



CREDIT: STEPHANIE LAI

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# Fanshawe Falcons sweep gold, bronze

FRANCIS SIEBERT  
INTERROBANG

The Fanshawe Falcons' women's curling team won the gold at the Ontario Colleges Athletic Association championships on February 15 at Fleming College in Peterborough, beating the Humber Hawks 8-6. The team is now the two-time defending OCAA provincial champions, having won the gold in 2014 and 2013.

The Falcons tied for first with the Hawks with a record of 6-1 in the round robin, having lost 7-6 against the Hawks. The team then won 7-6 in the semifinal against the Mohawk Mountaineers.

"We had a really good tournament ... at the OCAAs," Falcons curling coach Barry Westman said.

He says he is particularly proud about beating the Hawks in the finals. Not only were the Hawks the only team the Falcons lost against in the round robin, but it was also the first in four games against the team that Fanshawe won.

"It was a really good win in that regard," he said. "We're kind of hoping that we maybe get to face again at the [Canadian Collegiate Athletic Association] in the final there."

The team consisted of skip Shannon Kee, vice Rachelle Vink, second Christina Borgs, lead Tess Bobbie and alternate Julie Clinton. Kee was named a championship first team all-star, and Bobbie and Vink were named to the second team.

"Our team has worked real-



CREDIT: COURTESY OF FANSHAWE ATHLETICS

The Fanshawe Falcon's women's curling team is now the two-time defending OCAA provincial champions. ly hard this year," Vink said. "We played some good curling and came out on top."

The Falcon's men's team won bronze at the OCAA, losing 6-3 to the Fleming Knights – the home team – in the semifinal. The team finished the round robin with a record of 6-2.

"Obviously, once we made the playoffs, it would've been nice to have won that semifinal game and move on to the finals," said vice Curtis Easter. "But third place, looking back at it now, is a really great ac-

complishment."

The men's team played eight games in three days and had some late nights and early mornings, coach Westman said. He said it was a grueling week but that the team was pleased with the outcome.

The Falcons' men's team was made up of Easter, skip Kelly Schuh, second Jackson Cox, lead Billy Brian and alternate Matt Pretty. Easter was named a championship first team all-star, and Cox was named to the second team.

"To be voted first all-star was

a huge surprise," Easter said. "I thought I played well, but I didn't think I played that well the whole week. It's just really nice to be acknowledged by my peers and fellow teammates."

The two teams will be competing in Olds, Alberta on March 25 to 28 for the 2015 CCAA championship.

"You never know what the other provinces' teams are going to be like until you get there," Westman said. "But our goal is being in the playoffs and see what happens from there."

# Très bien: College president awarded French honour

FRANCIS SIEBERT  
INTERROBANG

Fanshawe College President Peter Devlin was awarded France's highest decoration on February 19 for his efforts to promote relations between the French and Canadian Armies while he was Commander of the Canadian Army.

Devlin was invested into France's National Order of the Legion of Honour in the degree of officier by the French Vice Chief of Defence Staff, Gen. Gratien Maire, at the Embassy of France in Ottawa. The event was hosted by the French Ambassador to Canada, Nicolas Chapuis.

"I am tremendously honoured to receive this award from France," Devlin said. "The French army is an important ally to Canada, and it was rewarding to have strong, courageous and professional French

and Canadian soldiers working together."

Devlin accepted a French officer into the Canadian Army headquarters in Ottawa in 2012, which he said was a great addition to the team.

He also provided Canadian soldiers to French exercises, such as Exercise Croix du Sud. Exercise Croix du Sud, French for South Cross Exercise, is a military exercise held every two years in New Caledonia, a special collectivity of France near Australia. The goal of the exercise is to train and conduct humanitarian aid, disaster response and non-combatant evacuation operations.

Canada has participated in Exercise Croix du Sud in larger numbers every time, Devlin said.

"It heightened Canadian soldiers' awareness of the complexities of different types of operations

as well as different approaches, different procedures at different armies," he said.

Devlin served in the Canadian Forces for over 35 years, having been deployed on operational missions to Cyprus, the former Yugoslavia, Afghanistan and Iraq.

France's National Order of the Legion of Honour was established in 1802 by French Emperor Napoléon Bonaparte. It is divided into five degrees: chevalier, officier, commandeur, grand officier and grand-croix.

"France is a country that is important to Canada," Devlin said. "We have good economic ties, we have good cultural ties, we share a language and we share values with them."

Devlin also revealed he could speak French – "not well."

"Last week, I punished them by having them listen to my French."



CREDIT: AGATA LESNIK

President Peter Devlin received France's highest honour last month for his effort in promoting strong relations between the French and Canadian armies.



## Sweet Tweets of the Week

Who's talking about #fanshawe?

Twitter

### Alex Demelo-Malley

@alexmallemusic  
So excited to start @FanshaweCollege  
12:03 AM - 26 Feb 2015

### Elise Hawley

@e\_hawley  
Congrats to @FanshaweCollege Grad, Craig Mann, for winning an #Oscar for Best Sound Mixing #Whiplash!  
@fanshawealumni @wired\_\_ @Technicolor  
6:32 PM - 25 Feb 2015

### Kelsey Currie

@4KelseyCurrie  
Just two weeks until #S2B2015 @S2BNetworking! ALL @FanshaweCollege and @WesternU students welcome!  
12:55 PM - 25 Feb 2015

### Idlewyld Inn

@IdlewyldInn  
We're sure Chef Trevor Stephens is cooking up a storm at today's Iron Chef at Fanshawe College! http://fb.me/22u8fXez9  
12:47 PM - 25 Feb 2015

### Fanshawe CA

@FanshaweCA  
Just finished a great mtg with a group of Fanshawe College Rec & Leisure Studies students, talking all things @FanshaweCA for their project.  
12:37 PM - 25 Feb 2015

What's your St. Patty's Day tradition?

Answer with a tweet using #FSUInterrobang by 2 p.m. on Wednesday, March 4 and you will enter a draw for a \$10 Oasis/Out Back Shack gift certificate. Must be a current Fanshawe student to win.

#FSUInterrobang



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\*The Bagel Club provides promotional coupons monthly redeemable in GCB stores or the Oasis. The Great Canadian Bagel Company does not buy email lists or share lists with 3rd party companies.

# #FSUInterrobang

@vishal\_menon



@prefectvik



@siddharth\_gandhe



@fayecera



@fanshawesu



@arianamason



@prefectvik



Share your pictures on Instagram using **#FSUInterrobang**<sup>†</sup> for a chance to win **FREE LUNCH**<sup>‡</sup> at the  or 

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



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# Sharing Shop receives donations from students

STEPHANIE LAI  
INTERROBANG

Fanshawe Student Union's Sharing Shop has received bouts of donations thanks to the College Student Alliance (CSA); the Share-o-Grams initiative, which happened before Valentine's Day; and a generous donation from the Fanshawe Marketing Student Association (FMSA).

Fanshawe Student Union president Matt Stewart is glad to see the Shop finally getting students' attention.

"Students are getting behind the Sharing Shop, which is great to see that students understand the need for the Sharing Shop on campus and exactly what [it] does," he said. "A dollar here [and] a dollar there can go a long way for the students."

Stewart says since the Sharing Shop has come under the FSU's wing, there's been more emphasis put onto it.

"It is a student service that we think is very necessary," he said. "We've made sure to put a lot of focus on that with Amy [Romao] being able to head up the program and look after the students."

"I think there's a greater understanding and a greater belief than what we anticipated from students on campus about the benefits of what the Sharing Shop is about."

Amy Romao who heads up the



CREDIT: STEPHANIE LAI

Oasis employees Beth Dunseith, Judy Lawrence, Shirley Draper and Elska Pigeon were part of the team to promote the Share-o-Grams, which raised close to \$1,500.

program and schedules students is grateful and happy with how Share-o-Grams were received.

"I wasn't expecting it to be as successful as we were, but we did well," she said. "We raised \$1,500. I'm extremely pleased with that offering that we have for the Sharing Shop this time around and we plan on doing the event again because it

was successful."

FMSA ran different events to raise money and decided to give back to the school, choosing the Sharing Shop. The students raised \$314.

"The Marketing students did a fantastic job of pooling their resources together," Romao said. "It worked out really well, and I en-

courage them to do it again because they were quite successful as well. I'm extremely proud that they decided to choose the Sharing Shop as their benefactor for this and encourage other [programs] to do this as well."

Romao says the donations will help to keep the Shop equipped for students.

"We're going to use it to buy food and supplies we definitely need for the Sharing Shop," she said. "That would be ideal."

The amount of donations from CSA, Share-o-Grams and the FMSA totaled over \$3,700.

To help out at the Sharing Shop, visit [fsu.ca/volunteer](http://fsu.ca/volunteer).

# MIA prof reminisces on Oscar winner

STEPHANIE LAI  
INTERROBANG

Craig Mann took home an Oscar Award for his sound mixing work on the film *Whiplash* on February 22.

Mann is a Music Industry Arts alumnus, who graduated in 1996.

Steve Malison began teaching at Fanshawe in 1995. He never taught Mann, but noticed him while he was a student.

"I saw him around a lot," Malison said. "He was really visible. He was really, really available for everything. His work ethic was unbelievable."

"I remember him well."

Malison says the Oscar win is a career changer.

"[Craig's] in the club – he's in the Academy Award club, which is very elite," he said. "The field that he got into is really competitive. There's a handful of people who successfully earn a living the way that Craig does."

News of Mann's accomplishment will no doubt be widespread, and Malison says it's great exposure for the program, but it's also a reminder to students both current and future.

"Don't forget it took him 20 years, and students aren't realistic about what the time frame is," he said. "They know that they graduate from a program and six weeks later they're not going to get a Juno or an Academy Award or an Emmy or a Grammy."

"It takes time."

However great exposure for the program is, Malison says Mann's win doesn't affect MIA's credentials.

"It doesn't put the program in higher credential, but it makes it much more aware," he said. "For the program, it says that this is a great start for a lot of [students], and it gives them that sense of closure."



CREDIT: STEPHANIE LAI

Music Industry Arts instructor Steve Malison used to see future Oscar winner Craig Mann in the studios at Fanshawe back in the day.

Malison says every graduate is different, and some grads don't know where they want to end up in the industry. Mann was different.

"I think Craig had a good sense that he wanted to get into mixing for either television or film," he said. "He worked tremendous hours to get to that level of professionalism."

Malison recalls seeing Mann in the labs for hours on end.

"He would be in the labs editing music for hours and hours," he said. "It took five to ten times longer to

get the same job done as it does today. He put the time in to do it – he was a perfectionist, and he wanted it to be right up to professional standards."

Mann possessed traits that students who hope to be in his shoes should strive for.

"He was blessed with great ears," Malison said. "He's a critical listener and a critical thinker. I would encourage students to listen a lot and be analytical and critical not only of other people's work but of their

own work."

Malison says he was also a quiet leader.

"He had confidence but he was also humble," he said. "He was a meticulous, humble, thorough leader that didn't have to toot his own horn – he let his work do it for him."

Though teaching at first was a blur for him, Malison says remembering Mann is a testament to what a standout student he was.

"He picked peoples' brains, he put the time in and you could see

it. Even though I didn't teach him, you could see that he was a doer. He made stuff happen."

Though Mann couldn't be reached at the time, Malison still had words of congratulations for him.

"I'd say, 'Well done Craig. You've worked hard the last 20 years to get where you're going to and this is a life changer for you. Enjoy the moment because it doesn't always happen year after year.'"

