



Spread some warmth during this chilly time of year

Mission Services London takes steps to help the homeless, and you can, too

Page 3

The new “king” of rap

Toronto native Shah shares his story from books to beats

Page 9

Staying in or going out?

One writer offers her advice for the perfect Valentine’s Day, whether you’ve got someone to spend it with or not!

Pages 12-13





What is your idea of the perfect Valentine's Day? #falconlove

This week's winning response:

Lauren Leona

Cuddling and a good movie

@Eh_Manda

@fanshawesu Movie night in with takeout and the man I love! #falconlove

@cinemaconn

@fanshawesu #falconlove Watching RoboCop 2, drinking wine straight from a carton, and eating left over Halloween candy.

Emilie Marie

getting flowers and all dressed up and going for a fancy dinner

Sara Haney

Surprises

Michelle Lynne Jon

Doing something creative together with your loved one

Veronica Tonga

Fooooood. And wine. It shouldn't matter what you do so long as you feel loved

Ashley Gamble

Doing something fun together and cooking dinner together!:)

Next week's question:

What are you doing for Reading Week/Spring Break? Tweet using #falconvacation or respond to the Note on our Facebook page (facebook.com/fanshawesu) before 2 pm on Wednesday, February 12, 2014. You'll be entered into a draw for a \$10 Out Back Shack/Oasis gift certificate. Must be a current, full-time Fanshawe student.

From the Falcon's Beak

FEBRUARY EVENTS

TICKETS AVAILABLE IN ADVANCE AT THE BIZ BOOTH

MON. FEB. 10

SPEED DATING



SIGN UP AT 6 PM | OPEN AT 7 PM
THE OBS | FREE ADMISSION

TUES. FEB. 11

TUESDAY

COMEDY NOONER

JEFF MCENERY

NOON | FORWELL HALL



FREE COFFEE & TEA

TUES. FEB. 11

CONDOM CASINO

8 PM | FORWELL HALL | FREE

WIN CONDOMS & PRIZES!



WED. FEB. 12

SEX TOY BINGO

9 PM | OBS | FREE

19+ EVENT | ALL AGES WITH FANSHAWE ID

WED. FEB. 12

FIRST RUN FILM

THE MONUMENTS MEN

\$ 4 STUDENTS | \$ 6 GUESTS

AT RAINBOW CINEMAS (IN CITI PLAZA)

THURS. FEB. 13



MUSIC NOONER

MATTHEW DE ZOETE

NOON | FORWELL HALL

FREE COFFEE & TEA

THURS. FEB. 13

MARDI GRAS PUB

9:30 PM | OBS

19 + ONLY



FRI. FEB. 14

FANSHAWE AT THE KNIGHTS

7:30 PM GAME | BUDWEISER GARDENS

\$ 18 STUDENTS | \$ 20 GUESTS

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fanshawec.ca/scholarships

For more information, visit the Fanshawe Awards Network at fanshawec.ca/FAN.

Bundle up and raise funds for Coldest Night

STEPHANIE LAI
INTERROBANG

Grab some mittens and pack on the layers, because it's time for the Coldest Night of the Year.

The campaign, put on originally by Blue Sea Philanthropy in Kitchener/Waterloo is a national fundraising initiative to raise money for organizations that work with the homeless or those within the margin.

Tiffany Irwin, event co-ordinator for Coldest Night of the Year, said the event aims to help these organizations to receive extra support.

"Our goal is to help other charities raise support for their charitable objectives," she said. "We saw the need, especially at this time of year for organizations ... because historically it's the coldest month of the year, but it's always the month of the year a lot of our partners receive the least amount of funding."

Irwin said the network of com-

munity charities is so tightly knit that organizations know each other, and get involved that way.

"Organizations that have partnered with us in the past, often they will suggest us to other organizations that they know of in other cities," she explained. "[Or] we recruit other partner organizations that we hear of."

Mission Services in London was recruited by Coldest Night of the Year, and has been involved for the past three years.

Connie Spuria from Mission Services praised the initiative and the help it achieves.

"It's a great event to raise awareness in our city about what it's like to be homeless or struggle with poverty in Canada and in the city of London," she said. "Our goal is to help raise awareness and also raise funds that go back in to our organization to help clients that come into Mission Services."

Within Mission Services are five branches to help different sectors

within the city: the Men's Mission and Rehabilitation Centre, Community Mental Health Programs, Rotholme Women's and Family Shelter, Quintin Warner House and The Mission Store.

The money that is raised in London will trickle back into these branches.

This year, Mission Services hopes for 40 teams and 300 walkers to join and raise \$60,000, surpassing last year's efforts, which yielded \$47,000.

"Teams are being added every day, so we're slowly but surely reaching that 40-team goal," said

Spuria.

It's not too late to participate.

"People can register all the way up until walk day," Irwin said. "People can just come up to the registration table and register right on the spot."

Irwin said participating helps people in need – maybe even a neighbour.

"It could be anybody," she said. "These are our neighbours. A lot of people that we help, you may not even know [that they're struggling]."

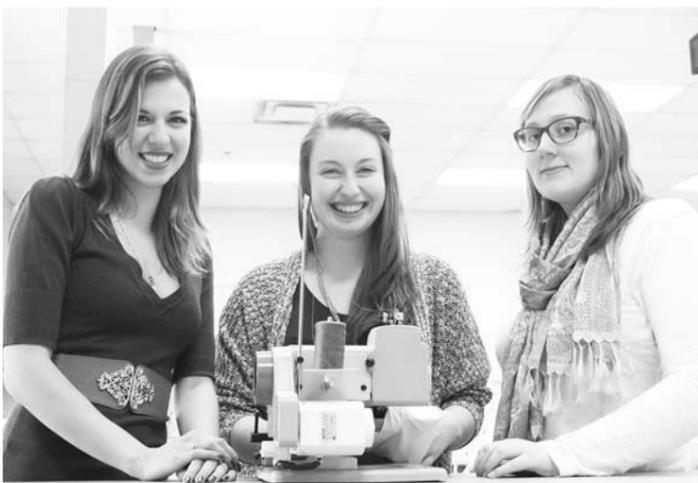
"People want to experience it, people want to give back, people

want to be involved because it's trying to help the community and help people in need in our community," said Spuria. "What if you had to be out for several more hours or maybe all night? It's really just to help people reflect on what that really means."

Participants can choose from two, five and 10 km routes, starting at Catholic Central High School (450 Dundas St.).

To learn more about Coldest Night of the Year, visit coldest-nightoftheyear.org.

Join Londoners and 63 other communities on February 22 for the walk.



CREDIT: STEPHANIE LAI

Second-year Fashion Design students Serafina Decristofano (left), Charlotte Hanington and Julie Eden showed off their new blind hemmer. The machine was purchased through the \$1,000 Awesome Fanshawe Students grant, which was won by Cassie Smith, a third-year Fashion Design student, in November. About half the money was used to purchase this blind hemming machine, and the rest will go toward supplies and advertising for their student-run business, Fashion Fits, which raises money for the annual Unbound fashion show in April.

"It's a great investment," Hanington said. She used the machine for the first time in early February. She estimated that this machine completes blind hems approximately 20 times as fast as a human seamstress. "It's pretty awesome!"

Fashion Fits is an on-campus alteration service run entirely by students. Check out Fashion Fits at facebook.com/fashionfits2014 or send an email to fashionfits.unbound@gmail.com. They accept garments for repair on Mondays in H3006 and Fridays in H3004 from 10 a.m. to 12 p.m. For more information on Awesome Fanshawe Students and to submit your own awesome idea, go to fsu.ca/awesome.



CREDIT: YONGE STREET MISSION

Thousands of walkers from across Canada are fundraising money for Coldest Night of the Year, a walking fundraiser that raises money for the homeless. Mission Services London is heading up this year's event locally and registration ends on walk day – February 22.

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KIOSK QUIZ

WHERE IS THE STAINED GLASS CEILING ON CAMPUS?



Drop by the Welcome Kiosk with your answer. Five winners will be selected from correct entries and we'll notify winners by email.

The Welcome Kiosk (between the Bookstore and the Library) is open all year between 8am and 4pm, Monday to Friday

ENTER TO WIN A FREE COFFEE & DONUT!
PRIZES SPONSORED BY CHARTWELLS



CREDIT: STEPHANIE LAI

Second year Tourism and Hospitality student Ashish Balu speaks to Deerhurst Resort representative Rob Taylor at the Career and Summer Job Fair, which happened in J Gym on February 5.



CREDIT: STEPHANIE LAI

Salwa Najib, a Computer Systems Technician student from India, gives a henna tattoo to Yuan Zheng, a Business student from China, during Mosaic 2014, the international student celebration on campus in early February.



CREDIT: STEPHANIE LAI

Robert Collins, director of workforce development for the London Economic Development Council, was on hand during the official launch of Fanshawe's Co-Curricular Record during Career Week on February 4. He noted that the CCR is a boon to students seeking employment because it demonstrates that they have mastered sought-after soft skills such as communication, work ethic, customer service and teamwork. The CCR, which launched in early January, has already been accessed by nearly 400 students, and it's Fanshawe's goal to raise this number to the thousands. For more information and to sign up for your own CCR, go to www.fanshawec.ca/ccr.

Fanshawe celebrates First Nations arts and culture

ERIKA FAUST
INTERROBANG

Explore First Nations culture through art, music, dance and more. The Indigenous Music, Arts and Culture Celebration will take place in Forwell Hall on February 12 from 10 a.m. to 2 p.m.

Andrew Judge, a Fanshawe instructor who's helping to organize the event, said it's being held as part of Fanshawe's First Nations Studies program's community outreach initiative. "Not only are we using this opportunity to generate more interest in the First Nations Studies program major, but we also are trying to give back to our community who supported us from the start."

An elder will start the event at 10 a.m., followed by Ninkii nini (Thunder man), who will perform

a hand drum song and hoop dance, which is a storytelling dance that uses hoops to create different shapes and symbols.

At'lohsa Native Family Healing Services Inc. will be making some Three Sisters Soup for lunch at 11:30 a.m. "The Three Sisters is corn, beans and squash," explained Judge. "They're planted together in gardens and they form a symbiotic relationship. I did a food and medicine garden at Western and we planted these. They grew amazingly."

After lunch finishes, world-renowned musician David Maracle will perform a concert. "David's going to play instruments from around the world, including a Hang." A Hang is a shell-like instrument made in Switzerland that produces an otherworldly



sound. Maracle will also have a large carving on display.

"Everyone's welcome to come out and try the soup and to get to experience the evolution of our culture to its present," Judge said.

Don't miss the Indigenous Music, Arts and Culture Celebration in Forwell Hall on February 12.



CREDIT: CTV LONDON

The staff at East Village Animal Hospital provides low-cost pet care for London's low-income families.

New hospital in town for furry friends

STEPHANIE LAI
INTERROBANG

London welcomed a new animal hospital for high-volume spay, neuter and medical services January 27.

The East Village Animal Hospital (EVAH), located at 1777 Dundas St., assists low-income families, people on social services and non-profit rescues and shelters.

Hospital manager Laurie Ristmae has been part of the push behind the clinic for the past two years.

"There's been a lot of changes proposed for animal welfare in London," she said. "And it was recognized that the way to stop the killing in pounds, the way to stop the over-population in the rescues was to implement high volume spay [and] neuter services."

Ristmae said the goal of EVAH is to provide these services for families and people who would otherwise have to abandon their pets due to high spay/neuter costs.

"We certainly recognize that there are folks who have simply not been able to afford accessible vet care," she said. "Students – that's the other segment of the population ... They find a cat that they want to take home and look after,

and they're great caregivers, but they can't always afford to get the cat fixed."

The focus of EVAH is spay and neuter, but the hospital has a medical clinic and veterinarians who do "basic vet care."

"Our surgeon is second to none; she's super fast and super good at what she does. So this was a natural fit for her to do high volume, fast-paced clinic surgery," said Ristmae. "[On] the medical side of things, Dr. [Martha] Harding grew up in a rural community. She recognizes the vast number of stray animals that you could just fix them and vet them and it would really reduce suffering and reduce the unwanted population."

EVAH is backed up by Progressive Animal Welfare Services (PAWS), a group that provides the hospital assistance by filtering in volunteers – a way to keep costs down.

"One of the reasons we're able to keep our costs very accessible is through volunteers who come in and they help us with laundry and volunteer and administration," said Ristmae. "PAWS helps us train and schedule those volunteers. They also do fundraisers for us. They're a great partner."

Ristmae said PAWS is always looking for volunteers, and that a

way to get connected is to visit its website, pawslondon.ca.

"We also accept donations at the clinic," she said. "If you have something, you can leave something. If you have extra pet supplies, bring them [to] our bin and that'll help out another family."

Ristmae became active in animal welfare 20 years ago, and explained that seeing some things firsthand is what convinced her that a high-volume spay/neuter clinic was needed.

"Sometimes what happens behind closed doors in shelters and pounds, what the staff [and volunteers] have to deal with – the deaths ... When you have to deal with death every single day, that is unnecessary ... and it's because people can't afford vet care ... I can't imagine anybody experiencing that and not realizing how important this clinic is."

As of February 6 EVAH welcomed its 100th client.

To learn more about the application process to become an EVAH client, go to evah.ca.

PAWS is holding a trivia fundraiser for EVAH at the Dawghouse Pub and Eatery at 699 Wilkins St. on February 25. More information be found on the PAWS website at pawslondon.ca.

Intolerance cannot be tolerated

BRANDON TAYLOR
THE PHOENIX

KELOWNA (CUP) — In early January, York University accepted and endorsed gender intolerance for the sake of religious toleration.

A male student requested that he not have to work with women on a group project because it violated his religious beliefs. The professor disagreed and made the call that the student should not be able to make that demand. The dean, instead, believed that the appeal was valid and granted the student's request.

York has become a case study of the delicate balance between equality and religious tolerance.

We exist in an era where multiculturalism is both commonplace and necessary. With multiculturalism comes the necessity for understanding and empathizing towards differing belief structures, social strata, and diverse traditions. Canada, more than most, is a place that celebrates differences and has nurtured a secular platform upon which our country is based.

As a society uneasy with our turbulent past, we are prone to please those we have previously wronged. This is a just and earnest instinct, but in this specific case, we cannot accept the marginalization of women in favour of religious beliefs. That is where human rights are supposed to take precedence over everything else.

dence over everything else.

We have to accept that some social structures are a progressive improvement, even though we have so closely tied liberal democracies to Western society and imperialism. Equality between gender and race is simply better. That value isn't another form of colonialism; it's simply respect for our own humanity.

