



Volume 45 Issue No. 23 March 11, 2013 www.fsu.ca/interrobang/

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@TheKaraJames

Are you excited about @thegrand-london new season? I am! Check it out: <http://ow.ly/io0b7> #ldnont @LFPRESS

@BrianGibson13

Very nice message found on the 22 Trafalgar @LTCBusPeople #ldnont pic.twitter.com/pmP9XeRDbq

@DeanShpprd

Beyond cool. Hope @LondonLibrary's @HistoryPin app is a big hit w #FS-Worlds13 <http://ow.ly/inLj6> #ldnont

@EyeLookMedia

Sure is! Bring on spring! RT @Brian-Gibson13: Beautiful day in #LDNONT!

@PubMilos

Rediscover a wonderful world of fresh local seasonal produce. #SupportLocal #LdnONT

@rkweston

Making it Work: Trans* Inclusion in Workplaces, Mar. 12 <http://on.fb.me/ZdkYb1> #lgbt #ldnont @OutInTheWorld @westernu @PrideWestern @winUWO

@LdnOntUnite

What do the people of #LdnOnt do to stay #Healthy? Share your methods N tricks. Together lets promote N #Educate a Healthy N #Active #LdnOnt

@LCNews1

Yummy! Kinsmen Fanshawe Sugar Bush opens for the season and it's predicted to be a good one: <http://www.londoncommunitynews.com/community-story/2083142-sugaring-off-time/> #LdnOnt

@CDNCHIEF68

@Scottbaechler Very nice performance by your team at Fanshawe! They had great coaching!!!

@FanshaweCollege

@melaatimer Our Open House is Mar 23. Professors/students will be available to answer questions. Everyone is welcome! <http://ow.ly/ikTph>

@Joseph_Baguley

Swear i must spend half my time trying to find some decent music to listen to whilst working #Student-Problems

@ParkertheKyle

Legit DO NOT know how I made it to class on time today #funshawe

@ashandison

counting down the days till @Chad-Brownlee at fanshawe pic.twitter.com/iRAOtrVCW5

sweet tweets of the week



CREDIT: MELANIE ANDERSON

Professional regurgitator Stevie Starr entertained a full house in Forwell Hall on March 6. Here, Starr coughs up some bubbles after chugging down some dish soap much to the amazement of this audience member who was called up to assist. Starr's performance was being filmed by the Discovery Channel for a future program.

10 Things I Know About You...

Maglunob followed his dreams to Fanshawe

Justin Maglunob is in his final year of Fanshawe's Audio Post Production program, and is a man of very few, carefully chosen words. When asked to describe himself, he could do so in exactly 11 words: "Friendly. Trying to make people laugh. Helping people. Filipino. Student Ambassador."

1. Why are you here?
Following what I'm passionate about.

2. What was your life-changing moment?
Realizing I have to do what I love, not what I have to do.

3. What music are you currently listening to?
Pretty much anything.

4. What is the best piece of advice you've ever received?
Don't worry about anyone except yourself.

5. Who is your role model?
My little brother.

6. Where in the world have you travelled?

Philippines, New York, Chicago, New Orleans, San Diego and San Francisco.

7. What was your first job?
Newspaper boy.

8. What would your last meal be?
My family's home cooking.

9. What makes you uneasy?
Watching the beginning of a surgery.

10. What is your passion?
Music and writing.

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



CREDIT: SUBMITTED

This week's featured student is the angelic Justin Maglunob.

MARCH EVENTS

WEDNESDAY 03-13

FSU POKER NIGHT

6:30PM
FORWELL HALL
\$2 ADVANCE | \$3 DOOR

First Run Film:

OZ THE GREAT AND POWERFUL

Rainbow Cinemas (in Citi Plaza)
Two Showtimes
\$3.50 STUDENTS | \$5 GUESTS



SEX TOY BINGO

OBS - 9PM - FREE

THURSDAY 03-14

Live Music Noon:

PIECE OF MIND

12 NOON - FORWELL HALL - FREE

ST. PATRICK'S DAY PUB

FORWELL HALL - 9:30PM
\$2 ADVANCE | \$3 DOOR



FRIDAY 03-15

NEW MUSIC NIGHT

DOGHOUSE ROSE, THE BLACK FRAME SPECTACLE, PAT MALONEY AND LOST ART OF FAMILY

OBS, 9:30PM DOORS, NO COVER

TICKETS AVAILABLE IN ADVANCE AT THE BIZ BOOTH



Preparing for a calmer St. Patrick's Day on Fleming Drive

MELANIE ANDERSON
INTERROBANG

St. Patrick's Day is quickly approaching, and images of a riot that emerged last March 17 on Fleming Drive near Fanshawe College are fresh in the minds of many Londoners. Participants threw beer bottles at police officers, fuelled a massive fire with furniture, and set a CTV News van on fire that eventually sent explosions into the sky.

Hundreds of people attended the massive gathering, and 175 criminal charges were laid against 68 suspects. The riot cost London taxpayers \$500,000 for damaged property and the police investigation.

No one can say for sure how this year's Irish celebration will play out, but it's certain that London's Police Service is ready for whatever comes their way.

"Suffice to say, you will see lots of officers on patrol, lots of officers on the street, lots of officers in the area of Fleming," said Police Chief Brad Duncan.

London's Nuisance Bylaw, enacted in May 2012 as a result of last year's Fleming Drive incident, will

allow police officers to crack down on large, unruly gatherings. According to the bylaw, a "Nuisance Party" can be defined as participants engaging in disorderly conduct, public intoxication, damage or destruction of property, public brawls or fights, unreasonable noise, unlawful open burning and fireworks.

Driveway flip-cup tournaments and large street parties may not be a common sight this St. Paddy's Day.

"We will not allow the accumulation of people that has happened in the past on front lawns, driveways and sidewalks," confirmed Duncan. "We are not going to allow persons walking on streets and sidewalks – take the party inside ... Just because you occupy a residence doesn't give you the right to engage in activity on the outside of your residence that disrupts the rest of your neighbours."

For many students, St. Patrick's Day means pub crawls, pancake keggers and house parties. There's no reason why you can't enjoy these annual festivities, but there are ways to stay safe and avoid getting into trouble with the law.

"First of all, when you're dealing

with keg parties, usually there's some sort of entrance fee or cost – that's illegal under the Liquor Licence Act. We will go in and disrupt keg parties, we'll seize all of the liquor, and the fines are significant," said Duncan.

According to Fanshawe and Western University's housing mediator Glenn Matthews, one of the biggest party problems can be unwanted houseguests. "If you look at what happened last year on Fleming, two-thirds of the people who were charged were non-students ... People are a little bit unassuming when there are parties going on and people are coming into their houses. They have no idea who they are or what they may do in the way of theft or damage."

Matthews wanted students to be aware that the consequences of unlawful behaviour can result in disciplinary action taken by the school they attend. "We're trying to make students aware that of the 26 students who were charged last year from Fanshawe, all 26 went through some kind of code of conduct discipline at school."

Some students were expelled others were given behavioural contracts.

"It's not meant as a threat, we're just saying, 'Look, don't put yourself in that position.' We know at least one individual was a Police Foundations student that was charged, and basically they will never work in that field."

Matthews said that efforts are being made to inform students of the concerns that both Fanshawe and Western have about the upcoming holiday. Fanshawe's Student Union, for example, is going door-to-door in the Fleming Drive area to talk about



CREDIT: BBC.CO.UK

A crowd gathers on Fleming Drive during the infamous St. Patrick's Day riot of 2012 that made headlines around the world.

responsible partying.

"We have prepared a bylaw flyer/handout and we're going to be going door to door through Fleming, through Thurman, through Prosperity, connecting with as many students as we can," said Student Union President Zack Dodge. "That face-to-face time traditionally does make a difference," he added.

Dodge and Fanshawe President Dr. Howard Rundle will also be preparing a memo that will be sent to every student at Fanshawe. "It's a bit of a reminder and a heads up of what happened last March, the progress and repercussions of what has come from that, and what we're looking forward to with St. Patrick's Day approaching," said Dodge.

Last year, St. Patrick's Day fell on a Saturday that had abnormally high temperatures for March. This year's holiday falls on a Sunday and the weather... well... isn't looking so hot.

What might add pressure to the annual festivities are the 35,000 visitors expected to be in the city for the ISU World Figure Skating Championships. The championships' closing Gala Exhibition and final celebrations will be held on March 17.

Duncan estimated that there will be in excess of 100 media outlets here from March 11 to 17, so it's no doubt the city will be under close watch.

Dodge warned those who are planning to party on Fleming Drive to be mindful of the added attention that will be placed on the area. "You are absolutely under a microscope, this is not by choice at this point ... when you make international news, you can rest assured that the community is going to have the sharpest eye on every little movement.

"Cops will be out there, they know what they're looking for, don't give them anything to look at."

Planting local business ideas

ERIKA FAUST
INTERROBANG

If you've got a great idea for a local business and are looking for a little seed money to get started, you're the perfect applicant for the annual Seed Your Startup competition, which is currently accepting applications.

Seed Your Startup is your chance to snag a formal mentorship and an entrepreneurial grant worth \$5,000.

BizInc., the student business incubator at Western University and Fanshawe College, and Western's Student Success Centre have teamed up to hold the business pitch contest once again.

BizInc. will be providing support to participants throughout the contest, including holding a preliminary pitch workshop to assist

finalists in polishing their pitch.

After making it through the first rounds of the contest, participants will present their ideas at a simulated funding meeting to a panel of entrepreneurs and business leaders on April 11. The winner will receive funding, support from BizInc. and a mentorship.

You must be a current Fanshawe or Western student to apply, and you must be pitching an idea for a London, Ontario-based business. Applications are being accepted until March 15 at 9 a.m. – send your application to samantha@biz-inc.ca.

Full details for submissions can be found at tinyurl.com/SYS2013-doc. More information about Seed Your Startup can be found at success.uwo.ca/general/features/seed_your_startup.

Are you aware of your rights and responsibilities here at Fanshawe College?

ALICIA MORENCY
OFFICE OF THE OMBUDS

Fanshawe College introduced a Rights and Responsibilities document in 2010. This statement has been created in a way to demonstrate proper and improper behavior at Fanshawe College. This means you, as a student, have several rights and responsibilities to follow. This new statement was created so the school can offer a better understanding of what the students can expect from the College and what the College expects from the students.

The statement not only explains improper behaviors, it also includes guidelines on the proper way for students and faculty to act. This in-depth explanation of responsibilities allows better clarification of what is allowed. This means that behaviour cannot be left open ended for personal opinion on what is correct and there is fair treatment for everyone.

Fairness is one of the Office of the Ombuds' principles and is followed throughout the Statement.

The Rights and Responsibilities statement must adhere to all of the policies within the school. All school matters must work together to be most beneficial. The statement is strategic in its values, tactical with related information, is operational, and is put into practice by the school. This way of thinking allows clear definitions of rules and values for the community.

Rights and responsibilities are an important part of every school and organization. Their procedure allows fair and equal treatment for all students. The full statement can be viewed in your student planner, as well as online at tinyurl.com/fan-rightsandresp.

If you have questions regarding your rights and responsibilities, contact Greg Hessian, Ombudsman, in T3016.

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To request an information package, please send an email to cpp@nipissingu.ca
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CANDIDATES 2013

fsu FANSHAWE STUDENT UNION www.fsu.ca **PRESIDENT**

Adam Gourlay



Hey Falcons, My name is Adam Gourlay and I am running for FSU President. I am running on a four pillar platform of: Communication, Culture, Advocacy, and Transparency. If elected I promise to make sure the student voice gets heard.

I am currently the Vice-President External & Academic Affairs and was the Vice-President Athletics & Residence Life last year. Last May I was elected by student leaders across Ontario to the position of South-West Director of the College Student Alliance (a provincial advocacy group). As one of the directors on the College Student Alliance Board I currently represent 131,000 students across Ontario through advocacy initiatives; my biggest achievements include developing the first ever Blue Monday campaign, and representing students to lobby the Federal Government on college issues. At Fanshawe, some of my largest contributions to campus life during my executive terms were beginning the Fanshawe Relay for Life, organizing the FSU Charity Ball, assisting students in academic appeals, and managing the Class Representative System.

If I am elected to your president some of my responsibilities will include working with the executive team, being involved with communications between the FSU and other organizations, negotiating student fees, and making sure the student voice is heard. Rest assured that if I am elected I will take great pride in my position and the responsibility that comes with it.

To find out more, you can join my Facebook group (facebook.com/Vote-Gourlay). Please contact me with any questions you may have.

Many Thanks,
Adam Gourlaya

Jason King



What is "For Fanshawe?" I can't overstate the impact that Fanshawe College has had for me. I came into college as a mature student, unsure of how it would be here. It was an unknown to me.

That quickly changed, and it soon became my new home. "For Fanshawe" means continuing to provide the student infrastructure that makes students feel like they belong here.

In September 2011 I had the privilege to be chosen to go to Washington DC to support a team of New Zealanders competing in the US Solar Decathlon. This experience gave me the opportunity to represent Fanshawe College in a small, but very interesting way. Through this we were able to support the third place team in a worldwide competition. "For Fanshawe" means ensuring that opportunities are there to show that we are getting a world class education.

