

10 Blast from the past

Your favourite video games are now available to play on the Internet.

11 Fashion myths be damned

Lisa Kelly looks at classic fashion myths and tears them a new one.

18 End of an era

Liverpool fan favourite Steven Gerrard will say goodbye to the club in July.

New Falcons logo two years in the making

FRANCIS SIEBERT
INTERROBANG

Fanshawe Athletics revealed a new Falcons logo on January 18 at the halftime of the Falcons men's basketball game against Lambton College's Lions at the Budweiser Gardens.

Fanshawe College students, alumni, professors and staff were asked in November to choose their favourite logo from five options. The most popular – which won by a wide margin, according to Nathan McFadden, Fanshawe's manager of athletics – was selected to be the team's new logo.

The project started in late 2012 when McFadden came to the college. With the changes in the athletics department in the past years, the stronger teams and the stronger program, the department was looking for a logo that represented the team's new spirit, McFadden said. People were not gravitating towards the previous logo, which had been in use since 2000.

"We really wanted to encompass our rebranding of the entire varsity program by having a new logo to reflect something that's more modern," he said. "We think that what we've come up with and created is a great reflection of that and something that will be much more likened by our students."

Fanshawe graphic designer Andrew Campbell was put in charge of designing different versions of the logo, a project he said he enjoyed doing because of his love of sports.

One thing he says he particularly liked about the work was learning about the falcon, making sure that the logo wasn't just a generic-looking bird or that it wouldn't be mis-



CREDIT: SARAH WATTS

VP Athletics and Residence Alan Bushell, Becca McCarron and VP Internal Affairs Cheriss Marson at the logo's unveiling January 18.

taken for an eagle while still looking like a sports mascot.

Campbell says it was an honour to have had the opportunity to design a brand and put his stamp on an area of the college as large as the athletics department.

As for the decision to let students, alumni, professors and staff choose the new logo, Campbell says it was inspired by the college's decision

to do the same with the North Star logo.

"What we wanted to do is make sure that it wasn't just a core group of five, six, seven people making this decision for such a large brand that touches so many different people," he said. "We wanted to give them the opportunity to vote, because they're the ones that have to want to represent it and who have

represented it in the past."

McFadden couldn't be happier. "We're really excited about it," he said. "Excitement, empower, strength and tenacity, those are things that we emphasize with our varsity athletics program, and we wanted that to be reflected in our logo, so we were really excited with the work that Andrew did. He did an outstanding job."

Colleges want nursing students to complete BScN in one place

FRANCIS SIEBERT
INTERROBANG

Ontario Colleges is asking the provincial government to allow colleges to offer nursing degree programs without the current requirement that their programs be jointly offered with universities.

In a document titled "Opening Doors to Nursing Degrees," Ontario Colleges argues that allowing colleges to offer Bachelor of Science in nursing programs would make nursing programs more accessible. An independent study conducted by the Ministry of Training, Colleges and Universities found that some colleges are ready or nearly ready

to offer the programs, the document says.

Fanshawe College is one of the colleges that are ready to offer a nursing program.

"This would be an important step to improve health-care education in the province," said president and CEO of Colleges Ontario Linda Franklin in a news release. "Allowing students to attain a nursing degree at one post-secondary institution will be more efficient and provide more options, particularly if students live in a community that doesn't have a local university."

The Council of Ontario Universities responded to request on January 14, advising the province not to

grant Ontario colleges the right to offer BScN programs.

"Some time ago, the province agreed that patient care had become so complex that nurses needed research, theory, critical thinking and practice in order to be prepared," said president and CEO of the Council of Ontario Universities Bonnie M. Patterson in a news release. "As a result, the government made a policy decision to move to collaborations between universities and colleges. This collaboration continues to bring benefits to thousands of students, postsecondary institutions, and Ontario's health care system."

Provincial regulations require

since 2005 that new registered nurses have a Bachelor in Science in Nursing from a university. Colleges weren't allowed to offer degree programs at the time.

Prior to the provincial regulation changes, about 70 per cent of RNs in Ontario were educated in colleges. Under the current system, nursing students pursuing a BScN can either go to university for four years or do two years at a community college before transferring to a university for two more years to get their degree.

Fanshawe nursing students have to finish their degrees at Western University.



Sweet Tweets of the Week

The Monsters of Schlock come to Forwell Hall on January 28 at 8 p.m., attempting to set a Guinness World Record for most suplexes through tables within a one minute time span. If you could set any world record, what would it be?

Twitter

Sarahjei Campeau

@sarahjei
@fanshawesu
#fsuinterrobang most chicken nuggets eaten in 10 Minutes
9:38 AM - 20 Jan 2015

Patricia Varanesi

@PatVaranesi
@fanshawesu Own the highest amount of puppies #FSUinterrobang

Fanshawe Student Union

@fanshawesu
@PatVaranesi by "highest", do you mean the most puppies, puppies at the highest elevation or puppies who spent too much time with Snoop Dog?

Patricia Varanesi

@PatVaranesi
@fanshawesu who wouldn't pick option 1 #allthepuppies
11:54 AM - 20 Jan 2015

Starting February 2nd, bands can begin registering at FSU.ca/contest for Last Band Standing, the annual Fanshawe student battle of the bands competition.

If you were to start a new band, what would you call it?

Tell us using #FSUinterrobang by 2 p.m. on Wednesday, January 28 and you will enter a draw for a \$10 Oasis/Out Back Shack gift certificate. Must be a current Fanshawe student to win.

#FSUinterrobang



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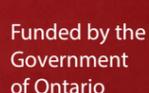
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[‡]FREE LUNCH: Contest only open to full-time Fanshawe College students. Offer consists of a \$10 gift card, given out monthly, that can only be redeemed at Oasis or The Out Back Shack during business hours at Fanshawe College in London, Ontario.

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CREDIT: COURTESY OF FANSHAWE COLLEGE

First Nations Studies students were celebrating indigenous education on January 15, displaying their work in the Merlin House Atrium.

Fanshawe signs Indigenous Education Protocol

FRANCIS SIEBERT
INTERROBANG

Fanshawe College celebrated indigenous education and signed Colleges and Institutes Canada's Indigenous Education Protocol on January 15, making a commitment to improving indigenous education at the college.

In signing the protocol, Fanshawe agreed to make indigenous education a priority, to increase the number of indigenous employees and to ensure that governance structures respect and recognize indigenous people, among other commitments.

"It's an important step in confirming our commitment to aboriginal education and aboriginal learning and working with our aboriginal communities," said Cathie Auger, vice-president of student services.

Students in the First Nations

Studies program at Fanshawe were also at the event, displaying their works.

"It's a huge step for Fanshawe to take, especially with all the surrounding nations within the Fanshawe area," said Robyn van Oirschot, a co-chair in the Aboriginal Education Council at Fanshawe.

She says the protocol will give a stronger voice to Aboriginal Education Councils in all the institutes across Canada that signed the document.

"I think it's going to maybe make the partnership between the First Nations Centre, the Aboriginal Education Council and Fanshawe College stronger, and maybe we'll be coming up with better initiatives and services for aboriginal students," she said.

Some of Fanshawe's long-term goals to improve indigenous educa-

tion at the college include attracting more indigenous students, assisting indigenous students in transitioning from secondary school to college and increasing the number of indigenous students who graduate.

Auger says that Fanshawe has had an aboriginal education council for about 20 years and a First Nations centre for almost as long.

The college launched its First Nations Studies program in 2011. It signed an articulation agreement with Western University in 2014, allowing First Nations Studies students at Fanshawe to transfer credits towards the First Nations Studies degree at Western.

"We've been focused on aboriginal education and supporting aboriginal learning for a long time," Auger said. "This is just a statement of our commitment."



CREDIT: KANDICE TRICKETT

The Been Garden - located at 1018 Dundas St. - sells crafts, all locally made.

Locally-made goods all in one place

FRANCIS SIEBERT
INTERROBANG

About four months ago, Kandice Trickett was looking for a new way to create exposure for local craft artists. The problem was that they weren't getting much exposure online - people want to see and feel crafts before they purchase them, she said. Artists could showcase their work in galleries, but then they'd have to pay gallery fees, which meant they'd make little profit from selling them.

Brainstorming led to Trickett setting up shop in August and selling crafts made by local artists from her home without charging artists fees.

It went so well that she ran out of space. So, she moved her shop to 1018 Dundas St., where she opened The Been Garden on January 24, selling locally made crafts, such as soaps, crochet animals, papier maché and pottery.

"We made a small boutique where you can bring your stuff, and everybody works together to advertise," she said. "It's basically just like a community store."

Sometimes people who want to start shopping local have problems finding places where they sell local stuff, Trickett said. There's the Western Fair Market, but it's only opened Saturday mornings. She says wants the Been Garden to be

a one-stop shop for shopping local.

"It's super awesome what she's doing," said Bright Dunn, a local artist who makes eco-friendly alternatives such as cloth diapers and sanitary napkins. "The fact that everybody is in it together, that's what makes it really unique and special. It's like we're a big family here."

Trickett encourages students interested in selling their crafts at The Been Garden to get in touch with her through her Facebook page at [on.fb.me/15zVfVa](https://www.facebook.com/15zVfVa) or to drop by the store and chat with her.

"The whole point of the store is when you shop local your helping you're neighbour, you're helping a mom, you're helping a student."

Oldest Canadian food co-op holds lecture series

FRANCIS SIEBERT
INTERROBANG

The London Food Co-op will be hosting a speaking series on January 26, February 9 and February 23 titled The Co-operative Movement & Our Organic Food System.

The January lecture will be on co-operatives, while the February 9 and 23 lectures will be on organic farming and on the consequences of genetically modified organisms respectively.

Speakers will include Mountain Equipment Co-op's Victoria Lawson, Mapleton's Dairy's Martin de Groot, Canadian Biotechnology Action Network's Taarini Chopra and others.

"It's a fantastic way to raise awareness of the co-operative model in the London area," Ontario Co-operative Association CEO Mark Ventry.

Ventry says he will be speaking about co-operative movements at the January 26 event - how the London Food Co-op is providing food, work and volunteering oppor-

tunities, why co-operatives are successful business models and other related topics.

"Food choices are something that we make every day," said Loretta McHenry, a manager at the London Food Co-op. "It's important for people to be conscious of their food choices."

She says the goal of the speaking series is to engage with the co-op's members as well as the rest of the community and to educate people on co-operative movements, food and organic farming.

"We really want to spread the word about the co-op movement itself and what a great alternative business model it is," she said.

The London Food Co-op is celebrating its 45th anniversary this year, making it the oldest food co-op in Canada.

All lectures will be held at the Aeolian Hall at 795 Dundas St. East, from 7 to 9 p.m. For the full list of speakers, visit the co-op's Twitter page at twitter.com/ldnfoodcoop

"We hope that a lot of Fanshawe students will come," McHenry said.

Makayla Sault, First Nation girl who quit chemotherapy, dies

KARLY RATH
THE SPUTNIK

BRANTFORD (CUP) — A First Nation community mourns the loss of 11-year-old Makayla Sault who died January 19, after suffering a stroke on Sunday.

The New Credit First Nation girl who had acute lymphoblastic leukemia (ALL) has been in the public's eye in recent months because she quit chemotherapy and sought alternative and indigenous medicine instead.

"Makayla was on her way to wellness, bravely fighting toward holistic well-being after the harsh side-effects that 12 weeks of chemotherapy inflicted on her body," a family statement reads. "Chemotherapy did irreversible damage to her heart and major organs. This was the cause of the stroke."

Sault stopped her treatments due to severe side effects. According to a New Credit First Nations press release, Sault experienced "Septic infections, organ damage (which is likely permanent), severe weight loss, vomiting, mouth sores, curvature of the spine, dangerously high levels of toxicity, and devastating pain, nausea and exhaustion."

After stopping chemotherapy despite McMaster hospital's medical recommendation's to continue, Sault and her family attended the Hippocrates Health Institute in Florida, which claims to help its patients learn how to help themselves. Although the institute is registered as a "massage establishment" in Florida, Hippocrates offers counselling and nutrition programs that, according to its website, have cured many people with fatal cancers.

When McMaster Children's hospital's Oncologist Dr. Vicky Breakey learned of Sault's family's plans to withdraw her from her chemotherapy treatments before her full cycle was complete, she contacted Brant's Family and Children's Services (FACS).

FACS investigated whether Sault was a child in need of protection but concluded she was not. McMaster took no further action

in that case, which resulted in the family's ability to ignore the doctor's recommendations.

11-year-old Six Nations girl sought same treatment in fall

Another Aboriginal girl who was diagnosed with ALL in August quit chemotherapy in order to attend Florida's Hippocrates Health Insti-

“Chemotherapy did irreversible damage to her heart and major organs. This was the cause of the stroke.”

tute as well. This 11-year-old Six Nations girl - whose identity is protected under a publication ban - was caught in a lawsuit between Brant's FACS and McMaster hospital. Unlike the case with Makayla Sault, McMaster took legal action to help ensure that this girl's health was protected.

On November 14, 2014, in a Brantford court, Ontario Justice Gethin Edward ruled that the girl was not in need of protection and that her family should not be forced to adhere to a west-centric hospital's recommendation. The verdict stated: "[The mother]'s decision to pursue traditional medicine for [her daughter] is her Aboriginal right. Further, such a right cannot be qualified as a right only if it is proven to work by employing the western medical paradigm. To do so would be to leave open the opportunity to perpetually erode aboriginal rights."

This family knows the Sault family personally and after seeing how well Makayla was doing upon her return from Hippocrates, looked into the alternative treatments offered there. In September, the girl and her family spent \$18,000 and received treatment in Florida that relied heavily on learning raw veganism.

The current state of health of this Six Nations girl is unknown.

The real Arkenstone


MICHAEL VEENEMA
 RUMOURS OF GRACE

A while ago I helped put together a debate on whether or not God exists. I do believe that God exists and is up to many wonderful things. So staging a discussion about his being around at all seems to me now to be like wandering around the film set of *The Book of Negroes* and suggesting that author Lawrence Hill doesn't exist.

The debater claiming that God does not exist said that God was not needed to explain the origin of the universe. "We now have," he said, "the Big Bang."

What he meant was something like this: In pre-scientific times people didn't know what we know. They didn't understand that the universe is the product of impersonal energies and that its origin is something like a big explosion. That explosion – not a disorganized event but something that proceeded according to the applicable laws of physics – resulted in the immense universe we now observe and provided the conditions for the development of galaxies, stars and planets.