We, as Canadians, are privileged enough to be able to consider these issues in detail due to our insistence on public education to foster a stronger and more robust society. If we are to follow York University's precedent, should we accept and charter private schools that refuse to admit women or people of colour? Furthermore, do we accept the prejudices of certain socially conservative sectors that feel the need to refuse rights to LGBT couples? Of course not; prejudice is prejudice, even if it is contained within specific (and sometimes idiosyncratic) religious beliefs.

On January 17, The Globe and Mail quoted a former aide to Prime Minister Stephen Harper who said, "There's a danger in a country that absorbs immigrants at the rate we do that if you don't have a set of norms, a set of stories about yourself, the kind of myths and narratives that create a national identity, that you cease to be a nation."

Putting jingoistic nationalism aside, let's accept that part of our Canadian narrative is

acceptance and empathy towards all shapes, sizes, colours, races or creeds. And, in the case of York, we need to be firm about that.

Sometimes true equality requires a social and cultural force. Human rights are the foundation of our society, so we cannot allow intolerance to hollow out the core of

compulsory tolerance. Equality is not a natural state in our world, which is unfortunate, but that means it is a unifying and worthwhile value that must be vehemently defended.



CREDIT: CHYNNNA HOWARD/THE PHOENIX

Feel Good Ink



ARTiculation
WILL McCORMICK

This week's ARTiculation column features a special guest writer, Will McCormick.

The ARTiculation column suggested in an earlier article that art should have some sort of aim towards reformation of the current order; it should have a dissident ethic about it. However, we look around and we see myriad media, which inundates us every day. It envelops our consciousness when we wish to veg out on the couch, and screams for our attention when we might have other things at hand, but it all tends to be done rather artistically.

Most general definitions of the word "art" encompass the whole spectrum of creative output, regardless of inclination. From the TV dramas that preach the traditional values of family to the neo-traditional values of consumption and competition of risqué cable programs to the flag-waving individualist movies to the barrage of advertisements from which we find no quarter to the din of pop music, which relieves us of our own inner-monologue, a form of art which does not conform to the specialized qualification endorsed by this column appears far more prevalent than any sort of polemic or critical message. This form of art can be categorized as pop-propaganda.

Such propaganda feeds on the feel-good ethos of our culture, lionizing its traits and building them into moral certainties. Patriotism, good. Atomic family, good. Capitalism, good. Questioning these, bad. It is clear cut; the simplification of complicated situations and themes to black and white, all in splendid technicolour.

Even the news fits this mould. September 12, 2001, the cries for war and retribution started their steady rise to a bombastic crescendo; from the pundits not a peep asking, "Why would such devastation be wrought upon us?" That question leads to reflection upon our activities in the Middle East, and ultimately to moral uncertainty, perhaps even guilt. It is much easier to play the righteous victim. Fittingly, the only time "Why?" was heard was in emotional cameos

of childless mothers shrieking "WHY!?" to the heavens.

Such simplification is reinforced in the most popular artistic imagery. We see movies come out about the occupations of Iraq and Afghanistan, making heroes of soldiers who are portrayed as under siege, though they are the ones on foreign soil. Our boys are good, they are threatened, but they are strong, and we will prevail. Simple.

This sort of bolstering of an overly simplistic morality is seen in nearly everything that constitutes our popular culture. It is so well received in part because of confirmation bias. It is easy and comforting to be exposed to things which say we are clearly on the side of Good. Feeling rather innocent, the individual viewer is more likely to enjoy something that reinforces such delusion than messages that suggest there may be something more sinister about our culture and, consequently, our own lives.

Pop propaganda finds us in every facet of our cultural lives, masquerading as just another drama about petty family problems or reality show about backstabbing competition or song about narcissistic love or ad for the latest cellphone that connects us all; just another thing to tell you to keep on doing what you're doing and believe that we are working towards commendable ends — that you are commendable when you embody such traits.

So, is this art? While it was suggested (in the article) that art should have a sort of revolutionary approach, it was also said that the meaning of art is in the eye of the beholder. The act of viewing is as important as that of creation (if no one hears an artist's tree fall, it truly makes no sound). The artist's intended meaning and the viewer's received one do not have to match in order for art to be successful. With this caveat, even popaganda turns into art. The subtle affirmation of the status quo of pop propaganda never fully disguises itself, and in endlessly repeating the goodness of things, even in the face of obvious moral ambiguity, it belies itself as that which it truly is: a mental Trojan Horse. However, the critical viewer does not simply take up the intended message, but sees the wolf beneath the wool, and such viewership leads to questions. And questioning is the most fundamentally revolutionary act anyone can take.

The fall of Facebook

PRESTON LOBZUN
INTERROBANG

Nothing has connected us together as much as Facebook has.

Prior to Facebook, we had very minimal social networking options. MySpace for a short period was reigning supreme by its millions of users that enjoyed the customizable aspect of it and its dedication to artist profiles. It fell as fast as it rose when the large user base (mostly high school and late elementary school students) migrated to Facebook and became immediately hooked on its basic, ad-free design that slowly added in the features we've all become accustomed to: "checking in" to businesses, following celebrities' status updates, connecting other social media apps and the all-encompassing Facebook Chat that inevitably defeated MSN instant messenger.

Facebook has been the general template and inspiration for many other social networking sites. Twitter, Instagram, Tumblr, and even a blatant Facebook clone based in Russia called VK.com all owe their most notable features to Facebook's co-creator Mark Zuckerberg.

In May 2012, Facebook Inc. announced that it would go public and opened the floodgates to those wanting to get a piece of the pie. Just last year, its stock price doubled and signs of economic prosperity seemed concrete. Recently, however, Zuckerberg unloaded 41.4 million Facebook shares for \$2.3 billion to reaffirm his status as one of the youngest billionaires in the world. Typically, this alludes to a stock being overpriced. The message of financial safeguarding from the site's cocreator has led to some discussions about how long the social network monolith will actually stick around.

A recent study by two Princeton students came to a conclusion that Facebook will lose 80 per cent of its peak user base by 2017, to which Alex Fitzpatrick of Time magazine later counter argued that search engine queries, which the Princeton study is based on, do not attribute to the life of a social networking site. Fitzpatrick explained that what Facebook has that MySpace didn't is critical mass and connection to publishers, advertis-

ers, and services across the Internet. Its connection of families and friends means that there is little to gain from actually leaving Facebook. Arguably, leaving Facebook can make contact with someone more difficult if they don't use email or own a phone. Thus, even though the site loses millions of users every so often, it easily recuperates the loss. In short, Facebook has strong support based on communicational necessity and MySpace did not.

So what would the world wide web be like without Facebook?

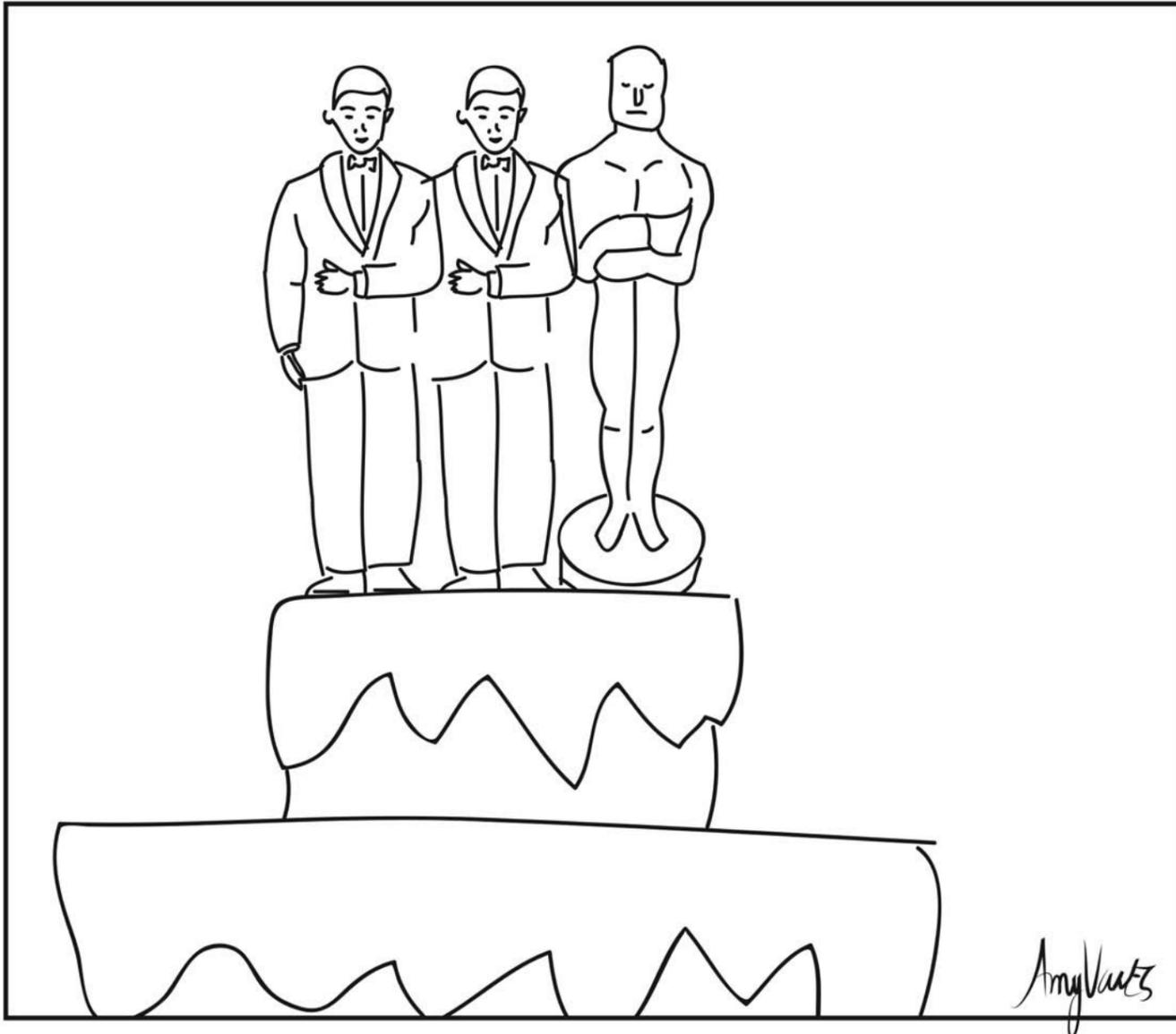
"Facebook has a lot more social media impact than MySpace ever did, that's for sure," said Brandon Lucking, a gen ed student at Fanshawe. "They talk about it on the news all the time, and [they never really talked about] MySpace."

In contrast, Music Industry Arts student Kira Longueay noted, "Facebook has an expiration date, whether it be in the next year or five years from now. It's just the newest MSN and it's only a matter of time before a newer, better social networking platform takes the reigns from Facebook in social and communicative popularity."

So when we consider our own experiences with previously popular social networking sites or even the simple webpage creator Piczo, the future of Internet communication would very well be confined to numerous websites without a cohesive "home base" that most users find refuge in.

Even so, there are people who delete their Facebook or start a new account for different reasons. Some want their networks to be limited to a small pool of friends and family so they will make a new account or "trim the fat" by deleting people they don't make contact with anymore. Others delete their profiles when they feel it doesn't serve a good purpose to them.

Whatever the reason, we can be assured that social networking is still a relatively new development that plays a large role in our lives, and the only true way to measure its acceptance by Internet users is to give each domain its time to grow.



To be independent or interdependent, that is the question

SATISH RANGARAJAN MADURI
 INTERROBANG

It is an undeniable fact that the culture in which we are living today worships independence. Not only that, but, we also scoff at the idea of dependence.

Dependence of any degree is judged to be a weakness. So many times, we hold back our intrinsic feelings of dependence to avoid judgements by others. We think that we protect our dignity by doing that, but nothing can be further from the truth. The inevitable truth is that we human beings are a socially needy species, and therefore, misrepresenting ourselves as being totally immune from being needy only wears us down in the long run.

We are actually interdependent social beings that cannot grow or thrive to the full potential without the support of others. For example, interdependence in economics is a very important concept. We just cannot produce everything we need. Even if you live on a farm and grow all your fruits and vegetables, you will be dependent on someone else for the hoes, rakes, tractors and other farm equipment, as you don't make these things.

In present times, teams are prevalent everywhere, irrespective of the task. There are school teams, sports teams, class groups, university associations, social gatherings, congregations and much more. Learning from team members by being open and setting aside differences is indispensable to the success of an organization. Accommodating and co-operating are some of the vital leadership attributes to resolve conflicts.

Having said that, interdependence doesn't mean blind obedience to others and being unassertive. What it means is creating a harmonious connection with some understanding and awareness, which makes way for a win-win situation in an unselfish way.

The best relationships are those where all parties acknowledge the reliance of support on each other. Trying to dominate or over-



Teamwork makes the dream work.

power one's stance can only make the relationship more difficult. In relationships, it's beneficial to sift the wheat from the chaff by extracting the positive qualities and ignoring the negative ones. If we do so, we commit to accept our partner as they are in an unconditional way. We are uninhibited to revel in the joys of success and face the challenges or bad phases that every relationship goes through.

Due to the myth of self-sufficiency, we believe that it's weak to be vulnerable in a relationship. However, as author Stephen Covey says in his bestselling book, *The Seven Habits of Highly Effective People*, "few needs of the human heart are greater than the need to be understood – to have a voice that is heard, respected, and valued – to have influence." It's only natural to feel a bit vulnerable in a healthy relationship. Also,

we start to feel comfortable in our own skin when we experience deep love.

Loneliness is caused by the myth of independence to some extent. Your self-worth is determined by your relationship with others. A solid foundation of interdependent relationships should build your feelings of well-being and security. It will be a gift to your partner if you show gratitude for their passions, wisdom, talents and competencies and honour their strengths.

We should always remember that life is unpredictable and we may encounter unforeseen challenges at any point of time. In the face of adversity, our greatest power would be the support of our loved ones. Then, we can even conquer the most insurmountable times with confidence.



CREDIT: SEN.PARL.GC.CA

Liberal Party leader Justin Trudeau announced that all Liberal senators will now sit as independents.

A Liberal by any other name...

VICTOR DE JONG
 INTERROBANG

On January 29, Federal Liberal Party leader Justin Trudeau announced that the 32 Liberals within the Senate would now be independent, beholden to no political agenda. The strategy is being bandied about within the political sphere as experts try to decide whether it was a stroke of genius or idiocy.