In my first semester of the Civil Engineering program, I was elected to be the class representative by my classmates. Since then, I have been involved in student government in one form or another, serving as SAC representative for Building Technology in 2011-2012 year. This helped me develop leadership skills. That opportunity started a chain of events that contributed to me asking for your vote as FSU President in this election. "For Fanshawe" means that I will continue striving to build a strong class representative system so that we can build solid future leaders for a strong community, and for a vibrant student union.

Jason King. For Fanshawe

Kendra Sauder



Hey Fanshawe!

My name is Kendra Sauder and I want to be your FSU President for the 2013-14 school year! I'm 24, and have been at Fanshawe for 6 years and by the end

of this semester I'll have 3 diplomas. (Hotel Management, Gen Arts and Music Industry Arts!) I've worked within the FSU for 3 years as VP External, Finance and Entertainment and would love to continue working for students to increase awareness of; the FSU services, the student voice and student opportunities!

Check out www.kendra4pres.tumblr.com for more information, and share what you want your school to look like with #yourschoolyourway

Stay in touch, and be sure to vote!

-Kendra

@kendarsauder

facebook.com/Kendra.sauder

www.kendra4pres.tumblr.com

fsu FANSHAWE STUDENT UNION www.fsu.ca **VP INTERNAL**

Ola Akinsara



My name is Ola Akinsara and I am running for VP of Internal Affairs VP. I am currently in my second year of the Recreation & Leisure Services program. I have worked as a placement student for

Student Union 1 semester and really got to understand what Student Union was all about and think I would make a great Internal VP. I have great personality and also have a strong passion for helping student. As Internal VP I want to bring awareness to the student body about particular issues such as Alcohol, Mental awareness and other issues in fun and knowledge able way. I want help students of Fanshawe make memories here by getting more students involved in the college through volunteering, making clubs or joining a club. If you want to know more about me and my campaign feel free to follow me on twitter @OlaAkinsara.

fsu FANSHAWE STUDENT UNION www.fsu.ca **VP ENTERTAINMENT**

Allie Neeb



Hey Fanshawe!

My name is Allie Neeb and I am running for the position of VP Entertainment for the FSU! I'm currently in my first year in the Music Industry Arts program. Before

coming to Fanshawe I completed my undergrad in Music at Queen's University.

While there I was involved in a lot of campus activities including Social Convener

for the Music Student Council, Photography as well as Charity Ball. I'm super

excited for the chance to bring my skills to the FSU team and I look forward to

the opportunity to meet lots of new people through working in this position. I can't

wait to build on the amazing work that has been done for events this year and take it even further next year!

Prabhjot Singh



Hey Fanshawe,

My name is Prabhjot Singh and I am standing for the position, "VP Entertainment" for the year 2013-2014. I am an international student from India and

hope to provide FSU team with some wonderful ideas. I am in 1 year of Business Marketing Program here at fanshawe. Lot of people ask me why Canada instead of staying in India and my answer is same for all I want to discover more opportunities and want some global exposure . I am also working as a Volunteer with Fanshawe Rotaract club in which we organize lot of fund raising events. Indeed my experience in fanshawe makes me able to stand for this position. I have a passion for music and I love events.

So, if you think I deserve this position come up and vote for me.For Further Inquires ,you can meet me in person or you can contact me on my facebook or twitter account.

Facebook-www.facebook.com/psingh06

Twitter-www.twitter.com/prabhjotsingh01

fsu FANSHAWE STUDENT UNION www.fsu.ca **VP ATHLETICS**

Chris Lethbridge



My name is Chris Lethbridge and I am running for VP of Athletics and Residence Life. Anyone who knows me will tell you I have an obsession with sports. I love to play everything as well as

watch and follow all professional sports leagues. Throughout the last couple of years I have built experience in the athletics field and I am looking to take that experience to the next level. My previous work includes writing for the Interobang, website administration for a high school football team, and I most recently completed an internship with the athletics department, covering all of Fanshawe's basketball and volleyball home games. Winning the VP of Athletics and Residence Life election would be a giant step in pursuing a career in the sports industry and I believe my previous experience will help me be the best candidate for the position.

I have a ton of ideas for both areas involved with the position. If I am elected, I will set up lots of events, competitions, and tournaments that will include lots of prizes of course. In my first year at Fanshawe I lived in Falcon house and I know that Residence is all about meeting new people and having fun. My goal is to not only have an impact on next year but to set up events that students will want to see take place on an annual basis. To here all my ideas, you can find me at the Oasis from 1-3pm on Tuesday afternoon.

fsu FANSHAWE STUDENT UNION www.fsu.ca **VP EXTERNAL**

Matt Stewart



G'Day my name is Matt Stewart and I am an international student from Australia and hope to bring some new ideas to the FSU team. I am currently in my second year of the

Graphic Design Program here at 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 I was handed the captaincy in my rookie year. Even though I came to Canada for Volleyball my intentions were only ever to stay for one year but the "Fanshawe Life" took me by storm. My relationship with this college has only just grown over the additional year I have been here and I project it will continue to. I believe that I have fully embraced Fanshawe and my main goal is to show others the side of this community that I have found so enjoyable. If you have any ideas or problems that you would like see happen around Fanshawe, please feel free to come in and have a good ol' yarn to me (Australian for "sit down and have a chat"). I look forward to seeing many of you around the school and embracing all that is Fanshawe College

EXECUTIVE ELECTIONS 2013

fsu FANSHAWE STUDENT UNION www.fsu.ca

VOTING CAN BE DONE ON FOL

VOTE MARCH 11 -14.

VOTING ENDS MARCH 14TH AT 2 PM



VP FINANCE

Jessica Brook



Hey Fanshawe!
My name is Jessica Brook. I am currently the SAC Rep for Human Services and it would be a true honor to represent you as the VP Finance for the 2013-2014

year!

I know how costly school can be and how hard it is on students. There are so many opportunities for students to receive scholarships and bursaries and I want to make them known to you.

My hope as VP Finance is that I can help make a difference in other student's lives the way the FSU has for me this past year.

I'm always up for meeting new people and I hope to show you my true devotion to the students during the campaigns.

Thank you and remember Vote Jess Brook for VP Finance

Aziza Nazar



" I could not, at Any age, be content to take my place by fire-side and simply look on. Life was meant to be lived and curiosity must be kept alive. One must never, for whatever reason, turn his back on life" by Eleanor Roosevelt"

The following candidate didn't submit their bio:

VP of Athletics and Residence Life:
Asif Rehman

All candidates submitted their bios in their own words, which have not been edited.

BOARD OF GOVERNORS

Clayton Greene



Hi Fanshawe!
I'm Clayton Greene and I want to be your student representative on the Board of Governors. I am a C o m p u t e r Programmer in my 5th semester. I am a

student tutor and Fanshawe Volunteer. I won the Association for Systems Management award in 2012 and represented Fanshawe College at Ibaraki University in Japan as an exchange student in May of the same year. I think I am the right person for the job because as a mature student I can take the balanced view as both a student and Fanshawe stakeholder. I have a Bachelor of Arts from The University of Western Ontario and after 15 years working in the Broader Public Service I decided to make a career change and chose Fanshawe College. My friends tell me that once I choose to do something I put everything I have into it. In the past two years I have given and received so much from the College. I have excellent time management and communications skills and my GPA is currently 4.12. I am father of one son and I enjoy hiking and scuba diving. I encourage everyone to vote and if you catch me in the hall just give me a shout.

Cheers.

Clay

Gabrielle Sturm



My name is Gabrielle Sturm. I am running for the Student Representative on the Board of Governors. I am an honor student in my second year of P.S.I. (Protection, Security and

Investigations). This September, I am planning to complete the second year of Police Foundations program. I am very involved in a number of different volunteer activities, both through the college and in the community.

I feel that I would be a strong candidate for the position as I have significant experience working as part of a team on a committee. I have been a member of the Community Engagement Task Force, which was set up to create and develop a policy to encourage community involvement between the citizens of London, and our municipal government. I am also currently a member of the Animal Welfare Advisory Committee.

It is my sincere desire to bring some new ideas to the board, which will help to improve and create lasting change in the way decisions are made and improve the method utilized by the college to provide information about programs and policies.

If you have any questions regarding this year's executive elections or the executive council positions, contact:

2012-2013 FSU President Zack Dodge
519-453-3720 ext. 226
Email: fsupres@fanshawec.ca



VOTE

EXECUTIVE ELECTIONS 2013

MARCH 11-14

VOTING CAN BE DONE ON FOL

VOTING ENDS MARCH 14TH AT 2 PM



Find information about the candidates at
www.fsu.ca/elections2013

Dishing out inspiration at Iron Chef competition

MELANIE ANDERSON
INTERROBANG

Fanshawe student Saida Sayd's family has been cooking for decades.

"My mom is a chef, her sister is a chef, her great-grandmother was a chef. For the longest time I wanted to be a lawyer, but I was drawn back – it's in my blood and it just happened and I love it," she said.

When Sayd's Culinary Apprentice teachers mentioned Fanshawe's first-ever Iron Chef competition, she jumped on board with seven of her classmates. Each student was paired with a chef from a local restaurant.

"I was like, 'I'm just going to go for it,'" she said. And it's a good thing she did.

Sayd won the competition with Robert Stewart from London's Petit Paris Creperie & Patisserie.

Each team was required to create a soup or salad, as well as an appetizer and entrée. They had 30 minutes to come up with a menu plan using the available pantry items.

This created one of the biggest challenges. "Coming up with dishes on the fly, they've really only had about half an hour to think

about their ingredients and what's available to them and now they've gotta create recipes from their head, be able to cook and go on the fly – so no organization, no prep," said Traci Jones, program coordinator in Fanshawe's School of Tourism and Hospitality.

They also had to incorporate the secret ingredient, Dead Elephant Ale (from Railway City Brewing in St. Thomas), into each of their dishes.

Using the secret ingredient creatively is what Sayd believes set her team apart from the competition. "We incorporated the secret ingredient the best, we showcased the beer instead of masking it; it was extremely bitter beer. It's really hard to make it palatable, something that's very harsh."

Their creations consisted of a compound salad with sous-vide egg and beer dressing, a beer-marinated fried perch appetizer with vegetables and a side of greens, and for the main course a chicken dish. "We pounded out chicken and took some of it and threw it in the food processor and added some cream and spices, and then we rolled it and sous-vide it and then

seared the outside. We butter poached the potatoes and cooked up some vegetables with that and made celery purée with beer and mushroom reduction."

The judges awarded points for creativity, and looked closely at their technique, watching for proficiency in knife skills, cooking, carving, glazing and safe handling.

Jones is also on the executive council for The Canadian Association of Foodservice Professionals, who partnered the event, and was happy to help connect students with local chefs. "It's a great experience for the students because they get to network with professionals who are actually working in the industry. They're also taking direction from and learning teamwork; the two of them didn't know each other before – now the chef has to come in, the student has to come in and they have to build a relationship."

For Sayd, the best part was working with Chef Stewart. "He is extremely organized and he's the biggest sweetheart ever ... There's no better way to get experience than to work with someone who has a lot of it and can teach you



CREDIT: MELANIE ANDERSON

Saida Sayd slices up some radishes as part of her winning meal at Fanshawe's first annual Iron Chef competition.

something," she exclaimed.

Being half Russian and half Afghani, Sayd has been exposed to many different types of cuisines, and she never stops exploring. "I try to travel within Canada as

much as I can. I've been to Vancouver, Montreal, and all over Ontario, just going to different restaurants and seeing plates and how much works goes into it, and it's just amazing."

International Women's Day fundraiser shows community spirit

MELANIE ANDERSON
INTERROBANG

On March 1, over 500 Londoners gathered at the 13th Annual International Women's Day Breakfast and Auction held by the London Abused Women's Centre.

The morning featured an elaborate breakfast buffet, a live and silent auction, and speeches by former Liberal MPP Chris Bentley, CTV's Sean Irvine, and London Abused Women's Centre executive director Megan Walker.

The event brought together a variety of community partners working together to raise money to end women's abuse.

"What's really interesting with this crowd is it's from many areas of our community: business, social services, law enforcement. We all have the express purpose to make sure that we protect our communi-

ty," said Police Chief and attendee Brad Duncan.

Many local politicians attended the event to show their support. London-Fanshawe MP Irene Mathysen has attended the event for eight years. She said the cause is important "because it shines the light on the reality that, despite 50 years of feminism, there are still women who suffer, and that violence is still a reality for four out of 10 women. We can't progress as a community or as a society until we've ended that violence against women."

