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Cellphones down!

A bad habit you might have to pay for; fines for texting and driving to increase March 18

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Down the rabbit hole

A play with no director that's different every night – an actor's most exciting challenge

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VOTE

MARCH 10-13
VOTING CAN BE DONE ON FOL

Volume 46 Issue No. 23 March 10, 2014 www.fsu.ca/interrobang/

FULL-TIME FANSHAWE COLLEGE STUDENT AND UNDER 25?

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National Potato Chip Day is March 14 – if you could make up any potato chip flavour, what would it be? #falconchips

This week's winning response:

Samantha Hanna
Spicy Cheddar Bacon

Gary The Snail @GarrettQuesnell
@fanshawesu #falconchips sour cream and onion without the weird aftertaste, yuck.

Desiree Strazzella @desstrazzella
@fanshawesu honey garlic #falconchips

Christine Pépin
Shawarma flavoured chips? Hmm

Hope Bailey
Tofu

Michelle Lynne Jon
Lol hmm chicken burger flavored?

Rachel Deller
Cinnamon roll flavoured!

Nadin Stewis
chocolate flavoured

Gin Cao
cucumber flavor

Ashley Gamble
Apple Cinnamon!

Mohammadi Sakir
Spicy Mirch flavour

Jesse Symes
taco

If you could only play one video game for the rest of your life, what would it be? Tweet using #falcongammers or respond to the Note on our Facebook page (facebook.com/fanshawesu) before 2 pm on Wednesday, March 12th, 2014. You'll be entered into a draw for a \$10 Out Back Shack/Oasis gift certificate. Must be a current, full-time Fanshawe student.

From the Falcon's Beak

MARCH EVENTS

TICKETS AVAILABLE IN ADVANCE AT THE BIZ BOOTH

MON - TUES 10TH & 11TH

TUES 11TH



LAST BAND STANDING
ROUNDS 1 & 2
8 PM | OBS | FREE

TUESDAY COMEDY NOONER
DYLAN MANDLSOHN
NOON | FORWELL HALL
FREE COFFEE & TEA



WED 12TH

FIRST RUN FILM
300: RISE OF AN EMPIRE
\$ 4 STUDENTS | \$ 6 GUESTS
AT RAINBOW CINEMAS (IN CITI PLAZA)

WED 12TH

SEX TOY BINGO
9 PM | OBS | NO COVER
ALL AGES WITH STUDENT ID, 19+ WITHOUT

THURS 13TH

THURSDAY MUSIC NOONER
NOON | FORWELL HALL
FREE COFFEE & TEA

Co-Sponsored by the Food and Beverage Department

St. Practice Day Pub

Thursday March 13th | The Out Back Shack | 9:30 pm | No Cover
Come in Costume | Feat. DJ DoubleDown | 19+ Event

250 reasons to attend! The Fanshawe Lions club will be in SC and Forwell Hall selling St. Patricks Day gear Wed and Thurs.

You can WIN \$250 in Loonies for best costume



FRI 14TH

FANSHAWE AT THE KNIGHTS

BUDWEISER GARDENS | 7:30 PM
\$ 18 STUDENTS | \$ 20 GUESTS



SUN 16TH

CHILDREN'S FILM SERIES

MR. PEABODY & SHERMAN
\$ 3 STUDENTS/ KIDS | \$ 6 GUESTS
AT RAINBOW CINEMAS (IN CITI PLAZA)

IT'S HERE!



FANSHAWE'S
CO-CURRICULAR
RECORD

And, there's still time to get your activities in before the end of the year.

- Build essential skills
- Get credit for participation
- Increase employability

Recognize your potential and create a record today.

FANSHAWEC.CA/CCR

Text later, arrive alive

STEPHANIE LAI
INTERROBANG

Put down your phones while you're driving, because fines are increasing from \$155 to \$280 effective March 18.

Ministry of Transportation spokesperson Bob Nichols said the increase comes with texting and driving continuing to be a prevalent problem.

"While we have seen success with our distracted driving law and public education efforts, distracted driving continues to be a growing problem on the province's roads."

Sgt. Ryan Scrivens of the London Police Services hopes the increased fine will discourage use of hand-held devices while driving.

"Distracted driving ... is one of the leading causes of serious injury and deaths on our roads with respect to motor vehicle collisions," he said. "It's hopefully [a] deterrent to make people focus on their driving and put their phones down."

According to Scrivens, London has seen a 58.5 per cent increase from last year in offense notices given to people who were driving while either talking or texting on their phones.

"For the price of a Bluetooth, you can drive legally and still communicate hands-free, which is not against the law," he said. "Or you can continue to contravene the law and drive while holding your phone and/or worse, text while you're driving, which does increase your chances of being involved in a collision by more than 23 times."

Nichols explained that increasing the fine will hopefully discourage "inattentive" driving before the situation gets worse.

"In 2010 there were 65 drivers involved in fatal collisions that were coded by the police officer as 'inattentive,'" he said. "From 2000 to 2010, there has been a 62 per cent increase in the number of fatalities and a 35 per cent increase in the number of injuries ... inattentive driving is expected to be a more significant factor in fatalities than drinking and driving starting in 2016."

Use of cellphones has skyrocketed in recent years, but Scrivens said no one age group is guiltier than another. "It applies across the board."

"There's no one denomination



CREDIT: DRIVENOWTEXTLATER.ORG

Fines for distracted are going up in Ontario to \$280 on March 18.

that's exempt from this," he said. "Whether you're a busy parent ... you're a business person ... you're a popular adolescent ... we all have phones and those types of devices for different reasons."

However, Scrivens said newer and younger drivers who have obtained their licenses since 2009 are "compliant" thanks to education.

"Often some of those people are very compliant with the law because they were educated both at the Ministry level when they got their license and also prior to that in school from a presentation ... about the perils of texting and driving and they responded accordingly."

Though at this time, demerit points are left untouched if fined, Scrivens said it doesn't mean there won't be revisions in the future.

"This could be a step in that direction and maybe there's an assessment period and maybe sooner than later, there may be demerit points associated with it, there may not be. Only time will tell."

"Anyone who chooses to put others at risk by driving while distracted, for whatever reason, can still be charged with Careless Driving or Dangerous Driving," said Nichols. "If convicted, drivers may receive six demerit points, fines up to \$2,000 and possible jail time."

If you must, Scrivens suggested having a passenger text for you.

"We all could be guilty of being addicted to our phones ... Once you get into the vehicle and you're driving ... you put your phone in a secure location like the trunk where you can't even be tempted ... you put it on silent or you hook it up to a Bluetooth and use it that way, but it needs to be a routine; something that people do every time they enter a vehicle, like putting on a seatbelt, adjusting your mirrors, you do the same thing with your phone."

Seed Your Startup helps businesses bloom

ERIKA FAUST
INTERROBANG

Spring is nearly here (we hope), and flowers aren't the only things starting to sprout up.

BizInc's third annual Seed Your Startup business pitch event is breathing life into local post-secondary students' business ideas, and they want you to apply by March 14. The top ideas will be pitched to local investors, *Dragon's Den* style, on April 9, and the winners will walk away with thousands of dollars in cash and services to kick-start their business idea.

"It gives students the opportunity, if they're in the idea stage, to practice their pitch and make it a reality," said Brittany Medeiros, marketing, communications and event co-ordinator for BizInc, a local business incubator. "If they're in the business development stage, it gives them the opportunity to actually get money towards their business, to maybe spend it on services or hiring an extra person or anything that can help them boost their business."

After the top business submissions are chosen in mid-March, representatives from BizInc will mentor the students. "We're going to prep you for [pitch day on April 9] so that you look like a professional when you get out there and you're confident about your idea," Medeiros said.

The student or group that takes home top honours will be given \$7,000 worth of cash and services, and second-place will receive \$3,000 of cash and services. The group with the best pitch for a fun or good idea (but not necessarily a sustainable idea) will take home a \$500 prize.



CREDIT: V3WALL.COM

Just as the buds are starting to blossom, Seed Your Startup is helping students' businesses sprout up all over London.

"Seven thousand dollars for a new startup company is kind of amazing," Medeiros said. "It can actually take it from zero revenue to actually making money."

Last year, more than 50 business plans were submitted to Seed Your Startup. The winner, GamePress, was a collaboration between students from Fanshawe College and Western University. It has gone on to find national success, winning a massive grant after snagging last year's \$5,000 top prize at Seed Your Startup.

"They practiced their pitch here, moved on to another organization and did their pitch again and ended up winning \$25,000," Medeiros said. "We help mentor so that the [entrepreneurs] can practice pitching in front of [investors] so that they can go on to really push their business in the right direction."

Seed Your Startup is open to pitches for virtually any business idea, even non-profits; the only requirement is that it is a sustainable business run by a current Fanshawe or Western student.

"That's the fun part about it - we're not looking for any idea

specifically. It's anything that's creative that we think can be turned into a business. It can be absolutely anything - it can be fun and quirky, it can be something serious that can be turned into a business."

Business plans are due on March 14 at 5 p.m. - fill out an application form at bizinc.ca/events/seed-your-startup and hand three copies of the form in to the BizInc office on campus in SUB. BizInc advisors are available to assist with Seed Your Startup applications - contact Medeiros at brittany@bizinc.ca for help.

The pitch event takes place from 2 to 5 p.m. on April 9 at the Mustang Lounge in the Western University Community Centre, and everyone is welcome to attend. For more information on the event, go to bizinc.ca/events/seed-your-startup.

Seed Your Startup is sponsored by BizInc, London Economic Development Council, TechAlliance, Big Viking Games, USC Western, Fanshawe College, RBC and Brescia College.

KIOSK QUIZ

WHERE CAN YOU ADVERTISE TO SUBLET YOUR APARTMENT?



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

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

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want TO GET involved?

ON MARCH 22

REGISTRATION STARTS @ 6 PM

EVENT 7 PM - 7 AM

FORWELL HALL

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JOIN THE FIGHT TO END CANCER!



RELAY FOR LIFE



RELAIS POUR LA VIE



Canadian Cancer Society



Société canadienne du cancer

Culinary students a success in food show

STEPHANIE LAI
INTERROBANG

Seven Culinary students competed in the Escoffier Society of Toronto's Culinary Salon competition at the CRFA Food Show in Toronto in early March.

Instead of taking a trip to Cabo or relaxing in their hometowns, the students were in cooking labs throughout Reading Week to prepare their pieces for the competition.

Second-year Culinary Management student Anna Bilcke said she didn't care about winning medals, but focused on the learning experience she was getting.

"It grows our knowledge," she said. "You get more knowledge than other students who aren't doing this on Reading Week."

"Even when you think you know what you're doing, you always learn new ways to do things."

Iliah Krent, a continuing education student, said the competition put her skills to the test in "every

which way possible."

"We got to explore different types of techniques and methods," she said. "Some elements you don't always come in contact with in school."

Pastry is where she finds her happy place.

"The kitchen can be [heavy and draining], too," she said. "It's your own pressure, not life pressure ... You can be creative and it can go in so many different directions. Everybody has a different take on it."

Instructor Roland Hofner praised the group of students, and said the competition was a great exercise for them.

"The eager ones – the ones who want to go that extra step and go for this experience and the headache, the pain, the agony and extra hours – they will come back, they will compete and hopefully succeed."

Fact is, the students don't have to do this.

"This is extra on top of their school hours," he said. "[They used] skills, which they don't quite learn in class, so they are all here on their own time just acquiring new skills and competing."

"They will see very quickly when they try to do new things ... if they're able to do it or not ... then they can challenge their own limits and improve them and try harder until something breaks."

Hofner didn't expect medals; he wanted students to experience the fun and learn from it.

"If they win a medal, even better, but I'm not too crazy on the medal part," he said. "For me it's the fun they're having and the skill experience [they] take away from it, that's all that really matters."

Carly Holloway, Bonnie Tingley, Shauna Stewart, Annabelle MacDonald and Iliah Krent all walked away with bronze medals; Anna Bilcke and Rachelle Goulet took home silvers and Goulet won Overall Best Show



CREDIT: STEPHANIE LAI

Student Iliah Krent and instructor Roland Hofner were busy during Reading Week, preparing for the food show, which happened March 3.

entry in wedding cakes.

Historically, Hofner said Fanshawe students have done well, medalling in the past, but it's the experience to be savoured, not the prize.

"It's like the Olympics; being there matters more than the gold medal you take away," he said. "They will remember it one day and what they achieved."

Artists create to support local schools

JANICE HYDE
SPECIAL TO INTERROBANG

Four rounds, 15 local artists, 37 original works, one champion.

April 24 will bring the second annual fundraiser, The Brush Off, to The London Regional Children's Museum. The Brush Off promises to be a wonderful night of fun, laughter and above all creativity with 15 local artists creating works of art during four timed rounds of competition.

Each piece of art will be created live in front of the audience. There will be many unique silent and live auction items to accompany the paintings created that night. This is an interactive experience as attendees will get the opportunity to cast their votes for their favourite paintings of the night, and a champion will be crowned at the end of the four rounds.

The Brush Off raises funds to subsidize school trips from London's "priority schools" to The Children's Museum. These schools reside in areas of poverty and face difficulties in covering costs to

bring the children off-site. The Children's Museum will provide a hot lunch for each child and a day of curriculum connected programming and lots of time to play!

Linda Leja, the Museum's director of development, said, "[Founder] Carol Johnston's vision for Canada's very first Children's Museum was simple: an even playing field for all children, regardless of physical or cognitive ability, financial circumstances or cultural background. The Brush Off allows us to uphold Carol's promise to the hundreds of students in London, regardless of their circumstances."

In 2013, The Brush Off proceeds covered the costs of bringing 433 children to The Children's Museum. This year, the Museum is raising the bar; they have 1,000 public school children in mind and want to make sure they all get to the Museum for a day of play. For every \$1,000 raised, two classes will experience a special day at the Museum.

The Brush Off is the first of its

kind here in London and has proven to be a great success. Many talented local artists have signed on and are already planning out their paintings. TD is proud to be returning as Presenting Sponsor in 2014. Their support of The Children's Museum and their shared vision of providing children quality educational experiences have proven to be an integral part of the event's success.

Students from Fanshawe College are encouraged to volunteer their time at the event. Hands are always needed to provide an extra special experience for attendees. From cleaning the artists' brushes and water to making sure the auctions run smoothly, all help is welcomed and appreciated.

Tickets for The Brush Off are available at tinyurl.com/CMbrushoff2014, or you can contact The Children's Museum (21 Wharncliffe Rd. S.) for information. To volunteer or get involved, contact Linda Leja at linda@londonchildrensmuseum.ca



CREDIT: STEPHEN ECHAVIA

After blowing away Fanshawe's students and staff on campus with their amazing fashion show during International Week in February, international students were invited to perform at 3M's national sales meeting on February 27. The students modelled colourful clothing from their home countries, and a dance performance at the end of the show got the audience feeling groovy.

Students, you've got one more paper to turn in

CANADA REVENUE AGENCY
SPECIAL TO INTERROBANG

Canada's deadline to file individual income tax and benefit returns is April 30, but you've probably already learned that you shouldn't wait until the last minute to hand in your work.

April is a busy time for students. Not only are you wrapping up the semester and in the midst of finals, but you're also making summer plans or preparing for the summer semester. Avoid adding to your workload and stress level by filing your tax return early, and by taking advantage of the secure online services the Canada Revenue Agency (CRA) offers. With the many online help tools, including easy-to-follow videos that are accessible 24/7, filing your tax return has never been easier.

If you haven't worked in the past year, you might think you don't need to file a return, but that could cost you. You have to file to make sure you receive any payments to

which you may be entitled, such as a refund or quarterly GST/HST credit, which you likely qualify for if you are at least 19 years old.

