



Get connected

The seventh annual Student 2 Business networking conference could be the key to your job hunt

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Raycroft rising

Juno nominee Jordan Raycroft is a star on the rise who's heading to Winnipeg for a night to remember

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Fun in the \$un

Travel with a budget in mind for an even better vacation experience

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WE #NEKNOMINATE YOU FANSHAWE

Volume 46 Issue No. 21 February 17, 2014 www.fsu.ca/interrobang/



2014/2015 HANDBOOK COVER CONTEST

> **Entries Due March 21, 2014**

1st Place
*200 Gift Certificate

2nd Place
*50 Gift Certificate

For More Info Contact:
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in SC1012 or
[@fanshawec.ca](https://twitter.com/fanshawec)

SCAN ME! 



Visit WWW.FSU.CA/CONTEST for details



What are you doing for Reading Week/Spring Break? #falconvacation

This week's winning response:

Marcela Duran

Going back home to Petawawa

Lauren Leona

Going back to the wonderful town of Leamington!

Lyndsey Anne

Going to Sault Ste. Marie.

Merissa Kendrick

Staying in bed all week!

Kendra Dickson

work work and more work. oh yeah and school work.

Sara Haney

visiting friends in alberta

Desarae Essex

sleeping in and working!

Chelsey Paterson

sleeping in, hitting the gym, working and being lazy! Yahoo

Kim Lindsey

Visiting my Grandparents in Arizona

Michelle Foster

work and homework!

Michelle Lynne Jon

Not working that's for sure!!

Sydney Lennox

Going home to Toronto!

From the Falcon's **Beak**

FEBRUARY EVENTS

TICKETS AVAILABLE IN ADVANCE AT THE BIZ BOOTH

TUES. FEB. 18



TUESDAY

COMEDY NOONER

DOM PARE WITH ALEX WOOD

NOON | FORWELL HALL

FREE COFFEE & TEA

WED. FEB. 19

FIRST RUN FILM

ROBOCOP

\$ 4 STUDENTS | \$ 6 GUESTS

AT RAINBOW CINEMAS (IN CITI PLAZA)

WED. FEB. 19



COMEDY NIGHT

ARTHUR SIMEON & DAVE MERHEJE

OBS | 9 PM | 19+ EVENT

ALL AGES WITH FANSHAWE ID



THURS. FEB. 20

MUSIC NOONER

HOODIE JACK

FORWELL HALL | NOON

FREE COFFEE & TEA

MON. MAR. 3

LAST BAND

STANDING

SIGN UP AT THE BIZ BOOTH

SAT. MAR. 8

MONSTER JAM

BUDWEISER GARDENS | 2 PM

\$ 25 STUDENTS | \$ 28 GUESTS



(PRICE INCLUDES A PIT PASS FOR EACH TICKET)

There's still time to enter!

STUDENT RESEARCH & INNOVATION DAY

Wednesday, March 26, 2014

Showcase your applied research or innovation project for a chance to win a cash prize. Four cash prizes will be awarded in each of the categories.

FIRST PRIZE
\$1,000

SECOND PRIZE
\$500

THIRD PRIZE
\$250

PEOPLE'S CHOICE
\$250

The two categories are Applied Research and Social Innovation & Scholarship.



fanshawec.ca/srid



#NEKNOMINATIONS



Millions live on our streets with no food



Screenshots from just four of many other good deed NekNomination videos that have popped up all over the Internet show people from around the world taking the fad one step further and helping others in need.

Brad Lindeque of South Africa leads the pack with over 400,000 views on YouTube and has inspired many others, including Canadian Josh Stern.

CREDITS: BRENT LINDEQUE, JOSH STERN, TRAVIS LEWIS AND AYDAN AL-SAAD



Challenge extended

STEPHANIE LAI
INTERROBANG

Charlie Bit My Finger... Harlem Shake... David After Dentist.

These are all prime examples of YouTube video sensations that have gone viral in the last few years. With the entertainment factor in tow, that's just about what all viral videos have to offer.

But on the tail of the Internet's newest craze of NekNomination videos, changing the rules may just take over the world – for the better.

Well, first you need to understand what a NekNomination is.

While the origins of the online drinking game are still up for debate, in Australia, the fad began in bars and rugby clubs, where patrons would chug a drink (necking) and then nominate someone else to do the same.

These ended up being captured on video, and netizens caught wind, reaching North America shortly thereafter.

Twenty-nine-year-old business owner Brent Lindeque from Johannesburg, South Africa heard about NekNominations two weeks ago, and his first reaction was simply, "Why?"

"Why would someone post something like that online?" he said. "People need to be a little more responsible about what they're putting out there."

Lindeque didn't know he would be NekNominated, but he knew that if he did, he would do something different.

"I got nominated the morning of [January 31] ... and I made my way to my regular place to get lunch," he said. "On the street corners in South Africa, you will find people begging ... My idea behind it was, I knew that guy must have been standing there the whole day and he hadn't left his post for lunch,

he was standing there begging. I thought I'd buy someone lunch ... and then nominate two people to do the same or better."

He reiterated the importance of being responsible for whatever is posted online.

"In a couple years' time, if someone's ever researching me, whether it be an employer or kids, I'd want them to see stuff online that I could be proud of," he said.

And most important of all: "If I could create some sort of chain of good deeds, even in my own circle of friends, 10 people get fed, then I've done something amazing."

Now with over 400,000 views on YouTube, Lindeque's selfless act has been inspiring others to do the same, sparking a particular interest in second-year University of Ottawa med school student, Josh Stern.

"I saw it coming to Canada and start to invade my friend circle," said Stern. "These things weren't doing any good, and the worst part about it is that it was spreading like wildfire."

"With the deaths in Ireland from the game, that just took it to a whole new level. I knew that it was not beneficial, and people making their videos public ... you can't get jobs if someone sees you doing that," he explained.

Stern cited Lindeque's video as inspiration to start carving his own path.

"I didn't know he was going to go farther with it and come up with his own campaign [Change One Thing], so I was putting it on myself to come up with Feed the Deed ... and just wanted it to take off," he said.

The Western alumnus hadn't been NekNominated, but said the night before a med school exam, he wasn't sleeping – he was think-

ing about what he would do if he were to get nominated.

"I just thought to myself, 'I'm just going to do it,'" he said. "After my exam on my way home, I just picked up some sandwiches and gave them to some homeless people ... I didn't need to get NekNominated, I just needed to get this thing going as soon as possible – making a change straight away."

"The thing with [the campaign] Feed the Deed, it's also peer pressure. You're calling out your friends, but in a positive light," he said. "If they don't have the motivation to get up and help someone on their own, calling them out on Facebook or social media gives them that extra push to go out and do something. The best part is it's exponential."

Since posting his video, Stern partnered up with a friend who already had a non-profit foundation called Kindness Counts. The two are now seeing videos posted on Kindness Counts' page with the hashtag #FeedtheDeed. "It is a combined effort," said Stern.

This isn't a challenge; this is a chance to make a choice.

"The whole negativity around NekNominations, it's important to stop and see that [it's] really getting you nowhere," said Stern. "Turning it around a complete 180 to bring some positivity to the world, especially with social media, and seeing how the NekNominations blew up – I just figured it was important to take my message and blow [it] up in the exact same way."

To learn more about Lindeque's Change One Thing campaign, like the Facebook page at facebook.com/changeonethingsa, and to learn more about Kindness Counts, visit facebook.com/kindnesscountsfoundation.



KIOSK QUIZ

WHERE ARE THE TWO FIREPLACES 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

Starting Grounds is brewing up conversations

ERIKA FAUST
INTERROBANG

There are thousands of awesome people doing very cool things in our city, but it can be tough for students to connect with these community leaders. Networking events can be intimidating, and the #LdnONT conversation on Twitter sometimes moves faster than you can read it.

Starting Grounds, an event by local non-profit organization Emerging Leaders, offers Londoners the chance to connect with community leaders – all it takes is half an hour and a hot cup of coffee.

“Starting Grounds is an opportunity for people who aren’t connected to the London community as well as they’d like to be to get an introduction to some of the leaders in our community,” explained Amanda Stratton, chair of Emerging Leaders’ programming committee.

“They just have coffee – there’s no expectation of an ongoing relationship. It’s an introduction to the people who can connect them even further into the community so that they can begin to build relation-

ships and become more involved.”

Starting Grounds began last year under the title 15 In 15. The goal was to have each leader connect with 15 people during the event, but connecting busy community leaders with so many other busy people just wasn’t feasible. That doesn’t mean the event didn’t have value, Stratton said. “A lot of people who met with leaders last year did say that they got a lot of benefit out of just that short coffee, so we wanted to keep doing that.”

This year, the event organizers aim to connect each of the 20 leaders with at least three people.

“We wanted to try to make sure that we had a good range of professional backgrounds so that we can serve the greatest number of people,” Stratton said. “We have some people from politics, marketing, academia, health care, law, and we have some business people of various capacities.”

Check out the full list of community leaders at emergingleaders.ca. From there, pick the three leaders you’d most like to meet with, give a short explanation why and list your availability. Registration runs from February 17



CREDIT: STRICTLYCOFFEE.CO.ZA

Emerging Leaders’ event Starting Grounds connects Londoners with community leaders over a cup of coffee.

Meow-velous trivia night to help local feral cats

ERIKA FAUST
INTERROBANG

You don’t have to be a cat lover to attend Cats’ Night Out at the Dawghouse, but it’ll help a lot.

Progressive Animal Welfare Services’ second annual trivia night on February 25 will put your kitty knowledge to the test with dozens of cat-related trivia questions. The event will raise money for PAWS’ Trap, Neuter, Return program.

“We’re recognizing that there are a lot of outdoor, stray, feral cats that do not necessarily want to interact with humans, but they have a place in our community,” explained Laurie Ristmae, PAWS director and trivia night emcee. “They certainly deserve to be healthy, and yet when they’re continuously populating, that leads to suffering and death and ridiculous numbers.”

The TNR program has been developed to fix feral cats in a safe and healthy way. They are captured in a humane trap, are spayed or neutered by a veterinarian, then released back into their colony location.

The money raised from trivia night will purchase traps, which cost around \$150 each. “A lot of these kitties, you can’t just go out and catch them – they don’t want any part of you, they’re living their own life,” Ristmae explained. “They need to be trapped with humane trapping devices.” The plan is to purchase at least 10 new traps and lend them out to people who have volunteered to help with the TNR program.

Locally, the feral cats that are trapped will be spayed/neutered by the surgeon at the East Village Animal Hospital (1777 Dundas St.), a clinic that offers medical services to lower-income pet owners in our community, including students on OSAP.

Ristmae said she would like to

see lots of Fanshawe students come out to trivia night on February 25. “Fanshawe students must be super clever, for one thing – we want a whole bunch of clever students [to answer our trivia questions],” she said with a laugh. “I would love for Fanshawe students to come out and learn a little more about TNR and the clinic services in general.”

Last February’s trivia night at the Dawghouse was a huge success, raising money for EVAH as it was just starting to get off the ground. “We were in the midst of raising money to do renovations and get our doors open,” Ristmae said. “This year, because of amazing community partners and donations and volunteers, we are open, so the money can go towards a program we support.”

The event coincides with World Spay Day, which raises awareness about the importance of fixing animals around the world (more information is available at worldspayday.org).

A few days before that, EVAH is hosting its own special day, Webber World Spay Day, on February 22, thanks to a donation from the Webber family. This spay day will focus on spaying and neutering barn cats brought in by rural property owners. More information about that will be announced at trivia night.

Cats’ Night Out at the Dawghouse includes trivia, a silent auction and door prizes. Tickets are \$20, and teams of four will compete for top honours. Email paws.swontario@gmail.com for tickets. Doors open at 6:30 p.m., trivia begins at 7:30 at Dawghouse Pub & Eatery (699 Wilkins St.).

For more information on PAWS, go to pawslondon.ca. For more on EVAH, including information on how to sign up to volunteer or to become a client of the clinic, go to evah.ca.

to March 10. A few days after registration closes, you’ll be notified of the community leader you’ve been paired with and when you’ll meet. Meetings will take place between from March 17 and 30.

“A lot of Fanshawe students come from the rural communities

from around London, or even farther afield than that – they probably don’t have strong connections to the city yet,” Stratton said. “This is an opportunity to get to talk to some of the leaders in London who are working in their field.”

Starting Grounds is open to

Emerging Leaders members only – get your membership at emergingleaders.ca. Fanshawe students can receive a free membership by signing up with their FanshaweOnline email address.

A small cost for a priceless experience

ERIKA FAUST
INTERROBANG

Have you heard of the hidden job market? According to Forbes magazine, 80 per cent of all jobs are never posted. So while you may be checking KnightHunter and other local job sites on a daily basis – or employing the “spray-and-pray” approach of sending your resume to every company with an email address – chances are you’re only scratching the surface of what’s out there.

The key to your future costs just \$10 – the price of admission to the seventh annual Student 2 Business networking conference at the London Convention Centre.

“When you know that 80 per cent of the jobs are not posted, and you know that ... employers use their networks to solicit talent. If a student doesn’t develop those networks, then they’re going to miss out on some very exciting [opportunities],” said Robert Collins, director of workforce development for the London Economic Development Corporation. “Networking is a skill, and you have to practice it. What better opportunity than this, which is a [safe and welcoming environment]?”

Student 2 Business will connect 600 students with approximately 250 employer representatives from 10 different sectors. The ballroom of the London Convention Centre will be divided into colour-coded sections for each sector: government and education, finance and insurance, manufacturing and construction, health and life sciences, information and communications

technology and digital media services, marketing and communications, not-for-profit, professional services, and entrepreneurship, covering just about every program Fanshawe offers.

But don’t just stick to the sector you’re studying at Fanshawe; Student 2 Business is a chance to broaden your horizons.

“There are opportunities that people don’t intuitively think about,” Collins said, giving the examples of a graphic design grad employed in a bank’s marketing department, or a horticulture student finding a job in a hospital’s groundskeeping department. “It’s a chance to go and test where your skills might fit. You just might find [that] a combination of your passion and your interest, as well as your skill set, may be in demand.”

Student 2 Business is not a job fair, so leave your resume at home, but definitely remember to bring your business cards. Student 2 Business is even offering a deal on personalized business cards – they’re \$5 for 50, and include your name, program of study and contact information. You can purchase these when you register for the event online.