We can see from this that a story of a God who created the universe – the Christian God – is not necessary. In fact, it would only falsify our knowledge.

At one point in the debate, there was a brief discussion of what the pre-Big Bang state of the universe was. The philosopher arguing against God said he didn't care what it was – it could be a lump of shale.

But anyone who thinks seriously about what the pre-Big Bang state of the universe was must realize that whatever that state, it must have been staggeringly impressive. It might have been the size of a baseball, as some have suggested. If so, it would have made the baseball-sized Arkenstone look pretty lame.

Arkenstone, the name of the much sought-after stone in *The Hobbit*, is based on the Greek word for origin or supreme. This

supreme beginning stone must have been shimmering with power and patterned energies that allowed it to give birth to the web of galaxies and energy fields that make up the universe.

Where would it have come from? This is the crucial question. The answer that it came from nothing or that it did not have a cause does not seem plausible. It seems completely unlikely that something that is part of the cause-and-effect universe that we observe has no cause.

For many centuries, Christian philosophers and scientists have been saying that the real beginning of the universe can best be understood as a being who is not caused but can cause all things that are caused. That's not an approach that convinces everyone, but it seems to me more intellectually responsible than to claim that our cause-and-effect universe has no cause – that it came from nothing. I don't think that anyone seriously believes that anything can come from nothingness – true and utter nothingness.

“Christian philosophers and scientists have been saying that the real beginning of the universe can best be understood as a being who is not caused but can cause all things that are caused.”

The universe's Arkenstone would have to be a fabulously powerful item with incalculable patterns and physical laws to have produced our universe. So, it would seem designed. Actually, our whole world seems designed by mind or mind. The more we discover through the sciences, the more patterns we uncover and the deeper they run.

For this reason, science proves God. But that of course is saying too much. Science affirms God for many people, as it does for me. It suggests God. Or – to be more accurate – the world science is uncovering suggests God. And affirms him.

Missing the mark: Target staff out in the cold

Concordia student and Target employee vents frustration over the Best Company Ever™

ANONYMOUS
 THE CONCORDIAN

MONTREAL (CUP) — I was hired at Target in the summer of 2013, a few months before my store would open. In the time until opening, we learned a lot about how important Target's brand recognition was, as well as having the essence of "team spirit" drilled into us, and just how important the customer would be. I was convinced that we were going to beat Wal-Mart at every turn, in our quest to be the Best Company Ever™. Opening finally came around, and when customer – I mean, guest – comments began to pour in, it was a sign that maybe – just maybe – we didn't get off on the right foot.

"Empty shelves. High prices. Did not have ___ article. Where is your stock?" were the most common issues brought up. Being at the mercy of our distribution centers, there was little we could do but smile and apologize to guests for not having the items they needed.

I can't say the news of Target's exit from Canada came as much surprise to me. I did believe, however, that the company would at least try to ride out their building leases first before deciding to pull out of Canada, so their hastiness is a little shocking. Coupling the fact that they've lost roughly \$1.5 billion since Canadian operations started with that terrible first impression, you'd have to wonder how they could possibly rebuild brand trust in Canada. Frankly, I'm a firm believer that many of our guests were simply overflow from Wal-Mart after the initial novelty wore off.

An envelope full of documentation pertaining to my end of employment terms came to me in the mail, but I would be lying if I said I understood an ounce of it, as it was sent purely in French legalese – a language understood only by the secret lawyer society hidden deep in Mount Royal. I had to discuss it amongst

my coworkers as well as the HR manager to even begin to parse it – I'm very disappointed that they didn't bother to send bilingual documentation for something this important.

Also, the 16-week compensation plan that was publicized in Target's press release isn't nearly as glamorous as first understood – the compensation plan only takes effect if your position or store location is no longer needed and shut down before May 16, the final day for all Target Canada stores to discontinue operations. What that means is the people who are best off in this situation are the ones whose stores close early enough that they can get the remainder of their compensation plan – which is however many weeks are left between store closure and May 16 – and take a new job, so they can maximize profit. Those of us who are stuck working until the last day don't get in on the compensation plan and have no paycheques coming after our last worked day.

Needless to say, many of us who have realized this are praying for early closure and shiny new jobs.

To the people who are finding humour in Target's premature exit from Canada, I say this: poor planning and understanding of the Canadian market has led to almost 18,000 employees across Canada realizing that they will be out of a job and a paycheque in the next few months. Some of us are students who don't have to worry about rent or groceries and still live at home. We can bounce back; we're not worried. But many of them have families to support, rent to pay, diapers to buy, and the reality of this situation is a lot less funny.

So while you're rushing into our stores trying to take advantage of liquidated bed sheets and fashion dolls, it would do well to remember that before berating your cashier at checkout over a pricing error.

Gift horse comes back to bite Harper


VICTOR DE JONG

As the old quote attributed to Grace Hopper goes, "It's easier to ask forgiveness than permission." Whether it's that house party you had without permission or the ding in the bumper of your dad's car, keeping things on the down low as long as possible is an ancient and hallowed tradition for avoiding fallout.

Rather than feeling guilty, embrace the fact that you're now in the company of the prime minister, gently swearing under your breath about the best laid plans gone awry.

Late Finance Minister Jim Flaherty worked tirelessly to achieve the federal government's promise of delivering an administration that doesn't operate at a financial loss by 2015, but that promise is becoming harder to keep

by the day. Federal Finance Minister Joe Oliver has delayed the release of the federal budget until at least April, citing the plummet in oil prices as the cause.

Politics is a lot like throwing hand grenades: timing is everything.

When there's good news to be delivered – like budget surpluses or funding announcements – it's announced in a way to maximize the PR benefit for the government announcing it. There was speculation among financial experts that the budget deficit could actually be eliminated in the 2014 budget, as reported by the *National Post* back in 2013, however, the final numbers showed an \$18.8 billion shortfall. Whether this could have been avoided is up for debate, but one thing is certain, eliminating the deficit in an election year is an awfully appealing prospect.

Unfortunately for Prime Minister Stephen Harper, he might have overplayed his hand. The unforeseen boom in shale oil production in the United States coupled with record out-

puts from Iraqi oil fields has driven down the price of crude oil by more than 50 per cent.

Canadian oil production was lucrative when the price exceeded \$100 per barrel, but at roughly \$48 per barrel, it's barely worth pulling it out of the ground. If the speculation was true and the prime minister was delaying a budget surplus for election year, he may have just lost his chance to make good on that promise.

“Politics is a lot like throwing hand grenades: timing is everything.”

The federal government has been operating at a financial loss since the financial crisis of 2008, when the government's spending exceeded its budget by nearly \$6 billion. The full effect of the crisis wasn't felt until the following year when government spending

exceeded its income by a staggering \$55 billion. The slump is comparable to what was experienced across the international markets at the time, and Harper's government is credited with one of the most effective strategies for weathering the international recession that followed.

Ultimately though, it's that same strategy that's coming back to haunt the prime minister. Canada is known as a country that is rich in natural resources, including timber, precious metals and oil. It's part of what provides for the generally high standard of living across the provinces. The same policies that allowed for a relatively stable gross domestic product have led to an economy that is disproportionately invested in oil.

Major international oil extraction companies are already pulling the plug on Canadian projects, and with no indication of a return to peak oil prices, Harper will be hard pressed to balance his books by election day.



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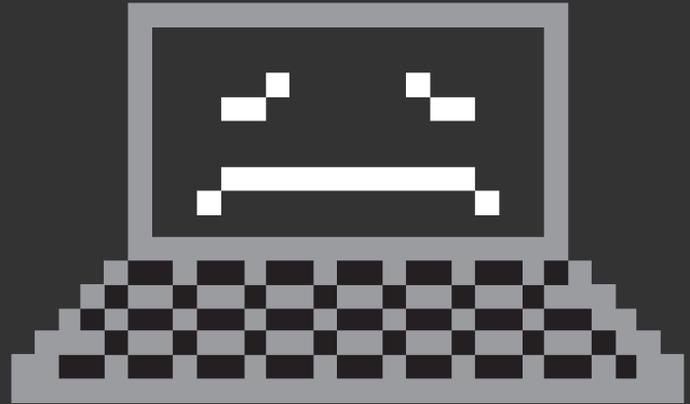


TROUBLESHOOTING

CAMPUS COMPUTER ISSUES_

Francis Siebert | Interrobang

Search for the Fanshawe College hashtag on Twitter – #Fanshawe – and you're bound to get a slew of students complaining about the many computer issues they're having on campus. So we went out and talked to students, made a list of the most common complaints and contacted Fanshawe's HelpDesk.



I GET A NETWORK ERROR WHEN I TRY TO LOG INTO A LAB COMPUTER_

- > Make sure the Ethernet cable – the Internet cable – is properly plugged into the computer.
- > Reboot the computer.
- > If that doesn't work, call the HelpDesk at 519-452-4430 ext. 4357.

THE INTERNET IN THE COMPUTER LAB IS NOT WORKING_

- > Make sure someone didn't accidentally unplug the Ethernet cable – the Internet cable – from the back of the computer.
- > If that doesn't work, call the HelpDesk at 519-452-4430 ext. 4357.

THE LAB COMPUTERS DON'T HAVE THE LATEST SOFTWARE, AND I CAN'T OPEN MY PROJECT_

- > Call the HelpDesk at 519-452-4430 ext. 4357 and ask them which computer labs in the college have the latest version of the software you need.

THE WI-FI ON MY LAPTOP IS NOT WORKING_

- > Make sure you are trying to connect to the Fanshawe Students network and not one of the others (Fanshawe Guest, Fanshawe Employees or eduroam).
- > Open a non-secure webpage – one that is <http://> and not <https://> – in your browser, such as <http://www.fanshawec.ca>.
- > Enter your Fanshawe Online user name and password.
- > If that doesn't work, call the HelpDesk at 519-452-4430 ext. 4357.

I FORGOT MY FANSHAWE ONLINE PASSWORD_

- > Go to fanshaweonline.ca.
- > Click on Login Help in the menu bar.
- > On the right, click on Account Self Service: Password Reset.
- > Enter your student number and follow the instructions to reset your password.
- > If that doesn't work, call the HelpDesk at 519-452-4430 ext. 4357.

Using protein effectively to build muscle

SAMAH ALI
THE GAZETTE

LONDON — Summer workout regimens are starting up again and students may be looking to get those summer bods back in shape the right way. With five months to build before prime summer weather hits, some may look towards protein supplements to help regain that muscle mass back after hibernating during those fall and winter months.

For those thinking of building that muscle back, it may be hard to ignore the latest craze of protein shakes, supplements and diets ruling the fitness world.

Kinesiology and nutrition professor Pete Lemon recognizes the best goals that benefit from excess protein, saying, "It's probably more important for individuals who are trying to gain muscle mass than for other types of exercises."

The convenience of protein nowadays has been marketed in pre- and post-workout shakes, fueling the body with enough protein to stimulate muscle growth while the musculature is still malleable. However there is a specified period for the protein rich shakes to have



CREDIT: TAYLOR LASOTA/THE GAZETTE

Is protein the key to amazing summer muscles? Kinesiology and nutrition professor Pete Lemon weighs in.

an impact on the body.

"The environment in the muscle has changed when you exercise, but eventually reverts back to normal an hour or two after the exercise. So you need to feed the muscle during that hour of time," added Lemon.

If that time limit is exceeded, protein can be stored as a fat as opposed to helping build muscle mass, making it counterproductive. However, excess protein has a satiating factor, making one full longer and causing you to lose excess fats from not consuming as much food.

When talking amounts, Lemon mentioned, "An intake of about 20-25 grams of protein is something you should be shooting for following an exercise."

Although excess protein can be beneficial when building, regular amounts of protein in one's diet is enough to fuel your workout and energy throughout the day. But those solely interested in building muscle may choose to consume more protein for its advantageous results.

"If someone wanted to build muscle I would recommend them," previous protein shake drinker Brandon O'Sullivan said.

Protein may be the new frontier in fitness but optimal amounts should always be considered when consuming the macronutrient. Moderation is key and when used properly, goals may be achieved, but if overshot, the beneficial results will begin to decrease.



CREDIT: WARNER BROS.

Everyone's got problems they need to talk about, even bloodthirsty crime bosses.

Criminally funny Crime comedy films you missed



ESHAAN GUPTA
REEL LIFE

kidnapping plot due to getting a call from a wrong number is one of the funniest movies you'll ever watch. It's a bit different from standard Bollywood fare, so it should be a bit easier on those who aren't fans.

Just avoid the sequel.

In Bruges (2006)

Crime-comedies have been given a breath of fresh air thanks to *21 Jump Street* and its sequel *22 Jump Street* for officially putting the genre back on the map. There's a backlog of criminal endeavours you've probably missed to be seen, however. Here are some lesser known but just as funny crime comedy films.

Screwed (2000)

Boasting a cast of comedy powerhouses Norm MacDonald, Dave Chapelle, Danny DeVito and even Sarah Silverman, it's surprising how little popularity this film has, both contemporary and cult. The story of a mistreated butler, played by MacDonald, who decides to extract revenge on his wealthy elderly boss, Miss Crock, by kidnapping her dog is a near paint-by-numbers screwball comedy. And I mean it in the best way possible. Everything that could go wrong does, and the results will keep you glued for the film's hour and a half length.

Hera Pheri (2000)

Aside from its massive popularity in India – quoting it there is like quoting *The Big Lebowski* here – *Hera Pheri* is virtually unknown worldwide. It's a shame too, because this comedy about three luckless idiots who get wrangled into a

kidnapping plot due to getting a call from a wrong number is one of the funniest movies you'll ever watch. It's a bit different from standard Bollywood fare, so it should be a bit easier on those who aren't fans. Just avoid the sequel.

Analyze this (1999)

The late Harold Ramis, Egon Spencer of *Ghostbusters*, spent as much time being behind the camera as he did being in front of it. *Analyze This* represents one of his many directorial efforts, one that pays off immensely. The film is as much a mob flick as *The Godfather*, *Casino* or *Carlito's Way* in that they're all about Italian gangsters. That's where the similarities end. Robert De Niro plays mob boss Paul Vitti, a role that initially seems like yet another typecast, until the revelation that the big tough mobster is suffering from anxiety and panic attacks. Who better to play his unwilling shrink than the small, fast-talking Billy Crystal? *The Sopranos* easily tore a couple pages from this film, you'll see.