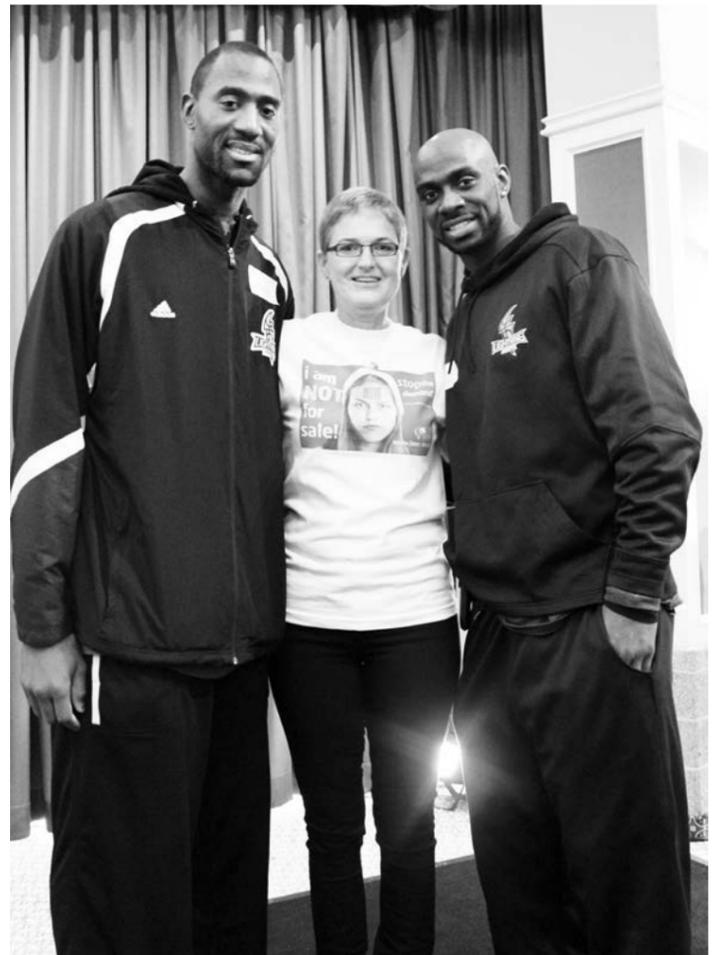
Local sports icons were also there showing their support. London Lightning point guard DeAnthony Bowden and forward Elvin Mims stood on stage to help promote one of the live auction prizes that included tickets to Toronto Raptors and London Lightning games.

It's obvious that it is no longer just women coming together for this cause.

Megan Walker was pleased to see so many men at this year's event. "We definitely had 50/50 with respect to men and women today, and that's increased every year. We've always said we really need men to step up and help us in ending violence against women, and they've certainly done that – it's been really exciting to see."

Felipe Gomes, owner of Aroma Mediterranean Restaurant, has been attending the event for several years. "A number of years ago, there was only a few of us men out here ... That's good that men are looking and seeing the need to be part of this. It's not just a women's thing – it's our thing," he stressed.

The fundraising event also served as a launch for LAWC's two-part campaign that uses the



CREDIT: MELANIE ANDERSON

London Lightning players Elvin Mims (left) and DeAnthony Bowden pose with executive director of the London Abused Women's Centre Megan Walker (centre) at the 13th Annual International Women's Day Breakfast and Auction on March 1. The Lightning players wore purple jerseys in November to support LAWC's Shine the Light on Woman Abuse campaign, and continued to show their support at this year's breakfast.

Unity of London offers mind-opening events

ERIKA FAUST
INTERROBANG

Unity of London wants to expand Londoners' horizons with two events this month.

Unity of London is a spiritual, New Thought community. "We're Christian, we follow the teachings of Jesus, and we see Jesus as our Way Show-er," explained Unity's Rev. Lori Hisson.

"Unity is quite open-minded, and we know that there is truth in everything. We have an open mind to education, to learning about what others are doing."

On March 13 at 7:30 p.m., author Robert Schwartz will come to town to discuss his book, *Your Soul's Plan*. Schwartz is known for his work as a past life soul regression therapist and between lives soul regression therapist. He will discuss spiritual growth and the meaning of life.

"He's got a great perspective. Some people are going to think it's

way out there, and (for) others, it will resonate with them," said Hisson. "It'll open us all up to another way of seeing things."

On March 17 at 12:30 p.m., Gabriella Puschel will host a workshop entitled Getting Your Voice Back, which is focused on self-empowerment.

"It just seemed to me that a lot of times, we don't use our voice. We're very polite Canadians and so we don't always speak what's in our heart or on our mind ... with love, we should share what's important to us," said Hisson. This workshop will show attendees the importance of speaking about what's on their mind, finding their voice and knowing that people don't have to agree with what they say, but they do need to listen. "She's talking about learning ways to express yourself confidently and discover your voice."

There is a fee for each event: for Schwartz's presentation, Unity is

asking for a \$10 love offering, and for Puschel's workshop, Unity is asking for \$20. "We never turn anyone away because of finances," added Hisson, and attendees who cannot afford those prices are asked to give what they can.

"As I've often said to my congregation, 'If I had just known some of the spiritual wisdom when I was younger that I know now, my life could have been a little bit different,'" Hisson said. She added that it's empowering for young people to understand more about the world around them. "To learn these teachings at a young age will really empower them for their life experience."

Both events take place at Unity of London at 137-4026 Meadowbrook Dr., and everyone is welcome. For more information, call 519-652-9294 or email unityoflondon@hotmail.com. Check out Unity of London's website at unityoflondon.com.



WIN A
\$200
pre-paid Visa card.



<< fsu.ca/contest for details

Wrap rage a common affliction



TENSION
FRANK YEW (O.F.T.R.)

So, I was at Toys Cost' Us the other day to pick up a gift for a kid's birthday. Endless shelves of foreign-produced plastic crap molded into friendly, colourful forms wrapped in more plastic crap produced in foreign countries by poor 12-year-old third-world displaced rural children who had to leave their indigenous farm to earn 99 cents a month by tying in every Polly Pocket shoe with small bits of wire made in the factory across the street.

Packaging isn't something I often think about or place much weight on in my daily life; however, more and more my life is temporarily hindered by the current state of packaging. Toys, light bulbs, hardware, video games... somewhere along the line there occurred a shift in packaging design. When we were kids, we peeled off a thin layer of Saran wrap and opened a cardboard box containing our new toy. Now, displayed behind a thick layer of clear plastic resides the object of our attention. Marketing departments around the world have flocked to the use of plastic clamshell bubble packaging, allowing the product to be splayed out in all its glory to make the product look bigger than it is, allow for safe shipping and add a billion tons of extra garbage to our landfills annually.

Perhaps I should have adjusted my assessment of Skylanders Giants to take into consideration all those millions of blister packs now (not) rotting in landfills all over the world.

My inner child finally settled on a Pokémon toy (an electronic Bulbasaur).

There displayed behind a layer of thick, clear plastic sat my inviting gift. Numerous small accessories tied with care to a cardboard backing displaying Kanto in all its glory. An artistic backdrop to hang Bulbasaur and his silver-coated wire tethered accessories hanging amongst a backdrop of quaint hills, flowers, a bright sunny cloudless sky and the obligatory Pikachu peeking out from behind a log.

I needed batteries for my gift, because it needed batteries. I think that instead of having the ability to simply recharge your items is so contrived that it reeks of consumer manipulation! The companies that produce toys, flashlights, game controllers, smoke alarms and most all consumer products must have an excess of caustic alkaline nickel-plated iron canton tubes in a sulfuric acid bath that they need to dispose of. The batteries were conveniently stocked in the shelf beside my Bulbasaur. They were also nicely displayed in hard plastic bubble shell blister packaging. I now know why they call them blister packs.

The opening of Bulbasaur replaced such party standards as Pin the Tail on the Donkey and Duck-Duck-Goose. The kids laughed and laughed as I first tried to rip the package open with my hands, before resorting to my teeth – something they took great delight in reminding me that they are told not to do this. My mirth quickly turned to irritation, anger and confusion before settling on pain. I later learned that there is a name for this series of conflicting emotions: wrap rage.

Wrap rage is named for a heightened level of anger and frustration resulting from the inability to open thick plastic heat-sealed blister packs. Apparently thousands of consumers suffer injuries every year from tools used to open packages and from the packaging itself. Papercuts pale in comparison to a



CREDIT: THEPACKAGINGINSIDER.COM

Wrap rage happens when it becomes more than challenge to open a simple package.

blister pack gouge.

So you move to a more varied assemblage of useless implements of destruction to open up Bulbasaur: a pen, a pair of safety scissors, a fork and the nail clippers all fail to make anything more than a mark on the package and an ink-filled hole in your leg. Next thing you know, you've got the cake-cutting turkey knife in hand and start impaling the package with a blur of primal thrusting motions. HINT: you can also use the same knife to unscrew the miniscule screws securing the battery cover. You may chip your knife, and stab your lap, but it beats buying a new eyeglass repair kit that comes with a screwdriver and magnifying glass small enough for this otherwise delicate operation. I actually left this party without successfully opening Bulbasaur, my wrap rage repressed deep inside with the help of two Valiums proffered by a more experienced wrap-opening mother at the party.

Shortly after the Bulbasaur fiasco, the legitimacy of "wrap rage" became clear to me. In a fit on insomnia, I found myself up at 3 a.m. watching The Shopping Network. There to my amazement was a tool guaranteed to open all forms of packaging without an overt amount of effort and no actual pain. This tool promised to put an end to wrap rage for only \$19.99. I instantly ordered it and waited patiently for six to eight weeks. Unfortunately, the tool arrived in a hard plastic bubble clamshell pack and I didn't have my turkey knife with me.

The ins and outs of credit: Introduction to consumer reporting agencies



LAW TALK
Community Legal Services & Pro
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Have you ever wondered why you were turned down for that credit card or new car loan? Your credit information as reported by a credit reporting agency is the likely culprit. This article will introduce you to credit reporting in Ontario.

What is a consumer reporting agency?

A consumer reporting agency prepares an in-depth report on your creditworthiness, usually for the use of a third party. They collect this information through credit-grantors and other publically-available sources. Consumer reporting agencies are governed by Ontario's Consumer Reporting Act (CRA), which regulates what information they can report about you, and to whom. The CRA also protects you against the use of incorrect and outdated information about your credit history. The largest reporting agencies in Ontario are TransUnion and Equifax.

What information is included in my credit report?

The moment you get your first credit card or take out a loan, your credit file is created. It includes information about any and all credit advanced to you and the balance of each, and whether you are making your payments on time. Your credit report shows whether you pay your other bills, such as your rent and utilities, on time. It contains personal information such as your name, age and occupation; current and previous places of residence; marital status and your spouse's name; your dependents; your education, professional qualifications and employment history; your estimated income,

outstanding debts, and assets; and your character and reputation, health, and physical or other personal characteristics. Your credit report may not include unfavourable information, unless it is corroborated; judgments, bankruptcies, information about debt collection, payment or nonpayment of fines or taxes, or criminal convictions, if any of these are more than seven years old; criminal convictions that have been discharged or pardoned; criminal charges that have been withdrawn, dismissed, or set aside; and information regarding race, colour, creed, sex, ancestry, ethnic origin or political affiliation.

Who can see my credit report?

A consumer reporting agency can only release your credit report with your written permission. Usually when you apply for credit you are asked to fill out an application form that includes written consent, giving the creditor permission to check your credit report. Every time an inquiry is made about your credit, a note is made in the file and is kept for three years. This allows you to see who has requested your credit report and when. Consumer reporting information is most often requested by potential landlords, employers, insurance companies and grantors of credit cards, mortgages and bank loans. Creditors use this information to determine if you pay your debts and how risky it would be to extend further credit to you. If a creditor denies a benefit or increases fees due to your credit history, they must inform you this was the reason.

How can I see my credit report and what should I do if it is incorrect?

Under the CRA, if you request a mailed copy of your credit report, a consumer reporting agency must provide it free of charge. The report must contain all information in the agency's files pertaining to you at the time of your request, and all sources of

this information. Credit reporting agencies must make reasonable efforts to verify unfavorable credit information. If you dispute information based on correctness or accuracy, the reporting agencies must confirm it as true, correct it, or delete it from the record. If the credit reporting agency refuses to correct inaccurate information, you can complain to the Ministry of Consumer Services, which will investigate the matter. The Ministry can order that credit information be amended or deleted, and prosecute agencies for violations of the CRA.

To obtain a free copy of your credit report, contact Equifax Canada at equifax.ca or 1-800-465-7166, or Trans Union Canada at tuc.ca or 1-800-663-9980. To make a complaint regarding a credit reporting agency, contact the Ministry of Consumer Services at 1-800-889-9768 or visit their website at tinyurl.com/minconsumerservices. In addition, you can find more information about consumer protection topics at any time in a series of Community Law School webinars archived online at yourlegallrights.on.ca/training-topic/consumer-law. Be empowered, and stay tuned.