The Senate has recently been a source of controversy, particularly for the Conservative Party, as a handful of Conservative Senators were found guilty of false expense claims. As a result of those fraudulent expense claims, the Auditor General, Michael Ferguson is in the process of examining expense claims for all members of the senate. This audit is one potential contributor to Trudeau's strategy of eliminating a Liberal connection with the Senate, as there's little doubt that more senators will be found to have submitted faulty expense claims. Prime Minister Stephen Harper came off looking duplicitous and untrustworthy over his handling of the \$90,000 cheque paid to an embattled senator, and now Trudeau may have devised a way to avoid a similar experience. By eliminating the role of Liberal Senator from his Caucus, nothing from the Auditor General's report will be able to reflect poorly on the federal Liberal Party.

NDP Leader Thomas Mulcair is eager to see the whole institution of the Senate thrown out. Prime Minister Harper has asked the Supreme Court of Canada to provide recommendations on how to make the Senate a more democratic house. Alberta is the only province that votes to elect Senate nominees and Harper has suggested extending this practice to the rest of the country. Despite the political popularity of attacking the Senate, Trudeau has spent less time addressing the controversy in the upper house than other party leaders. Although dismissing his senators appears to be revolutionary, the NDP was the first to suggest it back in October of 2013 when it found little support in the House of Commons.

The long-term implications of eliminating senators from his Liberal Caucus remain to be seen for Trudeau. His failures to introduce a Liberal agenda for change in the Senate makes the announcement seem like a popularity tactic more than a strategic decision. This perspective is further validated by the NDP bill last October that was designed to make all senators non-partisan, yet failed to get support from the Liberal party. Despite that, Trudeau is encouraging the Conservative Party to join him in releasing senators from their caucus. The Liberal Party's dramatic entrance to the Senate debate could be a strategic decision to provide a third option that doesn't include eliminating the Senate, yet still seeks to make it less partisan. On the other hand, their announcement could be a hasty attempt to seize some of the media attention that the other parties have been enjoying in light of their own Senate announcements.

Trudeau's legacy remains in its infancy and this could be the first decisive indicator of what kind of legacy it will be.

Trashing the Catholic Church or getting to know the community



NOTES FROM DAY SEVEN
MICHAEL VEENEMA
veenema.m@gmail.com

According to news reporters, the United Nations, at its meeting in Geneva, has reprimanded the Catholic Church for its failure to deal with child sex abuse. At the same time, say reports, UN critics attacked the church for its positions on gay rights, abortion and contraception.

I am not a Catholic myself although I subscribe to the core understandings of the church as, for example, the Apostles' Creed summarizes those understandings. I also think that in the areas of gay rights, abortion and contraception the Catholic Church has work to do. And on the presence of child abuse, the whole church no doubt agrees with the current pope, Francis, that it is a continuing "shame" for the church.

However, listening to reported UN criticisms of the church, someone could conclude that the Catholic Church is a nefarious organization intent on covering up the sins of its leaders.

This conclusion would have to ignore many developments in the church including the December, 2013 Vatican announcement that the new pope is adding to the church's attempts to deal with child abuse by setting up a committee to fight sexual abuse and help victims. At the same time one can legitimately ask why the church refuses to provide more of the information that the UN is asking of the church.

Hearing the criticisms aimed at the Catholic Church, one wonders if the critics have actually met ordinary priests, nuns, monks and members of the church. It is always easy to join the company of those who, from a distance, stone the accused.

As I have said, I am not a Catholic. My own connection to the Christian life and to God has been nurtured mainly through

Protestant churches, branches of the Christian Church that are distinct from the Roman Catholic branch.

Yet I have experienced Catholic church members, many priests, and the Catholic scholars who do their work at Kings and Brescia, as caring and thoughtful people. While I was a (Protestant) chaplain at Fanshawe and at Western University, Catholics were among my most supportive friends. They offered their time, their scholarship, and their facilities for discussion sessions I helped organize. They had a strong practice of the care of students. The attempts to create community in the Catholic colleges outshone the community life of the larger secularized environments of the college and university. The Catholic Church that met at Kings invited me to speak there and I will always remember the church gathering in a circle, including me, holding hands, and saying together the Lord's Prayer.

Anyone stepping into a Catholic church, say, on one of Canada's Native reserves, in a town or village, or in the city of London, can easily pick up on the themes of compassion, care for people all over the globe, education, community, justice and citizenship. The experiences that most people have of ordinary Catholic Church life are far removed from the scandalous actions of a minority of its leaders. Visiting a Catholic Church is likely the best place to learn about the Catholic community.

At the moment, there is another great place to start exploring the Catholic faith and life – and, for that matter, the Christian faith and life. Pope Francis last November released a document for the purpose of renewing the message and mission of the church. It is called *Evangelii Gaudium* (*The Joy of the Gospel*). Here is one of the key paragraphs:

"The great danger in today's world, pervaded as it is by consumerism, is the desolation and anguish born of a complacent yet covetous heart, the feverish pursuit of frivolous pleasures, and a blunted conscience.



CREDIT: CASAROSADA.GOB.AR

Pope Francis released a document titled *Evangelii Gaudium* in November worth reading.

Whenever our interior life becomes caught up in its own interests and concerns, there is no longer room for others, no place for the poor. God's voice is no longer heard, the quiet joy of his love is no longer felt, and the desire to do good fades. This is a very real danger for believers too. Many fall prey to it, and end up resentful, angry and listless. That is no way to live a dignified and fulfilled life; it is not God's will for us, nor is it the life in the Spirit which has its source in the heart of the risen Christ."

I suspect that the pope was not thinking his words would find their way into the Interrobang. Still, I will say more about these lines next week.

Motions or emotions?

HOPE AQUINO-CHIEN
INTERROBANG

From one romantic soul to another, Valentine's Day should not be dismissed as yet another consumerist holiday, but only under the provision that it is celebrated with true intentions and sincere meaning. Whether your version of "true love" comes with a kiss or a diamond ring, do not do it for the glamour or simply for the sake of the motions – celebrate it from the depths of your heart because you want to, not because you feel you must.

Children grow up dreaming of their truly beloved along with a whirlwind of love and romance. As adults, we are still surrounded by the concepts of true love with a modern-day twist on courtship. It seems the new age depiction of love, especially on Valentine's Day, is personified through boxes of chocolates, bouquets of flowers and diamond rings. Has Valentine's Day become yet another spectacle created by the marketing agencies and millionaire moguls as a plan to spurn and feed the belly of our society's consumerist stove? Are we really that shallow and easily hand-fed these ideas of romance?

The value in Valentine's Day should not be found in materialistic pleasures. In fact, love should be celebrated all year round, cherished and expressed on more than one single day. Individuals should not be worried about the wellbeing of their wallets, what gift is the perfect expression of love or about the pressure to look "perfect" – maybe gifts should not be expected at all.



CREDIT: OHGIZMO

Is a gift really worth a thousand words?

Gifts have become more of a mindless motion. Love comes in all shapes and sizes; you cannot hope to identify and classify love under the brandings of commercial Valentine's Day, because it is so much more than that. Your love should never be defined by how elaborate of an evening you plan or how expensive the gift. What's precious are the moments with your loved one and the feelings you have for each other. These are the real gemstones that you will treasure for years to come.

Make a new memory every day and by all means, do not give up on February 14, just make a new meaningful memory by your own rules, not some predefined concept of

the expression of love. Sure, it can involve the frivolities of the occasion, but focus on you, not the goods, because in the end it is with whom you share the moments with that matters the most.

Poet and writer Paulo Coelho said, "One is loved because one is loved. No reason is needed for loving," and this remains true; it is not the goods that define your worth or your love and should definitely not be the primary reason for love. Love is entirely possible without purchasing a thing, skip the stores and try writing a letter from the heart, for with love it is more the quality than the quantity.



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The Wet Secrets: A little bit pro, a little bit DIY



BOBBYISMS
BOBBY FOLEY

I write about random things a lot. I write a lot about random things. Recently, '80s metal rock outfit Mötley Crüe announced not only that they would embark on their final tour, but that they took exceptional contractual steps to ensure that none of the members could change their mind in the future – a surprisingly modern twist to mark the end of an era.

And while the current musical landscape doesn't offer much that sounds in close comparison with the Crüe, the spirit on which they were founded and their sense of self and awareness of their limitations is present in the histories of bands across the country. For most, it simply begins with an unforgettable story.

Formed on a drunken dare, The Wet Secrets' origin story is one for the ages. In that state, Lyle Bell and Trevor Anderson booked and completely forgot a show until one week in advance, scrambling to write and record an album for release at that first concert.

But for the band – frontman and bassist Bell, drummer Anderson, keyboardist Paul Arnusch and horn section Kim Rackel and Emma Frazier – it proved to be an unsustainable model, and too close to the band's identity for comfort.

The Wet Secrets perform in London on February 15 at Call The Office, part of a brief southern Ontario mini-tour in support of the release of *Free Candy*. Released just last week, the group's third full-length album owes a lot to the way they produced their first two; their very nature shaped the future of the band by inspiring them to take a different direction with their approach, and in doing so cemented the band's voice once and for all.

After two albums written, recorded and released at such a breakneck pace, The Wet Secrets decided to take their time with the sessions that would become *Free Candy*. Side projects and other creative pursuits – Bell and Arnusch serve in other bands, while Anderson doubles duty as a filmmaker and founder of Dirt City Films – provided outside perspectives and experiences, and the band were eager to apply them internally to strengthen the band moving forward into their third record.

"You begin to learn more about the recording process, and it came to a point where I wasn't happy just releasing a tossed-off punk rocker anymore," Bell said recently by phone. "We actually recorded a bunch of the tracks a few years back; we were trying to do everything ourselves, but after a couple of years, it just became this overwhelming project. Going back into the sessions was a nightmare – things were recorded in different spots, and I never quite knew what version of it was correct."

Despite efforts to take time and care during recording, album sessions were dragging on and often interrupted. The band kept playing gigs in the interim, and eventually chose to embrace their spark of immediacy and record *Free Candy* like its predecessors.

"We just decided to start completely fresh, knowing what we know now," Bell confirmed. "Just go back in and bang it all out in one fell swoop ... the ones that we liked we re-recorded, and the rest of them we wrote together inside of a week."

According to Bell, the decision to reintroduce that element of immediacy was the key to recapture the spark that went into the recording. *Free Candy* came together in a little over three weeks after that, marrying that spontaneity with everything the band had learned from working on sessions themselves over the years.

"I think that's the way I like to record," Bell agreed. "I did all the beds at a really nice studio here in Edmonton, but the meat of the record – all the vocals, the horns and keyboards – were all done over a two-and-a-half week period at my place. So it's a little bit of both

– a little bit pro, a little bit DIY."

The band preceded the release of *Free Candy* with a free EP entitled *Nightlife/Knifefights*, released via Bandcamp on January 21. While it hinges around their lead single "Nightlife," the EP also features the title track, a boozy noir tangent that adds eccentric depth to the track.

The video for the single, filmed in the Edmonton winter, features iconic TV comedian Joe Flaherty, reprising his beloved *SCTV* role of Count Floyd as an aged vampire who struggles to relate to modern life. A Dirt City Films production, the video is a stylish semi-autobiographical commentary on the decline of Whyte Avenue, a once-proud fixture in Edmonton's arts district.

For more information on The Wet Secrets, visit thewetsecrets.com or follow along on Twitter @thewetsecrets. Their



CREDIT: FISH GRIWKOWSKY

The Wet Secrets perform at Call The Office on February 15.

show at Call The Office on February 15 is an early event – the show is set for 7 p.m., \$5 admission – and even precedes their hometown album release show in Edmonton by a couple of weeks.

And for more of the latest in music news, album streams and concert previews, consider following this column on Twitter @fsu_bobbyisms. I'm out of words.



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A meet and greet with the new king of rap

STEPHANIE LAI
INTERROBANG

“You mind if I go get a beer?” the king asked as he sat down for his FaceTime interview.

Let me explain; Shahmeer Ansari – better known as Shah – is a Toronto-born rapper, newly relocated in New York. “Shah” and “meer” both translate to “king” in Arabic.

“My parents put those two words together to mean ‘king of kings,’” he said. “Shah is also a good word to rhyme with. [That’s] what people call me – that’s the rap name.”

The 26-year-old, though now pursuing music full time, has BComm and MD from the University of Toronto to add to his name.

He also had a brief stint on Wall Street.

“I was just in the pursuit of money,” he said. “What I realized when I started working [there] was that it’s sort of a soulless job ... you’re inevitably going to be doing bad things. You’re encouraging others to put their money in unethical things ... [so] it seemed like a safe decision to go and do medicine.”

He’s accomplished a lot in the educational aspect of life, but rap remained his first love throughout school. He even started a non-profit organization that taught kids how to read and write using rap.

“I discovered rap like so many other ‘90s kids ... that’s your art form, that’s what you can relate to, that’s your therapy,” he said. “[In university] I was always looking for beats, I’d always be rapping but it was just for myself.”

“After the first year or two [of med school], it was clear that wasn’t going to be the primary hustle. Rap was definitely calling at that point.”

Upon graduating med school in 2012, Shah decided to pursue rap full time, even evolving his sound from classic ‘90s rap to contemporary artist.

Shah relocated to the concrete jungle, his second home.

“When I was coming up in the rap game ... Toronto [didn’t and] doesn’t have that love for its own artists like the way you see it down here in the States,” he said. “New York is more based on your borough or your neighbourhood. [When] people meet an artist

who’s from their part of New York, it’s an automatic love.”

He said his music is on the “same level of hustle” in New York, whereas in Toronto he’s too loud and too intense, and where he draws inspiration for his music isn’t what you’d expect from a guy in his mid-20s.

“[My inspirations] are more people and organizations that have done ground-breaking things,” he said. “These are the things that really motivate me.”

He listed people and organizations like Julius Caesar, NASA, Malcolm X, Gandhi – even the British Empire and Genghis Khan.

“They’re people [and institutions] doing things on a very big level,” he said. “There’s this fascination like, damn, these guys took over a lot of shit. They were ahead of the rest of the world and they were able to dominate.”

In short, he’s set on staying ahead of his peers, by rapping about other things.

“One of the things I’ll rap about is money, and that’s part of my background; Wall Street and knowing economics.”

He explained that instead of talking about spending money frivolously, he talks about the regret of spending money foolishly.

“Buying illicit substances when I could have been buying ounces of gold, and if you look at how much gold has appreciated over the last 10 years... this isn’t something rappers talk about. But I could rap about it now and in a year it’ll still be fresh because it’s so far away from anyone’s frame of references.”

Needless to say, he wants to be the change in the scene.

“I wanna do whatever the fuck I want ... and also make enough money where I can impact people’s lives positively and use the money however the fuck I want,” he said. “Buying books, buying food and buying weapons for people who are hungry and oppressed and trying to get freed.”