CREDIT: SCREEN GEMS, INC.

Josh Gad and Kevin Hart star in the bromantic comedy *The Wedding Ringer*, but don't expect to be blown away.

Should have hired the script *Ringer*



PAM-MARIE
GUZZO

When an awkward guy is about to marry the girl of his dreams, the house of cards he's built is about to come crashing down when his wedding planner saves the day. Not through – you know – honesty, which would have been much easier, but instead by telling him to hire the *Wedding Ringer*, who will pretend to have a long history of friendship with him – for a fee.

This is a movie full of terrible movie clichés, from the big guy who has no idea why the girl is into him to saying the name of the movie in the movie for no apparent reason, to almost failing the Sexy Lamp Test – this is where the female characters could be replaced with sexy lamps with no change to the plot.

While this is a bromance movie and a lack of female characters can

be somewhat forgiven, it would still be nice to see more than one woman who doesn't simply fill a stereotype.

The acting, for the most part, is pretty good, with many amusing moments. Kevin Hart and Josh Gad have some excellent chemistry, and there are a surprising number of more subtle moments – sadly mixed in with a heavy dosing of repetition to make sure you get the point – that really let you feel how their friendship is growing. Kaley Cuoco-Sweeting does well with what the writers give her – although she is sadly typecast – and at least one of her lines could have been taken straight from season one of *The Big Bang Theory*.

The plot of *The Wedding Ringer* is predictable, and one could almost imagine Aladdin's Genie in the background yelling, "Tell her the TRUTH!" However, when your entire premise is based around an intricate web of lies, telling the truth would shorten the film a bit too much. So instead, we're treated to a large number of random events that are slapped together for maxi-

mum comedic value but have little to no basis in reality and an ending that generates a large amount of exaggerated eye-rolling from the audience.

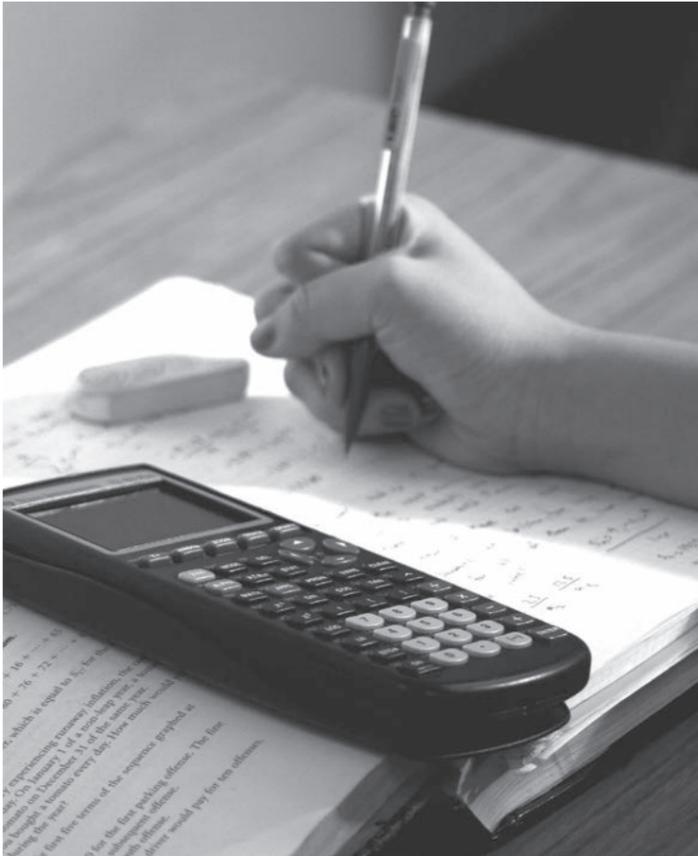
The movie is also visually disappointing. There are a few opportunities to get some beautiful scenery or interesting shots, but none of it is taken advantage of, and those few special effects that are used could have been outdone by any high school film class. The soundtrack is rather forgettable, with some poorly-done covers of old songs being about as good as it gets.

Somehow, despite the large number of faults it has, *The Wedding Ringer* still manages to be fairly amusing. While some of the jokes are crude and repetitive, there are moments of genuine emotion that make the movie watchable. There are obvious issues with stereotyping and sloppiness, but it's hard to expect too much from a bromantic comedy like this one. Instead, it might be best to just turn off your brain while watching these men scramble their way to friendship.



CREDIT: SARAH WATTS

Fans gathered at Budweiser Gardens to see the unveiling of Fanshawe Athletics' new logo on January 18.



CREDIT: "STUDYING" BY STEVEN S. ON FLICKR. LICENSED UNDER CC BY 2.0 / DESATURATED
School is daunting and can bring on feelings of being burnt out.

Cost-effective ways to prevent burnout



JESSICA KLAVER

It's still early on in the semester, and some of you are already feeling the stress and pressure return after your rejuvenating holidays. Burnout is a common problem with college and university students, and it can be debilitating to people both financially and personally. Here are the signs to look for to detect if you are experiencing burnout and ways that you can prevent it.

How do I know if I am experiencing burnout?

Helpguide.org defines burnout as "a state of emotional, mental, and physical exhaustion caused by excessive and prolonged stress." Burnout affects every area of your life. It drains you of motivation and determination and can make you question why you're getting an education at all. You may feel like you don't care about your grades and hand in a subpar assignment. You may leave all of your studying until the night before your final exam worth 30 per cent of your mark. You may feel too exhausted to even attend classes. All of these things, especially when experienced at the same time, can destroy your GPA and possibly diminish future opportunities. Additionally, when you reach this level of exhaustion it is hard to care about your finances and where your money is going. You are more likely to splurge on something that makes you feel good in the moment. Here are some cost-effective ways to help keep you at the top of your game.

Start your morning out right

Instead of sleeping past your alarm and hitting snooze constantly, wake up a little earlier and take a few minutes to do something calming. Reading something inspiring, meditating or doing yoga are all great examples of how to start your day by releasing any stress you're holding onto.

Learn to say 'no'

We all have that person in our life that requires a little too much of our time. They are normally someone close to us, which makes it difficult to say no to their phone calls and texts. In these moments, it is best to take a deep breath and ignore your phone. You need to take care of yourself first and come back to that person when you are feeling less stressed and overwhelmed.

Power down

Technology can do amazing things and has changed our lives, mostly for the better. Where it falls short though is allowing us to take a break. We are constantly connected, which can take a toll on our health. Choose one night a week to power down all of your devices: laptop, phone, iPod, TV and so on. You might feel tense at first if you are not used to being without them. But if you are able to keep them off you will feel a sense of calm that most people never get to experience in this day and age.

Sleep and exercise

We all hear about the benefits of sleep and exercise constantly. Many people skip exercising and pull late nights consistently, because they feel they don't have enough time. Unfortunately, this thinking is counterintuitive. You don't have enough time NOT to exercise and sleep properly. When you are experiencing burnout your mind disengages from the task you are trying to complete. However, when you exercise your body is filled with endorphins, which are neurotransmitters, and will essentially wake your mind up. After just 20 minutes of exercise you'll be able to concentrate better and ultimately produce greater results more quickly. Additionally, exercise will help you sleep better and you will wake up feeling refreshed and energized.

In order to make the best decisions for your life, you need to be present to deal with them. If you follow the suggestions listed above, you will be better prepared to deal with stress as it comes and prevent burnout from occurring.

The return of the romper



HAI HA NGUYEN
THE SHOPPING BAG
hhnguyen.77@gmail.com

Rompers/jumpsuits – also known as onesies – should now be staples in closets for the upcoming spring season. The romper was originally popularized as children's wear and has since risen to be the "it" piece to have in the fashion world and in your wardrobe.

It is an easy piece to wear, makes you look chic, fashionable and feel comfortable in no time. It is definitely a go-to piece in your wardrobe that will make you instantly polished and is easy to accessorize.

Since the romper is a shortcut to a great outfit, the combination of silhouettes is pretty much endless, giving you many choices for whatever look you're going for.

If you want a modest look, a long sleeve romper with shorts with a V-neck is great, it keeps the amount of skin balanced. You can also wear black nylons underneath to cover up. It will also make your legs look longer. You can even get rompers with sleeves made of different material to add some interest to the

garment but keep your accessories to a minimum – the one featured in the photo has see-through sleeves.

Another romper look is a classic sleeveless scoop neck – find one with back detailing to keep it chic.

One final romper look that will be great this season is a strapless, relaxed pant jumpsuit that allows you to spice it up with a chunky piece of jewelry or

necklace. Popular colours that these rompers come in are mainly black, oxblood, cream and white. Some great places to get jumpsuits this season are Forever 21, American Apparel, Jordan Stewart London and Guess.

Accessorizing a romper or jumpsuit is easy, because the piece is already chic – a nice chunky statement necklace partnered with a watch is great go-to combination. If you're feeling a little more adventurous, a body chain paired with the necklace can also be a great addition.

To complete your make up look, dark lipstick, a set of lashes and slight contouring on the cheekbones is all you need. A headpiece or head chain can enhance all your features and make you feel like a princess. It's that easy to throw together an outfit for a night or dinner out with a romper.

The romper/jumpsuit/onesie is something that is tried and true. It is easy, stylishly comfortable and chic. It is a versatile piece that can change depending on the accessories you choose, and it's one of those great purchases that you'll wear over and over again.



CREDIT: PROSPECTIV
Kaytlin B. models a jumpsuit from Forever 21 and jewellery from HAI-HA. Makeup by Samantha Lynn and hair by Yuka C.



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Putting a ring on it is harder than it looks

SASHA MOEDT
THE CASCADE

ABBOTSFORD (CUP) — Buying an engagement ring, when it comes down to it, can be a big thing. Even if you're going to spend as little money as possible, you have to explain to everyone that asks to see the ring — and yes, a lot of people ask — why the ring is so simple.

Not many people getting engaged these days want to spend \$5,000 on a ring. First of all, we don't have that kind of money. We just paid tuition. Second, the knowledge that \$5,000 is a two-month backpacking trip across Europe might shift your priorities.

You want to buy something that is meaningful and represents who you are. As someone who has gone through the shopping process, my advice is this: research, research, research. Research. You'll come to know what you're looking for. You'll understand the terms that salespeople use, and you'll be able to ask them the important questions.

My own research brought me to consider a few different options for purchasing an affordable engagement ring. Here's a brief list:

Sales, sales, sales

As soon as a diamond nears a ring, the prices shoot up. Because diamond equals engagement equals wedding equals money. A diamond is expected on an engaged woman's hand. But it's also the most expensive choice. You're not going to get a lot of bang for your buck. People's, for example, sells itsy-bit-

sy diamond rings for an average of \$150, and you have to get up to the \$500 range for something more substantial. Even then, you don't have a lot of variety. The joy of inflated prices, though, is that there are sales. Ask a salesperson about their annual sale. Pick a ring. Lie in wait, like a tiger stalking its prey. Get that ring.

A ring of a different stone

Diamonds weren't always forever. In fact, it was clever marketing campaigns that pushed them to popularity. But if you want something original, try a different stone. A salesperson will tell you that diamonds are hardy and will last ... forever ... but consider that if a diamond is a 10 on the Mohs scale of mineral hardness, corundum is a nine. Not much difference. The stones that derive from corundum include ruby and sapphire. The colour of these stones range from clear as diamond to black, blood red, and light pink. With the engagement label taken off, prices will be lower.

Man-made

Cubic zirconia is a man-made diamond stimulant. They look exactly like a diamond to the untrained eye — in fact, they might look even too sparkly. They are affordable, ranging from \$50 to \$300 for beautiful rings. One huge upside is that you don't have to worry about the ethics of your ring. The downside is that they may not last forever. The stone itself is softer — 8.5 on the Mohs scale — and can be chipped, nicked, and scratched. You have to remove it when dealing with hand-



CREDIT: WILLIAM WARBY/FICKR

If you like it then you'd better put a ring on it — but it's going to cost you.

ing chemicals or doing something active. Cubic zirconia is the whiny little sibling of the diamond, but it's affordable.

Go Dutch

My family is Dutch, and this is the route I chose. In Holland, the engagement ring is traditionally the wedding band. The couple wears a band on their right hand, and

then when they marry they switch it to their left hand. I chose gold. Ten-carat is your best option rather than a higher carat, because the higher you go the softer the ring is, and the less hardy. Before buying my ring, I asked to see my Opa's 10-carat ring. He's had it on his hand for more than 50 years, and it still looks good. While I don't have

a stone, the upside is that there is a nice equality to the purchase — one partner doesn't have a ring three times more expensive than the other. You can buy the rings together and then not worry about it.

Whatever style you lean towards, do your research. Don't take a single salesperson's advice, and shop around.

Cutting the cord on cable

CHRIS DONALD
THE CORD

WATERLOO (CUP) — With the rise of Netflix and video streaming services, it seems as though the traditional system of cable television and once-a-week programming is on a steady decline. This can especially be seen in our age demographic, with Business Insider reporting that 30 per cent of people ages 18 to 24 are using Netflix in lieu of cable television, compared to a 17 per cent average across all ages.

Although not everyone is on the Netflix bandwagon, streaming is still becoming the go-to way for university students to consume media. Third-year psychology student Dom Amodeo said his general viewing method is YouTube.

"You get to watch what you want when you want, you don't have to wait for a certain show to come on TV," he said.

"The shows that we want to watch tend to be on things like Netflix as opposed to television," Amodeo explained when asked about why this is more prominent amongst people our age.

Social media is even being used as a tool for viewing, said second-year psychology student Jessica Traill, who uses YouTube, Facebook and Twitter to view media.

"Netflix is good [and] cost-efficient. It doesn't cost very much to get free movies and shows and there's also other websites like ProjectFreeTV for any kind of movie or show you want to watch there as well and those are relatively easy to get [access to]," she said.

Another factor for her is she has "greater access to a laptop or a



CREDIT: STEPHANIE LAI

It's just too easy — Netflix is accessible on any mobile device. Who needs cable?

computer than I do a television set," and that, "having Rogers television stream through my apartment would cost me more than just having the Internet service."

Traill said that streaming media like movies online is also "more private and more comfortable" because "you don't have to go to a theater."