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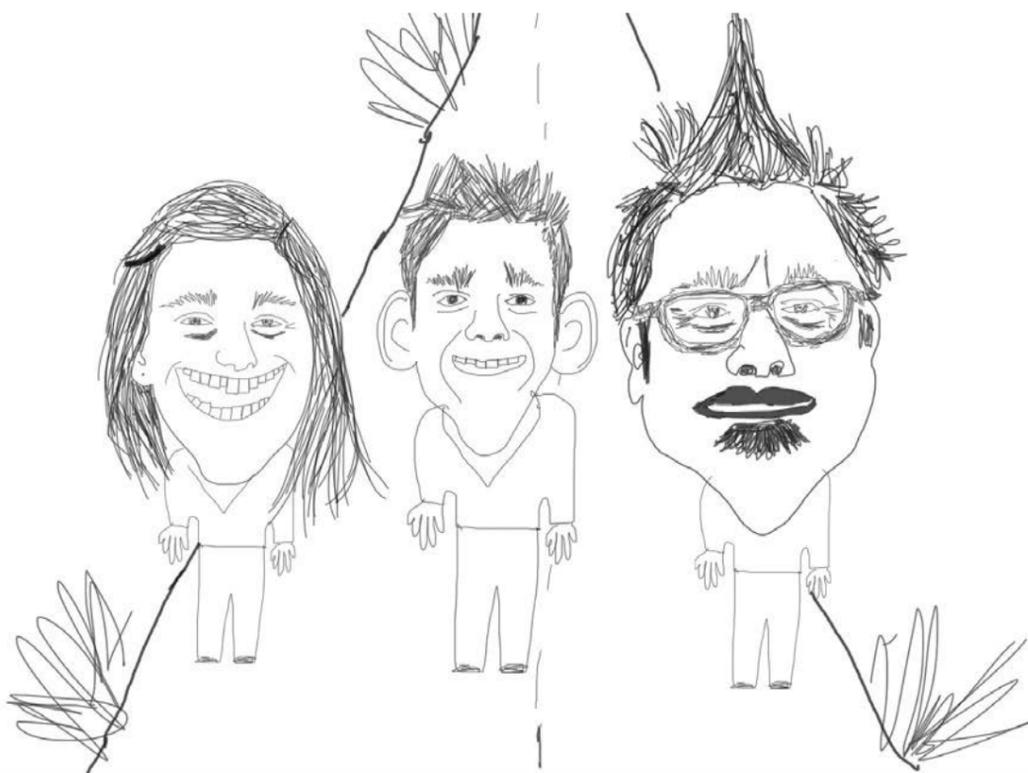
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FSU PRESIDENT

finish line

Spring has sprung and the Red Bull cans are a-poppin'



NOTES FROM DAY SEVEN
 MICHAEL VEENEMA
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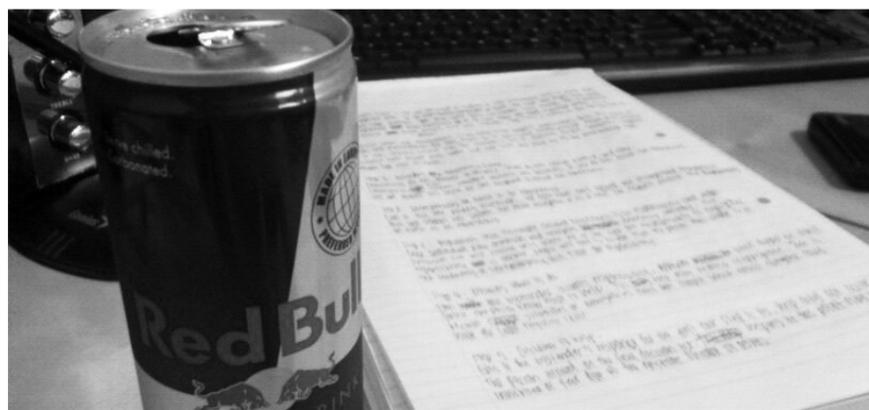
We have all seen them. At the end of every semester, Fanshawe scholars in all programs cut back on their viewing of *Canadian "Idle"* in favour of opening textbooks that were once safe from human contamination. Students, who, under most conditions, behave like normal people, drive up the value of Red Bull shares by consuming every can of it in the city down to the last drop so they can study for hours on end, complete course assignments, and prepare themselves for exams.

Whence this madness? Somehow the desire to improve grades grows beyond all reasonable proportion as the end of the semester imposes itself on the otherwise tranquil intellect of the 21st-century student.

How does one avoid the over-indulgence in study that many tragically pursue between Reading Week and the end of the term? A very difficult challenge, to be sure, but there is hope. Consider the following.

Most students know that one way to maintain a healthy balance between fun and study is to avoid secluded corners of the library and study in areas where one easily finds relief from the textbook in friends dropping by. But, thanks to our wireless world, even that scenario, greatly desirable as it already is, can be much improved.

Make sure that all the notification sounds on your smartphone are turned on. That way you will not miss any of the text messages, emails and phone calls that come your way.



CREDIT: STOCK IMAGES

Also, be sure that you have a few alarms set to go off during the day. When you are in the middle of comprehending for the first time a complex algebraic formula, it will come as welcome relief that it is 45 minutes before noon, giving you just three-quarters of an hour to pack up your books and secure your favourite spot in the Shack. Simple daily routines such as this are important to maintain because of the therapeutic stability they provide during the topsy-turvy insanity of exam study.

In case you need more help, make sure you are also getting notifications from your favourite music artists and actors – there's nothing like getting a Tweet from J. Bieber or Elvis. Although, if Elvis is Tweeting you, you may have other issues to address.

Of course, having your phone emit a steady cacophony of sound may backfire. It has happened that other students who are not much into a healthy balance between study and the rest of life will find your audio events irritating. But take heart, friends.

Such people are a bad influence anyway. You will do better without having them around to tempt you to study 15, 20, even 30 minutes in a row without interruption.

When the hour comes and you walk into the examination room, you will be able to hold your head high. While others have exhausted the supply of midnight oil and emptied the energy drink displays in every convenience store between Masonville and Ingersoll, you will have kept your dignity. What you lack in knowledge during the hour of examination will be more than made up for by your good night's sleep and your lack of worry about getting every answer correct.

What is an examination anyway but the accumulation of black marks on an otherwise blank sheet of paper? And since the paper was blank to start with, you're already half done even before you sign your name on it. That's your 50 per cent passing grade right there. Anything else is a bonus. These last few weeks before exams – enjoy!



Joyce Murray trying to derail Trudeaumania.

Joyce Murray: The cure for Trudeaumania?

VICTOR DE JONG
 INTERROBANG

The issue of cooperation defines every government as it signifies their willingness to pursue the public interest as opposed to their own. Compare the current Federal paradigm, in which cooperation is considered a four-letter word, to the recently elected Ontario Premier Kathleen Wynne, appealing to NDP leader Andrea Horwath for support. A government's stance on cooperation can end up defining their term in power. As we approach the Federal Liberal leadership election in mid-April, the idea of cooperation is turning into a wedge issue that sets candidate Joyce Murray apart from her opposition.

As the Member of Parliament for Vancouver Quadra, Murray has a distinguished track record academically, environmentally and politically. She co-founded Brinkman and Associates Reforestation Ltd. with her husband and has a track record of environmental advocacy and protection. This amalgamation of interests has created a candidate that can be attractive to a wide variety of voters who may be divided between the other candidates. While Murray has advocated for cooperation among those she calls "progressives," it's a sentiment that is generating equal appreciation for its unifying nature and criticism from those who see it as a compromise in values. At the Halifax debate on March 3, Justin Trudeau himself rhetorically asked Murray if she were abandoning the Liberal party.

In this particular election, voters must decide to either support a candidate whom they identify with, or one whom they can count on to beat incumbent Prime Minister Stephen Harper in the upcoming 2015 Federal election. In an ideal world, the two would be one and the same, but in this case they most certainly are not. Trudeau's rival candidates have, with some merit, accused him of not having strong policy standpoints, however it's a technique that, as they well know, could end up working in his favour. If Trudeau fails to identify significant wedge issues, he simultaneously robs the opposition of points to attack him on.

The field of candidates with even a chance to challenge Trudeau for the top job in the Federal Liberal Party is down to two after the debate in Halifax on March 3. Marc Garneau and Joyce Murray were the only two candidates to stay on message and present themselves as a viable alternative to the young politician during the Sunday debate. While in previous debates candidate Martha Hall-Findlay engaged Trudeau as well, her subsequent apology after the previous debate on February 16 has damaged her credibility more than her initial accusation that Trudeau's upbringing made him an elitist. While Trudeau's hold over the Liberal constituency remains ironclad, it's beginning to look like Murray's strategy of offering alternative options instead of competing ones could resonate with the broader public.

A lot will play out over the coming weeks that will determine whether Trudeau is able to win in a landslide or whether one of his opponents will constitute a serious threat. Perhaps the ultimate question for Liberal supporters is whether they want a leader who represents a fresh new face for the party or one who will try to rally the supporters of bygone days.

Rockin' the Doghouse at the Out Back Shack



MY 15 MINUTES WITH... TAYLOR MARSHALL

With singer/songwriting team Sarah Beth and Jefferson Sheppard and Carl Welch on drums and backup vocals, Doghouse Rose puts on an awesome show. Sarah and Jeff performed at a nooner in November on the Forwell Hall stage, and they're bringing their own brand of country music with folk, punk and rock 'n' roll elements to Fanshawe once again at the Out Back Shack on March 15.

I sat down with Jefferson and Sarah Beth to get the scoop on their CD release party and what fans can expect from them in the future.

Why did you decide to make your show here at the Out Back Shack in March your CD release party?

Jefferson: "It was a 'crisertunity' – an opportunity in a crisis. We just hooked up with Patrick Maloney and he set us up with a nooner here at Fanshawe. We have never played the Out Back Shack before, but it's a good location for everyone who is coming out. A lot

of people don't want to come to the far east end or downtown. Everyone is really picky now, but everyone is going to come to the Out Back Shack on St. Patrick's Day weekend."

What can we expect from that show, since it's during St. Patrick's Day weekend?

Jefferson: "Madness. We have a great lineup with us; our drummer and guitarist are amazing. Patrick Maloney will be playing an acoustic set along with the Black Frame Spectacle."

Sarah Beth: "We just checked them out after we found out that we will be playing with them and we are really excited to meet them. Their recordings are amazing."

Describe the work that went into this next album and what fans can expect.

Jefferson: "We are in the midst of it. As soon as we are done this interview, we are going to record acoustic guitars for some of the tracks. We are well on the way, but there is definitely some work that needs to be done."

Sarah Beth: "This release party is actually the re-release of our EP *No Mercy*, which we did do a little small run of. Now we are releasing it on a record label. It's kind of a celebration of the new relationship

we have with our new record label."

Jefferson: "Yeah, it's been pretty great. They have been awesome. They have been setting up a couple of shows for us this summer and it looks like we could even be going down to the States for a week or so to do our promotion for the new union of the band."

What was it like to play shows with Marty Stuart, Martina McBride, Barenaked Ladies, Blackie and the Rodeo Kings, The Oak Ridge Boys, Elliott Brood, and Tim Hus?

Sarah Beth: "For several of those shows we had another gig to go to, so we actually didn't get to stay and watch most those bands – that's how busy we were in the beginning. Hustling, just trying to put it all out there. We got to stick around for the Marty Stuart show and the Rodeo Kings. It was amazing to see how far it could go if you really put your mind to it. The musicianship was just amazing and it felt like such an honour to be a part of it all."

For more information on Doghouse Rose and their March 15 free show at the Out Back Shack's New Music Night, check out doghouserose.com. The show starts at 9:30 p.m., don't miss out!



CREDIT: DOGHOUSE ROSE

Doghouse Rose will be at the Out Back Shack's New Music Night for a free show on March 15.

Fashion blogger rundown for the fashionista in you



MAKE THE LOOK YOUR OWN AMY LEGGE

I spend more time than I'd like to admit looking at fashion every day. Firstly, it comes straight to my inbox every morning, noon and night from subscription sites and newsletters, so that's not my fault. Secondly, I follow every fashionista, designer and retail store imaginable on Twitter and Tumblr, and for that, I take full responsibility.

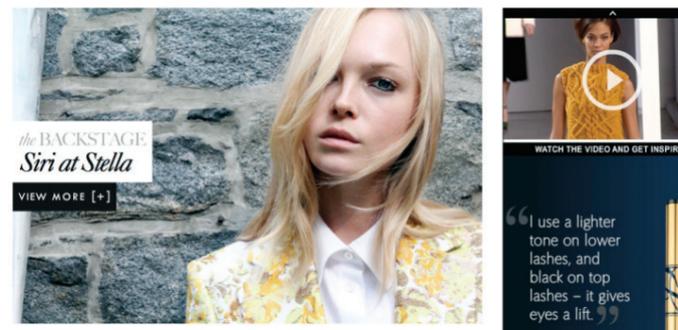
A lot of my style inspiration comes from style bloggers. While fashion journalism, including writing and photography, is beautiful and innovative, it can also be inaccessible. Most fashion bloggers are people like you and me, who have jobs to go to, who have lives, and who may not have \$950 to spend on a pair of shoes at any given time.

Fashion blogs are a fun, current way to see the trickle down from couture to mass consumption. If you want to see examples of how to work the runway trend into a more approachable style, here are a few blogs to check out... because you don't have any homework you should be doing, right?

Into The Gloss is a website that is dedicated to beauty, but from a runway perspective. The best part about it is that it features product reviews, trends to try and also reviews of movies, runway shows, new product launches and more. To pique your interest, a few recent things happening on the site include "Throwback Thursday – Come As You Are: Moments of Grunge," and "Backstage – Marc Jacobs Fall 2013." You can find

INTO THE GLOSS

CATEGORIES - ARCHIVE - ABOUT - PRESS - CONTACT - SEARCH



CREDIT: INTO THE GLOSS

Into The Gloss is one fashion blog that Amy Legge likes to click on frequently for reviews, trends and much more.

Emily, ITG's leading lady, at intothegloss.com and on Twitter @IntoTheGloss.