"I hope he wins more in the future."



CREDIT: PAULMCKINNON / THINKSTOCK

Maybe if The Beer Store would extend its operation hours, people wouldn't complain as much.

## Monopoly: The name of the game for The Beer Store



**VICTOR DE JONG**  
INTERROBANG

For college students everywhere in the province, it's one of the most difficult transitions into adulthood. It requires careful planning, and sometimes even the co-operation of several housemates to pull off. I'm talking of course about picking up beer for the weekend. Unless you live near one of those glorious beacons of modernity – a The Beer Store with extended hours – you have until 9 p.m. to make it to your local beer retailer.

The archaic rules surrounding alcohol sales in Ontario have frustrated consumers for over 30 years. While the debate has been resurrected of late – in February, Premier Kathleen Wynne stated that beer would still not be sold in convenience stores – Ontario's frustrations can be traced back to 1985.

Wynne's refusal to budge on the issue borders on the absurd in light of the fact that grocery stores are allowed to sell wine and, recently, various alcoholic coolers. In addition to that, the LCBO – as stated on its website – has licensed hundreds of convenience stores and local businesses “in rural communities where residents do not have reasonable access to an LCBO store.”

A crucial distinction must be made between The Beer Store and the LCBO. The latter is owned and operated by the government of Ontario, while the former is owned and oper-

ated predominately by foreign interests. That means the profits from the LCBO go to the government of Ontario, while the profits from The Beer Store immediately leave the country. To further muddy the waters, The Beer Store – which operates under the oversight of the LCBO – brokered a deal with the LCBO that prevents the sale of 24-packs outside of The Beer Store. Even 12-packs at the LCBO are more expensive than at The Beer Store.

The Beer Store and its owners will fight any changes in legislation that they believe could threaten their monopoly of beer sales in Ontario. Despite repeated claims by the ownership that The Beer Store merely breaks even at the end of the day, it seems bizarre and highly suspect that it would want to run a business that fails to turn a profit. The likelihood is that its profit margin is so minimal that any dilution of its monopoly would be catastrophic to its business model.

Beer is already being sold in convenience stores and alcohol is available at a wide variety of privately owned stores under the oversight of the LCBO. The major stipulation is that beer and liquor are sold exclusively at The Beer Store and the LCBO in populated areas. If smaller retailers were licensed to sell beer in cities like London, The Beer Store would be out of business in a matter of a year. Besides the stores' terrible hours, complaints are rampant from consumers forced to wait behind people returning shopping carts full of cans in order to afford a couple tall cans of Old Milwaukee.

The public has spoken, when will the premier start listening?

Thank you to everyone who took the time to participate and offer their input for the college's Campus Master Plan for the London campuses. The insights, comments and recommendations you put forward were greatly appreciated.

The goal of the Campus Master Plan was to set out planning principles with recommendations to guide development of the college's physical infrastructure over the next decade.

The plan was developed using a comprehensive and inclusive consultation process to ensure that plans and recommendations reflect the views and priorities of the Fanshawe community.

From May to October 2014, a variety of approaches were used to gather input from a wide range of stakeholders including students and academic, support and administrative employees and external partners. Tactics included:

One-on-one and small group meetings

Focus groups

World café workshop sessions

Open and e-billboard forums

The Campus Master Plan was presented to and accepted by the Board of Governors at its January 22 meeting.

We now have a plan to guide the College's development of the physical infrastructure at the London campuses over the next decade.

A Campus Master Plan for the Regional Campuses in Simcoe, St. Thomas and Woodstock was updated in 2009.

**Harry Bakker**  
Executive Director  
Facilities Management and Community Safety



CREDIT: ENSAF HAIDAR

Raif Badawi was sentenced to 1,000 lashings in Saudi Arabia for comments about Islam and creating a website. But he has been spared from his weekly lashings, save for one.

## A plea for Raif Badawi



**MICHAEL VEENEMA**  
RUMOURS OF GRACE

A couple of evenings ago, I received a phone call from my MP. At first, I wondered why I would receive a personal call from Scott Brison. But soon I remembered that it was probably because I had emailed him about Raif Badawi, which proved to be the case.

Badawi is one of the victims of the repressive Islamic country of Saudi Arabia. Any online search quickly shows that the government of that country is liberal – liberal in its application of Shariah Law. It is also inclusive. Many people are illegible and have been permitted to endure forced seclusion, caning, flogging, other torture and beheadings.

These include Muslims who do not adhere to the Sunni branch of Islam that the government supports. It includes four daughters of the current king who – according to their mother and the king's ex-wife now living in exile in London, England – are forcibly kept out of sight. It includes activists and advocates of freedom. It includes foreigners who are frequently the victims of Saudi justice and public beheadings. Saudi Arabia is one of the four last countries to carry out public executions. The beheadings – at least 78 in 2013 – appear to be, for many people, a form

of public entertainment staged in the city of Riyadh.

One of the latest and most well known victims of Saudi law is Badawi. His name is likely familiar to most of us. His wife and children live in Sherbrooke, Quebec. Last year he began a 10-year sentence for supposedly insulting Islam and creating the Free Saudi Liberals website, according to Amnesty International. He has also been sentenced to 1,000 lashes. Barbaric. He was to have been given 50 lashes each Friday for 20 weeks. Perhaps because of the international outcry, he has suffered only one session so far. Only one.

I was glad to receive the phone call the other day and to discover that at least one MP is speaking up for Badawi and that he promised me more information.

In the meantime, there is no lack of information on Badawi available to everyone. Besides Amnesty International and Wikipedia, bloggers and organizations have made his situation public for the world to know.

In case you have not looked at anything about Badawi, you may want to start with an online video narrated by Doudi, his son living with his mother and siblings in Sherbrooke. He is 10 years old. He begins the video saying, “Papa, believe me, I never thought I'd live without you.”

Check out the Amnesty resources on his father. Write to the king of Saudi Arabia – and your MP too.



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# We're still here

Connecting through art in the digital age



AMY VAN ES  
ARTiculation

"Just draw what first comes to your mind," my second grade teacher Ms. Gyurki said as she whirled around the room, handing out blank pieces of printer paper and old apple juice tins filled with markers. We sat in groups of four, and I remember looking up and seeing Colin, all round glasses and cowlicked bangs, blinking at me. So I grabbed a lemon-yellow marker and started working out that hair.

It is paramount for artists to depict what they know. Our job is documenting our time in human history, whether intentionally or not.

I often think of art as a barometer, gauging both what the population currently feels and what it aspires to in the future. In more certain times – the '50s, for example – North American artists were painting Rockwellian landscapes – a term which stems from painter Norman Rockwell's iconic scenes of the good American life. They'd show what went on inside their homes, families with perfectly coifed hair, hoop skirts and teak record players. It was a stable, happy time for them, and so their art was reflective of that.

Right now, we seem to be in aesthetic purgatory, craving both superficial and authentic perfection.

On one hand, we have women contouring their faces, literally painting their bone structure to fit an ideal of beauty carved out by the industry.

And on the other, a groundswell towards true authenticity, towards showing people stripped down.

I was flipping through a fashion maga-

zine a few weeks back and one headline read "Non-hair" in a crisp, minimalist, blank font. It was about the trend of models wearing no makeup and having their hair fall naturally on the runway. Think American Apparel ads.

Similarly, in the realm of fine art, we see photographers starting to capture raw moments between people or unrefined landscapes. We see rough, choppy collage, pronounced brushstrokes, shaky pencil lines, exposed pipes and brick.

"Digital platforms like social media and photo editing software allow us to groom our identity so precisely that what we present to the world is just a pixel of what life in full colour actually looks like."

The representation of real life in art is, no doubt, a direct response to the artificial life that we're able to mold with technology. Digital platforms like social media and photo editing software allow us to groom our identity so precisely that what we present to the world is just a pixel of what life in full colour actually looks like.

How we're choosing to express ourselves as a whole right now – airing towards vulnerability – will accurately depict the sentiment of our generation: searching for a way to connect with one another, to preserve the humanity in the rapidly changing social landscape. We want them to remember that we're still here. That we're still all round glasses and cowlicked bangs, even if now we're blinking at a screen.

## Make your life easier and 100 per cent recycled



NAUSHEEN KUMAR  
INTERROBANG

Changes in life: constant, frequent, unwanted, unexpected, unforeseen, never-ending. These are bound to take place in your life. And the reason is you. Then why are you running away?

How often does it come across your mind that the people around you are living better lives than you? Depends on how much important you think this is. How much significance does this issue deserve to be given? Trust me, only you got to decide. Living a life has never been restricted by other people's minds, but it was you – only you – who made that happen this whole time.

I will dedicate everything to what I desire, but while you are looking for the answers, you find yourself crawling in the dark. You wish you could know if the directions that you take are going to be worth your story's ending and ensure the choices that you make won't end up all for nothing.

Then here is the answer.

Oops, there is no way you can do so until you try. Take the risks, work on them, add a pinch of adventure and see your life changing for good already.

Navigate the darkness? Indeed. There happens to be an extremely meaningful and a beautiful quote by Shannon L. Alder who says, "The battle you are going through is not fueled by the words or actions of others; it is fueled by the mind that gives it importance."

Some moments can make your life beautiful. Some moments can make you realize the importance of your life. Until and unless you realize this, you won't know how amazing

this world can be.

As long as you get to know to get along with the flow of life, leave your bad moments behind and learn from your experiences, you ought to make your life way much easier and beyond your imagination. You have to take risks. You will eventually and perhaps only understand the miracle of life completely when you allow the unexpected things to happen in your life.

Life is unpredictable. You literally don't know what's going to happen, all that can be done is for you to do what you want to. Your actions speak about you and only actions, nothing else. Decode. That's what you got to do.

Stop struggling in your life, go with the flow. Stop waiting for something to happen, make it happen on your terms and conditions. Live your life the way you want to. Now think about all the things you wanted to achieve in your life. Think about all the things you desired for but hesitated to do because you were worried about people around you would think about it, peer pressure, unconfident about the success involved with it or the level of effort required for the task to accomplish. Now, it is impossible to go back to those days, but you can absolutely control your actions in future, and do what you desire.

Live your life the way you want to but without any fear about anything in your heart and mind. Value today, because all you've got is the present. You've got to make it happen to make your life easier. Rather than sitting in one corner and waiting for things to take their own shape. Don't wait. Just do it.

What you need to do is be thankful for the life you have. Stop cribbing over at what you didn't get and instead, start being grateful for what you have. This way you live your life 100 per cent recycled.



CREDIT: SERGEY NIVENS / THINKSTOCK

Success – the term is loaded with meaning. Despite what the world of business and self-help may tell you, there is no single correct definition, as success is a subjective.

## Failure by comparison



ROSE CORA PERRY  
FORK IN THE ROAD

She earns more money than me. I'm married, and he's not. I'm in better shape than her. Social comparison – we all engage in it. It helps us define our status by referencing others in our peer groups.

If you're feeling down about yourself, social comparison can provide you with a healthy boost of self-esteem. Why else would we be so fascinated with how celebrities look without the enhancement of makeup and Photoshop? It removes the illusion that they are a superior class.

Humans do not like feeling as though they are average. Social comparison therefore acts as a means of validation or motivation.