Despite the cultural influence and popularity of the service, the transition is not always as sudden as the statistic seems to make it. Second-year health sciences student Spencer Higgins uses both cable television and YouTube.

He noted, "things change from time to time," and, "people use cable more frequently because we have it and we just tend to use it."

Watching YouTube is a different experience for Higgins.

"I can watch it anytime and not restricted like when it's being broadcast on TV, so that way if I want to watch it during nighttime, when I have free time I can watch it on YouTube more easily than on cable."

"Usually around that time they will broadcast some shows I don't even like to watch," he said.

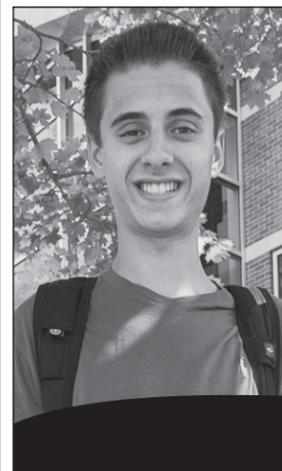
With more people citing the easy access to movies online and the breadth of resources available to view such content like Netflix as reasons for watching less cable television, students seem to be embracing the new technologies with open arms.

"Online video websites tend to be more efficient and convenient to view rather than watching it on cable," said Higgins.



CREDIT: SARAH WATTS

Fans gathered at Budweiser Gardens to see the unveiling of Fanshawe Athletics' new logo on January 18.



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Zachary Benayon

Student Representative to the Board of Governors

Samantha Savage Smith soars on sophomore



I write about random things a lot. I write a lot about random things. The digital music era has had an unmistakable impact on many tenets of the music industry – album releases dates are less rigid than ever. People discover music on YouTube because record shops are becoming harder to come by.

Yet one thing remains the same: the dreaded curse of the sophomore slump.

It's something every performer has faced at that crucial junction in their career, and the pressure has made itself known over the decades through shaky records and band dissolutions. However, this is a story of triumph and determination, and one that begins in Calgary in 2012.

Samantha Savage Smith received a lot of attention following the release of her first album *Tough Cookie* in 2011, from magazine covers to performances on CBC Radio, even being praised as Calgary's best of the year.

For her new album *Fine Lines* – available January 27 – Smith chose to face the pressure head-on by challenging herself to become involved at every level of the production.

"I think it was just meant to be," she said. "I just really wanted to give myself the opportunity to try it

– this is what I'm making, and this is how I want it to sound, and I can just take full responsibility for it."

Co-producing the record with band member Chris Dudge, Smith immersed herself in her work and began demoing new material in a modest studio in her basement. Taking their time, Smith and Dudge shaped the record from the early demos and made a clear plan for when the time came to return to Arch Audio Studio late in 2013.

"It's definitely quite helpful to have the outside opinion, to produce a record fully on your own would be really hard," Smith said. She compared the making of *Fine Lines* to her experience with her debut. "The songs were pretty much fully formed by the time we got into the studio, because we were either playing them already as a live band, or we did a demo in my basement."

At just over 30 minutes in length, *Fine Lines* gives listeners a broad sampling of indie style that belies the time and effort that went into it. The album displays a keen focus and a broad musical vocabulary, evident in highlight tracks like "Higher Than Above" and the title single. Highly listenable, the urge to repeat the album sets in around the same time that the memorable track "Habit Forming" seemingly arrives too soon.

It's fitting that the album is titled *Fine Lines*, as the material within treads gracefully between folksy pop and the kind of jangly, no-frills alternative that rose to popularity in



CREDIT: SAMANTHA SAVAGE SMITH

She co-produced the album with some help. Check out Samantha Save Smith's *Fine Lines* available January 27.

the early 1990's. Difficult to define perhaps, but from the cascading riff that opens "It's A Burn" to the jazzy close of "Skyline" the record offers a lot that sounds equally at home on a playlist between 10,000 Maniacs, the Cranberries and REM as it would between Norah Jones, Say Hi or Feist.

"I'm really proud of it," Smith said. "It was a lot of time, work and money." It was inspiration that guided her throughout the making of *Fine Lines*, and looking forward

to music down the road, the only muse she cares to chase.

"I would fully be into something new if the opportunity strikes, or if it seems like the right thing to do. I would also be totally happy to do it again this way too, we'll see. I already have quite a few ideas for the next [record], so I'm pretty excited. I'm already working on it."

For more on Smith and her new album *Fine Lines*, visit samanthasavagesmith.com or follow along on Twitter @samsavsmith.

She performs in Toronto at the Belljar Cafe on March 12. Doors open at 9 p.m.

And for more of the latest music news, album streams and concert previews, follow this column on Twitter @fsu_bobbyisms. This week also marks the announcement of the official 2015 Juno Award nominations on January 27 – visit junoawards.ca or follow along on Twitter @thejunoawards on Tuesday morning to see the list of nominees unfold. I'm out of words.

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Blast from the past: Old games available online



JERROLD RUNDLE

Glancing across the map, your legion sits on the shores of the Mediterranean, ready to advance, ready to conquer. This is the setting for *Centurion: Defender of Rome*, one of the 2,300 MS-DOS games recently compiled and playable in a single searchable place – the Internet Archive.

The Internet Archive's main goal is to preserve and digitize human culture and heritage, focusing specifically on digital formats.

Back in 2013 the Archive's games curator/archivist Jason Scott started adding classic arcade games, but it wasn't until last December that things went crazy. Internet Archive decided to host all the games on its website directly.

That's right, all 2,300 games can be played in-browser, no downloads. Games like *Prince of Persia* had 200,000 plays. The *Oregon Trail* already had 600,000 plays.

The Microsoft Disk Operating System was developed 31 years ago as the main operating system for computers through the '80s and '90s. The main difference between old operating systems and our new shiny Windows 8 or OS X is a Graphical User Interface,

which is essentially what makes it possible to have multiple windows, programs, home screens all visible at once and a reason for the computer mouse. DOS ran completely off keyboard controls.

An archaic system? Maybe, but tell that to the U.S. Military – many nuclear missile silos and bookkeeping procedures still run off these systems on account of their reliability.

Who knows though, maybe they used it for a few rounds of *Scorched Earth* as well, the classic side view tank war game which lets you customize and buy different ammunition types between rounds.

Though maybe launching nukes at your opponent sounds a bit harsh. Maybe your typing skills need brushing up, getting ready to head out into a career after this semester finishes – why not let Mario, Peach, Toad and Luigi help you in *Mario Teaches Typing*. Filled with four different mini games, each one is supposed to teach the player a different typing technique. Or maybe it's a game night and you want to try something nostalgic. You're in luck: there are plenty of multiplayer games like *Monopoly* and *Scrabble*. Yes, *Scrabble* is on here too, and with a lot more functionality than you'd think for a 25-year-old computer game.

These games are truly something else, if you can stand the ugly teals and neon pink you can play the original *Donkey Kong*, or how about



You can play games like *The Oregon Trail* in-browser thanks to the Internet Archive.

CREDIT: MECC

a few rounds *Super Street Fighter II*. Of course, there are games for everyone – *Bullet Hells*, *Sim City*, *Duck Tales* and *Pole Position* – to name a few.

It's good there's this many, as there are still issues to work out.

In a blog post, Scott told of a number of issues still surrounding the project-games running too slow or too fast and terrible screeching

sounds while playing. Sometimes they just don't work. But that's to be expected, as the Internet Archive interface currently in use is still in beta testing, and there will always be a few bugs first. Add to that over four million users within the first six weeks of being available and the site being completely free.

So try slashing your way through monster as an Amazonian in *Jill of*

the Jungle, maybe destroy nuclear missile wielding mechs in the original *Metal Gear* or try your hand at the pioneering life with either the original or deluxe versions of the *Oregon Trail*, just be sure not to drink the ground water – it'll cause dysentery.

For more information and searchability of this collection, go to tinyurl.com/ngpmbra.





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Debunking annoying fashion myths



LISA KELLY
FRUGAL
FASHIONISTA

We've all heard them. Fashion is supposed to be about creative expression, and yet, there are so many ridiculous rules. Rules are meant to be broken – especially where fashion is concerned.

Here are six rules to start breaking now:

Bodycon isn't for curvy girls

Women have donned oversized clothing in order to appear slimmer for years. Long flowing tops

with drapery, ill-fitting cardigans. Although this look is incredibly comfy, it does nothing for your appearance. Wearing clothes that are too big actually makes you look bigger than you actually are, because the abundance of fabric hides your curves and makes you look bulky. Instead of hiding your body, show off your shape with a figure hugging bodycon dress. If bodycon is out of your comfort zone, try layering with a blazer or a cute cardigan for some added coverage. Just remember to get the right size.

Don't mix metals

This is one of the oldest fashion myths out there. If you wear silver earrings, does the rest of your jew-

elry have to be silver too? Not anymore. Mixing metals has become a popular trend, with many beautiful pieces available. The key to mixing metals is deliberation. Don't throw on just anything: pick pieces that will complement each other and rock your look with confidence.

Horizontal stripes are a no-no

Quite possibly one of the most annoying fashion myths – ever. For years we've been told that horizontal stripes make us look heavy, while vertical stripes elongate our bodies making us look slimmer. With this in mind, women avoid horizontal stripes like the plague. However, a recent study by the University of New York found that people who

wore horizontal stripes were actually perceived as thinner than those who wore vertical stripes. If all-over stripes are too much, you can always tone them down by layering with a great blazer or a scarf.

Tall girls shouldn't wear heels

Heels are not just for adding height. They also elongate your legs and give you a confident strut – if you know how to walk in them. With so many beautiful colours and styles available, why should your shoe collection take a hit just because you're above average height? Stand tall and wear your heels with pride.

Don't mix prints

One of the most popular street style trends of the past few seasons was mixing prints. It's daring, but if done right, mixing prints can look quite chic. There are no set rules to mixing prints since great looks come from experimentation. However, it's easier to pull off this look if you stick to the same colour family.

Long dresses and skirts aren't for short women

Just because you're vertically challenged doesn't mean you can't rock a maxi dress. Having a tailored fit is key to pulling off a long dress or skirt as a short woman. When choosing skirts, avoid skirts that end at the fullest part of your calves. Not only does this cause your calves to appear bigger, but it



CREDIT: LISA KELLY

Where is it written in stone that curvy girls can't wear bodycon?

makes your legs appear shorter as well. When buying longer dresses, avoid dresses with large patterns that might overwhelm your frame. Go for a small print or a solid colour instead.

Now go throw on a horizontal striped skirt and a polka dot patterned pant and be free. Just don't wear socks and sandals – that will always be a fashion faux pas.

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Do-it-yourself beauty

Make your own moisturizing face mask

BRITNEY MACDONALD
THE OTHER PRESS

NEW WESTMINSTER — Professional face masks or spa treatments can be expensive, and, as students, very few of us have any extra cash to spare. But everyone wants that baby-soft skin that only some mindless self-indulgence can provide. Luckily there is a cheap, organic alternative to all those skin treatments you just can't afford.

You will need:

- 1/2 a ripe avocado
- 1/2 cup dry oatmeal
- 1/2 cup organic honey
- Two of ice cubes

With a fork, crush the avocado until it becomes a paste. Thoroughly mix in the oatmeal and honey until smooth. Cleanse your face with a hot cloth, concentrating on your T-zone – across your brow and down your nose – and any problem areas, using the heat of the cloth to open up your pores.

Apply the avocado mixture all over your face, starting with the T-zone. Be sure to spread a little down your neck as well, without creating too much of a mess. Avoid your eyelids and lips during this – as good as the mask will smell, it will taste disgusting.

After everything is applied wait a minimum of 45 minutes before hopping in the shower or bath and washing everything off. Though it may seem gross, removing the mask in the shower or bath will help you retain some of the moisture the mask provides, as well as keeping those pores open.

After you're all cleaned up, take some ice and run it along any area where you have large or visible pores. Most often this occurs on or around the nose. The sudden shock of cold will help shrink the pores.

Getting down to the nitty-gritty of why these particular ingredients are actually a benefit, and not just there to make you look like the swamp-thing, keep in mind that the avocado provides moisture and essential oils that will soften and brighten the skin, making it the perfect base for any skin or hair treatment.

The oatmeal, as long as it's just plain, will help absorb those bad oils and sebum that the skin produces. But the star here is actually the honey. Traditionally honey acts as an organic anti-septic that is perfectly safe for the treatment of acne and other skin issues that are at risk of infection, without any burning sensations or irritation.

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Amongst the rebellion lies *Far Cry 4*'s hidden gem



ANDREW VIDLER
G33K LYFE

It was about 20 hours into my adventure in Kyrat, the fictional country tucked into the Himalayan Mountains in Ubisoft's *Far Cry 4*, that a thought crossed my mind that would usually lead me to put down the controller: "This story makes no fucking sense."

Now, let me clarify that the series has never exactly been known for telling the most elegant stories – the first two entries featured chunky, poorly defined stories – but were products of their time, when narrative took a firm second seat to gameplay.

It was *Far Cry 3* that set a new standard for the series, putting players in the role of spoiled kid Jason Brody as he trained in the arts of killing in order to save the rest of his dumb friends from a pirates. A lot of the attention was given to Vaas, the leader of the pirates and the face of the game. And rightly so, as the performance from *Orphan Black*'s Michael Nando is one of the finest video game performances of the generation. But the game is still Jason's story through and through.

One of the hardest things a first-person shooter game can do is to give the protagonist a personality that goes beyond a square jawed

meathead with years of training in everything war, but Jason Brody's arc made sense. At the outset he is a scared child, unwilling to pick up a gun and harm a pig let alone take a life. But as the story progresses, he finds that he begins to enjoy the killing, becoming better at taking life while simultaneously losing the ability to relate to the friends he arrived with. The loss of control that the protagonist undergoes is a recurring theme throughout the series, and it was one I hoped that *Far Cry 4* would take to a more exciting level.

In this installment, players are put into the shoes of Ajay Ghale, raised in America by his Kyrati mother who fled the country under mysterious circumstances, returning to the country of his birth to spread the ashes of his mother as per her dying wish. In true *Far Cry* fashion, his trip is quickly halted as he falls into the hands of king Pagan Min played to perfection by game voice all-star Troy Baker (*The Last of Us*, *Shadow of Mordor*). Pagan finds himself captive at his dinner table before he leaves to do some more of the stabbing and torture that he announced himself with. Before he leaves he tells Ajay, "Stay there, enjoy the crab Rangoon. I'll be right back."

