

INTERROBANG

Fanshawe's Student Voice

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Q.O.W
QUESTION OF THE WEEK

What are you doing for reading week?



Candice Lapointe
"I'm babysitting my grandparents house, because they are going to Vegas."



Bill Nichols
"I'm working half of the time, then going home, because I haven't been there since July."



Holly Trozzo
"I'm training my dog, doing homework, going on a road trip and maybe going shopping in Toronto."



Aaron Boyd
"I'm taking it easy at home, slamming pints and napping."



Colleen McTavish
"I'm going to The University of Ontario, in Oshawa, to visit friends. They don't have reading week."



CREDIT: FSU STREET TEAM

Students enjoy a night out at the Condom Casino held on February 14 in Forwell Hall. The event was part of the Fanshawe Student Union's Sexual Awareness Week.

10 Things I Know About You...

Frank loves her horse

Heather Frank is in her first year of the Autism and Behavioural Science program. Frank describes said about herself, "I am outgoing, friendly, kind and passionate. I have my moments but who doesn't? I feel that you should try to meet someone new everyday if not at least every week. You never know what can happen. I have a horse named Dorian and a dog named Brownie. They are the loves of my life."

1. Why are you here?
To expand my education and learn more about something I am interested in.

2. What was your life-changing moment?
When I owned a horse that wouldn't jump anything and constantly threw into them instead. It was hard to face that sometimes things

just don't work out. It destroyed my confidence and I had to believe in myself to get out of the slump I was in.

3. What music are you currently listening to?
"Alberta Bound" by Paul Brandt.

4. What is the best piece of advice you've ever received?
Believe in yourself and do things for you because no one else will do them for you.

5. Who is your role model?
Funny enough my role model is my horse. He is carefree, does what he wants and doesn't let anyone stop him. He is fearless and has a BIG heart.

6. Where in the world have you travelled?
Curacao, Dominican, Florida, Hawaii, Quebec, Ontario, Newfoundland and going to Jamaica soon.

7. What was your first job?
Mucking out stalls on a horse farm since I was 11.

8. What would your last meal be?
Kraft Dinner.

9. What makes you uneasy?
People who lie, people who are sneaky and windy days when I am trying to ride my horse.

10. What is your passion?
Equestrian and children. I love horses and love working with children.

Do you want Fanshawe to know 10 Things About You? Just head on over to fsu.ca/interrobang and click on the 10 Things I Know About You link at the top.



CREDIT: SUBMITTED

Heather Frank can do without windy days.

FEBRUARY EVENTS

TUESDAY 02-21

FREE ROCK, PAPER, SCISSORS
Forwell Hall – 12:00PM

WEDNESDAY 02-22

CAMPUS IDOL 2012
Forwell Hall – 12:00PM

FREE ELECTRIC OPEN MIC NIGHT
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Forwell Hall – 12:00PM

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Preparing for a national skills shortage

KIRSTEN ROSENKRANTZ
INTERROBANG

On February 6, 61 presidents from colleges, institutes and polytechnics across Canada assembled at Parliament Hill in Ottawa to engage in a dialogue about the future of Canadian employment.

Dr. Howard Rundle, the President of Fanshawe College, explained why this annual meeting is vital to the development of Canadian colleges. "It's important for colleges to be making the government aware about what the needs are, where they can help, and be aware of what their agenda is," he said, noting that being aware of the federal government's plans has been extremely beneficial in the past.

Though provincial governments provide the majority of college funding, there are certain roles the federal government plays that directly affect Canadian colleges. According to Rundle, the role of the federal government can be broken down into three sections.

The first is employment insurance, which provides temporary financial assistance to unemployed Canadians. Rundle explained, "It matters to (the federal government) if Canadians don't have jobs because then they have to pay, so they will often direct funding if it can get people re-employed."

The second area where the federal government is involved is in research grants, the majority of which are given to universities, however, colleges do receive grants for their applied research, which tends to focus on solving the problems of local businesses and industries.

Lastly, the federal government will occasionally provide capital grants to colleges to help them build new buildings. Take, for example, the new Fanshawe College Centre for Applied Transportation Technologies building at 1764 Oxford St. E. "In 2008, (the federal government) felt they needed to spend money to stimulate the economy and the Association of Canadian Community Colleges (ACCC) met with the Finance Minister to say, 'Well, you're spending money, so why not build buildings for colleges that are now 40 years old and need them?'" explained Rundle. The result of that meeting was the federally funded \$30-million Z building.

At Parliament Hill, the presidents met with politicians and deputy ministers to discuss the growing concerns being faced across Canada. One of the main discussion points was how, as the

baby boomer generation begins to retire, there will be more job openings than there are qualified members of the work force. Because of this advanced skills shortage, employers will have a difficult time filling open positions.

According to James Knight, President and CEO of the ACCC, the first of the baby boomers turned 65, the typical age of retirement, in 2011. As this generation continues to retire over the next 10 years, it is estimated that 1.5 million jobs will become available.

"That's great for those of you that are going into the job market, there are going to be lots of jobs available in the next five years and that'll go into the next 10 years. The big problem for the country is that there aren't going to be enough of you," explained Rundle. "In other words, high school enrollment is starting to drop ... So where are these people going to come from and how are they going to be trained?" he continued.

According to Rundle, one solution is to do a better job training people who, up until now, haven't attended a post-secondary institution. "The skills shortage is looming, and the federal government has a role to play. They're in charge of immigration, they're in charge of Aboriginal education and absolutely we did talk about that in a significant way," he said.

As Knight explained, colleges and the federal government need to find new ways to "equip our traditionally marginalized populations with the skills needed to succeed in our community." This will be done on a federal level in part by making it easier for skilled immigrants to come to Canada. As for colleges, institutes and polytechnics, they will have to prepare themselves for growing enrollment.

Rundle described the recent noticeable trend at Fanshawe of increased enrollment of mature students (students who aren't coming straight out of grade 12) and decreased enrollment in students directly from high schools. "We're looking at applications now for next September ... it's showing the trend. There are fewer grade 12 applicants than last year, but there are more mature students, more than the decline (of grade 12 applicants), so we have to plan to continue to increase our enrollment at two per cent per year for the next 10 years in order to meet that skills shortage," said Rundle.

The meeting at Parliament Hill was one of the first steps towards preparing both Canadian colleges and the Canadian government for the forthcoming skills shortages.

Two students travel to Cannes for midem 2012

JAYMIN PROULX
INTERROBANG

For two Music Industry Arts students, Hannah Burley and Peter Iannitelli, Cannes, France will be a memorable experience. The two travelled overseas to attend midem 2012, the world's leading music industry conference held every year since 1967.

Short for Marche Internationale du Disque et de l'Édition Musicale, it united a variety of musicians and was an opportunity for marketing and business people, journalists and others in the music industry to share their love of music and network with those in the business.

Unlike Canadian Music Week, which is a four-day conference started in 1981 (held in Toronto from March 21 to 25) or North By Northeast, which started in 1994 (also held in Toronto from July 11 to 17), Burley stated midem was more international and "business-oriented" in regards to the organization. Fanshawe was the only school in Canada that attended.

"Canadian Music Week is more focused on the Canadian industry, whereas midem is more international," she observed.

Iannitelli and Burley were also more interested in attending the seminars that featured Canadian showcases rather than the festival itself. There were also many emerging artists who could use the event to share their skills. "It offered a great chance to network and make new connections," said Burley. "Our program is great, but obviously people involved with



CREDIT: SUBMITTED

Hannah Burley and Peter Iannitelli at the midem 2012 music conference in Cannes, France.

music right now are involved with these conferences, so we have that opportunity to meet different people."

"We were the only school (representing Canada), for the most part. But Berkeley College (located in Boston) is associated with midem. They have a couple of schools internationally and those were the students that attended. They were a huge presence."

The aspect of using social media was a significant part of the conference and taught artists how to be more efficient rather than spend hours on the computer.

The language barrier was also not an issue, as everyone spoke English for the most part.

The support of the Fanshawe Student Union and VP of External Andrew Payne was also a help as

Burley stated interest in attending midem has dwindled with regards to sending students.

"This was an extension from what I can't get from MIA and it opened my eyes to a part of the industry that I didn't know existed."

"It confirmed what we have been learning: that our program is on the right path," added Iannitelli. "Considering it was a music business conference, it aligned fairly well with what we have been learning in class." He added that he and Burley wanted to thank Professor Steve Malison for sending them on the trip.

For more information, visit midem.com. You can also get Burley's firsthand experience of going to midem at her blog miaatmidem.com.



Got a question, concern, or comment about college policies?

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CREDIT: KIRSTEN ROSENKRANTZ

Jason Yeoman is the Interim VP Internal at the Fanshawe Student Union.

Yo, man! Meet your new Interim VP Internal

KIRSTEN ROSENKRANTZ
INTERROBANG

The Fanshawe Student Union has a newly elected Interim Vice President of Internal Affairs. The previous VP, Sam Slade, resigned her position, leaving a hole in the FSU lineup. The Student Administrative Council recently elected Jason Yeoman as the new Interim VP Internal.

"I had to go through the same nomination process, I had to fill out the forms and get my 40 signatures and go through all of that. There were four candidates who ran at the last SAC meeting and then (SAC) voted," explained Yeoman.

After attending the University of Western Ontario, Yeoman completed the Business Marketing program here at Fanshawe College. He is currently completing the Business Administration Advanced Diploma in Marketing and will be graduating this year.

As the Interim VP Internal, Yeoman's responsibilities are varied. "I communicate with all of the clubs regarding any issues or concerns they're having, I run all the different awareness weeks (alcohol awareness, sexual awareness, environmental awareness). I have some focus in on the health plan as well as the bus pass and attending all of the different meetings and events at the college," he explained.

Yeoman will also be responsible

for preparing the elected VP Internal for the next school year. "I will also make sure that the next VP Internal has all the available materials and the communications and contacts to be able to hit the ground running when they take over the position in April," he said.

Even though there are only a few months left in the school year, Yeoman said he hopes that he can have a positive impact on the lives of Fanshawe students. "I want to encourage (students) to come up to the FSU offices if they're having a problem, if they want something addressed or discussed, or if they have an idea. Please come up and communicate it with us – that's the only way we know what students want, so feel free to have that open communication."

"I definitely encourage everyone to run for student elections. It's a fantastic opportunity to get involved further with the school. You can definitely learn a lot about yourself and a lot about the institution that you attend, so I think it's a fantastic opportunity to get engaged," he continued.

You can contact Yeoman by e-mail at fsuinternal@fanshawec.ca or by phone at 519-453-3720 ext. 234. Members of the Fanshawe Student Union are also always happy to have visitors, so you can swing by room SC2001 in the Student Centre.

Learning Centre adds two new faces to staff

ERIKA FAUST
INTERROBANG

With the retirement of Eva Henning and Beverly Haggerty from Fanshawe's Learning Centre have come some fresh new faces: Sharon Wang, the new full-time Math Technologist, and Gerry Drabick, the new full-time ESL Technologist.

Wang started her job as The Learning Centre's Math Technologist in mid-January. Her duties include helping students with math-related subjects, including physics, chemistry, accounting and finance – "whatever (problems) they have, we can help," she said.

Wang holds a Master's and a Ph.D. in Applied Math from the University of Western Ontario. "I have a background in researching math, finance," she said. "I was a major in mechanics – fluid dynamics and mechanics – so physics is something else I can help with." Wang has worked at Fanshawe for four years altogether, previously working in the Continuing Education department and teaching part-time.

She wanted to make it clear that everyone is welcome in The Learning Centre – not just students who are having problems. "You see lots of familiar faces ... (but) I haven't seen everyone yet," she laughed. "The Centre's not only for people who struggle ... maybe some people think, 'I'm not so bad that I need to get help.' The Centre is for people to improve, not just for those who are struggling." It can even be for people who get 80s, but want 90s, and for people who get 90s but want 100s, she said. "You can get help, even if

you're very good already."

To get in touch with Wang, email her at swang@fanshawec.ca. You can drop by to see her for math help any time the Centre is open.

Drabick is new to the ESL Technologist position at The Learning Centre, having just started in early February, but he's no stranger to working with English as a Second Language students; he taught English in Japan for 10 years and for over 10 years in Korea. He holds a Bachelor's degree in Social Sciences from the University of Western Ontario.

"Quite often (in the Centre) we get students (who) have writing assignments and they have issues with things like grammar, vocabulary, those kinds of things," he said. "I look over the writing, give them feedback on how they're doing – you know, try to start with something positive so they feel good." He said he tries to focus on three main areas that need to be worked on in each writing sample, and he has handouts with information on sentence structure, organization of an essay and more. "They can work on that in their other assignments."

"I think it's a little intimidating for students to come in. It's like saying, 'I need help with this and I'm not getting what I need in my class. I want to get some extra support,'" he said. "In the Centre, I would certainly like to see more students coming in and getting this help. The Centre is really there for all the students – it's paid for by students' tuition – and so we want to make sure students are utilizing it."

Drabick is also in charge of conversation circles with ESL students. "It's a way for the students

to use the English that they're learning in the classrooms, but in a more fun, casual atmosphere without exams, tests and assignments." In each circle, the group discusses a topic and relates it to their own culture. The first conversation circle of 2012 saw the group discussing Groundhog Day, and the different expressions and customs different cultures have about the coming of spring. Drabick said he is always looking for students to get involved with conversation circles, either as native English speakers or as ESL students, and you can contact him for more information at 519-452-4430 ext. 2957 or g_drabick@fanshawec.ca. You can also get ESL help from him by appointment.

"We are delighted to have Sharon and Gerry join our Learning Centre team," said Robert Kitchen, Student Success Leader, who oversees The Learning Centre. "Their warm, caring personalities will allow them to fit in nicely to the well-established environment that students currently enjoy in The Learning Centre. Like all staff in the Centre, they care deeply for the success of each student they deal with. They both bring a very strong technical understanding of their area, but more importantly, they are very approachable and can develop a connection with each student they deal with."

For more information on the services offered to ESL students, check out tinyurl.com/ESLservicesfan.

For more information or to get help, call The Learning Centre at 519-452-4265 or stop by A2019. "Everyone's very friendly and they really try to help students," said Wang.

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BizInc. looks to get students ready for Summer Company program

SAMANTHA LALIBERTE
BIZINC.

If you've ever thought about starting your own business, then BizInc. and Summer Company are two opportunities you'll need to familiarize yourself with.

Summer Company

Many students have yet to secure summer employment they're excited about. For those with entrepreneurial spirits and an interest in self-employment, Summer Company is available and looking to support you.

The 2012 Summer Company program lets you turn your idea for a summer business into a practical reality. Students receive up to \$1,500 at the beginning of the summer to cover start-up costs and implement their businesses in the community. An additional \$1,500 is rewarded at the end of the summer upon successful completion of the program.

Students are supported throughout the program by staff and volunteers at the London Small Business Centre to ensure positive outcomes. Participants receive hands-on business training and mentoring from local business leaders. Funded by the Ontario government, Summer Company has been turning ambitious students into entrepreneurs for the past 10 years.

Applications for Summer Company 2012 are being accepted until May 7. Current students who are returning in the fall and are between 15 and 29 years old are eligible. Visit summercompany.ca for full eligibility requirements. You can also take a look at their online yearbook featuring previous participants for inspiration!

BizInc.

If the name isn't ringing a bell, that's okay! BizInc. is a new service at Fanshawe College that enables students to pursue their business ideas. The student business incubator is available year-round, to provide the following services:

- Connecting students to community mentors and relevant business leaders
- Bringing together students with different skill sets for collaboration
- Assisting students in creating business plans and strategizing business models
- Preparing students for business competitions
- Coordinating networking nights and panel events for entrepreneurs
- Providing critical resources needed for student ventures to thrive

BizInc. assisted 14 projects from Fanshawe and Western with their 2011 Summer Company applica-

tion, and hope to increase this year's count significantly.

BizInc. at Fanshawe is located in the Fanshawe Student Union Office in SC2001. For more information on their services and the various projects coming out of BizInc., visit bizinc.ca.

Fanshawe's new President... for a day

ERIKA FAUST
INTERROBANG

Amanda Feeser got a heck of a promotion on February 15: she got to be President of Fanshawe College for a day.

Feeser won the opportunity to rule the school at a silent auction during Fanshawe's 2011 United Way Campaign. The campaign raised over \$106,000 for United Way, an organization that supports local charities.

When she found out she won the prize, Feeser couldn't help but have a little fun with it. "I was excited. I was telling everybody in the office, 'Hey, I'm going to be your boss for the day!'" she laughed.

Her duties as temporary President included going to meetings, doing press interviews, giving a tour of the school to community members and attending the college council meeting. "In the meeting, we

were talking about the different technologies that are coming up in the future. It's great to see where we could go and how Fanshawe could be part of that. For me, seeing where we are today to where we could go in the future is probably the best thing so far."

Not only was the day a fun experience for Feeser, it may have even been a glimpse into her future. "I'm finishing up my Master's in Higher Education in 10 days. This is kind of where I want to go in the future. I want to move up into administration, I want to move up eventually to Dean and I'll see from there where I want to go," she said. "This was kind of a day to see what the life would be like."

If she were permanent President, she said she would like to work with the Marketing Department to get Fanshawe's name out beyond London and

Southwestern Ontario to the greater province and throughout the country. "I think there's great potential ... that we can expand, we can look at students across the country and look at doing more online learning and recruitment."

Feeser currently works at Fanshawe as the Program Consultant of Distance Education. As part of her job, she works with Ontario Learn, a consortium of 24 colleges that have partnered together to offer online courses. "We pick up courses from Durham, Seneca - everywhere - and our Fanshawe students have an opportunity to take pretty much whatever course they're looking for online," Feeser explained. "It gives our students more opportunity to take courses that otherwise there would be no way, no avenue that we could afford to offer those different courses."

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SOPA what?