After all, should one see peers excelling, it may motivate to seek greater personal and professional satisfaction. Where social comparison becomes problematic is when it feeds into a culture of cutthroat competition in which individuals will do whatever it takes to get ahead of others and when it creates unrealistic expectations of what you should achieve, particularly in reference to various junctures in your life.

A friend of mine posted on Facebook that he feels like a failure. He stated that nothing has seemed to go right for him lately despite his best efforts, and he feels little motivation to continue pursuing his passions.

Following his post there was a litany of comments offering support and encouragement, and while I was tempted to do the same, I thought: Had he ever asked himself by whose standards he had failed?

While the emotion fuelling his aforementioned sentiment is valid, his cognitive rationale is actually flawed for two important reasons.

First, a series of failures at a single point in your life or surrounding a single aspect of your life does not define you as a failure overall.

Marilyn Monroe was rejected by several modelling agencies and movie production houses for not having a memorable look before she got her big break. We all fail – it's how we handle them that defines if we are failures.

If you allow yourself to wallow in misery and never gain back the confidence to try again, you fail yourself as new opportunities will always be available.

Second, if he had put forth his best effort but things didn't work out, he is not to blame nor is he a failure. Sometimes the answer from

the universe is simply a "no" to which we cannot hold ourselves personally accountable.

In my own life, there have been instances at which I've sincerely given it my all but have inevitably been confronted by the proverbial glass ceiling. While failure in any situation is upsetting, if I know I've tried my best, that's truly all I can do. No one is ever fully in control or has influence on the outcome.

If, on the other hand, after much reflection, one acknowledges there is room for improvement and could have tried harder, this acknowledgment alone removes the failure connotation. It instead turns the situation into one for personal growth and development, which, as we know in the world of psychological maturity, is always an indication of success.

Success – the term is loaded with meaning. Despite what the world of business and self-help may tell you, there is no single correct definition, as success is a subjective.

Success for one person could be accumulating a great deal of wealth, while for someone living in an impoverished country, it could merely be surviving one more day without access to food and clean drinking water.

It is no one's right to tell you what you should achieve in your life by various age-related milestones according to some arbitrary definition of what constitutes a successful life.

If you're not married by the time you're 30, but you're happily single – fantastic. If you are perfectly content working in retail management for the rest of your days, that's great. If you are a career-oriented woman who has never desired motherhood, there is absolutely nothing wrong with that.

All of these choices reflect what values you hold as paramount. All of these choices represent your personal views of success.

While Western society has long tried to prescribe what its citizens should be accomplishing by certain times in their lives, these prescriptions are unfair, unrealistic and outdated.

They have not been altered to match our current socioeconomic climate. They have not been altered to incorporate changed social norms with regard to women in the workplace or variations on the traditional family unit.

But most importantly, these prescriptions are based on a fatal flaw: they assume we all have the same starting place in life and the same access to resources.

So try something different the next time you engage in social comparison. Look not for evidence that you should be jealous of others and look not for evidence that you are failing in some capacity. Instead, reflect on the successes of others with kindness and positivity and ask yourself whether their successes represent successes you too would value in your own life.



CREDIT: CAIRO - CAITLIN LAURA PHOTOGRAPHY MUSIC MAPLE RECORDINGS, SAVVIE - LEIGH REIGHTON

The True North strong and free breeds great artists and CAIRO and SAVVIE are just two examples of the talent Canada can produce.

# Canadian artists have a lot to offer



**JERROLD RUNDLE**  
INTERROBANG

**CAIRO – *A History of Reasons***



Indie ambient folksters CAIRO have been floating around Toronto's scene in its current form since 2011, releasing the EP *Young Love* on Bandcamp in 2012, while more recently playing Toronto's best music festival – NXNE – last year. After a successful PledgeMusic campaign this past winter, the quartet debuted with its full-length album *A History of Reasons* on January 20.

CAIRO sets out with a new blend of iconically Canadian folk and ambient post rock-the soulful violin accompaniment of Caitlin Grieve instantly throws a wrench into classifying the works though. Lead vocalist Nate Daniels belts out a traditional Canadian folk voice, first giving melodic lullabies, then switching to hauntingly hollow sounds, while guitar work by Dante Berardi Jr. give stretches of floating riffs, nicely overlaid with Grieves orchestral arrangements. Throughout *A History of Reasons*, Matt Sullivan's drum-and-base percussion keep the tracks on course, giving a slightly '90s rave feel in songs like "One At a Time."

CAIRO's sound leans towards a Canadian Imagine Dragons/soft Vampire Weekend sound, which ul-

timately means nothing when songs like "Seventeen" bring the album to a slow acoustic folk grind, melodic love sonnets emerging consistently throughout. Around the halfway mark we melt into "Kingdoms," a Latin music-inspired post rock piece, flecked with rock hooks and ending with Grieve's loud full-bodied violin work. The end track "Nothing" fades into a soft slow reverbed laced nothing, allowing for almost seamless looping into the title track again.

But *A History of Reasons* is also boringly repetitive at times. The title song – while catchy – seems too long and drawn out. Song writing within sometimes feels vacant, relying on simple rhyming structures more than it should. With a band that tries to break so many musical boundar-

ies, I found the actual lyrics to be the most lacking overall. Though, there is a lot going on with CAIRO on this record. "Starry Eyes" give the feeling lyricist Daniels is struggling with his religion, a theme hinted at throughout the album. "With You" evokes the call home, returning to nature, and a fight never over.

Still, *A History of Reasons* gives something new to this jaded listener's ears.

**SAVVIE – *Night Eyes***



SAVVIE is a strong departure from creator Savannah Leigh Wellman's previous music ventures. In her folk outfit Redbird, Wellman lead as a soft singing guitar player.

Now, tuned into a harder gritty sound, SAVVIE's rock layered '70s funk/disco leads to Wellman belting it out with an indie rock voice like Karen O (Yeah Yeah Yeahs). Her debut album, *Night Eyes*, released February 10 through Wellman's own label, Tiny Kingdom. The premier work is a blend of sprawling sounds and mixed genres giving listeners a lasting impression of Wellman's musical capabilities.

"Without You" and "It's OK" gives the listener a look into '70s style exploitation movie music, the tracks reminiscent of The Kills/The Dead Weather Alison Mosshart. During these tracks it felt like a Tarantino movie should have been

playing while I listened – the overall tone of "It's OK" slightly mundane but with something interesting keeping your ear listening.

"Gravity" places Wellman in a duet with producer Matthew Rogers, evoking the '60s Nashville country music duet, almost a Dolly Parton or June Carter feel – continued through the album on the track "Where I Wanna Be."

The trio "Trust the In Between," "It's OK" and "Dreams of Surrender" all gave a distinct sound which I've only heard in one other band before, a small husband and wife duo from Chicago called My Gold Mask. Adding simple psychedelic and Latin rock riffs, mixed with crisp lyrics and a solid percussion-backing make the three songs stand out together.

While SAVVIE's sheer overall variety was a welcoming change, I found about two thirds through the album started sounding familiar, like I'd already heard the songs before. Sounds, riffs, and themes are reused throughout the album; and while sometimes this works to unify, other times it comes of as a monotonous sound you want to get through. But a style has to develop somewhere, and this is just the beginning for SAVVIE.

Never hearing Wellman before, I look forward to future releases and shows in Ontario – currently she calls B.C. home.

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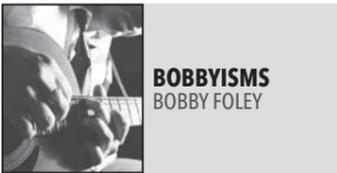
**LIFE.CHANGING**



CREDIT: JUSTYN SMITH

Music Industry Arts put on a Showcase Noon on February 19, featuring students from the program.

# Sun K brings *Northern Lies* to London



**BOBBYISMS**  
BOBBY FOLEY

I write about random things a lot. I write a lot about random things. No doubt you're excited as I am about the NHL trade deadline, but with the roller coaster of emotions and exchanges leading up to this, a healthy dose of fresh music may just be what the doctor ordered.

Due for release on March 10, the album *Northern Lies* marks the major label debut of Sun K, a relatively young band with a mature, robust sound. This eight-song offering samples from different styles of music, deftly blurring the lines between gritty rock and blues while being unafraid to blend in cleaner, more tender tones or subtle horn and string arrangements.

To celebrate the release next week, the five-piece group – guitarists Kristian Montano and Kevin Michael Butler, keyboardist Stuart Retallack, bassist JuHang Sin and drummer Aaron Bravener – have organized an impressive six-week tour across the country that sees them travel first east into the Maritimes and then out to British Columbia and back, while observing a Toronto residency on alternate Wednesday nights in March.

Sun K brings its live show to the Black Shire Pub on March 12, only a couple of weeks into its tour. Yet, the band that we get back from the east coast is going to be razor sharp and toughened from spending this week traversing long spans across the Maritime countryside.

It was an unlikely meeting between front man Montano and producer Cone McCaslin one night during a residency gig in Toron-



CREDIT: ASHLEA WESSEL

Toronto band Sun K will be performing at the Black Shire Pub on March 12 to promote its new album *Northern Lies*.

to that led to the album – and the group – being fully realized. The two struck it off, and McCaslin guided the project from the ground up as Montano formed the group with his friends and respected musicians.

“A lot of these songs have been with me for a while, when I was doing more of a folkie thing on my own,” Montano said. “But as the band came together, we started experimenting with heavier tones and seeing how what we all brought to the sound could be incorporated.”

“We wrote more songs along the way, and I think the album overall reflects this journey of discovery we’ve been on for the past two years. It’s been really interesting.”

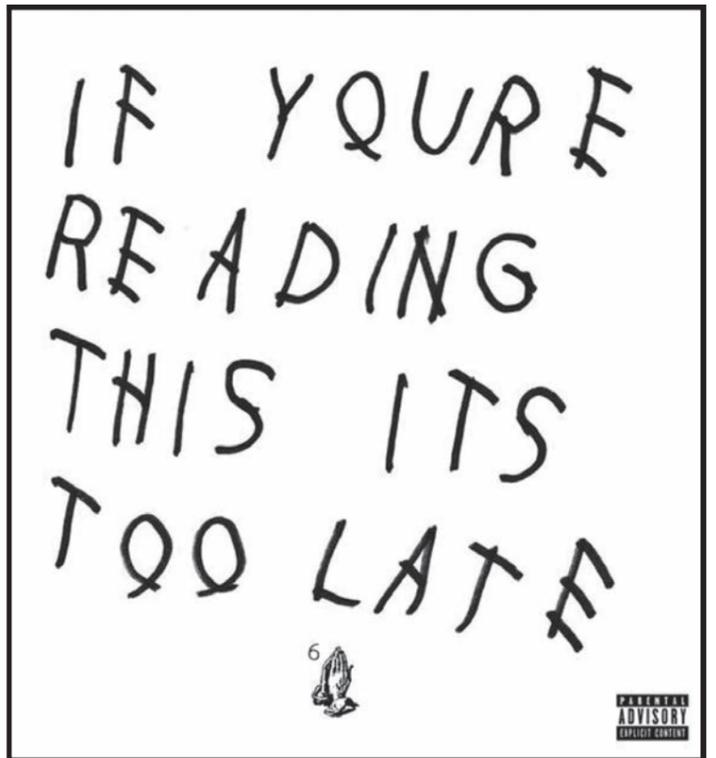
To the band’s credit, Sun K takes full advantage of McCaslin’s touch. The music on offer is rich and deep, and the band plays to its strengths throughout. The clear, capable production here flexibly captures the sharp guitar blasts of harder selections like “Cowboys + Drugs” as well as softer, warmer tones of “Let It Grow” or “The Road.”