In true gamer fashion, I got up, started exploring and progressed in natural fashion, joining the local rebellion and aiding them to liberate the nation. All of that for the pur-



CREDIT: UBISOFT

It's got a storyline that doesn't make much sense at first but is smart and unexpected. Try playing Ubisoft's *Far Cry 4*.

pose of reaching the place where mother wishes to rest.

This is where *Far Cry 4*'s story started losing me.

Ajay not only willingly joins a rebellion to liberate a country he's never been to, but he's fully capable of shooting, stabbing and creating equipment out of animal stomachs, with no explanation or natural progression. Giving players the choice between two potential leaders of the rebellion offers nice opportunities for ideological decisions, but both are extreme in their own ways and wish to create either a drug state or one fuelled by ancient religions. You will direct Ajay to help one, but honestly, they both suck.

That's where my mindset stayed

up until the end, as I stormed Pagan's castle to kill the corrupt king. When I arrived, there was my target, speaking to me as casually and kindly as he had at the start and inviting me to sit down for the same meal he offered at the beginning.

It was then that Pagan finally allows you to lay your mother to rest, telling you that had you just waited at the start like he asked, he would have led you right to where you needed to go. Right there, the story redeemed itself. There was the dictator I had spent over 20 hours attempting to overthrow, speaking more rationally than any of the fanatical idiots I had been running around with, telling me that every one of the hundreds of lives I took

throughout the game was utterly pointless to my overall goal.

It was smart, it was unexpected, and it's the sort of thing that would be left as is, but Ubisoft took it one step further.

As it turns out, Pagan Min's "I'll be right back," in the opening sequence is entirely truthful. If players don't leave the room he will return, and he will take you by the arm and lead you to your destination, completing the story of Ajay spreading his mother's ashes without a single loss of life.

A great little meta-commentary on the industry we all love, but let's face it, we all bought the game to hunt honey badgers with a flamethrower.

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Rena Mendelson concludes that vitamin and energy drinks are full of bogus

AIDAN MACNAB
THE EYEOPENER

TORONTO (CUP) — A new study says vitamin and energy drinks come with a healthy dose of bogus.

After three years of research, a 2014 study done by a Ryerson professor and graduate concluded food companies have “little evidence” to defend the alleged health benefits of their energy and vitamin drinks.

“There is nothing natural about them and there’s nothing healthy about them,” said Ryerson nutrition professor Rena Mendelson. “Markets just realize that health sells products.”

Mendelson and Naomi Dachner, a nutrition and dietetics graduate, challenged companies who market energy and vitamin drinks as health or supplement products.

“The labels are very tongue-in-cheek, but imply that these drinks are going to alter your emotional state and give you a pick-me-up,” said Dachner, presently working at the University of Toronto’s nutritional sciences department.

Researchers in the study analyzed the nutrient compositions of 46 energy drinks, nutrient-enriched waters and juices. Red Bull, Red Rain, Aquafina and Vitaminwater were some of the products in the study. The study’s main demographic was men aged 19-30 due to their higher nutrient requirements.

The study concluded that these drinks offer no nutritional benefits or rejuvenation to consumers.

This is because most people’s nutritional requirements are met with other sources and the nutrients they do need are rarely added to the beverages.

“Caffeine is one thing; people



CREDIT: “VITAMIN WATER” BY GERONIMO POPPINO FLICKR. LICENSED UNDER CC BY-NC-SA 2.0 / DESATURATED

Vitaminwater drinks are disconnected with our actual health needs, Ryerson professor says.

have had health scares on them,” Dachner said. “But nutrients are another thing. These drinks are completely disconnected from our health needs.”

Mendelson said Canadians’ lack of magnesium and potassium is unaddressed by these drinks.

“[Food companies] are trying to appeal to people to think that these water products will give an impact on your life,” said Mendelson. “They’ll make you feel better, they’ll make you look better, they’ll improve your relationships, things that are just plain silly.”

The study states taking nutrients beyond one’s daily requirement is not beneficial.

Eighty-three per cent of drinks

studied had at least one nutrient exceeding required amounts; the majority had three or more.

“[Food companies] create a false impression that [consumers are] being enriched with things they don’t actually need,” Dachner said.

The Canadian market began to see an abundance of these products when Health Canada’s 2004 Natural Health Products Directorate classified energy and vitamin drinks as natural health products (NHPs).

These products did not have to include a nutrition table on labels but needed a “recommended use statement.”

In October 2011, Health Canada announced energy and vitamin drink products require a nutrition

table. Although the move eliminated recommended use statements that went “beyond conventional nutritional science,” graphics and text on drink labels conveyed similar messages to the consumer.

Mendelson said these drinks also could be harmful.

These former NHPs have a considerable amount of sugar, as a bottle of Vitaminwater has 31 grams; in comparison, one 355-ml. can of Coca-Cola Classic contains 39.

In 2010, Coca-Cola – owning 83 per cent of the studied drinks alongside Pepsi – had similar findings.

An American federal judge wrote in his court ruling that Coca-Cola’s lawyers suggested no consumer could “reasonably be misled” into

believing Vitaminwater is healthy.

Dachner said she’s interested in what the long-term effects of these products will be and how this “unravelling story” will affect public health.

Coca-Cola brand and business communications manager Kate Hillyar wrote via email that the company is making “great effort to ensure [their] product labels, marketing and advertising are clear and honest with consumers.”

Despite this, the study recommends the government continues to research and “scrutinize” the labeling of drinks so consumers aren’t misled.



CREDIT: JUSTYN SMITH

Students were treated to a show at The Out Back Shack, which featured cover singers Toast of the Town.



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CREDIT: CROWBAR COLLECTIVE

As far as fan remakes go, *Black Mesa Source* blows everything out of the water – or the air.

Insert coin to continue

Game remakes (part one)



ESHAAN GUPTA
GAMING
THE SYSTEM

While remakes in the cinematic world are often controversial – different contemporary styles and key creatives have the potential to butcher their source materials – video game remakes have a lot more potential for success. They have more potential success not just by giving titles a fresh new coat of paint, but by fixing bugs and glitches as well as bringing worthy classics to new platforms in a fully-playable manner.

Here are some remakes that are worth your time for not only making a great game accessible again but for also breathing new life into them altogether.

Black Mesa: Source

This entry bears the unique distinction of being a complete fan remake. Now, fan remakes, trans-

lations, patches, re-edits, remakes and so on are nothing new as a concept. However, *Black Mesa: Source* is worth your attention for three reasons: for being a near-complete remake of Valve's revolutionary first person shooter *Half-Life*; for its long development time of eight years; and, most importantly, for just how incredible it is, not as being a fan-based effort, but in its own right. *Black Mesa: Source* effortlessly captures what made the original *Half-Life* great. Its horror – kicked up a notch thanks to advanced lighting from the Source engine – its humour – the beer Barney the security guard never buys you – and its thrilling roller-coaster experience – even further enhanced thanks to shorter loading times.

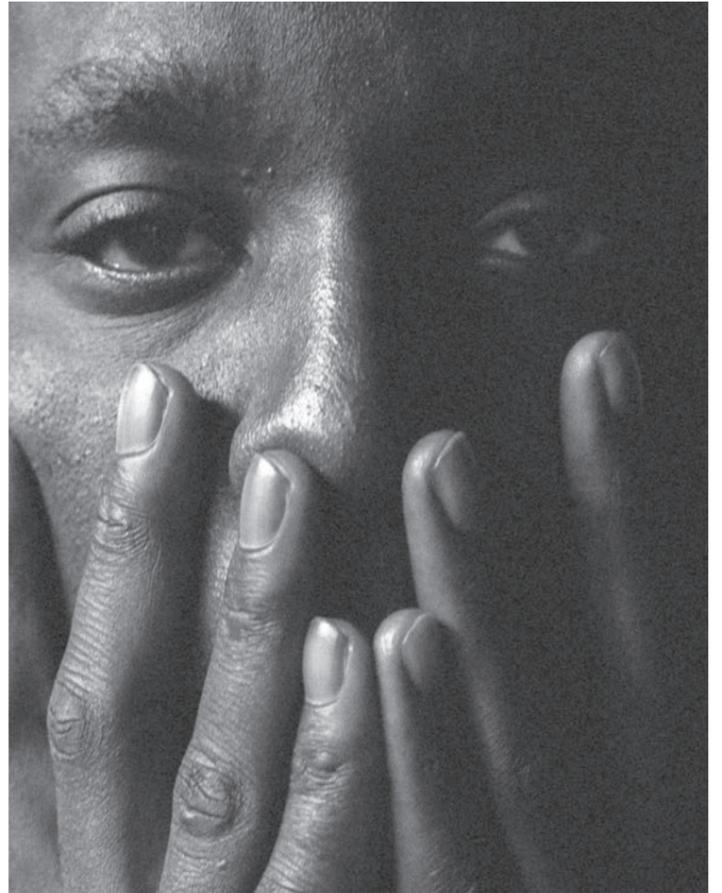
Super Mario All Stars!

As far as multi-carts go, nearly nothing beats *Super Mario All Stars!* for sheer quality content. Packed in the Super Nintendo cartridge were full-fledged graphical remakes of not just all NES Mario games (*Super Mario Bros. 1-3*),

but it also even included a strange beast, *The Lost Levels*. *Super Mario Bros: The Lost Levels* are a remake of the Japanese version of *Super Mario Bros. 2*, an entirely different game from the North American/European beast.

Metal Gear Solid: Twin Snakes

Nothing related to Metal Gear Solid escapes the sight of series creator and stickler to details, Hideo Kojima (and anything that does escape his sight isn't common). So it's little surprise that this GameCube-based remake of his seminal PlayStation game *Metal Gear Solid* would be put together under his eyes. *Metal Gear Solid: Twin Snakes* is more than just a remake, however, updating the gameplay to fit that of its predecessor, *Metal Gear Solid 2* – with mixed results. Even the original cast reprised their roles to re-record dialogue in higher quality. Funnily enough, you'll have an easier time buying the original PlayStation game on the PlayStation Network Store than tracking down the GameCube disc of this remake.



CREDIT: PETITE NOIR

The first EP released by Petite Noir might leave listeners questioning originality.

A cure for your anxieties, straight from the *King*



NICK REYNO



Petite Noir is the brainchild of Yannick Iluga – a master of blending different musical styles and a prime example of a man who continues to reinvent himself day after day.

Iluga doesn't just blend a niche of neighbouring genres. He can jump gaps that not many people can bridge together. Starting as part of a church band, he joined a metalcore group called Fallen Within before delving into the electronic side of music and fronting a chillwave band by the name of Popskarr.

Now, at the age of 24, Iluga is several years into his latest venture under the name Petite Noir, paving the path of a new genre he's been calling noir wave. With several singles already under his belt, Iluga dropped his first Petite Noir EP *The King of Anxiety* on January 19.

It's hard to pinpoint the influences that brought about *The King of Anxiety*, considering Iluga hasn't listened to any of the acts he's been likened to. Perhaps distancing himself from the music that's in his own ballpark is what gives Petite Noir its air of originality. *The King of Anxiety* combines pulsing synth lines with electronic African drum rhythms, chillwave ambient guitar riffs and an echo of steel drums that complete this medley of uncharted territory.

This is combination – dubbed noir wave – is flushed out by adding Iluga's incredible vocal range on top of it all, which sees us going from a low, booming rumble in "Chess" to an incredible airy falsetto in "Shadows." The only thing more impressive than this vocal array is the ease in which Iluga slips between these two extremes.

The best thing about *The King*

of *Anxiety* is that it will appeal to a wide variety of people. Pop this into your car stereo and your friends will be applauding your eloquent taste in new music. Or perhaps, simply be stunned into trancelike silence, which should also be taken as a compliment.

Even though *The King of Anxiety* has such a broad array of influence, the mainstream record companies haven't managed to water it down and clog up the radio stations with it. Petite Noir is exactly what it's meant to be, hypnotic, dark, uplifting and – above all – unique.

The King of Anxiety may just be the most innovative record put out in the last few months.

All praise aside, buried within this rosebush of unique music, lays a prickly thorn – and a poorly hidden one. The first song on this album, "Come Inside" bears a haunting resemblance to the hit single "Dirty Harry" by U.K. band Gorillaz.

At first it appears to be nothing more than an honest coincidence, faintly echoing each other in their respective introductions, but unfortunately, when the vocal melodies begin, all benefit of the doubt is surrendered.

Iluga sings along to the exact melody and phrasing that "Dirty Harry" opens with, and although the original song has a markedly different genre, the driving vocal instrumentation is nearly identical.

To add insult to injury, not only is this song placed first on *The King of Anxiety*, Iluga echoes each line of his introduction with a choir, following the exact vocal structure of "Dirty Harry."

Perhaps Petite Noir's anxiety is in reference to this bit of shady songwriting, or perhaps he intends to use this potential controversy to get people talking about his music and bring it to a wider audience. Either way, "Come Inside" leaves listeners with a bitter taste, which prevents from fully appreciating Petite Noir as a truly original artist.

Innovative? Definitely. But original? It's hard to say.

Birdman among ambitious Oscar line-up

ANTHONY BRYAN
THE AQUINIAN

FREDERICTON (CUP) — Alejandro Inarritu's *Birdman* has been winning over festivals long before 87th Academy Awards were even a twinkle in anyone's eye. *Birdman* walked away from the 72nd Golden Globes with Best Original Screenplay with Michael Keaton winning Best Performance by an actor in a comedy or musical. This is solid – to say the least – seeing that he was up against Ralph Fiennes in *The Grand Budapest Hotel* and Amy Poehler's Bill Cosby impression.

Birdman stands out from its competition in many ways. While following the long-standing and traditional recipe for what makes an Oscar contender, the movie strays to distinguish itself from the formula.

Inarritu's *Birdman* or *The Unexpected Virtue of Ignorance* stars Michael Keaton as a washed up superhero actor trying to reclaim his glory by putting on a Broadway play. Things go awry, hilarity ensues and out comes what could be one of the most fascinating films of the year.

Is *Birdman* the best of the Oscar bait? No, but it has a definitive spark that sets it apart from the



CREDIT: FOX SEARCHLIGHT PICTURES

It doesn't have the traditional aspects of Oscar bait, but *Birdman* is a clear hit.

others. Oscar bait tends to have the whole based-on or inspired-by-a-true-story thing tacked on there for good measure.