The Coveteur is a blog, newsletter, Twitter feed and online shop. As the name suggests, it is a blog that promotes coveting thy neighbour's shoes, and clothes, and homes. (Fun fact of the day: the CEO, Janet Bannister, is the entrepreneurial mastermind behind Kijiji!) The Coveteur gives an inside look at the homes and closets of fashion icons and tastemakers, making us all green with envy. This site does have a shopping component, so you can essentially shop the looks featured in the article. Just a warning, these are moderate to extremely high-priced items. Find The Coveteur online at thecoveteur.com and @thecoveteur.

Refinery29.com is a website

that follows beauty, fashion and pop culture trends in a newsletter format. I log on to their site because of course I love fashion, but I keep coming back because the writing is clear, easy to relate to, and often hilarious. I particularly admire whoever authors their tweets. Some recent gems from Oscars night include "It blows our mind that Adele is 24 and Carly Rae Jepsen is 28..." and "Jennifer Garner's dress is a party in the back we don't want to go to."

There really is a blog for everything, and fashion blogs are a dime a dozen. This leads me to my next point, which is that fashion blogs are actually free, and that's great for those of us who would rather save the money we spend on Vogues and Harper's and spend it on clothes instead!



CREDIT: MELANIE ANDERSON

Half Moon Run draws a crowd in Forwell Hall on March 7 for a Music Nooner. This talented Montreal-based group has recently confirmed that they will be touring with Mumford & Sons across Europe this spring.

Vote Aziza FOR VICE PRESIDENT FINANCE

AZIZA NAZAR



CREDIT: HAI HA NGUYEN

A feminine twist on boyish apparel



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

An exciting trend that is taking over today's street fashion is boyish outfits inspired by hip-hop and urban pieces fully accessorized with gold chains, bracelets and earrings styled with fully feminine makeup, including a red lip.

The basic concept of this street style has been around forever, but has recently been popularized by style icons such as Rita Ora, Rihanna, Gwen Stefani and Cassie. The style is comfortable yet stylish and feminine. Although the outfit looks casual, what takes it to a whole new level instead of just wearing plain T-shirts and pants are the accessories and glam makeup. It is a fabulous feminine twist on boyish apparel.

Start your outfit with a T-shirt with an eye-catching graphic print. The shirt in this week's picture refers to New York, the birthplace of hip-hop, and the armhole is cut deep so the fit of the shirt is more relaxed and interesting. The shirt is paired with an interesting pair of tights that have a cool fabric design criss-crossing on top of mesh. Combat boots are a great choice for fall, but high tops or colourful sneakers work better for the street style in summer and spring. To accessorize the look, layer a rope-chain necklace, a studded link necklace and a thin necklace with just one stud in the middle. To complete the look with makeup, bold eyeliner and a bright red lip adds femininity into the outfit.

1. New York City Shirt: Comfortable cotton T-shirt with raw edges cut where armholes are cut lower for a more interesting shirt. (Brandy Melville, \$20)

2. Strappy Tights: Edgy tights with straps of fabric criss-crossing on top of mesh add more excitement to the outfit. (Forever 21, \$18)

3. Combat Boots: Black, worn leather combat boots add comfort and a relaxed feel to the outfit. (Aldo, \$80)

4. Gold Necklaces: All three necklaces have interesting details but are thin, which makes them perfect to layer with each other or many other styles of necklaces. The first necklace is the rope-chain necklace, a classic design for a chain that makes any outfit look expensive. The second one has triangular studs repeated throughout the necklace; it adds some great angles to the mix. Finally, the third is a delicate chain with a single stud to contrast the other two. (Rope-chain: Forever 21, \$8; Triangular studs: Forever 21, \$8; Delicate chain: Forever 21, \$1.50)

Here is a way to combine comfort with fashion in a stylish way. The key to success with this look is to pick interesting pieces and accessories and mix them with the basic shirts to add excitement. It's a great trend to wear to bring out your inner tomboy while still looking pretty!

Hai Ha Nguyen is a Fashion Design student who loves to discover the new trends in street fashion. Follow her on Instagram at [instagram.com/haihanguyen7](https://www.instagram.com/haihanguyen7) 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.

A godfather of makeup



BEAUTY BOY
JOSHUA R. WALLER
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There are tons of celebrities in the media spotlight for various reasons – from starring in the latest movie to having the current top hit song to starting a hot new fashion trend – but you rarely see a makeup artist in the spotlight.

When people think of a makeup artist, they usually think of one who creates glamorous looks that strut down the runways during various fashion weeks or one who does a celebrity's makeup for when they are in a photo shoot. Makeup artists in TV and film are often overlooked but are usually the ones who can create some pretty extraordinary effects, whether it's the dirt on an actor's beard or a full prosthetic that completely changes their appearance. One of these fabulous makeup artists has not only worked on some of the most iconic films of all time, but has also revolutionized the way we do makeup.

Richard Emerson "Dick" Smith was born on June 26, 1922 in Larchmont, New York. He started his life by going to school at Yale with the intention of pursuing a career in dentistry, but later decided to get his Master's degree in zoology. It wasn't until later in Dick's life, when he read a book on Hollywood makeup secrets, that he was inspired to do makeup and eventually become the administrator for makeup for the Yale drama group.



CREDIT: BLOODY-DISGUSTING.COM

Dick Smith applying makeup for *The Exorcist* film.

As he continued practicing and studying, Dick found his place in TV, where he served NBC for 14 years as their first makeup director. He worked on shows such as *The Twilight Zone*, *Dark Shadows* and *Way Out*, where he started inventing his own methods and tricks to applying makeup. His technique using small foam latex to create prosthetics was highly criticised at first but eventually became industry standard.

Later on in Dick's life, he began to work on films, which really brought his name to fame in the movie industry. He was able to combine makeup with onset practical special effects, which made his makeup look much more real and lifelike. Many of his fabulous techniques were seen in *The Exorcist*, *House on Haunted Hill* and the *Godfather* trilogy. He then achieved one of the greatest

awards a makeup artist can achieve in his or her career: Dick won an Academy Award for Best Makeup for the film *Amadeus*, where he transformed a young man into an elderly one.

To further Dick's accomplishments, in 2012 he received an honorary Academy Award for his amazing career, which is an outstanding life achievement.

While Dick hasn't done many recent films, he continues to share his expertise and innovative techniques with aspiring makeup artists.

All of Dick Smith's accomplishments combined has made him one of the godfathers of makeup. Next time you are watching a film, check to see who the key makeup artist is and find out what other movies they have done; it could be one of your favourites!

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Get your closet clutter under control



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We all do it or have done it in the past... you may think you're getting a quick fix for a clean space, but in reality you're making a bigger mess! You know what I am talking about: shoving everything you possibly can into your closet. Whether it's your linen and storage or your walk-in clothes closet you're stuffing to the brim, you and I both know you are guilty.

Getting started is always the hardest part when it comes to cleaning out a messy closet – I know that from firsthand experience! To start, you need to venture through your belongings and get rid of what you don't want or don't need! A cluttered closet starts by having old, unused junk taking up precious space.

Once you have decided what is staying and what is going, you can prioritize your belongings. Sort your stuff into piles of how often they're used: frequently, occasionally, rarely or never. Once you have your belongings in these categories, the next step is to sort your items out by what they are or what their use is. The next following steps will vary depending on what

type of closet you are organizing.

Linen and Storage Closet

Once all of your belongings are sorted and organized in the appropriate category, you can start the fun part of organizing! Purchase storage baskets and jars that are suitable to your taste to create a visually appealing closet. Next, place your items where they belong. For example, keep all of your facecloths together by folding them neatly and placing them in their own decorative basket. I suggest doing the same for your towels but using a bigger basket. Instead of sorting your bedding by pillow cases and sheets, sort by set and keep all sets together and folded nicely.

Smaller items stored in your closet can be put into decorative jars. Other household items stored in your closet can be put into more decorative baskets sorted by type or use.

Once you have all of your items sorted into baskets and jars, or even just folded neatly and placed on the shelf, you can start placing your items in the closet. Place your most often used items at eye level, generally in the middle of the closet. Occasionally used items should be the next available shelves in your closet – place these items directly above and under the most often used items. Last, the least frequently used items will be placed at the top and bottom of

closet – yes, that is a longer reach for accessibility, but keep in mind they are rarely used.

Clothes Closet

Once you have all of your clothes sorted by type – tanks, short/long sleeve, cardigans, blazers and sweaters – your organizing can begin. Place all grouped items together in your closet, and be sure to place all of your clothes in your closet all facing the same way – all fronts of shirts and sweaters facing either to the right or left.

Next, sort your accessories by type. Scarves and belts can either be hung neatly on a hanger or folded into a storage basket. Place hats into sorting baskets. Purses can either be hung on the inside of your closet door using removable hooks or placed in baskets. Last, having a shoe rack in your closet is essential so you don't end up with all of your shoes piled up in your closet.

Do not get discouraged if you have a smaller closet; these tips work for closets of all sizes and shapes. Once you get started on this project, you won't want to stop until it's finished.

When you have completed organizing your closet, your life will be a little less hectic because you will easily find everything you need. Say goodbye to closet clutter and hello to a beautifully organized closet space!



CREDIT: CHRONICLESOFCREWS.BLOGSPOT.CA

A neat and tidy closet is a breath of fresh air!

Rank and Vile show lives up to its name

JESSICA BICE
INTERROBANG

Comedians Darren Frost and Kenny Robinson have very dirty minds... and filthier mouths.

For some, this type of comedy may be unappealing, and for others it may be right up their alley, but it's "not to impress," said Frost, who is hitting London with Robinson for the Rank and Vile Comedy Show from March 21 to 23 at Yuk Yuk's (900 King St.).

Though a crude style of humour, it is meant to be taken lightly, Frost said. "The basics of our show verses other shows is the controversial tones – no apologies for what we do. It is meant to be taken as a joke."

Frost said that this style of comedy is not all that unconventional. "It's unconventional in the sense that people think stand up is supposed to be a certain way, but it is not unconventional to the history of comedy shows ... We may be pushing conventions of thought ... provoking-thought in a rank and vile way, but it is not all that unconventional."

He was enthusiastic to mention that they're proud of their style of humour. "We don't hide it behind anything; you can't please everyone, and we're not trying to!"

What the Rank and Vile comedians take pride in is their new material and staying true to the style of comedy they set out to be. "Rank and Vile' sums it up," Frost exclaimed. He also noted that they were to call their show "Double Penetration" but changed it for the sake of public opinion.

Frost said Fanshawe students always make for a great audience.

"Fanshawe students are wonderful when they come to our shows." They have been at Fanshawe a few times before and were delighted in the reactions they got from the audience. "We're used to hecklers, but Fanshawe students weren't like that ... They either enjoyed it or they didn't, but they didn't heckle."

Love it or hate it, Frost and his crew don't plan to change any time soon. Check out Frost and Robinson's Rank and Vile show at Yuk Yuk's on March 21 at 8 p.m., March 22 and 23 at 8 p.m. and 10:30 p.m. Snag tickets at yukyuks.com. For more information, head to Frost's site at comedywhore.com.



CREDIT: COMEDYWHORE.COM

Darren Frost is bringing some hilariously dirty comedy to the Yuk Yuk's stage later this month.

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A not-so-new look at an old fairy tale



REEL VIEWS
ALISON MCGEE
a_mcgee3@fanshaweonline.ca

Jack the Giant Slayer (2013)



It seems that fairy tales and folklore are the latest trend in Hollywood's rash of remakes and adaptations. There was *Red Riding Hood* a couple years back, there was *Hansel and Gretel: Witch Hunters* just last month and now, the newest addition to this genre, there's *Jack the Giant Slayer*.

Bryan Singer, who is best known for bringing the *X-Men* franchise to the big screen, takes his shot at recreating a beloved age-old fairy tale for this generation of moviegoers. *Jack the Giant Slayer* follows the plotline of the original folk tale fairly closely: young Jack trades his horse for a handful of beans and sadly spills them on his way home. Little does Jack know that the beans are magical and quickly sprout into a giant beanstalk that allows him to climb high into the sky to the lands of the giants. *Jack the Giant Slayer* does include some new elements,



CREDIT: NEW LINE CINEMA

Jack (Nicholas Hoult) faces some very large obstacles in *Jack the Giant Slayer*.

though, like the backstory that tells of a long waging war between the humans and the giants and the young princess Isabelle whom Jack is pining for.

The cast of *Jack the Giant Slayer* is fairly impressive. Nicholas Hoult steps into the leading role of Jack and it seems that this British-born actor is simply charming in every role he takes on. Hoult, who was recently seen in *Warm Bodies*, always has that air of awkwardness to him that this generation of young movie fans seems to really love. It makes him

relatable, even in a fantastical role such as this one.

Stepping in beside Hoult as his love interest Isabelle is Eleanor Tomlinson, a fellow Brit. Tomlinson unfortunately plays her role a little flat, and the chemistry between the two seems to come up short.

Ian McShane, Stanley Tucci and Ewan McGregor all have supporting roles in *Jack the Giant Slayer*, as they bring to life Isabelle's father King Brahmwell, the evil suitor Roderick and brave knight Elmont respectively. Not surpris-

ingly, Tucci is the comedic centre of the flick with his usual wit and spark.

