old reader wrote: "I really love the book, we face peer pressure every day, so it's cool to read a book that goes against everything people look for. Be happy with yourself says you are the only person you will answer to, in the end. If you have enough determination, you can do anything. Be special be yourself is on my top 10 book list, I love it, there is really hope."

The "Be a Happy parent" program will help shift the focus from putting out fires, to giving skills to parents and children. "It is basically the difference between a proactive and a reactive approach," says Ronit.

"Hope is a great quality to have while the world is experiencing one of its worst relationship droughts in history, we can really fill up the reservoirs with a positive attitude," says Ronit.

For more information about Be Happy in LIFE phone for an old fashioned conversation 07 33432237 or 0427765014. www.behappyinlife.com ■

Widows and Orphans:

Asparagus price is set to double

THE price of asparagus is expected to go through the roof when it goes under the hammer at a world famous auction in Bretforton on Sunday.

A major shortage of the Vale vegetable due to terrible growing conditions earlier in the season means that prices are expected to more than double the normal amount for a round of gras, with some expected to go for more than £50, which would be a new record.

Auctioneer Colin Jelfs said: "In a normal year, we expect to sell 30 rounds of asparagus at about £6 to £25 each. This year asparagus is difficult to get hold of so we're anticipating sales to reach record levels of potentially £50 a round."

Mr Jelfs added that he anticipated a bigger influx of buyers this year and that

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phone bids from across the globe, including the USA, were also expected.

Held at the historic Fleece Inn, Bretforton, the auction always attracts interest from far and wide and the cancellation of the recent Asparagus Festival Day due to bad weather and lack of asparagus has only increased the anticipation about the popular event.

Many of the celebrations that were cancelled on festival day will now take place on Sunday alongside the auction, including the crowning of the Asparagus King, cookery demonstrations and an appearance from fortune-telling asparamancer Jemima Packington.

Organiser Angela Tidmarsh said: "After the can-

cellation we did get worldwide interest in Vale asparagus. We are hoping this will lead to worldwide interest in the auction as well.

"We would hope to get bids from abroad and we have feelers out at the moment because we would love a big restaurant to bid on the round of 100 asparagus.

"The interest in it is extraordinary and we are the only place in the country which does an asparagus festival like this."

The auction will be starting at noon at the National Trust's Fleece Inn on Sunday. For more information on the event, visit britishasparagusfestival.org.

GOT A STORY?

Contact our news editor Steve Mather on 01905 742385

Rivers:

They are waiting nervously for the ticket holders to clear the turnstiles, the last loose cluster of fans, the stragglers and loiterers. They watch the late-arriving taxis from downtown and the brilliantined men stepping dapper to the windows, policy bankers and supper club swells and Broadway hotshots, high aura'd, picking lint off their mohair sleeves. They stand at the curb and watch without seeming to look, wearing the sourish air of corner hangabouts. All the hubbub has died down, the pregame babble

Columns that are too wide or narrow:

► **arbiter** | Trends

TEST DRIVE

Home Sweat Home

A workout delivered by Cafe Physique By ELIZABETH WESTBY

IT WAS ONLY A MATTER of time before Amber O'Neal, certified personal trainer and self-described "total geek for Hollywood gossip," found her calling. "It's so not fair!" she says of tanned, toned celebrities. "They have a nutritionist, a personal trainer ringing their doorbell and dragging them out of bed every day. Why can't regular people have the same thing?" And with that question a star venture was born: a fitness and nutrition company specializing in in-home personal training, the appetizingly named CAFE PHYSIQUE.

Celebrities also have maids. My instructor is due to arrive in five minutes, and I'm attempting to extract a week's accumulation of dog hair from the carpet. I've selected a Pilates lesson (fifty minutes, \$75) from a menu that also includes yoga, cardio and strength training, nutrition consulting, and—for groups of five or more—private boot camps. It's humbling enough to show your physical ineptitudes without revealing slack housecleaning.

When Amanda, my instructor, shows up, she lays to rest my qualms about the space (the living room floor with the coffee table pushed back). I learn that instructors can set up shop in tiny condos, spacious home gyms, even apartment fitness centers. "If you have room to stand up, you have room for our workout," says O'Neal. Trainers bring all the equipment you need, then pack it



up and roll it out when the session's over.

The benefits of personal training are paramount. Not only do trainers urge you to do more, harder, faster, they make sure your execution is clean. In group Pilates classes, I'd invariably inhale when the instructor chanted "exhale"—or fail to breathe at all. During my private lesson, Amanda's soothing narration of every breath kept me on track. She made sure my stomach stayed tucked and no hips moved where legs were supposed to do the work.

The benefits of in-home personal training are equally apparent. No commute. Total privacy in which to sweat, grunt, or, in my case, quiver like a plucked rubber band. Best of all, though, is the vision of your home as a place of motivation, not vegetation. That alone—no more rainy day excuses!—is worth its weight in dog hair. *Cafe Physique*, 404-444-2857, cafephysique.com ■

Too much use of capitals:



Not enough leading:

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Too much leading:

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Flush right, ragged left:

The contrivance of moveable types, the fabrication of punches and matrices, and the admirable adaptation of all the other numerous and complicated appendages, which appertain to the modern Art of Printing, were however, so speedily consequent to those former rude and simple efforts, that it seems unjust to separate them in our contemplation of the origin of the Typographic Art. Experience shows that mankind are generally slow in conceiving the first notions of great and useful inventions: but when an idea has been once conceived, or a hint however imperfect given, the ardor for improvement being commonly proportional to the usefulness of the discovery, arts of the greatest value and importance. to mankind advance most speedily to perfection.