Movies like *The Imitation Game*, *Unbroken* and *The Theory of Everything* all seem to belong here. However, *Birdman* uses cinematography, script writing and an impeccable ensemble of a cast to create something truly ambitious. Inarritu's film is edited to look like one continuous shot with the camera sweeping in and out in constant motion, giving it a real-life tension that makes it look like a well-shot stage play.

We get a particularly charming conversation between Zack Galafinakis and Michael Keaton about the current state of superhero films,

grounding us in a familiar universe while at the same time applying it to Keaton's own life. Just like Richard Linklater's *Boyhood* – another ambitious contender – allowed us to watch a character grow over 12 years, original Oscar nominees use the method of cinema itself to inspire us rather than the stories of these real life people. Just like Spike Jonze's *Her* asked us questions of what it means to be in relationship, Inarritu's *Birdman* questioned us about fame and the massive divergence between entertainment and art-Hollywood and the stage.

While I'm unsure whether *Birdman* is the best film in 2015's Oscar line-up, I can certainly call it my favourite and I wish it luck in the race ahead.

The Oscar snub goes to...

CHRIS DONALD
THE CORD

WATERLOO (CUP) — Oscar season is here and that means all the brightest, most impactful stars of Hollywood are coming together to recognize everyone else's talents. However, that doesn't mean everyone who the world thinks deserves an award got a nomination. Many beloved films deserved more Academy recognition than they ended up getting and for me, the biggest snubs of the year have something in common.

Best Animated Film: *The Lego Movie*

How can we forget one of the more noticeable snubs of the year? A testament to the high-minded potential of animation and the need to look at childhood needs in an adult way, *The Lego Movie* is a brimming example of modern animation with brains and a heart.

Best Original Screenplay: Phil Lord and Chris Miller, *The Lego Movie*

While the toy is maybe too lacking in tangible context to be considered an adaptation, *The Lego Movie* is an intricate deconstruction of modern film tropes and standard narrative structure that defies all expectations.

Best Adapted Screenplay: Phil Lord and Chris Miller, *The Lego Movie*

Even if the toy doesn't have a concrete story to base a movie off of, *The Lego Movie* perfectly captures the sheer creative energy of the toy on which it's based, making it the most exuberant and joyful adaptation in years.

Best Supporting Actress: Allison Brie, *The Lego Movie*



CREDIT: WARNER BROTHERS PICTURES

Everything is not awesome with this Oscar snub.

While Brie may have been playing a unicorn-kitty hybrid of sorts, her performance nails the required amount of silly spacey-ness and repressed anger that comes with being constantly chipper.

Best Supporting Actor: Will Arnett and Morgan Freeman, *The Lego Movie*

How can we forget the lovely supporting men of the industry? Arnett's portrayal of hyper-angsty Batman ingeniously satirizes the notion of sullen seriousness being "cool" with a deft touch and a lack of ham. Meanwhile, Freeman embodies the "wise old sage" character and imbues it with a perfect mixture of actual competence and dry parody to showcase the need for mentors but also the underlying ridiculousness of the need for mentors.

Best Actress: Elizabeth Banks, *The Lego Movie*

Don't let the scary goth makeup fool you, Elizabeth Banks' wholly convincing portrayal of confused adolescence and desire for acceptance makes her performance as Wyldstyle a truly memorable and heartbreaking reminder of how confusing and sad the trials of youth really are.

Best Actor: Chris Pratt, *The*

Lego Movie

Chris Pratt, despite being given a role of little exhibited personality, is marvellous as Emmett, a normal guy with nothing special about him. His ability to show the destructive nature of being completely ordinary as well as the toll that being just another cog in the machine takes on the psyche makes his performance one for the ages.

Best Director: Phil Lord and Chris Miller, *The Lego Movie*

Lord and Miller are known for taking bad ideas and making them great, but this time their incredibly gleeful and unhinged directing style works wonders in this unfathomably creative, well-shot and well-paced effort.

Best Picture: *The Lego Movie*

An ode to everything cinema can do for viewers, *The Lego Movie*'s a testament to the power and pleasures of film. It is something that we must hold close to us for fear of it slipping through our fingers.

We must never let it go or it will fly away, even if people feel an Oscar nomination might stop that.

So those are my selections, and regardless of your own grievances, just know that there is always next year for your favourite star to win.

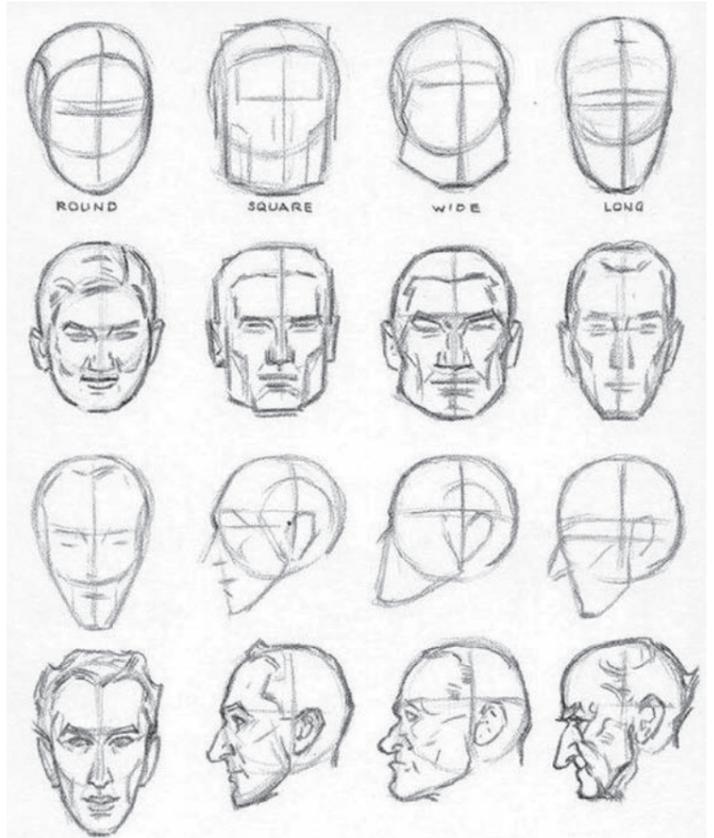


PLATE 14. Creating any desired type

There is no reason why you can't take all the liberties you wish with the ball and plane. The variety of types mentioned in the early part of the book are drawn simply by building an understructure that is wide, square, long, narrow, or anything you wish. You have the basis of construction, so now just try some variations.

88

CREDIT: DRAWING OF THE HEAD AND HANDS, BY ANDREW LOOMIS

The fundamental advice given by artist Andrew Loomis is invaluable and timeless.

Self-teaching

Books that teach, by the best



ESHAAN GUPTA
READING BETWEEN THE LINES

Learning anything your heart desires has never been easier in this day and age – barring of course the distractions that constantly surround us.

Despite the countless Wikipedia pages and YouTube tutorials available – a scattering of disorganized information – books written by the champions of their fields are still king.

Want to pick up a skill? Try taking a look at these.

Art

Most people haven't progressed beyond scribbling stick figures and brick-shaped cars with oval wheels. However, for those who want to bring the swirls in their head on paper – after all, art skills are only a tool that bring fertile imaginations to life – investigating Andrew Loomis' books are a great start.

Loomis was – and still is – one of the greats. A commercial artist by trade, Loomis created one of the first most prolific casual art tutorial books, *Fun With A Pencil*. Its immense popularity led to more releases, such as *Drawing of the Head and Hands* and *Figure Drawing for All it's Worth*, just to name a few. Don't let its age fool you for the fundamentals of Loomis' books are still relevant, and, perhaps most importantly, are divulged in a humorous fashion that makes learning feel like fun.

Having recently come back in print after being unavailable for nearly 70 years, the time has never been riper to pick up these classics.

Programming

Technology seems to be as prolific as the number of people who use it and yet are ignorant about it. But the roots of the phones and computers we use every day are hardly a mystery for they operate on instruction and logic, as do human beings. It's simply a matter of learning what computers are capable of and how to communicate with them. You'll soon learn of the ease of learning programming with Dennis Ritchie's *C*. If you're unfamiliar with the programming world, *C* is one of the giants upon which a lot of our current day technologies stand upon – a simple yet powerful language still in active use since its inception in 1972. There's many tutorials on getting started with programming, which may be worth a look at if you've little grasp of how to get started, but the book *C* still remains the most concise, no nonsense way to learn the language.

Screenwriting

Even if your movie idea is amazing, incredible, action-packed, sexy, smart, buzzword, buzzword, it still needs to become more than an idea. It needs to be a tangible, legible screenplay. When it comes to screenplays, legibility doesn't just mean having the right kind of margin spacing and using blocky fonts. There's a reason why screenwriters are the ones adapting your favourite novels. Screenplays are different from novels, short stories and even stage plays. Syd Field, a Hollywood script screener who held some of the most acclaimed screenwriting workshops in the industry, wrote *Screenplay* in 1979. While the world of cinema has progressed almost infinitely since, the core concept of what makes a screenplay work haven't changed.

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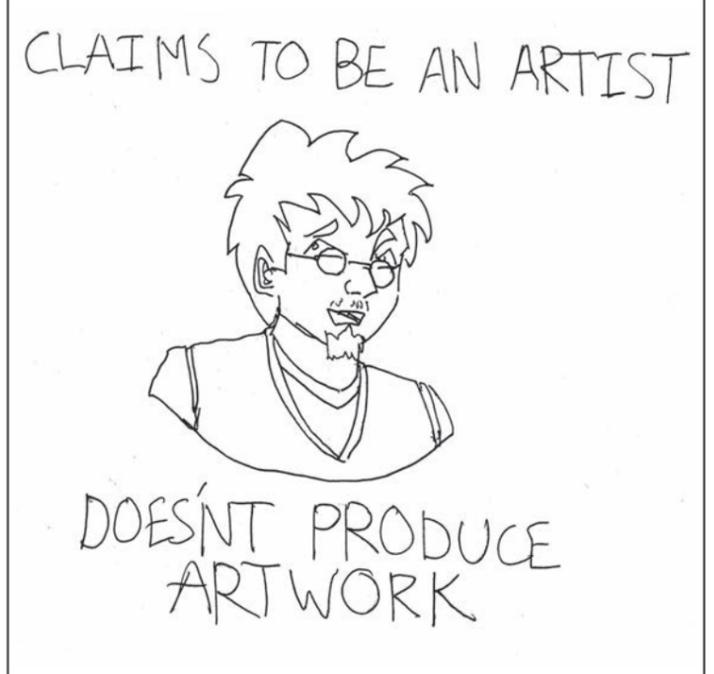
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To Hell With It

ESHAAN GUPTA

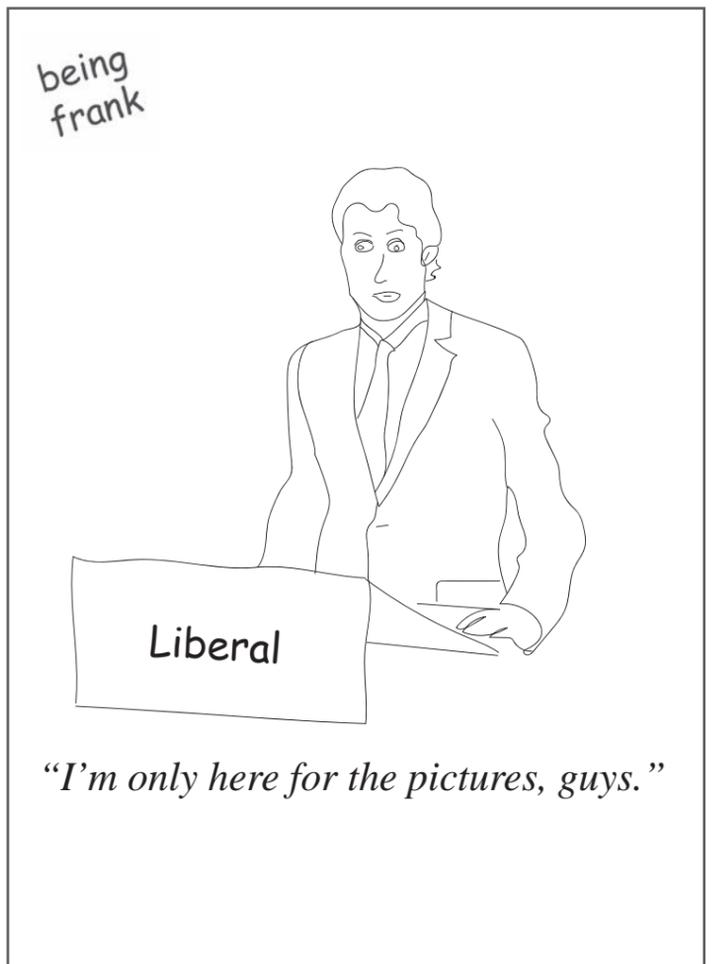


NERDS



NOT NEUROTYPICAL

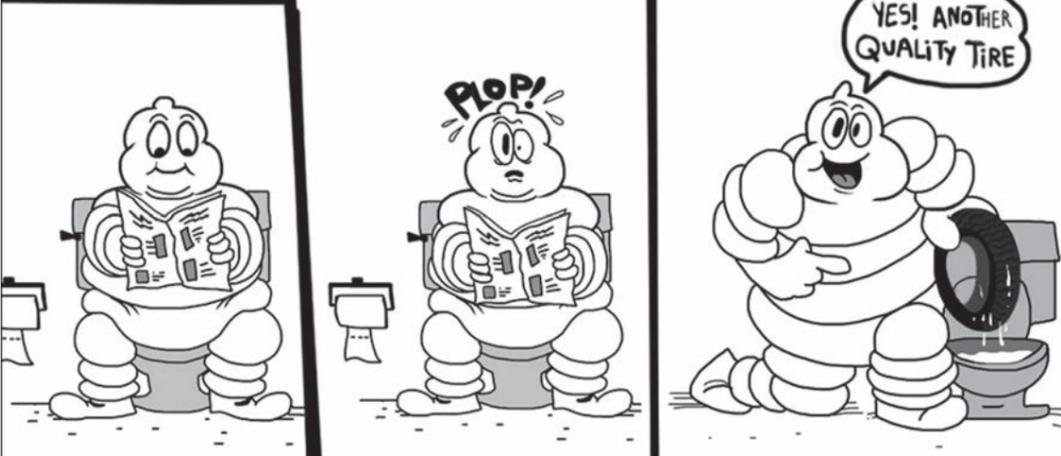
Let's not talk about the villagers and the necessity for population "controls"



www.observationalomalies.com

A comic by Christopher Mischczak © 2015

Butt sweat n Tears by Andres Silva



By: L. A. Bonté

For more comics and animations visit FilbertCartoons.com



zodiac stargazer HOROSCOPE

Aries (March 21 - April 19)

Everything was going so well until now. Personal differences will splatter everything with an unnecessary coat of mud. Certain issues should be left out of the mix for the rest of this week.