Indeed, it doesn’t take much

longer than the opening chords of “Teaser Pt. II” or the first single “New York City Blues” to note the group’s flair for dynamic rhythms and instrumentation not only making *Northern Lies* a pleasant listen but also adds to the excitement of their coming performance here in London. And at one of the city’s premiere locations for up-and-coming acts.

For more on Sun K and their debut album, visit sunkofficial.com or follow along on Twitter @sunkofficial. Clocking in at a little over 31 minutes, *Northern Lies* is well paired with Ryan Adams’ 2014 self-titled album or Fast Romantics’ *Afterlife Blues* if you find yourself looking for music to play while hanging out with people. Food for thought.

And for more of the latest in music news, album reviews and concert previews, follow this column on Twitter @fsu\_bobbyisms. Support your local music scene and celebrate a strong new album by a capable group at the same time, head to the Black Shire Pub next week. I’m out of words.



CREDIT: DRAKE

The 17-song track list shouldn’t deter listeners from giving Drake’s latest offering a listen – just skip the first song.

## Drake pulls a Beyoncé Surprises fans with a new album



NICK REYNO



On February 13, Drake took the world by storm, releasing the 17-song album/mixtape, *If You’re Reading This It’s Too Late*. It has garnered a lot of attention by devoted and casual fans alike due to its sudden and unexpected release. In a world where albums get leaked months ahead of schedule, it’s uncommon to successfully pull something like this off – unless, of course, you’re Beyoncé.

*If You’re Reading This It’s Too Late* unfolds with a mix of dissonant ambient samples and drums that seem a little out of place with the dry and in-your-face vocals. This doesn’t mean that the beats aren’t catchy though, because believe me, they are. It just feels as though Drake has taken more artistic freedom with producing this album, escaping from producers and making something that is truly Drake. The album feels like he is trying to progress and shake the stereotype he has been given in today’s media. This is addressed in the beginning of “Energy” and furthermore in “No Tellin’.”

The overall scope of focus on this record is that it’s refreshingly diverse, reaching beyond the typical routine of relationships and fame. Although these topics aren’t entirely ignored, they’re certainly downplayed, and much of the content deals with self-reflection and coping with public portrayals.

What Drake gives us with this release is a collection of songs that present a few different sides of him. It’s not all classic gloomy Drake. There are quite a few aggressive and downright cocky songs on this album.

One of the highlights on this record is “You & The 6,” which is not only an ode to his mom, but perhaps the greatest hip-hop song ever written for a mother. Another highlight is “Know Yourself,” which contains some of the smoothest vocal delivery and the most mem-

orable hook on the album. These two songs are followed closely with “6PM in New York,” which concludes the mixtape by addressing the haters and firing back with some of the best disses on this album.

Unfortunately, an album this long doesn’t get by without a few faux pas.

*If You’re Reading This It’s Too Late* opens up with a track titled “Legend,” which is a standard bragging track about how awesome he is as an artist. The bragging is fine and all, but Drake tries to sing the majority of this song with his classic nasally hit-and-miss vocals.

What doesn’t help this song is Drake’s restricted vocal range, mixed with the dissonance of his backing samples.

Skip this song. With 17 tracks on an album, you can afford to lose one. The second track, “Energy,” is essentially a more spirited version of “Legend” so you don’t miss out on much but painful moody crooning.

“It just feels as though Drake has taken more artistic freedom with producing this album, escaping from producers and making something that is truly Drake.”

The other lowlight of this album comes in “Madonna,” which features some bizarrely timed lyrics. The first rule of music is to keep things in time, but this clearly doesn’t apply to Drake. The instrumentation is good, but the incomprehensible, out of time, muttered chorus, makes it a bleak stain on an otherwise great album.

At the end of the day, Drake manages to deliver a raw and personal album that doesn’t become redundant or boring after 17 tracks. It may not be his best album in terms of commercial hit singles, but it’s massive and chock full of great new content.

Make sure to keep an eye out for his fourth studio album, *Views From the 6*, dropping later this year.



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CREDIT: RALF NAU / THINKSTOCK

Following these guidelines will lead you to beautifully shaped brows in no time.

## Eyebrows: The bold and the beautiful



**JOSHUA R. WALLER**  
BEAUTY BOY

Eyebrows are an important feature, as they frame the face and can completely change the expression and look of your face depending on their shape. However, eyebrows can be overlooked for the simple fact that they can be difficult to shape or fill. Not to fear, because there are a few tips and tricks that will make your life a lot easier and will allow you to keep your brow game strong.

The first and most important thing to keep in mind is that eyebrows are sisters not twins – they will never look identical so don't bother wasting time to make them look exactly the same. You still want them to look related.

The best and easiest way to shape

your eyebrows is by lining up a pencil or makeup brush vertically, beside the bridge of your nose. This is where your eyebrows should begin. Next, angle your brush towards your iris, as this will be where the arch of the eyebrow should be. Lastly, angle your brush further towards the end of your eye, which will be where your eyebrows should end.

Once you get that guideline, you need to determine how thick you want your eyebrows to be – always keep your face shape in mind and never over-tweeze. Using a brow pencil, draw a line along the bottom of your eyebrow and start to tweeze any hairs that fall below the line. Repeat the step for the top of your brows and again, making sure you don't over tweeze, or they will start to flatten and lose their shape.

To keep your brows looking even more groomed, use small scissors and a clean mascara wand – lifts the brow hair – to trim any long, unruly

hairs. Once that is complete your brows are ready for makeup.

There are numerous makeup products that can be used to fill in your eyebrows, such as pencils, powders and gels, which all work well depending on what look you want to achieve. If you want a more defined look, a pencil is your best option. If you want a bolder look or have some patches that need to be filled in, a powder works wonders. If you prefer a more natural look, brow gels are excellent for adding a bit of colour and holding the shape of the brow.

Eyebrows are an extremely important feature on the face and can really make or break your look. If you remember the key points – they are sisters not twins and to never over tweeze – it will make shaping your eyebrow much easier. Follow these tips, and you will for sure have brows that are on-point.

## Human rights in Ontario: Facilities



**COMMUNITY LEGAL SERVICES PRO BONO STUDENTS CANADA (UWO) LAW TALK**

For a complaint to be successful at a hearing with the tribunal, the person filing the complaint must demonstrate that:

- 1) They have a characteristic that is protected under the code,
- 2) They were denied or adversely impacted in relation to the provision of a service by a provider regulated by the code, and
- 3) They were denied the provision of the service as a result of the characteristic that is protected by the code.

If you have been discriminated against in relation to the provision of services in Ontario, you may file an application with the tribunal. The application must be filed within one year of the incident occurring or, if there were multiple incidents, within one year of the last incident.

However, the tribunal may hear applications that were filed after the limitation period if they are filed in good faith and if no substantial prejudice will occur as a result of the delay. The tribunal allows all involved parties to make oral submissions in relation to the application. Further, the tribunal is enabled to conduct inquiries and investigate complaints.

If an infringement is determined, the tribunal has the power to order monetary compensation to the injured party, restitution from the offending party to the injured party or that the offending party must make alterations in order to promote compliance with the code.

For more information on human rights law in Ontario, please visit the Ontario Human Rights Commission website at [ohrc.on.ca](http://ohrc.on.ca) and the Ontario Human Rights Tribunal website at [hrto.ca](http://hrto.ca).

*This column is brought to you by Community Law School (Sarnia-Lambton) Inc., and Community Legal Services and Pro Bono Students Canada at Western University. It provides legal information only. The information is accurate as of the date of publication. Laws change frequently, so we caution readers from relying on this information if some time has passed since publication. If you need specific legal advice please contact a lawyer, your community legal clinic, Justice Net at 1-866-919-3219 or the Law Society Referral Service at 1-800-268-8326.*

The code expressly provides in Part I that no one should be discriminated against based on the grounds listed above in relation to access to facilities. For example, retail plazas and schools should be equipped with wheel chair ramps and elevators so that they are accessible to individuals with mobility issues.

However, the code is not violated where an individual under the age of 19 is denied access to a facility that serves alcohol, like a nightclub. Nor is the right to equal treatment on the grounds of sex violated, if access to the facility is denied because it is restricted to the same sex on the grounds of public decency. Finally, the right to equal treatment is not violated if a recreational club restricts membership access because of age, sex and marital or family status.

In Ontario, the code creates the Human Rights Tribunal, which is responsible for investigating human rights complaints and ordering remedies when an individual has been discriminated against based one of the prohibited grounds.

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CREDIT: SARAH WATTS

The Out Back Shack hosted Hip-Hop Night on February 19, featuring Humble the Poet, John Rivers and Fanshawe's own Anthony Sawyers.



CREDIT: LISA KELLY

Anyone can pull off these spring trends. Which do you have your eye on?

## Trends for spring 2015



LISA KELLY  
FRUGAL  
FASHIONISTA

After being under extreme cold weather alerts for the past week, it seems like spring may never come. Warton Willie promised us an early spring, and he wouldn't lie to us, right? Instead of crying over the weather – your tears would freeze anyway – focus on the future: spring trends. From florals to '70s-inspired, this season's trends are quite varied, which is great, because there's something for everyone.

The weather is still cold and frightful, but these spring trends are delightful.

### Denim

Dust off your Canadian tuxedo, the denim-on-denim look is back in. Just kidding, please don't do that. If you're going to wear denim-on-denim, it's best to pair different shades. For example, a chambray top with a pair of dark denim sequined skinnies and a pop of colour with your heels. Denim has been updated this season, and embellished denim is everywhere.

### Florals

As Miranda Priestly would say, "Florals? For spring? Ground-breaking." However, this classic look has seen an update this year, with a focus on white or pale backgrounds with large oversized patterns that includes leaves and stems. With such a bold pattern, it's wise to pair with neutrals to avoid a busy looking outfit.

### Military khaki

The military trend is back, and this year it's military meets glam squad. Look for pieces made with silky fabrics in khaki or sand shades. The idea is to show off your silhouette, so try a khaki jumpsuit – jumpsuits are all the rage this season – or a fitted pencil skirt, and

top off your look with gold accents and a pop of colour. If you're on a budget, pay a visit to the local army surplus store since you never know what you might find.

### Monochromatic (Black and white)

Although pairing black and white together doesn't seem incredibly interesting, it can really make a statement when you pair the right items together. The twist this season is the pairing of different textures, patterns and silhouettes. For fashionistas on a budget, this trend is great – you can reuse your black and white separates throughout various seasons.

### Sporty-chic

Fashion is cyclical and as you may recall, the sporty-chic trend was all the rage in the summer of 2014. Frugal fashionistas rejoice for you can revive some of your sporty pieces from last summer. The idea is not to look like you're going to the gym but to draw inspiration for sporty fabrics. Think mesh and nylon with zippers, hoods and drawstrings.

### '70s-inspired

If you love maxis and a good fringe, this trend is for you. Both boho and tailored '70s-inspired items were seen on spring runways, so if you're not into flowy, hippie-esque clothing, you can still rock this trend. If you're feeling the boho trend, look for romantic, floor-sweeping dresses with '70s-inspired prints. If you're looking for a more tailored look, think power suits – with a '70s-inspired flared leg. Many colours we usually see in the fall – such as burgundy, deep blue and green – are coming out in '70s-inspired collections. Save some money and revive some of your fall clothing.