“It’s really to practice those soft skills of giving out your contact information,” said Brittany Medeiros, the marketing, communications and event co-ordinator for Student 2 Business. Exchanging business cards “opens the door for communication later on, so when they go to have that followup conversation, they have an actual person’s [name].”

In addition to offering the

chance to network with representatives from local organizations, the event will also feature keynote speaker Steve Dalton, presenting on the two-hour job search. “It’s how to get organized in two hours and follow a disciplined approach,” Collins explained. “We believe that the model is powerful.”

Afternoon sessions include human resources representatives talking about things to do and things to avoid during your job hunt, and a special session for international students featuring a panel of international graduates who have been successful in their job hunts.

Be sure to dress to impress (business attire is appropriate) and wear a confident smile. Check out a full list of preparation tips under the Students tab of the Student 2 Business website.

If you’re not already thinking about your life beyond graduation, now’s the time to start. The annual Student 2 Business conference could be an important step in your hunt for a fulfilling career.

Tickets for the event are \$10, but the first 200 Fanshawe students to register will receive a free pass (code word: Falcon). The first 200 students to register and attend the event will be entered into a draw for a \$100 gift card.

Transportation from the F building entrance (the doors near the Welcome Desk) at Fanshawe to the London Convention Centre will run every half-hour from 1 to 8:30 p.m.

For more information and to register, go to s2b.ca.

Personal Credits Notice



If you received a Common Experience Payment, you could get \$3,000 in Personal Credits for educational programs and services.

The Indian Residential Schools Settlement Agreement. The healing continues.

Since 2007, almost 80,000 former students have received a Common Experience Payment (“CEP”) as part of the Indian Residential Schools Settlement Agreement. CEP recipients are now eligible to receive non-cash Personal Credits of up to \$3,000, for either themselves or certain family members, for educational programs and services.

What are Personal Credits? Personal Credits may be used for a wide range of educational programs and services, including those provided by universities, colleges, trade or training schools, Indigenous Institutions of Higher Learning, or which relate to literacy or trades, as well as programs and services related to Aboriginal identities, histories, cultures or languages.

How much are Personal Credits? Adequate funds are available for each CEP recipient to receive up to \$3,000 in Personal Credits, depending on your approved educational expenses.

Which educational entities and groups are included? A list of approved educational entities and groups has been jointly developed by Canada, the Assembly of First Nations and Inuit representatives. If an educational entity or group is not on the list, please consult the website for more information.

Will I receive a cheque? No. Cheques will be issued directly to the educational entity or group providing the service.

Who can use Personal Credits? CEP recipients can use the full amount themselves or give part or all of their Personal Credits to certain family members such as a spouse, child, grandchild or sibling, as defined in

the terms and conditions. Personal Credits of multiple CEP recipients can be combined to support a group learning activity.

How can I get Personal Credits? Each CEP recipient will be mailed an Acknowledgement Form. If you do not receive an Acknowledgement Form by the end of January 2014, please call 1-866-343-1858. Completed Acknowledgement Forms should be returned as soon as possible and must be postmarked no later than **October 31, 2014**.

How do I redeem my Personal Credits? Once approved, you will be sent a personalized Redemption Form for each individual using Personal Credits at each educational entity or group. Once the Form is received,

provide it to the educational entity or group listed. The educational entity or group must then complete and mail back the Redemption Form postmarked no later than **December 1, 2014**.

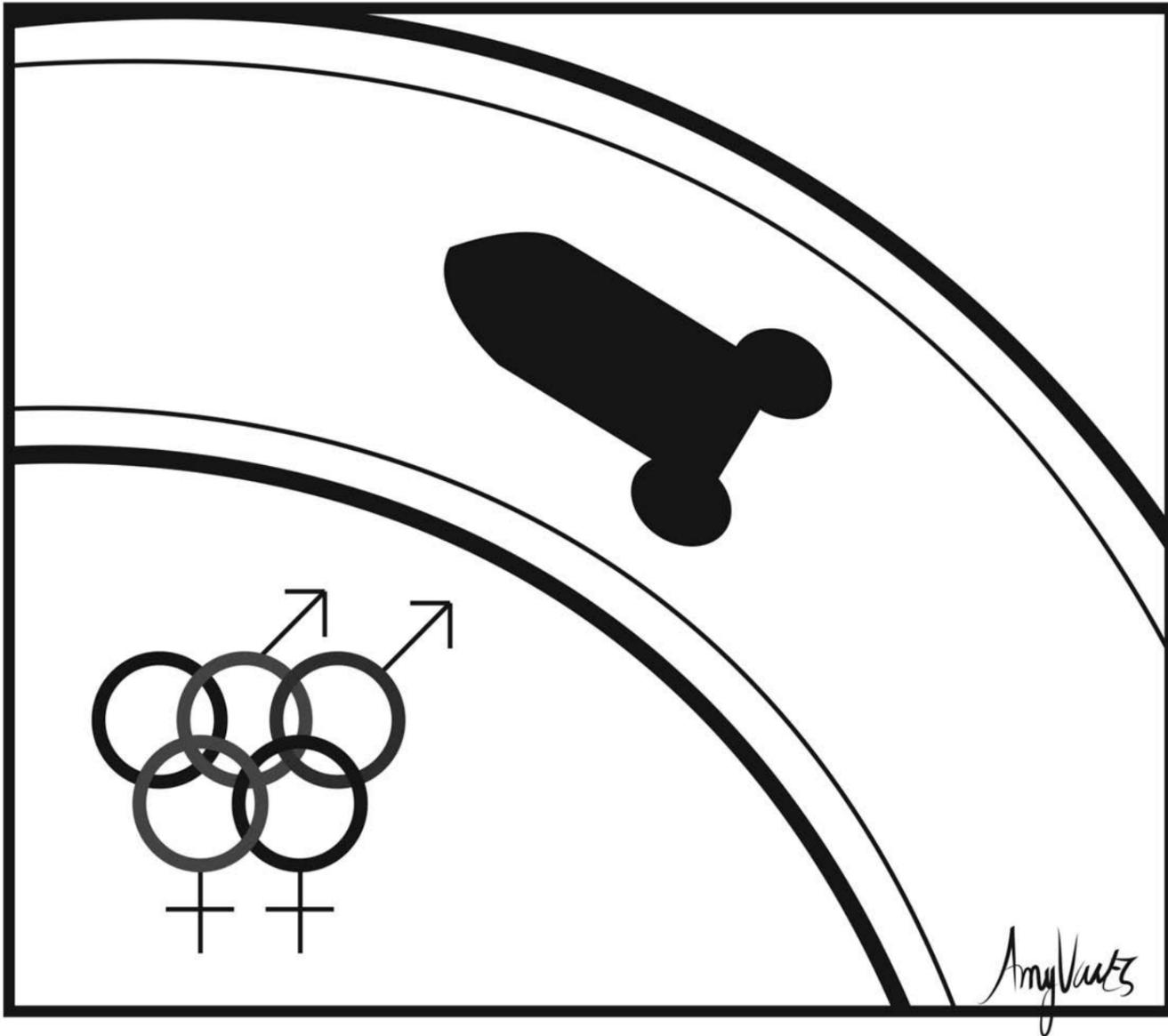
What happens to unused Personal Credits? The value of unused Personal Credits will be transferred to the National Indian Brotherhood Trust Fund and Inuvialuit Education Foundation for educational programs.

For more information, including how Personal Credits can be redeemed by certain family members of CEP recipients that are deceased, visit www.residentialschoolsettlement.ca or call 1-866-343-1858.

The IRS Crisis Line (1-866-925-4419) provides immediate and culturally appropriate counselling support to former students who are experiencing distress.

CEP recipients have the option of sharing their Personal Credits with certain family members, such as:

- Children
- Spouses
- Grandchildren
- Siblings



The Fair Elections Act: Then what did we have before?

VICTOR DE JONG
INTERROBANG

There's no sin more damnable in politics than voter suppression.

Voting is the foundation of democracy. It's the mechanism by which people are able to engage in the political system that shapes the direction of the country as a whole. The next federal election is only a short year away, but the Conservative Party of Canada is trying to pass Bill C-23, "The Fair Elections Act," a 250-page document that would change the fundamental structure of how Elections Canada is managed and how they conduct investigations. The bill is a dense piece of legislation that critics are concerned could lead to voter suppression or even violate the constitution.

The federal Conservative Party of Canada is still recovering from accusations that they tried to shape the outcome of the 2011 federal election through illicit methods. On Election Day, May 2, automated messages or "robocalls" were reported by over 30,000 Canadians across the country with a large contingency from Guelph. The calls contained inaccurate voting information in an apparent attempt to misdirect voters to improper, or nonexistent, poll stations. Justice Richard Mosley found that "the purpose of those calls was to suppress the votes of electors who had indicated their voting preference in response to earlier voter identification calls." Despite acknowledging that the contact list had likely come from a Conservative database, he failed to find evidence directly linking them to any wrongdoing.

The Fair Elections Act is likely going to achieve mixed success. Some aspects of the bill that address voter identification are being criticized as unconstitutional by academics. In his blog, Yale law student Adam Goldenberg used a graduating series of precedent cases to conclude that "A court may well find that the government has overstated the Election Day problems that eliminating vouching would intend to solve." This particular provision could be a red herring by the Conservatives, a distraction to fight over while other aspects of the bill are allowed to pass unopposed. The Fair Elections Act would shuffle the accountability structure of Elections Canada from being an independent body to being accountable to a politically appointed cabinet minister. By simply amalgamating the electoral investigative organization into the government, the loss of accountability could be catastrophic.

Regardless of the pragmatic implications of the investigation, which were nothing, the Conservative Party of Canada is obviously not going to risk letting the media circus happen again. Bill C-23 would require that Elections Canada contact individuals in writing to notify them when an investigation is being launched. Furthermore, the Fair Elections Act would preclude Elections Canada from publicizing the launch of an investigation. The Conservative Party of Canada was found to have had no knowledge of the robocalls and yet the scandal still generated a significant amount of negative publicity for them. While they try to minimize the risk from false accusations, deliberately or not, they're seeking to reorganize the branch of Elections Canada dedicated to investigating electoral fraud, making the system easier to manipulate for those who wish to do so.

Pope Francis and the challenge to consumerism



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

Last week I wrote that some people appear happy to trash the Catholic Church, usually from a distance. Some critics seem to have a lot to say without having much contact with ordinary Catholics. Would they continue to sing their same tunes if they visited a local Catholic congregation and met its priests and volunteer leaders?

At the same time, another way to be introduced to the Catholic Church is to read some of what popes in recent years have written. Anyone who reads their essays thinking that the top leaders of the church are victims of blind and unthinking faith will quickly find the scales falling off their eyes.

Take, for example, the new document, "*Evangelii Gaudium* (The Joy of the Gospel)" by the current pope, Francis. A key paragraph reads:

"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. 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, and 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."

Francis is identifying an approach to life that appears to be capturing the imaginations of, among others, many Canadians.

Increasingly we seem to believe that we will become happiest by owning more material things, travelling, going to concerts and moving to large urban centres to take advantage of the amenities.

I confess that I feel myself caught up in this way of living. There's a car in my driveway. I have plans to go on a short road trip during spring break. Every year I seem to have more stuff to take care of. Growing up, my parents struggled to find enough cash to take me and my siblings out for dinner, but now I don't worry about heading out to the Keg or a local pub. The desk at which I'm sitting has on it, besides books, papers and pens, a smartphone, a laser printer, a video screen remote and my laptop. Off to one side there are a couple of electric guitars and even a guitar synthesizer, and in a nearby closet, some decent camping gear.

Probably if you are reading this article you are richer than over 95 per cent of the world's people. We spend, purchase, manufacture and consume to a degree that no one living a hundred years ago would have thought possible.

But we enjoy all this, right? So why is Pope Francis down on consuming? Does he mean to send us back to the Stone Age or deny us the benefits of travel, arts, the local convenience store, and cheap fuel? Besides, the last time I checked, the Vatican itself is not all that poor. Francis' apartment rooms are probably a little classier than those of, say, Fanshawe's student residence.

The words of the pope, however, are not a condemnation of the material goods we need in order to live well. They are a warning that our desire for every greater wealth and ever more goods is a threat to our humanity.

In what way does a focus on consuming undermine our humanity? Francis' words above touch on several key ways. Here is how I interpret what he says there. When he says that much of our time is spent on frivolous activities, he means, for example, that

time spent in the virtual world means we pull back from contact with real human beings and human concerns.

When he says that the desire for things blunts our conscience, we could consider that the appeal of cheap Joe Fresh clothing trumps the resolve to see better factory conditions for the workers stitching together our pants and shirts. And when our goals in life are SUVs, houses, HD screens and a condo in Florida, we lose contact with, and concern for, those who don't have much hope of getting those things – the poor who live on the other side of the planet, or the city. We also lose contact with children, including any we have or will have.

Increasingly restless for more money to buy more things, we find our interior life distorted. We become anxious. Even as a society we believe that we have to compete with every country on the planet for wealth, resources and education results. All rest is threatened with extinction as we become busier each year working to get more things. Resentment, anger and listlessness fill our hearts.

But what option do we have? In the words I quoted, the pope alludes to a search for fulfillment and dignity – a search that begins with God. God has a will for our lives. His will is not a restless and ultimately destructive consumerism, but an interior life for each of us marked by peace and commitment to care for others rather than spend for ourselves. The search is a search for the Spirit of God that is a breath of fresh air compared to the over-hyped spirits of capitalism and consumerism.

And it is a search that is open to the "risen Christ." And here we arrive at the point where everything is open to renewal. For, as the church everywhere continues to announce, God raised Jesus Christ from death. And with that, God has announced that everything is open to change. Even the chains of consumerism will not hold forever.

One artist's totally tubular invention



ARTiculation
AMY VAN ES

The landscape of painting as an art has surely evolved over the years. From what paintbrushes and paints were made of to popular subject matter – these things seem to be ever-changing, moulding themselves to fit what modern society looks like. (It would have been considered inconceivable for an artist to paint a canvas with their own blood a hundred years ago, but now some are moving to drastic gimmicks to attract attention in our severely swollen culture). But no one has ever changed the painters' scene more significantly than John G. Rand.

An unrecognized name by most accounts, Rand was an American portrait artist who made his living in Boston painting rich families. As he gained credibility in his field, he travelled to London, England to paint members of the royal family. While there, he invented the paint tube.