Are you a foreign student who is unclear about whether to file? If you are studying as an international student, you first have to determine your residency status at cra.gc.ca/internationalstudents. You may owe taxes to the Canadian government, and may qualify for GST/HST credit payments. If you are an international student, your individual income tax and benefit return is generally due on April 30 and you have to send it to the CRA's International Tax Services Office. If you have questions, call CRA's International tax and non-resident enquiries line at 1-855-284-5942.

The CRA has dedicated part of its website to students and the specific tax scenarios that may affect them. Go to cra.gc.ca/students to find everything you need to know about your tax return, including

how to claim tuition, education, and textbook amounts, and moving expenses.

This year, you can file online using NETFILE as early as February 10, and many companies are offering free certified software.

If you need help filing your return, have a modest income, and a simple tax situation, contact the Community Volunteer Income Tax Program, which runs volunteer tax clinics across the country. To find a volunteer tax preparation clinic, go to cra.gc.ca/volunteer.

With so many options available to guide you during this tax season, there's no excuse to delay. If you file online and sign up for direct deposit, you may receive your refund in as little as eight days! To get started on your taxes, go to cra.gc.ca/getready.

And don't miss the latest CRA news or tax tips – follow us on Twitter @CanRevAgency.

Don't delay, beat the April 30 deadline!

Pet ownership doesn't end in summer months

SHANNON BRADBURY
INTERROBANG

Many students like the idea of having a house pet for the school months. Since there are so many cats around, it is quite easy for a student to adopt or purchase a kitten or a cat. These animals are given a home in the first couple months of school, and have learned to live with the warmth of an owner. But the issue is when students leave and cannot take their pet home with them. Cats are left un-neutered fending for themselves on the streets of London. The problem of stray cats around the beautiful city is only multiplying.

Florine Morrison, founder of the registered charity Animal Outreach, said, "Every year when students leave the city, there is an increase in the number of cats found." This is an important problem for the neighbour, the student and most importantly the cat. Morrison said that people living in student-heavy neighbourhoods find cats giving birth to kittens under their porches, meowing at

their windows for food or walking around starved and diseased.

It's possible that students do not realize that dumping cats or any animal on the streets is illegal, and they can be charged for it. Morrison suggested that students should consider fostering a pet if they have the desire to have one during school. Fostering a pet means you can keep the animal for a set time that fits your availability, and give it back to the shelter or foster home when you can no longer keep it.

Morrison offered these honest words directed to anyone thinking about leaving their housecat homeless: "Consider if you get caught, but most importantly consider the animal. An animal that is used to being cared for and loved and is put outside on the streets to fend for itself is not going to survive."

Before you go ahead and take on the ownership of any animal, think about the long-term consequences. If your family will not allow your house pet to come home with you when school is done, then don't adopt – foster instead.

FSU EXECUTIVE ELECTIONS

President | VP Athletics & Residence Life | VP Entertainment
VP External & Academic Affairs | VP Finance
VP Internal Affairs | Board of Governors Rep

EXECUTIVE ELECTIONS 2014

VOTE

MARCH 10-13

VOTING CAN BE DONE
ON FOL VOTING ENDS
MARCH 13TH AT 2 PM



For any questions, please contact FSU President
Adam Gourlay at fsupres@fanshawec.ca

fsu.ca/elections2014

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STUDENT
UNION
www.fsu.ca

2014 EXECUTIVE ELECTION CANDIDATES



PRESIDENT

MEGHAN BENNETT



I'm currently in the Dental Hygiene Program, and have also completed the Dental Assisting and Human Services Foundation Programs here at Fanshawe. Over the past five years I have gotten to know many staff,

students, and be actively involved in the Fanshawe community. I have been a class representative for the past two years and initiated two fundraisers focused on helping vulnerable populations in the city. Through these experiences I have enhanced my ability to communicate and be an effective liaison between staff, students, and other members of the community. Throughout the past five years, I have used many of the services at Fanshawe, creating a great understanding of their strengths and areas that need improvement. I have also been involved with the Peer Tutoring services and thoroughly enjoyed my time helping students become engaged in their learning. I am a member of the Spectrum collective and feel passionate about equality through advocating for LGBTQ rights here at Fanshawe and in the broader community. I am confident in my abilities to advocate for the Fanshawe student population and would love the opportunity to be President of the FSU!

VOTING CAN BE DONE
ON FOL VOTING ENDS
MARCH 13TH AT 2 PM

ASHISH MEHTA



What's up Fanshawe!

My name is Ashish Mehta, and I am an International student from India. Over the past fifteen months Fanshawe College has been my home. Being part of the student population, I have engaged myself in various activities and learned new things that have changed

my vision towards life. This has inspired me to give back to the student community and that's why I am running for FSU President.

I have started my academic career at Fanshawe in January' 2013 and graduated from Project Management program with President's Honor Roll, and I am currently taking a Business program. Fanshawe has given me the skills to be able to manage the resources effectively, which is an asset to run the Fanshawe student body and yield prosperous results for the students.

I believe we all are connected as one people. It's a fundamental believe:

I'm my brother's keeper

I'm my sister's keeper

I'm my student's voice

Hope in the face of difficulty

Hope in the face of uncertainty

Hope in the face of togetherness

Hope in the face of diversity

This makes the student union work.

When elected, I will re-engage the students in this amazing campus life and will make them excited and interested in what works and what can work to make Fanshawe the coolest college in Canada.

"Actions Speak Louder Than Words,
Let My Actions Speak For Me, Ehyyy!"

The election begins on March 10th

Go Falcons!!!

Vote for Ashish Mehta – The Students Choice

MATT STEWART



G'Day mate,

My name is Matt Stewart and I am an international student from Australia and I hope to bring some new ideas to the FSU in the role of President this upcoming year. I am a graduate of the Graphic Design Program here at

Fanshawe College and because of my involvement in many areas pride myself on living and breathing Fanshawe.

Many Canadians ask me why I came to Canada instead of staying in Australia and my answer is always the same: volleyball. I was recruited to play volleyball for Fanshawe and was honored when being handed the captaincy in my rookie year.

I have held the position of VP of Athletics and Residence Life in the 2012-13 year and the position of VP of External and Academic Affairs in this current year of school. I loved the life that the FSU gave me - looking after fellow students. Running for president means I can take my knowledge that I have learnt over the past two years as a vice President at the FSU and take charge and make changes that will benefit students greatly.

I believe that the Fanshawe Student Union can better serve the students with the services that we provide but I also know that many student around the college don't know about these opportunities. If elected I will provide more vision of the FSU letting all students know about events, benefits, opportunities for work and in general everything that is the Fanshawe Student Union.



VP ATHLETICS

ALAN BUSHELL



Hello Falcons, My name is Alan Bushell and I am running for the position of VP Athletics & Residence Living. I hope that together with the student body, we will make next year's athletics experience the new golden standard for Fanshawe College.

The joy of being the current Student Administrative Council Representative for the School of Information Technology has driven my passion of serving the community to new highs. Getting involved with the exceptional and diverse students that Fanshawe attracts has made for a truly fantastic educational and life experience.

I encourage you to give me the opportunity to further my passion of serving the students by choosing me in this year's elections.



VP FINANCE

AUSTIN CLUSIAU



Hello Everyone!

My name is Austin Clusiau and I am excited to be running for the 2014/2015 VP of Finance. I am currently finishing my first year in CTY, and have only lived in London since the start of the school year. Previously I lived in Kincardine Ontario, attending Kincardine

District Secondary School, before that I moved around throughout northern Ontario.

Because of moving around a lot I know that one of the most difficult things with new experiences is the availability of information. College is a new experience for most people and some of the most important information is your finances. Unfortunately one of the large stresses in a college student's life is money, and this takes our focus and time away from our studies, athletics and creativity. I hope to be able to bring all the information you need to succeed, and help you get the most out of college while you're here. I can be reached at most times of the day at a_clusiau@fanshaweonline.ca. If you see me around the school, (or G building where I can be found most mornings while not in class) stop me and say hello.

TAYLOR LODGE



Hey hey hey Taylor Lodge here! I am graduating from Early Childhood Education and enrolled in the Developmental service worker program for next year! I am trying to step up the ladder in counsel for next year from

being the current human services SAC rep and hoping to be your VP finance for the 2014-2015 school year! I love being involved with the school it has helped me out so much and I am excited to possibly help out the students because that's what i'm all about! Money money money money mooooneeeyy *singing it*

2014 EXECUTIVE ELECTION

CANDIDATES

VP INTERNAL AFFAIRS

CHERISS MARSON



Hello Fanshawe! My name is Cheriss Marson and I am running to be your Vice President of Internal Affairs for the 2014-2015 Academic year. I was born and raised in London, Ontario and attended London Central Secondary School. I am

currently enrolled in my final semester of The Recreation and Leisure Services Program and am returning next year for The Project Management Post Graduate program.

The VP of Internal Affairs is responsible for all of the awareness weeks, the fundraisers and overseeing all of the clubs that Fanshawe offers. I want to give each and every student a voice, there should be something for everyone! Every student should have a group they belong in and I will strive to ensure there is a place for everyone. I am here to enhance your College experience and ensure you get the most out of your time here. A voice for everyone, Vote Cheriss Marson. VP of Internal affairs

ANGAD RASTOGI



'Courage is what it takes to stand up and speak; Courage is also what it takes to sit down and listen.'

-Winston Churchill
Hey Fanshawe!

I am Angad Rastogi and I am running for VP Internal Affairs. I am an international student from India and hope to

offer and infuse in some new ideas and experience to the FSU team. This is my First year at Fanshawe and I am currently in my second semester of International Business Management at the School of Business. I am a friendly and approachable person with the passion and commitment to take everyone forward. A strong believer of coexistence and team work, I would be available to voice your concerns and needs to the student union. I have been involved in a great variety of activities throughout school and college and have organized many college and marketing events and also actively conducting social service activities. As an Internal VP, I wish to help the students by creating awareness about various clubs, organizations, health issues and volunteering opportunities available and involving as many students as possible. I aim to represent all students rather than push a political agenda. I will be the solution to your problems.

Vote for me because I am a pragmatic, experienced candidate and I will deliver on my promises. With you, For You! To know more about me and my campaign you can join my Facebook page or you can follow me on Twitter:

<https://www.facebook.com/Vote.for.Angad>
<https://twitter.com/angadrastogi>

BOARD OF GOVERNORS

PRINCEWILL ONYIA

My name is Princewill Onyia and I am taking Electrical Engineering Technician level 2. I am running for the position of Student Representative Board of Governors Fanshawe College. Over the past half a year, I have been very actively involved in a wide range of campus organizations,



including representing the School of Applied Science and Technology & Building Technology at the Fanshawe Student Union. I have also coordinated the affairs of the Class representatives in School of Applied Science and Technology & Building Technology Fanshawe College. During the period I was a SAC (Student Administrative Council) member, I offered a wonderful representation which includes bring to the notice of the SAC members issues of concern from

students. I am a recipient of several awards which includes SIFE (Students In Free Enterprise) International Award for an Achiever 2007, NUJESS (National Union of Enugu State Students) Award of Excellence 2007, Udi Students Award of Excellence 2007, ASEES (Association of Electrical Electronics Engineering Students) Enugu State University of science and Technology Achievers Award 2006, and Dean Roll Award Nominee Fanshawe College 2014. I have a Bachelors Degree in Electrical Electronics Engineering. Besides being a SAC Rep, I am also the Class representative for my program. I have given substantial consideration to the position of Student Representative Board of Governors Fanshawe College, if elected; I would ensure proper representation as to responding promptly to the demands of student as it concerns their academic and social needs.

Vote Princewill for Board of Governors

<http://prince4bog.wordpress.com/>

<http://www.linkedin.com/pub/princewill-nnaemeka-onyia-b-eng-ccna-mnim/23/714/a25>

ZACHARY BENAYON

Candidate did not provide a bio.



VP ENTERTAINMENT

KEVIN KAISAR



Hi Fanshawe!

I'm Kevin Kaisar and I'm running to be your VP Entertainment for the 2014-2015 school year. I'm in my second semester of the Business program, and pursuing a career in Event Planning and Marketing. I'm also an International Student all the way

from the exotic land of India. I love music and play the keyboards, and also a pro (bathroom) singer! I've planned academic and social events throughout high school, and also gotten involved at Fanshawe by helping organize the Charity Semi Formal in February. I want to use the management and organizational skills I'm learning in my program to make Fanshawe events the best they can be. I want to be VP Entertainment because I want to make your time at Fanshawe as fun as possible. If elected, my main responsibilities would be the planning of events like Frosh week, pubs, and the music and comedy nooners to make them exciting, lively and enjoyable. I really want to give you the best possible campus entertainment – events that you just wish never ended! I want to use my perspective as an International student to push the envelope and make campus life more fun for everyone at school.

If elected, my goals for the year will be to increase student involvement in campus events, not just through attendance, but also with their promotion and planning. I'm always open to suggestions for interesting things to do, so if you have an idea for an event, I'm all ears!

ANTHONY SAWYERS



Greetings Ya'!!!

My name is Anthony Sawyers; I am a first year music industry arts student and I am hoping to become your VP of Entertainment.

I enjoy all aspects of entertainment especially music, as I am a Christian rap artist, and have experience in the entertainment industry with live show book-

ing, and performance.

A goal that I have if I were to win would be to create an atmosphere of enjoyment for all Fanshawe students through diverse events that grant students whom have different interests and tastes the opportunity to be involved in the Fanshawe community and have fun with their peers.

My love of entertainment, community and passion to create an atmosphere where all students can enjoy would make me a great VP of entertainment.

VP EXTERNAL & ACADEMIC AFFAIRS

JESS BROOK



Hey guys,

If you haven't met me yet, I'm your VP finance for the 2013-2014 school year. This is my second year on council and I'm hoping to make it a third as VP External and Academic Affairs! I'm graduating from Early Childhood Education and

entering the Developmental Service Worker program. I'm super outgoing and wacky. I try to be as approachable as possible. Feel free to stop me in the halls if you ever have any questions. As long as you can recognize me (my hair changes monthly). HELP ME SO I CAN HELP YOU!

KEIR JACK



Candidate did not provide a bio.