VICTOR DE JONG
INTERROBANG

Everyone remembers that day of proverbial darkness when the information centre of our world, Wikipedia, shut down for 24 hours. The website blackout was to raise awareness about a bill going through American parliament called the Stop Online Piracy Act – SOPA, as it came to be known. The bill aimed to prevent Americans from accessing websites that contained pirated material. The breadth of the bill essentially gave the government the power to censor what Americans could see on the Internet and to force search engines to not link to flagged sites. The act was struck down because of massive public awareness campaigns by the likes of Wikipedia and Google, who acted to spread the word about the implications of SOPA.

The fight for Internet privacy and control is coming to Canada, and the question is, will we be so lucky? The Harper government has a majority in the House of Commons and Conservative Minister Vic Toews has made it clear that they intend to push a bill that will give the government power to intercept e-mails. The police would need a warrant to intercept e-mails but could obtain IP addresses, names and cell phone numbers at will. That information would also be freely available to national security agencies and the Competition Bureau. If this sounds troubling to you – and it should – consider the reaction to vocal opponent Liberal Party member Francis Scarpaleggia. After stating that the bill appears to be the government preparing to read Canadians' correspondence, Scarpaleggia was told that he could "either stand with us or with the child pornographers" by Public Safety Minister Toews.

The way that the Conservatives are framing this vote as being for or against child pornography is extremely problematic considering that it concerns collecting personal information on millions of Canadians. The Conservatives' paternalistic attitude is disgusting, and the fact that they list the bill as "An Act To Enact The Investigating And Preventing Criminal Electronic Communications Act And To Amend The Criminal Code And Other Acts" seems like an attempt to discourage public participation.

The reality is, with a 51 per cent voter turnout rate and a Conservative majority, the Tories can pass almost anything they want and Canadians won't even notice. The state of public participation in Canadian politics has been a growing problem in recent years but never has it been more important or more neglected. The individuals making decisions about this bill are supposed to be representing the majority opinion of Canadians. I personally don't want the police to be able to digitally stalk me and I believe that many people don't. Despite that, the individuals who have been elected to vote based on what the majority of people want will try to pass the bill whether or not we actually want it.

Call your MP. Ed Holder and Susan Truppe are Conservative MPs here in London and need to know your opinion! By no means do I think that the Conservatives are trying to turn into Big Brother, but on the other hand, if that sort of technology were in place, I'd hate for the Conservative Party to be in charge.

People need to show greater consideration

Dear Editor:

I have an issue with the number of inconsiderate people at this college. Walking through the halls I am constantly cut off, doors aren't held for me when my hands are full and people walk slowly down narrow halls in groups of four or five as if they own the walkways. People need to be more aware of those around them and show more consideration.

P.J. Horton

Repent or perish



NOTES FROM DAY SEVEN
MICHAEL VEENEMA

If society does not renew its commitment to the Christian biblical story, the environment will collapse. The Christian biblical (Cb) story provides a way of seeing that all of human life is lived before a real creator God. And within the story there is a vision for the world that compels people to care for the world. It is our home, but we don't own it. It is God's and we are its stewards.

Getting down to brass tacks, what this means first is that the worldwide Christian community, wherever it is lacking in this understanding, has to do its homework. Secondly, wherever in this world the Cb story has not been presented as the sole source of hope for the world, including the sole source of hope for the future of the planet as a vast ecosystem, Christians had better get busy.

Christians (I include myself among them) had better get busy with this because the alternatives are running out of steam. David Suzuki, who continues to do a fantastic job bringing the plight of the environment to our attention, is losing traction. Al Gore had his place in the sun, but he too has not been able to steer civilization away from the precipice. I'm not sure how much the revelation that he lives in a palatial home hurt his cause, but it certainly did not help.

The leaders of the largest and most powerful economy on the planet can't seem to get their environmental act together. Many of them still appear to believe that the environment is more or less okay, and that even if it is not, the jobs created by an oil-based economy are more important than concerns of the environmental movement. Here in this country, Stephen Harper sends chills through environmental advocates as he jets from country to country promoting Alberta's oil.

But what do I mean by alleging that the Cb account of the world contains a vision that can put us on a hopeful path? This vision is tied to statements in the biblical collection of very old prayers called the Psalms. Those prayers contain statements that reveal the connection between the created world and the Creator. Statements like these two:

God claims the Earth and everything in it,
God claims the World and all who live in it.

He built it on Ocean foundations,
laid it out on River girders.
and
God's glory is on tour in the skies,
God-craft on exhibit across the horizon.
Madame Day holds class every morning,
Professor Night lectures each evening.
(The opening lines of Psalm 24 and 19 respectively, from the translation, *The Message*. The jacket cover of my edition carries Bono's endorsement, so it can't be all bad.)

The opening chapters of the Bible (Genesis 1 and 2) reveal other arresting

aspects of a vision for our world. From the first appearance of human beings, God blessed them to roam freely over the planet and build societies and cultures. The second chapter depicts human beings as co-creators with God (cultivating the soil), partners with him in ordering the created world (naming the animals) and co-celebrants with him (God celebrating the whole creation; humans celebrating sexual love and gender complementarity).

Further along in the biblical narrative, God calls human beings to account for their mistreatment of each other and for laying desolate the lands he gave to some of them.

As long as we do not hold before ourselves a vision of being created by God to whom we are responsible to act as caring stewards of his world, we are sunk. Especially because, in today's world, the ascending alternative is to see ourselves a hopelessly enmeshed in an evolution-enforced program of surviving and acquisition. That alternative is doing its work, suggesting to all of us that we just can't help ourselves from building oversized homes, addicting ourselves to carbon-spewing aircraft and demanding an SUV or two in every driveway.

It is not that, on a biological level, evolution is not a player. But whatever the mechanisms that gave rise to our origins, we are infused with the glory of God that permeates all the creation. Furthermore, we are blessed and commanded to care for this whole crazily beautiful and wonderful home of ours to the very best of our abilities.

Kicking addiction



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Back in my former punk band days of glory, I used to jam with this drummer. Though I've always placed "the music" at the forefront, unfortunately it'd seem that far too many players allow the "sex, drugs and rock 'n' roll" lifestyle to reign supreme. So was true of this particular individual.

Irrespective of the fact he signed a contract with our label agreeing to professional (and reasonable) terms of employment, which outlined that intoxication of any kind before, during or after practices or performances was grounds for immediate dismissal, he continually tried to not-so-cleverly earn his honours into the "Dead at 27 Club."

Push finally came to shove when we were on tour in the States and his driving shift came up. In an effort to "remedy" his hang-over from the night prior (and, importantly, believing I was asleep in the backseat), he cracked open a cold one while at the wheel on the freeway and began to openly chug it back. I believe you are all bright enough to use your imaginations to deduce what transpired between us shortly thereafter.

As we discussed last week, having some sort of outlet for "escapism" isn't just a nicety, it's a necessity for overall healthy psychological functioning. Though some choices are clearly more "mature" than others (in that their benefits are longer-lasting and they require positive self-examination), everyone ultimately needs to follow their own road in order to discover what does and does not work for them.

To return for a moment to my opening tale: the point of my story was/is NOT to rain down on musicians in general nor those who like to occasionally smoke the ganja. What I'm trying to get at is this: drinking some brew to relax one's nerves before a big gig or to figuratively take the "load off" after a long, hard day at work is one thing, BUT if you have somehow convinced yourself the negative effects of alcohol (or any drug, for that matter) can be counteracted by MORE of that same substance, you've got a SERIOUS problem and that problem is called ADDICTION.

Formally, addiction is defined as "any activity, substance, object or behaviour that has become the major focus of a person's life to the exclusion of other activities, or that has begun to harm the individual or others physically, mentally or socially is considered an addictive behaviour" (from *Alcohol and Other Drugs: Self Responsibility*). Importantly, addiction and escapism are deeply intertwined in that they

BOTH rely upon the concept of "pleasure" (i.e.: that's why individuals partake in both activities to start); therefore, if one chooses to recreationally ingest various substances as a means to "de-stress," they are in effect walking a VERY fine line. At the risk of sounding like your mother, please BE CAREFUL if this is your chosen method of achieving Zen!

More in line with our purposes for today's discussion, however, is the above authors' use of the phrase, "ANY activity, substance, object or behaviour" in their definition of addiction. While we traditionally think of addicts as skinny-as-a-rail strung-out junkies, addictions do NOT just have to be to substances or even the tangible! One can be "addicted" to something as seemingly "harmless" as a certain psychological mindset, such as feelings of low self-worth.

While substance-related addictions are said to primarily be rooted in genetic factors (e.g.: certain individuals are more susceptible given their personality type and/or attraction to risk-taking behaviours), psychological addictions generally are associated with feelings bordering depression, anxiety or general dissatisfaction with life. These feelings contribute to an overall pessimistic worldview, which in turn produces self-esteem issues (e.g.: self-blame as a method of rationalization).

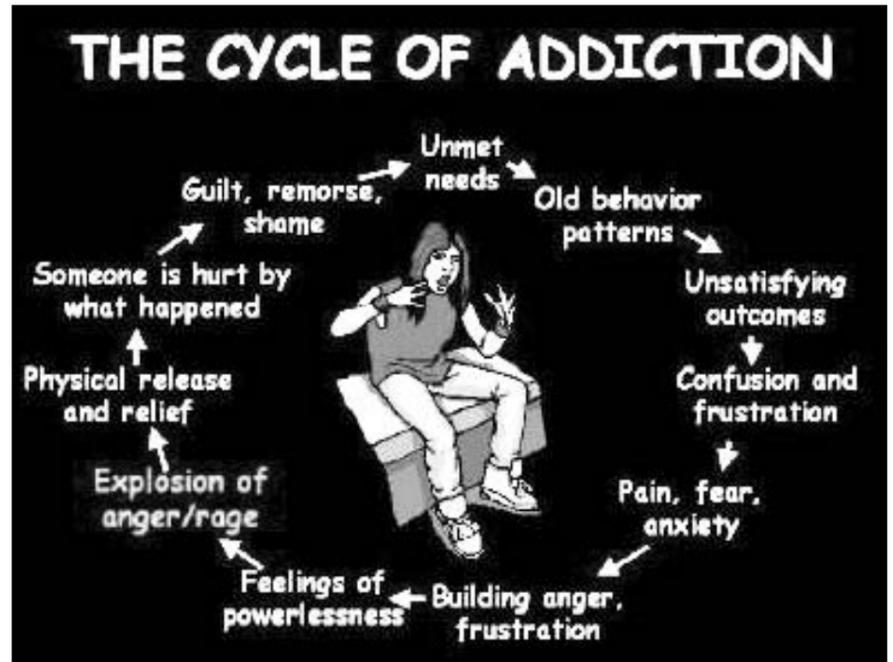
Importantly, one must realize that addiction is NOT purely an indication of psychological weakness or immaturity: when you become addicted to something, your brain chemistry actually changes.

As explained by Addictions Specialist, Dr. Adi Jaffe:

"With repeated drug administrations, the body adjusts its internal processes in an attempt to return to its initial level of functioning. Drug use normally causes greater quantities of neurotransmitters like dopamine, serotonin, the opioids, and adrenaline to be present in the drug user's synapses. The body counters this by reducing its own release of these chemicals, reducing the numbers of receptors that can be activated by the neurotransmitters, and increasing functions known as 'opponent processes' that are meant to counter their activity.

"The interesting thing about tolerance is that by reducing the level of these important neurotransmitters, addicts are left with another, possibly more important effect, which is the loss of the addicted brain's ability to respond to any reward, including natural ones like food, sex, enjoying a good football game, or anything else. Essentially, this sort of cross-tolerance leaves the addict less able to respond to rewards in general.

"The reduced response to drugs, and the corresponding changes in the body and brain's own functioning, have long been



CREDIT: VILANVAMPIRES.COM

thought to be a major cause of addiction. The withdrawal that results once drug taking stops is closely linked to the development of tolerance."

Accordingly, there's good reason then as to why the number-one step to any rehab program is admitting that you have a problem. Given that there may not always be clear physical changes associated with a purely psychological addiction to both bystanders and the affected individual him/herself, this may prove to be a more formidable task than, say, if we were dealing with an alcohol abuse problem.

In either case, after one's "admittance," assessment of why the addiction developed in the first place is CRUCIAL for rehabilitative success; psychological maturity in the form of introspection is obviously a key component here.

To bring everything we've been discussing the last few weeks full circle, let me reiterate that there's nothing wrong with having fun and letting loose. Likewise, there's nothing wrong with having feelings of self-doubt or failure from time to time. As I said previously, life is STRESSFUL and it takes serious moxie to persevere entirely on one's own through the thick and thin.

With that said, as I hope I've made abundantly clear at this point, the secret to achieving a fulfilling, mature life is, as the popular expression goes, experiencing "everything in moderation." When your life starts to get thrown out of balance, you put yourself and those you care about at risk. If you find yourself becoming RELIANT on something to cope, have fun or affirm your

perceptions, you NEED to reach out for help. Addiction is no laughing matter, nor is trying to kick one once you've succumbed to it.

Canadian music: It's an art

VICTOR KAISAR
INTERROBANG

Isn't music amazing? I thought so, too. Music is something that surrounds us in every sphere of life. Canadian music is something I've come across more recently during my six months here in Canada. Canadian artists are famous world over. Take Celine Dion and Bryan Adams, for instance: everyone as far as India know about these artists. They're Canadian and Canada can be proud of them.

The National Post featured an article I remember reading quite some time ago. The article featured Roger Faxon, CEO of EMI Publishing, and was speaking about the vast amounts of musical talent in Canada. It featured a long quote from Faxon, from which this is taken: "...most people in the world don't see Canada that way, they don't see it as being a distinctive universe of music. But it is." In my opinion, Faxon is correct, for my iPod has a number of songs by Canadian

artists: Nickelback, Drake, Sam Roberts, Arcade Fire, a bit of Deadmau5, Bryan Adams and, more recently, the Arkells. Canadian music: that is the factor that unites all these artists together.

I've noticed many Canadians who are not the biggest fans of Canadian artists, Nickelback in particular. The other day in class when my alarm accidentally went off to Nickelback's "Rockstar" in class, I sensed a bit of scorn. No, guys, I'm not mocking those who were present in class that day, I'm just saying that that unfortunate incident opened my eyes and got me to do some thinking, the result of which you see in your hands today.

In such a large country that has seen three distinct groups of people (the Aborigines, the British and the French), one wouldn't be surprised at the vast musical heritage of Canada. With America as neighbours, it's no wonder that a fusion of ideas from Canadians and Americans has given rise to Canadian music.

I don't want to brag, but I've already managed to learn the Canadian national anthem (through the numerous sports broadcasts I've conducted), and I find it an interesting and apt anthem. Take "The Hockey Song" for example; it's amazing how one song managed to unite a nation for years. Unfortunately, I never got to hear it on *Hockey Night in Canada*, but I do enjoy listening to it on YouTube.

I'm guessing it's largely due to the fact that we never really enjoy something unless it goes away. Perhaps that is when more people will realize the rich, varied heritage that Canadian music has. I know the world would be a different place without some of the artists I mentioned above. Imagine a world without the song "My Heart Will Go On." I think I've made my point here with this example. Though frowned upon by some people, Canadian music is something I find fascinating – that is, unless it's by a certain teenage boy.

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CREDIT: PERFECTLYPINK-RANDOMTHOUGHTS.BLOGSPOT.COM

Shivani Dharmija's fear of dogs and cats changed to love for them through an internship with the Co-operative for Companion Animals, a collection of rescue groups in London.

From fear to love

SHIVANI DHAMIJA
INTERROBANG

Back in India, dogs were always considered to be scary animals that always bite without any reason, and cats are not considered as a good omen. I still remember how my dad used to tell me to stay away from dogs and to be careful of them. If a dog even looked at me, I would start chanting the names of all the Indian gods. I never had a feeling for them in my heart. But now that's changed.

When I came here, I was hit by culture shock. How can the people of Canada love dogs and cats so much? Don't dogs bite you? Aren't the nails of cat too sharp?

When I saw the internship position at the Co-operative for Companion Animals, I felt I could never do it, that it was impossible. But I took it as a challenge and sent my resume to them. And my luck favoured, I was selected.

The internship was great until I learned that on February 10 I would have to actually meet the dogs and cats. It was not a pleasant thing to hear. My teacher, Jackie Westelaken, said how excited she was about adoptee day happening at Citi Plaza organized by the Co-operative for Companion

Animals, but I couldn't even pretend to be excited.

But all my fear went away when I entered Citi Plaza and saw those little cute kittens trying to escape from their cages. That cage was definitely not the place for them — they needed foster homes. The little kittens were so eager to play outside and jump around.

I admired the beauty of the bigger cats. I still remember a white, spotless cat as beautiful as snow. A striking thing I learned about the big cats was they have three important things in life: eat, sleep and poo. I wish I could also do the same things in my life, just these three and no more.

When I held the cute little puppies in my hands, I felt they were so innocent. They didn't even fuss, though I know I was not holding them in a comfortable position. I wish I could take all the animals home and play with them all day.

I wish that I could take all the animals at the booth being set up at Fanshawe College on April 23 by the Co-operative for Companion Animals to spread awareness about these adorable little creatures. The Co-operative for Companion Animals has changed my thoughts and I thank them for it.

Canada's 20-somethings vs. the looming retirement crisis

HILARY SINCLAIR
THE LINK

MONTREAL (CUP) — In 1959, Canada welcomed 461,703 little bundles of joy into the world. This was our country's biggest baby boom and, given declining birth rates, will probably hold its place in the record books until the end of time. In 2024, those babies will turn 65 — the age at which the government has traditionally said that people have worked long enough and should enter into retirement.

And we are screwed.

Recently, Prime Minister Stephen Harper infuriated old-timers and soon-to-be-old-timers across the nation when he suggested there's a need to reform Old Age Security, which is a government program that provides seniors with a monthly cheque of \$540 or less, depending on income.

Unlike the CPP, where the payout is based on how much you've contributed over a lifetime, you only have to have lived in Canada for 10 years to collect OAS.