The tin paint tube is such a staple in an artist's arsenal of supplies now that most of us don't even think that it hasn't always existed – I imagine, before now, you've conjured an image of Michelangelo laying on his back, painting the Sistine Chapel with a paintbrush, palette and tubes of paint at his side. But that wasn't the case at all. Although unconfirmed (because I wasn't there), it is very likely that he was actually painting with a brush, palette, and pig bladders. Prior to Rand's invention, artists would mix small amounts of pigment and oil to create paint, and then store it in a pig's bladder tied shut with a string. To access the paint, they'd prick the bladder with something like a tack, exposing it. Gross. And impractical. Once the bladder had been pricked, there was no way to seal it as tightly again, and the paint would dry out if not used shortly after it was exposed to the air. This was limiting in many ways, most significantly, due to the fragility of the bladders, artists could not travel with their paint. They were confined to indoor studios.

So, when Rand invented and patented the paint tube in 1841, it gave artists the oppor-



CREDIT: AMITMEHTAARTS.COM

Who knew that a simple invention like a tube for paint would change art forever?

tunity to travel with their supplies. For a while, nobody really capitalized on his invention. It was more convenient, sure, but everyone pretty much stayed put in their studios... until the Impressionists got a hold of the invention. Every movement starts with a few restless artists who want to shake things up. The Impressionists were a group of painters who were opposing the status quo of the European art scene, refusing to paint rich families, stoically sitting for hours, trying not to scratch their noses. Rather, they wanted to paint what they saw on the walk home

every day – people smiling, laughing, crying; nature in all its glory and horror. They wanted to paint what life was really like, not an idealization of the upper class. The paint tube allowed them to do just that. They were then able to pack up their paints and stool, and perch in front of a meadow of flowers, or in a park.

This is another thing that modern artists often don't consider: that painting hasn't always been about freedom of expression. It used to be an incredibly calculated craft, almost resembling a mathematic formula. You would be commissioned to paint what people wanted, when they wanted, and the way they wanted it. Now, artists are widely considered as the free spirits who travel where the wind takes them, soaking the world in around us. And if it weren't for John G. Rand, our canvas would be far less colourful.

You start today

HOPE AQUINO-CHIEN
INTERROBANG

For a food lover, it may seem like an impossible feat – and it is easy to get stuck on how hard and unappealing such a proposition may seem. Why would you give up what you love? Yet it is because you only live once that it is so important to take care of yourself.

What you come to learn is that taking care of yourself does not mean living miserably and giving up all your tasty pleasures. It's easy to be caught up in a busy, fast-paced lifestyle and make poor choices, but you always seem to make the proper adjustments to fit in what you find important. There are no excuses and nobody can make the decision to change for you. It is crucial that your schedule and daily plans do not become a crutch or an excuse not to strive for a healthier you. Make the adjustments to regain your balance and continue forward on the right foot.

Why is it so hard to lose weight? There is an eternal war against the bathroom scale – a small device with so much power. The

focus on a desired number is an unhealthy obsession. Losing weight does not have to be such a pressure-filled and stressful practice, and often there is no magic number. There are so many factors that make you unique and different from others. Everyone is built differently and no two healthy lifestyles will match completely.

It's all about adopting a new mindset, making the right changes and doing it for the right reasons. Mind over matter – and yes, it will take practice and involve messing up. No one is perfect and there is not even one standard definition of perfect. Allow yourself room for error and do not set impossible goals. Test out healthier eating habits, try different forms of exercise and find new ways to relax and refocus your energy. Being healthy is so much more than a set weight; it's about taking care of yourself mentally and physically. Set small milestones to keep your momentum, it eases you into the changes you are looking to implement in the long term.

As humans, we are resistant to change and find ourselves caught in a ritual of bad

habits. Diet is the largest factor in weight loss, exercise does help keep you physically fit but it is not necessary for weight loss itself. The key is moderation and perseverance. Moderation and discipline for diet and activity and maintaining mental perseverance and determination. Most likely you are looking to change habits and mannerisms that have formed over a period of time, usually these do not represent easy or fast change. While this may mean your work will be harder, do not give up!

If you have serious concerns, you can talk to a registered dietician or a personal trainer. Remember, you need the proper fuel to function, so don't restrict yourself too severely or provide the wrong nutrition. Moderate portions but leave yourself room to breathe and treat yourself to keep your sanity.

The truth is, there is no magic serum or miracle product and such positive change takes time, effort, sweat and tears. It is give and take; if you are ready to take the plunge, you will reap the benefits. Living healthy is not a destination it is a way of living every moment the best you can be.

A brief history of the Russian LGBT struggle

PRESTON LOBZUN
INTERROBANG

With the Olympics coming to a close on February 23, much international attention has been placed on Russia for its current laws and social stigmas that deny basic human rights to Lesbian, Gay, Bisexual and Transgender people.

Protests have sprung up worldwide and some athletes such as Australian snowboarder Belle Brockhoff have begun their own forms of dissent by denouncing the laws and coming out publicly in solidarity with those that are a part of the struggle.

Russia has been making slow but progressive changes over the last few decades. Same-sex sexual activity has been decriminalized since 1993 and transgender people have been able to change their legal gender since 1997. Age of consent was applied to same-sex relations in 2003 and homosexuality was declassified as a mental illness in 1999. However, there are currently no laws that prohibit discrimination against LGBT people, and same-sex marriages are ineligible for legal protections that opposite-sex couples are granted.

According to the "Cross-national Differences in Attitudes towards Homosexuality" report out of the National Opinion Research Center at the University of Chicago, Russia has notably been a coun-

try that is largely conservative when it comes LGBT-related issues, though notable communities in Moscow and Saint Petersburg still thrive amidst the current political atmosphere.

Historically, LGBT movements have had brief peaks of activity since the days of the Russian Empire. The first official law that prohibited same-sex activities was enacted by Tsar Peter the Great, who placed a ban on male homosexuality in the armed forces around 1716. This stayed consistent up to the end of Tsarist rule when the new Soviet leadership initially abolished these old Tsarist laws and adopted a more liberal policy. Under Lenin, these policies included legalized homosexuality, abortion, and no-fault divorce, but soon began to reintroduce the same repression by the 1930s. Propaganda during the Stalin era was amped up to portray homosexuality as a right-wing conspiracy linked to tsarist aristocracy and German fascism thus implementing a justification for terminating these legal protections in Russian political thought. This remained a constant facet of Soviet governments and a poll in 1989 that was reported by Reuters some years later showed a disturbing 30 per cent of respondents believed that homosexuals should be "liquidated." A similar poll in '91 brought this number down to five per cent and ultimately led to homosexuality

being legalized once again in 1993.

Fast forwarding to our current year: Russian LGBT groups have struggled to gain acceptance in the political realm but were largely ignored until the work of human rights activists brought international condemnation to the most recent laws that seek to limit "gay propaganda." Their work revealed an increase of hate crimes that are linked to a growing neo-fascist movement with a strong grasp on disenfranchised Russian youth.

As it is, the Winter Games of 2014 have opened up a window that reveals a dark trend in LGBT-related hate crimes and many athletes defying both the Russian laws as well as the International Olympic Committee's enforcement of Rule 50 that forbids political protest are receiving mixed reactions from the world. Many in the IOC have always sought to keep the Games apolitical this way, though history has shown us that the Olympics can be anything but. From the 1968 Black Power Salute that stood against very similar discriminatory laws and social practices to the infamous horror that was the 1972 Munich Massacre, the Olympics remain a worldwide spectacle that will continue to capture the attention of every citizen of every demographic across the globe.



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Luedecke and Lane, together again



BOBBYISMS
BOBBY FOLEY

I write about random things a lot. I write a lot about random things. Do you recall the first album you purchased for yourself? It's a question I ask artists sometimes, while I'm getting to know them, and you might be surprised to know how often the term "guilty pleasure" arises in conversation.

As life goes on, the listening tastes and habits of your average music consumer are sure to change significantly. But the connection we have with that first album goes beyond merely our listening preferences; it's rooted more in our interaction with the music and how it ignited our sense of discovery. And it's a connection that will endure even after we've fallen in love with new styles and genres of music.

That is the nature of my connection with Old Man Luedecke; I can recall the first time I saw him perform live, and being completely disarmed by his charm and the strength of his storytelling – both throughout his music and the events that inspired them. He returns to London this week, and if you only see one concert this year, you wouldn't be sorry to make it this one.

Chris Luedecke (pronounced LOO-de-kah) hails from Chester, Nova Scotia, and any claim to his being an old man is purely rooted in songwriting; he exhibits the kind of cool, effortless knack for storytelling that did the artists he sings about, but if he's feeling beyond his years it's probably a result of his staggering tour schedule.

On the road now, Luedecke kicked off his most recent tour with Australian singer-songwriter Jordie Lane in Newfoundland at the end of January. Beginning in the Maritimes and ending in British Columbia in March, the two are crossing the country together, stopping in town to perform at the London Music Club on February 19.

The tour marks the continuation of their recent Australian circuit; Lane took Luedecke on tour across the continent in October and November last year, and now in Canada it's time to return the favour. Additionally, Luedecke is also celebrating the release of his new EP entitled *I Never Sang Before I Met You*.

Only released on February 4, the EP is a departure from his award-winning catalogue in that he's enlisted the production talents of notable East Coast rock fixture Joel Plaskett, whose Dartmouth studio New Scotland Yard provided the backdrop for this fresh collection of songs.

Born of a desire to expand his one-man, one-instrument roots, Luedecke had a broader vision for the songs that would become the EP. Plaskett's expertise and seasoned studio touch complement Luedecke's songs well – gentle phrases on guitar add character to "Baby, We'd Be Rich" without stifling its personality, for example, and the slow entry of the rhythm section on "Sorry If I Let You Down" supports his delicate banjo melody and self-effacing lyrics.

Lane, on the other hand, is still

supporting his recent EP *Not Built To Last*, released in October. The record features "Here She Comes" – a most Beatles-esque offering – and was the impetus for their tour in Australia, where Lane received support from Luedecke. Here at home, Luedecke will have to follow Lane, but regardless of the lineup you can expect an evening of sterling songwriting and charming storytelling from two artists you may not expect to love.

For more on Old Man Luedecke, his new EP or present tour with Jordie Lane, visit him online at oldmanluedecke.ca or follow along on Twitter @oldmanluedecke. Tickets for their show at the London Music Club on February 19 are \$17 in advance, \$20 at the door.

And for more of the latest music news, album releases and concert previews, consider following this column on Twitter @fsu_bobbyisms. Nominations for the 12th



CREDIT: SCOTT MUNN

annual London Music Awards have opened, head to scenemagazine.com to nominate your favourite local music figures! I'm out of words.



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There's something about Jordan

STEPHANIE LAI
INTERROBANG

There is nothing average about this 22-year-old: He stands at 6 ft. 5 in.; he's a self-proclaimed jock who participated in his high school's musical; he's written and recorded a full-length album; and he's been nominated for his first Juno Award.

Above all, he remains humble.

Jordan Raycroft, a Welland native and fresh University of Guelph grad, grew up around music. With a mother with a "phenomenal" voice, singing in church and being enrolled in piano and drum lessons at young ages, it's safe to say music is in his DNA.

"I never really recognized I had a voice until I got asked to join the musical in high school because they were short [some] guys," he said. "Through the [experience], I got comfortable singing in front of people."

Raycroft took his father's guitar with him to his dorm room at the University of Guelph where he started to learn the basics and played covers, and he eventually started writing his own songs.

"In high school, I won a set of microphones ... I ended up winning these microphones that I would later use to record my first demos – songs that are now on the album," he said.

He took his demos to the open mic night on campus. The host was coincidentally booking a show for

Peter Katz, a singer/songwriter from Toronto and asked Raycroft to open.

"That's how I got my first gig. I played my first gig for 100 people and it was such a rush," he recalled. "I remember after it thinking, 'Man, I've got to do this again.'"

"I recorded two demos that I used to sell at shows. I actually felt bad for selling them to people because they were such bad quality," he laughed. "Once I started reworking some of those songs, I had an idea of what I wanted to put on the album, but the opportunity never came up ... I did not see how I could have time to make an album or [have] the financial resources."

Raycroft ended up being connected to a fellow churchgoer in Guelph who had a recording studio in his home. "I remember thinking, 'Oh yeah he's probably just some guy who has Garage Band in his basement.'"

"I went over to his house and it was actually a studio in his basement. Far better than any Garage Band kind of stuff – just awesome space," he said. "I didn't go over there thinking I would actually come up with a track list ... but the conversation just went to the point where we wrote down a track list ... and I left."

"At the end of the conversation I was like, 'I guess I'm making an album.' We set up our first studio

time from there and I just started going to the studio."

When it came time to record, he needed \$10,000 to produce his debut album, *Jordan Raycroft*, and as of February 6, Raycroft still had \$300 left to pay off.

Jordan Raycroft was released in April 2013 and quickly became a favourite amongst moms.

"When it first came out, I had a lot of people emailing me telling me that their moms like it ... got a bit of a niche there," he laughed. "People have been supportive."

His debut has garnered notice from award shows, but being recognized as a nominee in the Juno Christian & Gospel album of the year category takes the cake.

"I'm hoping with this Juno nomination, we can just take it to the next level, and by 'we,' I mean my band and I," Raycroft said. "Just playing more shows, opening for bigger names."

Raycroft said being nominated for a Christian category doesn't mean listeners have to be Christian to relate to his songs.

"I'm a Christian, so obviously it's going to come out in my personal life and my songs," he explained. "My songs are written from personal, real-life experiences that anyone can relate to. I just happen to be a Christian writer."

His faith trickles into his music, from writing something meant to be a worship song to influencing



CREDIT: SYDNEY MCARTHUR

Jordan Raycroft, a singer/songwriter from Welland, is currently based in Guelph and still geeking out over his first Juno nomination.

his compassion for justice issues like human trafficking.

In the end, he hopes listeners can relate to his songs.

"I just hope they can connect, I think it's so important ... for a lot of people, music is such a fantastic way to relate your experiences, no matter what you're going through," he said. "I think a successful song allows someone to feel as though that song was written about them."

Raycroft is hoping the Juno nomination will open doors.

"I'd like to play more shows ...

We've got a music video coming up, and there's definitely going to be some touring coming up," he divulged. "I'm hoping the Juno nomination will pull some weight and get us on some festival bills."

The Juno Awards will take place in Winnipeg on March 30 and voting ends March 28. In the meantime, Raycroft's debut album *Jordan Raycroft* is available for sale on iTunes. To stay up to date, follow him on Facebook at facebook.com/jordanraycroftmusic.com.