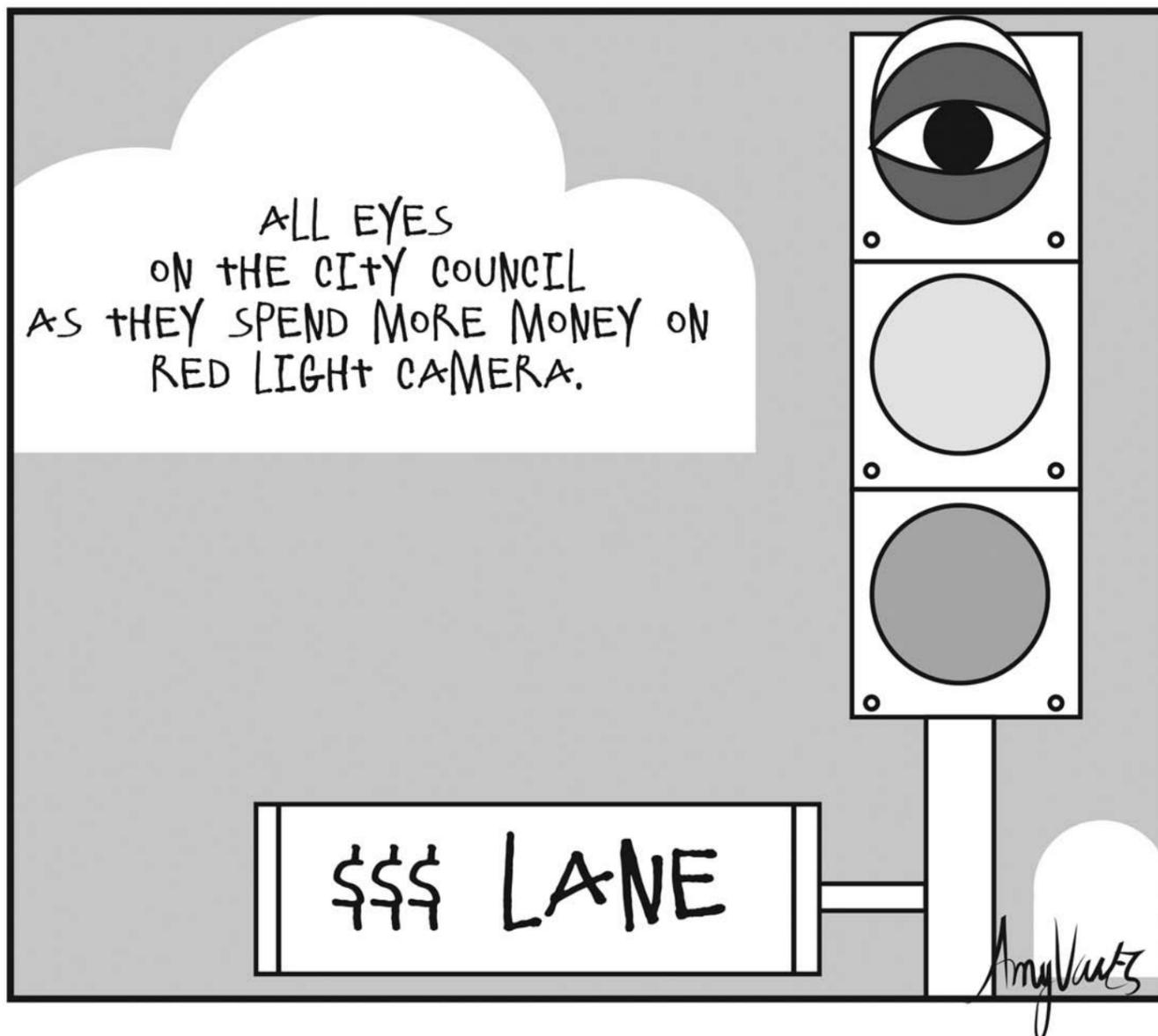
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EXECUTIVE ELECTIONS 2014

VOTE

MARCH 10-13

VOTING CAN BE DONE ON FOL VOTING ENDS MARCH 13TH AT 2 PM



CREDIT: HARVARDPOLITICS.COM

The minimum wage debate rages on.

The bare minimum wage

 VICTOR DE JONG
 INTERROBANG

Chris Rock used to tell a joke about working at Burger King for minimum wage. He said that working for minimum wage was like having a manager come up to you and saying, "Hey if I could pay you less, I would, but it's against the law."

Almost every student has dealt with working for minimum wage at some point in their life and knows that the jobs are often thankless and the money never seems to add up.

Ontario's minimum wage is a hotly contested issue for the province as the rate has been unchanged since reaching \$10.25/hour almost four years ago. Prior to 2006, when the government caved to public pressure, the minimum wage had increased just over a dollar in a 10-year span. In similar fashion, The Campaign to Raise the Minimum Wage was founded to raise awareness about the stagnancy of the minimum wage. The campaign has been an umbrella for several advocacy groups who believe that the minimum wage should increase to \$14/hour to provide an adequate quality of life for more Canadians.

Ontario Premier Kathleen Wynne has promised to raise the minimum wage to \$11/hour on June 1 and tie it to the rate of inflation going forward. The NDP is showing support for raising the minimum wage as well, applauding the premier's actions and calling for a commitment to reaching \$12/hour by 2016. The inflationary increase method would achieve a similar rate just one year later because both the NDP and Liberal parties know that excessive tampering with the minimum wage structure could be catastrophic for the provincial economy. Unsurprisingly, the Ontario PC Party has said little on the subject, the last PC Premier of Ontario raised the minimum wage just 75 cents during his seven years in office.

The two approaches to minimum wage are rooted in differing ideologies, but research has failed to provide empirical evidence supporting one or the other. The conservative ideology is that if companies have to pay their employees more, they can't spend as much money growing their business. In theory, if a company didn't have to pay each employee as much, they could afford to hire more employees. The Liberal mindset is that if minimum wage were to be increased, the average person would spend more money and the increase in business would counter the increase in wages. Both theories are deeply flawed but represent two different economic models that the respective right and left are trying to champion.

The announcement of an increase to the minimum wage comes at a time when the incumbent Liberal party is particularly vulnerable to public pressure. The provincial budget is imminent and Wynne wants to bank as many votes as possible ahead of what will almost certainly be a non-confidence vote leading to an election. Wynne is drawing a line in the sand for Ontarians to choose whether they want a government that uses the economy to help people or one that uses people to help the economy.

Snapshots of the Ukraine


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

Video clips of United States President Obama speaking out against Russia have not been hard to find lately. He says that Russian President Putin should not be forcing his will on the people of the Ukraine while they look down the barrel of a Russian gun. He also says that invading the country of a neighbouring state is no way to enforce stability.

A few snapshots from the past, though, make me wonder if he can really mean what he is saying. The United States has a history of interfering with its neighbours to enforce stability. It attacked Cuba in the 1960s. It invaded Grenada in the early 1980s. It disrupted the government of Nicaragua that same decade and has played dirty tricks in other regions of South America.

Obama also seems to be not well informed about Russian history. That history has often been dominated by incredibly ruthless leaders. Here also, a couple of snapshots may help. Check out Peter "the Great" on Wikipedia. Active in the early 1700s, and famous for his battles and heroic exploits, Peter had his own son tortured and killed for disobedience. Closer to our own time, Joseph Stalin murdered millions of his own people through the widespread use of labour and concentration camps. Many Russians of the past have typically admired such "strong" leaders, and in that context, Putin's tough-guy posturing from time to time makes its own kind of strange – albeit destructive – sense.

Or consider another shot, this one of Russia ringed by nuclear missiles. During the Cold War the United States, helped by its NATO partners, established nuclear missile bases within striking distance of all of Russia. It patrolled the edges of Russian airspace with B-52s loaded with atomic bombs. And in the seas, submarines carrying nuclear



CREDIT: ROMAN PILIPEY/EPA

Fiery protests in central Kiev have Michael Veenema longing for a much more peaceful time.

missiles were never far away from Russia. In the light of that kind of history, the United States appears to have little credibility, and no moral ground, for telling the Russian leadership how it "should" behave.

My own feelings about the people of the Ukraine are connected with some of my own snapshots – photos I took when I visited the Ukrainian city of Kiev many years ago. In one of the pictures a Ukrainian young man stands with one of the members of our tour group. They are standing in front of a decommissioned tank. The young man was a proud Ukrainian. He explained to us that the site where the tank sat was a park dedicated to the memory of Ukrainian soldiers who died to keep the Russians out (they lost).

Another snapshot is a memory of going underground below a famous church. We walked down into a labyrinth of caves. And inside the caves, mummified bodies of monks whose remains had been preserved for centuries by the dry air of the caves.

Then there is the photo taken in the apart-

ment of Val, a student we met in the city. He walked us to his home where I took a picture of him with his sister and four or five others in our tour group. Val told us that his dream was to travel, to get a passport out of Russia (Ukraine was part of Russia at the time) and to see the world, especially to come to America.

But I think my favourite snap shot from the Ukraine is of just Val and me. Between us there is a wine bottle. We are raising a toast, probably made to friendship. Maybe it was also to seal the deal when I traded a pair of blue jeans for a Russian flag – which, judging by the quality of the flag, was probably a better deal for Val than for me, though I got the better souvenir out of the exchange.

Hopefully tensions in the Ukraine will ease. It would be better if events there will result in more snapshots than gunshots, and more toasts to friendship than celebrations of victory over enemies.

All about your Residential Lease



LAW TALK
Community Legal Services & Pro
Bono Students Canada (UWO)
519-661-3352

Most tenants in Ontario who rent houses or apartments are in leases ("tenancy agreements") covered by the *Residential Tenancies Act (RTA)*.

A written tenancy is recommended, but is not the only way to make an agreement. Oral agreements and implied agreements are just as binding as a written contract, if you can prove them. For example, if you believe that your tenancy includes the use of a garage, and you use that garage without interruption from your landlord, you may be able to prove that the use of the garage was implied in your lease. This can become important if your landlord later says that the garage was not part of your lease.

Your landlord must give you their proper legal name and address so you can properly prepare and serve any legal documents. If your lease is in writing, you must also be given a copy of that written lease. If these are not delivered within 21 days of the start of the tenancy, your duties under the lease are suspended until it is delivered.

Ending And Breaking A Lease

A lease is usually formed with a time limit. Unless a landlord and tenant come to an agreement that a lease is ending, lease will continue after that time limit is over. Any day-to-day or week-to-week tenancies will continue on the same terms, and tenants must give at least 28 days' notice to terminate. Month-to-month or yearly tenancies will be renewed automatically on a month-to-month basis, and tenants must give at least 60 days' notice to terminate.

Before the time limit ends, a tenant is responsible for payment of rent for the full term unless the landlord and tenant agree to end the contract early. For the protection of the tenant, any agreement should be in writing. The tenant may offer to "buy out" the lease by agreeing to pay one or two months

of rent after leaving, to lessen the risk for the landlord and give them time to find a new tenant. If a landlord does not agree, the tenant may choose to leave anyway and risk being sued. However, a landlord has a responsibility to fill the vacancy as soon as possible, and can be denied damages if they have not made a reasonable attempt to re-rent the unit.

A landlord cannot decide to end a tenancy on their own. The only way for the landlord to force you to move, without your consent, is if the Landlord and Tenant Board grants an eviction order.

Subletting And Assigning A Lease

A sublet happens when the original tenant arranges for someone else to move into the unit during the lease. This usually happens when the original tenant intends to return before the tenancy ends. The original tenant is responsible for the actions of the new tenant, and is therefore responsible if the new tenant causes damage or fails to pay rent.

An assignment happens when the original tenant arranges for someone else to take over all of the lease obligations. This is usually preferable, because the original tenant is no longer responsible for the actions of the new tenant. An assignment agreement should include an agreement to terminate the old tenancy, and an assignment agreement or a new lease with the new tenant.

A landlord is allowed to check out the potential new tenant and incur some costs, such as a credit check, which can be billed to the old tenant. However, the landlord cannot refuse to allow a sublet or an assignment without a good reason.

Other Ways Of Ending Tenancies

Abandoning a rental unit is not an attractive option. The tenant risks being sued, and could be held responsible for many months of rent if the landlord was unsure whether the tenant was going to return to re-occupy. The landlord is not able to "mitigate their loss" by re-renting during those months. The landlord may also gain the right to dispose of any property that the tenant left behind.

A tenant may apply to the Landlord and Tenant Board to have the lease terminated if



CREDIT: STOCK PHOTOGRAPHY

Before signing a lease, you should acquaint yourself with the *Residential Tenancies Act*.

the landlord has broken the agreement. This is not an easy order to obtain, and the Board will usually only grant this in extreme circumstances.

If a tenant dies, the tenancy is deemed to be terminated 30 days after death. However, an executor or administrator who needs more time to clean out the unit can agree to a different end date. The spouse of the deceased tenant can remain in the unit and become the tenant, unless they wish to vacate the unit during that 30-day time period.

For more information on tenant rights and rental housing laws, and to find application forms to enforce your rights, visit the Landlord and Tenant Board website at ltb.gov.on.ca or call them at 1-888-332-3234.

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.



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Finding you again

HOPE AQUINO-CHIEN
INTERROBANG

From the deepest depths of hurt and misery, it is hard to find your way to the surface. It's a bitter sting when you feel rejection. You may think there will never be another individual who connects with you as the one who left.

I tasted the bitterness and hopelessness of facing rejection after having thought I had found the one. In my mind, relationships are serious, something I go after with all I am for the long run. Being left abandoned by the one you trust, whether for the wrong or right reasons, does feel like a bucket of cold water on your head. But the last thing it means is giving up on you.

Somehow, the winter cold is a welcome feeling for your hurting heart. The numbness feels like a stark relief against the hurt. Letting the period of catharsis go at full force by embracing the emotions and letting it out is normal and definitely necessary.

As low as you may feel, you are entirely capable of living without your ex. It may seem impossible at first, but it will happen. Remember that you are worth more than you may believe and should not settle for anything less. It may simply mean this fish was not the right one from the sea.

There are so many experiences waiting for you to enjoy and capitalize on. Regroup and recover; it's okay to show weakness because the experience will make you stronger. Take the time to grieve but then move on and take control of your life. You are too good to be dictated by the past, those "what ifs" will not do any good.

What hurts badly now will eventually be a



CREDIT: COFFEEWITHWENDY.COM

There will be sun, just hold on.

distant memory. The journey of recovery will not be easy, but take comfort that others have felt the same and made it through. You will find something (or someone) bigger and better. You will be more certain of what you are looking for and by loving and caring for yourself; others will appreciate, believe and see the same in yourself as well.

There is happiness. Focus on you and on improving yourself mentally and physically. Before you know it, time will heal wounds and dull the pain. You may look back and

realize things that you didn't see before because you were previously blind to due to the freshness of emotions. There is always something to learn from each relationship; everything is a culmination that will bring you to your destination.

The downside to letting it out after a break up? The number of trees it felt like I went through in tissues – luckily it is not a common occurrence!

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Luck be a lady tonight



FORK IN THE ROAD
ROSE CORA PERRY
www.rosecoraperry.com

A number of years ago, life was giving me a rough go and in my case, the expression, “when it rains, it pours,” certainly was an apt description. Within a one-month span, my near decade-long relationship fell into shambles (and accordingly there went my so-called five-year plan!), I had to say goodbye to a dear feline friend, and my brother was hospitalized and had to undergo a life-changing surgical procedure. Like the defining scene in *Bruce Almighty* where Jim Carrey screams to the heavens demanding an answer for all of his recent misfortune, I couldn’t help but feel like I was getting the short end of the stick... repeatedly and for no good reason.

Whether you believe in a (or multiple) gods, some sort of universal force or simply the power you yourself possess, at some point or another, I’m sure you too have been at this juncture, questioning why things are unfolding as they are. Moreover, why it is that some individuals *seem* to experience triumph after triumph while others are constantly cleaning themselves off after being kicked into the mud time and time again? And so in the season of the shamrock, I thought it appropriate for us to tackle the subject of chance.

What is perhaps most fascinating about this topic is that irrespective of personal beliefs, it seems few are immune to its powers. On the one extreme, we have fatalists who have signed off their “free will” to the stars. Yet, on the opposing side, even the most analytical, scientifically minded individuals can be caught playing the lottery (despite the odds!) When you think about it, it’s not hard to see why either is the case: “luck” is a rather enticing “lady.”

Sometimes it’s frankly just comforting to

believe that there’s something or someone out there bigger than all of us who is calling the shots. Particularly in the case of competition, if one can conclude they were defeated due to “bad luck,” “bad timing” and/or their competitor getting a “lucky break,” it means he/she does not need to accept personal responsibility for the loss. In other words, blaming “luck” is a socially acceptable way of minimizing failure that strives to protect one’s ego, without making you appear immature (or a sore loser!).

Ouch! Yes, that seemed harsh, but think about it for a second. If you write things off as happening (or not happening) purely due to “luck,” you and your contributions are no longer relevant. It was “out of your hands.” But, hey it’s okay – we all need to save face sometimes. Further, sometimes it takes years for us to admit the truth about situations to ourselves, which of course brings me to my next point.

To return momentarily to my tragic tale, looking back now, admittedly I could have predicted (at least) the demise of my romance, thereby protecting myself from the shock of that situation. There were signs along the way indicating everything wasn’t copasetic, but I *chose* not to see them, just the same as I *chose* to perceive my life as being struck with a bout of “bad luck.” Ah and therein lies the crux of this entire matter: “luck” comes down to perception and seeing what we want to see. It doesn’t help of course that humans have a tendency to narrowly focus on “extremes,” which results in us missing all of the stepping-stones, which have led to certain moments in our lives. But, as they say, hindsight is 20/20.