“The measure used to define how gangster a rapper is [should be] by the positive change, or even by the change they make outside of their community. Who fed the most [people] on earth? Who bought the most books? ... I want to spearhead that and at the very least be the rapper that makes change on a history textbook



CREDIT: DAY ONE

Shahmeer Ansari is a Toronto-born rapper who’s relocated to New York and pursuing his dream full time.

level.” go somewhere good.” on Facebook at facebook.com/day-ofshah or follow his Twitter handle @DayOfShah.

“There’s a lot of money wasted in this industry and I want to see it visit thisisdayone.com, Like him

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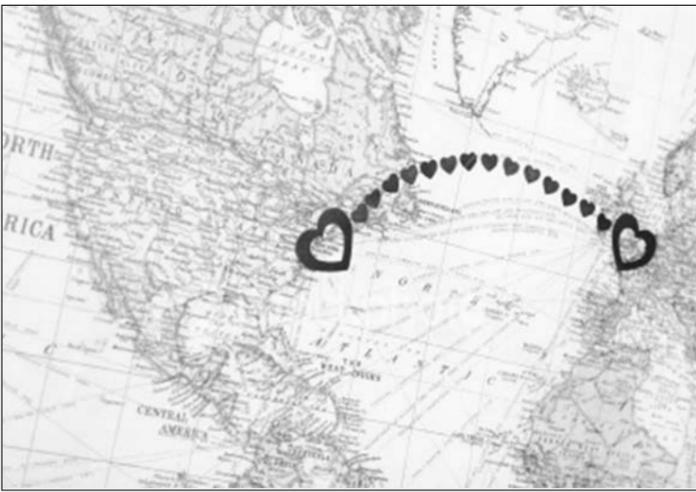
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CREDIT: SARAH WATTS

Cory Gooding and Cody Gough got all dressed up for the Keys N Krates show held in Forwell Hall January 31.



CREDIT: PARISALAMODE

Love knows no boundaries.

Distance makes the heart grow fonder

HOPE AQUINO-CHIEN
INTERROBANG

Can you imagine living about the majority of a relationship without the one you love? While most relationships may be within a closer physical proximity, what happens when you live far away from your true love?

Not many people intend to actively look for a long-distance relationship or even think of finding themselves in this position, but one does not choose when love hits. It's definitely more of a challenge to maintain a healthy and strong relationship but it's equally as possible with mutual effort from both ends. As long as relationships have open communication, then the strength of those true emotions can withstand any distance.

"Much of the way we communicate as humans comes from body language, and with that taken out of the equation, it becomes hugely important that you articulate everything to your partner, a lot can be lost in translation," said Kim (last name withheld), a first-year Law student at Western University whose partner lives in Asia. Communication is hard, so try to learn about your partner's quirks and mannerisms and try to keep things as clear as possible to avoid misunderstandings.

There are times when the distance is felt especially hard. The gap so vast that lovers feel worlds apart, yet nothing worthwhile or meaningful ever comes easily. Joanne (last name withheld), a current student at Western University studying Dentistry, is in a relationship with someone who lives in the United States, and she acknowledged the hardships of being separated. "The hardest part is not having [each other] to share your times

of joy or pain, [but] it's totally worth it. When it's working, you know you're both equally committed to each other." Stay true to each other and focus on each day, your feelings for each other are what give you fuel and the power to persevere.

You may not realize it at first, but you will learn a lot about yourself and identify your strengths and weaknesses not only as an individual but also as a partner in a relationship. The greatest benefit may be learning how to be emotionally independent, to hold your own in when your partner is unavailable. Such a benefit is a double-edged sword, as it simultaneously feels impossible to manage on your own. "This struggle makes you stronger," said Kim, who has discovered how she functions and deals with a variety of issues and very crucially, how she has to take care of herself. It is important to find the best way to manage your emotions and to find an outlet for stress in order to keep yourself strong and able to carry on. It takes hard work and nothing is taken for granted because you cherish each other so much more.

What is expected in a long-distance relationship? Perhaps nothing. The only predictability might just be that it will be taxing on both parties, but it may also be completely worthwhile. A long-distance relationship is worth the effort if you truly care for your significant other. This does not mean that it will be easy; it will push your limits and throw challenges your way, yet what you gain is worth it. Keep a final goal in mind and work towards something as a couple – you will reach your happily-ever-after together.

Valentine's on a student budget

SHANNON BRADBURY
INTERROBANG

Are you worrying about how you can make this Valentine's Day super special? Whether you are in a relationship, married or maybe just want to catch the eye of that person you like, you can creatively make them feel special without going way over school budget. Sometimes all it takes is a thoughtful idea so that certain person knows you tried hard to make them feel great.

Deal Out Sweet Thoughts

Use a deck of cards to create "52 Reasons Why You're My Valentine." Grab a deck of cards from the dollar store, then stop by the Fanshawe book store and buy some colourful markers and decorate each card. Write a reason why this person is your perfect valentine on each card. Your honey's bound to be left with a smile.

Put Pen To Paper

Write a letter to your valentine; all you need is something to write with, something to write on, and a person to write about. Highlight all the great things about this person, tell him why he's beyond compare and what he means to you. This special thought fits in to every college student's budget, because it can be completely free! You probably already have the supplies, so start writing. This will leave your valentine feeling like one of a kind.

Tricked Out Treats

Take her favourite foods and add a twist. Create tabs with a short slogan and add them onto



CREDIT: WHATDIDSHESAY.CA

Writing a letter to your valentine is a nice personal touch.

things your valentine loves! Buy a pack of gum and simply tie a small piece of paper that says, "I wouldn't *chews* anyone but you!" to it, or onto anything banana flavoured write, "I'm *bananas* for you!" These silly phrases are easy to make, and can be added to practically anything that your significant other uses, eats or likes! This type of gift is fun for you and your valentine, it's affordable and it will definitely spark some laughter during your special day together.

Think Savoury AND Sweet

But maybe those gifts are too gushy for you and your valentine, so think outside the box and give a thoughtful yet funny gift: Bacon Roses. Surprise your significant other with a bouquet of the best-smelling roses you can make in your own kitchen. This gift is low-

priced, edible, and hilarious. All you need to do is buy a fake bouquet of flowers from the dollar store, cut the flowers off the end, cook some bacon and wrap the bacon around the stems, in the form of a rose. Your sweetie will be surprised with your unique gift this Valentine's, and love the humour you put into it!

Whichever you chose to do this Valentine's Day, it doesn't take expensive dinners, huge bouquets of flowers, or presents that will cut into next month's rent or even next year's tuition. You can whip up something thoughtful and different this Valentine's Day that will leave some extra money in your wallet, and make your special someone feeling absolutely amazing.

Treat your sweetie to Saffron's

SHANNON BRADBURY
INTERROBANG

Restaurants often find themselves overloaded with Valentine's Day festivities, and the fact that this year's big day falls on a Friday will lead to a very busy one for most restaurants in London. Reservations will be made, waiting lists will fill up, and restaurants will be hectic. However, it is an important night for the food industry, as it is a special night for people. Colin Hill, dining room manager of Saffron's Restaurant here on campus, noted that Valentine's Day is usually one of the busiest days in the industry. Saffron's restaurant, located in A building, is where Fanshawe's culinary and hospitality students use the dining room as a practical lab getting hands-on experience.

Saffron's has one of the best Valentine's Day specials in all of London; Hill said they're offering a three-course set menu for two people for \$50. With a choice of three appetizers, the entrée is beef tenderloin, chicken or pickerel, with crème brûlée, a chocolate specialty or ice cream for dessert. This Valentine's Day, price doesn't need to be an issue, because Saffron's restaurant accepts meal plan cards.

Saffron's restaurant is business-casual, with a beautiful yet comfortable dining room, for you and your significant other to enjoy this Valentine's Day. "Usually with our menu we try to keep the prices very low so we can get all sorts of customers; we have students that come in, teachers that work here and the outside public as well." Saffron's, like most restaurants,

has a wait list available so you can snag a table when someone unexpectedly has to cancel their reservations.

"A lot of people that don't usually go out for dinner, will go out on this day," Hill said. Make sure to make your reservations early or you might end up on the waiting

list – restaurants will fill up faster than you could imagine.

Call Saffron's at 519-452-4433 to book reservations or take a spot on the waiting list, so your Valentine's dinner is the best one yet. For more information and to look at menus, go to tinyurl.com/fansaffrons14.



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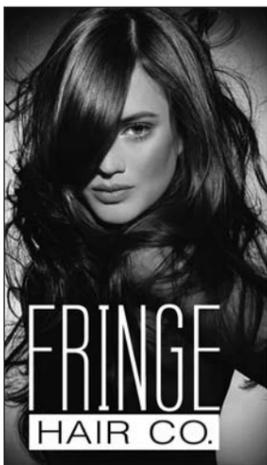


EYE ON CAMPUS

Stephanie Lai

Falcon Fashion

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When you lack creativity, Valentine's Day can easily become very cliché, very fast. Everyone's done the classic bring-her-roses-and-take-her-out-for-a-nice-dinner Valentine's date before, so this year's the year to change it up.

GO ON AN ADVENTURE

Unexplored small towns tend to have a certain *je ne sais quois* about them. Do some research and then take your date to a nearby town and make a day of it. See the sights, walk through a park in the snow, try a one-of-a-kind restaurant, or visit a local museum.

SNUGGLE UP AT A SHOW

If you want to hit the movies with your date, opt for a more exciting experience than a normal theatre. Go shopping together for all of the junk food you love and fill up the car with pillows and blankets. The drive-in is a more personal movie experience, and you can stay in your PJs!

SPEND TIME WITH OTHERS TOGETHER

It may seem like a strange idea, but by doing something good for someone else will bring you closer together. You can volunteer at a soup kitchen, collect clothing to donate or spend your time to a local hospital. Whatever you decide to do, doing something together for others will make you both feel great.

GET COMPETITIVE

Let your competitive side show by busting out the cards, board games and video games. If you think you'll need more than two players, invite a few other couples to join in the game tournament!

DESTINATION: DINNERTIME

If you still want to have a fancy sit-down meal with your partner, try going to a few of your favourite restaurants just for an appetizer or two. This way you can get a variety of your favourite foods. If you prefer meals over appetizers, narrow your favourite restaurants down to three and go to one for a drink, one for your entrée, and one for dessert!

Now it's time to come up with a creative, unique gift. When you think of Valentine's Day gifts, you probably picture some roses and a heart-shaped box of chocolates. These are the go-to gifts for a reason, but giving your special someone something more personal will be remembered forever.

NOT YOUR AVERAGE JEWELLERY

Another common Valentine's Day gift is jewellery, but a piece with a more personal touch, such as a picture of you two side-by-side in a locket, will be much more appreciated.

CHOCOLATE WITH A TWIST

Instead of grabbing a box of chocolates that will most likely be devoured in a day, give your honey a fondue set or a chocolate fountain that he or she can keep reusing for the other 364 days of the year.

TIME TO CHILL OUT

Give your partner the chance to unwind at a spa. Some spas even have deals for couples so you can join in on the pampering as well!

SHOW YOU CARE

Instead of a bunch of flowers that will wilt within a day, make a care package of things your partner can use more than once. Include things such as perfume or cologne, body butter or fancy moisturizer, lip-gloss, nail polish, fuzzy slippers, or hair care products.

KEEP ENTERTAINED

Whether it's a collection of her favourites or some new ones he hasn't read or seen, movies and books are a great gift, and can be used endlessly.

These are just a few suggestions to get you thinking – you're the one who knows your partner, so add a more personal touch to these ideas.



NO VALENTINE? NO PROBLEM!

WHAT TO DO IF YOU'RE SINGLE ON VALENTINE'S DAY

GABBY SCHEYEN | INTERROBANG

Valentine's Day is basically a day to show off your relationship. It's a mushy, lovey-dovey occasion for couples to give one another flowers and chocolate and show how much they appreciate each other.

It can be a really nice day for those people who are in relationships, but if you are single, V-Day can seem slightly daunting. Here are a few suggestions of things you can do on Valentine's Day to avoid feeling lonely.

- 1.** Go to the gym. It may seem like a lame suggestion at first, but working out releases a lot of stress and anger. When you have finished a strong workout, you will leave the gym feeling refreshed and good about yourself.
- 2.** Be your own date. Treat yourself to something nice! Have a nice relaxing bath, eat whatever you want, and buy yourself that fancy expensive item you've been eyeing for months. Pampering yourself will lift your mood.
- 3.** Have a night in. Curl up on the couch in your pajamas with some of your favourite action movies (no love stories allowed!) and some guilty-pleasure snacks. If you're going to spend the night alone, you might as well enjoy it!
- 4.** Celebrate a different kind of love by spending the day with your family. Valentine's Day does not always have to be spent with a significant other. Show your family how much you love them.
- 5.** Host a singles' party. Collect a group of your single friends and invite them over on Valentine's Day. Be sure to supply a lot of junk food and wine to keep everyone happy. You can do things like bake, gossip, watch movies or play board games. It is really up to you how you want to bond with your single buds, but remember, no couples allowed!

When thinking about what kind of food and drink you want to serve, try to stick to your anti-Valentine's Day theme. Serve some red drinks like Bloody Marys or some bitter-tasting, red-coloured cocktails. Foodwise, try messy foods that you would usually be afraid to consume on Valentine's Day like ribs, chicken wings, nachos, garlic bread or pasta. For dessert, try making some cookies in heart shapes. While the cookies are cooling, break them down the centre and decorate them with icing or leave them plain.

ANTI-VALENTINE'S DAY MOVIE SUGGESTIONS:

-  My Bloody Valentine
-  Obsessed
-  Valentine
-  Fatal Attraction
-  What Lies Beneath
-  Twisted

ANTI-VALENTINE'S DAY MUSIC SUGGESTIONS:

-  "We Are Never Getting Back Together" by Taylor Swift
-  "Somebody That I Used To Know" by Gotye
-  "So What" by P!nk
-  "Ridin' Solo" by Jason Derulo
-  "Forget You" by Cee Lo Green
-  "What The Hell" by Avril Lavigne
-  "Single Ladies" by Beyoncé
-  "Tonight I'm Getting Over You" by Carly Rae Jepsen





Date vs. Girl's Night Out

CREDIT: NASTYGAL.COM

Valentine's date vs. girls' night out



THE SHOPPING BAG
HAI HA NGUYEN
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Valentine's Day is just around the corner – are you stumped on what to do or what to wear?

Whether you have a date or going out with your girlfriends, you can look stellar, classy and effortlessly chic with bold colours and clean silhouettes.