Many are speculating that Harper may raise the eligibility age of OAS from 65 to 67. But why should the youth of Canada care? According to Jim Flaherty, Canada's Minister of Finance, changes to OAS won't

be implemented until 2020; if it takes much longer than that, we could be in trouble.

For the most part, we cannot picture a time when the endless beer pong tournaments and blatant disregard for sunscreen will actually be visible on our faces. We can't imagine a time when motorized scooters will become our reality ... but neither did the acid-dropping baby boomers of 1959, and they're a paltry 12 years from retirement.

It will happen. We will get old and sleepy and we won't want to work anymore. But if pressure groups can stop OAS reform from happening, our generation will lose the ability to complain about technology and "those damn kids" from the comfort of our living rooms. We'll still be working to support the last generation of retirees.

So while organizations like the Canadian Association of Retired Persons have got a pretty aggressive bee in their bonnets about the two-year increase, they are selfishly throwing the very people they struggled to support under the bus.

I don't have a vendetta against the elderly; they have raised and nurtured us and worked hard to do so. It is the elected government up to this point that has gotten us into a debacle.

Here's what is going to happen in 12

Losing him, loving her

KIMBERLEY
SPECIAL TO INTERROBANG

I am sitting at my desk staring at the pile of papers that need grading and finding myself continually distracted from this task by what should be a happy day, Valentine's Day. It is just around the corner (at time of writing) and, of course, I and my co-founders of our transgender support group have worked to put a celebration atmosphere together for our meeting on Valentine's Day. It isn't easy.

For many of us, Valentine's Day is a painful reminder of love lost, not love gained or celebrated. In coming out, we all too often lose family, spouses, children and friends. This, of course, doesn't include the careers we give up; careers we loved. As most who read my submissions to Interrobang know, it is also a major factor in my staying closeted at work. This is only one of a couple of remaining barriers, though.

In coming out, for us, it really is more than just informing others. It is also about coming out to ourselves. This is a long and involved process of self-acceptance that all too often is preceded by a suicide attempt. The net result, if we are lucky enough to not slip through the cracks, is to find a therapist that is transgender affirming. I was lucky.

While we are born male or female, there is a physiological, neurological and genetic element to our gender identity that compels us to identify opposite to our birth/sexual identity. Societal conditioning pressures us to suppress this identity and we learn to live in our birth gender. It is very difficult and very painful for us to live this life since it quickly becomes chronic anxiety and depression. We are very good at masking that, too.

Bringing this person we have suppressed through our lives to our conscious self is, as I said, a long and painful journey for many. It is different for everyone, though, and often that has much to do with our age when we begin this process.

In this process, we learn to listen to that person inside. Often s/he is a precocious teenager that has not been allowed to grow up. Initially, this person is very demanding. S/he wants to experience the things in life that were denied. Sometimes this can result in what appears to be some very bizarre behaviour and presentation. If cross-gender hormone therapy is introduced during this process, then we see someone going through puberty for a second time. In my case, HRT was started well after this stage, thankfully.

In this process of growth — yes, growth — we learn to listen to that person and more importantly to act appropriately while, for lack of a better descriptive, we integrate this personality into our own. Really, though, it isn't integration because that suppressed person has always been there and always had some "say" in what we did. It was our choice to ignore that.

Most importantly, though, we learn to love the person we have become or are becoming. This is often confusing, of course, and to the uninitiated or inexperienced therapist, a time when poor or false diagnoses can be made. Really, though, what is there to diagnose? This is a physiological condition. The mental health aspect is to help guide us to find that love of self, thus overcoming the anxiety and depression that haunts us daily.

To find this love, we have to lose something. That is, of course, the stringent rules and barriers we have placed in front of us who have controlled our lives.

For me, losing that male gender role has been impossible due to my continued need for employment and certain societal expectations and roles. However, finding Kimberley has been an immense joy. I had to learn to trust her before I could love her. Many others see her, not my male persona, regardless of my presentation. They are precious to me.

I look at others in our community and see their successes and their failures. The ones who have succeeded in transition found that love inside and embraced it. They are the ones open to possibilities of love in a relationship, and many find it. Others struggle with this concept of opening themselves up to the love within and, consequently, struggle to find it outside.

In a few days, it will be over, of course, and it will be life back to normal. For some of us, though, the struggle will continue. For those of us with partners who struggle with our transgender, we can only hope that their grieving over a lost partner is replaced with love for the person in front of them.

Their journey is not much different from our own. Perhaps their next Valentine's Day will be one of joy and celebration. I hope that is the case for so many, for we have love to share with them. They need only to seek it for themselves.

Kimberley is a transgender advocate in London and region and actively involved with LGBTTTQQ community groups. She is also a part-time professor at Fanshawe College.

forbidden to withdraw from. The government is spending it. It is overspending it — to the tune of \$29.6 billion, also known as the 2011 Canadian deficit.

Harper is spending money like a west-coast rapper on things like jets and jails set to be filled with the victims of legislative warfare.

So what does two years really mean?

Two years will allow more people to replace the giant group of individuals that will stampede out of office buildings everywhere in a dozen years. Two more years of solid contributions to retirement programs could make a huge difference.

In a January 31 article in The Globe and Mail, Brian Lee Crowley said that pushing the retirement age to 70 would be a more realistic policy for a population that has increasingly high life expectancy. It would also alleviate the burden for us youngsters.

We are the ones who are going to have to pay for these policy decisions out of the pockets of our skinny jeans.

And it seems counter-intuitive that, just when we're figuring out how to get a job, we also need to be considering how — and when — we'll be getting out of having a job.

It's not like our government is actually saving the money that we are contributing to things like OAS and the Canadian Pension Plan in a special savings account that it is

Everyone says yes to Boys Who Say No



BOBBYISMS
BOBBY FOLEY

I write about random things a lot. I write a lot about random things. For example, did you know that Brian May of Queen preferred one guitar over most all others during his career with Queen? It's called "Red Special" and you can see it aging and in photos of the band as their career wound unfortunately down. Oh, and he built it with his father, partly from wood from a fireplace.

Where May locked down his signature sound, Toronto's Boys Who Say No are carving a different path for themselves. Their debut full-length album, *Contingencies*, released on February 21, is as diverse as it is enjoyable.

In fact, *Contingencies* is so diverse in terms of music and substance that it will surely give writers and bloggers a hard time categorizing the band and their catalogue. To record it, the band shut themselves in a farm house up north with only an engineer to run the process for a month.

"It was a long project, it took us just over a year from when we began," explained frontman Luke Correia-Damude, describing the process of putting the album together independently and wanting to mix the album but not liking

the result. And when the result is an album as strong, confident and bombastic as *Contingencies*, not liking the result of the mix is a big problem.

However much hard work it took to produce, *Contingencies* also glows with the vibe of a group of individuals having fun crafting music and pushing themselves creatively without overreaching their goals.

Songs like "56K" and "Small Town Girl" have immediate dance appeal, while "You Used To Get Along" – and especially its gorgeous reprisal in the final "Untitled" track – are substantial and meaningful. The band, rounded out by Frank Cox-O'Connell, Mike Lobel and Antonio Naranjo, are obviously unafraid to tread in more personal waters and reveal glimpses of their histories, together and apart.

"We write fairly collaboratively, and this album is an expression of that collaboration," Correia-Damude agreed. "When we're writing, we try not to go anywhere but where the song is going. Some people criticize us for that, but we don't try to steer the ship in any given direction. It really depends on what is in the room at the time."

"When we started, we also were consciously not ashamed of writing pop music. In modern music, you can sometimes be afraid to write a catchy hook, because it's not cool to do so, but we're a product of Spacehog, Pulp, Blur and that gen-



CREDIT: BOYSWHOSAYNO.COM

Boys Who Say No drop their debut full-length album *Contingencies*, in various formats on February 21.

eration of music, we like good pop music."

With the album's release, Correia-Damude expressed great relief. Having to deal with all the little things along the process of crafting an album is a lot more difficult than many people realize, he said.

"It's really surreal, because we've held it so close to our chests for so long," he reflected. "It can be a lot of stress to do this sort of thing

independently, it's sometimes hard to remember that it's going to be fortuitous, that it's going to lead to more."

"I'm really glad that it's going to go out to other people and not just be on our iPods anymore," he added, laughing. "It's like your kid graduating."

Contingencies is available in physical and digital formats beginning on February 21, with the possibility of a vinyl pressing down the

road. For more on Boys Who Say No and their debut full-length *Contingencies*, visit them online at boyswhosayno.com or follow them on Twitter @boyswhosayno.

And for more of the latest music news, reviews and streams, consider following this column on Twitter @fsu_bobbyisms or via Tumblr at bobbyisms.com. Hope you have a great Spring Break! I'm out of words.

Country rock of ages

BOBBY FOLEY
INTERROBANG

There's a purity to country music, observed in its considerate construction, the warmth related in its music and harmonies and its ability to tell a story, even if the narrative comes from a place within.

Based in Toronto, The Strumbellas are an indie act along just such a country bend; while their music may shine with all the darkened luster of indie music, there is something more haunting at play.

For the opening strains of "The Sheriff," frontman Simon Ward leads the band in an uptempo sing-along that continues through the homesick "Lakes" and beyond; the presence of the full band can be felt in every moment, particularly in the quiet moments, odd a statement as that may be – the record almost relates the heartbeats in the room through the speakers.

It doesn't seem fitting to simply label *My Father And The Hunter* as a country record, though the elements are all present. The full band is configured for it – James Oliver, David Ritter, Jeremy Drury, Isabel Ritchie, Jon Hembrey and Darryl James accompany Ward on instruments like the banjo, violin and mandolin – however the songs here are dynamic and lush.

Take "I Just Had A Baby," in which the vocals are so strong that comparisons to neo-country acts like Mumford & Sons are sure to follow. The song also features disarming lyrics, like Ward singing, "I have cried to bigger men than you, I have lied to better friends than you."



CREDIT: HEATHER POLLACK

The Strumbellas' newest CD, *My Father And The Hunter*, will be released on February 21.

Highlights are plentiful on *My Father And The Hunter*, like the moving numbers "Windsurfers" and "The Bird That Follows Me." They don't end there, however – "Underneath A Mountain" is resoundingly gorgeous and the stunning closer "Carry My Body," a short piece driven by piano, is

one last taste of the band at their best before the album ends.

Ward and The Strumbellas have crafted a beautiful album, one that grows and expands with repeated listening. *My Father And The Hunter* is widely released on February 21.

Manning's talent looms large

JAYMIN PROULX
INTERROBANG



There's a word for alone time that everyone seeks every time they take an avenue to complete work and reflect. It's a "necessity," and until you truly accept the fact you need that "alone time" every so often in order to reflect and direct your destiny in life, you will not truly appreciate the time and effort that every creative person (musicians, in particular) do to begin or finish a project. It's often isolating and can distance the artist from the outside world, but it sometimes can result in a very refreshing and calm state for the person.

To begin with, "loom" is a foreboding word. It's a verb, implying coming into sight dimly or to be ominously close or above. But Loom is also the stage name of Toronto's Brooke Manning, a solo artist who drafted her album *Epyllion* by spending three days on Toronto Island. She has also been known to work similarly to Sarah Slean (Slean reportedly spent months alone at her cottage to song write). Manning spent days alone, holed up in her room, creating and spilling her heart onto paper.

The time served Manning well. She shaped this album with a lot of diligence and soulful songwriting. There's no pretentiousness or the sugary glistening of what could be a poppy album, and it's not overproduced. It's heavy but also light, and a diversion from anything that you may be prepared to hear.

On the other hand, skilful and heartfelt song writing aside, the music is almost too quiet. There is an extreme minimalism with this type of sound: the instruments vary slightly, but it's Manning's quiet voice that stays pure and sweet.

In the fourth song, "Wholesome," Manning shows her ingenuity with her words: "You can use my body and have my mind/but I can't lend them at the same time/without the mercy of your open eyes/I can lend my body, but not my mind." This particular song is quite good. The guitar playing is distorted and fuzzy and has a quality to it that perhaps was influenced by straight-edge punk rock. It has a heavier sound than the rest of the songs.

If you take the time to read her liner notes, you'll be impressed. Manning doesn't sing about happiness or airy subjects. There's a streak of darkness in the sixth song, "Is It Love?"

Manning also has, reportedly, the power to draw a crowd. Numerous critics have acknowledged her capacity to pull an audience in when she performs.

Let's hope Manning continues to hone her craft and not disappear like a fading light. We need to see more artists like Loom get the credit they deserve, stir a crowd with their performance and serve as an example of what music can exemplify. It doesn't always have to be about pomp and circumstance: if this album fits a psychedelic or trance genre, then let it in.

For more information, visit loommusic.ca and myspace.com/owleyescrowsfeet.

K'naan mesmerizes with new EP



IT'S A WRAP
STUART GOODEN
twitter: @StuGooden



Mainstream Canadian hip-hop is a scene that has always been difficult for aspiring artists to break into. With the majority of our demographic still gravitating towards the talent spilling from south of the border, it is hard not to appreciate the ones that do make it out of Canada. Classified, Drake and Shad are all exceptional and have paved the way for many young MCs who hope to glimpse the spotlight one day.

And then there's K'naan, whose picture you will find in the dictionary next to "underrated." What separates the multi-talented artist from the rest is his authentic sound. His use of organic instrumentals, meaningful messages and skillfully woven lyrics has made him a staple in Canadian hip-hop. K'naan's music is always pleasant to listen to, and although it is short, his newest project is deserving of a fair chance. *More Beautiful Than Silence* is K'naan's first EP; it may be a tease for a possible upcoming studio release, but all five songs bleed vintage K'naan.

"Is Anybody Out There?" features Canadian counterpart Nelly Furtado. The song has a classic K'naan beat emphasized by an army-like drum rhythm with nicely sung lyrics by Furtado and background vocals by K'naan himself. One thing that I've always admired K'naan for is his taste for including unique artists in his songs. Making songs with unusual featured artists



CREDIT: SONGONLYRICS.COM

More Beautiful Than Silence EP is classic K'Naan.

such as Adam Levine, Keane and Kirk Hammett creates a special sound, and this track with Furtado adds variety to the EP.

"Nothing to Lose" with Nas features a throwback boom bap beat with a touch of piano included in the chorus. The bars delivered are exactly what you can expect from two incredible lyricists. Nas' complex, breathless intensity next to K'naan's laid-back style is an absolute joy to listen to. K'naan rounds the song off showcasing his underrated singing voice in the chorus. This is a sweet track and my favourite on the EP.

"Coming to America" has another vintage K'naan beat that never seems to get old. It's hard not to like how raw his music sounds. The use of percussion, multiple

singing voices and melodically sung background vocals produces a natural, clean sound that is seldom heard in modern hip-hop. The message is something hard not to cherish; K'naan sings about the experience of an immigrant moving to America in the search for a better life.

He may not be the first name that comes to mind when you think of Canadian musical talent, but K'naan has carved a well-deserved niche for himself in the game. At 34 years old, he still sounds as good as ever. *More Beautiful Than Silence* isn't an EP that will flood the airwaves across the country, but it is a must-listen that fans of good sound will undoubtedly appreciate.



CREDIT: NETTWERK RECORDS

Deceptively good music

BOBBY FOLEY
INTERROBANG

Nettwerk made their reputation years ago by bringing some of the best, most interesting music to Canadian audiences, and Young Liars are no exception to the rule.

Five hardworking friends from Vancouver, Young Liars are making a name for themselves with a unique take on electro rock – traditional band elements like drums and guitars are here respectfully fused with versatile keyboard work, resulting in an EP that will please fans of Depeche Mode and The Killers alike.

Homesick Future is a romantic listen – it calls like a lover, placing an emphasis on the emotion behind the music. That's where Young

Liars get things very right, employing electronic textures in the same anthemic way that others cast guitars, investing the same intensity and emotion into every aspect of the composition.

No better example can be made than "Colours," the irresistibly bouncy lead single. While the driving electronic melody can carry with it a stigma of bubble-gum pop, it takes only a moment to hear elements of rock and punk in the vocal pairings and instrumental phrasing.

Young Liars are as captivating as they are versatile. "Navigator Island" opens in a more tentative way, but displays impressive dexterity and care in the exchange between guitars and keyboards.

And in the raw power of "Newton, Forgive Me," the melody is fluid enough to shift into the background to support vocals in one moment and crescendo forward the next.

Highlights of the album include vocals by Jordan Raine – at once urgent and compassionate – and exceptional rhythm work by Andrew Beck on bass and Ty Badali on drums, though guitar work by Raine and Angelo Ismirnioglou blend remarkably well with Wesley Nickel's keys.

It's easy to imagine Young Liars on radio and on stages across the country, and with a record like this under their belts, there's little need for imagination. *Homesick Future* is widely available on February 21.



CREDIT: WWW.VH1.COM

New kid on the indie block

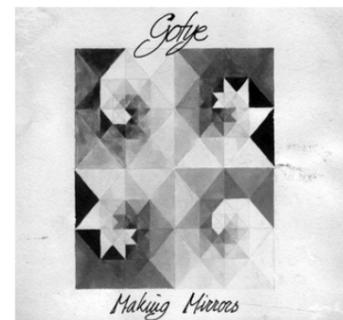
STEVE DI MAURO
INTERROBANG

"Now you're just somebody that I used to know." These lyrics have been playing over and over in the heads of everybody who has been surfing the Internet in the past month – oh, and don't forget the nearly 70 million (as of February 12) YouTube users! Yeah, that's a lot of cheddar! And that has only been in the last month or so. Gotye has come out and has taken the music world by storm. This multi-instrumentalist and multi-talented singer/songwriter has come out on top with his hit "Somebody That I Used to Know" featuring Kimbra. Let's talk little about where he was before his rise to fame.