And so, whether you believe your life is predestined, navigated by personal choices, influenced by (un)luck or just “a random lottery of meaningless tragedy and a series of near escapes” (*Reality Bites* quote!) is irrelevant as in ALL scenarios, the end result is that you can’t control everything that happens or doesn’t happen for/to you. What you can control however is how you perceptual-



CREDIT: GRUNADE.COM

Some people see luck as absolving the individual of responsibility in a bad situation.

ly frame your response/reaction.

With that, I’d like to conclude with an important piece of advice taken from a page out of the Rolling Stones’ songbook: “You

can’t always get what you want/But if you try sometimes/You might find you get what you need.”

Laying down the tracks for creativity



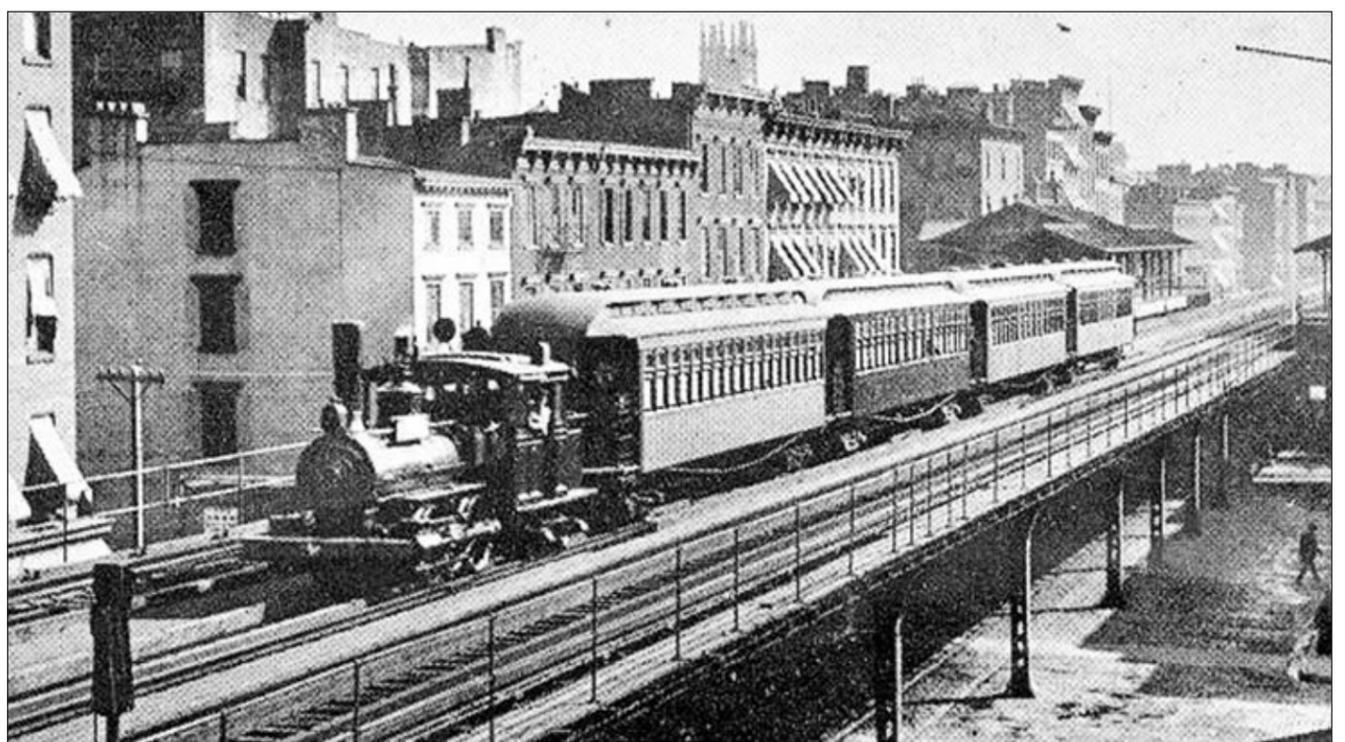
ARTICULATION
AMY VAN ES

Trains certainly have whimsical allure to an artist. We conjure images of great men that have created great things hitting the rails to travel from destination to destination, in search of inspiration and a good, stiff drink. We imagine Kerouac hunkered down in a plush leather chair, legs up on the seat across from him, jacket slung over his shoulder, trying to get a bit of sleep before he hits the ground. Although nearly extinct in practice, the sentiment is potent within us.

Artists have a way of romanticizing the *old days*. We seem to love the idea of a simpler era when there was nothing but open space and ample time to fill with colour on a canvas or words on a page. Ever since the first time an artist poked his head out of the window of his staunch studio and saw people buzzing or the countryside grasses swaying, we haven’t been able to get enough of playing *The Observer*.

And now, we can have it all again. Amtrak (a North American railroad company) has connected the dots and listened to artists’ starving pleas. After hearing the buzz (via Twitter) or artists enjoying their time on the train writing and feverishly sketching their rapid-fire ideas, they’ve created an Artist Residency program where they offer free round-trip rides between New York to Chicago for artists in need of some time to be still and observe the world around them.

Public space has long been a staple to the modern artist. We’ve created little stools and



CREDIT: MIDCONTINENT.ORG

Old trains have a real air of romance to them – like the 1886 New York Elevated Railroad 6th Avenue line. Amtrak is bringing the romance of rail travel back with its Artist Residency program.

easels that we can carry around tucked under our arm, small sketchpads, compact paint sets. But just as quick as it was imagined and flared up, it’s being taken away from us. There is no shortage of life to observe – if you live in an urban city (like we do), there are people everywhere: it isn’t often you’re more than 10 feet away from someone else. But where can you go to just sit, watch? The

mall. There are benches in the mall. But the most interesting places, places where our creative heritage pulls us to, have become merely travel routes. There aren’t many places downtown to sit unless it’s on a bus stop bench, restaurant patio or curb.

Amtrak has taken an innovative, generous first step towards what could be the revival of *The Observer* in art. What I propose is

that if there were more free, open spaces to do what you wish with – paint a picture, read a book, sit and watch, play chess – it would quickly become a beacon, flashing light into the dim crevices we’re currently tucked into, calling us to come out, observe, create.

The sound of science



BOBBYISMS
BOBBY FOLEY

I write about random things a lot. I write a lot about random things. A lot of attention was paid recently to the 50th anniversary of The Beatles' American network television premiere on the *Ed Sullivan Show* in February, and understandably so – only a few moments in music history were as impactful as that, and the resultant attention the Fab Four received in terms of album sales is an uplifting thought for the future.

But 1964 was full of historical significance in music – in fact, 50 years ago on March 10, Paul Simon and Art Garfunkel recorded their landmark single "The Sound Of Silence," the song that propelled them into mainstream stardom. Or at least, it would come to be – CBS producer Tom Wilson decided to dub in drums, electric guitar and bass without the artists' knowledge or permission, and the song became a smash hit a year later.

Another duo with a musical kinship, We Are Scientists is the partnership of Keith Murray (guitar) and Chris Cain (bass) – though the band originally formed in Berkeley, California in 2000 as a trio, before soon after moving to Brooklyn to work on their music. They self-recorded their first album for release in 2002 and followed it with a string of EPs, making their mainstream debut in 2005. Through several major label releases and tours throughout the world, the pair has worked to keep the momentum going while experimenting with their sound and experiencing a few lineup changes.

Released last week on March 4, their latest album *TV en Français* was produced by Chris Coady – most noted for his work with indie acts Beach House and Smith Westerns – and features drum work by former member Andy Burrows. Their debut full-length on Dine Alone Records is also



CREDIT: DAN MONICK

We Are Scientists makes one of their limited Canadian dates in Toronto at Lee's Palace on April 22.

their first since 2010, though it features three songs that were released in the fall on the band's *Business Casual* EP – "Dumb Luck," "Courage" and "Return The Favor" – that here are able to find a home among the album's newer offerings without disturbing the pace of the album.

TV en Français offers barely a measure in which to find your breath before kicking into full gear with "What You Do Best," a churning garage rocker reminiscent of some lost '70s psych-rock single. "Dumb Luck" is second, its tight guitar riffs and fuzzy "Maneater" swagger leading well into the bright, crisp pop tones of "Make It Easy," at which point it's clear that the band is in good form and in full control of the experi-

ence.

There are no end of highlights – *TV en Français* holds your attention well as it continues, nimbly sampling a wide range of musical styles into timeless pop, all the while anchored by the duo's impeccable vocal harmonies. For examples of this, look to "Return The Favor" or the grand closing track "Take An Arrow."

For a good example of the kind of wit and humour that Murray and

Cain share, be sure to watch their video for "Dumb Luck" – an over-the-top video depicting the members of the band suffering graphically gory accidents, complete with the kind of delightfully elaborate visual effects you might expect from a Bruce Campbell film.

For more on We Are Scientists, their new album or their spring tour kicking off in April, visit them online at wearescientists.com or follow along on Twitter or

Instagram @wearescientists. The band perform at Lee's Palace in Toronto on April 22, one of only a few Canadian dates following their extensive tours of the U.K. and Europe over the next few weeks.

And for more on the latest music news, concert previews and album releases, follow this column on Twitter @fsu_bobbyisms. Stay tuned to fsu.ca for the latest music events on campus every week, I'm out of words.



www.fsu.ca



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Brock 50
University 1964-2014



EYE ON CAMPUS

Photos by Stephanie Lai, text by Erika Faust
 Fanshawe College's second-year Fine Art students are excited to present their Don't Stop The Dance art show at The Arts Project (203 Dundas St.) from March 11 to 15. The walls of The Arts Project will be lined by 23 students' art pieces featuring an explosion of patterns and movement by dancing people. The students have been working on the art since January, coming in to campus over Reading Week to work on their pieces. Check out the opening reception on March 11 from 5 to 7 p.m.



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 - SC2001 (2nd floor student centre)

For More Info Contact:
 Jenna Hawkeye
 in SC1012 or
 j_hawkeye@fanshawec.ca

SCAN ME!



Visit WWW.FSU.CA/CONTEST for details

What to wear to the CAISA fashion show



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

The CAISA Fashion Show is a spectacular event that showcases and promotes local dancers, designers and talent, and all proceeds are dedicated to raising money for the Children's Health Foundation.

CAISA features a new avant-garde theme in its performances and fashions each year and never fails to thrill its audience. The event attracts people from all over London and the GTA, and everyone dresses up for the occasion, so if you're going you don't want to be underdressed!

General admission tickets and VIP tickets get you a free entry into the London Music Hall for their after party and there will be many opportunities for selfies and group shots, so why not dress up for this occasion?

Your outfit for the CAISA Fashion Show should be avant-garde (to complement the theme) and edgy while still remaining practical since you will be out for the whole night. The doors of Centennial Hall open at 6 p.m. and if you're heading out to the Music Hall after, it will be quite a few hours in your heels, not to mention you'll probably want to carry a couple of things out in a stylish clutch!

CAISA is an occasion to dress to impress and a great way to bring out your inner avant-garde fashion side. The featured outfit can all be bought online, and it should arrive just in time to spare since the show is on March 15. The Nasty Gal Lightning Strikes dress (nastygal.com, \$75.46) pushes the envelope with its almost backless nature and organza overlay that creates a sense of occasion to this outfit. When used properly in a garment, organza can look so romantic and edgy at the same time, especially in black, and Nasty Gal did it well in this piece.

The high neck and plain front is a perfect contrast to the scandalous back.

Since you will probably be out and about for a few hours, the strappy Just Fab Birdie heels with a triple strap and mini platform (justfab.com, \$39.95 VIP Price) will give you the right amount of support to keep going all night! The peep of gold in the platform ties in the use of gold detailing in the rest of the accessories. Since there are a lot bold details on the dress, the accessories are pretty minimal with more passive but pretty details.

The Katie bracelet from Let It Be Accessories (shopletitbe.com, \$18) is the perfect addition since it is one of the brands featured in the fashion show and is also donating \$1 from each sale to the Children's Health Foundation.

The Ireland rectangular black jeweled studded clutch from Aldo (aldoshoes.com, \$35) is the perfect size and piece to complete this look!

If you've never attended the



CAISA Fashion Show then this is the year to get dressed up and come out to support local talent, a great cause and experience some local activities that London has to offer! We can often get so caught up with work, school and winter that we forget to try different things or even give back to the community which is what the funds raised from CAISA Fashion Show will do.

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

The power of exfoliating



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

One of the key steps when it comes to skincare is exfoliating your skin. There are two types of exfoliators, and both have similar benefits: sloughing off dead skin cells, cleaning out pores and revealing a fresh surface of skin so that your skincare products absorb much better. A chemical exfoliator is a product that uses chemicals to disintegrate and dissolve dirt and dead skin, while a physical exfoliator uses beads or granules to manually scrub off dead skin.

A chemical exfoliator usually uses acids such as glycolic acid, salicylic acid and lactic acid. While this may seem daunting, the ingredients are proportioned properly so that they won't aggravate the skin. That being said, chemical exfoliators aren't the best for those who have really reactive skin or open sores on their face. Some really good chemical exfoliators are by Neostrata, Philosophy, Murad and Elizabeth Arden.

A physical exfoliator usually uses seeds from fruit or manufactured plastic beads that are perfectly round in shape, and both have pros and cons. Seeds are more eco-friendly and are also biodegradable, however they can be too abrasive (especially apricot seeds). Plastic beads are manufactured so perfectly that they can scrub out the pores very effectively, however, they are not biodegradable.



CREDIT: BEDARLING.NET

A peel is a popular form of a chemical exfoliator.

Some lesser quality scrubs have beads that are made too big and can't clean deep down into the pores. Some excellent physical exfoliators are by BioBeaute (organic), Clarins, Dior and Biotherm.

Exfoliating your skin not only helps clean your skin, but it also helps your makeup sit better. If you ever feel that your foundation is patchy or flaky, it is generally because you have dead skin on your face so the makeup will dry darker on those areas and also make the dead skin look more apparent. Exfoliating also allows your skincare to absorb much more effectively. No matter how expensive your skincare is, if you have a

layer of dead skin on your face, the creams and serums can't penetrate through and will just sit on the surface.

A key reminder when it comes to exfoliating is to only do it two to three times a week, especially if you have sensitive or very oily skin. If you do it more than that, you will start to aggravate the skin, causing irritations as well as an overproduction of oil, which could result in a breakout. If it is your first time using an exfoliator, start with once a week and then progress to two or three times a week if necessary; you will really see a difference in your skin!

Fashion for a cause

HAI HA NGUYEN
INTERROBANG

It's that time of year again: the CAISA Fashion Show takes place on March 15 at Centennial Hall (550 Wellington St.), doors open at 6 p.m. and the show starts at 7.

Each year, the CAISA fashion show celebrates local talent through a showcase, and the funds it raises are dedicated to supporting the Children's Health Foundation. To date, they have raised more than \$140,000 for the Palliative Care Program, Epigenetic Research, Intensive Care Unit, and the Education Room. This year, proceeds will be donated to the Neonatal Intensive Care Unit (NICU).

The show will feature epic performances from dance groups Black Dahlia Entertainment, WOOF (Western Organization of Filipinos), UWO breakers, and UWO Hip Hop. CAISA will also celebrate local designers such as Mark Aguilar, Le Sueur Swimwear, Sabrina Ren and Let It Be Accessories. Mark Aguilar's

designs are meant to embody and enhance the beauty and originality of individuals, while Let it Be Accessories donate \$1 from every sale towards local charities, both promoting positive causes that complement the Children's Health Foundation.

CAISA features a new avant-garde theme each year in both the performances and their fashions; it will be a treat to discover it will be this year! The show never fails to excite the crowd, which come from all over the GTA and London to attend.