Taurus (April 20 - May 20)

Taurus wants to turn a fling or accident into a commitment. If an idea is crazy enough, it might just work. The more you invest, the greater the sting of possible disappointment. You've been here before, and you should know.

Gemini (May 21 - June 20)

Whip up your surprises in secret. As much as you love someone, you'd rather not have that person hanging over your shoulder. Gemini's results are best when no one criticizes the process.

Cancer (June 21 - July 22)

The unknown is your good friend. Open the box, step out of its dark confines and never look back. Once you remove fear or malice, an ongoing problem stalls out and dissolves by the roadside.

Leo (July 23 - August 22)

Concede while it's still an honourable thing to do. Frustrate your opponents by refusing to stoop to their level. You'll spend the rest of the week in a subordinate position, but you may learn something.

Virgo (August 23 - Sept. 22)

You like to talk. What you have to say must be heard. You radiate an urgency that's more about excitement than about stress. Your boundless Mercurial energy is aimed and channeled through the moon's power.

Libra (Sept. 23 - Oct. 22)

Everyone has a different idea of what value really is. Stop before you judge others unfairly. When you think about it, the usual definitions don't actually apply to anyone you know.

Scorpio (Oct. 23 - Nov. 21)

Scorpio is lucky, skilled and coordinated. You're a giant among lesser folk, with an agenda and an ego to accompany your stature. Better still, you're deaf to criticism. It all sounds like praise to you.

Sagittarius (Nov. 22 - Dec. 21)

Keep your secrets well. Others know that there's something in the works, and they think that you can tell them. Your nondisclosure agreement is still in effect. The curious will just have to wait.

Capricorn (Dec. 22 - Jan. 19)

Managers and enforcers enter a fruitful period. Those who are being managed and enforced are cooperative and maybe even thankful. The inspiration is in the details that are on display for all to see.

Aquarius (Jan. 20 - Feb. 18)

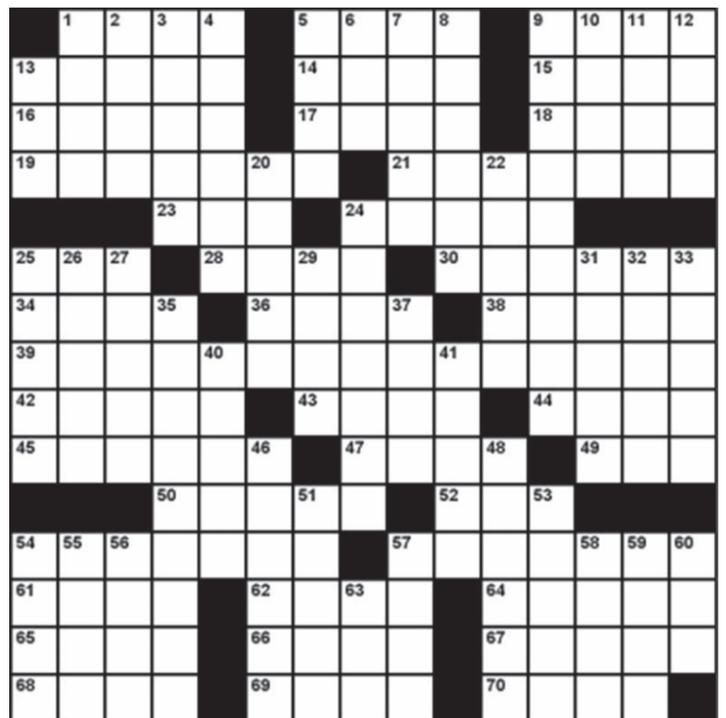
The writing is on the wall. Leave if you're not wanted here. In the right context, Aquarius has much to offer -- and this situation is obviously a waste of your bounty. Wave quickly before you're tempted to make a rude gesture.

Pisces (Feb. 18 - March 20)

You run through an actual world that closely resembles your imagination. Jealousy motivates you, but you grow out of it quickly enough. You don't really want what others have -- you want something much better.

Across

1. In need of a map
5. "Batman" sound effect
9. Kind of glass
13. Actor Colin of "Shakespeare in Love"
14. Greek vowel
15. Perry Como's "___ Loves Mambo"
16. Bid
17. Snake eyes
18. Cambodian currency
19. Browser button
21. Naturalist who coined the term "invertebrate"
23. After expenses
24. Put to rest, as fears
25. Headline in recent issue of Interrobang: "___ Mental Health & Awareness Days"
28. Put in the mail
30. Breakfast area
34. Barley beards
36. Clap
38. Liplike organs
39. Military foible
42. Accumulation of fluids
43. No longer worth discussing
44. Buttonhole, e.g.
45. Phone button
47. Headline in recent issue of Interrobang: "How much ___ will it take for Fanshawe to close?"
49. Headline in recent issue of Interrobang: "The Out Back Shack to change ___ hours"
50. Barbershop sounds
52. Headline in recent issue of Interrobang: "___ Fanshawe website coming to a screen near you"
54. Young woman, in poesy
57. "This isn't worth arguing about!"
61. Space between a leaf and its supporting stem
62. Headline in recent issue of Interrobang: "___ Hub app competes with Uber"
64. Bank deposit?
65. Legendary Giant



66. Bounce back, in a way
 67. Put on a pedestal
 68. Coaster
 69. Catches sight of
 70. Count on
- ### Down
1. Headline in recent issue of Interrobang: "Downloaders beware: ___ after Bill C-11"
 2. "Carmina Burana" composer
 3. Inflexible
 4. What tennis balls are packaged in, typically
 5. Headline in recent issue of Interrobang: "Gata Hub app competes ___ Uber"
 6. Headline in recent issue of Interrobang: "___ much snow will it take for Fanshawe to close?"
 7. Christmas Island, for one
 8. Spice blend of India
 9. Graffiti's arsenal
 10. Long-running Broadway musical
 11. Crude group?
 12. Converse
 13. Headline in recent issue of Interrobang: "How much snow will it take ___ Fanshawe to close?"
 20. Headline in recent issue of Interrobang: "FSU executive ___ down"
 22. Shopping centers
 24. Bewildered

25. Radio knob
 26. Dag Hammarskjöld, for one
 27. In need of nourishment, most likely
 29. Margosa tree
 31. Old manuscript marks
 32. Drop in on
 33. Positions at bridge
 35. Like jelly or paste
 37. Boxer Spinks
 40. Indian flatbreads
 41. Backgammon piece
 46. Subjects studied by medieval scholars?
 48. Home entertainment area with a sink
 51. Find a job for
 53. Dramatist who wrote "An Ideal Husband"
 54. Headline in recent issue of Interrobang: "FSU Mental Health & Awareness ___"
 55. Figure skater's jump
 56. Bit
 57. Neighbor of Vietnam
 58. Hardware store purchase
 59. Like some details
 60. Lyric poem
 63. Headline in recent issue of Interrobang: "Western student breaking ___ Internet"
- Solution on page 18**

QUIRKY FACTS

1. The raccoon dog is a wild animal in East Asia which looks like a raccoon but is actually a dog.
2. Some birds in cities have learned to line their nests with cigarette butts in order to ward off parasites, as burnt nicotine works as an insecticide to ward off mites, lice, and fleas.

3. In 2003, the skeletal remains of a human that measured six inches in length were found in a Chilean ghost town. A definite explanation for its size, mutations, and origin has yet to be found.

4. The Chief Translator for the European Parliament can speak 32 different languages fluently.

5. Japan has a network of "melody roads" that play music as you

drive over them at the correct speed.

6. Steve Jobs' secretary told him that she was late for work because her car wouldn't start. That very afternoon, Jobs came back and threw her a set of keys to a brand new Jaguar, saying: "Here, don't be late anymore."

7. In 1956, for a bet whilst drunk, Thomas Fitzpatrick stole a small plane from New Jersey and then landed it perfectly on a narrow Manhattan street in front of the bar he had been drinking at. Then, two years later, he did it again after a man didn't believe he had done it the first time.

8. There is a genetic disease called Laron syndrome that results in short stature, longer life expectancy, and near immunity to cancer and diabetes - amongst other things.

9. There's a neurological condition called Witzelsucht, which causes the affected person to constantly make puns, jokes, and sexual comments in inappropriate situations.

10. When flatworms mate, two "males" use their bifurcated penises to fence one another. The winner, or the flatworm who stabs the other with its penis, remains a male while the loser becomes female.

11. In 2007, the 5000-year-old skeletal remains of two lovers embracing each other were found at Mantua.

12. Sifhippus was a species of horse about the size of an average duck and roamed North America 56 million years ago.

13. Crushed cockroaches can be applied to a stinging wound to help relieve the pain.

14. People with blue eyes are better able to see in the dark.

15. Ten seconds of hugging a day increases levels of oxytocin, which can reduce blood pressure, thus cutting the risk of heart disease.

Sudoku Puzzle

4	7	5	6	1	2	8	9	3
3	9	6	7	8	5	4	2	1
1	8	2	4	3	9	6	5	7
9	2	3	5	4	8	1	7	6
8	1	7	3	2	6	9	4	5
6	5	4	1	9	7	3	8	2
5	4	8	2	6	1	7	3	9
2	6	9	8	7	3	5	1	4
7	3	1	9	5	4	2	6	8

puzzle rating: hard

Fill in the grid so that every row, every column and every 3x3 grid contains the digits 1 through 9. That means no number is repeated in any column, row or box. **Solution can be found on page 18.**

Word Search

L C S N O W B O A M U R D H P
 Y L I A V R A G G A L E F R J
 A R G L K Z Z T F L I L A B R
 U F O Z U E K A I P O I T E O
 S R R S M N R D Q A R W D R M
 T C O I T Z K E U I T H B E A
 R N C W C H Y T E R G B R N E
 G E I E G A E O T N O L C I B
 R M R U S B N O F E I P U R R
 E F E D C L T F D N Z S V G O
 Y N M I R A O D A T U I A E W
 E R C N E C Q E N I A C L R N
 S I E B H K U R T R I B S E O
 F S O O T Y E Q S E O G L P N
 T L A T D T A F O X L B I E S

Falcons

(Words in parentheses not in puzzle)

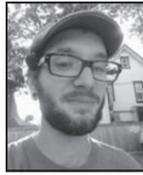
- | | | |
|---------|-----------|------------|
| African | Fox | Prairie |
| Amur | Grey | Red-footed |
| Bat | Laggar | Saker |
| Black | Merlin | Sooty |
| Brown | Peregrine | Taita |



The Fanshawe Falcons' men's basketball team played Lambton College on January 18 at Budweiser Gardens.

CREDIT: SARAH WATTS

End of an era: Steven Gerrard calls time on Liverpool career



ANDREW VIDLER
PREMIER LEAGUE
PONDERINGS
@OfHouseVidler

On New Year's Day, the rumours started to trickle in: "Steven Gerrard is leaving Liverpool," "Gerrard to join MLS at the end of the season," read the tweets to the disbelief of myself and Reds supporters all over the world.

It seemed like the usual January rumours, but the man himself confirmed it the next day. It can't be said enough – he is the last one-club man left in England, and his departure from his boyhood team is a blow not only to Liverpool Football Club, but to English football as a whole. Three weeks later, and it still hasn't quite sunk in that come July, he's going to be pulling on the white of the Los Angeles Galaxy, not the red of Liverpool.

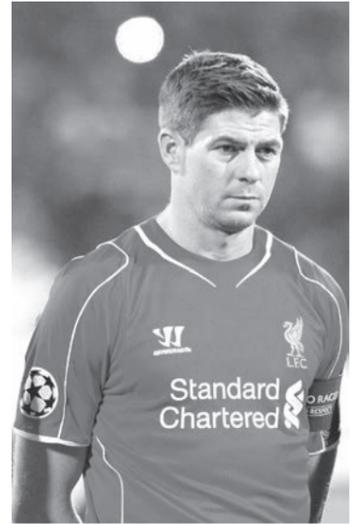
Having made his debut as a skinny teenager in 1998, most people took it as a certainty that Gerrard would see out the end of his career on the same turf that he had started on so long ago. Coming off one of his – and the club's – most successful seasons in recent memory, it seemed that Gerrard was set to finish off his waning years in style.

It sounded perfect, which any Liverpool supporter knows, that's not how the club likes to do things, as the season has been woefully underwhelming in nearly every aspect. The players can count themselves fortunate that they find themselves still within touching distance of the top four places. That's not what contributed to Gerrard's decision to leave though. He's a passionate footballer who has started games week-in, week-out for the entirety of his career. But he's also 34 years old and in the fast pace of the competition, his legs are beginning to show it. It has already seen him dropped to the substitutes bench on several occasions this season, most

notably against Real Madrid in the club's short return to the Champion's League.

In typical Gerrard fashion, he announced his departure humbly, waiting for the longest period between matches so the media circus surrounding his move did not distract him and his teammates for the important second half of the season. With the team currently sitting in sixth place and facing a fight to remain in the top four positions, Gerrard would love nothing more than to put his head down, do his work and leave his club in a position to move forward in his absence. A Liverpool F.C. without Gerrard is unfathomable. There is an entire generation of supporters who were born into his time and have never known anything else. Hell, even I can hardly recall the days before he was commanding the midfield. The thought on supporters' minds all over the world is, of course, "How will Liverpool cope without him?"

As perhaps the man to have the most influence on a team's results for so many years, it's fair to wonder where the players will look for leadership in the absence of a player who embodies the team he plays for. But despite the struggles this season, the future doesn't look all that grey. The captaincy will likely pass to Jordan Henderson, a player who has fought tooth and nail to go from transfer listed to vice-captain and one of the most important players in the team. As the former cap-



CREDIT: BISER TODOROV

Star player Steven Gerrard will be putting his Liverpool jersey away and making a move to L.A. Galaxy in July.

tain of the England U-21 team, he is not short of leadership experience, and the manager seems to have every confidence that he will step up and lead the players into the future.