First off, both outings are equally awesome and deserve the same amount of thought and excitement when it comes to choosing an outfit. If you're choosing to stay home and celebrate it on your own, that's awesome too – you get to stay home and lounge in your favourite sweats (yay, you!). But in case you're browsing through all the clothing racks, feeling overwhelmed by the amount of options, and you have no idea what's "appropriate" for the occasion but want to experiment with options, hopefully this is some help to you!

The Heart's Desire dress from Nastygals.com is a classy, eye-catching and figure-flattering dress for a romantic dinner. The dress is not a revealing, mini-skirt dress that some first date dresses could be; instead it's more demure, past knee length but still sexy. It is figure-hugging, has a low back and is in an irresistible fiery colour. It projects confidence, boldness, strength and femininity without having to reveal too much skin. You can accessorize with a bold cage-style heel, bold earrings and an oversized clutch to keep your fabulous red lipstick and mirror in to touch up throughout the night. It's a great outfit that can be worn again; it's not too occasion-specific.

If your plan is to celebrate this Valentine's Day with your girlfriends for a girl's night out, the Motel Savannah Dress is a fun, flirty and effortlessly chic dress that's perfect for the occasion. We're right in the middle of February and we don't get to see the sun for too long these days, so why not bring the sunshine yourself? The bold colour will brighten your mood that much more while hanging out with your girlfriends and pretty much every type of chunky necklace will make this dress look phenomenal. The shoulder slits and shorter hemline balance out the boxy, loose silhouette and the simplicity of this dress. An oversized clutch, mid-arm cuff and some strappy heels will complete this whole sassy look.

1. (Red) Heart's Desire Dress: This figure-hugging, low back and knee length dress exudes confidence and sexiness in an understated way. (Nastygals.com, \$39)

2. (Yellow) Motel Savannah Dress: This flirty and fun dress can lift your mood and brighten up your girl's night out with its bold and balanced silhouette. (Nastygals.com, \$70)

Lastly, what you wear to the occasion should be a reflection of how you feel and what you're comfortable and confident with – that's always what will give your look an edge.

Whatever you end up doing, enjoy your Valentine's Day with your loved ones!

Hai Ha Nguyen loves to discover the new trends in street fashion, accessories and styling. Follow her on Instagram at instagram.com/misshaihanguyen for the trendiest pieces this season! If you have a suggestion or feedback for her column, send her an email at hhnguyen.77@gmail.com.

Kiss-proof your makeup



BEAUTY BOY
JOSHUA R. WALLER
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Valentine's Day is soon approaching, and now's the time to start planning that perfect outfit and date night. Some would say this can be a stressful process, and the last thing you want to worry about is what makeup you are going to wear and if it will last all night.

If you are just having a night at home, keep the makeup soft and innocent, but if you are having a sexy night out, try a classic cat eye with a daring red lip. No matter what you decide, you need to make sure the makeup lasts with as few touchups as possible. Here are a few star products that are definitely kiss- and Valentine's Day-proof.

When it comes to your foundation, you want to make sure it doesn't smudge off onto your partner and you also don't want to have to constantly powder it. A matte, long-wearing foundation is your best bet because once you apply it, you won't have to touch it again for the rest of the night and it won't transfer onto clothing. Estée Lauder's Double Wear foundation and Revlon's Colorstay foundation are the most long-wearing I've tried. They also offer a very large colour selection, so they are perfect for everyone. However, since the foundations are long-lasting, they can be a bit drying, so a good moisturizer and primer are a must!

For your eye makeup, stick to powder eye shadows (unless they



CREDIT: BOLOFASHION.COM

Shiseido's Lacquer Rouge gives an intense and kissproof lip colour.

are waterproof cream shadows) and definitely use a primer – the last thing you want is your eye shadow to start fading after an hour into your date. Using Smashbox's Photo Finish Lid Primer will rid of that issue.

As for your eyeliner, stay away from kohl liners as they tend to smudge the easiest and you don't want to end up looking like a raccoon if you get a bit emotional. Try a water-resistant gel/cream liner from brands such as L'Oreal, Smashbox or Makeup Forever. These products also make it very easy to create that perfect cat eye, or a very thin line just to accentuate the eyes.

To fully kissproof your lip makeup, avoid glosses and creamy lipsticks because you will have to

constantly reapply them, which is very distracting. Start with a lip stain (Revlon's Just Bitten lip stains are very effective and affordable) and then use a tinted lip balm such as Maybelline's Baby Lips for a cute night in. If you want to amp up the colour, use a lip liner on top of the lip stain and then finish it off with a lip lacquer. Shiseido's Lacquer Rouge offers a huge colour selection and only needs one application for a very intense, long-lasting colour.

To finish off your entire look, I recommend using a fixative spray just so you can be absolutely sure that your makeup will stay put. Lise Watier and Clarins both make excellent sprays that will guarantee a kissproof makeup for a romantic Valentine's Day.




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Any questions?  /fanshawesu
Ask Adam Gourlay  /fanshawesu
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Have sweet dreams in your bedroom suite



TURN BORING SPACES BEAUTIFUL
BRITTANY ROACH

Alright, everyone, it's 2014 and it's time to get with the trends and spice up your bedding! The bed should always be the focal point of any bedroom and must be dressed appropriately.

Let's get started with must-haves. In order to create the dream bedding, you have to think beyond the basics – the pillows, blanket and duvet cover. You should be thinking colour, texture, shape and layers! These four concepts combined together will give your bed the wow factor.

Choosing your bed cover is the trickiest part; you want to find something that has colour and, if you're lucky, some texture. The colour will draw your guests' eyes to the bed and the texture will keep their eyes moving. It's all about the texture!

Once you have your bedding colour figured out, you can begin to choose your accent pillows. Sometimes less is not more, and more is fun and interesting! Choose pillows with a pattern that will complement your bed cover or you choose patterns that incorporate the exact same colour – this will give you a unified look when it is all put together. When choosing your pillows, make sure to grab a few filler pillows (the three smallest pillows in the picture). These pillows must have some sort of texture, pattern and be a different shape. They will give your bed a professional, finished look.

Time to talk bed sheets! To be on the safe side, always go with neutral colour bed sheets when you have bold bedding – adding more



CREDIT: BEDDINGSUPERSTORE.COM

excitement to your bed may be overwhelming. Choose white or a soft pastel that could possibly be found in your accents; this will give you the solid and plan base you need for the rest of your colourful and fun bedding!

Last but not least, if you are a headboard lover like myself, then you feel no bed is complete without one. Headboards are usually pretty expensive, especially fabric ones. I recommend choosing a neutral colour to allow your

colourful bedding to pop! Line fabric headboards with shiny furniture pins – this will create another visual interest to your bed!

Say no more to the typical bed in a bag; it's 2014 and it's time to take your bedding to the next level. Creating the dream bedding is easier than you think – it only takes four simple components: colour, texture, shape and layers. Say hello to your future dream bed!



CREDIT: STEPHEN ECHAVIA

Keys N Krates played to an enthusiastic crowd in Forwell Hall on January 31.



CREDIT: SARAH WATTS

Above: The crowd waves their glow sticks in Forwell Hall on January 31 during a Keys N Krates show. Below: Ankit Gupta, Ishwinder Singh and Risgabh Sharma enjoyed a night out and the beats Keys N Krates were pumping out.



CREDIT: STEPHANIE LAI

From left, Curtis McKinnon, host Tim Fraser, Robyn Armstrong, Kim Verbeek and assistant Brie Ansah participated in the Fanshawe Student Union's Tuesday nooner, Deal or No Deal. Each participant walked away with a nice chunk of change. McKinnon was the big winner, pocketing \$425, while Armstrong won \$225 and Verbeek took home \$72.



Where Business Meets Lifestyle

After more than 15 years living in Asia, Pamela and Jesper Andersen came back to Canada. In 2009, Elgin County's natural beauty, community feeling and business-friendly mindset provided the Andersens with an ideal location to establish LAVENDER SENSE Farm, Boutique and Retreat.

LAVENDER SENSE is a premier grower and marketer of fine lavender, essential oils and exquisite lavender products. This creative and thriving agri-tourism destination is in the sensory trade - their business is about 'well-being, romance and fine living' and welcomes thousands of visitors each season.

How Nintendo leapfrogged Atari, Part 2



GAMING THE SYSTEM
ESHAAN GUPTA
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Nintendo was no stranger to video games. Their wunderkid Shigeru Miyamoto had already helped the company establish a degree of arcade success with *Donkey Kong* and *Mario Bros*. Their hot new video game system, the Famicom, already out in Japan, Nintendo saw the crash as an opportunity to gain foothold in a market that was ready for a new player.

The most ingenious aspect of Nintendo's marketing in America was the avoidance of describing the hardware as a video game. Games WERE, after all, a passé fad that ended in tears and broken promises. No, the Nintendo Entertainment System, with its VCR-like spring-loaded cartridge slot and boxy yet sexy look, was the furthest looking thing from a video game that the average consumer found. It was an "Entertainment System," one that came bundled with a toy gun and a toy robot, and was even meant to come with a Commodore 64-esque keyboard set that was ultimately scrapped.

Recognizing the failings of their

predecessor is what truly made Nintendo strong. Bad games from a lack of QA testing was what killed Atari and video games in general. Buying a \$60 game is an investment for the average consumer, and Nintendo realized that.

Pull out your copy of *Super Mario Brothers/Duck Hunt*. See the little gold seal on the face? The Nintendo Quality of Assurance was what prevented further embarrassment from unwanted contributors. Using a mechanism called the CIC lockout chip built into the NES console and the cartridge, only developers approved by Nintendo were allowed access to manufacturing specifications. Any sort of bootleg or pirated game had no chance in bypassing the encrypted system. The flow of titles was steady, and if not fun to play, at the very least they were made with some semblance of effort.

It was 1986; games were back on the market, and Nintendo ruled with an iron fist. Nintendo's creation of Nintendo Power, a magazine that more or less was an advertising catalog that required a \$30/year subscription, helped bolster a decent rapport with the kids with the right dosage of radi-cool attitude. The control was strong – maybe a bit *too* strong. Developers were only permitted to create five games per business year, which led

companies like Konami to sidestep the issue with the creation of shell corporations like the *Ultra Games* label.

The ghost of the old didn't fade away just yet. Atari, wanting in on the action, created their own company, Tengen, ready to slide out their own brand of quick-buck video games. Soon enough, however, the reality of the five game a year limit hit them, and they realized they needed to sidestep this. Going completely off the map, Tengen employees impersonated a lawyer in order to contact a U.S. patent office to request specifications on the CIC lockout chip. Reverse engineering the chip finally gave Tengen the free rein to publish as many workable bootleg games as they pleased.

The big N wasn't pleased, and, in 1989, sued Tengen. No match against the video game juggernaut, Tengen was forced to recall their bootleg games, but not before filing a countersuit charging Nintendo with antitrust practices, based on the fact that publishers had to sign exclusivity deals. Although not the first in Atari's history of stupid lawsuits, the losing countersuit did force Nintendo to loosen their grip on the market, establishing more leniency with game developers and publishers.

Creating cracks for a competitor named Sega to slip through...



CREDIT: NINTENDO

R.O.B the Robot came bundled with the NES Deluxe set. Though he was totally useless for any serious gaming, he still looks kinda cool.

Five funniest British television exports



G33K LYFE
ANDREW VIDLER

They see comedy a little differently in the United Kingdom – a fact that is most obviously reflected in their television shows.

The rise of Netflix has made many of Britain's funniest programs more widely available than they were five years ago, providing the opportunity for many to experience a different brand of comedy. Listed below are five very different, but very funny comedies that come to us from across the pond, ranked by an infallible system (my own judgment).

5. *The Increasingly Poor Decisions of Todd Margaret* (2010-2012)

The only series on the list that was jointly produced by a British and an American network, this short-lived series demonstrates just how badly a few small decisions can snowball until you're in over your head and on trial for a long list of charges you've barely heard of. Starring Americans David Cross and Will Arnett (*Arrested Development*) and Brit Blake Harrison (*The Inbetweeners*) and Irish comedian Sharon Horgan, this bizarre look at culture shock will make you laugh and cringe in equal measure as bumbling idiot Todd Margaret (Cross) attempts to sell a North Korean energy drink in England. Oh, and look out for a pleasantly paranoid appearance from *Her* director and this year's likely Oscar winner Spike Jonze.

4. *Extras* (2005-2006)

A look at the people that make



CREDIT: WOS

The slang in *The Inbetweeners* is some of the most awkward you'll ever hear.

up the background of our favourite shows, this program was the second consecutive hit from the minds of *The Office* creators Ricky Gervais and Stephen Merchant, who star as an extra who is dreaming of making it as an actor and his agent who couldn't negotiate with a child. In each of its 13 episodes, Andy (Gervais) was put in the cast of a different celebrity, with his attempts to be liked backfiring horribly. These guest stars included star names such as Patrick Stewart, Samuel L. Jackson and Daniel Radcliffe, often supported by many others in an episode.

3. *The IT Crowd* (2006-2010)

Television shows that are set in an office seem to be interchangeable, focusing on the higher-ups of a million-dollar company and ignoring the most important aspect

of any office: the nerds in the basement who work in IT. While nerds have been popular comedy fodder since the invention of the computer, *The IT Crowd* stands above the rest thanks to pitch perfect appearances by Chris O'Dowd (*Bridesmaids*) and Richard Ayoade (*The Watch*) as a pair of socially inept nerds under the supervision of a computer illiterate airhead (Katherine Parkinson). Ayoade's delightfully awkward Maurice Moss is one of the finest comedy characters in years and a sure hit for anyone who finds awkwardness the least bit funny.

2. *The Thick of It* (2005-2012)

We've all had some pretty bad bosses – some who have been downright insulting – but none of us (I hope) has ever had to hear our boss describe us as "an

epic fuck-up, he's so dense that light bends around him," but then none of us have ever worked in the British government under PR spin-master Malcolm Tucker. An offensive, overwhelming, tour-de-force performance from Peter Capaldi as Tucker is the only reason I have to recommend this show – provided you can withstand the constant profanity that hits you like a solid object. The show has a perfectly fine supporting cast and the political blunders make for interesting stories, but this show is all about hearing just what masterful insults Tucker will lay on his subordinates. Also the best way for *Doctor Who* fans to get a look at Capaldi before he properly begins his time as The Doctor.

1. *The Inbetweeners* (2008-2010)

Being a guy in high school is a tough time, especially so when you don't know anyone and your mother sent you to public school with a briefcase instead of a backpack. This is where *The Inbetweeners* begins, following snootily posh Will (Simon Bird) as his parents' divorce sends him from private to public school, where his quest for social acceptance leads him to falling in with school misfits Simon (Joe Thomas), Jay (James Buckley) and Neil (Blake Harrison). Lewd, vulgar and awkward in the way that only teenage boys can be, this show follows the four young men on their quest to get good grades, become "cool" and, most importantly, get laid. This show also receives credit for some of the most cringeworthy slang you've ever heard.