CAISA costs \$30 to attend for general admission and \$45 for VIP, who will get line bypass and swag bags from sponsors. Both kinds of tickets receive a complimentary admission to London Music Hall for the after party. Support a great cause, help people in need, and have a fun night out at CASIA. Don't forget to dress up and arrive early to beat the line!

For more information, check out caisafashionshow.org.

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A call to Arms makes groundbreaking TV

ALLEN GAYNOR
INTERROBANG

AMC is the television station that has brought us such hits as *Mad Men*, *Breaking Bad* and *The Walking Dead*, some of the most acclaimed and popular series of all time. These programs have given us many thrills, chills and blood spills. There is one thing they have not given the viewers enough of, however: arm wrestling. Thankfully, AMC recently launched a new series titled *Game of Arms* that more than makes up for their complete lack of arm wrestling content up to this point.

Game of Arms is a reality show that premiered in late February on AMC. The series showcases the elite athletes who compete in the fast-rising sport of team arm wrestling. Each team has five members, with each member competing in a best three-out-of-five match against a member of the other team. The winner of each match earns \$250. The team that wins the most matches also splits \$1,000. The competitions generally take place in factories and warehouses, although it won't be long before these events are being held in Madison Square Garden or Wembley Stadium.

The debut episode featured an intense battle between the Sacramento Arm Benders and the New York City Arms Control. Of course you would expect to see a New York team in every league,

but it was nice to see Sacramento represented. The city does not have a professional sports franchise, unless you count the NBA's Sacramento Kings, which I do not.

We learn about the backstory of the competitors. Believe it or not, arm wrestling is not a full-time job, so the athletes spend their days as average working joes. One is a veterinary consultant. Another is a Christian Evangelist. But when they punch out at the end of the day, these men head home, briefly talk to their families, and then focus on what is truly important – arm strength.

Weeks of intense training lead to the big day, as Sacramento and New York arm wrestlers file into the hallowed grounds of "Abandoned Repair Shop" to go to war. Indeed it is all out arm-ageddon between the two squads, leading to a thrilling finale. Sacramento's Kenny Hughes, a former child arm wrestling prodigy whose wrists have been getting too much of a workout as of late from lifting beer bottles, tangles with New York's Mike Selearis, a high school chemistry teacher by day, seven-time national arm wrestling champion by night. The rivalry between these two will no doubt be looked at in the same way as Muhammad Ali versus Joe Frazier, Larry Bird versus Magic Johnson and Tonya Harding versus Nancy Kerrigan.

Though only two episodes have



CREDIT: AMC

aired at time of writing, it is clear that *Game of Arms* is well on its way to becoming a phenomenon that leads to plenty of water cooler talk the next day. So what is the next step? Well, I see AMC taking a cue from World Wrestling Entertainment, which recently launched a 24/7 online network. Clearly, the A in AMC will soon stand for Arm Wrestling. Not only will *Game of Arms* be expanded

from a once a week, one-hour program to a nightly, three hour extravaganza, but the rest of their schedule will also incorporate the sport into their storylines. How much better would it have been if Walter White arm wrestled Gus Fring for his freedom instead of [SPOILER ALERT] blowing him up? And what if instead of shagging every trollop who bats her eyelashes at him, Don Draper

instead arm wrestled other men for money to support his wife and children? As for *The Walking Dead*, well, let me just say that I am extremely tempted to buy the domain name armwrestlingzombies.com in preparation for the inevitable changes to that program.

Catch *Game of Arms* Tuesdays at 10 p.m. EST on AMC, or visit amctv.com to stream full episodes.

Television's top antiheroes



G33K LYFE
ANDREW VIDLER

Having lost a large part of my Reading Week absorbed in season two of *House of Cards*, I found myself reflecting how some of the most compelling television of the last decade has followed the actions of some truly terrible people, thrusting them into the role of protagonist and daring millions of viewers to continue to root for these characters on screen.

This modern television direction has produced characters that are sure to go down as some of the greatest in history, despite how fast we would want to see them locked up if we were to meet them on the street.

PROCEED WITH CAUTION: THIS WEEK'S COLUMN CONTAINS SPOILERS!

Game of Thrones: Jamie Lannister (Nikolaj Coster-Waldau)

"There are no men like me, only me."

He throws a child out of a window, but he's one of the best knights in the kingdom, he fathered illegitimate children with his royal sister, but has saved millions of

lives – of all the polarizing characters on *Game of Thrones*, few can split opinion like the least popular Lannister brother.

Originally the epitome of villainy, Jamie has undergone one of the most drastic personal character arcs of anybody on the series, proving to be acutely aware of the shortcomings of those around him, the crimes of his own family and the hypocrisies of highborn culture. A character-shattering moment in season three has sent him further along the path of redemption, one that is sure to be a focus of season four.

Dexter: Dexter Morgan (Michael C. Hall)

"I love Halloween, the one time everyone wears a mask, not just me."

Family man, forensic analyst and prolific serial killer, Dexter Morgan's attempts to lead a normal life while managing his desire to kill made him TV's most sympathetic murderer. A self-admitted "monster," Dexter goes through the motions of a daily life while purging the Miami underworld of killers who escaped conviction. Dexter's journey provided him with a loving wife and family, only to have it cruelly taken away in one of the most jaw-dropping moments ever seen on the small screen, and the events leading up to his tragedy

was one of the most compelling stories I've seen. It's a shame that the halfway point of the series was also the highest, but the travesty of an ending should not overshadow the wonderful darkness provided in the first four years.

Breaking Bad: Walter White (Bryan Cranston)

"What I do, I do for my family."

Not only the best antihero on television, but one of the most compelling characters in any media ever, anybody who has not witnessed Walter White transform from meek chemistry teacher to malevolent drug lord is missing out on what is rightfully considered to be one of the greatest programs of all time.

Stepping into the drug world to raise money for his family in preparation for his death, Mr. White begins to fall in love with the business, using his skills and his newfound ruthless streak to become one of the most powerful criminals in the southern United States, eventually leaving everything he loves twisted and ruined in his wake. Beautifully brought to life by Bryan Cranston, Walt makes decisions that will shock and horrify the viewer, but will command absolutely 100 per cent of their attention.



CREDIT: AMC

Breaking Bad's Walter White was one of television's most intriguing antiheroes. The show chronicled this family man's downward spiral into drug kingpin over five intense seasons, and gained millions of fans around the world.

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GAMING THE SYSTEM
ESHAAN GUPTA
e.gupta@fanshaweonline.ca

It's business; unless you've hammered out a sweet deal with some company, you're going to want to have your multi-million-dollar game make the rounds on more than just one platform. With hardware differences, no two versions of a game are the same between platforms. There end up being some standout versions, as a result, that really take advantage of their platform's strength.

Doom 64 (1997, N64)

ID Software's *Doom* has been (unofficially) ported to nearly every platform, even those not traditionally used for gaming, such as high-end DSLR cameras and TI-83 Graphing Calculators. But this 1997 port by Midway really takes the cake for being something else entirely (and actually was, before having the *Doom* name attached for marketing's sake). The core element of *Doom*'s fast-paced run-and-gun action is the only thing intact in this Nintendo 64 version. *Doom 64* sports entirely new levels, music, weapons and, most distinctively, a larger emphasis on the Eldritchian horror direction that makes the original *Doom* look weak. Largely ignored at the time of its release in the wake of better-looking games, *Doom 64* has seen some resurgence in the form of cult popularity, with even an unofficial fan port back to the PC, ironically, in the works. Grab this game if you

can, it's something different yet familiar all at the same time.

Powerslave (1997, Saturn)

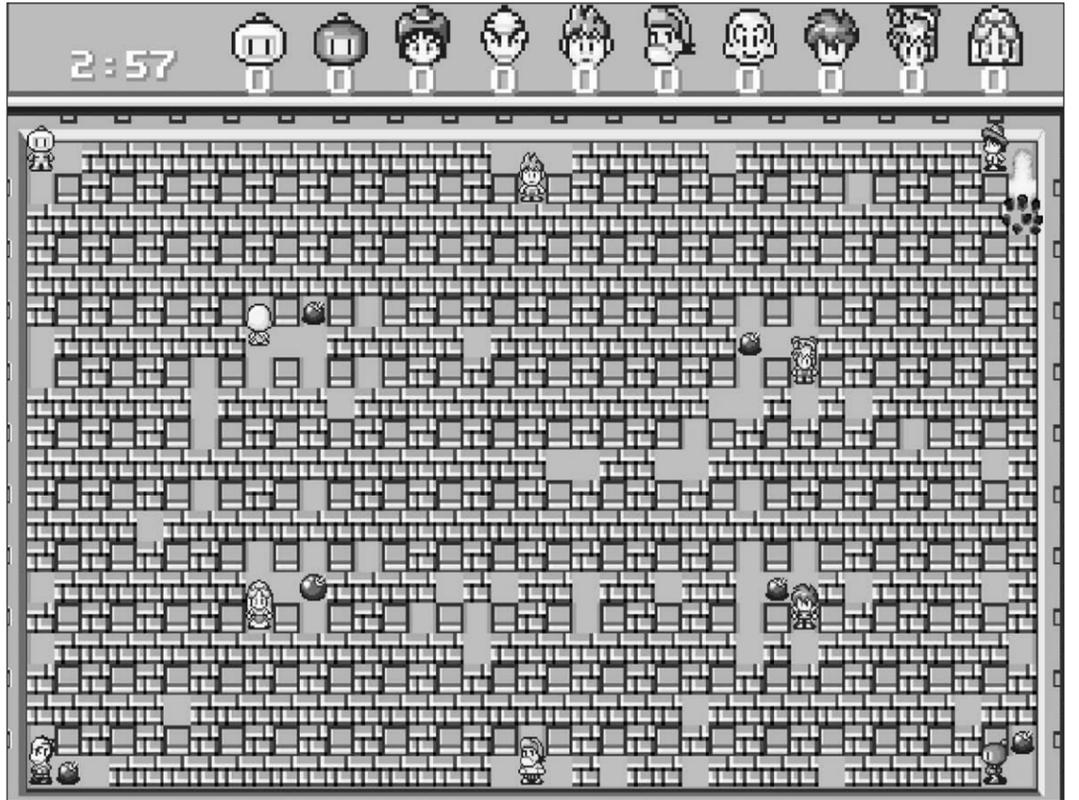
On the PC, *Powerslave* was a fairly mediocre dated-looking slightly-advanced *Duke Nukem 3D* clone running on the BUILD engine. On the Saturn, *Powerslave* was a badass run-and-gun FPS with elaborate trap-laden levels, sharp-looking graphics, and a rather nauseating but realistic camera tilt based on player movement. It's a mindless old-school FPS done right and is an absolute blast to play. The rather unusual (for a video game at least) Ancient Egyptian setting, complete with vengeful gods and lumbering mummies makes for an interesting experience.

Saturn Bomberman (1997, Saturn)

Being an ancient arcade classic, there exists a million versions of Namco's *Bomberman*. So why choose this obscure port for this rather obscure platform? Simple: multiplayer functionality. No, not two-player co-op or something lame like that. *Saturn Bomberman* supports 10. TEN players all in one game. Provided you can find 10 Saturn controllers, and 10 expansion ports to daisy-chain together, you'll get an amazing party game, and nine angry losers. No version of *Bomberman* before or since this one has supported 10 players. Imagine that.

Resident Evil 4 (2014, PC)

The groundbreaking true fourth installment of the *Resident Evil* survivor horror games has had a strange tour of duty. Out as a GameCube exclusive in 2004, the game was subsequently ported to



CREDIT: NEOGAF

Saturn Bomberman supports 10 players. Now if only you had 10 friends...

the PS2 a year later with immensely watered-down graphics and some bonus material tossed in for good measure. Yet another version was released on the Wii in 2007, retaining both the GameCube's crisp graphics and the PS2's extra content. The year 2007 also saw the release of the rather awful PC version, which was a direct port of the PS2 version, lacking even mouse control and converting all the real-time cutscenes to low-

quality pre-rendered videos instead. In a strange yet appreciated move, Capcom has just re-released the game for the PC (on Steam), sporting better visuals than the GameCube/Wii version, keeping those real-time cut scenes and

the bonus material from the PS2 version. The ultimate version of *Resident Evil 4* can be found in this re-release, now hopefully they can stop porting the damn thing and work on making the *Resident Evil* games good again.

Simple tips for an easy move



TURN BORING SPACES BEAUTIFUL
BRITTANY ROACH

It's nearly that time of year again, when students pack up the dorm rooms they've been living in for the past eight (or more) months and bring everything they own back to their childhood homes.

Moving – the worst, most stressful thing people dread. Everyone can agree, it certainly is one of the top stressors in life. Taking everything you own apart and packing it into boxes then shipping it to your new place to set it all up again. Yeah, that is stressful, to say the least!

Whether you're moving back home or into a brand-new place of your own, moving is still moving no matter where you are going, and it is stressful! Over the Reading Week break, I had to move, and I have some simple and easy suggestions to make your move go as smoothly as possible, because, trust me, you want it to!

The packing is the easiest part of your move, but it's one thing I highly recommend you *don't* leave til the day before you move. When packing, you should judge how much you have to cart around. Most of us students really don't have too much to move, which is a good thing! What I found that helped the most was to set daily goals of what to have packed. Start with the stuff you rarely use and then work toward the most fre-



CREDIT: TOMHIERCK.COM

You don't have to feel this way about moving anymore!

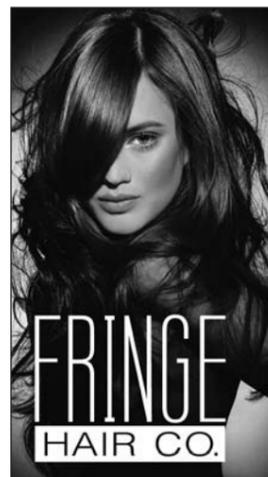
quently used stuff. The night before moving day, it's time to pack up all the essentials that you use every day. With the essentials I found what worked best was to pack them in a bag that I could carry around to ensure that I wouldn't spend my first night at my new pad hunting around for my toothbrush!

When the packing and moving is over, it's time for the not-so-fun part: unpacking and organizing. The very first thing you should get set up is your bed so you're not sleeping on your floor or couch your first night. Once you have that set up, the kitchen is the second most important. It may take the longest, but the sooner you can cook yourself a meal in your brand-new kitchen, the sooner you'll feel at home. From there, you can settle your bathroom, liv-

ing area and dining room. Setting daily goals of areas that you want to get set up will help you keep on track and will assist you in getting settled as quickly as possible!

Don't get discouraged when it feels like it is taking forever to unpack and get settled. Always remember moving is very stressful and it does take time to get everything in its place. Another note: once you think you settled you may think to yourself that one particle item doesn't work well in that spot, so even then you could be changing small things around for a month or two.

If you are moving at the end of the school year, keep in mind it always help to start packing a little early, it will help your move go smoother, which is important in stressful times!



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Tumble down the rabbit hole

HOPE AQUINO-CHIEN
INTERROBANG

Enter a world where no two nights are ever the same.

Running from March 7 to 29 at The Arts Project (203 Dundas St.), *White Rabbit, Red Rabbit* invites audiences to catch the rabbit once or even all 12 times. Leap of Fate Theatre in association with Aurora Nova Productions presents this experience that will change your perception of theatre.

White Rabbit, Red Rabbit is a solo show in which actors take the script for themselves and act out the contents before the audience – it's a different actor each night reading one script that they have never seen before with no rehearsals, no director, no set. Each variation that unfolds is a masterpiece of its own; there are endless ways each night could turn out. The outcome of each performance relies on what both the actor and the audience bring together.

"The way that it's put together is unlike any other play," explained producer Peter Janes. "It has a funny yet dark tone and room for improvisation around the set script." Excitement is in the air, the anticipation to see *White Rabbit, Red Rabbit* pull together on stage without any rehearsals.