As for Gerrard, there will be some tears shed on his last game, by him, by me and by millions around the world. He's a special player, the sort of athlete that I'll be showing videos of to my children. As sad as it is for him to leave, joining the Los Angeles Galaxy in July will give him a chance to unleash his genius upon a league that is, in all honesty, far below his talent level.

Thanks for the memories Stevie.

Just a bill sitting on Parliament Hill

JOEL LUXFORD
INTERROBANG

Back in March 2012, a bill called C-290 arrived at the floor of the Canadian Senate. C-290's mandate was to change the sports gambling scene in Canada, a scene that has generated over \$40 billion since its arrival as reported by the Canadian Gaming Commission.

Currently that same bill is being lobbied for a final decision.

Sports betting in Canada is a huge industry. Under current restrictions, sports betting in Canada generates revenues of \$10 billion per year. Yet only a fraction – \$450 million worth – is actually wagered through provincially mandated gaming outlets. This means that the remaining \$9.5 billion is being wagered through international agencies or illegal bookmakers.

The bill is designed to make betting on single games legal in Canada. As of now, Canadians are only allowed to gamble on sports through games such as Pro-Line or online websites like Draftkings and FanDuel.

When it comes to Pro-Line, a

player must choose from a minimum of three games to place a bet. By raising the stakes to three games, the likelihood of winning is greatly reduced. Bill C-290 is hoping to capitalize on the large percentage of gamblers who avoid Pro-Line in favour of other methods to place their bets.

Similarly, websites like FanDuel allow players to gamble a predetermined amount by creating a one-day fantasy team to play against other users. However, with online websites like this, the prize amounts are scaled and only a few people can win big.

With these as the two most common available, one can see why people end up choosing illegal means to place their bets. Gamblers want a simpler way to increase their odds of winning.

Bill C-290 could be a way to add some much needed jobs and funding to a slumping Canadian economy. On the flip side, if the bill is passed, it could open Canada up to a major ethical dilemma.

C-290's opposition argues that legalizing single game sports betting will open up Canadians to

controversial social issues ranging from widespread gambling addiction to problems with match fixing.

With recent events like former NBA referee Tim Donaghy and ex-NHL player Rick Tocchet fresh in our minds – both of whom plead guilty to illegal sports betting – it's no wonder that Bill C-290 has a strong opposition.

Still, according to Bill C-290 supporters, gambling rates have stabilized in Canada to roughly one per cent of the population. Considering the large amounts of money already in the gambling industry, supporters argue that any social issues relating to sports betting are already present in today's society.

Bill C-290 serves to allow our government to capitalize on the profits rather than having the benefits go to organized crime rings.

The one thing that is for sure about Bill C-290 is that it will be a hotly debated topic as we approach an election in 2015.

To read more on Bill C-290 and the statistics behind it, head on over to c290now.ca.

FALCONS FEST

Upcoming Games:

Women's and Men's Basketball
Vs. Sault Cougars

Saturday, January 31st
Women @ 6pm and Men @ 8pm

Sunday, February 1st
Women @ 1pm and Men @ 3pm

Free Admission

www.fanshawec.ca/athletics

J 1034
519-452-4202

Come out and support the Falcons!

4	7	5	6	1	2	8	9	3
3	9	6	7	8	5	4	2	1
1	8	2	4	3	9	6	5	7
9	2	3	5	4	8	1	7	6
8	1	7	3	2	6	9	4	5
6	5	4	1	9	7	3	8	2
5	4	8	2	6	1	7	3	9
2	6	9	8	7	3	5	1	4
7	3	1	9	5	4	2	6	8

LOST	WHAM	SHOT
FIRTH	IOTA	PAPA
OFFER	TWOS	RIEL
REFRESH	LAMARCK	
NET	ALLAY	
FSU	SENT	ALCOVE
AWNS	PEAL	LABIA
DEFENSE	LESS	SNESS
EDEMA	MOOT	SLIT
REDIAL	SNOW	ITS
	SNIPS	NEW
DAMOSEL	LETITGO	
AXIL	GATA	BLOOD
YETI	ECHO	ADORE
SLED	SEES	RELY



CREDIT: NAUMAN FAROOQ

A good ride and a sleek design, but is the price tag worth it?

Motoring: A CUV worth driving

NAUMAN FAROOQ
INTERROBANG

Some people think that the BMW X6 was a failure and a mistake, but they are wrong. Since the X6's initial launch in 2008, BMW has sold over 260,000 units.

These numbers must have impressed BMW's management and accountants, so they not only asked their engineers to work on an all-new X6 but that they also make a smaller, more affordable version of it.

The end result is what you see here, and it's called the X4.

Just like the X6 is based on the X5, the first X4 is based on a modified platform taken from the X3 SUV.

Mechanically, this X4 is identical to the X3, which means in Canada, you'll get to choose between the xDrive28i model that has a turbocharged 2.0 l four-cylinder engine or the xDrive35i, which has a turbocharged 3.0 l six-cylinder motor. This motor produces 300 hp and 300 lb-ft of torque, which is quite adequate to move its 1,932 kg of curb weight.

I got to drive the latter.

Power, as you'd expect, goes to all wheels, and like all current BMW's fitted with an automatic gearbox, it has eight forward gears. The vehicle is quick and reasonably economical.

One minute you can be launching this Crossover Utility Vehicle (CUV) from 0 to 100 km/h in 5.5 seconds, and hopefully not testing its speed limiter, which is set at 210 km/h, then the next minute getting 8.7 l/100 km on the highway. A week's average was 11.4 l/100 km, probably because I was having too much fun.

Numbers aside, what counts is how the vehicle feels. I liked being in this vehicle, not only because it looks cool, but also because it rides well, handles exceptionally well and the controls have a good feel to them. Covering distances on the highway is a pleasure.

You can have just about all the technology features found in other BMWs with some tempting optional extras like a heated steering wheel.

The tester I drove was equipped with heated seats, which were a joy during the cold week I had this vehicle.

What is not a joy is seeing out the back of it. Due to its sloping roofline, the slanted rear window ends up leaving a small opening. This is the same problem the X6 had, but apart from BMW adopting an extra piece of glass in the vertical section, which the company hadn't done, there is no way around it. You just have to jot this down as a sacrifice for the sake of style. The X6 also has a small trunk, again due to its

roofline, but if you want practicality, BMW will happily sell you an X3, which has all the space you'll need.

The X4's purpose is to be different and to offer a different take on the traditional SUV. This seemed to have worked quite well for the first-gen X6, and BMW is hoping it'll work just as well for the X4.

BMW was a trendsetter with the first-gen X6, so much so that Acura followed suit with the ZDX. Now, Mercedes-Benz is prepping its competitor for the X6 and is calling it the GLE. Will it sell well? Only time will tell, but BMW sure has the advantage over its competition when it comes to coupe-like crossovers.

Pricing for the X4 starts at \$46,300.

TELL US WHAT YOU THINK

KPI Student Satisfaction and Engagement Survey coming up February 2 - 6, 2015

When asked, tell us what you think. We're listening.

KPI Student Satisfaction and Engagement Survey

FALCON CORNER

MEN'S SPORTS

Upcoming Home Games:

Basketball

Jan. 31 - Sault vs. Fanshawe - 8 p.m.

Feb. 1 - Sault vs. Fanshawe - 3 p.m.

Basketball

OCAA West Division Standings

Team	GP	W	L	PTS
Humber	11	10	1	20
Mohawk	12	10	2	20
Fanshawe	12	9	3	18
Redeemer	12	8	4	16
Lambton	11	7	4	14
St. Clair	10	4	6	8
Sheridan	11	4	7	8
Niagara	11	3	8	6
Sault	11	1	10	2
Cambrian	11	0	11	0

Volleyball

OCAA West Division Standings

Team	GP	MW	ML	PTS
Humber	13	11	2	22
Mohawk	11	10	1	20
Sheridan	13	9	4	18
St. Clair	11	8	3	16
Fanshawe	10	7	3	16
Niagara	12	7	5	14
Cambrian	12	3	9	6
Redeemer	11	2	9	4
Conestoga	12	1	11	2
Boreal	11	0	11	0

WOMEN'S SPORTS

Upcoming Home Games:

Basketball

Jan. 31 - Sault vs. Fanshawe - 6 p.m.

Feb. 1 - Sault vs. Fanshawe - 1 p.m.

Basketball

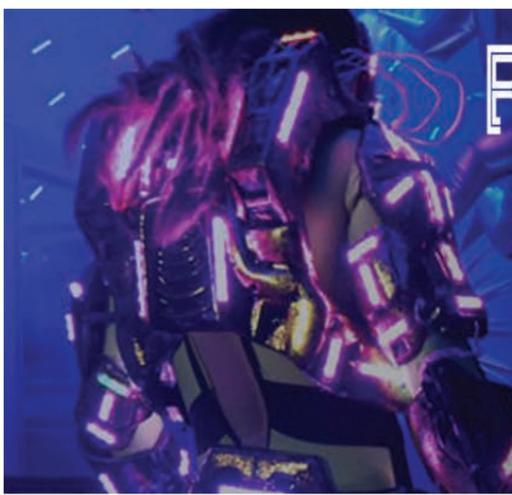
OCAA West Division Standings

Team	GP	W	L	PTS
Mohawk	12	11	1	22
Humber	11	10	1	20
Fanshawe	12	9	3	18
Sheridan	11	7	4	14
St. Clair	10	6	4	12
Niagara	11	5	6	10
Lambton	11	3	8	6
Redeemer	12	3	9	6
Cambrian	11	1	10	2
Sault	11	1	10	2

Volleyball

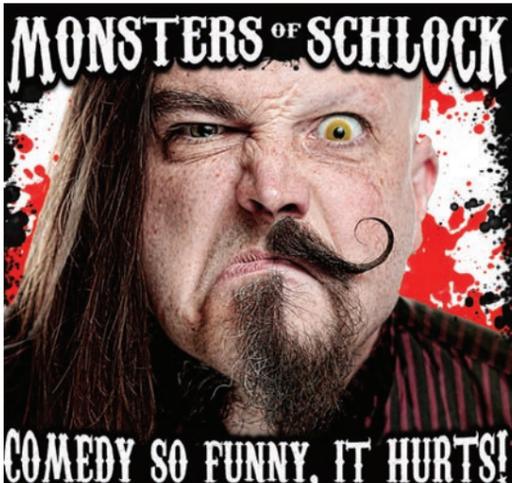
OCAA West Division Standings

Team	GP	MW	ML	PTS
Humber	13	13	0	26
Sheridan	12	10	3	20
Niagara	12	9	3	18
St. Clair	11	7	4	14
Redeemer	11	6	5	12
Cambrian	12	5	7	10
Fanshawe	10	3	7	6
Mohawk	11	3	8	6
Conestoga	12	2	10	4
Boreal	11	0	11	0



RAVE WITH THE ROBOTS
FROST WEEK 2015 TOUR
TUESDAY JAN 27
 FORWELL HALL | 9PM | FREE
 19+ | ALL AGES FOR FANSHAWE STUDENTS

fsu FANSHAWE STUDENT UNION
 www.fsu.ca



MONSTERS OF SCHLOCK
Guinness Record Breaking Tour
 The Comedy, Circus Sideshow duo will attempt to break a Guinness Record on Campus.
WEDNESDAY JAN. 28
 8 pm | Forwell Hall | Free

COMEDY SO FUNNY, IT HURTS!

TUESDAY COMEDY NOONER
 EVERY TUESDAY IN FORWELL HALL
 FREE COFFEE AND TEA COURTESY OF Sobey's
 WHILE SUPPLIES LAST

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JANUARY 27
Ron Josel

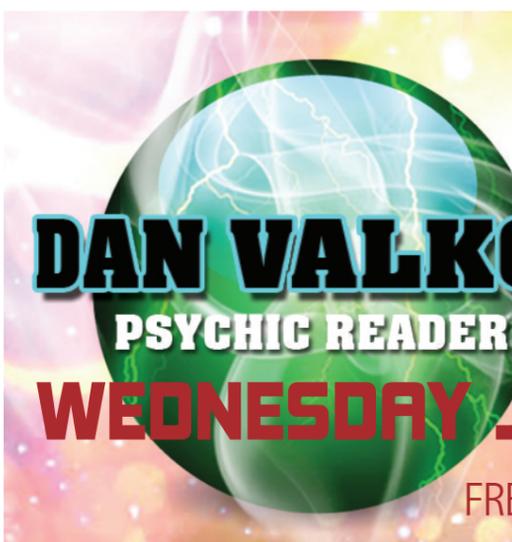


THURSDAY JAN 29
FREE LIVE MUSIC AROUND CAMPUS FROM 12-2

BuskerFest 2015



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 www.fsu.ca



DAN VALKOS
 PSYCHIC READER
WEDNESDAY JAN. 28TH
 FREE PSYCHIC READING

FORWELL HALL
NOON- 12PM

fsu FANSHAWE STUDENT UNION
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first run FILMS
AMERICAN SNIPER
 \$4 STUDENTS | \$6 GUESTS
 At Rainbow Cinemas (in Citi Plaza)

Wednesday Jan 28th
 TICKETS AT THE BIZ BOOTH



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 www.fsu.ca

LAST BAND STANDING

THE WINNER WILL RECEIVE \$150.00 AND MOVE ON TO PROVINCIAL FINALS BEING HOSTED HERE ON CAMPUS
MARCH 26TH

PRELIMINARY ROUNDS
 MARCH 3-4TH
 STARTS 8PM @ THE OUT BACK SHACK

FINALS
 MARCH 10TH
 FOR RULES AND TO ENTER VISIT FSU.CA/CONTEST

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 www.fsu.ca

NBA FIELD TRIP
FRI FEB 6TH

RAPTORS VS **CLIPPERS**
 TORONTO RAPTORS VS LOS ANGELES CLIPPERS

FRI FEB 6TH
 \$95 STUDENTS
 \$105 GUESTS

AIR CANADA CENTRE
 INCLUDES BUS TRANSPORTATION
 TICKETS IN ADVANCE @ THE BIZ BOOTH



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