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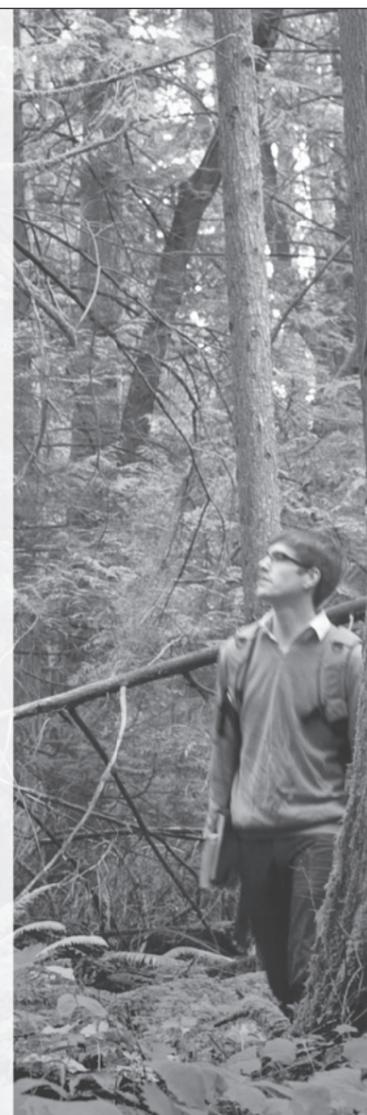
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Engineering student reconstructs plesiosaur fins

BRAD KENNEDY
THE GATEWAY

EDMONTON (CUP) — Laurel Richards is reverse-engineering a plesiosaur.

No, this isn't some twisted, Jurassic Park-style experiment destined to go wrong. Richards, a fourth-year civil engineering student, is sticking to plastic models in her search to discover how the creature functioned in its natural habitat.

As part of a research collaboration between University of Alberta professor Mark Loewen and Donald Henderson, curator of dinosaurs at Alberta's Royal Tyrell Museum, Richards has been experimenting with a one-tenth scale model of the ancient reptile — the plesiosaur isn't actually a dinosaur — to determine the arrangement of fins on the creature's body that would have allowed it to swim stably in its turbulent, freshwater environment.

To do this, Richards and Loewen have been using an open-channel flume to simulate the same conditions a plesiosaur would have been exposed to millions of years ago, when it roamed the lakes and rivers of the world. The device used in their research is essentially a glass-walled artificial river that allows the researchers to observe the behaviour of their model underwater in real time.

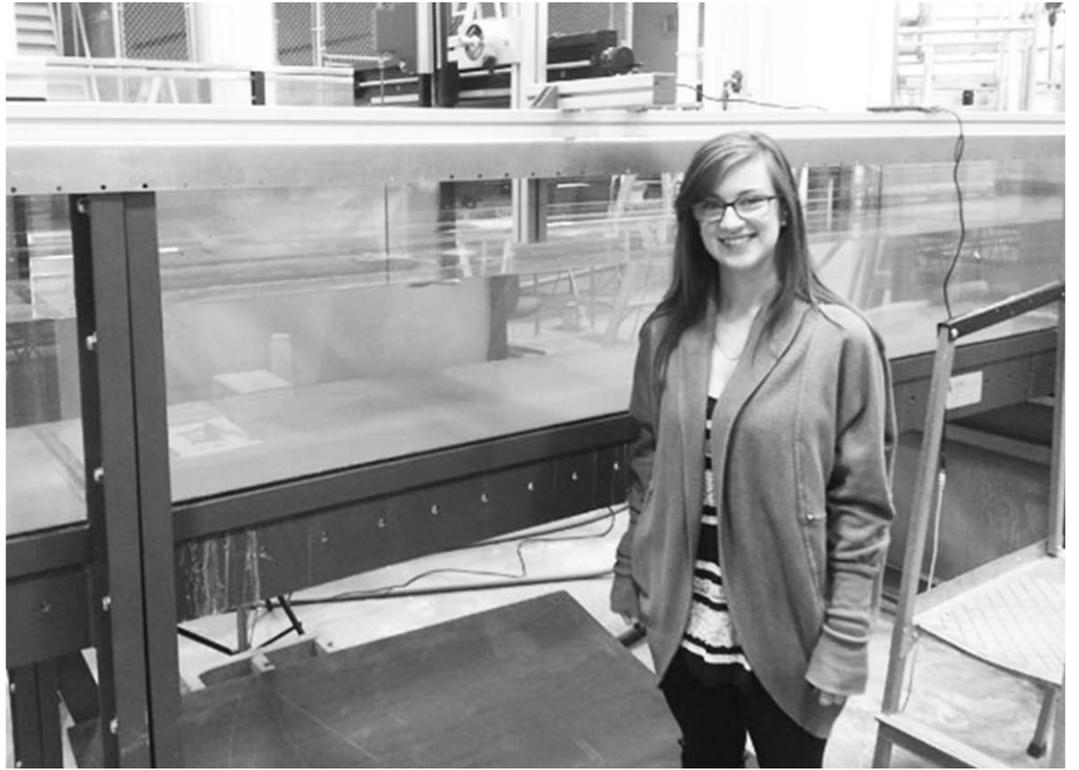
"It's basically an aquatic lizard;

this plesiosaur would have been about three meters long," Richards said. "Henderson's theory is that plesiosaurs wouldn't have been able to swim with stability — to maneuver, turn and stay swimming forward — without some sort of fin on their tail. With their long necks and their flippers, they wouldn't have been able to move as effectively."

Their research is still in the early stages, but Loewen and Richards are working to investigate the theory that the addition of a wide fin at the end of the plesiosaur's tail would act like a rudder on a boat, giving the lizard greater control and balance in its movement. Right now, Richards says the tail-less model they've been running tests on has difficulty staying oriented forward.

"We'd like to do more tests on plesiosaurs with tail fins, and possibly with larger models," Richards said. "Our current equipment doesn't include a load cell sensitive enough to measure the torque created by the model in the simulation. If we can quantitatively determine the torque, we can then start to see if a tail fin creates more stability for the model, numbers-wise."

In the meantime, Richards is working on developing new and inventive approaches to the research while Henderson constructs new models to test in the



CREDIT: BRAD KENNEDY

The plesiosaur is possibly getting an update thanks Laurel Richards.

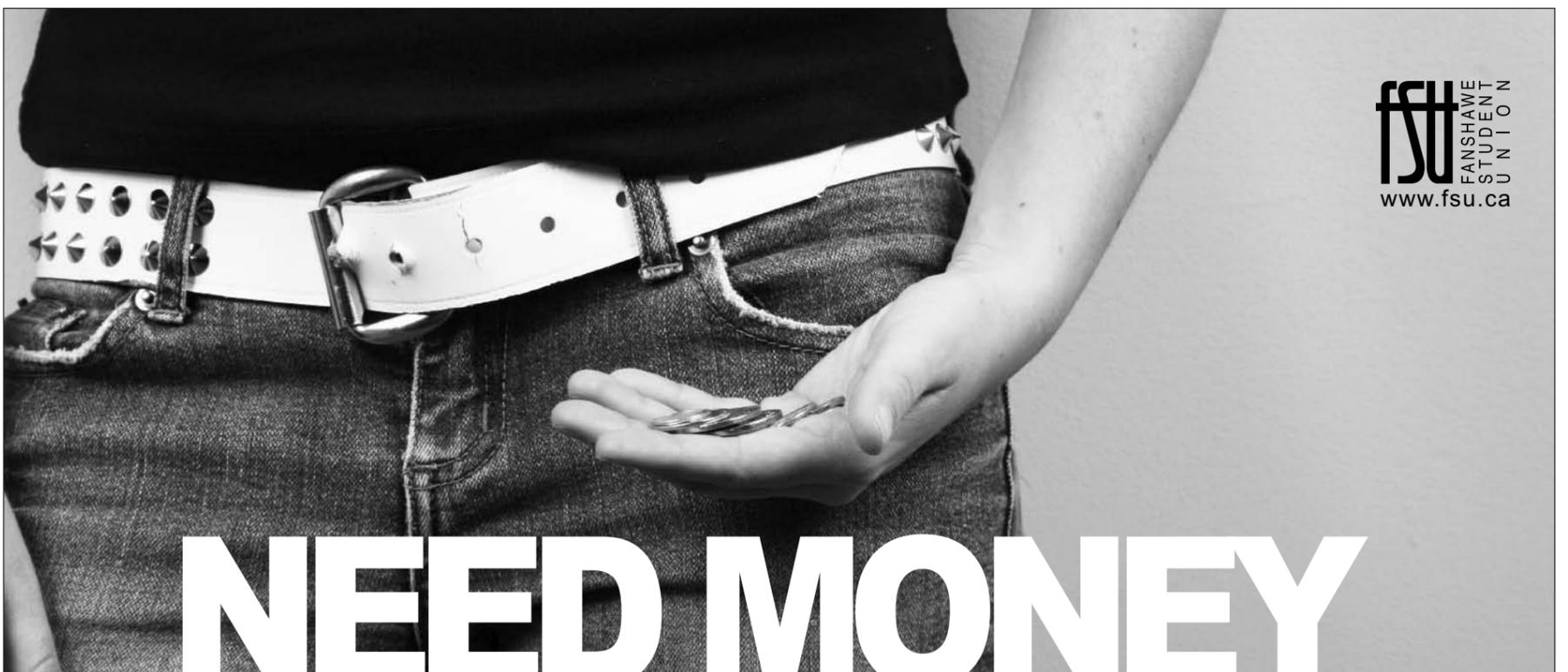
lab. She's attempted various reconstructions of the single model they have so far, removing and reattaching the tail fins to observe how that affects the positioning of the plesiosaur underwater.

Other engineers at the university have suggested experimenting on a

model of a sea turtle, because of the similarities between the flippers of turtles and plesiosaurs. There are plenty of directions research could take from here, and Richards said she considers the experience of working in this lab an interesting departure from her

normal studies as a civil engineer.

"I couldn't pass up looking at this old aquatic reptile," Richards said. "When I read what the research would involve, I contacted Dr. Loewen, and we set it up ... It's definitely been a big learning experience for me."



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HELP WANTED



EYE ON CAMPUS

Stephanie Lai

Warm Hues and Cool Blues

This week was probably the easiest week I've had on my Tuesday stroll around campus.

I saw a lot of warm reds like maroon and oxblood, some sick camo bottoms and a nod to the great Steve Zissou. These guys know how to keep warm and look cool.



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The KPI Student Satisfaction and Engagement Survey has been completed! Our sincerest thank you goes out to all students who participated.

The KPI or Key Performance Indicators survey is distributed at Fanshawe and all Ontario colleges annually. It is used to measure the College's performance from a **student perspective** and serves as a comparison of colleges across Ontario. We collect information and opinions from graduates and employers as well to find out **what we are doing right** and what **needs to be changed**. We do this because we want to make the best, most informed decisions we can and provide students with the **best college experience** possible.

Now that this year's surveys have been completed, we are tabulating the results. We'll fill you in as soon as we can and when we find out how Fanshawe ranked among other colleges in the province.

Thanks again for your participation and we hope your year will be a great success!



PETER DEVLIN
President
Fanshawe College



ADAM GOURLAY
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TRAVELLING on a budget

Gabby Scheyen | INTERROBANG



V

acations are supposed to give you a break and let you relax, but sometimes they can become more stressful than your day-to-day life! Money and overspending are a huge issue when it comes to vacationing, which makes sense because you are living without all the comforts and amenities. Whether you're driving two hours to a small town or flying 10 hours to a tropical destination, you will need to pay for necessities like food, transportation

and accommodations, plus extras like clothes or souvenirs. Expenses can add up faster than you expect, but there are some things you can do to keep your total cost down.

Kelly Balderston, a vacation travel specialist who works for Robert Q Travel, said, "Determining a budget beforehand and considering how much a room, food, entertainment and drinks will cost, and comparing several options, will allow you to determine what is best for you."

Additionally, she suggested doing your research ahead of time. "Booking last-minute does not save you money; it can actually end up costing you more." Planning and research is key to having a successful vacation, whether you're looking to save money, or simply looking for ways to spend your time. When planning a vacation, the first thing to think about is what time of year you want to travel in.

"Research your destination to determine when off-season is. Travelling during peak travel season is expensive." Airlines raise their ticket prices during the summer and over March and Christmas breaks because these are popular times to travel.

Compare costs for different types of transportation. Check train prices and airline prices, and also calculate approximately how much it would cost you to drive. If you decide to take an airplane, fly midweek. The prices are usually lower on days in the middle of the week like Tuesdays and Wednesdays.

"Usually the single most expensive item when people travel is the airfare. When travelling to Europe, Australia or Asia, airfare will run in the thousands of dollars," warned Balderston. Make sure you spend time researching the best flights, if you chose to fly.

Along with avoiding popular travel times, avoid congested, popular areas. Instead of staying in a hotel at the centre of the city you're vacationing in, try to find accommodations just outside that area. These places are usually a lot cheaper than the mainstream hotels. "Generally speaking, hotels in the heart of the action come at a premium, so staying just outside can cost you less. You need to consider, however, how easy transportation will be and how much it will cost – it may be a tradeoff."

Hotels are not your only option for accommodations, of course. Hostels may not seem like much in comparison to fancy five-star accommodations, but are those really necessary for a short vacation? You'll be out and about all day, so most of the time you spend in your room will just be to sleep. Another lodging option is a vacation home. Renting vacation homes can be the same price, or even cheaper than hotels, depending on how many nights you stay. Plus, you will have your own kitchen so you can save a lot of money on food.

Food costs add up very quickly, especially if you are travelling with your family and you all eat together at a restaurant for every meal. "Buy at local markets and eat in your hotel room," suggested Balderston. "Eating in restaurants is expensive, and buying in local markets is more fun. Find accommodations that include breakfast, then you at least are starting your day off with one meal, then have a late afternoon meal and that will cover lunch and dinner. Then all you need is a snack in the evening."

"The bottom line is if a person wants to travel on a budget, the primary thing is to do some research and cost analysis to determine the best option," Balderston said. "Travelling is an amazing experience and can be done on almost any budget!"

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CREDIT: INTERIORAHOLIC.COM

When fashion is inspired by interior design



THE SHOPPING BAG
HAI HA NGUYEN
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The fashion and interior design world share many intriguing similarities, including the love of colour, texture, textiles, lines, silhouettes, artistic and personal expression.