One clucking good movie



Cinema Connoisseur
ALLEN GAYNOR
www.cinemaconn.com

Poultrygeist: Night of the Chicken Dead (2006)



Not only am I a cinema connoisseur; I also consider myself to be a chicken connoisseur. I enjoy poultry in many different forms – nuggets, fingers, breasts and balls. Thanks to the fine folks at Troma, I am now able to enjoy chicken in another form, that being the 2006 horror/comedy/musical *Poultrygeist: Night of the Chicken Dead*.

Troma is an independent movie studio that produces “B-movies.” I assume that the “B” stands for brilliant. *The Toxic Avenger*, *Surf Nazis Must Die* and *Chopper Chicks in Zombietown* are just some of the classics that have been produced by this company. Sex and violence aplenty are usually found in these films, and *Poultrygeist: Night of the Chicken Dead* is no exception.

At its core, *Poultrygeist: Night of the Chicken Dead* is a love story about high school sweethearts Arbie and Wendy, who are reunited after a year apart. Arbie plans to

visit an ancient Native American burial ground, where the two made love the year before... or at least attempted to before being interrupted by a masturbating man, who goes on to be killed by a zombie.

Arbie is in for a bigger surprise than that this time around. You see, the cemetery has been replaced by a chicken restaurant, and its parking lot is filled with angry protesters who are crying fowl. Among the protesters is Wendy, who has returned from college, and is now romantically involved with another young woman.

Heartbroken, Arbie takes a job with the chicken restaurant out of spite, but it soon becomes clear that there are more than 11 herbs and spices added to the product at this particular establishment.

While the proprietor of the American Chicken Bunker took great care in moving the corpses from the cemetery into a dumpster, the spirits of these men and women still remain, and they are pissed. They take possession of not only the food being served, but those who are consuming it. Before long, men start growing chickens eggs out of their chest, which hatch chickens. Some customers turn into human/chicken hybrids. Heads are severed, and people are ripped apart, much like one would rip apart a delicious chicken wing. The climax of this film is more chaotic than a Saturday night shindig at Justin Bieber’s pad.

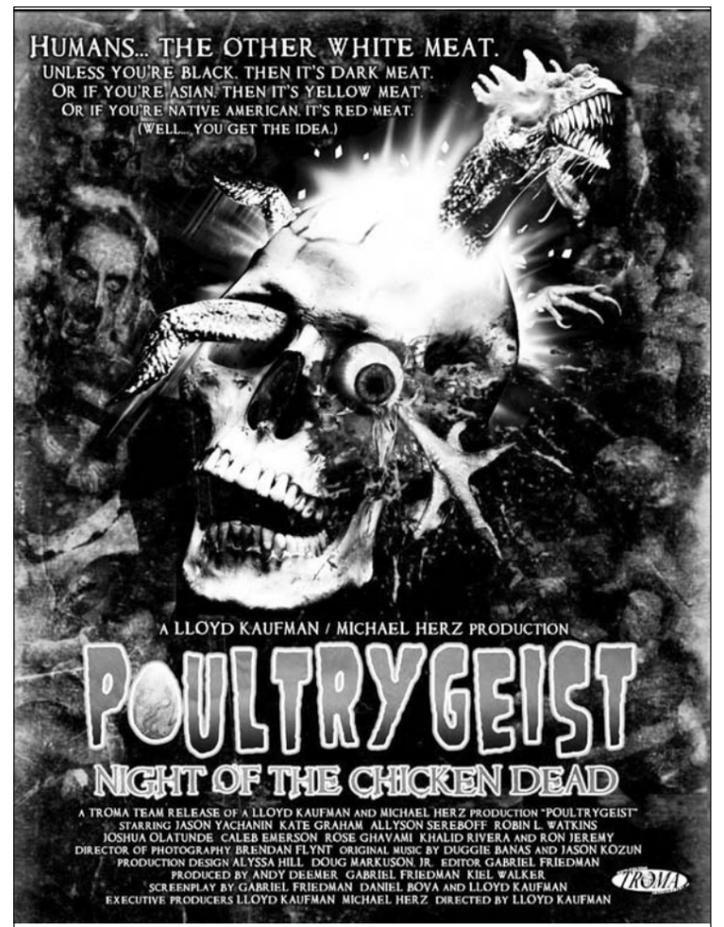
The good folks at the Guinness Book of Records have to take a

look at *Poultrygeist*, as I am sure this film would be immortalized in their publication. It absolutely has to be the bloodiest movie ever made. It gets to the point where an hour into the film, someone’s testicles are ripped off, and thrown in a deep fryer. I didn’t even bat an eyelash. In any other film, that would be a major talking point. Just imagine if Jennifer Lawrence did that to Christian Bale in *American Hustle*. That would surely be a scene that people remembered. In this film, it doesn’t make the top 10 most gruesome moments.

It would also challenge for the record for the most fecal matter ever displayed in a motion picture. Eating possessed chicken will wreak havoc with one’s digestive tract, and as a result, this film is filled with so much shit that I had to double check to make sure Michael Bay hadn’t directed it.

It also features perhaps the most topless musical numbers ever performed on film. Though to be fair, it has been a while since I watched *Mary Poppins* or *The Sound of Music*, but I have no memories of mammarys being on display while Julie Andrews was belting out some tunes.

If for some unfathomable reason the thought of gratuitous violence/nudity/excrement just isn’t appealing to you, then you probably shouldn’t watch *Poultrygeist: Night of the Chicken Dead*, as I understand it is a film that might ruffle some feathers. However, if



CREDIT: TROMA

Chick out *Poultrygeist* this Valentine’s Day.

you are open minded enough, I cock-a-doodle-doo think that you will love *Poultrygeist*, and that you will come bock-bock-back for more viewings. And let me reiter-

ate: at its core, *Poultrygeist: Night of the Chicken Dead* is a love story, so you should think about watching it with your sweetie this Valentine’s Day.

Fact vs. fiction in the life of the world’s worst filmmaker



REEL LIFE
ESHAAN GUPTA
e_gupta@fanshaweonline.ca

Bad movies are an entire genre of their own, a world apart from the eyes of mainstream cinema. Something you can enjoy with your smart-alecky friends, the peanut-gallery experience of watching a movie to simply mock it can be incredible amounts of fun. There may be many terrible filmmakers both mainstream and fairly obscure, but none compare to the pioneering of trash like Edward D. Wood Jr. did.

What truly set Wood and his films apart from other terrible films is his *enthusiasm*; he lacked the moxie, the money and the make-do, but he sure as hell never gave up. His entire catalogue of film – from the oddly progressive cry for acceptance *Glen or Glenda* to the infamous sci-fi blunder *Plan 9 from Outer Space* – are highly entertaining to watch, and the knowledge that he truly was trying his best given the circumstances adds a level of warmth to these celluloid disasters. So loved are the works of Ed Wood that a biopic directed by Tim Burton starring Johnny Depp was released to cult popularity, introducing an entire new generation to those films.

I use the word “biopic” very loosely. While *Ed Wood* the movie is quite excellent and follows the life of the filmmaker loosely enough to be considered biographical, it’s full of inaccuracies and embellishments. As much as I love



CREDIT: DEPPIMPACT.COM

Johnny Depp plays the cross-dressing untalented filmmaker well in *Ed Wood*.

the works of the man, and the (intentionally) good and funny biopic that spawned as a result, the reality is much more depressing.

Probably the most unaddressed problem with Wood was his alcoholism. A condition that’s no stranger to some of history’s greatest (and, evidently, crappiest) artists, Wood’s alcoholism is what drove away his first and second (never seen in the biopic) wife, and was what ultimately killed him. While fans attribute Wood’s trans-

vestitism to the failure of his relationships, it was the love of good drink that killed him.

Wood’s obscurity is highly understated as well. While the biopic shows *Plan 9* opening at a gala premiere, the reality was that it, much like all his other films, were quietly distributed for a small profit and then fully forgotten. Overall, things really were quite dismal for the man, who resorted to shooting nude flicks and exploitation material later in life to stay

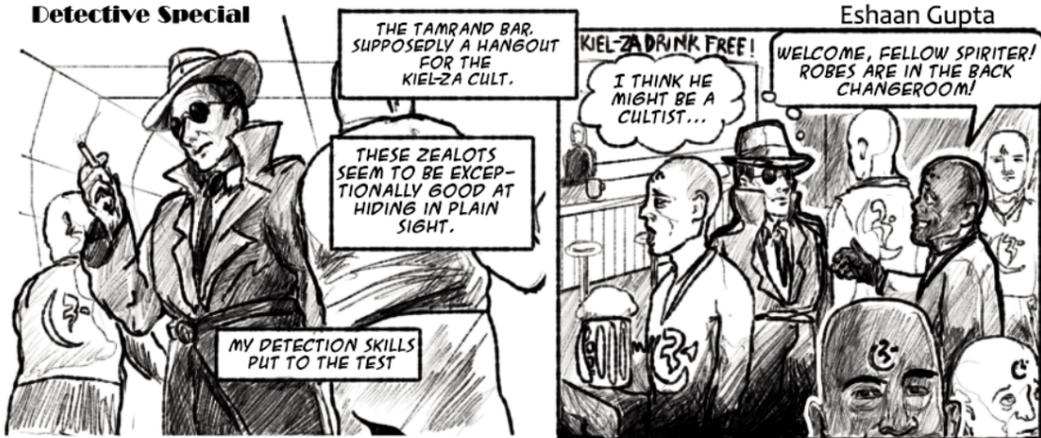
a float until his death. In general, the biopic is mostly glued together from speculation, anecdote and pure fiction.

Don’t take this as a reason to skip out on it, however. A classic rags-to... well, still rags, but slightly-better-rags-than-before story, the biopic is still inspiring enough despite the subject matter. If anything, the black-and-white embellishment of Ed Wood as played by Depp still works on its own without needing prior knowl-

edge of the Wood film catalogue.

Ever since the rise of his popularity after being featured in the *Golden Turkey Awards*, however, it can hardly be said that Wood’s films are a failure. Gathering a group of friends to slough through *Glen or Glenda*, *Bride of the Atom* and *Plan 9 From Outer Space* can prove to be a rewarding experience, and a definitely appropriate way to celebrate the legacy of a man who suffered through much for his grandiose visions.

Detective Special



BUS STOP



NOT NEUROTYPICAL

You are not alone.

Depression is something a lot of people struggle with ...

But few seek help for.

It's true, diet and exercise can help, as can various mental exercises ...

... But if there's something chemically wrong with your brain, a lot of these things won't help until it's addressed.

It's okay to seek help. It's okay to take a prescribed medication - it's just like wearing glasses. It helps you see the world in a better light.

Remember. You're not alone.

Never be afraid to seek help from a counsellor or medical professional.

laura.billson@gmail.com

observationalomalies

AROUND EXAM TIME I HAVE OBSERVED THAT EVERYBODY IS RUSSIAN.



www.observationalomalies.com

A comic by Christopher Mlsczak © 2014

Butt sweat n Tears by Andres Silva



NERDS



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zodiac stargazer HOROSCOPE

Aries (March 21 - April 19)

An extra breath of astrological Air spreads your Fire further and faster. Embrace the change instead of waiting for a formal introduction. It's not all about passion, though. Good judgment saves you from going over the edge.

Taurus (April 20 - May 20)

Your plans mutate as you try to enact them. Your best efforts don't seem to make a difference. Pay attention to something that you've forgotten to notice lately. The Stars have reasons of their own.

Gemini (May 21 - June 20)

Everyone turns brilliant in Gemini's world. Your tongue is untied, spilling your load of dazzling stories into receptive ears. Don't wait another minute to tell people that you love them.

Cancer (June 21 - July 22)

Your life is dominated by the fast and articulate. Cancer has trouble putting up with all the active energy abounding. Radiate tranquility. Eventually someone will slow down enough to take a look.

Leo (July 23 - August 22)

Move swiftly to initiate a personal relationship. The Universe has aligned everything in your favour, but it won't wait. Fall in love with your advantage, and make it work for you.

Virgo (August 23 - Sept. 22)

The best moderator is one who agrees with all points of view. Virgo knows too much to have a single opinion. Education can be a humbling experience. Nothing is as urgent as you once thought.

Libra (Sept. 23 - Oct. 22)

Your idealism is inflated to cosmic proportions. For Librans who want to be all things to all people, there's finally enough to go around. Put forth your agenda while everyone's still listening.

Scorpio (Oct. 23 - Nov. 21)

If you plan to take a risk, everyone will know about it. So-called sensible people may get on your nerves more than usual. A personal decision removes any need for compromise.

Sagittarius (Nov. 22 - Dec. 21)

You stand, or maybe fidget, at the start of an extremely active period. You'd rather jump into a project that's already moving instead of starting out cold. Rise to the defense of something in which you believe.

Capricorn (Dec. 22 - Jan. 19)

You like stability, but the world has something else in store for you. Be aware of other people's issues. Knowledge will help you in ways that you can't yet determine.

Aquarius (Jan. 20 - Feb. 18)

Share with anyone capable of taking what you dish out. Rearrange your home or work space to accommodate your new dynamic. Someone who thinks that you've lost interest is in for an excellent surprise.

Pisces (Feb. 18 - March 20)

You're in a strange and unexpected place. All of the Air Signs in your life are breathing out the dangerous scent of power: Beware of who you irritate. Work on making friends and on establishing your niche.

Tell Overture."

QUIRKY FACTS

1. There's a road in Lancaster, CA that has grooves carved in such a way that when you drive over them at 55 MPH, they will play a part of Rossini's "The William

2. In 1996, an Iraqi man named Sam Eisho moved to Australia and used the welfare system as income. Some years later, he became successful and wrote a cheque for more than \$18,000 to the Australian Government (every cent they gave him).