Hopefully, all this talk of spring trends has warmed you up. Let's just pretend like it's not -20 degrees out there.

## Bohemian vibes take over fashion



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

Every season, there is an "it" trend that inspires the "it" pieces and styling for designers and brands. This season, breezy, care-free and eclectic bohemian vibes sweep through the fashion labels and bloggers.

You can't forget the bloggers – beauty bloggers and Pinterest fanatics – since they are people like you who get to rate, promote and introduce new and cool products and trends through the power of social media.

Everyone has her own style and can make up her own mind about what looks good, but the bohemian seems to be a vibe that can look good on anyone – with the right styling combinations.

The main elements of bohemian style are prints, texture, free-flowing silhouettes and accented details on accessories. Makeup and hair coincide with the bohemian trend, mainly consisting of wavy or braided hair with eye shadow blending at its finest. Then there is the confidence of wearing the trend – you have to love the trend and pieces you're wearing to make everything work together.

The bohemian elements are somewhat subjective to the person that is defining it. This is mainly because bohemian style is infused with so many difference influences, shaped by artists and people who were indifferent from the typical social structure.

The prints are vibrant, detailed, ethnic, artistic and colourful, making any boho garment stand out. Textures such as fur, leather trims,



CREDIT: PRSPECTIV

Headresses and stones are perfectly in tune with spring's boho chic trend.

fringe elements and stones add to the vibrancy of bohemian style and makes it more unique.

Silhouettes are generally of free-flowing, oversized and light fabrics that contrast the heavy prints. Accessories are also vibrant, consisting of elements that dangle, precious stones, brassy tones and one-of-a-kind emblems and charms.

Braids, wavy hair and loosely pinned hair are perfect for a boho look. Makeup reflects the wardrobe. Makeup artists are using burnt orange, purple and blue colours in their smokey eyes and finishing with perfect, fluttering eyelashes. Contoured and glowing skin with a touch of earthy blush and pinkish nude lips are enough to finish off the beautiful bohemian look.

With that being said, there is a lot going on with the bohemian style

and can easily be overdone. The key to styling and trend successfully is setting a theme and vision.

How much do you want to stand out? Mixing unlikely prints and textures are common in bohemian style, but not everyone might be comfortable with that.

Pick a favourite piece, a main colour in that piece to accent and a neutral to offset and balance the colours. Boho style is not one of those trends where the outfit has to be as controlled and proper as some other trends.

Mixing and matching and experimenting with colours, prints, textures and silhouettes is what makes bohemian style. After all, bohemians at heart go against the grain and do what they want so naturally it transcends into their fashion.



CREDIT: SARAH WATTS

The Out Back Shack hosted Hip-Hop Night on February 19, featuring Humble the Poet, John Rivers and Fanshawe's own Anthony Sawyers.



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# NICK

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CREDIT: HYDRANGEA100 / THINKSTOCK

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## DIY Beauty: Make your own foundation powder

**BRITNEY MACDONALD**  
THE OTHER PRESS

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What you will need:

- Arrowroot powder
- Cocoa powder
- Ground cinnamon
- Nutmeg
- 5 drops of almond oil (optional)
- An empty jar or compact container cleaned out with hot water and vinegar

You may have noticed that none of the ingredients I have listed have an actual measurement, besides the almond oil. There is a reason for this. Because there are so many different skin tones in the world, the combination of these ingredients, and how much you use of each, will vary. My guide will give you a basis for creating the foundation, but it will require some trial and error on your part to perfect your colour.

Start with the arrowroot as your base. Arrowroot is a cornstarch alternative, so it should be available in any natural foods grocery stores. That doesn't mean that this recipe will work okay if you use cornstarch instead though. Cooking-wise, cornstarch and arrowroot are very similar; when they're raw, not so much.

Add 1 tsp. of arrowroot powder if you have darker skin, or 1 tsp. for lighter skin. This doesn't need to be perfect; you'll be adding other stuff to alter the shade. If you have

medium-toned skin, err on the side of caution and do 1 tbsp. or bridge the difference and do 1 1/2 tsp.

The next part is up to you. Experiment with the cocoa, cinnamon, and nutmeg to find what combination leads you to your best shade. In hue, they go from cocoa to cinnamon to nutmeg, so try to figure out what might work best for you. If you're really pale, chances are you won't be using a lot of cocoa, if any. If you have really dark, rich skin, you probably shouldn't start out altering the tone with nutmeg. Cinnamon is an odd one, because it's used to not only darken, but to make the tone warmer, so be careful with it. If your normal foundation is a cooler shade, I would say avoid adding cinnamon in large amounts.

Use a clean, fluffy brush to try out the powder on your face, altering it as needed until you think it's perfect. It helps if when you test it, you go to a window to see what it will look like in natural light.

When you're satisfied, you can either keep it in a jar as a loose powder, or mix some up with the almond oil and press it in to an empty compact if you'd prefer something a little more portable. Begin with five drops, but if you find it's still too powdery to stay in the compact, add more almond oil as needed.

Voila. Your very own, all-natural, homemade foundation Perfect for if your shade is difficult to find, or maybe you just don't have the cash to buy all those expensive vegan brands.

## Supercharge your diet with super foods

**KELSEY YARES**  
THE WEAL

CALGARY (CUP) — When feeling stressed and run-down this semester, students should leave behind high-calorie, processed comfort foods and reach for super foods instead.

Super foods are nutrient-rich foods that are thought to be beneficial for overall health and excellent substitutes for packaged snacks that are high in fat, calories, and sugar.

"All good health starts with a basic foundation," said Keri-Lyn Butts, assistant store manager for the Chinook location of Community Natural Foods.

"Good nourishment, adequate sleep, proper hydration, and a sustainable protein source are very important."

Nuts, like almonds, are an easily-accessible source of protein that provide long-lasting energy and the sense of feeling full. Almonds are also rich in vitamin B12, which aids in energy production and reduces stress.

Even the busiest students can eat healthier by grabbing some trail mix, an apple with almond butter, or by making their own granola bars at home.

Green leafy vegetables like kale and spinach contain high levels of nutrients, vitamins, and antioxidants. They are easy to add to sandwiches, salads and smoothies.

"Kale is my absolute favourite vegetable," said Butts.

"It grows very well in Canada, so it can be found locally for a good chunk of the year."

Other cruciferous vegetables like broccoli are high in fibre, vitamin C, and other nutrients that protect against cancer and aid the immune system. It is best to eat broccoli raw or steamed because the nutrients are



CREDIT: KELSEY YARES/SAIT POLYTECHNIC

These snacks are easy to make and will give you long-lasting energy.

lost when it is boiled.

Avocados, another well-known super food, are creamy, delicious, and full of healthy monounsaturated fat, which can help to lower blood cholesterol levels.

Blueberries can satisfy any sweet tooth, and they are full of flavonoids that help fight disease.

When students are tired and hungry, they tend to opt for quick and easy boosts from coffee and refined sugars.

"Bring it back to the basics, and do anything you can to lessen the stress load on the body," said Butts.

Butts also suggested that students try yerba mate — a nutrient-rich drink that is infused with leaves, similar to tea.

Yerba mate has less caffeine than coffee, and it also contains compounds that improve mood,

promote deeper sleep, and increase mental focus.

"There is still a lack of connection between what we put in our bodies and how we feel as a result," Butts said.

"We are literally what we eat."

### No-bake energy bites

- 1 cup oatmeal (dry)
- 2/3 cup coconut flakes
- 1/2 cup peanut butter
- 1/2 cup ground flax seed
- 1/3 cup honey or agave nectar
- 1/2 cup chocolate chips (optional)
- 1 tablespoon chia seeds
- 1 teaspoon vanilla extract

Mix all ingredients together, and let chill in the refrigerator for half an hour.

Once chilled, roll into balls. Store in an airtight container and keep refrigerated for up to one week.

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# Practicing practicality

Surprising use of model and special effects



ESHAAN GUPTA  
REEL LIFE

Despite the loudest complaints from movie buffs and cinemagoers, CGI is king in special effects. Computers can – with enough time, money and pure, raw processing power – create the impossible. But some filmmakers beg to differ or at least lack access to the above criteria for creating convincing computer-based effects for a serious film. This is where old-fashioned practical effects come into play, be it miniatures, small or large-scale – biggatures as Peter Jackson calls them. Some amazing-looking films that have largely forgone the use of computer-generated imagery to realize imaginations include:

## Jurassic Park

*Jurassic Park* is often cited as a film that still holds up visually despite having CGI effects over 20 years old. That's because a small portion of the film actually uses computer-based effects – and those sequences noticeably stick out compared to the rest of the film. *Jurassic Park* didn't quite kill the use of practical effects. Examples include the infamous velociraptors-in-the-kitchen scene, a significant chunk of the terrifying T-Rex's rainy-night attack and the various dinosaurs seen throughout the film are all entirely brought to life through puppets, costumes and animatronics created by Stan Winston Studios. Behind-the-scenes workshop videos demonstrating the creation and test-



CREDIT: UNIVERSAL PICTURES

*Jurassic Park's* iconic velociraptor scene wasn't made with CGI. Scenes like this were created with costumes, puppets and animatronics.

ing of these practical effects can be found on YouTube, and are some of the most fascinating looks at what makes this dinosaur landmark still scare audiences today.

## The Aviator

Howard Hughes, the strange, reclusive industrialist, had what would be his beginnings and eventual descent into literal madness captured in Martin Scorsese's *The Aviator*. As with any period piece, the use of CGI is practically an unavoidable expectation, but that's not the case in the making of *The Aviator*. The film's various scenes of airborne drama were created with the use of model and reproduction airplanes, even recreating parts of Beverly Hills to 1:4 scale for Hughes' destructive crash-landing of the XF-11 that nearly cost him his life.

## Moon

A rare sci-fi gem, *Moon* forgoes giant, elaborate story gambits, explosions and over-the-top action. Instead, it opted for a personal, emotional drama that takes place largely within a mining base on Earth's own

natural satellite. The Sam Rockwell-driven drama uses gorgeous miniature shots, designed by *Alien's* own Bill Pearson to create the cold, vacuum surface of the moon almost entirely. It's a visual feast, and this story of extreme isolation will keep you invested all throughout.

## Christopher Nolan films

Moviegoers are not strangers to Nolan, some comparing the 44-year-old English filmmaker to Stanley Kubrick. Both his fans and detractors can agree on finding his adamant refusal to use CGI in place of model effects to be quite impressive in an age where "fix it in post" is the easy way out. From the use of scaled-down, remote-control vehicles for *The Dark Knight's* famous tunnel chase scene to the giant, Nolan's pièce-de-résistance has to be not only employing model-work for a significant portion of *Interstellar*, but also for additionally making use of rear-projection in lieu of green screens/blue screens, giving actors on set something to react to rather than staring at a coloured void.



CREDIT: THE HE-JOBS

Recorded live, The He-Jobs' debut release *No Pity in the Forest City* best demonstrates what talent comes out of London.

## The He-Jobs – No Pity in the Forest City



PRESTON LOBZUN  
FROM UNDER  
THE COUNTER

The He-Jobs debut release *No Pity in the Forest City* is something fans of garage rock and proto-punk will certainly enjoy.

For a bit of background, the band is a trio featuring Jake Jackman and Mike Hansford from Molly Drag and Rob Brake.