Fashion tells a story of an individual through her outfit, her interests and personality type from what she wears. Interior designers set the mood and aura of an individual through the use of space combined with all the relative design elements as in fashion. The energy of a room can set the mood of a person, and therefore reflect what she would wear and approach their day.

You don't have to be a master of feng shui to be great at arranging a room to set the tone of that space – think of it as styling an outfit. Pick the theme of the room, then the colour palette and then any key patterns, details and pieces that will help contrast and define the space. Coming up with ideas to avoid clutter and maximize tidiness will always bring forward the main details you want to highlight in the room.

One interior designer that is influential in this week's look is Kelly Wearstler, a CEO, interior designer, fashion designer, author and mother. She is a master at her craft, her work appearing in countless editorial magazines such as ELLE Décor, Architectural Digest and Vogue. Her designs are strong, defined, contrasting and exceptionally interesting. She mixes patterns with other busy patterns, bold lines and metallic accents. She uses a broad range of show-stopping décors with vintage, art deco and modern influences. Although there

are so many themes going on in her rooms, they are undeniably inspiring and will keep your mind interested and flowing with creative ideas.

This week's art deco-printed blouse is contrasted by a bold black mandarin collar. The detail is simplistic and but it creates some boundaries for the bold print. The blouse can be worn with pretty much everything from jeans to leggings to shorts or tucked into a boldly-printed skirt. It is paired with a black and gold art deco necklace with a snakeskin texture to break up some of the busy print. Another option that reflect a "Kelly Wearstler interior" is to contrast with a nude floral detailed statement necklace, since much of her work also plays up the mixing of busy prints and making them work beautifully together.

1. Art Deco Blouse: This full-length blouse can be rolled up and worn as a three-quarter length sleeve. The silhouette can be easily worn with jeans, leggings or a skirt to pull off the defined and contrasting look that reflect Kelly's work. (Dynamite, \$36.90)

2. Necklaces: These two bold pieces are the perfect addition to contrast an art deco pieces, plus they have an interior design touch to them. (Aldo Accessories, \$25)

A way to keep your style interesting is by always incorporating your inspirations from different areas of design, life and creative figures that inspire you. It is easy to seek ideas from interior design for fashion choices because the two worlds can be so intertwined.

Hai Ha Nguyen loves to discover the new trends in street fashion, accessories and styling. Follow her on Instagram at [instagram.com/misshaihanguyen](https://www.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.



CREDIT: STYLELIST.CA

Mixing your foundation will save you money and give you a custom product.

Foundation mixology



BEAUTY BOY
JOSHUA R. WALLER
joshua.r.waller@gmail.com

People often think that when they are getting bored or tired of their foundation they need to replace it with a new one. While change is usually good, it isn't always the most fiscal thing to do, especially when your current foundation can easily be altered to fit your needs.

If you find that your skin is getting drier (especially in the winter months) or just feel that your foundation is too thick, there is a really simple way to alter it. If your skin needs more hydration, mix a little bit of your face cream into your foundation to create a tinted moisturizer that will provide a lot more hydration and decent coverage. If you just want to thin out your foundation, mix a hydrating face serum or a gel-textured moisturizer in with it so you will keep the similar coverage but will lighten up the

texture of the foundation.

If you feel that you need a sun protection factor (SPF) in your foundation, especially in the summer, it can be as easy as mixing a really lightweight sunscreen into your foundation. La Roche-Posay's Anthelios 60 Ultra Light Sunscreen Fluid mixes perfectly with most foundations. If your daily face cream has an SPF in it, that can also be mixed to provide more hydration as well.

Sometimes you can feel that your foundation is becoming too dull or isn't bringing enough radiance to your complexion. Instead of going out and purchasing a radiant foundation, mix a highlighter or radiance serum (Estée Lauder Idealist) with the product you already have. Lancôme's Éclat Miracle and Benefit's High Beam mixed with your foundation will give your complexion a subtle radiance without feeling too heavy or layered. If you want more of a sun-kissed radiance, Benefit's Sun Beam can add a perfect glow to your base.

If you are having one of those

days where you feel like you need more coverage from your foundation, instead of going out and buying a pan stick or caking your makeup on, mix in a bit of a cream concealer. Shiseido's Natural Finish Cream Concealer adds the right amount of coverage to your foundation without making it look cakey or feel too heavy. If the reason you feel you need more coverage is because you are showing more redness in your complexion, mix in a green concealer. The green section of the Lise Watier portfolio does an excellent job at counteracting the redness in the skin – just make sure not to add too much of the green concealer or else you'll change the shade of your foundation.

When it comes to your foundation, don't be afraid to get experimental with it and a little bit creative. You would be surprised at how you can alter your foundation to fit your needs. This will save you from constantly having to buy new foundations and will let you have a custom foundation whenever you need it.

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Design students are students too!



TURN BORING SPACES BEAUTIFUL
BRITTANY ROACH

Being a student enrolled in Interior Design at Fanshawe College has led to a lot of high expectations for my home's esthetics. I know this program cannot be the only one that will mislead people to believing that its students' homes look like they're straight out of magazines. This is a common misunderstanding that I run into way too frequently!

We are students, too. We may have debt, we may be living paycheck to paycheck, or we may be on a strict budget with OSAP while we are getting through school. We have lots of bills, textbooks and supplies to pay for. After all of this money is spent, it leaves most of us with nothing close to buying the picture-perfect home.

I am currently in the process of moving, and I always hear the

same phrase: "I can't wait to see your place! I bet it's going to be decorated to the nines!" Every answer is the same: "No, I am a student." As much as I would love to go out and buy all the picture-perfect furniture and have a home that looks like it should be in a magazine, it's just not possible or worth it for a rental. I know many of you have felt the same at some point in your student career!

With being a student, shopping at high-end furniture stores or even just your average joe stores like The Brick and Leons just isn't affordable for students. Places like Value Village, Habitat for Humanity and the Salvation Army are about budget range for most of us creative students. Don't get me wrong, you can find spectacular furniture in there, but with the costs of time and effort to refinish it! Accessories, designer pottery, paintings and accessories usually aren't doable on a budget, though places like Winners, Walmart and even yard sales have good bargains for accessories from time to time.

Being a design student has led to



CREDIT: HOME-DESIGNING.COM

This kind of pad is so not possible on a student budget... unless you get really, really lucky at a yard sale.

a high unrealistic expectation of having the perfect-picture home. At the end of the day, we are all

students getting through school, either living in rez, renting or living with our parents. We may not

have the dream home right now, but that's okay because we are students!

Lucas Glenn Co.'s "OK Cariboo" looks at industry and environment

JAKE SHERMAN
THE PHOENIX

KELOWNA (CUP) — For Lucas Glenn, the medium is the message.

A conceptual artist by his own definition, Glenn uses his installation art to comment on the deep historical roots, as well as the environmental and social implications of B.C.'s storied tourist industry on its peoples.

"If the concept behind the work wasn't there, I wouldn't have a reason to make it ... the public can choose to see this however they want," says Glenn. "But whether or not this is art, a bunch of objects grouped together, or social commentary, is totally up to the viewer."

Glenn says he was inspired by Wayne White (with whom he's worked) and by what he sees in everyday life.

The piece challenges climate change, immigration and animal rights. The objects symbolize these various aspects, which is how the piece examines the macro through the lens of the micro. That theme is found in other areas too, as Glenn uses local materials to make national statements.

He combines conceptual methodologies with grassroots research to participate in a sort of social activism all his own. The exhibition expands on "the contrast between orchard packing and problems that migrant workers face here in the Okanagan," as well as "deforestation, snowmobiling and hunting in the Cariboo region."

Focusing on the regional and the local, Glenn's work reveals a tourist industry hailed as a means of stimulating economic development, which he argues has come at the cost of environmental sustainability and social welfare.

Glenn calls himself Glenn Co.; by framing himself as incorporated, he comments on the trademark manner in which he works.

"Because I recycle, because I construct, it's funny to see the practicality of having a company within the practice of art, the so called non-utilitarian practice of creating art," he says.

The company maintains that foresters, snowmobilers and industrial agriculture are the real hunters, and that in some ways we are not only hunting the mountain caribou, but ourselves as well.

With pieces like "Kicking Ass in Oil and Gas," which deals with the impact of quading and snowmobiling in the Cariboo region of B.C., and others that comment on the industrialization of agriculture and the atomization of its workers in the Okanagan, Glenn uses his artistic nuance to attack the corporations that have exploited BC's precious natural resources.

"I wanted to reveal problems in the area and mediate the difference between tourism and reality," says Glenn.



CREDIT: STEPHEN ECHAVIA

Second-year Fashion Design students held a Valentine's Day themed fashion show at Tabu nightclub on February 7. The event was held to raise funds for their upcoming year-end fashion show Unbound in April.

A GLOWing review



Cinema Connoisseur
ALLEN GAYNOR
www.cinemaconn.com

GLOW: The Story of the Gorgeous Ladies of Wrestling (2012)



The Olympics are in full swing, and I couldn't be more excited. Not because I am a fan of events such as Short Track Speed Skating or the Nordic Combined. Let's face it; nobody has given a damn about the majority of the sports that comprise the Winter Olympics for the past three years and 50 weeks. So I don't feign excitement when some nincompoop from Moose Jaw makes it down a mountain faster than some dingbat from Helsinki.

So what has me excited, then? Well, as opposed to professional sports, I feel male and female Olympic athletes are treated as equals. People care as much (or as little) about a female luger as they do a male luger.

Contrast that with the spotlight (or lack thereof) that is shone on female professional athletes. The WNBA has been around since 1996, but legendary female basketball players such as Swoozy McBossoms and Sassy Fannypants are far from household names. In fact with the upcoming increase to the Ontario minimum wage, a woman would be financially better off working at an Oshawa Arby's restaurant than trying to make it as

the point guard of the Indiana Fever.

Luckily there is one professional sports league that is at the forefront of gender equality, that being World Wrestling Entertainment (WWE). While the ladies of the WNBA and LPGA are segregated from their male counterparts, performing in front of crowds of a dozen or so in church basements, female professional wrestlers are treated with the utmost respect. They perform on the same events as the male wrestlers, and therefore their competitions are shown in primetime on major television stations, and broadcast in colour. Those are claims that other female pro athletes cannot truthfully make.

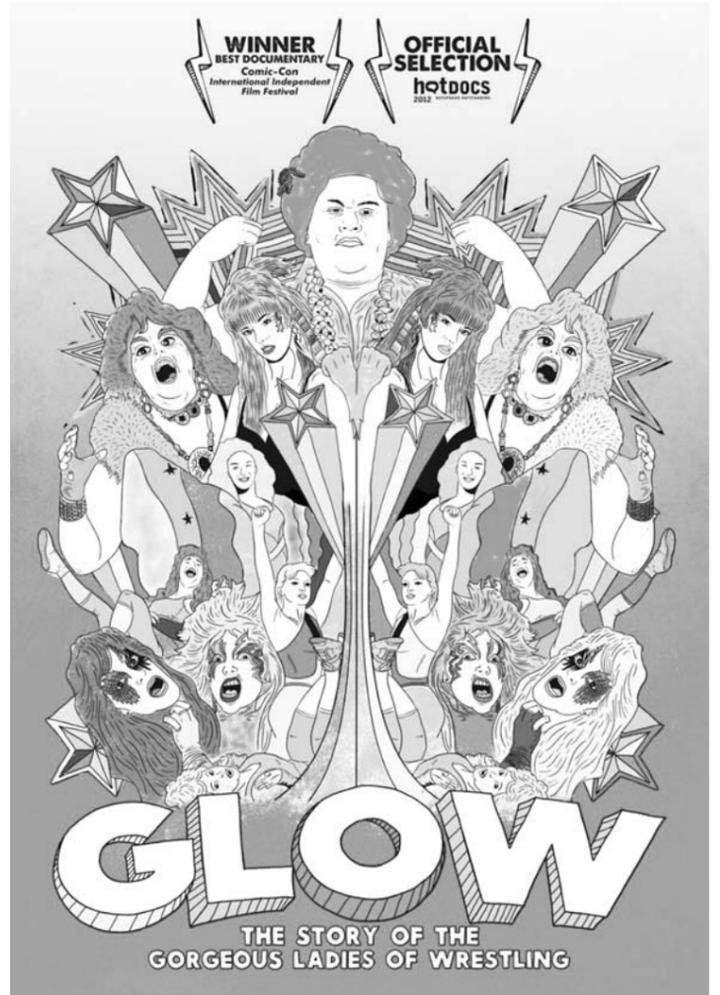
It wasn't always a bed of roses for women wrestlers, however. Back in the 1980s, female and male grapplers were not on equal footing, and as a result, the women were forced to compete in their own league, known as GLOW, the Gorgeous Ladies of Wrestling.

GLOW: The Story of the Gorgeous Ladies of Wrestling is a fascinating documentary that details the short history of the women's-only pro wrestling organization. The company was founded in 1986, when a group of young women with little to no grappling experience were brought in and taught the basics in a short boot camp. From there they would appear in a very successful syndicated program that featured rap videos, comedy skits and of course, wrestling matches. Stars such as Hollywood, Mt. Fuji and Tina Ferrari battled it out, under the watchful eye of Jackie Stallone

(Sylvester and Frank's mother), who portrayed the organization's owner. What the women lacked in athleticism, they more than made up for with over-the-top personality. They were tremendous performers who gave it their all. The only thing that differentiated them from the likes of Andre The Giant is that Andre was not able to write off halter tops and Daisy Duke shorts as a legitimate business expense.

The show became an international phenomenon, before it was shockingly cancelled after four seasons. In this documentary we get to learn not only about the company, but more importantly we are taken behind the curtain, and learn about the women behind the characters. In yet another example of wrestling promoters bending the truth, only a handful of the women were gorgeous as advertised. The rest of roster was, quite frankly, rather homely. But Homely Ladies of Wrestling would not look very good on a marquee I suppose. Plus HLOW sounds like Dutch profanity, which would have affected the promotion's chances of success in the Netherlands.

I assume that it is every young girl's dream to grow up and become a professional wrestler. Therefore, *GLOW: The Story of the Gorgeous Ladies of Wrestling* is an absolute must-see film for young women. The names Gloria Steinem and Susan B. Anthony get bandied about when people discuss great feminists in history. If you ask me, there are some other names that have played an equal, dare I say greater role in the feminist movement. GLOW stars such as



Matilda The Hun, Jailbait and Babe the Farmer's Daughter should each have their own page in Encyclopedia Britannica.