Gotye's real name is Wouter "Wally" De Backer, and he was born in Bruges, Belgium in 1980. He moved to Melbourne, Australia at the age of two. At an early age, De Backer had a great passion for music and learned how to play various instruments, most notably the piano and drums. De Backer formed the band Downstares in high school with three of his friends. De Backer really started listening to different genres when he was given a large collection of old records after an elderly neighbour of his passed away. This was the beginning of Gotye, because if there is one thing unique about his sound, it is that he experiments with many different styles that have come and gone. He has been compared to the likes of Sting and Peter Gabriel, which is a fairly accurate comparison.

The name Gotye comes from Gautier, which is the French version of Wouter, which translates to the English name Walter. Since the release of his album *Boardface* back in 2001, Gotye has been creating quite the name for himself in Australia and even Asia by winning five ARIA awards (Australian Recording Industry Association Music Awards) and nominated for an MTV EMA for Best Asia and Pacific Act.

Which brings us to the current and booming Gotye album *Making Mirrors*. This album has been on repeat on my iPhone for about a week now. I wake up and go to sleep to this album on a daily basis, no kidding. It's a breath of fresh air to hear something as new and interesting as *Making Mirrors*. Gotye proves in this album that he can do it all and that real music

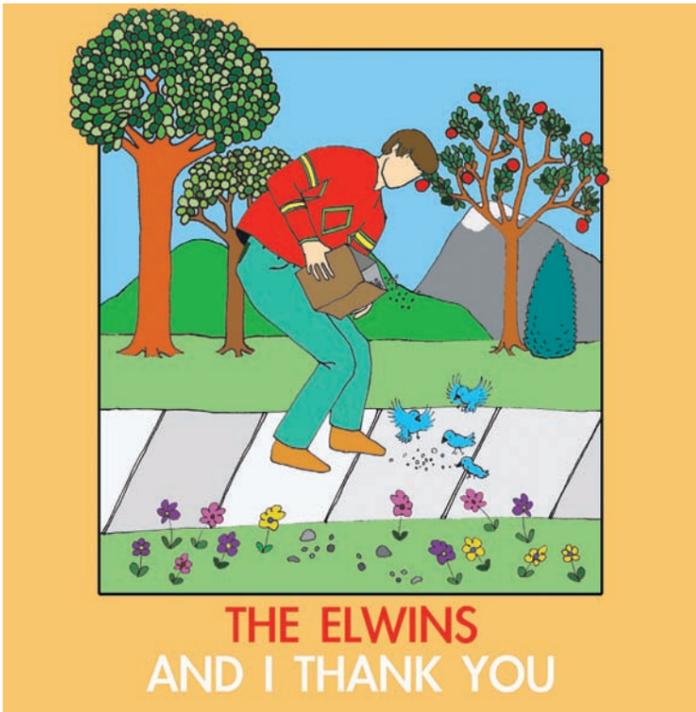


CREDIT: FISTFULOFMUSIC.COM

does in fact still exist around the world. Maybe his hit single has gotten this CD recognized and heard, but the fact is that almost every song on the record has the potential to be a hit.

The album kicks off with an ambient track, with him softly singing a beautiful melody in the background that sends you drifting away. Next, it kicks into the bass-driven "Easy Way Out," which is a great way to follow up the intro to help pick up the pace a little bit. It then makes room for the heavy hitter song, "Somebody That I Used To Know." I have probably listened that song at least 100 times since I first heard about a month ago, and I still cannot get enough of it, especially after watching the cover by Walk Off the Earth, a five-piece band that all play on one guitar. Pure genius! Next up on the album is the second single, "Eyes Wide Open." This song is probably my favourite song on the album. It is for me the most interesting and dynamic song and demonstrates Gotye's musical genius in a nutshell. My third favourite song would have to be "Smoke and Mirrors," yet another dynamic and organic song. Gotye really knows how to experiment with different instruments in a very special approach that is not often heard in today's music. His voice alone gives his productions the upper hand, but his ability to coat his vocals in such a musical abyss is simply beautiful.

If I haven't caught your attention by end of this and if the single hasn't made you go rushing to BUY this album off iTunes for \$9.99, then I apologize to you. I wouldn't be surprised if this album gets nominated for Album of the Year next year. Please do yourself a favour and listen to this album. You can respond to a post about this album on my blog at eternalmelodies.tumblr.com.



CREDIT: GRAHAM RUDDY

Your ticket to music past

BOBBY FOLEY
INTERROBANG

If bands ever take pleasure in the idea of slipping away from definition, then The Elwins out of Toronto may have a reason for their good-natured new album, their debut full-length *And I Thank You*. Keeping their retro garage rock sound alive, the record is refreshingly old-fashioned, a further triumph given that the band is releasing the album independently.

The band's simple, sweet sound is apparent from the very beginning of "Come On Out," the album opener. Its bright 1960s sound ringing brightly gives way to the smooth tropic psychedelic rock of "Behind My Eyes," a wistful song that will make your ears think that spring has returned.

Music geeks everywhere will love the record with its nuggets of texture and style. Take the

Motown bassline opening to "Forgetful Assistance," the beautiful doo-wop guitar work in "On Your Doorstep" or even "Propinquity," a song as endearing as a love note set to words.

And I Thank You is a fast listen, its 10 tracks clocking in total under 30 minutes. Rather than sell the band short, it serves the material very well, invoking the thought of the record playing on tabletop jukeboxes in malt shops.

Being so themed, one could conceive that the record would grow tiresome quickly; the album will sadly not appeal to all audiences, but anyone who cares enough to listen will surely appreciate it in the way it deserves.

And I Thank You will be released here in Canada on February 21. For more information or to order a copy, visit the band at theelwins.ca.



Ever been serenaded by a Falcon?

ERIKA FAUST
INTERROBANG

Come out and watch some of Fanshawe's top talents belt it out for top honours and cold, hard cash at the Campus Idol final competition at noon on February 22 in Forwell Hall.

The top six superstars – Haviah Mighty, Taylor Thompson, Jade Lester, Michelle Cormier, Donny William and Katelynn Lambert – will croon out top tunes for their chance to snag the \$300 grand prize.

The Campus Idol competition held on February 6 saw a record turnout of 20 talented students serenade the crowd at the Out Back Shack – usually only six to eight people end up singing at these events, said John Young,

Operations Manager for the Fanshawe Student Union. The winner of Fanshawe's Campus Idol would normally go on to the provincial competition, but that was cancelled this year. Young and some other members of the FSU decided to host Fanshawe's own Campus Idol final competition, featuring the top six singers from the February 6 event. "We're quite excited about it," said Young.

Historically, Fanshawe singers have done quite well at the Ontario Campus Idol competition and have brought home top honours three times in the last 10 years.

Support your fellow Falcons as they try to sing their way to victory on February 22 at noon in Forwell Hall.

Women take the stage at APK Live

MADISON FOSTER
INTERROBANG

It's ladies' night at the APK Live on February 25. And no, I don't mean that women get in for free and get cheap Jägerbombs. I mean that Half a Dino is bringing you a line up of female-fronted bands that will be taking the stage and showing London what they can do.

With their spot-on renditions of the tracks you know and love, Sheezer, the all-female Weezer cover band, is dedicated to creating their versions of tracks from the *The Blue Album* and *Pinkerton* while honouring the surf rock anthems of the alternative rock band. The lineup, which includes women from Canadian bands such as the Bicycles, By Divine Right and Ohbijou, has received praise from Rivers Cuomo himself and sold out the APK Live their last two visits.

Starting off the night will be local favourites Lonnie in the Garden. Fans of Born Ruffians saw the vocal powerhouse Lynne Craven lead her bandmates through the sold-out show. It's expected to see the same treatment on this night as they never disappoint.

After the bands do their part, DJ Media Frenzy will start off a late-night dance party. Being one of the few disc jockeys in the city who still spins with actual vinyl, she does her best to get everyone moving until the night is through.

There are plenty more great upcoming shows where that came from, including shows from bands like the 13-piece brass-funk band My Son the Hurricane (February



24), rock and roll darlings The Balconies (March 8), hardcore heavyweights Touche Amore (April 16) and Polaris Prize-nominated Plants and Animals – and

those are just the ones that have been announced! Check out halfadino.tumblr.com for more upcoming shows.



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McGeeking out about the Oscars



REEL VIEWS
ALISON MCGEE
a_mcgee3@fanshaweonline.ca

Get the popcorn popping and get settled into your favourite spot on the couch because it's that magical time of year again: that time when the world watches on as "The Dude" thanks his peers for such high honours, when Melissa Leo drops the F-bomb on international television and when Elinor Burkett pulls a Kanye. That's right, it's Oscar time!

The 84th annual Academy Awards ceremony, which airs February 26 beginning at 7 p.m., will once again bring together the greatest talents in the world of cinema while members of the Academy of Motion Picture Arts and Sciences decide who gets to take home top honours and that little golden man. The Academy is a fickle entity and you never can tell with absolute certainty which way the votes will be cast, but after years upon years of watching this prestigious awards show, I have an inclination about who will take home Oscar...

Writing (Adapted Screenplay)

This one should by all means go to the big-screen version of John LeCarre's espionage story *Tinker Tailor Soldier Spy*, but I wouldn't be surprised if *The Ides of March* took it instead.

Writing (Original Screenplay)

As far as original stories go, *The Artist* deserves every award out there, though its best chance of winning may be in this category – the Academy tends to offer a little more praise to non-mainstream writers.

Visual Effects

My inner nerd is silently praying that *Harry Potter and the Deathly Hallows* wins this one, but based on shock value alone, I'd say that *The Girl with the Dragon Tattoo* has a better chance.

Sound Editing & Sound Mixing

These are two distinct awards, I know, but more often than not I think Academy members fail to recognize the difference, making speculation impossible. *War Horse* is a sure winner for one and I think *Transformers: Dark of the Moon* will take the other.

Music (Original Song)

Without question "Man or Muppet" will take home the statue for this one, because really, who doesn't want to make Sheldon Cooper the guy who sang an Academy Award-winning song?

Short Film (Animated)

Always a tossup, but I think this year *La Luna* has it.

Short Film (Live Action)

The short yet powerful *Pentecost* should by all means win this award.

Music (Original Score)

It's a tough choice when the Academy is faced with so much musical talent, but I think John Williams will yet again have this



CREDIT: CBC.CA

Follow along with Alison McGee's predictions about who will take home the golden man.

honour bestowed upon him, though I couldn't say whether it will be for *War Horse* or *The Adventures of TinTin*.

Makeup

I find myself conflicted; as a child of *Harry Potter*, I was thrilled to see the gruesome faces of dark wizards and witches brought to life, yet as a lover of cinema, I can't believe the transformation of Glenn Close into a man in *Albert Nobbs*. Either way would be just fine with me.

Foreign Language Film

Come on, Quebec, you can do it! The stunning French film *Monsieur Lazhar*, which is reminiscent of all the great Quebecois films, needs to win. Whether or not it will depends on the patriotic rivalries among Academy members, as they have a tendency to snub Canadian flicks.

Film Editing

As much as I wish it hadn't been nominated (or even made), of all the flicks in this category I feel like *The Girl with the Dragon Tattoo* did have the best editing.

Documentary Short

Like the animated short category, the documentary short is always uncertain. I feel like *Saving Face* may be the only clear frontrunner.

Documentary Feature

Paradise Lost 3: Purgatory without a doubt.

Directing

One of the bigger honours in the world of cinema, yet not so much a fan favourite, the directing award has a tendency to snub the truly deserving. This year the choice seems pretty clear, though: Terrence Malick will almost certainly win for his powerful *The Tree of Life*.

Art Direction

The Artist has this one in the bag.

Costume Design

As is the Academy's usual custom, the costume award will go to the only period piece nominated, *Anonymus*.

Animated Feature Film

Unfortunately, I am fairly sure that *Rango* will take this category, but I wish that *A Cat in Paris* would win.

Cinematography

This one by all means should go to *The Artist* for its final number alone, which is very reminiscent of classic Hollywood great Busby Berkeley. Alas, I'm pretty sure the Academy will give it to

The Girl with the Dragon Tattoo instead for its flashy, in-your-face camerawork.

Actress in a Supporting Role

You know, despite all the major dramatic acting that earned nominations in this category, I believe that this will be one of those rare years when the Academy praises the comedienne. Melissa McCarthy for her role in *Bridesmaids* for the win.

Actor in a Supporting Role

With multiple heavy hitters in this category, it becomes impossible to know whose name will be called, but I can say with certainty that it will come down to Kenneth Branagh, Christopher Plummer and Max von Sydow (my personal favourite).

Actress in a Leading Role

There is always stiff competition for this one, but this year seems particularly tough. Based on mainstream appeal, which is all too often what compels the Academy, I'd say Michelle Williams will take it for *My Week with Marilyn*. There is a distinct possibility, though, that either Meryl Streep or Glenn Close will win for their roles in *The Iron Lady* and *Albert Nobbs*.

Actor in a Leading Role

In my mind, no one deserves this award more than Jean Dujardin for his role in *The Artist*, but it would come as no surprise if Gary Oldman or Brad Pitt took it instead.

Best Picture

The big one. This is the one that really matters; the award that makes a statement about the atmosphere of the entire American film industry. There is no doubt in my mind that *The Artist* deserves this high honour for its powerful, provocative and important message to the film industry at large. And yet, the tenacity of this little-known silent film will surely leave Academy members shaken, leading them to make a safer choice. I think it will come down to either *The Help* or *War Horse*, although who knows – they did choose *The Hurt Locker* a few years ago, so I'll hold out hope for as long as I can.

With all the drama that has unfolded for the world to see in the past few years, I am beyond excited to see what this year's ceremony has in store!



CREDIT: THE WEINSTEIN COMPANY

Berenice Bejo gives Jean Dujardin a peck on the cheek in *The Artist*, a film that takes a critical look at the movie industry.

All hail *The Artist's* brilliance



REEL VIEWS
ALISON MCGEE
a_mcgee3@fanshaweonline.ca

The Artist (2011)



Every once in a while (usually a very long while), a movie comes along that has it all: it's entertaining and enlightening and it has an important comment to make on the world around us. Even more rarely a movie will come along that has all that and has something important to say about the very industry in which it was made. Well, ladies and gentlemen, it's official, *The Artist* is that one in a million.

This quiet (both literally and figuratively) French film from director Michel Hazanavicius delves into the world of 1920s Hollywood at a time when synchronized sound was just becoming the next big thing in movies. George Valentin, Hollywood's brightest silent film star, rebels against the studios who are pushing him to make talkies. He takes his fortunes and begins work on his own silent masterpiece until suddenly the stock market crashes and George loses everything. All this happens while George develops a flirty relationship with talkie starlet Peppy Miller, who credits George himself with giving her her first big break. While Peppy's career flourishes, George grows ever more impoverished, yet all the while holding his ground about not doing sound pictures.

The Artist is saturated with so much acting talent that it's difficult to know where to begin. Jean

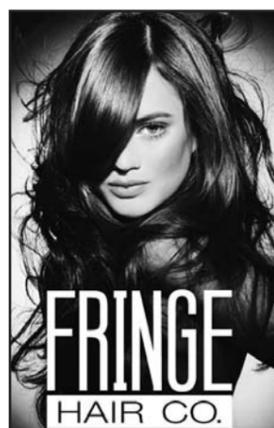
Dujardin takes on the impressive lead role of George Valentin, a role for which he received an Academy Award nomination. Not since the good old days of silent film has an actor unabashedly displayed so much emotion on his face. With only one line of dialogue in the entire film, Dujardin relies upon his physical means of expression to get his point across to the audience, and boy, does he do it with style.

Berenice Bejo plays the spunky, darling Peppy Miller with a presence that is not often seen on the big screen these days. So full of life and so energetic, there is simply no way to give Bejo all the credit she deserves for this role, although the Academy Award nomination is not a bad way to start.

The other highlight of *The Artist's* cast is studio head Al Zimmer played by American John Goodman, who continues his career resurgence with this role. Laugh-inducing, silly and above all entertaining through and through, Goodman deserves praise for being a true entertainer.

The Artist is a silent film, an homage to the time period during which the film is set. Not a gimmick in any way, the silence of the film adds strength to its heart-breaking story. On a deeper level, *The Artist* explores the deep-seated fears on moving into a new era of filmmaking and it certainly has a very strong opinion about what it means to be an artist in an industry driven by money.

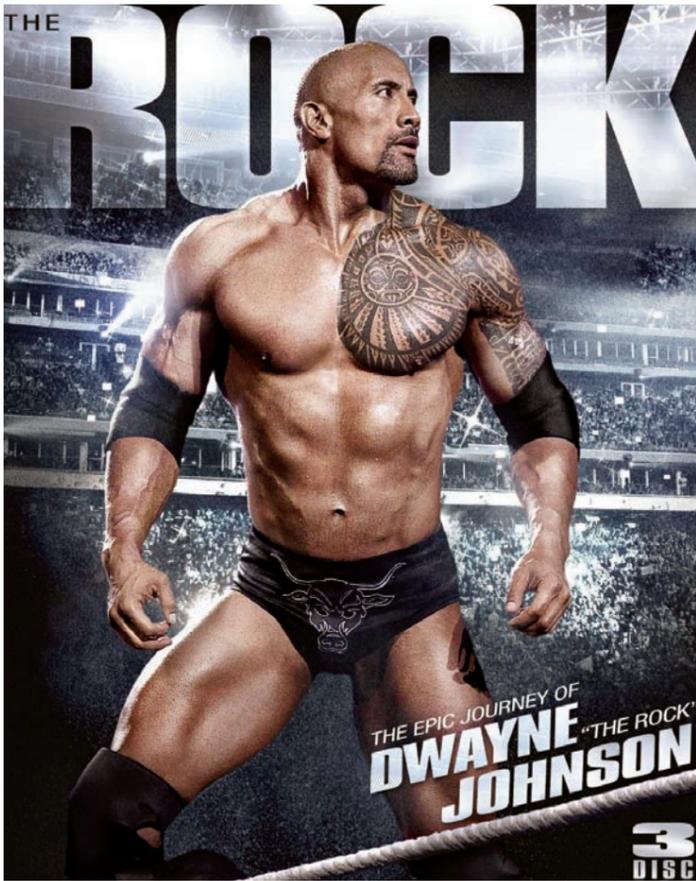
Lovers of cinema, fans of classic Hollywood and anyone who is sick of all the in-your-face special effects-ridden flicks that the studios continue to churn out, go and watch *The Artist* the first chance you get!