Janes first came across the production when he read a review and immediately knew he wanted to

bring it to London for the first time as his first production. *White Rabbit, Red Rabbit* is a production by Nassim Soleimanpour; it's a theatrical experiment that has emphasized the possibility of theatre. Internationally renowned, it first premiered in 2011 in Edinburgh and has since been translated in 15 languages and performed over 200 times. The powerful production has now made its way to London.

The actors involved have come from all around the community, bringing different experience and talent to the production. Adam Holowitz, one of the actors from AlvegoRoot Theatre Company, jumped at the chance to be a part of the production and experience the art of being in the moment even more than usual. He said he believes that it emphasizes the importance of approaching a script with no baggage or opinions and performing based on the first "hit" or impulse that dictates the rest of your performance.

"It's like walking a tight rope; if you drop out, you fall, but if you stay in your body and feelings, then some really great stuff can possible happen."

Likewise, actor Francesca Ranalli, co-ordinator and professor of Theatre Arts at Fanshawe College, was interested by the unique concept. She has resisted



CREDIT: WRRR.LONDONTHEATRE.CA

You can spot the rabbit in London, quick – hop to it!

doing her normal research and preparation, challenging herself to omit the rehearsal process. "[Whether] results may be 'good' or 'bad,' I suppose, it will be honest and real, which is at heart what theatre must be."

There is anticipation in the air and Janes is excited to see the entire production pull together. As an experience that pushes the actors' comfort levels and surprises the audience, it is a must-see show.

"This calls upon a lot of what we have been working on in training,

it puts one's feet to the fire," said Holowitz, and despite previous training, there is not much more that can be done for this particular performance, except taking the plunge and embracing it.

Ranalli knows it will be an experience for the audience as much as the actor. "[It's] interesting in that the roles are reversed in some ways – the audience will have more information and knowledge than the actor." As an experience for the audience, she reflected that the difficulty will be there for each actor, but that they will each bring their

own experience, knowledge and passing impulses affecting them that day.

White Rabbit, Red Rabbit tickets are \$20 for adults and \$18 for students (bring student identification), available online and at the door. Interested in seeing a different actor's take? Bring your ticket stub to another show for the entrance price of \$5. For more information, you can visit wrrr.londontheatre.ca or email wrrr@peterjanes.ca.

Format wars! Battles waged, won and lost



REEL LIFE
ESHAAN GUPTA
e_gupta@fanshaweonline.ca

It's a story as old as Tesla and Edison's AC-DC electric war; when there's a product in need of delivery, the fight between inventors trying to make their system the established method of delivering said product is inevitable. The 20th century ushered in a new kind of competition, the delivery of a much more ethereal product to the end user: movies.

With the advances of technology, the looming possibility of giving people at home a chance to watch and keep their favourite movies gave way to the rising Format Wars.

On Tape: Betamax vs. VHS

The most infamous and fiercely fought format war has to be Betamax vs. VHS. Although no more than the butt-end of in-jokes among tech history aficionados, don't mistake just how important this battle of home video products was. Largely born out of its predecessor, the TV-studio-based U-Matic tape system, Sony's Betamax was the first home video format to be given a wide release, in 1975. Sony's peculiar obsession, one that carries to this day, with keeping their formats as closed off and exclusive to themselves was probably the first foot in the grave for the Betamax. Their refusal to license the technology to manufac-

ture players and tapes to other companies is mainly what led to JVC's creation of the VHS. And from there of course, the rest is history. Starting straight out, VHS was ideal for the average consumer's home recording format, holding 215 minutes of video, far more than Beta's 60 minutes. The competition was indeed cutthroat, with Sony and JVC constantly releasing revisions and improvements to their formats. However, in the end, as we all know, VHS came out king, with cost largely being the factor. VHS's licensing out to other manufacturers ensured that anything related to the product would be naturally cheaper than the Sony in-house-made Beta. Cheap and more versatile? A natural winner, really. It isn't all doom and gloom for Beta, however. It still lives on as the standard for TV studio taping.

Of course, there was the Hollywood vs. videotape manufacturers' lawsuits, but that's a whole other story...

The Two Discs: Laserdisc vs. CED

The Laserdiscs's appearance of a comically oversized CD truly makes it the product of the early adoption of the disc-based format. Laserdiscs are sought after today as a collector's item, and mainly because those gigantic laserdisc covers with the movie poster emblazoned on it looks, well, hella sweet sticky-tacked on your bedroom wall like a makeshift poster. While not a direct competitor, the Capacitance Electronic Disc



CREDIT: 20TH CENTURY FOX

Betamax at least lives on as a hilarious *Simpsons* joke.

(CED) gets a mention here, out of benefit of also being disc-based, as well as having the most unusual appearance for any home video format, one that hasn't been mimicked since. The simplest way to describe the CED would be imagining your vinyl LPs (don't lie, you own some) having highly compacted grooves that were capable of holding video. Although introduced as the cheaper competitor to the VHS, the CED failed due to being, well, crap. CEDs them-

selves wore out faster than VHS tapes did, and any kind of dust or minor interference meant the death of the movie's watchability. Laserdisc, on the other hand, lived a fuller life. Mostly aimed at the high-end movie collector's market in North America, Laserdisc's superior image quality but high equipment cost ultimately made it a niche product, which also birthed the Criterion Collection. If you want a peek at a real-life CED disc, a trip to one of Toronto's many

vintage stores will have to be in order.

The Future: Blu-ray vs. Digital Distribution

I've literally laid on a couch all day watching Netflix. Video on demand seems to be the way of the future for many, but it won't necessarily spell the death of the still-not-default Blu-ray. It's nice to physically hold your movie, and watch those awesome special features in non-stuttering 1080p after all.

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Nate Phelps on cult life and extreme religion

TRAVIS FAUTEUX & SARAH HORWATH
THE LANCE

WINDSOR (CUP) – Nate Phelps left home the day he turned 18 and has pursued a path his father probably deems hell worthy, committing himself to fighting the extremism infamous Westboro Baptist Church pastor and his own father, Fred Phelps, represents.

Despite being raised by a father whose church has picketed the funerals of soldiers and homosexuals for religious reasons, Phelps is an outspoken lesbian, gay, bisexual and transgender (LGBT) rights advocate and a passionate speaker against child abuse and religious extremism.

The sixth of 13 children, Phelps describes his upbringing as “busy” and remembers being held to the rigid religious standards set by his parents.

As he got older, he began to see a violent side to his father’s religious extremism and noticed how secluded his family was from the rest of the community as a result.

“I remember early on, from the time I was 10 years old or maybe younger, that there were some things my father taught that didn’t resonate with me,” said Phelps. “The way he treated people ... I was uncomfortable with it.

“The fact that he justified it with verses from the Bible, I can’t say I was anti-religious at that point, but I was confused about that idea that we were supposed to treat people the way he was treating them.”

When Phelps turned 18 he left his home in Topeka, Kansas and moved to California, but Phelps said the idea of running away first occurred to him several years earlier.

When Phelps was 16, his brother Mark escaped from the family to start a new life elsewhere. Inspired by his brother’s example, Phelps bought a car for \$300 and made his own secret plans to leave.

“I hid it – parked it several blocks away from the house and moved it every couple days to make sure it didn’t get towed,” said Phelps. “Over the final months, I was packing things away and hiding them in the garage, so nobody in the family knew that that was what I was planning.”

The risks of leaving the Phelps’ family household were anything but trivial. When Nate’s older sister Kathy left at the age of 17, their father tracked her down.

“[He] loaded two cars with the kids and himself and we drove over there commando style. She was leaving the house to go on a date with some fellow. We blocked his car and pushed her into one of our cars and drove home,” said Phelps.

Once home, Kathy’s father locked her away in a room, forced her on a fast and physically abused her for months.

“He tried to beat some truth into her. That’s how he put it,” said Phelps. “I knew exactly what I was facing if anybody found out what I was planning on doing.”

Approximately four years after leaving, Phelps’ sisters reached out to him promising that “things were different,” so Phelps returned to Topeka for 10 months only to leave the place for good.

“One of the things you are told is that, if you leave, God is going to hurt you and punish you,” he said. “So when the kids left, and quite a few did, they would have some-

thing bad happen and the first thing they thought was that God was punishing them, so they would go back to be safe.”

Since Nate left in the mid-’70s, his father and the Westboro Baptist Church have become the very image of hate in America. They began getting attention in 1991 when they held a series of homophobic protests at a park in Topeka.

In the last 20 years, the Westboro Baptist Church has picketed over 50,000 funerals, churches and events with their anti-America, anti-gay and anti-Semitic signs held high.

For Phelps, being an advocate for the dangers of religion and child abuse is something that he understands intimately and believes that he was given a unique opportunity.

“I was given a voice because of who my family is and I think it would be a waste if I didn’t take advantage of this opportunity to try

and explain myself as best I could to the people out there, so they at least understand there’s a different perspective,” said Phelps.

People who may be questioning the faith in which they were raised could also find solace in listening to Phelps’ talks. He believes that one of the biggest problems people face is the social and cultural question of how to get along with family and friends when you start to question your faith.

“The best advice I gave myself was to keep questioning, to keep asking, to keep searching, ultimately to hold the leaders who were telling me these things accountable for the evidence,” said Phelps.

Phelps urges people to ask themselves if they are prepared to make that shift and deliberately hurt their relationships. But he advised that there are organizations out there that provide help and support to people who are on that journey. The Windsor/Essex County

Atheist Society is one of those groups. President and founder Shawna Scott hopes to provide social support to people who are nonbelievers and said that people should find Nate Phelps’s story to be inspiring.

“The Westboro Baptist Church is very well known in the media and I think that will be of interest to people who have studied the impact of child abuse. It might be of interest to students who have experienced religious indoctrination themselves. Also some people are fascinated by his journey from extremism, rationality, free thought, critical thinking and atheism and find his story very inspirational,” said Scott. “It really highlights his resilience.”

Scott, a second-year PhD student at the University of Windsor studying clinical psychology, started the group on Facebook in 2010, and the group kept growing, eventually becoming a ratified university

group in 2011, boasting 375 members.

“When I heard about Nate Phelps and how he’s now the Centre For Inquiry Calgary executive director, now an LGBT advocate, I was amazed by his journey and a lot of people in the club are so excited to hear how he went from such an extreme ideology to one in which he is open minded and tolerant of other people,” said Scott.

Phelps is now working on a book, which is yet to be titled or released. He has found the process of writing to be both difficult and therapeutic and he hopes it will help others in similar situations.

“That’s the only reason I’m writing. When I started talking and I started getting emails and having conversations with people, not only people who are involved in religious extremism like I was, but people in the gay community relate to a lot of the points that I make,” said Phelps.



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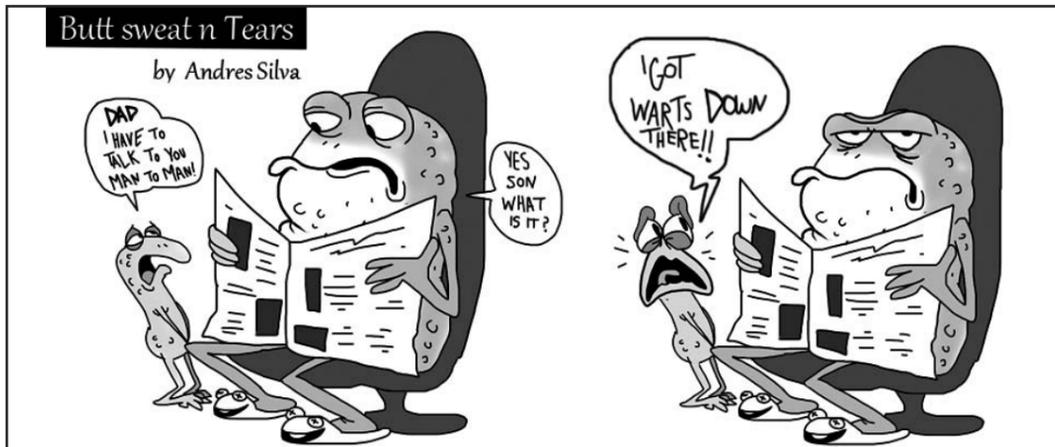
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SMALL BUSINESS CENTRE

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Aries (March 21 - April 19)

Try channeling any anger into increased motivation and dedication. The Virgo Moon puts incredible powers at your disposal. With a positive attitude, you can make wonderful changes.

Taurus (April 20 - May 20)

Relationships turn on uncertainty and excitement. If your partner is worth having, they will forgive your eagerness. Those in search of their destiny are likely to pick up its trail.

Gemini (May 21 - June 20)

Too much respect can lead to unreasonable expectations. Others assume that you're on duty even when you'd like some downtime. Learn to relax without achieving total privacy.

Cancer (June 21 - July 22)

Trust your friends with something that's precious to you. You feel confident among unlocked doors and open windows. A person who hasn't seen you for a long time is impressed by your changes.

Leo (July 23 - August 22)

It's time for reparations and damage control. Sincerity is worth every penny. As soon as you feel good about yourself, fun finds its way back into your equation.

Virgo (August 23 - Sept. 22)

When you know what's possible, you're eager to make it happen. Do your research thoroughly, and spend your money wisely. Others may be buying trouble, but you're buying security.

Libra (Sept. 23 - Oct. 22)

Knowing your limits is a sign of personal strength. What others are thinking isn't all that important to your security. Move through the material world without bruising yourself on jutting edges.

Scorpio (Oct. 23 - Nov. 21)

Your intensity stretches out to conquer the weekend. Scorpio is an explosion of light, heat and purpose. Anyone who isn't afraid of you will soon be in love with you.

Sagittarius (Nov. 22 - Dec. 21)

You're happy to stay in hiding unless someone comes up with a really good offer. Write down your dreams to see if they make more sense on paper. The right music is important to your mood.

Capricorn (Dec. 22 - Jan. 19)

Different systems interlock to expand a machine's operations. A fading tradition bounces back on the strength of new believers. Your visions are more likely than ever to happen.

Aquarius (Jan. 20 - Feb. 18)

Old habits and challenges are not so easy to revisit. A changing world beckons you in another direction. Your beliefs are an easy reference point when everything else is cast in a new light.

Pisces (Feb. 18 - March 20)

Take a fantastic initiative to its logical conclusion. The secret is out, and your world reels giddily from the impact. Pisces craves a sleigh ride or ski trip to seal their bargain with the elements.

QUIRKY FACTS

1. There's a company in Switzerland called Algardanza that will turn your ashes into a diamond for your family.

2. Men fall in love faster than women do.

3. The Prince Charles Cinema in London has volunteer "ninjas" that

hush obnoxious moviegoers.

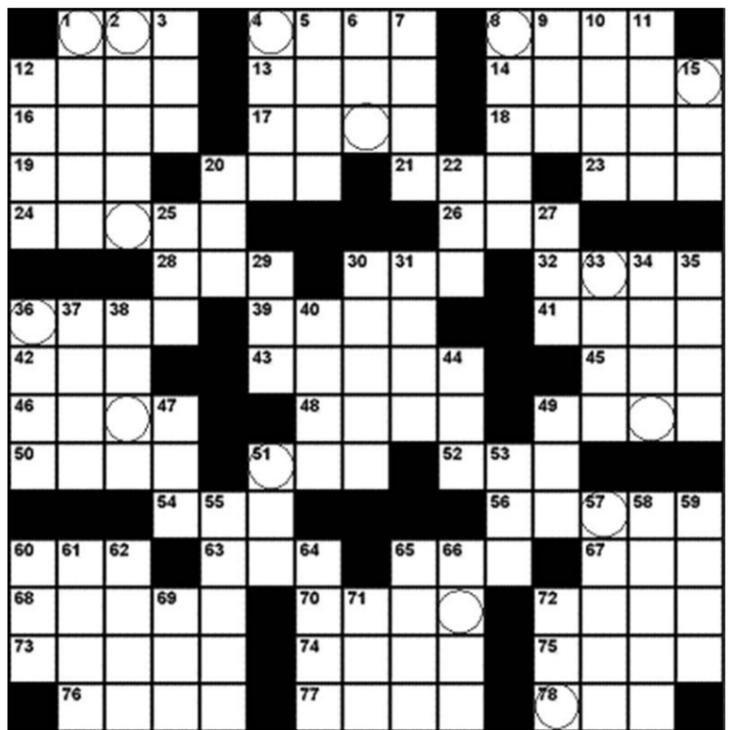
4. Mike the Headless Chicken was no different from any other chicken, except that he lived for 18 months after his head had been cut off.