While great women of the past burned their bras in the fight for equality, these tough-as-nails women did them one better. They scratched, clawed and maimed one

another so that the next generation of competitors, names such as Trish Stratus and Stacey Kiebler could perform in their bras in front of appreciative audiences. I can only hope that one day the women of the WNBA, LPGA and Lingerie Football League are held in the same regard.

Getting to destiny

JOHN MICHAEL BENNETT
THE MUSE

ST. JOHN'S (CUP) — Available on the Nintendo 3DS e-shop, *Phoenix Wright: Dual Destinies* came to North America late last year. The game marks the fifth main game of the series, and starts off with a literal bang — a bomb goes off in the main courtroom mid-trial. While the beginning may seem intriguing, the end of the game leaves the story feeling incomplete, and audiences feeling ripped off.

For those unfamiliar with the series, Phoenix Wright is an attorney character in a series of adventure/exploration/logic/novel games for Nintendo. The series follows the bold defense attorney as he takes on strange cases with stranger companions. The game play involved uncovering evidence and mysteries, while the other half of the game is court room battles where you duke it out with the prosecution, using logic and evidence to prove your client innocent — or at the very least, not guilty.

The new game, *Dual Destinies*, doesn't bode well as an introduction to the series. The game constantly drops references to the past four games, and introduces characters with large build-ups that mean nothing if you haven't played the series.

The game play is a little stronger, however. The new game has removed many of the redundancies of the series, such as searching endlessly in a room for

something when it's in another room (once you've fully searched a room, the game pushes you to move on). As well, when you get game over, instead of returning to the beginning of the last save point, you just go back to where you got game over. While at first, this may sound like it made it easier, all you're doing is skipping redundant dialogue that you've already been through that was more of an irritation than anything else. As well, the game play mixes many of the past mechanics — such as Apollo Justice's wrist band lie detection, and Phoenix Wright's psyche-lock breaker — and introduces new ones, like a psychology profiler, which detects when emotions don't match particular statements.

As for the story, the game features five main trials (and an extra one, available on the e-shop). The game has the longest story to date. The beginning cases are well done, building up the story line and leaves players with a lot of intrigue. However, after building up the ending right from the very beginning, the end result is anticlimatic and will leave audiences feeling like the writers copped out on a much better — and realistic — ending.

If you're a fan of *Phoenix Wright*, then I would play this game just to keep up on the story-line. Further more, the game play is well-done. However, if you're looking to start playing the series, this title is not for you.




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fsupres@fanshawec.ca

Does the House of Mario need to rebuild?



G33K LYFE
ANDREW VIDLER

It is a rare occasion that one brand can become so synonymous with its product that the wider public believes that they are one in the same. It is an honour that is reserved for only the most elite companies, like Kleenex or, at least in the eyes of your mom, Nintendo.

It would be nearly impossible to find somebody under 50 who doesn't know the name of that company, and nobody who is reading this column needs me to tell them how crucial the presence of Nintendo has been to the growth of the video game industry from a laughable niche market to the highest-grossing entertainment medium today.

Unfortunately for longtime fans of "the Big N," the company has found itself in a bit of a sticky situation the last couple of years, one that has no one cause at its root, and consequently no single solution. In simple terms, it has fallen behind the competition, predominantly Sony and Microsoft.

Much of Nintendo's success has been due to its long track record of high quality, family-friendly video

games. They have also created some of the most iconic characters that the industry has ever produced, a strategy that propelled them to the top of the video game world throughout the '80s and '90s, when brightly coloured mascot characters were being churned out at the same rate as poorly conceived reality shows. Yet as entertainment as a whole grew a little darker and a little more edgy, the adventures of Mario and Link took a backseat to the sudden glut of military shooters and adventure games that began dominating the industry in the 2000s.

While Nintendo was able to regain financial success with the launch of the motion-controlled Wii console in 2006, the generation of gamers that grew up with the company felt that they were being ignored in favour of targeting players of all ages – from toddlers to grandparents. Only a handful of titles captured the hearts of longer-term Nintendo fans, and all of them came from the established worlds of *Mario*, *The Legend of Zelda* and the usual success of *Mario Kart* and *Super Smash Brothers*, which have been staple four-player party games since the heyday of the Nintendo64. Unfortunately, these marvels of gameplay were delivered on a platform that was graphically inferior



CREDIT: NINTENDO

Nintendo's Wii U has been a flop with gamers.

to both consoles – the PlayStation 3 and the Xbox 360 – it was set to compete against.

The 2012 release of the Wii U was the official launch of the touted "next-gen," but Nintendo was only just offering the sort of graphics that had been available for nearly a decade. A much more pressing issue, and one that continues to haunt the console a year into its debut, is a serious lack of games that are bringing anything special to the table. The bestselling title on

the console is a remake of another *Zelda* game. The only titles that are truly anticipated in the future of the system are all from the series that I have mentioned above, leaving gamers facing the prospect of dropping \$300 on a console that will only ever offer a handful of games.

Recent news that Nintendo has bought back nearly \$1 billion in stock hints that they are aware that some sort of new strategy may be required if the Wii U and Nintendo

as a whole will be successful in the future. This isn't to say that they're going anywhere – they have more money in the bank than most countries have in their national reserves – but as more time passes and more and more PS4s and Xbox Ones fly off the shelves (both consoles beat the Wii U's first year sales in a couple weeks), it is obvious that something new is coming on the horizon.

JANUARY 2014

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Eshaan Gupta

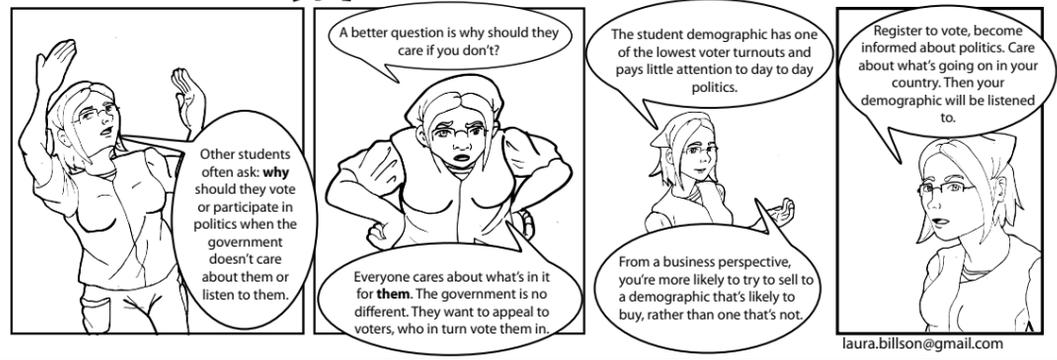


BUS STOP

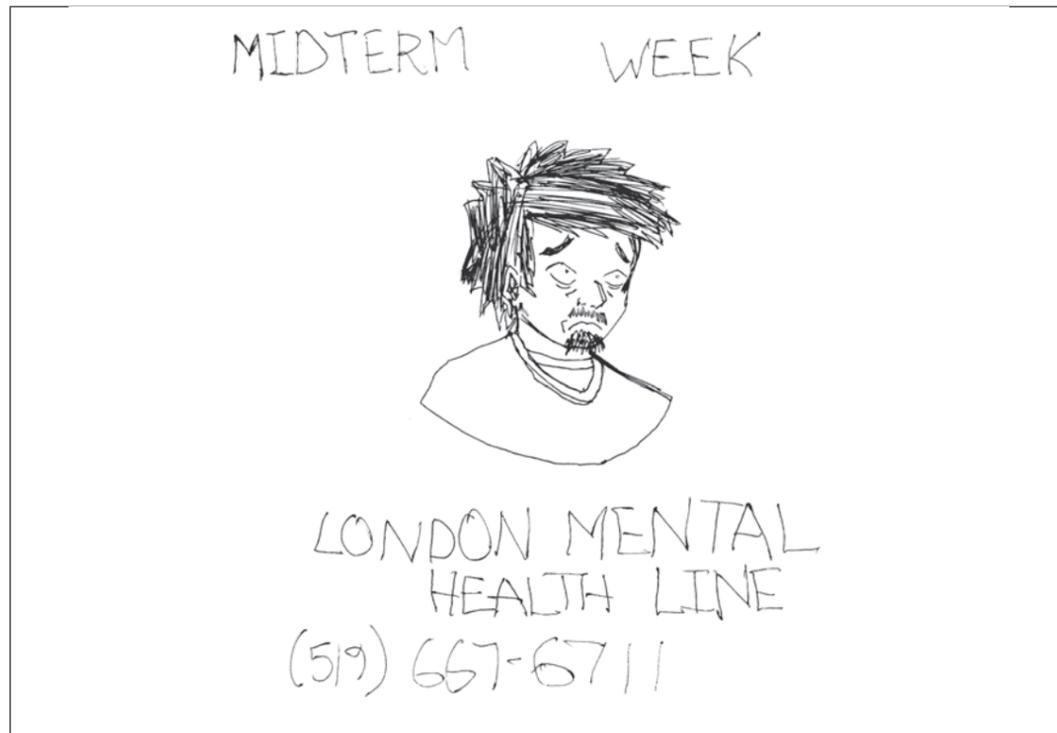


NOT NEUROTYPICAL

It's not the best system, but there are ways to make changes within it.



NERDS



FSU EXECUTIVE ELECTIONS

SPEECHES
Wed. Mar. 5, 2014
Forwell Hall | Noon

DEBATE
Thurs. Mar. 6, 2014
Forwell Hall | Noon

fsu.ca/elections2014

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.

Elgin County
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zodiac stargazer HOROSCOPE

Aries (March 21 - April 19)

Consider other people's views and needs. The Taurus Moon calls for a gentler strategy. Your excitement is worth so much more after you coax everyone up to your level.

Taurus (April 20 - May 20)

All of the rocking calms down to a familiar balance point. Set aside your illusions and check in with the real you. Taurus is in better shape than critics and naysayers want to believe. Get ready to make your move.

Gemini (May 21 - June 20)

Your moves may seem random, but they happen within an ideal range. Staying busy puts you into exactly the right kind of trouble. The Taurus Moon further enhances your already effective people skills.

Cancer (June 21 - July 22)

An unfamiliar method looks like a mistake. Open the book again, and see what you missed in your last reading. Enjoy this period of adjustment while it's available to you.

Leo (July 23 - August 22)

Let others pretend that they have a say even as you drive the events. Leo is wise and agreeable under the Taurus Moon. Do what you can to help friends feel the special magic that you hold for them.

Virgo (August 23 - Sept. 22)

You have to get through another slow week before you can punch down on the accelerator. Favour light comedy over heavy drama. Have fun with associates before they become competitors again.

Libra (Sept. 23 - Oct. 22)

You gain the upper hand by helping others. Your social calendar represents the course that you chart through the world. Take pride in the way you put others at ease.

Scorpio (Oct. 23 - Nov. 21)

Urgency and drama feel out of place. Anecdotes carry practical meaning beyond the obvious punch line. If Scorpio can focus on the matter at hand, they will advance it by giant steps.

Sagittarius (Nov. 22 - Dec. 21)

Sagittarius shares their views with anyone lucky enough to be within earshot. A first taste convinces you to stay for the entire meal. Now that you're committed, creative control is inevitable.

Capricorn (Dec. 22 - Jan. 19)

By getting involved with others, you're exposed to a new range of problems. Thanks to the meddling influence of the Taurus Moon, your own projects languish for lack of attention. Important matters must still be settled.

Aquarius (Jan. 20 - Feb. 18)

Expectations are running high. You've stoked this fire, and now it's your turn to walk through it. Aquarius makes the impossible seem like it's no big deal.

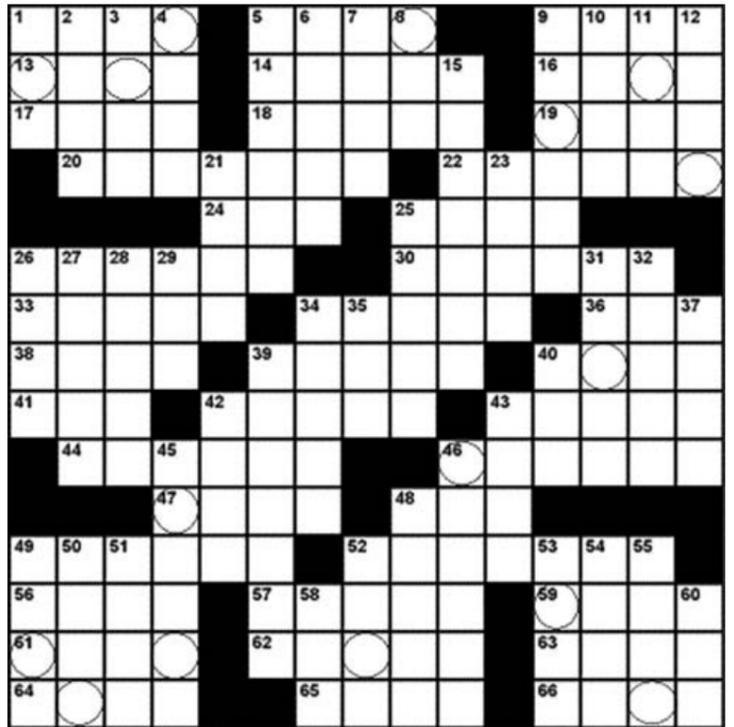
Pisces (Feb. 18 - March 20)

Seek collaborators when the project gets too big for you. Make sure they understand that they're helping you rather than working for you. The touchy subject of ownership should be saved for another time.

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

- Theme of this puzzle: Headlines From The ___ Issue Of The Interrobang
- Far Eastern nursemaid
- Pulls hard
- Principal river of NE Spain
- Relating to sound waves
- Flightless bird
- Opera solo
- West African lemur-like mammal
- Atoms that have lost one or more electrons
- Residence location identifier
- Makes a sudden whip-like movement
- Five minus four
- Mine entrance
- International Week is an adventure on ___ (See 1 Across)
- Measures
- Accustom to that which is unpleasant
- Berne resident
- Poetic nightfall
- Calamitous
- Inactive
- Stay sane - take ___ of your brain (See 1 Across)
- Greek letter
- Leg joints
- Funeral hymn
- Shady arbour
- Threw lightly
- Head covering
- ___ awesome (See 1 Across)
- Nimble
- Lending
- Expression of regret
- Water pitchers
- British nobleman
- Not yours
- Recipient of a gift
- Portico in ancient Greek architecture



- Durable twilled woollen fabric
- Derisive smile
- Very small
- Require
- You're ___ to a celebration of First Nations arts and culture (See 1 Across)
- Formerly the Soviet Union (abbr.)
- Paradoxical riddle without a solution
- Football game unit
- Runs after
- Makes fun of
- More painful
- Front part of a boot
- Meat dish
- Canadian artists, Canadian hits at Share The ___ show (See 1 Across)
- Siberian river
- Comparative suffix
- Alliance of 26 countries
- Increase in size
- Misfortune
- Computers network (abbr.)