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The Rock DVD is one for the ages

ALLEN GAYNOR
INTERROBANG

With all due respect to the likes of “Stone Cold” Steve Austin, Jesse “The Body” Ventura and Helen “The Crusher” Mirren, no professional wrestler has gained greater mainstream attention than Dwayne “The Rock” Johnson. With a perfect combination of athleticism and charisma, The Rock became the man in the WWE before embarking on a successful movie career.

As The Rock gets set to headline this year’s WrestleMania against John Cena, a three-disc DVD set chronicling his rise to the top of the sports entertainment ranks has been produced. *The Epic Journey of Dwayne “The Rock” Johnson*, which hits the home video market on February 21, is a thorough and engrossing look at one of the most captivating performers the squared circle has ever been graced by.

Since this is not the first time the WWE has released a Rock DVD, I figured they would gloss over the majority of his wrestling career and focus mainly on his recent return and film career. Luckily, this was not the case.

The disc features a two-hour documentary that goes all the way back to Rock’s childhood, growing up in the wrestling business that employed both his father and grandfather. From there, we hear about The Rock’s football days as a member of the Miami Hurricanes, and for a short time, the CFL’s Calgary Stampeders.

Once his gridiron days were over, Rock jumped into the wrestling business, and this section is one of the most interesting portions of the documentary. We see footage of The Rock learning the ropes before his much-trumpeted debut. Unfortunately for The Rock, the bland, clean-cut baby-face he portrayed in his early days was vehemently rejected by the fans.

It all turned out for the best, as he would grow into one of the most beloved superstars of all time once he dropped the goody two-shoes character.

That isn’t the only time The Rock would be rejected by the fans, however. Another very interesting section of the documentary focuses on the time period of 2002/03, when The Rock’s film career was beginning to take off. A large section of the WWE audience branded him as a sell-out and booed him during his infrequent appearances. The Rock would turn heel and ramp up the cockiness of the character, and eventually won the fans over because he was just so damned entertaining, especially during this time frame.

The documentary features plenty of comments from The Rock, as well as his main contemporaries such as “Stone Cold” Steve Austin, Triple H, Mick Foley, Chris Jericho and even the chairman of the WWE, Vince McMahon. The Rock’s ex-wife Dany and his former Miami Hurricanes teammate Warren Sapp also offer their insights.

In addition to the documentary, you get some great Rock promos and moments, my favourite among them being the “Rock Concert” from April of 2003, with Rock performing a few humorous musical numbers and antagonizing his future opponent Bill Goldberg.

Also included are 11 matches, including some classics like his Royal Rumble ’99 bout with Mankind, his Backlash ’99 match with Austin, and his SummerSlam 2002 battle with Brock Lesnar. There are also a few rarer matches included, such as a The Rock’s debut at the 1996 Survivor Series, and his only one-on-one match with Ric Flair from a 2002 episode of Monday Night Raw.

So if this sounds like a DVD you might be interested in checking out, then we’ve got good news for you. Courtesy of eOne, the Fanshawe Student Union has three copies of this DVD set to give away. If you are a current, full-time Fanshawe student, head over to FSU.ca/therock anytime before February 27 at noon for your chance to win the most electrifying DVD in the history of entertainment.

Colin is ballin’, Knightley shines brightly

FRANK SYLVESTER
INTERROBANG

London Boulevard (2010)



The premise of a man being released from prison and trying to turn over a new leaf only to be brought back into a life of crime is certainly not a new one, so it’s hard for a film to breathe new life into this story. Luckily, *London Boulevard*, a British film that makes its way to home video on February 21, manages to do just that.

Colin Farrell stars as Mitchell, who takes a few steps out of the prison he has spent the last three years in only to be greeted by his slimy friend Billy (Ben Chaplin). Billy is firmly entrenched in the criminal underworld. He offers Mitchell a place to stay, but there are clearly strings attached. Billy is employed by notorious crime lord Gant (Ray Winstone), and is interested in bringing Mitchell into the fold.

As I have said, this has all been seen before in other films, but things get more interesting when Mitchell receives another job offer. Keira Knightley portrays Charlotte, an actress who is retired at 25 years old, and who rarely leaves the house. The paparazzi are permanently camped outside her door. Her only human contact most days is with her live-in business manager Jordan (David Thewlis). Mitchell is offered a position protecting Charlotte, making sure that no one gets into her home and, on the rare occasions when she needs



CREDIT: HEYUGUYS.CO.UK

Colin Farrell and Keira Knightley snuggle up in *London Boulevard*.

to go out, making sure she can do so safely.

It isn’t long before Mitchell and Charlotte develop romantic feelings for one another, which is to be expected – they are Colin Farrell and Keira Knightley, after all. Thankfully, things are never sappy like the similar relationship between Kevin Costner and Whitney Houston in *The Bodyguard*. How’s that for a timely reference!

Things do get complicated, though. Gant sees great potential in Mitchell and desperately wants to put him on his payroll. He will stop at nothing to ensure this happens, which puts everyone in Mitchell’s life in danger.

Colin Farrell does a terrific job in the lead role. While he may have made headlines years ago for booz-

ing and bedding a bevy of beauties, he has also put together a stellar resume of work, including *Crazy Heart*, *In Bruges* and now this role in *London Boulevard*.

London Boulevard is a stylish film that also offers up a lot of substance. It is very easy to feel sympathy for Mitchell, a good man who cannot seem to break away from the bad element, and Charlotte, a woman who can’t even stick her head out the door without flash bulbs going off. It is also very easy to hate Gant, one of the more vile characters I have seen in a film in ages. Credit goes to Farrell, Knightley and Winstone for bring these characters to life, and to the whole team behind *London Boulevard*, a film you should certainly check out when it hits stores on February 21.

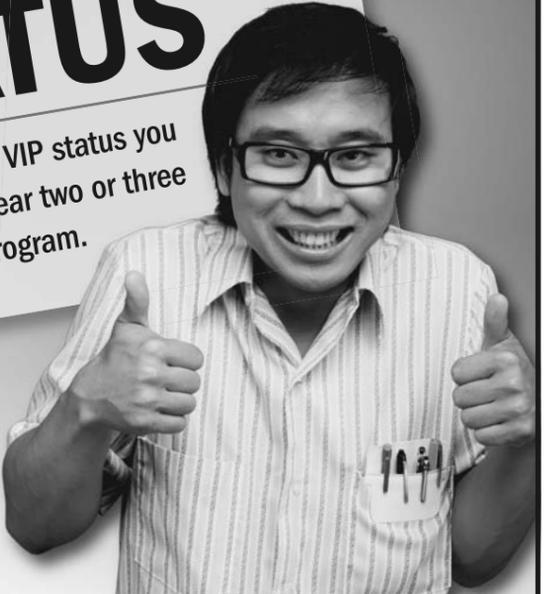

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Feminist foreplay: Rossetti, rated R



CHECK IT OUT
CAROLYN SULLIVAN

Spring Break – time to sit back, relax and fool around a little. But if any of that gets boring, why not skip YouTube and other traditional time-killers and go straight to another time-honoured classic?

Christina Rossetti's *Goblin Market* is a sexual allegory, or a puzzle of perspective. Allegories are stories with multiple levels of meaning depending on how they're viewed. Ever see the Dolphin Illusion? Classic example. If a child looks at the dolphin illusion, they see 13 dolphins. If you look at it, chances are you'll see a couple getting down and dirty. In the same way, *Goblin Market's* dual perspective makes it a classic for preschoolers and Playboys alike.

The author of *Goblin Market* was also a closet lesbian and prostitutes more than likely took a hand in her education, religious and otherwise. A gentlewoman, Rossetti wrote in the 1860s during her work at a Christian streetwalker's shelter. We'd expect her to be preachy as *Focus on the Family*, but instead, the old maid writes with all the sly

insinuation of a callgirl. It's a wonder a woman with such a sexy persona never married. But maybe not. On checking her out, her brothers' friends noticed "she might have sung and made music to children on the same instrument that made music on the Lesbian lyre, and on another feminine organ not necessary to specify." Sorry, boys, but this girl's playing for the other team.

If any of Rossetti's admirers had any hopes of flipping her, they would have been dashed with the man-hater rhetoric written in *Goblin Market*. The heroines of *Goblin Market*, two gorgeous girls known as Lizzie and Laura, are perfectly happy, until the creepy little characters known as 'goblin-men' slink into the scene. They lure Laura with phallic fruits, symbolically take her virginity with hair from her 'maiden's head,' and get her into an orgy. Yeah, an orgy. For a hundred years, people have been reading their kids stories about this sextivity. And you thought HBO was bad. Laura "sucked their fruit globes fair and red//sucked and sucked and sucked the more//she sucked until her lips were sore." And all this without practice? Damn, but there's a reason this is a fantasy.

Naturally, though, the trappy

goblin men leave Laura with syphilis, gonorrhoea and a broken heart – oh, and the insatiable need for sex. Lizzie doesn't know what to do for her, and so descends into the glen to steal sexual knowledge from the patriarchal goblin men; as ballsy a move as when Prometheus ascended into heaven to steal fire from the gods. This pisses the goblin men off, and they try to gang rape her.

Hey, maybe I should add an R-rating to the top of this column? Shucks. Bit late now.

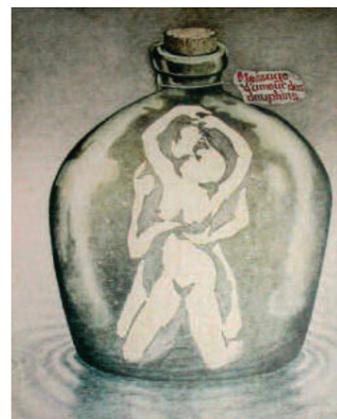
They "held her hands and squeezed their fruits/against her mouth to make her eat" in an attempt to fuck her mouth, until she felt "the drip/of juice that syruped all her face//and streaked her neck that quaked like curd." Translation: they gave her a 'facial' and ejaculated all over her head, an act designed by the Marquis de Sade, founder of sadism, to degrade his partners long before it entered hardcore porn in the 1960s. Then they groped her and tried to gang rape her, beat her up and finally left on finding they couldn't pry her knees apart.

This was the reality of a London prostitute in the 1860s, when a woman who had no skills could not expect to find her way into any other source of income, and law

enforcement disregarded the disadvantaged. In the current debate over legalizing prostitution in Canada, we are concerned with protecting sex workers while not validating a job that often carries with it high health risks (both psychological and physical) and that often employs and exploits those who are already emotionally vulnerable.

What differs in the experiences of Britain's 19th century prostitutes and our contemporary callgirls is the degree of autonomy in their employment. There is a sense in which prostitution is rarely, if never, a choice, but there is more choice in the profession of a dominatrix in our democratic society than there was in that of even the most brazen prostitute in patriarchal Britain.

Rossetti was a first-wave feminist, a forerunner of modern equality. She identified the sexual predators of her time as those who offered the female body as an object of consumption. She recognized the way goblin-men were educated into their sexuality and given license to act upon their desires without consequences, while innocent girls were ruined because of their actions. And she rejected the primacy of men that resulted in an exploitive and unequal relationship. Lizzie returns



CREDIT: FULLYGEEK.COM

How many dolphins do you see in this dolphin illusion?

home to Laura, who "kissed her and kissed her with a hungry mouth", until their sisterly love restores Laura to health.

So yeah. Girls, if you're still sulking after a bad Valentine's Day and feel the need to engorge on truffles and read feminist tracts, this is a nice place to start. Otherwise, look up the iconic Playboy illustrations for this stuff and settle down to talk porn and politics.

It'll keep your mouths busy for the break, assuming they aren't occupied elsewhere.

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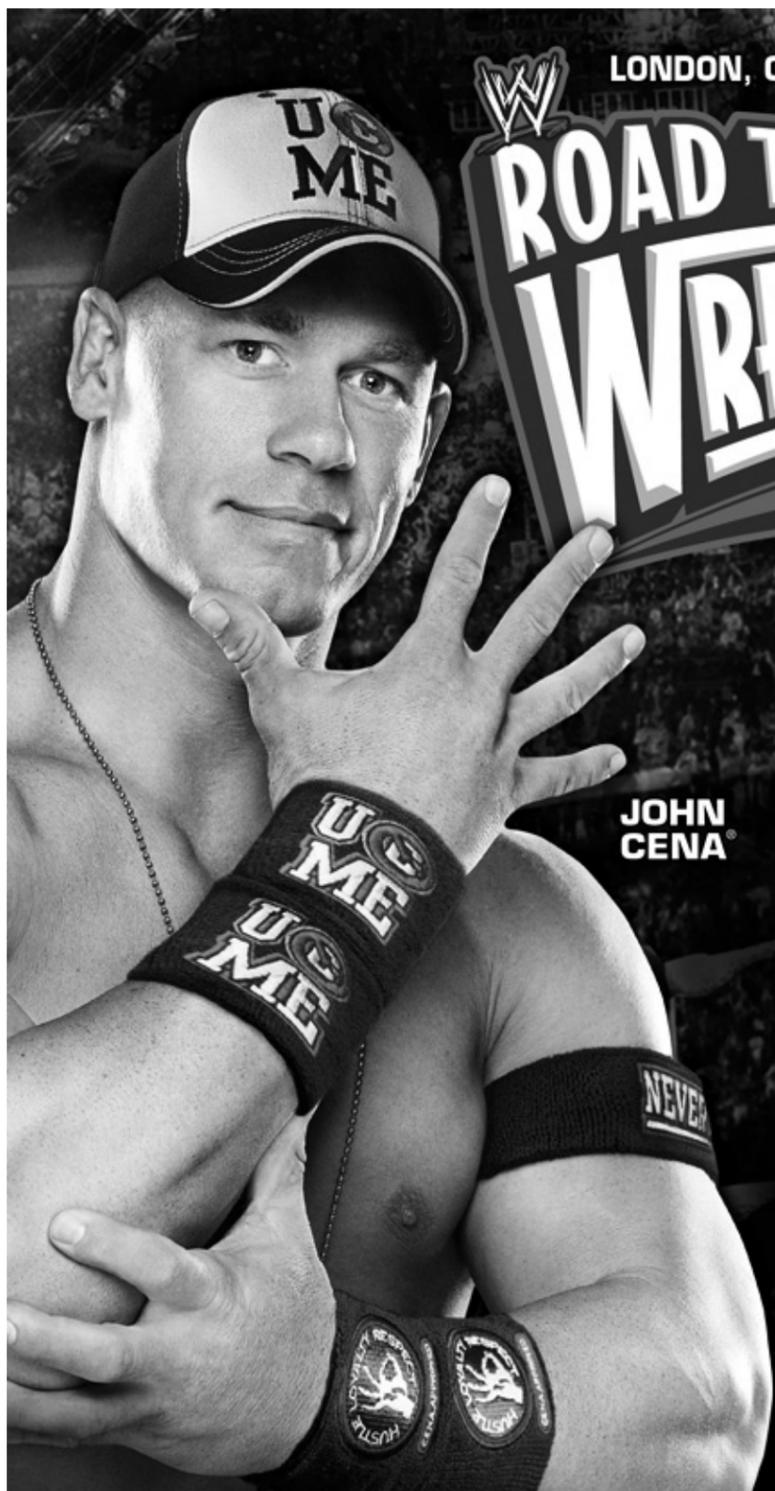
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Have a dream vacation, not a nightmare



LOVE, LUST & LIES
PATRICIA CIFANI
asklovelustlies@gmail.com

It's that time of year again, so get ready to put down your books and grab a suitcase – it's Spring Break. We all know if you are going away for a true Spring Break vacation, the three words that are usually associated with it are drinking, partying and sex. If you're single, this is the ultimate dream vacation; if you're not, it can be a nightmare. If you're in a relationship and you go on a vacation alone with your friends, or are the one staying at home while your boyfriend or girlfriend heads down to Cancun, it can be hard.

At the same time, no one should feel like they can't enjoy their time away from home because they are attached. Here are a few things that you should keep in mind when you're on vacation.

If you don't want your partner doing something, you shouldn't do it either: This is straightforward, no ifs, ands, or buts about it. For example, if you wouldn't want your boyfriend oiling up some hot girl in a string bikini, then you should keep your hands off the tall, dark, handsome man with the killer body. Fair is fair.

Stay away from risky situations: Don't put yourself in risky situations if you can avoid them. If you meet some girl in the Dominican and are having fun partying together, nothing is wrong with that. However, if you end up alone in her hotel room with just the two of you drinking, that has clearly become a risky situation, because there is a good chance she could take that as a sign to go for it.



CREDIT: JENNIFERLYONBOOKS.COM

Before oiling up this fine specimen of a man, ask yourself if you'd be okay with it if your significant other was rubbing up on somebody else.

If you can, send them a message: I'm not saying have your cell phone by your hand 24/7, and to be honest, I don't even suggest bringing a cell phone on vacation. Roaming charges are a bitch, and the point of a vacation should be to take a break from your normal routine and everyday life. A good thing I found when I went on Spring Break and left my boyfriend behind was once every day or two, I'd send him one quick message on Facebook (a private message, because Facebook PDA is tacky). That way I didn't feel like I was ignoring him for a whole week, but at the same time, I enjoyed my vacation.

Don't keep secrets, period: Don't try to hide what you did or are doing. The truth always comes out, and that's how you end up breaking trust. Even if you think it will make your boyfriend or girlfriend mad, it's better to be honest with them. For example, if you decided to go skinny-dipping at the beach – a popular pastime on vacations – don't try to hide it.

When it comes time to put on that bikini and grab a beer, don't feel bad that your boyfriend is back at home. Enjoy yourself because Spring Break only comes once a year.