Between Jackman and Brake, the two focus on writing some killer tunes and trade off between drums and guitar in the process. Hansford was recruited shortly after Jackman and Brake began to jam, and he takes on the role of the bass player as well as lead vocals on one track "Lucky Gal." The other song's vocal parts are held on by Brake for the first half roughly with his spacey vocals. The rest of the album is handled by Jackman, whose glam-rock style really drives the band in a different but still consistent direction.

The recording process was actually one of the smoothest sessions I've done so far. Everything, except for the vocals, was done live off the floor. This means there was no overdubbing of the instruments as

you typically see in most sessions. Usually, drums are recorded first, then bass, then guitars and so on.

This is often the case because it's easier to control each individual element that way. However, in the spirit of keeping it old school, we all decided that live off the floor would be best as it captures the essence of the music way easier. The real trick for this was working within the environment that they jam in. Off Horton Street, there are storage units that many bands jam in.

These are cool spots to jam, but recording in them can be difficult due to everything being concrete and steel. Sound bounces around all over the place there, causing some nasty reflections. With live off the floor recordings, you have to be aware of all the intricacies going on at once and be able to work with what you got. From setting up minimal drum/guitar mics to using a guitar amplifier for vocals, the end result came out really good and surprisingly decent quality considering the circumstances.

At some point this week, give The He-Jobs a listen at the band's Bandcamp page, [thehe-jobs.bandcamp.com](http://thehe-jobs.bandcamp.com). Their artwork may look familiar to some who were around three years ago when a particularly pointless incident occurred.



CREDIT: SARAH WATTS

The Out Back Shack hosted Hip-Hop Night on February 19, featuring Humble the Poet, John Rivers and Fanshawe's own Anthony Sawyers.

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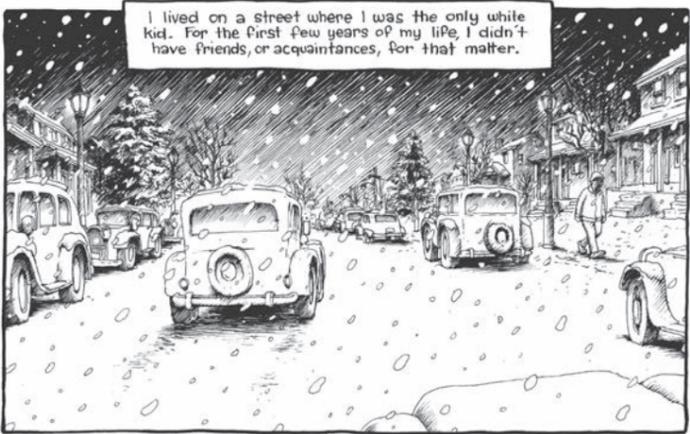
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## Harvey Pekar & Cleveland



CREDIT: HARVEY PEKAR AND JOSEPH REMNANT

Harvey Pekar's *Cleveland* is the last novel from one of the greatest comic writers in history.

## Harvey Pekar takes you deep into Cleveland's history



CANDIS BROSS  
IN THE HANDS  
OF HEROES

This week's comic book, *Harvey Pekar's Cleveland*, was recommended by *Brahm Wiseman at Heroes Comics*.

*Cleveland* starts off with a visibly aged Harvey Pekar walking the streets of Cleveland, Ohio saying, "Yeah, I've had plenty of good day..." It then bounces back in time to potentially one of the city's highest points in its history: the Cleveland Indians winning the 1948 World Series. For Pekar, it's one of the best days he can remember.

From that point, Pekar dives into the settlement of Cleveland, giving a detailed and robust history of the city he loves. Complete with racism and riots, Pekar still manages to find the small, beautiful, hidden features of the place, like Kay's, a used bookstore he frequented as a teenager, finding what he considered prized items like *Football Facts & Figures*.

Pekar goes into a detailed history of his life, career, friendships and romances. From his first marriage, to his second and his third, he doesn't spruce anything up. He keeps in all the gory and uncomfortable details, because that's what true storytellers do.

This is Pekar's legacy.

He tells a tale not just of a man,

but the city he loves so much that he dedicated an entire novel to it. He wrote *Cleveland* at 70 years old, and he paints a portrait of what it's like to be an aging man that still holds many dreams he wishes to accomplish in the city that he holds dear to his heart. He was born and raised in Cleveland, where he made a name for himself and where he would ultimately pass on.

Critics call this novel Pekar's last and greatest works.

Michael Cavanaugh of the *Washington Post* wrote that Pekar "helped change the appreciation for, and perceptions, of the graphic novel, the drawn memoir, [and] the autobiographical comic narrative." He's one of the greats that helped shaped how comics are viewed today, and for that, comic lovers everywhere should be grateful. He's inspired many to look to their own lives and experiences in order to influence their writing, which helps create a more real and believable storyline.

If you're expecting a grand tale of fiction and excitement, you might be disappointed by *Cleveland*. But if you want to read the one last labour of love that a great comic writer poured his soul into, then this is the novel for you.

If you can't get enough of Pekar, check out the film based around his life, *American Splendor*, and comic series of the same name.

For this novel or others like it, check out Heroes Comics downtown at 186 Dundas St.

# Money from nothing

Landmark authors who came from humble beginnings



ESHAAN GUPTA  
READING BETWEEN  
THE LINES

Everyone loves a great rags-to-riches story, and it's even better when the authors themselves become the subjects of one. Being a writer is a craft almost consistently carrying a tradition of poverty and duress along its side, authors suffering tremendously with their health, social or financial lives to bring us the beauty they imparted on paper. These authors, however, overcame the odds to the point of making us thankful to the universe for somehow allowing us access to their thoughts despite all their roadblocks.

### Joseph Conrad

Joseph Conrad is one of the most celebrated authors in the history of English literature. *Heart of Darkness* – based on his travels as a merchant sailor deep into the heart of Africa – continues to be championed as one of the most stark, revealing write-ups on the darkest sides of human nature. And yet, English wasn't even Conrad's, born Józef Teodor Konrad Korzeniowski, first language to begin with. A sailor with a scholarly family, Conrad travelled the seas with the French and British, learning English along the way, experiencing near-death and love-sickness. He finally retired at 36 to publish his works that slowly but surely gained foothold within the world of contemporary English literature.

### Supertramp (W. H. Davies)



CREDIT: BEN A. PRUCHNIE / GETTY IMAGES ENTERTAINMENT / THINKSTOCK

J.K. Rowling is the epitome of rags to riches. Rowling was a single mother on government financial assistance before she rose to fame with her *Harry Potter* series.

Yes, the very basis for your favourite band was, in fact, a Super Tramp himself, so to speak, since W. H. Davies was a wandering tramp, a hobo first. Out of school, destined to become an iron wrought worker, Davies instead opted to travel and write about his experiences. By pure luck did a copy of his manuscript, *The Soul's Destroyer*, land on the lap of *Daily Mail* journalist Arthur Adcock, whose publication of it thrust Davies into the spotlight.

### J.K. Rowling

Most are aware that Rowling had financial difficulties early on

writing the *Harry Potter* series, but the extent is where most people lose touch. Her admission of having used government financial assistance is putting lightly the destitution she faced, living as a single mother, hammering away on an old typewriter in a one-room apartment, right next to her only daughter. Of course, once book agent Christopher Little picked up the manuscript for *Harry Potter and the Philosopher's Stone* and accepted it, the first to do so after twelve rejections, literary history was made. But the odds young Rowling faced are inspiring in itself.

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# There's not enough rum in the world to make this funny



CREDIT: PARAMOUNT PICTURES

Adam Scott, Craig Robinson, Rob Corddry and Clark Duke star in the sequel *Hot Tub Time Machine 2*, but this reviewer warns audiences to save their money.



**PAM-MARIE  
GUZZO**  
INTERROBANG

In this sequel to *Hot Tub Time Machine*, the boys once again travel through time – this time to solve a mystery of some sort. Lou, played by Rob Corddry, and Nick, played by Craig Robinson, have made themselves successful by rampantly stealing the ideas of others. That is, while Lou's son Jacob has still managed to do nothing with his life despite having the resources to do literally whatever he wanted.

Once a random reason for trav-

elling through time has been established, we're treated to a lame explanation of how the hot tub works, followed by an incredibly clumsy plot device thanks to a Chevy Chase cameo.

For some reason, the writers seem to have forgotten they were making a comedy sequel and made the terrible decision to add five minutes of explanation for every 15 minutes of film. This not only drags out every scene, with even the characters appearing bored and tired of one poorly thought out explanation after another, but many of the reasons they give contradict each other and do nothing to add in any way to the film.

The constant justifying of ran-

dom actions is only really necessary because of how incoherent the plot of the film is. Many times the characters seem to randomly forget what actions they're taking and why, instead wandering off to do something else for no apparent reason, justifying it through a lack of obvious paradox effects.

Nothing happens, followed by nothing happening, followed by a return to the first nothing that was happening for some stupid reason that no one cares about. My four-year-old nephew has told far more interesting stories, with more cohesive plots and better character development than that offered.

Theoretically, *Hot Tub Time Machine 2* is supposed to be a comedy,

however, there are few funny moments.

Instead, we're treated to one tired sexist, homophobic or penis-related joke after another. The characters are all either self-pitying jerks or targets for the self-pitying jerks to harass, and those few poor females who are forced to share the screen with them could have been replaced with blow-up dolls with no notable change to the script.

Overall, the acting is – at best – disappointing. None of the actors seem to really know or care why their characters are doing anything, and the lack of purpose makes every line fall flat.

Adam Scott, who does such a great job in *Parks and Rec*, is espe-

cially disappointing, adding nothing but a growing sense of despair in his fans as the movie drags on. As tempting as it is to just blame Britta for ruining everything, this movie was fit to be left burning on a doorstep long before she makes her appearance.

Overall, *Hot Tub Time Machine 2* is nothing more than another disappointing, overly expositional sequel that could only be considered funny by someone who was as drunk and high as the writers must have been when they wrote the script. With no discernible plot and terrible acting, the movie is a pointless waste of time and money that leaves one re-considering life choices.

# Kingsman: The Secret Service is just another violent spy movie

**JIM ZITTLAW**  
THE GRIFF

EDMONTON (CUP) — In *Kingsman: The Secret Service*, Matthew Vaughn (*Kick-Ass*, *X-Men: First Class*) directs the ever-reliable Brit actor Colin Firth as Harry Hart, an elite spy who works for the Kingsmen, a sort of modern day knights.

In a bloody bar brawl early in the film, Hart proves it's not the pen that's mightier than the sword – it's the umbrella. Or at least, his umbrella. It's bulletproof and can fire projectiles.

The Kingsmen live in a world of perfect suits, perfect manners, and perfectly absurd gadgets – many of them lifted from the old *Bond* films.

It's into this world that Hart attempts to recruit middle-class Eggsy (newcomer Taron Egerton) to become a new operative. The film wanders into the thorny arena of class relations, but simply uses that arena to stage gleefully tasteless action sequences.

Vaughn has fun with the spy genre. For example, the standard Kingsman uniform includes the same thick-rimmed glasses worn by Michael Caine in his 1960's spy films. Of course, the glasses are actually essential gadgets in day-to-day Kingsman operations. And

Caine himself is cast as the organization's leader.

"I always felt the old Bond films were only as good as the villain," Firth deadpans while at dinner with the movie's bad guy – a lisping, flamboyant Internet billionaire played by Samuel L. Jackson.

He has an insane scheme, and the movie quite literally doesn't pull its punches in the scheme's execution. The final act ratchets up the insanity, but a few missteps lowered my enjoyment.