Solution on page 22

QUIRKY FACTS

- Gold pills are sold for \$425 each and, when consumed, they will turn your poop into glittering gold.
- Evanston Township High School in Illinois played Justin

Bieber's "Baby" as a fundraiser between classes. Students had to pay to stop it. \$1,000 was collected in three days.

- A surprise inspection of a men's prison in Acapulco unearthed 100 plasma TVs, two sacks of marijuana, two peacocks, 100 cockerels... and 25 women.
- The two oldest cats on record lived to 38 and 34 years old, both were owned by the same owner and lived off a diet of bacon, eggs,

broccoli and coffee.

- In Iceland, 100 per cent of domestically produced electricity comes from renewable energy.
- In Mohave County, Arizona, if someone is caught stealing soap, they must wash themselves with it until it has gone.

7. Australian Graham Barker has been collecting his own belly button fluff every day since 1984 - keeping it in storage jars.

- Measuring in at barely 2" long, the Pygmy Jerboa looks like a cross between a mouse and a duckling.
- Sleeping on your stomach can induce weirder, scarier, and sexier dreams.

10. Japanese engineers were asked to redesign the front end of the Bullet Train because it carried enough speed to create a sonic boom whenever it exited a tunnel. Residents could feel the blast from miles away.

- There is a genetic disease that results in short stature, longer life expectancy, and near immunity to cancer and diabetes.
- Abraham Lincoln was a licensed bartender.
- George Washington grew marijuana in his garden.
- President George W. Bush and Playboy founder Hugh Hefner are cousins!
- Sales of the Guy Fawkes mask - used by protesters all over the world as a symbol of their fight against government corruption and corporate power - all go to Time Warner.
- Listening to music while working helps to create a positive mood, and helps you to become more productive.
- Anuptaphobia is the fear of staying single.

Sudoku Puzzle

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

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.

Word Search

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

Movies that went to the dogs

(Words in parentheses not in puzzle)

- | | | |
|------------------|----------------------|-------------------|
| (101) Dalmatians | Iron Will | (The) Shaggy D.A. |
| Benji | (Lady and the) Tramp | Shiloh |
| (Best in) Show | Lassie | Snow (Dogs) |
| Cujo | (My Dog) Skip | White Fang |
| Eight (Below) | Old Yeller | Year (of the Dog) |

KIOSK QUIZ ANSWER
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THE STAINED-GLASS CEILING IS AT THE OUTBACK SHACK ENTRANCE.
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Sex worker champion talks about journey to Supreme Court

TRAVIS FAUTEUX
THE LANCE

WINDSOR (CUP) — She's Canada's lady in leather, mistress of misery, queen of the court room and a sex-positive political powerhouse.

Her name is Terri-Jean Bedford, or, as she is known by her clientele, Madame de Sade, and she is the most famous dominatrix in Canada after fighting for the rights of sex workers in the Supreme Court of Canada, and winning.

In December 2013, the Supreme Court of Canada struck down three prostitution laws against keeping a brothel, living off the avails of prostitution and street soliciting after Amy Lebovitch, sex-trade worker and executive director of Sex Professionals of Canada (SPOC), and Valerie Scott, legal co-ordinator for SPOC, challenged the courts alongside Bedford.

January 22, less than a month after winning this lengthy court battle, which went through a series of appeals before going to the highest federal court in the country, Bedford traveled to her home town of Windsor and appeared at the University of Windsor for a rare public talk. And she absolutely dominated.

"How many of you saw me on television last month? One of the things I said was that Prime Minister Harper offered me an appointment to the Senate, as a government whip," she began her speech. "Well, today, here in my home town of Windsor, I am declining his offer.

"You see, it seems Senators are always in trouble with the police and I've had enough of that."

Bedford paused shortly to commend the university for the "growth" that has occurred in women's studies and social justice departments and said that she was grateful for the attention that was brought to her legal battles in various courses.

Before 2010, according to Bedford, the federal government tried to impose harsher penalties "for laws that were themselves clearly illegal, such as the bawdy house law."

Her first victory came in 2010 when the first decision to strike down the laws was made. An intent to file an appeal, however, was announced within three hours — there were clearly more hurdles in Bedford's path.

The matter was brought before the Ontario Court of Appeal in 2012, but was appealed again, bringing the case to the Supreme Court.

"Now ... are you going to accept anything, anything these guys come up with?" asked Bedford.

She accused the prime minister of cowardly shrugging away the rights of women, saying "Mr. Harper was doing what organized crime and bad pimps wanted him



PHOTO COURTESY TERRI-JEAN BEDFORD

Terri-Jean Bedford's self-published memoirs *Dominatrix on Trial* tell the former dominatrix's story of "survival, trial, and triumph."

to do, which is to keep women underground and subject to blackmail and potential harm."

"If [Harper] is really concerned about the welfare of women, why does he not speak out about wife-beating, which is a national epidemic, or about divorced fathers who can, but don't, pay child support?" she asked.

Bedford added that "a real man protects poor women and children" instead of undermining "groups which promote human rights and address matters that affect women."

Before challenging the laws directly, Bedford appeared in court on several occasions.

In 1994, her "Bondage Bungalow" in Thornhill, Ont., where she catered to adult fantasies but did not offer sex for sale, was raided by 15 York police officers. The raid was highly publicized at the time and it took approximately four years to reach a conclusion — Bedford was convicted and fined \$3,000.

The following year, Bedford reopened her business in downtown Toronto. She soon sought to appeal, but in one of the most controversial decisions to ever be made at the Ontario Court of Appeal, was rejected.

"To this day, I cannot tell you what my crime was back then," said Bedford to a crowded room. "The laws as they were written were so vague and arbitrary in their enforcement that they were unconstitutional."

Eleanor Maticka-Tyndale, doctor of sociology and associate dean of research and graduate studies for the faculty of arts and social sciences, focuses her research on sexual rights and citizenship and HIV prevention. She was an expert witness in one of Bedford's earlier trials.

Maticka-Tyndale began plan-

ning the talk in the fall when she was alerted that Bedford would be returning to her home town, coincidentally, before the ruling was expected from the Supreme Court. In a fortunate surprise, the ruling was handed down earlier than expected on December 20, 2013.

"We figured she would be here just before [the ruling]," explained Maticka-Tyndale. "That was just luck."

Parliament now has a year to introduce new legislation to replace the current ones, which have repeatedly been deemed too vague.

Canadian Justice Minister Peter MacKay released a statement following the ruling which read, "We are reviewing the decision and are exploring all possible options to ensure the criminal law continues to address the significant harms that flow from prostitution to communities, those engaged in prostitution, and vulnerable persons."

Maticka-Tyndale explained that the decisions made by government in the next year will ultimately determine the state of sex work in the country for years to come.

"These laws are done at the end of this year," said Maticka-Tyndale. "They may be replaced by other laws, they may be replaced by no laws...we don't know."

She said that while there is some fight left while the legislation is debated, the Supreme Court was very clear in telling the government that "these laws are vague, unclear, cover too much, and do not accomplish what [the government] says they are designed to accomplish," according to Maticka-Tyndale.

"What they said is, whatever new laws you bring in have to be far clearer and precise with clarity of definitions," she explained.

BEST IN LATE NIGHT COMIC RELIEF

THE LATE LATE SHOW with Craig Ferguson

Teenagers are proving they don't need Facebook. They're finding other sites. They'll keep hopping from one site to another until they're 70 years old. Then they can settle into the warm embrace of the CBS demographic.

I heard the news that Clay Aiken from *American Idol* is running for Congress. I'm very excited about this. This is fantastic. Do you know the material there will be for me if Clay becomes a congressman? I can come into work even later every day.

The Olympics opening ceremonies were amazing. There was a trippy ride through Russian history, like if Yakov Smirnoff was flying through Narnia.



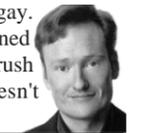
CONAN with Conan O'Brien

Hillary Clinton is encouraging Hispanic families to read to their kids. She's also telling Asian families to ease up on the math so the rest of us can catch up.

Today it was announced that Bill Gates is stepping down as chairman of Microsoft. He starts working at the Gap next Tuesday.

This week on board Justin Bieber's private jet, the pilots had to wear oxygen masks because of all of the pot smoke. They also had to wear earplugs because Bieber was blasting his own music.

A top NFL prospect has announced that he is gay. Then someone explained to him that having a crush on Tom Brady doesn't make you gay.



LATE NIGHT with Jimmy Fallon

We've done over 10,000 monologue jokes over the last five years. And in case you missed any of them, the best way I could summarize those jokes is that Joe Biden needed Obamacare after Anthony Weiner texted Justin Bieber a picture of Chris Christie dating a Kardashian on the Jersey Shore — with Rob Ford.

Yep, tonight is the 969th and final episode of *Late Night*. Or as my dad put it, "Couldn't make it to a thousand, huh? Quitter."

You know, I'm really going to miss being on TV at 12:37. I'll especially miss the battle for late-night ratings with my fierce rivals — Craig Ferguson and a Veggie Chopper infomercial.



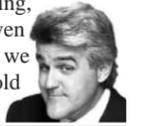
THE TONIGHT SHOW with Jay Leno

Warren Buffett is now offering \$1 billion to anyone who can fill out a perfect bracket in the NCAA basketball tournament. It is not a million, but a billion dollars. The odds of winning are nine quintillion to one, just slightly less than the odds of the Lakers making the playoffs.

I don't like goodbyes. NBC does. Well, tonight is our last show for real. See, I don't need to get fired three times. I get the hint.

I got to tell you, the outpouring from people. It's really been touching. Today Anthony Weiner sent me a photo of his penis looking sad.

When I started hosting, Justin Bieber wasn't even born yet. That's why we call those "the good old days."



JIMMY KIMMEL LIVE with Jimmy Kimmel

In their hotel at the Sochi Olympics, the Canadian hockey team has to squeeze three players to a room. Even the bobsledders are like, "Isn't it a little cramped?" When you scare off all the gay people, interior design goes to hell.

I'm glad you were able to tear yourselves away from the Winter Olympics. The sporting event that answers the question, How many different ways can white people injure themselves on ice?

There's a pillow shortage in Sochi. How do you not foresee a demand for pillows? Although in their defense it is Russia.

When you sleep wherever you happen to pass out, pillows aren't so important.



THE LATE SHOW with David Letterman

New Jersey Governor Chris Christie is indignant at the New York Times for its sloppy reporting about the Bridge-Gate scandal. The governor also took the opportunity to highlight a few other things he believes are sloppy: Meatloaf with gravy, nachos, barbecue ribs, meat-lovers pizza, buffalo wings, hot-fudge sundaes and chili dogs.

We are at the midpoint of winter. It's just flying by, isn't it? I know what you're thinking. You're thinking, "Geez, I wish we were at the midpoint of this show!"

The hotels are lousy. The Olympic Village is a mess. The food is horrible. And, well, that's what happens when you tick off gay people.



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SCAN ME!

Road woes could keep London in fourth

VICTOR KAISAR
INTERROBANG

It's been an up and down season for the London Knights. At times they're very good. And then at times, they're pretty awful.

Not something you'd expect to hear of a Memorial Cup host team.

This kind of form isn't something that Knights fans have seen in a little over two seasons. On any given night, expect the Knights to walk away with a victory on home ice – they've only lost five games at the Budweiser Gardens all season.

On the road is where their woes lie. For instance, against their biggest division rivals Erie and Guelph, the Knights are 0 for 5 on the road.

"I don't think it's really in our heads," London forward Michael McCarron was quoted by the London Free Press in a February 9 article entitled, Knights beat the good teams at home but they can't seem to away from the Bud. "When we go back there [to Erie February 26 for one final visit], we're going to be looking for a win. We've got to get a win on the road against one of these top teams."

It'll be revenge, of sorts, if London can pull off a win at the Erie Insurance Arena. The Otters are one of five teams to win in London this season – Saginaw, Barrie, Niagara and Oshawa the other four.

Excluding Saginaw, all three are Eastern Conference teams, giving us the indication that the Knights are a pretty formidable group, especially against their tougher Western Conference rivals

"It'll mean a lot knowing we can go in there and win a game against one of these teams in their own



CREDIT: SUN MEDIA

Jake Patterson has been thrust into a starter's job following Anthony Stolarz's injury

barn."

Credit the Knights, though; they've gone through some real tough spells this season, none tougher than losing Anthony Stolarz to a horrific leg injury during their loss to Saginaw on January 17.

The Philadelphia Flyers second-round pick was expected to be out for four weeks. But general manager Mark Hunter expects him to be sidelined for another two weeks or so – after Stolarz was still spotted wearing a protective boot, while his cut heals.

His backup Jake Patterson, who's started every game since then, has been pretty mediocre. Since Stolarz's injury, the Knights

have gone 7-2, as of February 11, but they've been lacking in goal. Their robust blueline has kept them in the hunt in the Western Conference, albeit the possibility to jump any higher than fourth is slowly dwindling.

But Hunter was quick to defend his goalie.

"We know we can play better than that as a team as whole," he said. "Everybody looks at Patty [Patterson]. It's not just Patty. It's the team. Patty can play better. The defence can play better and the forwards can play better."

Following 53 of the 68 games this season, the Erie Otters top the west with 85 points; Guelph sits third with 84 while London rounds

out the teams with first-round playoff home advantage with 77 points.

Favourable results in the playoffs could set up a London-Erie second round series in the playoffs. But that is getting ahead of things. For now, it's about finishing the regular season on a high. With 15 games left, time is running out.

There may be no division title banner raised at the Budweiser Gardens this season, no Western Conference champions banner either. But a Memorial Cup Champions banner raising?

That would be ideal for Knights nation.