Get your grammar on

ERIKA FAUST
INTERROBANG

If you're having problems with parallel constructions, if your subjects and verbs are never in agreement and if you have no idea what I'm talking about, it might be time to check out some new ebooks put out by Aim Publishing in Maple Ridge, British Columbia.

Mary Ng, Owner of Aim and Author of *Focus on Grammar: Subject-Verb Agreement* and *Focus on Grammar: Parallel Constructions*, simply loves grammar. When a sentence contains mistakes, "the meaning is a lot less clear," she said. "That's why it's important. Grammar helps you write more clearly so people can read through it without missing the meaning."

Ng was inspired to write the first book in the *Focus on Grammar* series, *Basic Grammar Step by Step*, after reading a news article that reported that students were having trouble writing because they were no longer being taught grammar. "Today the problem has gotten worse," she said, citing the example of an English professor at Simon Fraser University in B.C. who had to teach his students basic grammar. She said she has seen this problem firsthand when her son went to high school and received a grammar handout with no real explanation from his teacher about how to use grammar or why it was important.

"Employers are also complaining that graduates lack writing skills and communication skills," Ng added. "I think (grammar is)

very important, especially for post-secondary students, because they have to learn how to write properly before they go off to the real world ... Any job you're in will require some form of writing."

Through her books, Ng said, "I want to help students not only learn grammar, but master grammar." Each book in the series focuses on a particular topic. "The coverage is quite in-depth," she said. She said she is especially proud that each book contains real examples of incorrect grammar in works published in newspapers, books and magazines and on the Internet. "I've collected over 1,000 examples of wrong sentences over the years. This book came from the examples. I didn't write the book with an outline; I wrote the book from the bottom up. I got all these different types of errors and then I had to categorize them." Some of the real-world examples are used as practice questions to teach students how to spot an error and how to correct it.

Ng said she is planning to write a few more books for the *Focus on Grammar* series, and she is currently collecting examples of misused modifiers, pronouns, possessives and commas.

Focus on Grammar: Subject-Verb Agreement and *Focus on Grammar: Parallel Constructions* are available in EPUB format and can be read on e-readers, smartphones and tablets. They are available at the Aim Publishing website (aimpublishing.com) for \$4.95 each.

Spring Break from afar



LONG DISTANCE LOVE
ALISON MCGEE
a_mcgee3@fanshaweonline.ca

Reading Week. March Break. Spring Break. Whatever you call it, students across the country get a week off school every year around this time. The thought of having an entire week with no school to keep you busy can be a daunting thought when you're in a long distance relationship, but I've come up with some solutions for you. Here are my tips for a happy, relaxing Spring Break, even if you can't be with your loved one:

- Plan phone dates. With all that free time on your hands, you are much more flexible to have nice, long phone dates with your partner. Plan to have some quality couple time on the phone at least every other day over Spring Break. With no school to keep you occupied, you will be free to focus both your thoughts and your time on strengthening your relationship or reconnecting if you've been too busy to talk much lately.

- Plan other long distance dates. You can still have a movie date even if you're not physically sitting beside each other. Simply pick which movie you want to watch, rent a copy for each of you and



CREDIT: GLAMOUR.COM

start watching at exactly the same time. Text or talk on the phone throughout and it will be just like you're sitting in the same room watching it together. If you don't like interruptions during movies, like myself, wait until after the movie's over to talk. Either way, you will be have lots to talk about and doing the same thing at the same time will leave you feeling more connected.

- Take time for yourself. I know this is something that I suggest for the day-to-day stuff too, but when you have so much free time, it is even more important than usual to take time for you. Get a manicure, watch a movie that you've been dying to see, pig out on junk food

or do whatever it is that you enjoy most.

There is one last piece of advice I have to give you for Spring Break: if you can, plan a visit with your paramour. If you have to, slum it. Stay in the cheapest hotel (that you can still feel safe in), pack peanut butter sandwiches to eat for your entire trip and do nothing but see the cheap (or free) sights in the city. It will be so worth it to scrimp on the luxuries if you get to spend some time with your partner.

Either way, whether you're lucky enough to visit your significant other or not, I hope each and every one of you has an awesome Spring Break!

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Can supplements replace food?

CREDIT: 123RF.COM

Supplements 101



HEALTH, BODY AND FITNESS
Rebecca Grieb

Eating throughout the day is enough to fuel your workout – *right?* It's not enough to be eating; you have to know *what* to eat and when to eat it. After chatting with about 30 students, about one-third thought supplements were the most important part of staying fit and healthy, while others said it was all about taking a "natural" approach to diet and exercise. So how do you know what is a good fit for you? I sat down with a local Trainer at Goodlife Fitness, Kyle (who asked that his last name not be published), and a Supplements Customer Service Representative from Popeye's, Bobby Gasselle, to get both sides of the story – along with agreed-upon meal recommendations to help you grow healthier and stronger. The next question is, do we really need supplements to help our bodies to become stronger and healthier?

Every morning deserves a healthy, balanced breakfast. Try whole grains, orange juice and egg whites. Gasselle recommended pairing your breakfast with an antioxidant drink to cleanse your body for the day, while Kyle also suggested drinking lots of water to prepare for your workout later that day.

Next, we head into a mid-morning snack, which is good for your body because it keeps you anabolic – in a state of muscle growth – and prevents your body from storing fat. A lot of people tend to skip this snack during the day because they feel like they will gain weight from over-feeding their bodies. The fact of the matter is that you are not over-feeding your body – Kyle said that people should be eating the majority of their food before dinnertime in order to have optimal workouts and achieve optimal results. Both Kyle and Gasselle agreed that loading up on your fruits and veggies is an important part of eating healthy. A granola bar and mixed berries is the perfect balanced snack for the morning.

When lunchtime rolls around, it's time for more veggies, lean meats and whole grains. A form of protein here is important – a protein shake, a lean chicken breast, nuts or beans. Kyle recommended complex carbohydrates and lean protein, which allow your body to

fuel itself and prepare for workouts.

As your day progresses, an afternoon snack is crucial. Try some trail mix – the healthy fats and carbohydrates will keep your body fuelled with energy until dinnertime. A big difference here between the supplement and fitness industry was that Gasselle recommended a pre-workout supplement to enhance your workout, while Kyle assured me that if a person has fueled their body properly with carbohydrates, that is enough for a great workout.

The day is now coming to an end, and it is time for supper. More veggies and lean meat are necessary – try your favourite salad with some lean chicken or turkey in it. For the vegetarians out there, beans and a veggie stir-fry are a great choice.

If you are feeling hungry after dinner, some berries or yogurt is a good snack to help you stay full until the morning.

A new trend on the rise is pre- and probiotics, which help with digestive health. Another plus: Kyle and Gasselle agreed that this is a great common ground to start with. The terms pre- and probiotics are often used – incorrectly – synonymously. While both benefit digestive health, they do so in different ways: probiotics aid the gut by increasing the number of helpful bacteria and inhibiting harmful bacteria, which may strengthen the body's immune response. Prebiotics then act as the "food" for these beneficial probiotic bacteria, enhancing their activity. Prebiotics also encourage the absorption of bone-strengthening minerals like calcium and magnesium due to the way they are digested. When taken together, pre- and probiotics are called "synbiotics" because they together in a synergistic way to enhance probiotic benefits.

Kyle and Gasselle agreed that a healthy, well balanced diet is most important when it comes to keeping your body healthy and fit. Depending on your lifestyle and fitness goals, there is a time and place for supplements. Eating, therefore, is enough when it comes to taking care of your body – however, fueling your workout comes directly from *what* you eat. Keep this in mind every day, you are what you eat; that bowl of Lucky Charms in the morning won't get you running very far or lifting very much, so eat right, work hard and be proud of your body.

Informational interviews: An eye-opening experience



CAREER CORNER
Susan Coyne
Career Services
Consultant
Fanshawe Career Services

Starting a career after college can be a challenge even for the more seasoned job seeker. You may think that once you've armed yourselves with an updated resume and a cover letter the rest will be easy... just watch and wait for the perfect job. Wishful thinking plays a large part in that approach, especially when you don't have a detailed picture of how to bridge your academic life with a career life. And, unless you've participated in a program with a co-op or field placement or clinical component, it is unlikely that you will fully know about the realities of the workplace of your chosen career. An informational interview, if conducted skilfully, could help you bridge that gap.

In reality, the informational interview is one of the most valuable sources you have to gather information on your future occupation. It may cover some of the same ground as the material on the company's website, but it will also provide firsthand information about the experiences and impressions of someone in your chosen occupation. And as the interview is totally conducted by you, it should be less stressful for both you and the employer than a traditional job interview.

Your ultimate goal is to obtain information about your chosen career, so remember when you are on an informational interview you should NOT ask for a job. You want to gain insight about your chosen field from someone who

has some firsthand knowledge into what is done day to day and you in turn can relate this information to your own interests and goals. The informational interview also provides the opportunity to build your self-confidence, to improve your ability to handle a job interview and it allows you to start building your network.

So who do you interview? Ask friends, family, neighbours and professors if they know of someone who works in your targeted field, contact someone you've read about who has your "dream job" or call your alumni association. People love to talk about themselves, what they do and, above all, give advice.

Preparation for an informational interview is very important, just as it is in a traditional job interview. Start your preparation in a similar fashion by researching what you can about the person you are interviewing along with their company or business.

When calling to arrange an informational interview, be sure to conduct yourself in a professional manner and make clear in advance the purpose of your interview. Be specific in your request for time to meet with the employer; if you ask for 20 minutes, be sure your questions won't take any longer to ask. Be considerate of their time and accept whatever answers you get to the questions you pose. Above all, be sure to ask intelligent questions. Here are some questions that should help you build a detailed picture of your chosen occupation:

- What are the duties performed during a typical day, week or month?
- What education programs or courses are most valuable for success in this occupation?

• What kind of work experience would employers look for in a job applicant?

• What are the opportunities for advancement?

• What are the most important personal characteristics needed for success in the field?

• What are the demands and frustrations that typically accompany this type of work?

Dress appropriately and arrive five to 10 minutes early. Take a folder with paper and a pen to write notes, and above all be sure to bring a copy of your resume. The interviewee will ideally become a member of your network, so if appropriate, ask if you could leave a copy of your resume with them. Make sure to thank the employer for taking the time to meet with you and immediately send them a thank-you note upon returning home.

After completing each informational interview, make sure you reflect on the information you have gathered. Does it change your opinion of the occupation as a result of the interview? What are the most important new facts and understandings that you've now acquired? Finally, use this information skilfully to position yourself in the right occupation with your eyes wide open to your future.

Need assistance? Drop by the Career Services office in Room D1063. The Career Services staff are available to assist you on an individual basis. Visit the office to arrange an appointment or call 519-452-4294. Check out www.fanshawec.ca/careerservices for student and graduate job listings. Join the Career Services Facebook group at tinyurl.com/fanshawecareerservices.

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Ditching the slump



FASHION WRITER
CHRISTINA KUBIW
KALASHNIK

There's no doubt that when winter comes, sometimes the blues do too. The cold weather has us bundling up and we're forced to retreat indoors to remain the most comfortable. With Spring Break coming up, some people will be stripping their clothes off and relaxing in the sun; however, for the rest of us who will be dealing with the rest of the winter, we need to kick it up a notch on the fashion meter.

Especially with winter, we find ourselves naturally more drawn to more somber colours; we find ourselves in a winter slump. Everyone's different and therefore some people pull themselves from this slump in different ways. Some find going out can help and some like to cook a good meal with a houseful of guests; however, if you're like me, sometimes an outfit change does the trick. Brightening an outfit is always a really good way to cheer us up. Perky colours or sparkly and playful accessories are a great way to throw a little life back into our outfits. Reviving an outfit isn't hard, it just takes a little more thought.

My favourite ways to refresh an outfit during the winter are showing a little skin, adding a pop of colour and some unexpected layering.

Winter is supposed to be all about covering up to stay warm. What we never consider is that we can show some skin without completely freezing our asses off.

Wearing a skirt in winter is allowed; however, rocking bare legs is probably not the smartest – refer to my previous article about how to cover yourself up successfully. Wearing a tight skirt with tights is still sexy because tight skirts are sexy. Regardless of whether or not your legs are showing, you'll still look good. Another great way to show a little skin is by exposing our shoulders and collarbones. Off-the-shoulder tops are secretly sexy; they're not blatant and loud. They allow the skin that we're showing to seem special and revealing. They're worth borrowing from your summer wardrobe. Not only will a little bit of cold air revitalize you, but so will the fact that you're wearing something you wouldn't normally wear during the winter.

Some people like to take the obvious fashion approach when it comes to reviving a winter wardrobe: colour. Colour is the quickest way to spruce up an outfit. Recently there has been a huge coloured-denim trend in the industry; from celebrities to average citizens, people have been using denim to spruce up their wardrobes. Bright jean jackets, blouses and sneakers are a great way off throwing a little colour into our outfits. Of course, we can turn to makeup and accessories to aid in this field as well, except I find that using clothes makes a bigger statement, as more space is covered with colour.

Unexpected layering is sometimes a bit tricky to do because we don't want to dress too thick. Adding unnecessary weight to our bodies by layering is usually accidental, but it's very easy to do. Using lots of thin layers to create



CREDIT: REFINERY29.COM

Stay sexy and warm by rocking a tight skirt with opaque tights.

an outfit is usually the easiest way to prevent bulk. Vests, long shirt-dresses and long sleeves are good pieces to use when creating a layered look. I also recommend having a bit of each layer showing so the layers are clear and very easy to distinguish.

The winter wardrobe blues are definitely avoidable. It may take a little more thought than the summer blues, where we can throw on something floral, summery and short, but when you pull yourself from the tiring slump of black, navy and grey, you'll be happy you put in that extra bit of effort.



CREDIT: ARIANA PINDER

Sporty cheeks give you a healthy glow – the perfect addition to your Spring Break tan.

Spring trends for Spring Break



BEAUTY BOY
JOSHUA R. WALLER
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Spring break is finally here and it's time to step away from all the madness of homework, tests, assignments and other stresses in our lives and take time to pay attention to yourself. You now have no excuse as to why you can't try out some of these spectacular beauty trends for this spring! Whether you're going to Mexico, Cuba or are just staying here, these beauty trends are perfect for any Spring Break occasion.

The trend that stood out the most to me was the "sporty cheeks," which is derived from the idea of when you have just finished playing an outdoor sport for a while and how flushed and glowing your cheeks are. All you need to do is grab a fairly dark bronzer and a pink-toned blush and apply an amount that is a bit more than you are used to wearing. While this may seem like a lot, if properly blended, it gives a beautiful glow, especially if you are spending some time on the beach. To add a little bit of shimmer to this, dab a little bit of Benefit's Sun Beam on the cheekbones!

The next trend that is in for the spring is "power brows." This trend isn't received so well, as women usually take a lot of time to make sure their eyebrows are perfectly trimmed, but this season, adding a little bit of volume to the brows is in style! All you need to do is find a good brow powder (Smashbox and Benefit seem to work the best) and fill in the brows a little darker and extend them a bit

to give that dramatic look. While this might not be the best for the beach, it is perfect for an everyday look.

The "electric lips" trend is absolutely perfect for spring and any occasion over Spring Break! Wearing a bright lip colour does not make you look like a clown as long as you pick a shade that is right for your skin tone and facial features. Bright pinks, reds and even corals are excellent for adding a pop of colour to your beach attire. If you feel electric lipsticks are too severe for you, then just find a sheer lip gloss that has a bright undertone to achieve a similar effect. When using this trend, it is best to keep the eye makeup fairly simple as you don't want too much dramatic colouring on the face.

A spring beauty trend that is best suited for your romantic night out or a night on the town is the "starry eyes" trend. This trend is inspired by Vincent Van Gogh's painting, *Starry Night*, incorporating a smokey eye with a lot of navy and sultry blues. It is a beautiful twist on the smokey eye and adds a bit of sophistication and sexiness to your evening makeup style.

This Spring Break, try something on trend and be daring! Apply a little bit more bronzer and blush than you are used to wearing, accentuate those brows and find a lip colour that will be electrifying with your skin tone. You probably don't even have to buy new products, just simply apply the ones you are already using in a different way, using a different technique to achieve a perfect look for your 2012 Spring Break.

A pink world

CALLANDRE PETERS
INTERROBANG

Kimberly Newport-Mimran — the President and Head Designer of Pink Tartan — takes femininity to new extremes, rocking the runway each season.

Growing up in Niagara Falls, Ontario, Newport-Mimran was, and still is, inspired by her grandmother for all of her collections. At the age of 14, Newport-Mimran took her first steps into the fashion scene. Working as a retail sales associate, she quickly became interested in the business of fashion. Wanting to make fashion her career, Newport-Mimran found herself moving to the city of Toronto, studying Fashion Merchandising and Manufacturing Management at George Brown College.

Initially, in any business, being aware of every aspect in your field of work is crucial. Newport-Mimran has a strong knowledge of buying, merchandising and designing. This triple threat has captured the hearts of many with her humble personality and flirty yet edgy style. Newport-Mimran is a woman of power, conquering all aspects of her career. Furthermore, she has a good head on her shoulders and is disciplined in her work.

For this Canadian fashion designer, less is more when it comes to the looks she shows on the runway. From polyester to

wool, Newport-Mimran can turn any fabric into wearable yet modern pieces for women. Although her styles may be simplistic, her designs are always consistent and classy. One risk Newport-Mimran takes is mixing and matching fabrics. She embellishes unlikely fabric combinations such as lace and leather with bright feathers, bold metallics and bright accessories. She embellishes with feathers, bold metallics and bright accessories. The use of different materials creates definition in her clothing and captures the attention of other fashion designers worldwide.

Not only is Newport-Mimran a role model to many, she is also family-oriented and comes from humble beginnings. She is an inspiration to many young girls aspiring to work in the fashion industry. She proves that big dreams go a long way, and with hard work and a good attitude, dreams really do come true.