3. A woman from Michigan named Barbara Soper gave birth on 10/10/10, 09/09/09 and 08/08/08

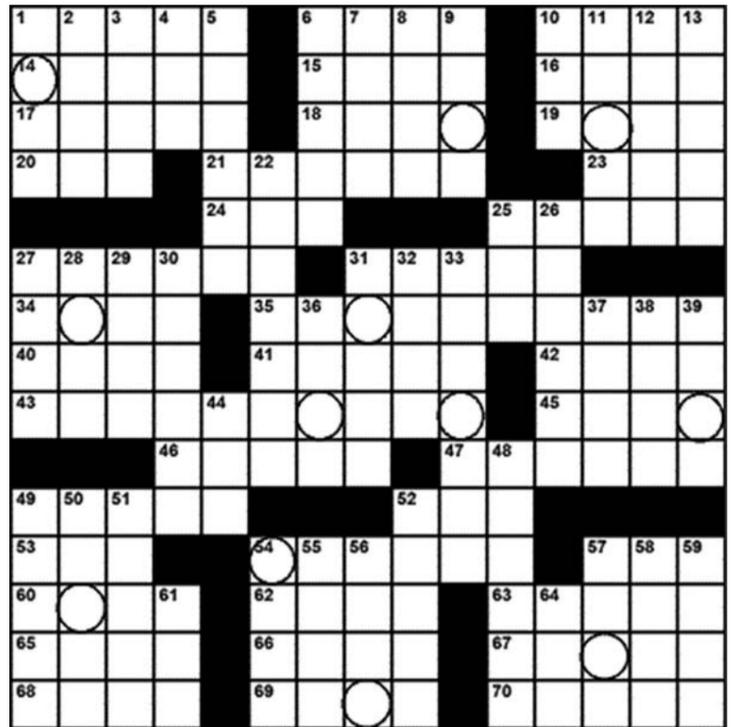
After the puzzle has been correctly solved the letters in the circles when read from left to right across each row will spell a special message or word.

Across

- On the ocean (2 words)
- Chief star in a constellation
- Hit at a fly
- Give a twisted form to
- Den
- Hindu queen
- Extremely severe
- Essence of a matter
- "___ ain't a word"
- Observe
- Periods of history
- By way of
- Girl (informal)
- Radiance
- Airplane alternative
- Aspect of the moon
- Margarine (informal)
- Gossiper
- Scarce
- Cake decorators
- Large luxurious car (informal)
- Devotee
- Give off
- Was in pain
- Those on a horse
- Ruminant mammal
- Precedes DEF
- Feminine name
- Having a deep, rough voice
- Fall behind
- Snaky fish
- Group of Zulu warriors
- Fishing net
- Delight
- Loch ___ monster
- Discourage
- White wine
- Beech, for instance
- Sets of bells

Down

- Poisonous snakes
- Affectedly quaint
- Trigonometric function
- Period of time
- State without proof
- Eclipsing binary star that is the second-brightest in the constellation Perseus
- Non-cleric
- Cod, for one
- Branch of learning
- Title used to a Spanish lady (abbr.)
- Decline to take advantage of
- Red-headed orphan in cartoons
- Person or organization of very great strength
- Not complete
- Compass direction
- Cured
- Feminine name
- ___ V: king of Norway 1957-1991
- Fairy-like being
- Part of a boot
- Make an earnest appeal
- Large group of cattle
- Includes as part of itself
- Skin condition characterized by pimples
- Frost
- Muslim ruler's title
- Decays
- Caesar's 3
- Frosts over (2 words)
- Letter of the Greek alphabet
- Under parts of ships
- End of a shoelace
- Get up
- Clue
- Poet Khayyam
- Church recess
- Capital of Peru
- Relating to the end of the alimentary canal
- Brigade leaders (abbr.)
- Small rorqual
- Compass direction



5. State without proof
6. Eclipsing binary star that is the second-brightest in the constellation Perseus
7. Non-cleric
8. Cod, for one
9. Branch of learning
10. Title used to a Spanish lady (abbr.)
11. Decline to take advantage of
12. Red-headed orphan in cartoons
13. Person or organization of very great strength
22. Not complete
25. Compass direction
26. Cured
27. Feminine name
28. ___ V: king of Norway 1957-1991
29. Fairy-like being
30. Part of a boot
31. Make an earnest appeal
32. Large group of cattle
33. Includes as part of itself
36. Skin condition characterized by pimples
37. Frost
38. Muslim ruler's title
39. Decays
44. Caesar's 3
48. Frosts over (2 words)
49. Letter of the Greek alphabet
50. Under parts of ships
51. End of a shoelace
52. Get up
54. Clue
55. Poet Khayyam
56. Church recess
57. Capital of Peru
58. Relating to the end of the alimentary canal
59. Brigade leaders (abbr.)
61. Small rorqual
64. Compass direction

Solution on page 22

Word Search

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

Valentine's Day

(Words in parentheses not in puzzle)

- | | | |
|---------|---------|------------|
| Admirer | Cupid | Passion |
| Amorous | Flowers | Rose |
| Be Mine | Heart | Smitten |
| Candy | Kiss | Sweetheart |
| Card | Love | Wooper |

Sudoku Puzzle

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

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 22.

— the odds of which are 50 million to one.

4. Twin brothers separated at birth and reunited 39 years later lived almost parallel lives. Both were named James, both owned a dog named Toy, both had married twice; first to women named Linda and second to women named Betty. Both drove Chevys, smoked Salem cigarettes and drank Miller Lite.

5. The rarest motorcycle in the world was found behind a brick wall in Chicago and has engine technologies well ahead of its time. The "Traub" is still running to this day.

6. A man from Newport, UK, threw away a computer hard drive before realizing that it contained \$7.5 million worth of bitcoins.

7. Meysi is one of the world's smallest dogs, measuring in at just 7cm tall, 12cm long, and weighing a meagre 250 grams (only slightly heavier than a hamster!)

8. Thumbelina, the smallest horse in the world, is about the size of a dog.

9. The oldest creature ever found was Ming the clam at an admirable 507 years old.

10. Putting your car alarm remote under your chin or beside your head increases its range.

11. A couple from Bristol who had trouble selling their house, found out they had an original Banksy on their wall, and received twice the asking price by selling the painting with a house attached.

12. Scientists lit a cave of natural gas on fire in 1971 expecting it to only burn for a few days; it still burns to this day. It has been nicknamed "The Door to Hell."

KIOSK QUIZ ANSWER
FEB. 3 2013

YOUR TUITION INCOME TAX RECEIPT (T2202A) IS ON WEBADVISOR NEAR THE END OF FEBRUARY.

PRIZES SPONSORED BY CHARTWELLS



CREDIT: MICHAEL BARRETT

Fanshawe photography students Preston Gervais and Stephanie Lizmore take on the roles of photographer and glamour model during a visit to Soho studios in London. Soho's Brian Hillier, who teaches Practical Photography at Fanshawe, hosted the event and demonstrated commercial lighting techniques as part of Photo Week. Photo Week is part of the photography program's calendar designed to give students a chance to be exposed to real live photography environments by replacing regular classes with field trips.

BEST IN LATE NIGHT COMIC RELIEF

THE LATE LATE SHOW with Craig Ferguson

You'd think with technology they'd update Groundhog Day just a little. Maybe have Phil stay down in his hole and just tweet out his prediction.

How about that Super Bowl? Some of you may expect me to make jokes about the Broncos. I won't do that. To me it's just beating a dead horse.

Well done, Seattle. I think they needed this to cement their reputation. Before last night, the meanest guy from Seattle was "Frasier."

Scientists say that by the year 2045 we can all be immortal. It involves putting your brain into a robot. But why do we need to figure out how we will live forever? Can't we just ask Larry King?



CONAN with Conan O'Brien

The royal family has reportedly burned through its money and is now strapped for cash. In fact, Queen Elizabeth needs money so badly she's now co-starring in the next Nicolas Cage movie.

The owner of the Ringling Brothers circus has become America's latest billionaire. Yeah, he got rich by paying his workers peanuts.

After appearing in a commercial during last night's Super Bowl, people are accusing Bob Dylan of selling out. Today Dylan responded by saying, "Everyone needs to calm down, have a Bud Light, and relax at a Sandals Resort."



Much more than an author



READING BETWEEN THE LINES
ESHAAN GUPTA
e.gupta@fanshaweonline.ca

The world lost a pioneer of British comedy the day Douglas Adams died. Well-remembered, of course, for the *Hitchhiker's Guide to the Galaxy* "trilogy of five," Adams' quirky sense of humour endures through a small but definite fandom, with the reminder not to panic and to always carry a towel.

Being an author, however, was just one of Adams' talents.

Most people don't realize it, but *The Hitchhiker's Guide to the Galaxy* began as a BBC Radio series. In fact, the books are more or less expanded adaptations. The immense popularity of the radio program resulted in the adaptation to print and the difficult to film yet successfully completed television miniseries based on the first series. It's still rather amusing despite being ridiculously dated, and is definitely less underwhelming than the 2005 movie.

While in no need of introduction to some, *The Hitchhiker's Guide to the Galaxy* pioneered in post-modernist comic sci-fi. Miles ahead of films like *Spaceballs* in spoofing sci-fi tropes in a self-aware manner, *H2G2* relegated the story of Arthur Dent, one of the last humans to ever exist after Earth is destroyed by intergalactic bureaucrats. Really, though, the story within the books, while good, serve mainly as a backdrop for Adams' rather humorous musings on the nature of humanity, space, time and other such time-wasters. It really is the most British British thing to exist, masked within a bubble of detached sarcasm. It's real life with spaceships, really.



CREDIT: BBC

The special effects are shoddy, but the TV adaptation of *H2G2* is amusing enough to distract you from that fact.

Even before *H2G2* Adams carried a degree of success. His first foray into the world of media began as every nerd's wet dream: being a sketch writer for *Monty Python's Flying Circus*. An uphill struggle from here, however, was all he got until the airing of his radio play.

Of course, there's a ton more to Adams than just *H2G2*. Also a dream job for gawky nerds everywhere, Adams proved his mettle as a science-fiction author as a screenwriter for *Doctor Who*, a job that he held for a good number of episodes. Speaking of which, check out the old *Doctor Who* episodes. The idea of watching the show "for the story" while ignoring the rickety, cheap production values REALLY gets put to the test when you witness slug monsters made of bubble wrap.

Less sweeping under the rug and more quick-shooting, Adams was also a technological pioneer, an early adopter of computer stuff like email as early as the 1970s, a

staunch atheist (but not one that was a humourless sod that resorted to picketing), musician and environmental activist. And he was pretty damn good in juggling all that.

This IS an author spotlight, but Adams, despite being remembered for his books, was so much more than that. Not that there's anything wrong with sticking to the *H2G2* series. They're quite delightful and demand your attention despite the rather despairing turn of events within them. If that turns you off a bit, checking out *The Salmon of Doubt*, a collection of his unfinished work and rambles, is the best way to get inside the head of this strange yet amusing man. Hey, at least you aren't watching the movie.

Reading Between The Lines explores books that you may have missed out on that are worth your while. If you have a book to suggest, email Eshaan at e.gupta@fanshaweonline.ca.

LATE NIGHT with Jimmy Fallon

NSA leaker Edward Snowden was just nominated for a Nobel Peace Prize. When Snowden asked where he could pick up the award, the organizers said, "Um, 1600 Pennsylvania Avenue."

Joe Biden said that Hillary Clinton's decision to run for president won't affect his decision to launch a campaign. While Hillary says Biden's decision to run for president won't affect her becoming president.

House Republicans unveiled a new plan that would allow undocumented immigrants to become citizens if they learn about American history. Which will be great, because then they can teach it to Americans.



THE TONIGHT SHOW with Jay Leno

Iran says they want to encourage more tourism from the United States. They might want to change that "Death to America" slogan. A lot of families are not comfortable with that.

Music industry executives are now defending Justin Bieber, saying that he was arrested because he was profiled by the Miami police. Well, how much longer will we put up with "the man" targeting rich white kids in Lamborghinis? When is that going to stop?

Did you all see that game yesterday? Was that the worst Super Bowl ever? It was 43 to 8. The Puppy Bowl on Animal Planet was more competitive than that.



JIMMY KIMMEL LIVE with Jimmy Kimmel

It cost \$4 million for a 30-second ad during the Super Bowl. I'm always surprised at which companies elect to pay that. How did a pistachio company afford \$4 million? What kind of markup are they getting on those nuts?

The traditional pre-game sit-down with President Obama went to Bill O'Reilly. The interview got off to a rocky start. O'Reilly asked Obama, "Where you were born was football played with your feet?" And it went downhill from there.

Justin Bieber was arrested for drag racing a Lamborghini while under the influence. The results of his drug test show he was on both marijuana and Xanax. That's an interesting combination. It's like he's part teenager, part "Real Housewife."



THE LATE SHOW with David Letterman

The mayor of Sochi in Russia where they're having the Olympics says there are no gay people in Sochi. Well, we can't expect too much from the opening ceremonies then. Who will be working on the choreography?

Let's talk about the big game yesterday. The Seahawks beat the Broncos 43-8. The Broncos are blaming it on a traffic study.

Paul and I have been together doing this show for 32 years, and it is more or less the same show we started at NBC. Yes, at NBC things were going along great, and then I got fired. They caught me parking in Tom Brokaw's spot.

It's now 49 cents to send a first-class letter. I hope this will cut down on my hate mail.



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SCAN ME!

THURSDAY

MUSIC NOONERS

Matthew de Zoete

fsu.ca
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UNIVERSITY
STUDENT
UNION

Thurs. Feb. 13th

Free Live Music most Thursdays in Forwell Hall @ 12 PM



CREDIT: STEPHEN ECHAVIA

Despite Fanshawe's Mathieu Poulin's spike, the Falcons fell to Mohawk three sets to one. The Falcons sit in second in the OCAA West Division.

"Glamour" at the gym



HEALTH HABIT OF THE WEEK
Fitness and Health Promotion students

Q. Do the clothes I work out in really matter?

A. First of all, we commend you for being physically active and working out! However, it is important to wear proper attire for the following reasons:

Breathability allows your body to cool properly. If you're wearing heavy clothing, like a thick sweater, your body heat gets trapped. This can increase your susceptibility to suffering from heat exhaustion. Play it safe and wear light, loose clothing.

Comfort, because, let's be honest, who doesn't want to be comfortable while sweating?

Mobility, because wearing loose, stretchable clothing is important for allowing your body to perform through all ranges of motion. By performing exercises through different ranges of motion, you're increasing your performance abilities and thus your results. Ever hear the phrase, "I can't do that in these jeans?" It applies to the gym too.

Footwear is VERY important! Your joints are going to take a beating while you exercise, so you need to provide them with the best stability possible. Proper footwear gives your feet arch support and ventilation – and no one likes stinky feet! If you are unsure of what the best shoes are, ask the professionals in footwear to get the right pair for you!

Submitted by second-year Fitness and Health Promotion students.

The Fanshawe Falcons wrapped up their home schedule with a win over Mohawk in three sets to improve their record to 14-2, good for second place in the OCAA West Division. Brandie Ellis (#9) and Kaitlyn Seguin (#12) impacted the game with their strong play at the net.