The trouble with *Jack the Giant Slayer* is that there is very little originality present. Sure, there are certain elements of the plot that didn't exist in the original tale, but they fail to make up for the fact that watching this flick feels exactly like you're watching a story you know inside out... which you probably are.

On top of that is the CGI employed by *Jack the Giant Slayer*. It is not only overly used,

but the quality is so poor that it detracts from the rest of the flick. The giants are obviously computer generated and it seems almost a mockery of that fact that the General of the giants, Fallon, sports an extra head on his shoulders.

Jack the Giant Slayer is exactly what you think it will be. It's the same story told in much the same way. If you're looking for something new and fresh this one is best avoided.

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Domo arigato, killer robots



Cinema Connoisseur
ALLEN GAYNOR
www.cinemaconn.com

Robotropolis (2011)



Over the past decade, we have witnessed some incredible technological breakthroughs. Smartphones. iPads. HDTV. Yet the vast majority of the population does not have their own robot butler.

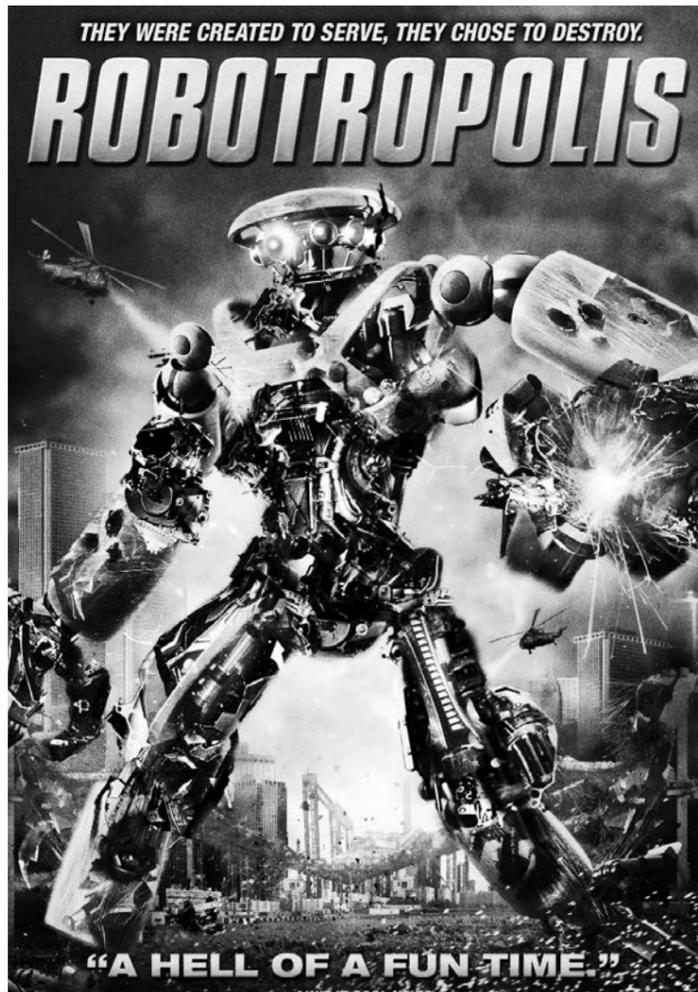
Is it just me, or does that seem wrong? Weren't we all promised robot servants would be a part of our lives sometime after the year 2000? Yet now we're 13 years into this millennium, and I'm still pouring my own bowl of Count Chocula and bathing my own children in a completely robot-free home.

Thankfully, Hollywood is here to give us a glimpse of what we are missing. In the glorious tradition of *RoboCop 3* and *Short Circuit 2* comes *Robotropolis*, an instant science fiction classic that envisions a scenario where more robots would actually be a bad thing.

Robotropolis takes place in New Town, a private community where robots have become commonplace. They work in factories and interact with the locals. A television news crew has come to New Town to file reports on how perfectly everything is going. However – brace yourselves – a stunning turn of events changes everything.

While the GNN crew is in the midst of a live broadcast, a robot wanders into a soccer game. This game certainly could not be called a “friendly,” as the robot inexplicably shoots and kills one of the human participants. There have only been two exciting moments in soccer history: when Brandi Chastain ripped off her jersey during a World Cup victory celebration, and when France's Zinedine Zidane head-butted someone back in 2006. Well, we now have a third thrilling soccer moment to remember.

Now, the simple solution would be to find the killer robot and destroy it. However, it is not that easy. At the risk of sounding racist, all these robots look alike. That's not the only issue, though. The bad behaviour is spreading, and before long, the robots are preying on the townsfolk like a family of guinea



pigs attacking a Dairy Queen ice cream cake. Have you ever seen guinea pigs eating a cake? It is not a pretty site, and neither are these vicious robot assaults. And no, I am not getting any kickback from Dairy Queen for mentioning them in this review.

Basically this situation becomes as destructive as a “Harlem Shake” video shoot in Oasis. Although maybe that isn't an appropriate comparison. I mean, these robots seem to have become sentient beings capable of original thought, so they likely wouldn't have anything to do with a “Harlem Shake” video.

The story is mostly told through the point of view of the GNN crew, so it is almost like the viewer is

watching an actual news broadcast. Except in this case the news is interesting, and there is no awkward banter between the anchor and weather girl.

Robotropolis is a stylish tale that not only delivers plenty of action and drama, but also gives viewers plenty to think about. How much do you trust that microwave in your kitchen? What about that electric toothbrush in your bathroom? How well do you really know your iPod Nano? I'm not suggesting that these devices are going to rebel and murder you while you sleep. Just to be on the safe side though, you might want to see if you are able to sleep with one eye open.

Why hosting the Oscars is an impossible gig



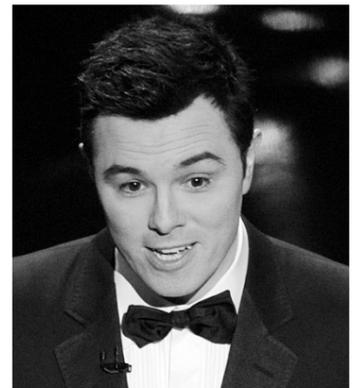
McGee's Movie Moments
ALISON MCGEE
a_mcgee3@fanshawonline.ca

Can you imagine how good it would make you feel if you were personally asked by the Academy of Motion Picture Arts to host their annual awards show, better known as the Oscars? Now can you imagine how bad it would feel to have those same people, and the critics who support their work, calling you a terrible host in a thousand different ways? Well, folks, in a nutshell, that's what hosting the Oscars is all about.

A couple of years ago, Anne Hathaway and James Franco co-hosted the show. Hathaway was more or less approved of by critics, though the most that they could really say was that she was better than Franco. They called him things like “awful” and “horrible.” In this case, though, Franco was just being himself. He wasn't acting a part, he wasn't in a movie, he was letting his own personality come through during a live show. Apparently that's not good enough.

A few years before that there was Jon Stewart. He was one of my all-time favourite hosts. The critics panned him for being too Jon Stewart-ish. Essentially they disliked him for the same reasons they disliked James Franco. The two men were simply being themselves on screen. Stewart, of course, made political comments and snide remarks about conventional things, but that's what he's known for. The critics did not approve.

Ellen DeGeneres was panned for being shy and awkward. Well, awkward is kind of what you get when you ask for Ellen. David Letterman was panned for using too much late night-style humour. Well, of course he did; he is a late-night talk show host. The list goes



CREDIT: ABC

Seth MacFarlane was slammed for his performance as host of the Oscar awards ceremony last month.

on and on.

And then you have this year's ceremony hosted by *Family Guy* creator Seth MacFarlane. I'll bet you can guess why the critics didn't like him. Yep, because his humour was too crass and his jokes, like the one about Chris Brown and Rihanna's date night, crossed some lines. I think MacFarlane (and all the “bad” hosts who came before him) was completely justified. He was asked to host a ceremony because of his personality, so he let it all out, and then he was slammed for that same personality.

Hosting the Oscars is a tough gig. The industry likes to stick with what it knows and what it is already sure it will like. This is undoubtedly why Billy Crystal has hosted no less than 10 ceremonies. Crystal is the Oscar darling, even though viewers have come to find his jokes tired.

The critics like what they like when it comes to the Oscars, and unfortunately nothing is going to change that anytime soon. Hosting the Oscars has got to be one of the most stressful, impossible jobs in the industry, and I give kudos to anyone who takes that risk nowadays.

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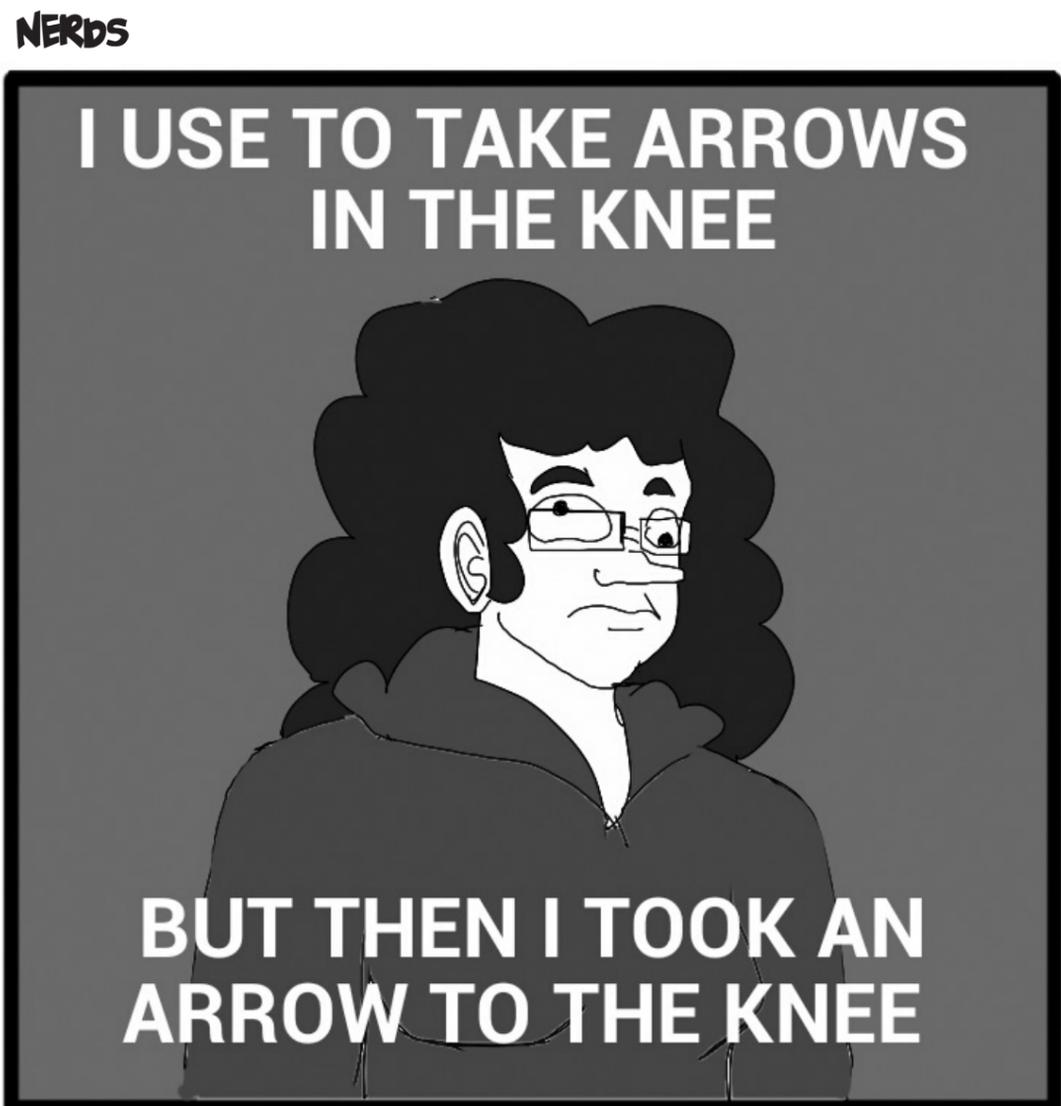
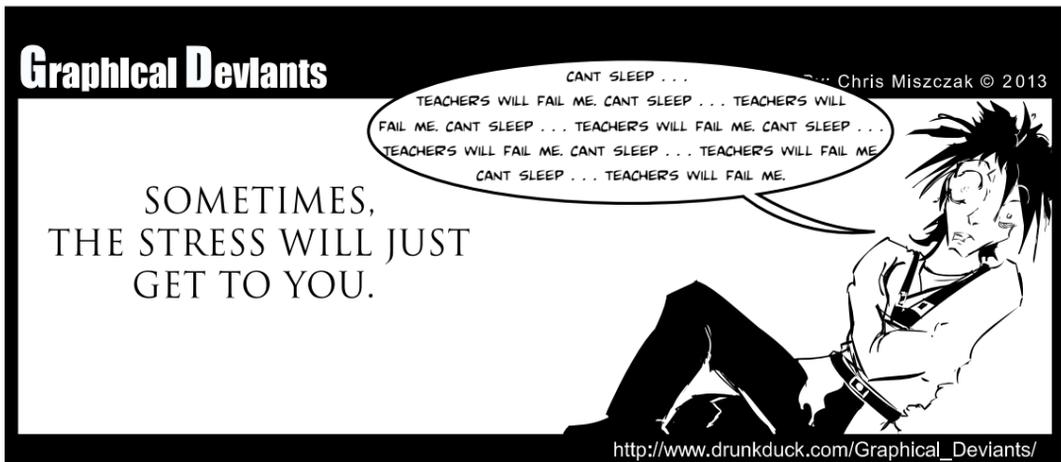
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zodiac stargazer HOROSCOPE

Aries (March 21 - April 19)

Surprises are best when a loved one springs them on you. Proof of ownership or residency is self-evident. Courageous acts are born from feelings of deep security.