5. In 1700s, the deer skin was a common medium of exchange between the trading settlers and the native Indians in America. This is how a buck became a slang for a dollar.

6. In 1974, canned food from a boat that sank in 1865 was tested by chemists and was found to be

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

- Across**
- 1. "___ a chance"
 - 4. Boris Godunov, for one
 - 8. Grasp
 - 12. Commercial travel
 - 13. "God's Little ___"
 - 14. Chicago airport
 - 16. Father of Balder
 - 17. Fast feline
 - 18. Capital of Jordan
 - 19. Free from, with "of"
 - 20. Beaver's work
 - 21. Dust remover
 - 23. ___ roll
 - 24. "Goodnight" girl of song
 - 26. Affirmative vote
 - 28. Female sheep
 - 30. "Dilbert" cartoonist Scott Adams has one (abbr.)
 - 32. "Don't go!"
 - 36. Employ
 - 39. "Trick" joint
 - 41. "Gone With the Wind" plantation
 - 42. "___ moment"
 - 43. Downy duck
 - 45. ___ canto
 - 46. "Miss ___ Regrets"
 - 48. Opening time, maybe
 - 49. Con
 - 50. Strengthen, with "up"
 - 51. W.W. II female
 - 52. Expert
 - 54. Consumed
 - 56. Australia's ___ Rock
 - 60. Month (abbr.)
 - 63. "The ___ Daba Honeymoon"
 - 65. Matterhorn, e.g.
 - 67. Drink from a dish
 - 68. Auto option
 - 70. 1/500 of the Indianapolis 500
 - 72. Assistant



- 73. Garden bulb
 - 74. Energy and enthusiasm
 - 75. Store
 - 76. Platform for public speaking
 - 77. Buttonhole, e.g.
 - 78. Barbie's beau
- Down**
- 1. Low point
 - 2. Heavy water, for one
 - 3. Bolivian export
 - 4. Spanish appetizer
 - 5. Residue that rises to the top of molten metal
 - 6. Branch
 - 7. Back
 - 8. Herb sandwich
 - 9. Electrical unit
 - 10. Flimsy, as an excuse
 - 11. Pull along the ground
 - 12. Large convex molding
 - 15. Chang's Siamese twin
 - 20. Morning moisture
 - 22. U.S. vehicle organization (abbr.)
 - 25. Born, in bios
 - 27. "C'___ la vie!"
 - 29. Barely get, with "out"
 - 30. "M*A*S*H" extra
 - 31. "___ here long?"
 - 33. Forbidden: (var.).
 - 34. "Iliad" warrior
 - 35. Its motto is "Lux et veritas"
 - 36. Catcall
 - 37. "What's gotten ___ you?"
 - 38. Curb, with "in"
 - 40. Columbus's boat
 - 44. Agent, for short
 - 47. Caribbean, e.g.
 - 49. Mr. Rogers
 - 51. Fly catcher
 - 53. Knock
 - 55. Buccaneers' home
 - 57. A-list
 - 58. Radioactive material
 - 59. Erupt
 - 60. Cereal grass
 - 61. Association
 - 62. A fisherman may spin one
 - 64. Cathy ___, "East of Eden" wife
 - 65. Asia's Trans ___ mountains
 - 66. Loaned
 - 69. Edge
 - 71. "___ say!"
 - 72. "Don't ___!"

Solution on page 18

Word Search

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

Environmentally conscience

(Words in parentheses not in puzzle)

- Blue (Planet)
- (Captain) Planet
- Crocodile (Hunter)
- Dolphin (Cove)
- Fern Gully
- (Forever) Green
- Free (Willy)
- (The Greatest) Good
- Hoot
- (Inconvenient) Truth
- (Living With) Ed Nature
- (Once Upon a) Forest (Planet) Earth
- Wild (Kingdom)

Sudoku Puzzle

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

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.

still safe to eat.

7. You can't block Mark Zuckerberg on Facebook.

8. Circumhorizontal arcs (loosely known as fire rainbows) are the rarest of all naturally occurring atmospheric phenomena.

9. Jackie Chan's mother was an opium smuggler and his father was a spy.

10. In Tunisia, you can book an overnight stay in Luke Skywalker's boyhood home for only \$10.

11. Mico headphones read your brainwaves and select music based on your state of mind.

12. The gas that gives rotten eggs their distinctive foul smell may slow ageing and block damaging chemical reactions inside cells, according to scientists in China.

13. The United Arab Emirates donated a laptop to every high school student in Joplin, Missouri, after the city had been devastated by a tornado.

14. Children laugh about 400 times a day, while adults laugh on average only 15 times a day.

15. As a rule, 66 per cent of people keep their eyes closed while kissing. The rest take pleasure in watching the emotions run the gamut on the faces of their partners.

16. 'Old people smell' is actually caused by a chemical, 2-nonenal, that old people secrete through their skin.

17. Indian housewives hold 11 per cent of the World's gold. That is more than the reserves of USA, IMF, Switzerland and Germany put together.

18. Women who play video games tend to have more sex and be happier with their relationships than those who don't.

19. Two per cent of Europeans lack the genes for smelly armpits.

KIOSK QUIZ ANSWER
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CREDIT: STEPHANIE LAI

The Sharing Shop celebrated its sweet 16th birthday on March 5 with a celebration in Forwell Hall. Created as a response to OSAP changes that left some students without money to buy food, the Sharing Shop was an initiative by Fanshawe's Counselling and Accessibility department to support students in need by providing them with toiletries, non-perishable food items and clothing. Counselling and Accessibilities manager Lois Wey (left), Sharing Shop co-ordinator Amy Romao and development co-ordinator Mary Flannigan-Hockin were on hand to celebrate.

Writing for readability



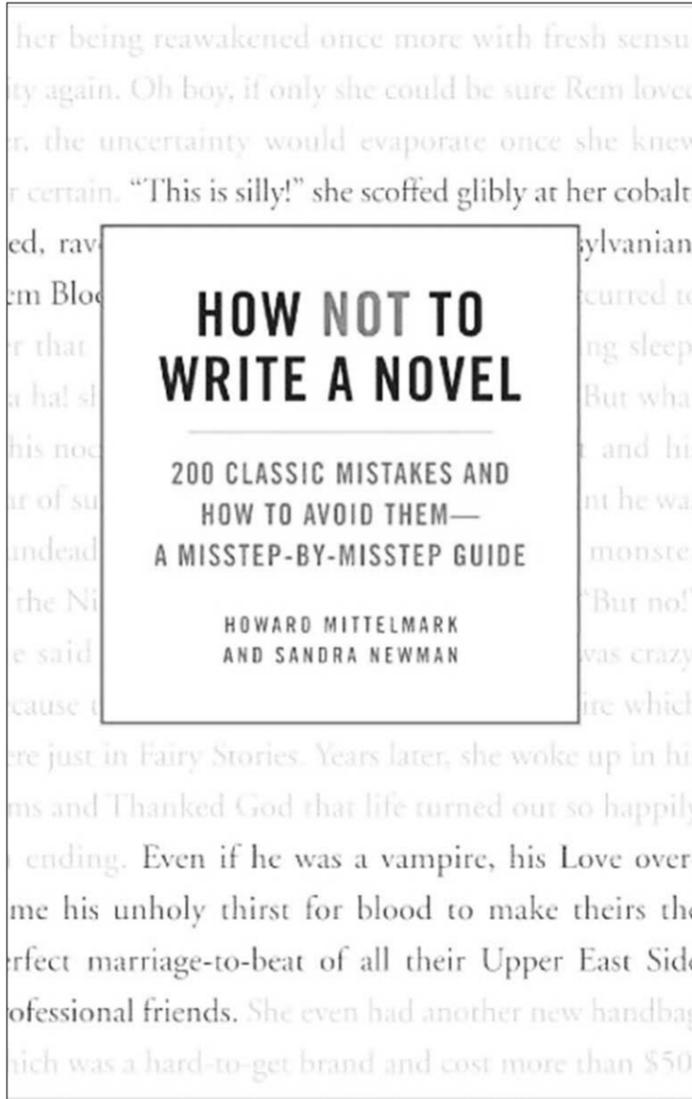
READING BETWEEN THE LINES
ESHAAN GUPTA
e_gupta@fanshaweonline.ca

Having dreams and aspirations is important. It's just that when those dreams and aspirations tend to fall on the creative and artistic side of things is when the flow of jumbled, messy ideas should be stemmed in favour of organizing thoughts and ideas, translating them into a format that's comprehensible at the very least. *How Not to Write a Novel*, written by authors and book editors Howard Mittelmark and Sandra Newman, is intended to be the dam that stops the gushing babble of your pen on paper.

Yep, we've come in full circle here, reviewing a book that's about writing a book. But *Novel* isn't just a droning clinical analysis on the importance of structure and grammar in your writings. It gets straight to the point, that you're writing your book not just for the art, but because you actually want to get it published, and it addresses that fact with a charming, humorous sense of camaraderie. It tells you why your writing sucks, but lays it down gently on you, and even elicits more than a chuckle or two along the way.

How Not to Write a Novel covers all the aspect a large-scale story would have; an established cast of characters, a firm setting, and a definitive style of writing prose and dialogue, and so on. Rather than describe bad writing, *Novel* instead presents hilariously over-the-top samples from fake poorly written novels, and provides a breakdown of exactly what's wrong with them. It's not just effective as a means of natural teaching, but it's also the source of the book's humour, and is what makes the book entertaining and absorbing, rather than a chore of an instructional manual.

The analysis quizzes are not just entertaining, but important as an examination of your own creativity. In the fashion of a magazine quiz, choosing the most stereotypical answer to a question on tropes and literary devices lends you the lowest possible score with the urge to re-examine how you view peo-



ple and accordingly, write them well in your own fiction. *Novel* is, by and large, about refining your creative process, but lectures on the importance of how many prepositions are needed to make your sentence comprehensible or even less so are there to remind you on the importance of grammar.

Of course, now that your perfectly written novel is ready to hit the presses... well, first you need to get the person who can make that possible make it so for you. In completeness, *Novel* also teaches how to pitch your work to a publisher. Resorting to over the top examples once again comes out in favour of teaching you the essentials. It's not just funny, but also teaches you how to appeal to the distinguished screening process of the literary agent's scan for bad

apples. Resume writing it ain't. *How Not to Write a Book* is casual in tone, but as a writing tool, couldn't be any more useful. It deserves a read before the start of any big writing project. Even the best of us can fall into the trapings of transparently awful characters and a criminally overdone usage words. No matter how talented of an (unpublished) author you may think you are, you might be guilty of some of the crimes against literature compiled in this book. At the very least, you'll know what bad writing looks like without sacrificing your time reading terrible novels. *Reading Between The Lines* explores books that you may have missed out on that are worth your while. If you have a book to suggest, email Eshaan at e_gupta@fanshaweonline.ca.

BEST IN LATE NIGHT COMIC RELIEF

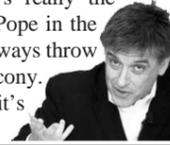
THE LATE LATE SHOW with Craig Ferguson

Did you like the women's curling in the Olympics? That is only time you'll see a woman sweep these days.

Tonight is Mardi Gras, the biggest celebration in New Orleans. Thousands of visitors descend upon New Orleans to drink themselves stupid and behave badly. So it's just like every other weekend.

Catholics all over the world celebrate Mardi Gras. There's a big festival in Rome. Italians take to the streets, shouting, waving their arms. Then Mardi Gras starts.

Even the Pope gets involved in Mardi Gras. He's really the most interesting Pope in the world. "I don't always throw beads off my balcony. But when I do, it's at Mardi Gras."



CONAN with Conan O'Brien

In California the owner of a Christian medical marijuana dispensary says God told him to sell pot. As proof, he cited the story from the Bible where Jesus miraculously turns water into pizza.

Arnold Schwarzenegger revealed that he's filming a new *Terminator* movie next month. In this one the Terminator travels 10 years into the future and meets Matthew McConaughey's hero.

The New York Times has apologized for a spelling error they made 161 years ago. They spelled "Larry King" with one "r".

RadioShack announced plans to close 1,000 stores. Customers were upset when they got the news on their pagers.



THE TONIGHT SHOW with Jimmy Fallon

Boeing, the airplane manufacturer, is working on a new smartphone that will self-destruct if it's tampered with. While Apple has a smartphone that will self-destruct if you spill water on it, drop it, tap it too hard, forget to update it or just kind of look at it the wrong way.

Welcome to *The Tonight Show!* I'm your host, Jimmy Fallon. Or as John Travolta would call me, "Jelan Fejalla."

A new survey has found that almost half of dog owners admit to spending more money on their dogs than on their significant others. I tried to ask my wife if that's true, but she and our dog were out to dinner.



LATE NIGHT with Seth Myers

On Monday, Chipotle began selling tofu burritos in the New York area. So if you love burritos, and you love tofu . . . you probably don't exist.

Despite the fact that the Ukraine has been all over the news for the past few weeks, a survey found that 64 per cent of U.S. students still couldn't find Ukraine on a map. Said Vladimir Putin, "Soon nobody will."

Despite being on the other side of the country, Justin Bieber reposted photos of his ex-girlfriend Selena Gomez at the Vanity Fair Oscar party with the caption "most elegant princess in the world." Then he immediately tweeted, "Sorry, that was supposed to be a selfie."



JIMMY KIMMEL LIVE with Jimmy Kimmel

We got a visit from the mayor of the great city of Toronto, Rob Ford. I felt like I'd been waiting for this night my whole life.

I have a lot to ask Mayor Ford. I don't think I've had this many questions since the series finale of *Lost*.

The Academy Awards telecast was more than three hours long. They actually had to do a second "In Memoriam" montage because quite a few actors passed away during the broadcast.

It's Mardi Gras in New Orleans. This is the night when women traditionally penalize their fathers for not paying enough attention to them by exposing themselves to strangers in exchange for beads.



THE LATE SHOW with David Letterman

They've discontinued Moviefone. If you folks are sad, press 1. If you couldn't care less, press 2.

Anybody see the Academy Awards? I watch every year to make sure I'm not in the dead actors montage.

The Olympics are done. The Russians have nothing to do so they invaded Crimea.

President Obama is steamed. He says to Putin, "Pull your troops out of Crimea or the U.S. will not attend the next G-8 summit." Well, that will show him. Putin will think twice about it now. Last thing he wants to do is offend the United States so they stay home from a summit meeting.



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New Volvo S60 a snow leopard in wintry conditions



MOTORING
NAUMAN FAROOQ
naumanf1@yahoo.com

The current guise of the Volvo S60 has been with us for a number of years now, so it's about time it got a refresh.

Thankfully, Volvo was thinking the exact same thing, and for 2014, they have tweaked the exterior and made a few changes inside as well.

From a styling point of view, the most obvious difference is the new headlamps, which have taken on a big jellybean shape now. Other changes like the new grille up front and integrated exhaust at the rear are subtle, but work well – this is a handsome vehicle to behold.

Open the door and the interior is largely the same as before (which isn't exactly a bad thing), but it does get a new dashboard. The new Adaptive Digital Display allows you to set the dials to suit your mood, which also actually helps set up the car's mood as well. You can drive it in Eco (green dials, economical motoring), Elegance (black and white dials, for a comfortable drive), or Performance (red dials, for when you want to have some fun).