Firth's character doesn't participate in the climax, and Eggsy makes a poor substitute. With his rough edges all smoothed out, he's reduced to a smirking cypher of a spy. It also turns out that some girl, not Eggsy, is selected as the newest Kingsman operative.

Prior to this, her only function was providing some forced heterosexual tension.

When Eggsy battles the villain, sure, the girl gets to tag along. She even makes a major contribution to the battle. But it is quickly undone and she gets nothing else to do as the end credits approach.

The questionable treatment of women continues as (SPOILER ALERT) a mother becomes brain-washed into murdering her own child. Her horrifying attempts are



CREDIT: 20TH CENTURY FOX

Veteran Colin Firth and newcomer Taron Egerton star in the violent spy movie *Kingsman: The Secret Service*.

intercut with the climax's otherwise fun action of Eggsy fighting an assassin with blades for legs.

Finally, a jailed princess offers herself to Eggsy if he can save the day, which he does. He then enters

her cell to take his reward. It's uneasy as hell. Imagine the endings of *Bond* films like *The Spy Who Loved Me* and *Moonraker* if they were R-rated.

If you'd like to see the spy genre

get lovingly – and violently – skewered, go see *Kingsman: The Secret Service*. But if you already have no taste for the genre, this film will not make it palatable.

# Another blind spot in car maintenance

**SABRINA SCARPINO**  
THE WEAL

CALGARY (CUP) — Proper vehicle maintenance is something that many car owners learn about but quickly forget after years of commuting on a daily basis.

Randy Loyk — technical services manager at Alberta Motor Association (AMA) in Edmonton, Mike Rolland — academic chair of automotive service technology and automotive management programs at SAIT, and Lino Ferronato — owner of Twistedwrench Garage, offered suggestions on what drivers and vehicle owners can do themselves to make sure their machines are operating at top efficiency.

## Tires

“Every day that you drive, perform a visual inspection of your car,” said Rolland.

This includes inspecting lights and tires to make sure they are in good condition.

According to him, most vehicles are now equipped with a tire pressure monitoring system (TPMS) that will alert a driver through a flashing light or an alert on the vehicle’s display if there is a problem with the tire pressure.

Ferronato said that tire pressure is the number one neglected part of a vehicle, and the one thing that affects a vehicle the most on a day-to-day basis.

Loyk says it is also important to monitor the wear on tires, and ensure that they are wearing evenly.

Drivers should also consider having winter tires installed on their vehicles during the winter season.

The tread compound on a winter tire performs well during colder temperatures, whereas all-season tires are “like the hardness of a hockey puck,” said Rolland.

Winter tires also have better grip and handling and improve stopping distance when driving on ice and snow.

For those worried about the cost of purchasing a set of tires for the winter season, Rolland said that it would be no more expensive to not buy them.

Depending on how much one drives per year over a period of five to six years, if one were to go through two sets of all-season tires, then a set of winter and a set



CREDIT: WAVEBREAKMEDIA LTD / THINKSTOCK

Go over this list and make sure your vehicle is operating at top efficiency. It may help with the longevity of your vehicle.

of all-season tires would last about the same time, so there is no extra expense.

## Oil

Loyk said that checking oil is important and easy to do.

Oil should be changed when required, and he said a good rule of thumb is to change the oil every 6,000 km.

However, every vehicle is different, and if people aren’t sure they should go through their dealership or regular service establishment.

Most service outlets provide customers with the choice between regular mineral oil, synthetic oil, and ester oil, Rolland said.

With ester and synthetic oil, the benefits include longer engine life, easier vehicle start-ups, and faster engine warm-ups. However, they are more costly than regular oil.

“You get what you pay for,” he said.

## Fluids

“Fluids are the lifeblood of your vehicle, so take heed when your service shop recommends they are

replaced, exchanged or flushed,” Rolland said.

The replacement of fluids can have a positive effect on vehicle performance, and is much more important in newer vehicles than it is for older ones.

Now, vehicles are made with lighter materials and have a higher performance so the demand on fluids is greater.

For brake fluid in particular, most new vehicles have braking systems that require a lot more from brake fluid because of traction control, anti-locking braking systems (ABS), and vehicle dynamic control systems.

The components that make up the braking systems are also made of a lighter material that can cause a greater heat transfer to the fluid in the calipers and lines.

Rolland said that brake fluid should be replaced at least every two years, especially if moisture content is high, or if the fluid becomes contaminated.

Moisture in the braking fluid can

cause the boiling point to lower, which compromises the efficiency of the brakes and can result in complete failure.

“The pedal [could go] to the floor precisely when you need your breaks the most,” he warned.

## Windshield wipers

Windshield wipers should also be inspected at least once a year, especially during the winter and spring when they endure the most use.

If the wipers are streaking on both the front windshield and rear window, Loyk said that they can be replaced easily by the vehicle owner.

## Battery

Car batteries should be checked and tested every year if they are over three years old, according to Loyk.

If the vehicle doesn’t sound right, Rolland said it should be taken to a professional for an inspection as soon as possible.

Battery cables are also important to inspect and kept clean.

## Scheduled maintenance

Both Rolland and Loyk recommended following the manufacturer’s maintenance schedule.

The manufacturer will inform the owner of when to tune-up the vehicle, when to change the fluid levels, and more.

With newer vehicles, the amount of work to be done during services and the time in between has decreased in recent years.

By following the recommended maintenance schedules, drivers can expect to have a more reliable vehicle and a higher trade-in or re-sale value if the vehicle can be proved to have a solid service history.

## Preventative maintenance

“Where you live and how you drive have a lot to do with the preventative work you have done,” Rolland said.

Following scheduled maintenance is important, but many dealers also recommend going above the guidelines and taking more preventative measures that can vary depending on where a person lives.

# Over a decade of Zen: Saying goodbye to Jon Stewart

**JAKE PESARUK**  
THE GRIFF

EDMONTON (CUP) — “Welcome to *The Daily Show*. My name is Jon Stewart.” These are the words you hear when you tune into Comedy Central’s *The Daily Show*.

For almost 16 years, the man behind the desk of this program has been the enigmatic Jon Stewart.

Stewart took over *The Daily Show* in 1999 after the previous host, Craig Kilborn, stepped down.

For over a decade, Stewart has brought his sardonic flare to issues both global and specific to American politics.

What separates Stewart from most late night pundits is the effect he has had on his viewership and his light-hearted yet stern attitude towards the ridiculousness of the political factionalism in the United States.

Stewart is a tour de force when it comes to creating an entertaining

news show and his influence on a new generation of socially conscientious viewers will be sustained long after his time as host of *The Daily Show* is over, which brings us to his recent announcement that he is leaving.

Several weeks ago, Stewart made comments on both Facebook and Twitter, stating, “For once, you wanna stay through the interview,” insinuating that some big announcement would be occurring after the episode airing that evening.

However, due to the show being recorded during the day, the audience that was present during that announcement found out before the show aired later that evening.

Social media was flooded with comments about Stewart’s retirement, and a statement issued by Comedy Central later that day stated that Stewart was stepping down as host, galvanizing these rumours.

Stewart then made claims that he wasn’t retiring from comedy as

a whole, just that he was stepping down as host of the show.

This announcement, coupled with the end of *The Colbert Report* a few months ago has landed a serious blow to late night comedic news shows.

The term “talking heads” comes from the redundancy of political pundits and news anchors, for they are simply heads on screens spewing facts mixed with their own rhetoric.

Stewart changed this trope. He turned a late night parody show into a humour-focused newscast that touched on important issues with a grain of salt.

He established an entirely different format of news that focused on showing clips of absurd socio-political incidents followed by Stewart’s immediate reaction.

Many others, such as Stephen Colbert, John Oliver and Internet pundit Phillip DeFranco have adopted this format, establishing Jon

Stewart’s lasting legacy of delivering the news in an accessible, funny way that never drifts into the realm of pure parody and maintains the integrity of still delivering the news.

My growth into a globally aware young man is owed to Jon Stewart. When I wasn’t too busy playing Xbox or fantasizing about my crush as a teenager, I was watching *The Daily Show*.

I’d come home after school, pour myself a ludicrously giant bowl of Honey Nut Cheerios and turn the TV on to both Stewart and Colbert.

I’d laugh about how ridiculously skewed the States was in terms of its politics, and the crazy things happening in the world, but I would still be getting the news and that is what mattered.

Whoever takes over for Stewart will fully know the kind of legacy they are taking on. Whether or not they deliver, only time will tell.

There has been no official announcement on the final date of

Stewart hosting *The Daily Show*. All we know is that his run as host will end in 2015.

Jon Stewart always ends his show by showing a clip of something ridiculous yet still news-related.

Before he shows this clip, he always states humourously and sarcastically, “here it is, your moment of Zen.”

These clips are ironic because Zen insinuates peace, but the clips are so unsettling in their stupidity and you realize that people in positions of power are actually doing these idiotic things.

These moments happen at the end of each show and have built up over the years.

With wit and intelligence, Stewart has given us not only moments of Zen but over a decade of Zen.

His legacy will last, leaving a younger generation to take up his mantle and keep supplying Zen to the masses.



# zodiac stargazer HOROSCOPE

## Aries (March 21 - April 19)

All week you feel like you've gotten up on the wrong side of the bed. Think of at least three nice things to say before you start shouting. You may be eligible for sympathy, but it will cost you some of your respect.

## Taurus (April 20 - May 20)

You're connected to the Earth, an integral part of the system. Thanks to the Capricorn Moon, you're practical and eloquent. Spiritual and community leaders speak in a clear, convincing voice.

## Gemini (May 21 - June 20)

Someone close to you is changing in an unexpected way. It's hard to believe your ears, so you'd better double-check what you just heard. Postpone an important decision until you know what's happening.

## Cancer (June 21 - July 22)

As the anglers are fond of saying, 'Fish or cut bait.' Stop announcing your intent to consider the possibilities and actually do something. Once you act, your life becomes much easier.

## Leo (July 23 - August 22)

You're accustomed to speed, but the Capricorn Moon slows everything down. Relax and try to enjoy yourself. You have all the necessary resources, and now you have the time to use them.

## Virgo (August 23 - Sept. 22)

Love, inspiration or pure joy strikes from out of the blue. The nameless thing for which you waited is even better once you can identify it. Anything extraordinary probably comes with your address on it.

## Libra (Sept. 23 - Oct. 22)

Libra, usually so graceful, has ten thumbs and two left feet. No matter how hard you try, you keep saying and doing everything wrong. You must laugh at yourself if you hope to save the week.

## Scorpio (Oct. 23 - Nov. 21)

You're ready for anything, even if it means settling for second best. You're awash with the happy restlessness that begins journeys and launches new projects. Be expressive about your hopes and needs.

## Sagittarius (Nov. 22 - Dec. 21)

You want attention that has yet to come your way. Remember that you're not the only one with a lengthy personal agenda. Rehearse your speech in front of a mirror. Practice makes perfect.

## Capricorn (Dec. 22 - Jan. 19)

All love and praise feel earned and justified. It's a rare day when you can act with complete self-interest and not feel even slightly guilty. The Capricorn Moon will even let you carry this special moment into the coming week.