Kimberly Newport-Mimran is my favourite Canadian fashion designer. I admire her because, coming from a small town, she made it big in the world of fashion and has remained a down-to-earth, honest woman, even after all her success.

While others may use their wealth for personal uses, Newport-Mimran believes in giving back and helping others. She is a strong supporter of charities for children's

welfare, AIDS and women's health. It is refreshing to see a fellow Canadian helping to make the world a better place. Fashion can often be stereotyped to only outer beauty, but Newport-Mimran's beauty is more than skin deep. Her beauty is reflected in her clothing, which is flattering to women's figures of all different shapes and sizes.

In Newport-Mimran's Spring/Summer 2012 collection, I particularly admired the blue floral-print pieces. Fresh and new pieces paired with bold colours, Newport-Mimran's collection was a hit. Continuing into her pre-fall 2012 collection, which features leopard prints, dark florals and just the right amount of fur, fall will no doubt be a success for this designer, as well as her many collections in the future.

Through gaining knowledge of Kimberly Newport-Mimran over the last few years, I have grown to appreciate her as a designer, a person and an inspiration to my future in the fashion business. She has taught me to fight for what I believe in and never give up on something I truly want. It may be hard work, but she proves that in the end it is worth it. I will continue to follow in Newport-Mimran's footsteps, living and learning day by day, doing my best to create the life I dream of and will someday live.



BEST IN LATE NIGHT COMIC RELIEF

LATE NIGHT with Jimmy Fallon

A new study found that students who are taught abstinence end up with better math scores. Of course, if you join the math team, the abstinence takes care of itself.

Jay-Z and Beyoncé just released five pictures of their month-old daughter. Hear that, Facebook friends with babies? Only five pictures.

One of the awards at this week's Westminster Dog Show went to Martha Stewart's chow chow named Genghis Khan. If Martha wanted to name the dog after a ruthless tyrant, she should have gone with "Martha Stewart."

Donald Trump's hair won top prize at the Westminster Dog Show.

THE LATE LATE SHOW with Craig Ferguson

The 3-D effects in *Star Wars* are so realistic, you can actually see George Lucas reaching from the screen and taking the money from your wallet.

The Sports Illustrated swimsuit issue came out today. On Valentine's Day. That doesn't seem appropriate. Photographs of busty young women. It's like handing out free bacon on Passover.

Today in New York City is the Westminster Dog Show. It's the Oscars of dog shows. The Westminster Dog Show and the Oscars are very different, of course. One's nothing but yapping and butt-sniffing. The other one's the dog show.



THE TONIGHT SHOW with Jay Leno

President Obama is backing down and will not require religious institutions to cover birth control for their employees. He flip-flopped. You know what that means? Mitt Romney may be qualified to be president.

According to geologists, about 100 million years from now, Asia and the Americas will smash together to form one giant supercontinent. The good news: Maybe all those jobs that went over there will finally come back.

A Minnesota man was arrested for stealing up to \$25,000 worth of laundry detergent. Would that be a white-collar crime? Luckily, he made a clean getaway.



CONAN with Conan O'Brien

Yesterday Newt Gingrich, Rick Santorum, and Mitt Romney all said that if elected president they would eliminate porn. In a related story, President Obama has already been re-elected.

The son of Hugh Hefner has been arrested on a charge of domestic violence. When he heard this, Hugh Hefner said, "Son, there's a right way and a wrong way to disrespect women."

Papa John's is offering a heart-shaped pizza for Valentine's Day. It's for the wife who has everything, except a husband who knows what a woman wants for Valentine's Day.



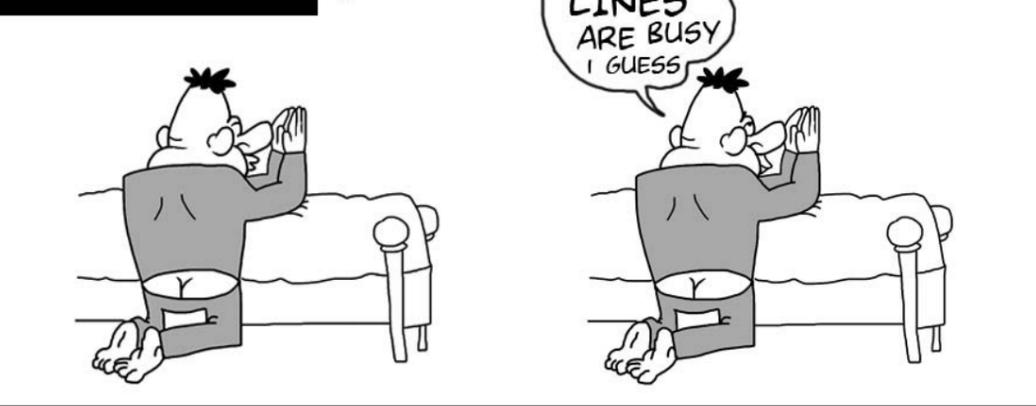
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NOT NEUROTYPICAL

Duct tape. Is there anything it can't do?



laura.billson@gmail.com

BUS STOP



GEEK²



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zodiac stargazer HOROSCOPE

Aries (March 21 - April 19)

Faced with the real world again, you perk up beautifully. You're bright and funny. Go off to hunt the next big project, wrestle it to the ground, and tickle it into the shape that you want it to assume.

Taurus (April 20 - May 20)

As the rubber finally meets the road, you know that you're in for a rough ride. If you can't endure this, your only options are to change it drastically or bail out immediately. Remember that you're acting alone.

Gemini (May 21 - June 20)

Your mind is sharp and quick. Your skills are in demand. Gemini is full of vision, confidence and humour. A stable personal life lets you focus without distraction on all things professional.

Cancer (June 21 - July 22)

You're aware of the difference between what you deserve and what you get. You should set your sights higher than usual. Quality is everything. In the end, you'll probably come out a little better.

Leo (July 23 - August 22)

Last week's fragile state hardens into fiery determination. You'll take this on your own terms, thank you. Your smile shows your delight at the inevitable events that you've set in motion.

Virgo (August 23 - Sept. 22)

Assistants, subordinates and public servants have an exceptional week. You may not be the person drawing the big salary, but you're vital to the one who is. Maybe a promotion or a raise is in order.

Libra (Sept. 23 - Oct. 22)

Step into the shoes that no one else is wearing. Give a healthy 180-degree spin to the person or thing that's moving in the wrong direction. Libra is in a unique position with all the right answers.

Scorpio (Oct. 23 - Nov. 21)

Your intentions are pure, but your timing is rotten. Someone important could be offended by what seems to be thoughtless behaviour. You may have started off on the wrong foot, but there's still time to correct your step.

Sagittarius (Nov. 22 - Dec. 21)

Like the other Fire Signs, Sagittarius starts business with all colours flying briskly. Expect easy connections and swift agreements. Your charmed touch is an asset to any project.

Capricorn (Dec. 22 - Jan. 19)

Everybody says all the right things, but someone has to do the dirty work. Capricorn draws the short straw and may have a temper to match. Try to be gentle with other people's illusions.

Aquarius (Jan. 20 - Feb. 18)

You want to do a lot, but no one can do it all. For a safe, easy start, share your responsibilities with those best equipped to handle them. Serious business is more bearable after a few jokes.

Pisces (Feb. 18 - March 20)

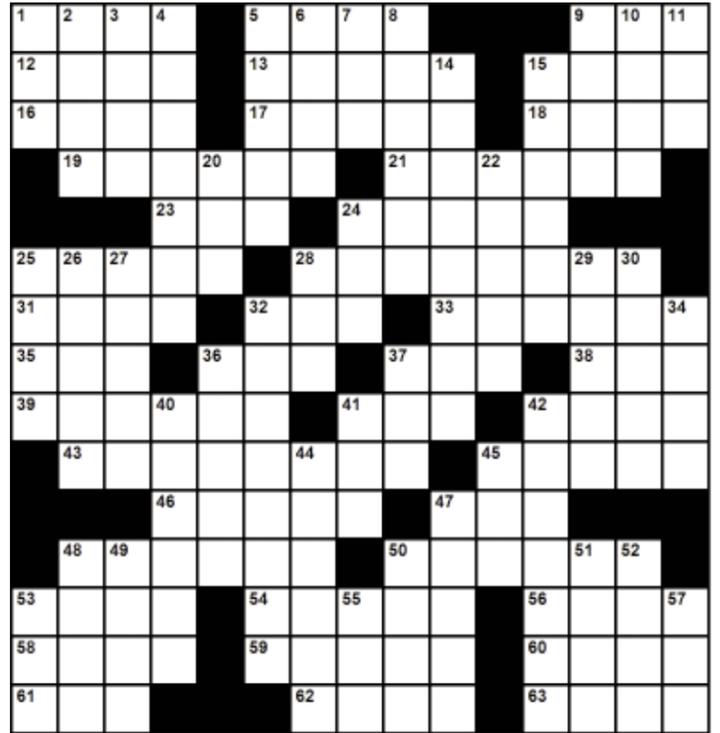
You want to believe that it's all for the best, but a few misplaced details tell another story. Call a time-out and see if a simple fix will solve things. If associates are impatient now, they'll thank you later.

Across

- Totals
- Large wild ox
- Dined
- Hebrew month
- Overturn
- African antelopes
- Ballet skirt
- Make fun of
- Rowing tools
- Walks in a proud upright way
- Flood
- Use a lever
- Below
- Colour
- Neglected
- ___ lang syne
- News agency (abbr.)
- Reddish brown
- Inuit knife
- Baseball game units
- "For ___ a jolly good fellow"
- ___ Paulo: largest South American city
- Subtract
- Incline one's head slightly and briefly in greeting
- Hurl many small objects at
- Granting an extension
- Searches
- Varnish ingredient
- Over (poetically)
- Realism in literature or art
- Follow with intent to overtake
- Between hot and cold
- Large valved wind instruments
- Relating to urine
- Embraces
- Pig's nose
- Formerly a lira, for one
- Fuss
- Young hawks
- Oblique

Down

- Fixed in one position
- Plural of 35 Across
- Mongrel
- Drank noisily
- Gutsy



- Monkeys
- Canada's southern neighbour (abbr.)
- Feel indignation at
- Relating to the end of the alimentary canal
- Sod
- Comes before tee
- Offered money as payment
- Squash-like plants
- Large decorative vase
- Species' counterpart
- One (comb. form)
- Showy ornament
- Measuring device
- Dodge
- Global courier company (Abbr.)
- German city
- Distributed playing cards
- Opens from a spiralled state
- Small children
- Tribe of ancient Britons
- Domesticated pig
- Takes weapons away from
- Compass direction
- Plural of 50 Across
- Resistant to infection
- Frequently-used pronoun
- Removes from a job
- Canton on the shores of Lake Geneva in W. Switzerland
- Therefore
- Large edible New Zealand shellfish
- Ancient city in S. Mesopotamia
- Former name of Ireland
- Global sports organization (abbr.)
- Male child
- Bovine animal

Solution on page 22

QUIRKY FACTS

- The water of the Antarctica is so cold that nothing can rot there.
- An earthquake on December 16, 1811 caused parts of the Mississippi River to flow backwards.
- The percentage of Africa that is wilderness: 28 per cent. The percentage of North America that is wilderness: 38 per cent.
- The Amazon rainforest produces more than 20 per cent the world's oxygen supply.
- The Caspian Sea is also classed as the world's largest lake.
- The state of Florida is bigger than England.
- The longest cave in the world

is the Mammoth Cave System in the USA at 560,000 metres deep.

8. The city of Houston, Texas is built on a swamp and is slowly sinking.

9. One cubic mile of seawater contains about 50 pounds of gold.

10. Mexico City is built on top of an underground reservoir.

11. Due to gravitational effects, you weigh slightly less when the moon is directly overhead.

12. Check your map. The Pacific entrance of the Panama Canal is farther East than the Atlantic entrance.

13. Australia's Great Barrier Reef is 1,250 miles long.

14. The Atlantic Ocean is saltier than the Pacific Ocean.

15. A volcano has enough power to shoot ash as high as 50 km into the atmosphere.

16. Europe is the only continent without a desert.

17. Israel's Dead Sea is 1,312 feet below sea level.

18. In one day, a full grown redwood tree expels more than two tons of water through its leaves.

19. It takes a drop of ocean water more than 1,000 years to circulate around the world.

20. Louisiana is the only state that grows in land area every year (Due to alluvial deposits from the Mississippi River).

21. More than 25 per cent of the world's forests are in Siberia.

22. The Dallas/Ft. Worth airport is larger than New York City's Manhattan Island.

23. If Antarctica's ice sheets melted, the worlds oceans would rise by 60 to 65 metres.

24. The Sahara desert expands at about 1km per month.

Sudoku Puzzle

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

puzzle rating: medium

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) |





CREDIT: SUBMITTED

Canadian music icon Ron Sexsmith is still going strong after 25 years in the business.

Ron Sexsmith is still dreaming big

JOSH KOLM
THE LANCE

WINDSOR — Ron Sexsmith has never had any artistic qualms about his desire for success.

“I never wanted to be famous: it’s just about wanting your music to be heard.”

The singer-songwriter — who has 25 years of experience, 12 full-length albums, a Juno award and documented acclaim from Elvis Costello, Steve Earle and Paul McCartney — has never been a household name like his heroes.

“I’ve always tried to have mainstream success. I never set out to be a cult artist,” Sexsmith said. “All my heroes were people who made great albums, and also had hits off them. When I was growing up, someone like Joni Mitchell or Neil Young could actually have a hit on the radio. That’s a career I always wanted to have, but I realized it’s a whole different world out there today.”

After wrapping up a tour of the U.K., Sexsmith made a point of doing a “thorough job” of Canada, and hit places he missed the first time.

“A lot of people are coming out to see the show because it’s the thing going on,” Sexsmith said about playing in smaller cities. “Bigger cities, all the people that are interested in my music will come to the show and know my records. With the smaller town, you’re pulling in people that say, ‘Oh, I heard that Ron Sexsmith guy is good.’”

Even though it was never his intention to be the under-appreciated elder statesman of Canadian folk, it’s a role that he is able to live with.

“I’ve always had a cult following, and I’ve been fine with that. *Retriever* (released in 2004) was one of the first albums that did pretty well (in Canada). Sometimes I’ll make a record that has higher profile than others, but I can usually fill a room with people that are really into my music, even though it’s not something the average person will have heard about.”

That sentiment seems to be Sexsmith’s career in a sound byte. He’s an artist who has never seen album sales that match his numerous critical accolades or ability to draw a crowd. The stagnating level of his success after so long in the game put Sexsmith into a slump.

“With the last bunch of records that I made before *Long Player*, I felt like my career was slipping away, and I was trying to stand up for myself.”

Long Player, *Late Bloomer* was produced by Bob Rock, who has worked with artists like Metallica, Motley Crue and The Cult. Despite the possible genre-mismatch, Sexsmith was eager to try something to get out of his slump.

“It was actually Michael Bublé who told me I should work with Bob, because Bob had produced his record. That was news to me because I thought Bob only did hard rock music,” Sexsmith said. “It seemed like a crazy idea, so my management sent out an e-mail to (Bob) just to see if there was any interest. They got back to us the same day and said they were really interested. The dilemma was trying to raise the money to do it because obviously I don’t have the kind of money Michael Bublé does.”

The making of *Long Player*, *Late Bloomer* was the subject of a documentary called *Love Shines* in 2010. The film covers the writing and recording process of the album, during which Sexsmith spends a lot of time trying to crack the code to breaking out of the niche he has held since the early 1990s.

“I was frustrated with my career because I felt like it didn’t have any momentum,” Sexsmith said of his mindset, as documented in *Love Shines*. “I think the movie was a little bit over-dramatic; the director was trying to make a movie where I was in a depression. And I was, but not 24 hours a day. I’m up and down like everyone else.”

Even though it’s a constant motivator, Sexsmith has never had any conflicts of artistic

integrity in his pursuit of success because that has always been exactly the kind of music he’s wanted to create.

“I’m just a fan of pop music,” Sexsmith said. “Whatever you’re working on, you’re just trying to get what you hear in your head onto the tape, and it sounds like a hit in my head. Sometimes it changes and goes in unexpected ways; you go with it. But I’m not sitting there thinking, ‘It doesn’t sound like a hit, we better put a different guitar solo on there.’”

Now nearly a year old, *Long Player*, *Late Bloomer* has reached levels of success that rival anything Sexsmith has done thus far. It reached number one in the U.K. and charted with Billboard in the United States. For the first time, one of his albums debuted in the Canadian Top 10, and was on the shortlist for the Polaris Music Prize last summer.

“It’s not like it did as well as Rihanna, but for my little world it was great,” Sexsmith said. He began to notice that the sales of the album had an effect on the tour. “In attendance, it was probably the best tour I ever had. It’s kind of bizarre, because I didn’t expect that to happen at this late stage of my career.”

The success of the album has given Sexsmith a tangible confirmation that his work is resulting in something.

“There were points in the past where I felt like a rock star, when you’re able to tour with your band and good things are happening. I got to experience that tail end of the record industry where you record in New York and they fly you to L.A. for mastering, and there’s tour buses and everything. It had been a long time since I’d felt like that.

“It’s kind of silly, but it really does have an effect on your self-esteem, to feel like things are happening. People are waiting outside a venue, wanting to say, ‘Hi.’ All these things sound sort of frivolous, but they’re the things you dream about when you’re a little boy.”

Napkin math



TALKING CASH
JEREMY WALL

Financial math is usually complicated, but not always. Here are a few quick formulas that you can do on your computer, on the back of a napkin or even just in your head. They’ll help with things like figuring out what return on an investment you’re getting, how long something should be invested and a neat little tip for quickly figuring out a job’s annual salary based on its hourly wage.

Have you heard of the Rule of 72? It’s a quick formula for figuring out the approximate numbers of years your investment will double based on its interest rate. I have no idea why the formula uses the number 72 specifically, but some math whiz figured this one out a long time ago. So, for example, if you wanted to know how long it will take to double your money at five per cent interest, divide 72 by five and you get approximately 14.4 years.