Taurus (April 20 - May 20)

You take your struggle far too seriously. You have many reasons to laugh. You gain new insight into your story when telling it again for the benefit of a newcomer.

Gemini (May 21 - June 20)

When you yield to temptation, it might quickly stop being fun. Gemini is still responsible for the welfare of others. If you aren't a parent yet, this is excellent training. Being focused and caring will soon pay off.

Cancer (June 21 - July 22)

Think small to avoid being overwhelmed. Stay away from people whose conversation will take you to an undesirable place. Self-care comes miles ahead of serving others. You deserve to be spoiled for a while.

Leo (July 23 - August 22)

Unanswered questions resolve themselves. The undecided are yielding to your magic touch. Some would say that you're trampling all over them, but the truth is that you're sweeping them into your dance.

Virgo (August 23 - Sept. 22)

Stay calm and rational. Anyone heartless enough to tease you doesn't deserve a response. As long as you believe in a just world, sooner or later the circumstances will avenge you.

Libra (Sept. 23 - Oct. 22)

Other people are crucial to your picture. If you don't go out into the world in search of friendship, it will come to you soon enough. You're party to any agreement - especially if it involves a party.

Scorpio (Oct. 23 - Nov. 21)

Someone tries to talk you into believing the unbelievable. Resign yourself to a weekend of credibility exercises. A moment of satisfaction isn't worth the price that comes with it.

Sagittarius (Nov. 22 - Dec. 21)

Adventure is where you find it. Sagittarius could make a mountain out of a mole hill, and not even the moles would complain. Write your story in large letters and sell the movie rights before the week is done.

Capricorn (Dec. 22 - Jan. 19)

Your dream life is a powerful source of inspiration and answers. Capricorn is the first to do unusual things simply because no one else has ever thought of them before. Make productive use of your spare time.

Aquarius (Jan. 20 - Feb. 18)

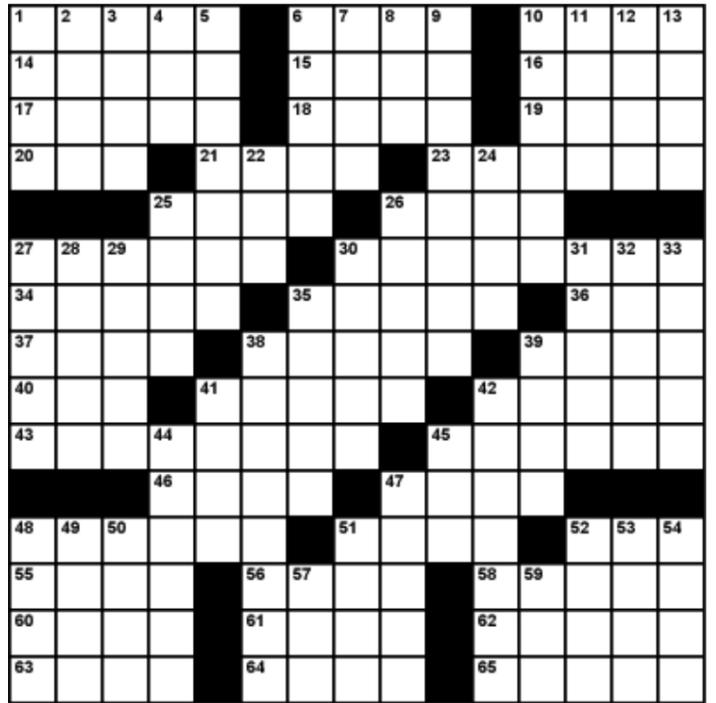
You're working with symbols that easily overpower others. You dispatch your obligations easily and are soon hungry for the next challenge. If this happened every day, you'd soon be king or queen of everything.

Pisces (Feb. 18 - March 20)

Although you say that you're 'between relationships,' this could actually be the start of a new one. Recognize the laws and principles that are now in effect. Your words will be heard and remembered.

Across

- French romance
- Looped handle
- Doctrines
- Beat
- Mint
- Fruit of the blackthorn
- Charged, in a way
- Prefix with -gon
- 1814 Byron poem
- ___-night doubleheader
- Part of a ship
- He loves to ___. (see 52 Across)
- First job he applied for was ___ of the Math and Science Dept. (see 52 Across)
- Warner Bros. creation
- In its proper place (2 words)
- Cherish (2 words)
- Lion sounds
- One of the Osmonds
- Brandy letters
- He enjoys making ___ in his basement. (see 52 Across)
- Actress Tierney
- Print tint
- Aggravate
- European capital
- Bartender's supply
- Turkey's locale (2 words)
- Fabric sample
- "@#%&!,," e.g.
- Prince of Wales, e.g.
- He credits the downtown ___ as his greatest achievement. (see 52 Across)
- Farm animal
- Theme of this puzzle: "___ Things You Probably Didn't Know About Dr. Howard Rundle".
- Strong laxative
- Boris Godunov, for one
- Connect (2 words)
- Muslim pilgrim
- Barely managed, with "out"
- A Muse
- Sign gas
- A stratagem
- Any "Seinfeld," now



Down

- Engaged in an activity (2 words)
- Cat's "hello"
- Former home to the Hawks, with "the"
- News initials
- As a child he enjoyed setting off ___ (see 52 Across).
- Hurt
- Christmas
- He manages to read ___ to seven novels per year (see 52 Across).
- Part of Turkey
- His father bought an ___ (see 52 Across).
- Bohemian, e.g.
- "Encore!"
- Close, as an envelope
- ___ Claire, Wis.
- Took a bus
- Employ
- Baseball manager Joe
- Apollo 15 astronaut James ___
- Bete ___
- It won't keep you up
- Hangout
- He includes almost every ___ that involves Fanshawe in his activities (see 52 Across).
- Jellied garnish
- Curved part of a sail
- Quagmire
- Hearty entree (2 words)
- Fly high
- Boyfriend
- He took his first big steps into the ___ world at Fanshawe (see 52 Across).
- Entice (2 words)
- Caribbean, e.g.
- Large group
- "High Hopes" lyricist
- Wings
- Magic charm
- Highlander
- Rip
- "___, Brute!" (2 words)
- "High" time
- He enjoys ___ trips into Quebec (see 52 Across).
- Anger

Solution on page 18

QUIRKY FACTS

- Jedi is an official religion, with over 70,000 followers, in Australia.
- The youngest Pope was 11 years old.
- In the year 2000, Pope John Paul II was named an Honorary Harlem Globetrotter.
- The only domestic animal not mentioned in the Bible is the cat.
- Contrary to popular belief, there are almost no Buddhists in India, nor have there been for about a thousand years.
- In a century's time Islam had converted one-third of the world.
- There is no mention of Adam and Eve eating an apple in the Bible.
- The Bible has been translated into Klingon.
- Chanel Tapper, a student from California, USA, has the world's longest tongue, measuring 9.75 cm (3.8 inches), from tip to top lip!
- Denver, Colorado, USA now has more marijuana dispensaries than it does Starbucks.
- If you put two straws in your mouth, one inside a drink and one outside it, you won't be able to drink through either straw.
- It would take about 1,200,000 mosquitoes to fully drain the average human body of blood.
- Historically, sweat has been an active ingredient in perfume and love potions.
- In 1984, a Canadian farmer began renting ad space on his cows.
- A donkey will sink in quicksand but a mule won't.
- Whispering is more wearing on your voice than a normal speaking tone.
- The world's tallest snowman was created in Bethel, Maine in 2008. It measured in at 122 feet / 1 inch and weighed 13,000,000 lbs.
- All the chemicals in a human body combined are worth about 6.25 euro (if sold separately).
- In 1992, 29,000 rubber ducks washed off a ship. They were found thousands of miles away eight years later.
- There are around 200 corpses on Mount Everest.
- Consumption of TNT turns urine amber or deep red, which people often mistake for blood.
- False teeth are often minute-radioactive.

Sudoku Puzzle

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

puzzle rating: medium

Fill in the grid so that every row, every column and every 3x3 grid contains the digits 1 through 9. That means no number is repeated in any column, row or box. Solution can be found on page 18.

Word Search

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

Starring James Caan

(Words in parentheses not in puzzle)

- | | | |
|--------------------|--------------------|--------------------|
| (A) Bridge Too Far | (For the) Boys | Kiss Me (Goodbye) |
| (Comes a) Horseman | (The) Gambler | Las Vegas |
| Dick Tracy | Gardens (of) Stone | Mickey (Blue) Eyes |
| Dogville | (The) Godfather | Misery |
| Elf | (The Killer) Elite | Wisegal |



Proper shopping protocol



MY SERIES OF UNFORTUNATE EVENTS
JENNA WANT
j_want2@fanshaweonline.ca

Hi, my name is Jenna and I am a shopaholic. Phew, glad we got that out of the way, I had been holding it in for far too long.

I didn't think it was that big of an issue until I had to be physically taken out of a store (by my mom, not by an aggressive security guard). I put most of the blame on window displays; they are just so well put together!

If you are also wondering if you're also a shopaholic, here are a few symptoms: even after a day of shopping you can't help but think of that cardigan that you didn't buy. Even though you already own the same one in six other colours, you drive right back to the store the following day to pick it up. That's when you should start becoming a bit concerned, but you have officially received the title of a shopaholic if it starts to interfere with your relationships. After all, there's only so much time in a day. So anyways, enough about you,



CREDIT: CONFESSIONS OF A SHOPAHOLIC

back to me. As someone who spends quite a bit of time in the mall, I have gotten to know the shopping protocol quite well, unlike others. If you're spending the day at the mall, leave your dirty laundry at home. Just the other week, I listened to a half-hour argument between a couple about cutlery. It sometimes is a great way to get your daily soap opera fix, if that's your kind of thing.

One thing I try to avoid at all costs is trying things on in the fitting room. There are two types of fitting rooms in my opinion: the ones that you can pretty much help yourself to, that usually have no door locks and also mysterious carpet stains. Or there are the types with a 30-person lineup and alarmingly loud music. Those lineups

are usually caused by the shoppers who insist on showing every item of clothing to their parents, friends and family pets who are outside the door.

Shoppers aren't the only ones who demonstrate strange behaviour; turns out employees are equally at fault. Sometimes I just want to browse around a shop, not be harassed around every corner asking if I'd like to try out a sample (unless it's Costco, of course).

At the end of the day, there will always be people looking to make your shopping experience one to remember, for better or for worse. Maybe those people were put there purposely to stop us shopaholics from causing credit card damage. If that's the case, it's not working. Happy shopping!

BEST IN LATE NIGHT COMIC RELIEF

THE LATE LATE SHOW with Craig Ferguson

According to a new study, Hawaii is the happiest place in America to live. And I thought it was just a great place to pretend you were born in.

President Obama's half-brother is running for office in Kenya. He's a political novice who was born and raised in Africa. I don't know much about the half-brother.

Many people don't realize Chicago is the home of two major cookie companies — Keebler and Nabisco. They are intense rivals. No one will forget the Great Keebler Elf Massacre of 1934.

The massacre was horrible. Hats and pointy shoes everywhere. Three elves were found face-down in a pool of their own fudge.



CONAN with Conan O'Brien

The search for a Pope has begun. The cardinals are all starting to gather together in Rome right now. It's like a *Star Trek* convention but less celibate.

Cardinals from all over the world are gathering in Rome to select the next Pope. You can watch the whole process on *Vatican's Got Talent*.

The top choice to be the new Pope could be a Canadian. If elected Pope, his first act is to grant sainthood to Wayne Gretzky.

Dennis Rodman visited North Korea. Rodman came back and said President Obama should call North Korean leader Kim Jong Un. But President Obama was busy discussing Iran's nuclear capabilities with Scottie Pippen.



LATE NIGHT with Jimmy Fallon

The NFL is investigating reports that several teams have asked players about their sexual orientation before drafting them. They've been asking questions like, "Do you have a girlfriend?" and "Is she real?"

In his final speech before resigning, Pope Benedict said that he is not abandoning the Catholic Church. Like most Catholics, he'll be back for Christmas and Easter.

We have first lady Michelle Obama on the show tonight! I plan to ask her some serious questions, like, "Do you think that I could pull off bangs?"

She is here to talk about her fitness initiative 'Let's Move.' Meanwhile, Chris Christie will be on next week to talk about his initiative 'Let's Sit.'



THE TONIGHT SHOW with Jay Leno

For the first time in history, NBC is fifth in the ratings. We are now behind the Spanish language channel Univision. As we call that here in Los Angeles, "Cinco de Ratings."

In South Africa more than two-thirds of the meat products tested contained undeclared ingredients. Or as we call that in this country, a hot dog.