## Aquarius (Jan. 20 - Feb. 18)

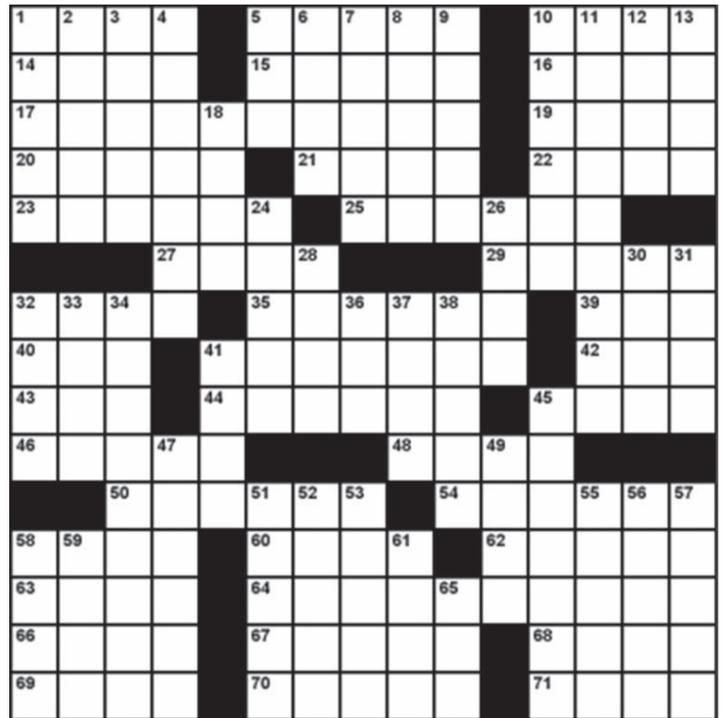
Be careful to investigate before blindly volunteering. If you're smart enough to get yourself out of trouble, why be involved at all? The Capricorn Moon is a source of common wisdom that you should heed.

## Pisces (Feb. 18 - March 20)

Old laws like chivalry and noblesse oblige stir many a heart when you break them out of mothballs. You're ready to measure your world by the golden rule. Make a tired guest feel welcome.

### Across

- Procter & Gamble brand
- Small amount
- Grease monkey's task
- Largest of the seven
- Headline in recent Interrobang: "Oldest Canadian food co-op \_\_\_ lecture series"
- Headline in recent Interrobang: "uWaterloo not the only school criticized for staying \_\_\_"
- Not plan A or B, or even X or Y
- As many as
- Chocolate source
- "Beat it!"
- "Agreed!"
- Angry frowns
- Comparatively plenty
- "\_\_\_ for the poor"
- Open, as a bottle
- Headline in recent Interrobang: "uWaterloo not the \_\_\_ school criticized for staying open"
- Cave dwellers
- Headline in recent Interrobang: "International Week: Where \_\_\_ you from?"
- Lobster eggs
- Headline in recent Interrobang: "Drunk \_\_\_ simulator drives message home"
- Caribbean, e.g.
- Flowed into
- Be there
- Close, as an envelope
- Headline in recent Interrobang: "\_\_\_ Fiction Winner: InvAsia"
- Hit the bottle
- Extremely serious
- 9th anniversary gift or BC River
- "I'm \_\_\_ your tricks!"
- Golden Triangle country
- Puffball part
- Procter & Gamble brand
- TNT, e.g.
- Normandy Beach name
- Feline sound (var.)
- Branch headquarters?



- Eye affliction
- \_\_\_ of Langerhans
- You might shout out with it, if you're a reindeer
- Baby showers?
- Bartender on TV's Pacific Princess
- Music associated with the '70s
- Corrode
- Headline in recent Interrobang: "FSU: The return of \_\_\_ VP"
- "ER" doctor
- \_\_\_ Bowl
- Kind of drive
- Bar, at the bar
- Turn up the volume
- Capitals
- \_\_\_ carotene
- Chemical compound
- Headline in recent Interrobang: "\_\_\_ up your sleeves and slap that puck"
- Headline in recent Interrobang: "Catching fire: \_\_\_ hydro meters getting replaced"
- Air bag?
- Fast-moving card game
- Headline in recent Interrobang: "We're running out of phone numbers - London needs a new \_\_\_ code"
- Clap
- "Carmina Burana" composer
- "O Sanctissima," e.g.
- More than tempted
- Party time, maybe
- In perfect condition
- Back, in a way
- Author Roald
- Headline in recent Interrobang: "\_\_\_ crunchies saving species"
- Mollify
- Pen pals?
- Fragrant resin
- Long skirts
- Type of cacti
- Carpenter's tool
- Corpulent plus
- Headline in recent Interrobang: "\_\_\_ management: Back to basics"
- Sonata, e.g.
- Profit, in England
- Plumlike fruit
- Headline in recent Interrobang: "Londonlicious dishes \_\_\_ fine food for fine price"

**Solution on page 18**

# QUIRKY FACTS

- There is a bed called the Cuddle Mattress that is divided into layers of foam for your arm to slip through.
- Katy Perry has a side kick: a cat that is appropriately named Kitty Purry.

- Richard Klinkhamer, a dutch crime writer, evaded justice for a decade while hinting in print and on TV that he'd murdered his wife, even after writing a book about seven ways to kill your spouse.
- Former Canadian Defense Minister Paul Hellyer believes that there are at least four species of aliens that have been visiting earth for thousands of years - and they are concerned about our use of atomic weapons.
- There's a man-shaped health center in Ontario, Canada, that's complete with an 'STI clinic' penis.
- Valentine Tapley promised to never shave again if Abraham Lincoln was elected president. He died in 1910 with a 12-foot-long beard.
- In Japan, 'yaeba' (or crooked teeth) in girls is considered cute and attractive. Girls actually undergo procedures to un-straighten their teeth.
- In 2013, a man bought a house next to his ex-wife just to install a giant middle finger statue for her to see every day.
- Pentheraphobia is a fear of a mother-in-law.
- Firefox Mascot Isn't a Fox, but a Red Panda
- Ecosia is a search engine that helps to save the environment by donating 80 per cent of its income to planting trees in Brazil.
- The pink cherry blossoms in Washington D.C. were a gift from Imperial Japan in 1912. They sent more than 3,000 seeds to be planted near the Potomac River as a symbol of friendship between the two nations.
- There's a type of strawberry in Japan that is completely white, inside and out, with red seeds.
- In 2012, a couple invited the Queen to their wedding as a joke, and she actually turned up.
- Google was originally called "BackRub".
- Taiwan became the first country in the world to offer free Wi-Fi connectivity to its citizens and all its foreign tourists.
- Despite being one of the top 10 richest men in the world, Ingvar Kamprad (founder of IKEA) lives in a small home, eats at IKEA, and uses the bus.
- Only one per cent of bacteria cause disease.

## Sudoku Puzzle

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

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 18.**

## Word Search

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

### Oscar nominated movies (Words in parentheses not in puzzle)

- |                 |              |                 |
|-----------------|--------------|-----------------|
| American Sniper | Joanna       | Song of the Sea |
| Big Hero (6)    | Maleficent   | The Boxtrolls   |
| Boyhood         | Nightcrawler | Timbuktu        |
| Foxcatcher      | Parvaneh     | Unbroken        |
| Interstellar    | Selma        | Whiplash        |







CREDIT: NAUMAN FAROOQ

Newly improved 2015 Mustang gets the stamp of approval from our motoring expert. But it does drink a lot of gas.

# There's a Mustang for everyone

**NAUMAN FAROOQ**  
MOTORING

What's a more perfect time to report on a sleek, rear-wheel drive, sports coupe like the 2015 Ford than the middle of winter?

This is a car I have been eager to get behind the wheel of, so when Ford offered it to me to take the car, I said yes. Thankfully, Ford had bothered to fit its press tester with proper winter tires, and I would be taking home the least potent version of the new Mustang, the base V6 model.

Just because the V6 model is the base model doesn't mean it is not powerful or fast, because it is. Under the hood lies a 3.7-litre, six-cylinder motor that produces 300 hp and 280 lb-ft of torque. That is enough grunt to get you from 0 to 100 km/h in about 6.0 seconds, while its top speed will certainly land you in jail.

Power, as in every Mustang since the birth of the model in 1964, goes to the rear wheels only. However, unlike most models in its history, you get a six-speed transmission,

regardless of whether you pick the manual or the automatic version.

The tester had a manual gearbox, and it was simply a joy to use. I have driven far more expensive cars with manual gearboxes that don't even come close to the precision and feel of the manual in the base Mustang.

You did good Ford – real good.

Ford also did really well with the suspension setup. The 2015 Mustang might not be the first Mustang in history to feature independent rear suspension, but this is the first time every Mustang model from the basic to the most hardcore to feature this layout. The payoff is much-improved handling and road manners. I always felt that over mid-corners bumps and cracks, the old Mustang behaved like a bucking bronco, the new car does a great job of soaking up most of the road's imperfections.

Ford also did a good job with the interior of the new Mustang. Not only has the quality improved, but the ergonomics, fit and finish have also improved. Depending on your budget, you can have a clever and modern infotainment system, but even the base car is decently well

equipped. There is also a decent amount of occupant space, and the seats are wonderful – even on long drives.

Speaking of long, the view out for the driver is that of a long hood featuring bulges, which actually help place the car. They also look cool.

The new Mustang looks good, even in base trim. While in the past, the basic versions looked cheap, the new ones don't. If you want even more aggressiveness from the styling, not to worry, Ford has plenty of performance models lined up for the Mustang, and the look just keeps getting leaner and meaner.

You will find a Mustang that suits your taste.

Any gripes? It is thirsty. I averaged just 12.3 litres/100km, which is not good. However, the cold weather and winter tires must have played a part, so in the summer you should get that number down into the 10's.

All in all, the 2015 Mustang V6 is a great sports coupe – or convertible (a drop-top is also available). With prices starting at just \$24,999 it will surely be a hit this year.

## FALCON CORNER

### MEN'S SPORTS

#### Basketball OCAA West Division Standings

Team	GP	W	L	PTS
Humber	18	17	1	34
Mohawk	18	15	3	30
Fanshawe	18	13	5	26
Redeemer	18	11	7	22
Lambton	18	10	8	20
Niagara	18	8	10	16
Sheridan	18	7	11	14
St. Clair	18	7	11	14
Sault	18	2	16	4
Cambrian	18	0	18	0

#### Volleyball OCAA West Division Standings

Team	GP	MW	ML	PTS
Mohawk	18	17	1	34
Humber	18	13	5	26
Fanshawe	18	12	6	24
Niagara	18	12	6	24
St. Clair	18	12	6	24
Sheridan	18	11	7	22
Redeemer	18	7	11	14
Conestoga	18	3	15	6
Cambrian	18	3	15	6
Boreal	18	0	18	0

### WOMEN'S SPORTS

#### Basketball OCAA West Division Standings

Team	GP	W	L	PTS
Humber	18	17	1	34
Mohawk	18	16	2	32
St. Clair	18	12	6	24
Fanshawe	18	12	6	24
Niagara	18	11	7	22
Sheridan	18	9	9	18
Lambton	18	7	11	14
Redeemer	18	3	15	6
Cambrian	18	2	16	4
Sault	18	1	17	2

#### Volleyball OCAA West Division Standings

Team	GP	MW	ML	PTS
Humber	18	18	0	36
Niagara	18	15	3	30
Redeemer	18	12	6	24
St. Clair	18	12	6	24
Sheridan	18	12	6	24
Cambrian	18	8	10	16
Fanshawe	18	5	13	10
Conestoga	18	4	14	8
Mohawk	18	4	14	8
Boreal	18	0	18	0





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