The rule of 72 is great for understanding the effect of compound interest on investments. As another example, if you divide 72 by seven, you get 10.3 years. So, comparing these two examples, the investment with the five per cent interest rate will double in 14.4 years, whereas the investment with the seven per cent interest rate will double in 10.3 years. I suppose it’s obvious that a seven per cent investment is going to have a better return than a five per cent investment, but the Rule of 72 gives you an idea of how long it will take for your investment to double.

The Rule of 72 also works for interest on debt. It gets kinda scary here. Consider a credit card that charges 20 per cent interest, which is pretty typical for most standard cards issued by the big banks. Divide 72 by 20 and you get 3.6. All it will take for your credit card balance to double, no matter how high or low the balance is, is 3.6 years if

your card is charging you 20 per cent. For example, if you have \$5,000 on your card now, in 3.6 years it will be \$10,000. Another 3.6 years later, just over seven years in total, it will be \$20,000. In over 10 years it will be \$40,000. In 10 years, your credit card debt could actually go from \$5,000 to \$40,000 without making a single additional purchase on the card, as the interest rate alone causes the debt to skyrocket. Frightening.

A somewhat less scary form of financial napkin math is the salary trick. I use this one all the time. It’s handy in job interviews or applications if you’re trying to figure out how much approximate annual salary a position pays if the only info you have is the hourly wage, or vice versa. So, if a full-time position pays \$15 an hour and you want to figure out how much that would be working full-time hours in a year, you double the 15 to 30 and then add three zeros to make \$30,000. Thus, your approximate annual salary of \$15 per hour is \$30,000. Using another example, if you’re earning minimum wage at \$10.25, double that to 20.5 and add two zeros (because of the five after the decimal point) to get \$20,500.

You can also do this in reverse. If you are offered a job that pays an hourly wage, but you only know the annual salary of \$40,000, all you have to do is take away the three zeros on the end to make it 40, and then divide in half, which gives you \$20 per hour. This trick doesn’t factor in things like taxes, CPP, EI payments or anything else that would drastically change the formula. It’s inexact, but it’s meant to give you a quick idea of salary expectations so that if you are in a job interview and the interviewer mentions the position pays \$15, you can quickly approximate that to \$30,000 per year.

Jeremy Wall is studying Professional Financial Services at Fanshawe College. He holds an Honours Bachelor of Arts from the University of Western Ontario.



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SHE shoots, SHE scores!

HILLARY HEIGHTON
WOMEN'S ICE HOCKEY CONVENOR

For those of you who don't know, Fanshawe has a women's intramural ice hockey league. The league consists of four teams made up of players of all skill levels. There is no body contact and full equipment is required, including neck guards and full face masks. Teams play each other in a season that runs from mid-October to mid-March, followed by a playoff series that ends in a championship. Games are played once a week on Wednesday nights at Stronach Arena located just minutes down the road from Fanshawe College at 10 and 10:30 p.m. After 10 games, the standings are as follows: first place went to Team Campbell with eight wins, one tie and one loss; in second place was Team St-Pierre with four wins and six losses; third place went to Team James with three wins, two ties, and five losses; and in fourth place was Team Wickenheiser with three wins, one tie and six losses.

The extramural women's hockey team is selected from the all-

star players in the intramural league. The women's extramural team competes against other colleges in three tournaments. This year the team will compete on February 10 at Conestoga, March 9 at Fleming and March 16 at Seneca. Go, Falcons, go!

We are still looking for players who are interested in becoming a part of the women's ice hockey program. There are many benefits of playing hockey, including meeting lots of new people, exercise and playing Canada's favourite sport! Anyone who would like to join the intramural league can contact Doug Cooper, Ice Hockey Officer by email at d_cooper1@fanshawec.ca or by phone 519-452-4430 ext. 4108, or contact Hillary Heighton, Women's Ice Hockey Convenor at h_heighton@fanshaweonline.ca or catch her in Athletics at J1034 between 10 a.m. and 12 p.m. on Monday mornings for more information. As soon as you fill out and pay at the Athletics desk in J1034, you can play immediately!



CREDIT: OTTAWACITIZEN.COM

Mr. Hockey, Gordie Howe of the Detroit Red Wings, works the boards during a game against the Toronto Maple Leafs. The Leafs-Wings rivalry is a long and storied one and gets highlighted with the NHL's 2013 Winter Classic.

The history of the Leafs-Wings rivalry

JEREMY WALL
INTERROBANG

It was announced February 9 that the Detroit Red Wings would host the Toronto Maple Leafs in the 2013 Winter Classic. This is the first time a Canadian team will be playing in the Winter Classic, and expectations are that an attendance record for the event will be set as it takes place at the 100,000-plus seat Michigan Stadium. The previous attendance record for the Winter Classic is 71,217 for the Buffalo-Pittsburgh game in Orchard Park, N.Y. four years ago.

The game will also include a fan event and an alumni game between former greats from both the Leafs and Wings. Although in recent years, with changes to the NHL schedule and the realignment of the Leafs to the Eastern Conference in the late '90s, the rivalry between Toronto and Detroit has waned. Being that they are two Original Six teams, however, they have a rivalry that spans decades between two cities that are merely 240 miles apart and share a fan base from the same general region. Perhaps this rivalry will be renewed after the Winter Classic if Detroit is moved to the Eastern Conference, where they logically should be playing.

Here are some highlights from the history of the Toronto-Detroit rivalry:

- Detroit and Toronto have met 23 times in the playoffs, although they haven't met once since the '90s when Toronto was moved to the Eastern Conference.
- Toronto has won 12 of those series, Detroit 11.

- The first time they met in the playoffs was in 1929, when the Leafs played the Detroit Cougars, the predecessor to the Red Wings. It was a two-game series that Toronto won on most goals, 7-2.
- The last time the two teams met in the playoffs was in '93. Toronto won 4-3, winning game seven by a score of 4-3. Toronto would go on to lose to Wayne Gretzky and the L.A. Kings in the Conference finals.

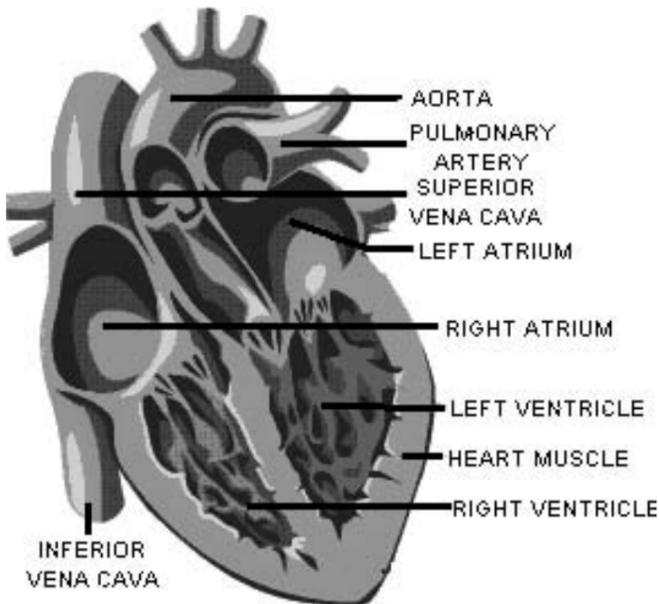
- Seven of these 23 playoff matches were in the Stanley Cup finals.
- Detroit beat Toronto to win the

Cup in '36 the first time these two teams met in the finals. Toronto, however, beat Detroit in the finals in '42, '45, '48, and '49. They didn't meet again in the finals until the '60s, when Toronto beat Detroit in '63 and in '64. After Toronto's '64 Cup win, they would only meet three more times in the playoffs, twice in the '80s and once in the '90s.

- In the 1950 playoffs, Gordie Howe missed a check on Toronto's Teeder Kennedy and suffered severe injuries, requiring surgery.

Kennedy was accused of deliberately trying to injure Howe, leading to a violent series between the two teams. Detroit won the series, 4-3.

- Now, in the post-lockout NHL, the two teams rarely meet. There have even been recent seasons where Toronto and Detroit have not played each other once in the regular season, with the only outlet for one of the league's most historic rivalries being inconsequential preseason games.



CREDIT: BIOLOGYABOUT.COM

A clog-free heart is a happy heart!

Get heart smart



FUN AND FITNESS
RICK MELO
melo_rick@hotmail.com

Cardiovascular disease has become the leading cause of death in Canada. Smoking, obesity, diabetes, high blood pressure, high cholesterol and high triglycerides have been linked directly to heart problems.

High blood cholesterol levels increase the likelihood that the fat will be deposited as plaque on the inner surface of arterial walls. As these deposits increase, the artery narrows, contributing to an increase in blood pressure. To compensate, the heart must work harder to pump the same volume of blood through the narrower arteries. When the coronary arteries of the heart itself are affected by plaque, the harder-working heart receives less oxygen, thus increasing the risk of a heart attack.

Plaque also contributes to "hardening" of the arteries or atherosclerosis. This loss of flexibility in arterial walls elevates blood pressure, putting the heart at additional

risk for problems – just when you thought the narrowing of the arteries was enough of a health obstacle already!

If you have high cholesterol, you need to set goals for the short term and the long term. Your short-term goal should be to establish a program that includes a diet low in saturated fat and a regular exercise program to raise your fitness level and help reduce body fat. If necessary, medications can help you achieve this.

Reducing blood cholesterol and triglycerides is essential to reducing the risk of cardiovascular disease. Cardiovascular disease is a term that encompasses a number of conditions that affect the heart and the blood vessels. Narrowing and hardening of the arteries and high blood pressure are just a few examples of such conditions.

Long-term goals should include lowering cholesterol, reducing body weight to target levels and maintaining them for life through dietary adjustments and regular exercise without having a dependence on medication, if possible. Let's maintain wide-open passageways through our arteries just as the good Lord intended!



CREDIT: ANTHONY CHANG

The Fanshawe Falcons improved their season record to 16-2 with a 62-52 win over the Niagara Knights. The Falcons were led by Natasha Amo, pictured above, with 21 points. The Falcons next game is at the OCAA Provincial Championships at Seneca College from March 1-3. The Falcons win clinched first place in the West division.

Acura ZDX a whole lot of fun



MOTORING
NAUMAN FAROOQ
naumanf1@yahoo.com

First came the coupe, and then came the four-door coupe, but then something really unexpected happened: BMW came out with something that was a coupe SUV called the X6. No one else was expecting such a creation, and it seemed like no one else was really bothered to come up with a competing vehicle for the X6, except for Acura.

Yes, Acura, which has had nothing but a very conservative lineup since the NSX died in 2005, came up with their own coupe SUV called the ZDX.

From a styling point of view, I think it's a home run. The ZDX looks stunning, in my opinion. Its design touches are amazing. I love how nicely contoured its hips are, and I love design features like those rear-door handles hidden almost in the C-pillar. Honestly, if you're not paying attention, you'd think it doesn't have rear doors. Plus it's the only current Acura I can think of where their new design nose

actually works.

Around the back, you get an extra piece of glass in the vertical section of the tailgate, which the X6 doesn't give you, so the rear visibility is a little better (although it's still a bit challenging).

However, the most challenging bit is to get comfortable in the rear seats. There is a good amount of hip room, but hardly any headroom due to the sloping roof. I surely would not like to be a passenger in the back of one of these, because if it gets rear-ended, I'd probably hit my head on the roof, which would hurt.

I also wouldn't want to use one of these on moving day, either, because the trunk space is almost non-existent. It's not wide enough or tall enough, again thanks to the sloping roof, so you can't put much stuff in it. If you did find something that will fit in its back, then you'll find out that its rear bumper is very high and thus you have to lift an item very high up to get it in there. Short people should look elsewhere.

It's not practical, but then coupes are not meant to be practical, they need to be stylish, which it most certainly is. For the driver and front

passenger, the cockpit is also very inviting, and once inside, you'll find that it has pretty much all the toys you'd ever want. The only version of the ZDX offered now comes with the Technology Package, and has the navigation system, the upgraded stereo and the enormous sunroof. I do wish, though, that it had a heated steering wheel, because that feature is really appealing to Canadians. I also wish it had a distance-sensing cruise control system, because other automakers have had this technology for a long time already, plus Acura offers that feature on the MDX, so why not on this model?

Its engine, though, is world class. It is a tweaked 3.7-litre V6 that Acura has been using for awhile now, but now it produces 300hp. Thanks to Acura's six-speed automatic gearbox, this vehicle is not only quick, it is frugal too; I averaged 14.1 liters/100km. I would have gotten even better fuel economy if I weren't mashing my foot into the carpet every now and then. Because, you see, when you put your foot down, you are then greeted with one of the nicest-sounding six-cylinder motors on the planet. I love it.

I love how it handles, too. Thanks to Acura's Super Handling All-Wheel Drive system, which can send power to the wheel that can best use it, this ZDX really comes close to handling like a



CREDIT: CARELEASEDATE.COM

New Acura ZDX is a gorgeous car that will leave a smile on your face.

sportscar – no small feat for a vehicle that is 16 feet long.

Throw it into a bend and you can feel the system working, plus with its chassis and suspension setup and its big, fat tires, it grips very well. I only wish it had more on-centre steering feel, something all Honda products lack.

This car won't leave you feeling like you paid too much. Ask anyone who has seen a ZDX to guess how much it is, and most people will say it looks like it is worth nearly \$100,000. The reality is, the ZDX, which now only comes one way with all the equipment, is

yours for \$54,990. Okay, so that isn't exactly cheap for most people, but as a lifestyle vehicle, I think it is very well priced. Plus, since it isn't the hottest-selling vehicle at the moment, you'll be able to get a decent discount on one of these.

So if you don't have grown-up kids to drag around, this is a very appealing alternative to the regular, boring SUV. I honestly enjoyed my time with this vehicle. It might not be the best way to spend nearly \$60,000, but it is unique, comfortable, advanced and has an engine that will make you smile every single day. So is it worth it? Yes it is.

Will the latest move put TNA on the right track?



THE HEEL TURN
SCOTT STRINGLE
stringle78@gmail.com

Dixie Carter recently confirmed that Vince Russo has been let go from TNA creative. Just last year he was demoted from Head Writer and replaced by Bruce Pritchard. This time he is completely out, and Dave Lagana, who has worked for both the WWE and Ring Of Honor, is allegedly in. This is another positive move towards getting TNA back on the right track and hopefully building on their success. With any luck, Russo will find other employment far away from the wrestling business so that fans will never be subjected to his lackluster storylines ever again.

TNA X-Division star Jesse Sorensen, who only recently started making his name in the company, suffered a serious neck injury during his match with Zema Ion at the Against All Odds event on February 13. Kurt Angle, who knows firsthand about that particular injury, reported that Sorensen is moving his arms and legs. Angle also stated that, despite the doctors saying the injury takes one year to recover from, he believes that Sorensen can do it in four months. Hopefully he does fully recover and

gets back into the ring, as Sorensen is a promising young athlete and it would be a shame for his wrestling career to be cut so short.

More of Daniel Bryan's personal lifestyle is being introduced into his current storyline, with the Heavyweight champion being increasingly vocal about his vegan diet. This is reminiscent of CM Punk's aggressive straight edge attitude a few years back. Bryan is already being portrayed as a cowardly champion who will do anything to avoid actually facing Big Show and Mark Henry. His vegan superiority complex is a sure-fire way to earn him some major heel heat, exactly like Punk did with his assertion that "straight-edge means I'm better than you!"

As if the whole Triple H vs Taker angle wasn't already played out, now Shawn Michaels is involved in the situation. HBK is trying to convince Hunter to face the Deadman yet again, but Triple H realized that Michaels was just attempting to live vicariously through his accomplishments since Michaels could not beat Taker himself. Regardless of where this storyline goes, we've seen it several times before and there does not seem to be anything new that can be added to the entire Triple H/ Taker/ HBK saga. One thing is for sure, when the Undertaker does leave his two-decade career behind, the WWE will just never be the same.

NFL Combine preview



NFL CZAR
JUSTIN VANDERZWAN

It's officially that time of year again. Teams are moving away from last season and on towards the NFL Draft. We already saw the Senior Bowl in late January, and now we will see the NFL Combine take place. Each year, hundreds of NFL prospects converge in Indianapolis to work out for scouts and coaches. They are put through a number of physical (and mental) tests to determine their skill set and how it would translate to the NFL.

Every year, there are certain players who need to have a great showing at the event. Whether they are considered top-10 prospects or are just trying to make the draft, the Combine is important to everyone. This year, there are three players in particular that I want to focus on.

Stanford quarterback Andrew Luck: Luck is considered by many to be the number-one pick in April's draft; however, he still has some doubters. This is his chance to prove beyond a shadow of a doubt that he is the best player available come April.

Baylor quarterback Robert Griffin III: Despite all the love for Mr. Luck, there are still some people who think that RG3 will get the nod at number one. The 2011 Heisman winner also has a lot to prove, as he is drawing comparisons to last year's number-one pick Cam Newton. If there is any chance the Colts draft RG3 at number one, it will be because he has a great showing at both the Combine



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The upcoming combine has some fans asking, "What about Dre?"

and his individual pro day in March.

Alabama cornerback Dre Kirkpatrick: This one is slightly more interesting. Kirkpatrick isn't going to be the number-one overall pick. He may have been, but some criminal actions a few months ago stopped all talk of him going high in the draft. Teams are pretty quick to drop players with "character issues" on their draft boards, so Kirkpatrick will need a fantastic showing at the combine to maintain his status as a first round pick.

Those are three players I will certainly be watching. Now, I have a good feeling that Luck likely won't even throw at the Combine, so that will make his Pro Day in March that much more important. But teams aren't as generous when evaluating the Pro Days, as they take place in the comfort of the individuals' school.

For next week, I will take a look at the top five players who will be available in free agency and predict their likely landing place.

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