The interior offers lots of space, and the seats are among the best in the automotive business for providing comfort – I could drive this car from one end of Canada to the other, and I bet I still wouldn't be tired.

The only thing I wasn't a fan of in this interior is this car's rather old-fashioned layout for the infotainment system. It comprises of a lot of tiny buttons that are not easy to read, and changing any function or settings on the car is done via a



CREDIT: VOLVO

The Volvo S60 is a car worth owning if you're in the market for a mid-size luxury sedan.

series of rotating knobs and buttons, which can get a bit annoying. However, some people find the BMW iDrive system (and others like it) annoying, so it depends on your preference. The best new piece of equipment offered on the 2014 S60 is the heated steering wheel.

Under the hood, for 2014 at least, the engine is carried over from the previous S60 T6 AWD. Volvo will soon launch a new range of engines for the 2015 model year, which will likely mean the T6 AWD will also be getting a

new engine. However, the one it has right now is not bad at all. It is a 3.0-litre, inline six-cylinder motor that in T6 AWD trim develops 300 hp and 325 lb-ft of torque. The T6 is also available in R-spec trim and a new Polestar version, both of which have more power, but I'll discuss those at a later date.

This motor is mated to a six-speed automatic (for now, some of Volvo's 2015 models will be getting the new eight-speed automatic) transmission, which does a good job if you leave it on its own, however the shifts are not very

quick when you swap gears using its Geartronic feature. For the best results, just put the transmission into the Sport gate, and hang on, because this car just flies down the road. This car is quick enough to please any car fan.

It handles well, too. I had it during a particularly awful week, when the roads were almost always covered with snow and ice, but these conditions didn't seem to bother the car one bit. Its all-wheel drive system, coupled with good winter tires gripped the tarmac like a snow leopard, which made it a

real joy to toss around. Volvos come from Sweden, which is another cold country, and it shows that they build cars for their climate; there were no creaks or rattles and never once did it make any fuss about a cold start.

This is a very good car, and if you're in the market for a mid-size luxury sedan, you really can't do any better. The 2014 Volvo S60 T6 AWD is yours from \$47,550.

Plan to achieve



FUN & FITNESS
KAREN NIXON-CARROLL

I want you to be healthy and I want to help you stay healthy. I'm going to tell you how to do this in a few steps. I will not promise you amazing results; you need to do that for yourself. If you choose to follow my advice, amazing results are highly likely. The amazing results may be altered when you alter the steps. Therefore, you are in complete control of your own amazing results.

Step 1: Talk to a health professional. Tell them your story and why you want to make a change. They will consider your individual needs and make recommendations based on an assessment of your current physical state. This may take more than one visit. Examples of these professionals include your family doctor, a certified fitness appraiser, a dietitian and possibly a physiotherapist.

Step 2: Hire a high-quality personal trainer. You do not need to belong to a club to do this, although your rates will be significantly less. This service is completely worth it if you make the right choice. Find someone who

has a degree or diploma in Fitness/Kinesiology/etc. AND is certified by a high-level professional organization (look for these abbreviations: CSEP CEP or CPT, CPTN, YMCA IC III, CFES). With this background in education, you know you are getting someone that had to go through rigorous training and achieve high marks (above 80 or 90 per cent) to obtain certification. Don't be afraid to ask for credentials. It matters because these people have to renew their credentials every year by attending continuing education sessions and renewal workshops. They are updated on new information that is important to your health & safety.

Step 3: Listen to your healthcare provider and your trainer. Also, tell your healthcare provider and your trainer as much information possible, even if it seems insignificant. The slightest symptom can completely alter a diagnosis and prescription.

Step 4: Stick to your plan and keep a record of it. Make sure to record your starting point or have your doctor/trainer do that for you, even if it seems scary. You will rejoice at how far you've come.

Step 5: Do not succumb to peer pressure or advertising. If you see it and like the idea of it, talk about it with your doctor/trainer and come up with a plan that is

right for you. It's good to take risks, but not when it can mess with your well-being.

Step 6: Tell others. When someone asks how you got your amazing results. Tell them that you followed this six-step process and strongly suggest that they can get amazing results the same way.

Good luck!

Karen Nixon-Carroll is the Program Manager at Fitness 101, Fanshawe College Professor, YMCA fitness course trainer and examiner, Fanshawe FHP grad and holds many fitness certifications for personal training, group fitness and wellness. Email her at karen.carroll@fanshawec.ca.



Ottawa university hockey team suspended after some members allegedly involved in sexual assault

SPENCER VAN DYK
THE FULCRUM

OTTAWA (CUP) — The University of Ottawa has suspended its men's varsity hockey program due to allegations that certain members of the team, the Gee Gees, were involved in a sexual assault.

According to Thunder Bay police, some team members were allegedly involved in the sexual assault of a female university student in Thunder Bay several weeks ago, though the incident was only reported by a third party February 24.

The investigation is being led by Thunder Bay police's sexual assault unit. Ottawa police are aware of the incident, but haven't been asked to assist in the investigation.

The team played two games in Thunder Bay on January 31 and

February 1, winning both games 4-3 against the Lakehead Thunderwolves. The season ended February 21 after the Gee-Gees lost to the Queen's Gaels in the provincial playoffs.

The university administration reported the incident to police February 25 and said they will be cooperating with the investigation and launching an internal review.

"These are serious allegations," Patrick Charette, director of corporate communications, said at a press meeting. "You will also appreciate that there are all kinds of legal rights, including privacy of all innocent parties involved."

Charette said the university was asked by police not to communicate publicly until today.

The university will not reveal how many of its student athletes were involved in the incident.

Knights finding scoring touch at right time

VICTOR KAISAR
INTERROBANG

Eleven wins out of a possible 12 in February. That's a statement in any sporting league, let alone the Ontario Hockey League.

The London Knights appear to have found a groove of late.

Is it helpful? Yes.

Will it be of much use in the near future? Possibly.

You see, while the Knights have been on a tear, so have their Midwest rivals the Guelph Storm. Now atop the Western Conference, the Storm went 9-3 during February, good for 99 points.

The Erie Otters, well, they've slipped up a little, sitting at 94 points, just one ahead of the Knights' 93.

Where the Knights have benefited of late is having a potent offensive outburst. They bombarded the Sarnia Sting with 20 goals in a 24-hour span. And they've been scoring five or more goals on a number of occasions during the recent run.

The difference?

London isn't over-relying on their top guns to deliver. Yes, you want your Max Domis, your Bo Horvats and your Chris Tierneys to amass as many points as possible, but that won't get you far in the playoffs.

Instead the Knights have gotten secondary scoring from Gemel Smith, Josh Anderson, Brett Welychka and the Rupert twins.

Take, for instance, the game

against Oshawa on February 17. The Generals lead the Eastern Conference with 77 points, and did their best to stifle the Knights' top trio. London came away with a 6-3 win, including four goals and a combined eight points from the trio of Smith, Brett Welychka and Michael McCarron.

"We know every team's going to match up hard against Domi's line and the Ruperts' line," Smith told the London Free Press in a February 17 article entitled "Generals target top unit, so other lines fill net."

"Not many teams are as deep as us, so we definitely try to take advantage of that."

The message appeared loud and clear, try to match lines with the Knights, and they will still outwit you.

It was déjà vu, at least it seemed to be against the Erie Otters on February 26. Down 3-0, London responds with five straight goals. They figured out their gameplan, and prevented the Otters from completing the season sweep.

It finally seemed to click for London. Ask anyone on the team, and they will tell you they'd rather finish third – not fourth.

A third-place finish in the west could avoid a second-round playoff matchup with Guelph. No, save that contest for the OHL west finals.

At the time of writing, we were 62 games into the OHL season.



CREDIT: TERRY WILSON/OHL IMAGES

Gemel Smith adds valuable scoring to the Knights.

Playoff season is right around the corner. You want your team firing on all cylinders. Much of this Knights roster has the experience from the past two successful runs.

Anthony Stolarz is back from his horrific injury. Jake Patterson was mostly effective during the longest

starting spell of his OHL career.

"He's learned to win hockey games," goalie coach Bill Dark said. "The way to win games is making key saves at the right point in the game and being able to overcome rocky starts, either by himself or the team."

He is one of the reasons the Knights are in the middle of a stirring winning streak. One of the reasons why the Knights propelled themselves closer to their illustrious Midwest division rivals.

Moving into playoffs? It's still anybody's game.

Premier League roller coaster



PREMIER LEAGUE
PONDERINGS
ANDREW VIDLER

The Premier League has been a busy place since my last column, but is taking a breather this weekend in order to accommodate the quarter-finals of the FA Cup, allowing a chance to catch up and take a look at what has happened over the last couple of weeks.

Another Manager Bites The Dust

For what I'm really hoping is the last time, this column starts with another manager losing his job, the eighth managerial change this season, just one short of the all-time record for mid-season sackings. With a reign that lasted only 13 league matches, bottom of the table Fulham released their manager René Meulensteen, yet took the extraordinary step of hiring his replacement four days beforehand.

The cost of being relegated from the Premier League can be extreme, as it usually comes with an exodus of the top players who are too good to be playing in the Championship (England's second

tier) and a massive loss in television revenue. Many once-great clubs that were unfortunate enough to slip out of the top tier have found returning an impossible task, and one that becomes more difficult with each passing year. In a desperate attempt to save themselves from this fate, the club has brought in experienced German manager Felix Magath, a man with a reputation for being a grinding disciplinarian, earning himself nicknames such as "Saddam" and "Europe's last dictator" from his former players.

The new manager seemed confident that he could save the club in the 12 matches that were provided to him, and clearly the ownership feels he is the man to get the most out of the misfiring team, yet it looks likely that Fulham's time at England's top table may be running out. Their fans will look fondly back on the "great escape" of 2007/08, when the club secured survival with 10 minutes of the season left, but such events are well remembered for a reason, they rarely happen.

Arsenal's Winter Blues Continue

For a club that holds the distinction of lasting the entire season



CREDIT: DAILY NEWS

Manchester City defeated Sunderland 3-1 to win the League Cup. City will look to bring home some more hardware via the Premier League, FA Cup and Champions League.

unbeaten, and one that boasts one of the fullest trophy cabinets in England, Arsenal's trophy drought has become one of football's longest-running jokes (since arsenalastwonatrophycouk tracks all of the things in the world that have happened since their last win). With Manchester United's troubles this season, Arsenal looked to have their best opportunity in years to end their unenviable streak, yet has begun to showcase some issues in the last few weeks, a winter slip that has also become something of a joke. After the 5-1 demolition at the hands of Liverpool, the club has gone on to record a win against

lowly Sunderland, a goalless draw against Manchester United and a 1-0 loss to Stoke City, a run that has seen them overtaken by Liverpool in second place and their fans demanding answers. It was the defeat to Stoke that seems to be the hardest to swallow, with the players on the pitch looking devoid of ideas and their star signing Mesut Özil relegated to the bench after a string of indifferent performances. While the four-point gap on Chelsea is certainly not impossible to overcome, the players and manager are facing an extremely difficult month, and another misstep could see them fall even fur-

Manchester City Scoops League Cup

ther away from a title. Finally, congratulations to Manchester City for securing the season's first silverware, coming from behind to beat Sunderland 3-1 at Wembley. They were always favourites to win, yet most viewers expected them to make it easier on themselves, with Fabio Borini's opener for Sunderland a surprise to all concerned. City will return to Premier League play next weekend, currently sitting in fourth but with two games in hand on all of their title competitors.

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ALARM	MILE	AIDE						
TULIP	ELAN	STOW						
BEMA	SLIT	KEN						

Lightning strike in different ways



LIGHTNING WATCH
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Many hands make light work. The London Lightning proved that last season.

With some incredible team-cohesion, the Lightning routinely passed the ball around other teams. Their 24 assists per game average in the 2012/3 National Basketball League of Canada season is still a league-wide record.

This year they have 21apg, good enough for fifth in the league. Those are (obviously) middle-of-the-road numbers, but when you look back the last dozen games or so, London has only notched more than their 21-assist average twice. In their game one loss to Brampton in the quarterfinals, they only notched eight assists – a franchise low. London was a possession team, so what happened?

A possession system will look to move into the offensive half calmly, then run set plays. The opposite of this would be more of an individual game, where players would try to out-run guys or play lots of one-on-one post game (with the ball, back to a defender right in front of the net). Now, one thing that has changed with the London Lightning this past month is the addition of Stephen McDowell, Dwight McCombs and Jermaine Johnson.

The latter two have been described as “black holes.” That term is attached to players who tend to shoot over passing the ball – especially when in the post. Don’t get that term wrong, Johnson and McCombs can play in the post pretty well. Both are pretty big for this league (6 ft. 7 in. and 6 ft. 8 in.) as they tend to overpower players as they back into them. The point is; they didn’t have a “big” (big player) last year that was



CREDIT: METRO LONDON

Has London's style of play changed due to the late additions of players like Jermaine Johnson?

described as a black hole. Marvin Phillips was their only sizeable guy, and he very rarely played in the post.

So what has happened? The coaching staff has brought in a number of players who are good at taking guys on one-on-one. So that has taken away, somewhat, from how London played before.

In that first game in the five game series with Brampton, Stephen McDowell took 20 shots, and only sunk seven of them. We’ve never seen those types of numbers from the Lightning, because they shared the wealth so

well in their old system. McDowell has been described as a “microwave,” someone who can heat up quick. He’s a speedy guard who is (usually) pretty good from three-point range. Too often in that Brampton game did we see McDowell take a shot after an offensive rebound or after one pass. Whether the coaching staff wants the ball to be taken to him or not, it wasn’t working.

Most teams in the NBLC can play this type of run-and-gun style of play because players are so athletic in this league. Can London adjust? Or will they have time, as

they move through a busy playoff season.

Marty Thompson is the play-by-

play voice of the London Lightning for their livestream, SportsLive24.net.

Sleepy students



HEALTH HABIT OF THE WEEK
Fitness and Health Promotion students

Q. How much sleep do I need each night to function well at school?

The adequate amount of sleep would be about eight hours. You

do not need any more than that. Less sleep will affect your mood, nutrition, health and functioning as a student. Striving for eight hours of sleep will help you feel rejuvenated and eager to participate in your classes. You also want to make a sleep routine by trying to fall asleep at the same time every night.

Submitted by Sandra P. and Ryan F.

B-ball players honoured by OCAA

COREY CALLAGHAN
INTERROBANG

The Ontario College Athletics Association (OCAA) honoured three basketball players from the men’s and women’s teams when they handed out the 2014 league awards.

Ali Vlasman, a rookie from the women’s team, was honoured with being on the First Team All-Star and All-Rookie Team. Vlasman lead the team with 14 points per game and managed to have the second-highest shooting percentage in the OCAA at 53.9 per cent. The women’s season came to an end at the OCAA Provincial Championships when they were defeated by St. Lawrence College 59-51 in late February.

Men’s guard Chavaun Miller-Bennett was honoured as a Second Team All Star. The two-year veteran averaged 13.2 points per game. Bennett was also honoured recently as the OCAA Men’s Basketball Player of the Week in the week of February 25 for a 24-point performance in Fanshawe’s crossover playoff game versus Centennial College.

Guard Alex Thompson was honoured named to the All-Rookie Team. Thompson averaged 7.8



CREDIT: STEPHEN ECHAVIA

Chavaun Miller-Bennett was one of three Fanshawe basketball players named as an OCAA All-Star.

points per game and let the team with 2.6 assist per game. Thompson was to guide the men’s team to an 11-7 record in the West Division. However, the men’s season came to an end in late February when they were defeated by

George Brown College 80-70 at the OCAA Provincial Championships.

Fanshawe is very proud of both teams and their performances and is looking forward to the next season.

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