CREDIT: STEPHEN ECHAVIA

SEXUAL AWARENESS DAYS

Mon. Feb. 10th to Thurs. Feb. 13th

For more info www.fsu.ca

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The Out Back Shack
Free Admission
Cool way to meet people!

CONDOM CASINO
TUES. FEB. 11TH
8 PM | Forwell Hall
Free Admission
Tons of sexy prizes, and free condoms!

SEX TOY BINGO
WED. FEB. 12TH
9 PM | The Out Back Shack
Free Admission
Win some sexy and fun prizes!

www.fsu.ca



CREDIT: NAUMAN FAROOQ

The Honda Civic, the best selling car in Canada for the last 16 years in a row, looks like it will maintain its dominance with the 2014 model.

Civic is back in action



MOTURING
NAUMAN FAROOQ
naumanf1@yahoo.com

The last time Honda gave the world an all-new Civic was back in 2006; since then, the Japanese manufacturer has been evolving its globally popular model.

However, for the 2012 model year, they got it a bit wrong. The 2012 update was seen by many as a downgrade. The quality of the materials used for both inside and outside the car looked cheap, and the reviews for this model were mostly negative.

Honda was quick to respond, and within months had a much more pleasing update ready for the 2013 model year. This update, which concentrated on righting all the wrongs they committed the year before, largely concentrated on the Civic sedan model.

For this year, Honda has given the Civic coupe the priority. The styling for the two-door coupe has been refreshed, and the mechanical and technology updates will benefit the coupe and sedan model.

The biggest mechanical change with the 2014 Civic is with its automatic transmission. Gone is the old five-speed autobox, replaced by a new CVT (Continuously Variable Transmission) gearbox.

According to Honda, they have worked very hard to make this CVT gearbox feel like a normal automatic, while still providing the benefits of the CVT, such as improved fuel economy. While the 2014 Civic – when equipped with its regular 1.8L I4 motor – produces just three horsepower and one pound/feet of torque more than its predecessor (for a total of 143 hp and 129 lb/ft of torque), thanks

to a new exhaust system, it is also a bit more frugal, consuming just 6.0L/100km on a combined city and highway run (this figure is for a model equipped with the CVT transmission). That is an improvement of 0.2L/100km over the 2013 model. That might be a small improvement, but it is a step in the right direction.

To sample all of the goodies offered on the 2014 Civic coupe, Honda flew a few journalists down to Orlando, Florida, to check out the improvements firsthand.

The weather in Orlando might have been chilly for Floridians, but it was bright and sunny with no snow in sight – perfect to admire the new styling details on the 2014 Honda Civic coupe, which has adopted a much more aggressive stance.

It now has a more muscular hood, along with much more pronounced flanks. The grille between the headlights looks like the teeth protectors that boxers wear, and the new tail-lights and bumper complete its aggressive appearance, which should help pull more coupe buyers into Honda showrooms.

The interior is not all new, but has benefitted from some new gadgets, like its touchscreen infotainment system. A Honda rep accurately referred to this system as “having an iPad on your dashboard.” It has apps for various functions, like a Honda-specific navigation app that will set you back \$59 – and it uses data from your phone (a conventional built-in navigation system is also available on the EX-L trim and up). If you like high-tech gadgets, you’ll love this system.

The 2014 Civic coupe has also borrowed a feature from its elder sibling, the Accord. LaneWatch, which displays images of almost two lanes next to you on the

screen, is now also offered on the Civic. This feature almost eliminates any blind spot to help you make a lane change. It works well in day time, but at night, not so much.

I had the chance to try out both the five-speed manual and CVT automatic versions on the wide open, mostly traffic-free roads around Orlando.

First up was a model equipped with the CVT. Normally, I am not a fan of CVT gearboxes; however, Honda worked hard to improve the drive feel and performance of their CVT, and it started to show promise within minutes. Soon I had forgotten I was driving a vehicle with a CVT. Honda’s CVT tries to mimic the way a regular automatic works; it revs and speed climbs up, settles and then accelerates again. Only under very hard acceleration did this CVT feel like a CVT. You can also have some fun with this transmission in the “S” mode, which, when combined with its steering wheel-mounted pedal shifters, will almost make you think you’re driving a car with a dual-clutch gearbox.

As good as the CVT in the 2014 Civic is, the five-speed manual is even better. The gearbox has the right amount of weight and feel to it, making stirring the stick a lot of fun – plus the clutch now also has a weighted feel, which is a lot better than the 2012MY clutch which felt like a sponge.

Thanks to the right pedal position and a decently light flywheel, rev matching on downshifts is a delight. Couple that with precise steering and a taut chassis, and the 2014 Civic coupe certainly reminds you of fun Hondas from the past, like the CR-X and the Integra (the latter was sold in North America under the Acura banner).

All in all, the 2014 Civic coupe is a very satisfying car. It might not be all-new, but its evolution has been a successful one.

The Honda Civic has already been the bestselling car in Canada for the last 16 years in a row – the changes to the 2014 model will help ensure it continues on with that tradition.

The Alliston, Ontario, built 2014 Honda Civic coupe is on sale now, with pricing starting at \$18,840.



CREDIT: SOCCERTRANSFERS.NET

Dimitar Berbatov’s transfer to Monaco has left Fulham in trouble.

Who’s going down?



PREMIER LEAGUE Ponderings
ANDREW VIDLER

While the majority of my column has been devoted to the title race in England, the Premier League provides fans with a second race that is often much more exciting, and moreso this season than any other. A key difference in the European sports structure is the concept of relegation, essentially a demotion to a lower league for the bottom three teams in the league – picture if the bottom three team in the NHL were dropped into the AHL at the end of each season.

A drop from the Premier League can have huge ramifications for a club; they lose status, their best players are often signed by teams remaining at the top level, and they could stand to lose millions of dollars in television revenue that comes from playing the best teams in the country. Previous giants of the game such as Leeds United and Nottingham Forest have found themselves stuck in the Championship, having been unable to make the return to the Premier League and finding it harder to do so each year.

For many clubs in the top flight, avoiding relegation is the paramount concern at the beginning of a season, lower-ranked teams such as Fulham or Stoke City know that they have no real chance of winning the title against the like of Manchester City and Chelsea, and must look to compete with the rest of the bottom half of the table to avoid the drop out of the international spotlight.

With only six points separating 19th place from 10th, almost half the league is still in mathematical danger of relegation, but there are a few teams that, barring the strangest sequence of events, should pull away and find themselves still at the top level next season. Conversely, there are three teams that I cannot see being safe

at the end of the year:

Fulham F.C.

The London club is currently propping up the table in 20th place, and are the only bottom half club sitting outside of the six-point window that separates the rest. Having loaned out both Bryan Ruiz and Dimitar Berbatov during January, I don’t see who is going to score the goals that will bring them to safety, as their only replacement was to bring back Clint Dempsey for a temporary stint during the U.S. offseason. Remaining matches against Liverpool, Chelsea, and both Manchester clubs are unlikely to yield any points and a repeat of 2008’s “great escape” seems impossible.

Crystal Palace F.C.

Another London club that is unlikely to be at the top level next year, the league newcomers have looked to be in over their heads ever since their return in August. A change of management has already occurred at the club, and while Tony Pulis did wonders to keep Stoke City up as long as he did, he plays a very specific, physical game that requires a team of giant men – something he does not have here. No player has scored more than five goals this season, and a drastic improvement will be required for safety to be achieved.

Norwich City

This one is a bit of a toss-up, as Norwich has a fairly talented squad and a competent manager, but a number of off-field issues coupled with erratic performances lead me to believe that the Canaries will be in the Championship again next year. When one of your best players tells the media, “this is a fuckin’ shit club,” it’s clear to the world that there are issues behind the scenes, and all too often these wind up influencing the performance of the squad. No player this season has really looked capable of helping the team, and they are still reeling from the loss of Grant Holt with none of the new players having been able to fill his goal scoring boots.

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

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

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Phillips strikes out on his own



LIGHTNING WATCH
MARTY THOMPSON
sensandsoccerfan@hotmail.com
twitter: @martythompson_

Marvin Phillips has left the London Lightning.

For many Lightning fans, the loss of Phillips is a shock. London's star player, who was so entertaining in all facets of the game, will take his skills to France.

He'll follow Jason Forte to France, as well as numerous Lightning players over the years that have applied their skills overseas.

The fact is, there is usually more money in the French, Korean and Philippian leagues, and sometimes players need to go for financial reasons. We can only assume this is the case with Phillips. He has been with London for over a year. That's very long for a player of his calibre in this league.

Phillips came to the team last

fall as a NBA D-League cut. He was coming from a higher level, and quickly found himself in the starting five. There are lots of players that come into the NBL season after other leagues make their cuts, and they very rarely make an impact. Phillips made a huge impact.

Phillips quickly became a dominant inside player. Being listed as a forward, he was the most exciting post-play player the Lightning ever had. Putting his shoulder down and his arms out, he quickly had an advantage on any player he matched up with inside.

Oh, and Phillips was jacked. Jacked. London went to having a player like DeAndre Thomas, a big body that wasn't very limber, to getting Phillips, who had a wicked vertical and wingspan to reach rebounds no one else could.

That's the other thing – London will miss his rebounding. He was a monster on the boards, averaging more than 10 rebounds per game over his entire time with the

Lightning. He was fit, and he was dominant.

They will also miss his scoring. When he first came to London, he was the big option inside. Taking lots of basketballs to the hoop, he was soon found out. However, he soon found his touch from the three-point line. I'll never forget the feeling I had when Phillips first drained a three-pointer. I think everyone had the same feeling. Phillips then became a threat from all areas of the floor with defenders marking him tighter, giving his teammates even more space.

Looking back at Phillips' career with the Lightning, the NBL Finals had to be a highlight. Final's MVP – who completely destroyed the Summerside Storm over the four games.

The Lightning are now short a big man. However, no one can replace Phillips' impact.

Marty Thompson is the play-by-play voice of the London Lightning for their livestream, SportsLive24.net.



CREDIT: GOERIEBLOGS.COM

Marvin Phillips was, literally, a big player for the London Lightning.



CREDIT: SARAH WATTS

Fanshawe's Alex Thompson soars over the competition for two of his 14 points during the Falcons' 71-66 win against Redeemer. The win helped keep Fanshawe in fourth place in the OCAA West Division.



CREDIT: SARAH WATTS

Fanshawe's Ali Vlasman drives to the net for two of her 12 points during the Falcons' 67-46 win against Redeemer. The win helped keep Fanshawe in fourth place in the OCAA West Division.

Questioning colds



HEALTH HABIT OF THE WEEK
Fitness and Health Promotion students

Q. Do you really get a cold in cold weather?

A. To be honest, you can catch a cold in any type of weather. The fact that we are inside for the majority of the day in colder weather plays a big role in this. Being indoors all the time causes our lifestyles to be like one giant petri dish for germs to grow and flourish. Getting grossed out?!

Don't be too alarmed, because although germs can make us sick, everyday exposure can actually strengthen our immune system by fighting off the bacteria of everyday life. This doesn't mean we should skip washing our hands

after using the bathroom... spreading germs purposely CAN be harmful to your health.

The key point is to avoid getting a cold altogether! These top tips can help you do this:

1. Dress properly for the weather
2. Wash your hands thoroughly and frequently
3. Get enough sleep (six to eight hours every night)
4. Exercise (strengthens immune system)
5. Stay hydrated

The dry air, both inside and outside, can cause the back of our throats to crack. These cracks are a favourite spot for germs to hide! Keeping hydrated and keeping your throat moist decreases the potential for catching a cold.

Submitted by second-year Fitness and Health Promotion students.

FANSHAWE COLLEGE ATHLETICS

BASKETBALL
Thursday, February 13th vs Sheridan Bruins
Glenn Johnston Athletic Centre – J Gym
Women at 6 PM, Men at 8 PM

GOOD LUCK TO
The Falcons Curling & Badminton Teams at the OCAA Provincial Championships this week!

Fanshawe College Athletics
www.fanshawec.ca/athletics
| J1034 | 519-452-4202

CAMPUS REC
Open Recreation Nights
Every Tues., Thurs., and Sun. Night from 10 pm till 12 am

Winter Semester Intramurals
Sign Up Forms now available Check out Athletics Bulletin Boards or come to the Athletics Department J1034

SEXUAL AWARENESS DAYS
 Mon. Feb. 10th to Thurs. Feb. 13th
 For more info www.fsu.ca



SPEED DATING
SPEED DATING
 MON. FEB. 10TH
 Sign up at 6 PM | Open at 7 PM
 The Out Back Shack
Free Admission
Cool way to meet people!



www.fsu.ca

TUESDAY COMEDY NOONER
FEATURING JEFF McENERY
 FEB 11TH | NOON | FORWELL | FREE
FREE COFFEE & TEA



CONDOM CASINO
CONDOM CASINO
 TUES. FEB. 11TH
 8 PM | Forwell Hall
 Free Admission
Play casino games, Win condoms & other prizes!



www.fsu.ca

SEX TOY BINGO
 ALL AGES WITH STUDENT ID, 19+ WITHOUT

8	NO COVER	33	9:30PM (9PM DOORS)	70
WED	FEB. 12TH	48	IN OBS	

first run FILMS **The Monuments Men**
 GEORGE CLOONEY
 MATT DAMON
 BILL MURRAY
 JOHN GOODMAN
 DAN DU JARDIN
 BOB BALABAN
 HUGH BONNEVILLE
 CATE BLANCHETT

\$4 STUDENTS | \$6 GUESTS
 At Rainbow Cinemas (in Citi Plaza)

Wednesday Feb. 12th
 TICKETS AT THE BIZ BOOTH

THURSDAY MUSIC NOONERS
Matthew de Zoete
 Thurs. Feb. 13th
Free Live Music most Thursdays in Forwell Hall @ 12 PM



WARDI GRAS PUB
THURS. FEB. 13TH
 THURS. FEB. 13TH
 OBS | 9:30 PM | 19+ ONLY
FREE ADMISSION
FREE BEADS AT DOOR

FANSHAWE AT THE KNIGHTS
 LONDON KNIGHTS vs SARNIA STING
FRIDAY FEBRUARY 14TH
 7:30 PM GAME BUDWEISER GARDENS
 \$18 STUDENTS, \$20 GUESTS
 TICKETS AVAILABLE AT THE BIZ BOOTH



2014/2015 HANDBOOK COVER CONTEST
 > **Entries Due March 21, 2014**
 Get your artwork on the front cover of the 2014/2015 student handbook

1st Place
\$200 Gift Certificate

2nd Place
\$50 Gift Certificate

Submit your work to the FSU office - SC2001 (2nd floor student centre)

Visit WWW.FSU.CA/CONTEST for details