Intramural Standings

Basketball

Group One

Team	W	L	T	Pts
5th Wheel	3	0	0	6
Champs	3	0	0	6
Love No Thotties	2	1	0	4
Average Joe's Gym	2	1	0	4
Corp. Punishment	2	2	0	4
0-82	1	2	0	2
Mixed Bag of Balz	1	4	0	2
Hoops & Hops	0	4	0	0

Group Two

Team	W	L	T	Pts
Torn ACLs	2	0	0	4
Hemoglobin Trot...	2	0	0	4
White Oaks	2	0	0	4
Individuals	1	1	0	2
Break From Lond...	1	1	0	2
Key	1	3	0	2
Tri Hards	1	3	0	2
Hoops! I Did It A...	0	2	0	0

Ball Hockey Standings

Group One

Team	W	L	T	Pts
Fanshawe Medics	2	0	0	4
Reckless	1	0	0	2
Slick Sticks	1	0	0	2
Prestige Worldwide	1	1	0	2
Scorgasms	0	1	0	0
Lawn Mowers	0	1	0	0
Chuggin Chiefs	0	1	0	0

Group Two

Team	W	L	T	Pts
The Newsroom	2	0	0	4
TBD	1	1	0	2
Purple Chuckers	1	1	0	2
Fat Stacks	0	0	1	1
Thirst 4 Goals	0	1	1	1
Back Door Bangers	0	0	0	0
Music Hall	0	1	0	0

Group Three

Team	W	L	T	Pts
Bangers	3	0	0	6
Team Eh!	2	1	0	4
No Glove, No Love	1	1	0	2
Hattrick Swayzes	1	2	0	2
TVSN Ballers	1	2	0	2
Layin Down t/ Law	0	1	0	0
Broad St. Bullies	0	2	0	0

Group Four

Team	W	L	T	Pts
Mardell Dusters	1	0	0	2
Balls Out	1	1	0	2
Balls Deep	1	2	0	2
Straight Cheddar	0	0	0	0
Blood Donors	0	1	0	0
The Rakins	0	1	0	0

Group Five

Team	W	L	T	Pts
P.Pounders	2	0	0	4
Five Hole Finders	1	0	0	2
Chain Smokers	0	1	0	0
Moose Chuckles	0	1	0	0
The Fuzz	0	1	0	0
Blackwells	0	1	0	0
Too Hot to Yandle	0	1	0	0

Group Six

Team	W	L	T	Pts
Soup-A-Stars	2	0	0	4
Bush Possums	1	0	0	2
Book Hockey P...	1	1	0	2
Alcoholics Anony...	0	1	0	0
Twigs & Balls	0	1	0	0
Spread Eagle	0	1	0	0
MSAGRO	0	2	0	0

Group Seven

Team	W	L	T	Pts
Easton-Fections	2	0	0	4
Boon Goons	1	1	0	2
Don Cherry Pop	0	0	0	0
The GK's	0	0	0	0
Busch Leaguers	0	0	0	0
Pittsburgh Feelers	0	2	0	0



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Detroit houses hidden gems



MOTORING
NAUMAN FAROOQ
naumanf1@yahoo.com

The city of Detroit, Michigan, is bankrupt – but that doesn't mean it has nothing to offer. Look around and you'll see beautiful historic architecture, as well as state of the art modern facilities. Also, while there is no shortage of areas that have been hit hard by the economic slump, Oakland County is still one of the 10 highest-income counties in the United States.

The State of Michigan is not dead, you just need to look a little bit harder to find the best it has to offer. The same applies to the auto show Detroit hosts annually.

While all the big manufacturers have their displays in the main auditorium at COBO Hall, look around and you'll find some hidden gems in the basement and foyer, stuff like the Equus Bass 770.

At first glance, it looks like a beautifully restored and updated 1967 Ford Mustang Fastback. A closer look reveals that it is something else altogether. The Equus Bass 770 is an all-new vehicle that has a unique aluminum chassis and body – it's just styled to look like your favourite muscle car from the '60s and '70s. You'll see elements of the Mustang, Charger and Camaro all rolled elegantly into one vehicle.

The design details continue

when you open the door. The interior looks retro, but has modern gadgets, and is trimmed in the kind of leather upholstery that an original muscle car owner can only dream about.

The performance is dream, too. Under the hood is a supercharged 6.2L V8 taken from Chevrolet (LS9), which is good for 640 hp and 605 lb-ft of torque. That means it should move like a muscle car, but thanks to its modern chassis, it should also handle like a proper sports car. The Equus Bass 770 might be the perfect American speed machine, but it's not cheap – prices start at \$250,000.

If you want similar performance in a vehicle that looks nothing like a classic, then you might be interested in the Falcon F7, designed and built by Falcon Motorsports. This is a company that specializes in making components for race and road cars and decided to do their own vehicle. The F7 features an aluminum and carbon-fibre chassis which – in the case of the show car – housed a mid-mounted 7.0L V8 taken from Chevrolet (LS7). Falcon recruited Lingenfelter for tuning this normally aspirated motor, which is now said to produce 620 hp. No official performance testing has been done so far, but you can expect it to be fast.

If you want an F7 with the LS7, you'll need to part with \$229,000.

What if you have a Fisker Karma, but are having issues with its complicated powertrain, and getting no support from the bankrupt automaker?



CREDIT: NAUMAN FAROOQ

The all new Equus Bass 770 screams classic muscle car with design elements that make one see shades of Mustang, Camaro and Charger in one awesome package.

Not to worry, Bob Lutz will come to your rescue, for a price. The former GM executive has partnered up with Gilbert Villarreal to start VL Automotive, a company whose entire business model is based on taking existing Fisker Karmas, ridding them of their hybrid powertrains, and fitting Chevrolet LS9 motors in their sleek bodies.

The conversion cost is \$100,000 – or if you don't have your own car to supply, VL will sell you a com-

plete car for about \$200,000.

Roughly 1,800 Fisker Karmas were produced, and while not everyone would want to turn their hybrid into a supercharged V8 sports sedan, Lutz hopes to convince the majority of owners. He has already sold two units of the VL Destino in Dubai, and will probably attract more buyers in the land of sunshine and cheap gasoline.

At the 2014 North American International Auto Show (NAIAS),

VL showed a concept called the Destino Red; which was simply a Fisker Karma Sunset concept with new paint, new interior trimmings and new bumpers. Since Fisker never put the Sunset into production, this concept will remain a one-off.

All of the three car companies mentioned in this article are based around Detroit, proving that there is still innovation and enthusiasm running strong in the "The Motor City."

Some bad news, some good in Premier League



PREMIER LEAGUE PONDERINGS
ANDREW VIDLER

Axe Swing on Seventh Manger

Every week, there is one subject in the Premier League that I hope to avoid writing about, and that is another manager being relieved of his duties partway through the season. However this past week I found myself again reflecting on another firing, this time Swansea City's Michael Laudrup.

Arriving at the club in the summer of 2012 in the wake of Brendan Rodgers' departure to Liverpool, Laudrup quickly picked up where his predecessor left off and helped Swansea avoid the dreaded "second season syndrome" that has affected so many clubs that have survived their maiden top-flight season. In addition to achieving a ninth-place finish (the highest in the club's history), Laudrup also guided his team to the English League Cup, the first major title in history of Swansea City, instantly cementing himself

as the club's most successful manager.

Despite being linked to a series of high-profile managerial vacancies over the summer following his successful debut season, Laudrup decided to remain in Wales for a second run in the Premier League. Despite a few quality signings, namely Jonjo Shelvey and Jonathan de Guzman, the Swansea squad was drawn into the impossibly tight realm of this season's mid table. Sitting in 12th at the time of his sacking, Swansea had been in a dismal run of one win in their last 10 matches, which was apparently the final straw for the board. As of the second week of February, Laudrup has been replaced with defender Garry Monk, making him the league's first player-manager since Gareth Southgate in 2006, who started off his career with a win in his debut against Welsh rivals Cardiff City.

Deadly Daniel Should Delight England

There has been a lot of doom and gloom surrounding England's World Cup competition. Many supporters (including myself) preparing for early disappointment

after being drawn against 2006 champions Italy and an Uruguay squad who exceeded all expectations at the last tournament and will be led by the deadliest striker in world football in Luis Suarez (a man well known to any reader of this column). The people of England have lacked a talisman to get behind, with too much pressure falling on the shoulders of David Gerrard and Wayne Rooney, the

only survivors of the failed "golden generation" that was supposed to bring so much glory to the club.

Playing alongside Suarez at Liverpool, however is Daniel Sturridge, who is quickly turning himself into one of Europe's most consistent goal scorers, with 15 in 15 Premier League appearances. Anybody scoring goals at that rate at such a high level should be well considered as someone who can

help his country to victory on the biggest stage. Sturridge, despite losing nearly two months of his season to injury, is only being outscored by his strike partner and is finally proving that he can be an effective striker at the top level, and not the arrogant young man that so many thought he was for the early days of his career.



CREDIT: GETTY IMAGES

Liverpool striker Daniel Sturridge could be England's next great hope in trying to win the 2014 World Cup, despite drawing into the proverbial group of death with England and Uruguay. Sturridge has scored 15 goals in 15 premier league games giving England reason for optimism this coming summer.

5	9	8	6	7	4	3	2	1
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3	4	2	7	9	1	8	6	5
8	6	9	2	5	3	1	7	4
7	5	1	4	6	8	2	3	9
4	8	7	5	3	9	6	1	2
9	2	3	1	4	6	7	5	8
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The beasts in the East prepping for playoffs



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

The London Lightning are gearing up for another big playoff run, along with the "Big Three" in the Central Division; that includes the Windsor Express and Brampton A's. Those clubs have the best records in the National Basketball League of Canada, by far. They have had the chance to beat up on teams like the Mississauga Power, but it seems like there is another good group of teams forming in the Atlantic Division out east.

In the four-team Atlantic division, the Halifax Rainmen, are the whipping boys. Sitting way below .500, they likely will not cause too many problems when it comes to the playoffs (every team in the NBLC makes the playoffs). However, they have managed to beat every team in the east at least

once (including London), so don't count them out just yet.

The Moncton Miracles are in a similar boat; they don't have a whole lot of wins, yet they have proven they can play. Pushing teams like the Island Storm to split the games against them is no small task, yet they still only win about 30 per cent of their games. Led by a strong core of shooters, the Miracles likely won't come into the playoffs with a very hot hand, but if they draw the Storm (which is looking very likely), then they could find themselves in the next round.

The Island Storm has been right there with the Saint John Mill Rats all season for tops in the division but have since tailed off a bit, losing five straight to start the New Year. Led by former Lightning players in Jeremy Williams, Adrian Moss and Antwi Atuahene, the team has found a groove coming off a big win streak, beating only teams in their division. Looking ahead to the playoffs, it

looks like they will have home court advantage for at least the first round with either Moncton or Halifax having to travel across the Confederation Bridge to play in a tough barn like the Eastlink Centre. Besides, the Storm plays the Mississauga Power and the Halifax Rainmen to end the season - the league's two worst teams. It should be good preparation ahead of a strong playoff run.

Finally, the Saint John Mill Rats are the cream of the crop in the Atlantic. The first team to hit 20 wins out east, they will more than likely take on Halifax in the first round. Through the first game, they've gone 7-1 against the boys from Nova Scotia, so another seven games should see them progress. This is my favourite to advance out of the east and find themselves in the final come March. They are led by Anthony Anderson, who is leading the league with 24ppg. When it comes to these teams in the Central, they haven't seen enough of a player

like Anderson to guard him properly right of the gate. And if they do manage to guard him? Saint John has the best shooting percentage in the league for both field goals and three pointers. On paper, it looks like they should cruise through this division.

The London Lightning will get a

look at both the Storm and the Mill Rats this month. Could it be a finals preview? We'll have a look at the Central Division in the March 3 issue.

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



CREDIT: SAINT JOHN'S TELEGRAPH JOURNAL

Anthony Anderson leads the Saint John Mill Rats in a very underrated Atlantic Division.



CREDIT: STEPHEN ECHAVIA

Fanshawe hosted the OCAA West Regional Badminton Championships and came away with two third place finishes. Alex Duong, above, finished 6-2 at the tournament, finishing third in Men's Singles. Alex Dominski and Kylie Knight also finished third in the Mixed Doubles Division. All three represented Fanshawe at the OCAA Provincial Championships at Humber College February 14 and 15.

Tummy toning tidbits



HEALTH HABIT OF THE WEEK
 Fitness and Health Promotion students

Q. I want to lose weight around my belly area. How can I do this?

A. First and foremost, you are not alone! Feeling insecure about weight around your abdomen is a very common issue. Unfortunately, you cannot spot-reduce fat. Fat distribution is controlled by hormones that are carried through our blood in our circulatory system.

That being said, there are lots of ways to tone your tummy and your whole body at the same time. Try introducing a cardiovascular activity three times a week into your weekly routine, such as walking/jogging, riding your bike, rollerblading, or ice skating - anything that gets your heart pumping for at least 15 minutes. Also try to incorporate fresh vegetables, fruits, whole grains, healthy (unsaturated) fats and lean protein into your daily diet. If you are looking for an exercise to strengthen your core, try the plank.

Submitted by Brittany Feather, Melina Muth and Sarah O'Neil.

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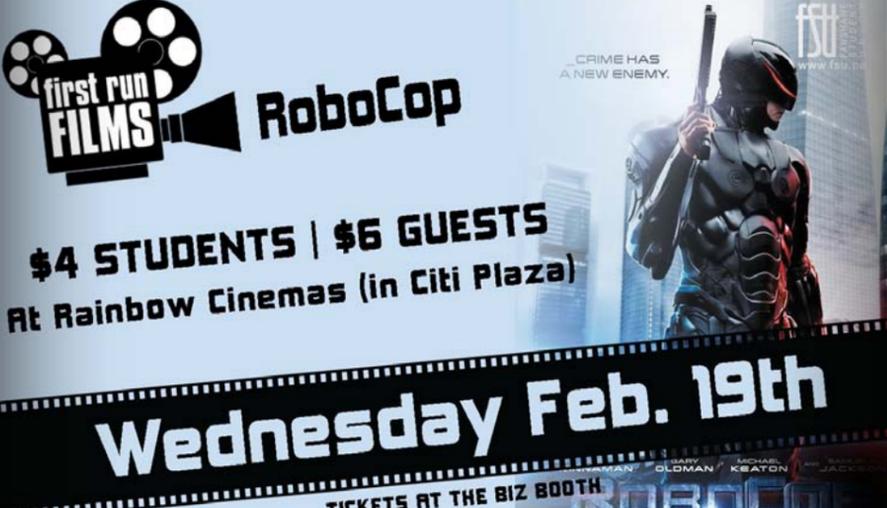
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