This horse meat scandal just keeps growing. And it isn't happening only in Europe. According to a new report, donkey meat has been found in hamburgers in South Africa. Consumers said when they were eating the burgers, they sensed something was wrong but they couldn't quite pin a tail on it.



JIMMY KIMMEL LIVE with Jimmy Kimmel

Did you know the Pope is a helicopter pilot? He has a helicopter pilot's license, but never got a driver's license. He can fly a helicopter, but he can't drive a car — just like Jesus before him.

Justin Bieber made a lot of fans angry in London last night. He had a concert that was supposed to start at 8:30 but Justin didn't get out there until 10:30. Half the audience was kids on a school night, which means they were late getting home and had to go straight to bed without brushing their teeth, and the British really can't afford to miss a night of teeth brushing.

How can you ever be late for anything in London? They have a huge clock right in the middle of the town.



THE LATE SHOW with David Letterman

It's tax season. Has anybody been to their accountant? I used to go in with a short form and be out of there in 10 minutes. Well, now I went to the guy and the first thing he says to me when I walk into the office is, "Are you sure you weren't tailed?"

Congratulations to Chuck Hagel, new secretary of defense. And today, he's already off to a bad start. He's going to bring all of the troops home from Afghanistan, but they're coming on a Carnival cruise.

The Pope was fired a couple weeks ago. They caught him stealing communion wafers.

The Pope does not earn a nickel. No paycheck, no money coming in, nothing. That must drive his wife crazy.



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The Worlds come to London

GABBY SCHEYEN
INTERROBANG

The annual World Figure Skating Championships, commonly referred to as Worlds, has finally arrived here in London and Budweiser Gardens is hosting the event.

Reaching gold at Worlds is the highest accomplishment a figure skater can achieve, other than winning at the Olympics.

This event moves all around the globe and is expected to bring over 35,000 visitors to London.

It's rare for London to host such a large event, and this is a once in a lifetime experience. Canada has not held the Worlds since 2006, in Calgary. The last few championships were hosted by France (2012), Russia (2011) and Italy (2010). Worlds showcases 170 of the best athletes from 45 different countries, and attracts over 150 million TV viewers every year. The skaters compete in four categories: men's singles, women's singles, pairs, and ice dancing.

Ever since the city applied and was accepted to host the event in June 2010, they have been preparing in every way possible. According to Skate Canada's director of events, Jackie Stell-Buckingham, "The city has really engaged in the event and taken on a lot of extra responsibilities." Stell-Buckingham explained that they have been booking facilities, working with London Tourism, and setting up massive tents around Budweiser Gardens, which contain working media centres, an athlete's lounge, warm-up areas, and anti-doping facilities.

"We're hoping that this may be the beginning of more internation-



WORLD 2013
FIGURE SKATING LONDON
CHAMPIONSHIPS CANADA

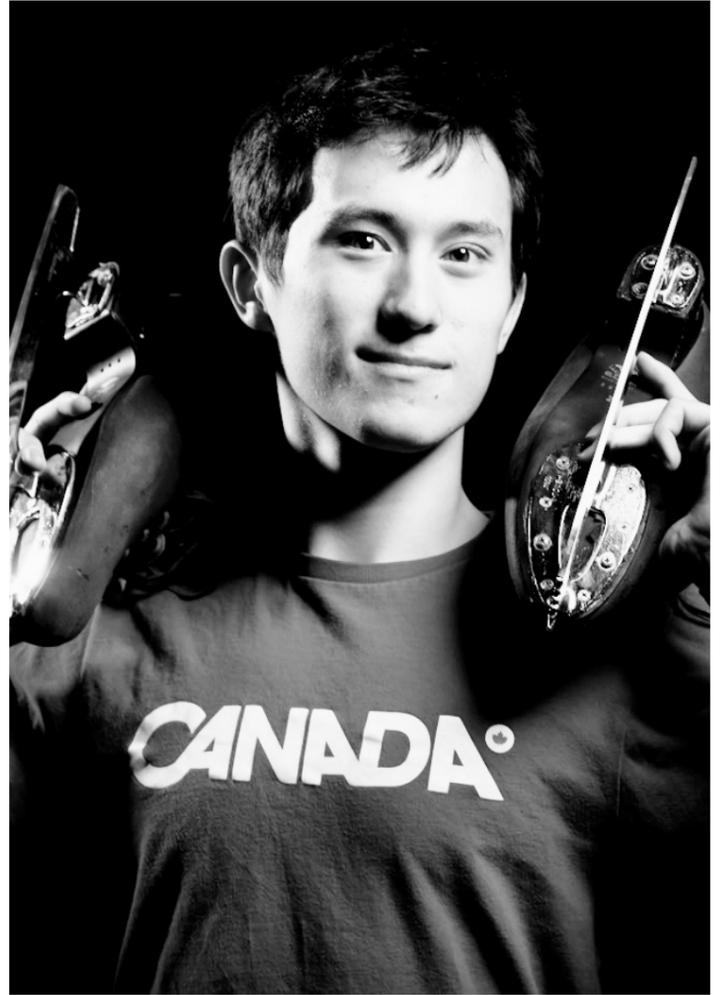
al event hosting for London, because if London can do the World Figure Skating Championship, then it's a pretty good indication that they would be able to do almost any major international sporting event," said Stell-Buckingham.

This year is slightly different from other years because the event will help determine the number of athletes that will be entered by each country into the Olympic Games next year.

Canada will be rooting for Patrick Chan, who holds three

world records and is the 2011 and 2012 World Champion. Londoners will also be welcoming hometown favourites Tessa Virtue and Scott Moir. The ice dance pair has an outstanding history, winning gold at the 2010 Olympic Games and a gold at the 2010 and 2012 Worlds.

The Opening Ceremonies will be held on March 13 at 3:45 p.m. You can also catch Tree of Light, a 10-minute light and sound show to be held outside of Bud Gardens each night during the event. For a full list of event times, visit tinyurl.com/worldslondon.



CREDIT: NATIONAL POST

Patrick Chan is hoping to skate his way to the top at the World Figure Skating Championships here in London this week.

Patrick Chan is ready to take on Worlds

GABBY SCHEYEN AND
MELANIE ANDERSON
INTERROBANG

At just 22 years old, Patrick Chan is one of the most successful figure skaters Canada's ever had. He is the 2011 and 2012 World Champion, a two-time Grand Prix Final Champion, a two-time Four Continents Champion and a six-time Canadian Champion.

Chan will compete at the 2013 World Figure Skating Championships in London this week, and he's been hard at work preparing for the competition.

But it hasn't been an easy season for Chan, who finished third at the Grand Prix Final in Sochi Russia last month and second at Skate Canada International in September.

Chan has been working extremely hard over the past few months, and because he came in first at Worlds in 2011 and 2012, there is a lot of pressure on him to hold that title for a third year.

Chan decided to opt out of the Four Continents Championships held in Japan in February to focus on regrouping with his support team.

"I stopped in Calgary first and saw Andy (O'Brien) to kind of revamp my whole off ice program and then look at my nutrition and my supplements and tune it up a bit," explained Chan.

After his time in Calgary, Chan travelled to Toronto and worked with choreographers Jeff Buttle and David Wilson. "(I wanted to) look at my program and once again tune my programs up, change some of the patterns, some of the order of some of the jumps, because I felt like I was struggling a bit with some of the positioning of the jumps," he said.

Chan chose Detroit for the final

leg of his training journey and was there for two weeks prior to the Worlds. "I thought that the best place for me to train would probably be the most competitive and the most friendly, and a positive environment," said Chan.

Many of his other teammates from Canada have been training at the same rink, something Chan said has motivated him to work even harder. He also wanted to be in a city that shares the same time zone as London.

Chan finished fifth in the 2010 Vancouver Olympics, but instead of dwelling on the past, he's building off that experience.

"I have a lot of experience skating in front of a home crowd thanks to Vancouver ... It's more of a motivation for me to skate in Canada (and) I'm gonna be really comfortable with the rink," he stated.

This year's event is a big precursor to next year's Winter Olympic Games, as the results determine how many entries each country can send to participate.

"It would be really nice to win a World Championship going into the Olympics," said Chan.

Chan is still unsure as to where he wants to live and train when preparing for the 2014 Olympics. He originally had his heart set on Colorado Springs, but is considering moving his training base to Detroit. "I want to make a decision that's going to be best for me, so I can really skate my best at the Olympics with no weight on my shoulders, and be really happy." Chan will wait until the Worlds are over to make his decision.

You can watch Chan perform his Short Program on March 13 at 3:45 p.m., and his Free Program on March 15 at 5:45 p.m.

Jays preparing for highly anticipated season

MELANIE ANDERSON
INTERROBANG

With the Grapefruit league underway, Blue Jays fans across the province are carefully analyzing the new and improved roster that's projected to take a run at this year's World Series title.

Some major moves during the off-season have injected life back into Jays fans, who have waited two decades to see their team in the playoffs.

"You're looking at guys like R.A. Dickey, who won the Cy Young Award last year; Jose Reyes, who is a former batting champion; and a guy like Melky Cabrera, who was on his way to a batting title last year before he was suspended," said Arden Zwelling, a writer for Sportsnet Magazine. "They've taken on really significant pieces and a lot of payroll, which is something that they didn't do for a number of years."

The new \$120 million Jays' salary many not compare to teams like the New York Yankees, who boast a \$210 million salary this year, but it's the largest in Jays' history.

Many believe that the team's three new starting pitchers, who together will cost the team just over \$30 million, will be the key to reaching the playoffs. Aside from Dickey and his famous knuckleballs, opponents will have to face Mark Buehrle, whose history includes two no-hitters, and Josh Johnson a big right handed pitcher who has the make-up of an ace.

These acquisitions will join starters Brandon Morrow and Ricky Romero.

"The Jays have always been a team that scored a lot of runs, the problem has been starting pitching for the most part, I mean, ever since Roy Halladay left, they haven't really had a true ace," stated Zwelling.

Former Jays centerfielder Devon White, best known for his catch in the '92 World Series, reflected on what made that winning team so remarkable.

"The Jays had a very good team in the late '80s: Jessie Barfield, George Bell, Tony Fernandez was there, '88, '89, '90. They were a little bit lacking in pitching, but that was taken care of in '91, '92, '93, so that's the difference," said White.

With a boost to their bullpen, the Jays' roster is near-perfect on paper, arguably the best since the '93 team. Many comparisons have been made between the two teams, but nothing can be certain until the season starts.

"I think it's different eras, it's different players, they're a lot faster team right now, we might've had more power," said White. "I don't think it's fair to those guys to compare them with us, but on paper I think they should win the division hands down, but everyone has to stay healthy and it's a big 'if.'"

Looking perfect on paper doesn't always guarantee success.

"They do look really good on



paper, but a lot of people thought last year's Blue Jays team looked pretty good on a paper – good enough to challenge for a wild card, and they ended up losing more games than they won," said Zwelling.

Last season the Jays were plagued with injuries. According to Zwelling, it's important to be prepared for those injuries to happen, "What might be key is guys like J.A. Happ, and Chad Jenkins who are probably gonna start at AAA Buffalo. If there are injuries, if a Blue Jays pitcher does hit the 15-day disabled list, and it's likely that at least one pitcher will get hurt this year, those guys can fill those holes."

White had some advice for this year's team: "The best thing I can say is just stay focused and stay healthy. Getting to September, when we say September it's a long journey – games and weather and injuries – it's a long gruelling year, so you just gotta keep playing hard and hope everything falls into place."

The protein problem: What to buy?



FUN AND FITNESS
RICK MELO
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We seem to be hearing a lot of questions regarding protein as of late. Should I take protein shakes? Will they help me build muscle? Are there side effects? Which one is good? Where should I buy it? Is isolate protein better than regular whey protein? These are typical questions that will be asked around the fitness industry until the end of time. That is because protein is one of the macronutrients we need on a daily basis. Needless to say, protein supplementation has been around for a very long time and it is here to stay.

I honestly believe protein supplementation can be a little confusing to the "average Joe" for one simple reason: people often love to overcomplicate things. Like many things, the answer is pretty much summed up in the phrase itself. Supplementation in the dietary sense is exactly that: you are "adding" something to your diet in order to complete it. Maybe you don't eat enough fruits and vegetables, so you supplement with a multivitamin to ensure you get your vitamins and minerals. Vegetarians often take iron supplements because they don't get enough iron due to the lack of meat consumption. Protein supplementation isn't any different.

That being said, there are pretty much two camps of people. The first camp includes those who use protein powders to make sure they get enough protein on a daily basis. The second camp includes those

who use protein powders as an alternative to a typical food protein source. Most of us are a combination of the two. Now that we have that straightened out, we can move on to answering some other frequently asked questions. However, let's not overcomplicate things. Let's keep it simple!

Should I take protein shakes? Nobody can truly answer this question other than yourself. Maybe you get enough protein from your meals and you're easily meeting your daily requirements. Maybe you are an athlete or a weight lifter who needs more protein and powders offer a convenient way of meeting that demand. Most people don't have multiple chicken breasts and steak meals waiting for them in their back pockets, and so protein shakes are a way to ensure they get this macronutrient on a consistent basis.

Will it help me build muscle? Ask yourself, does protein build muscle? If you answered yes, then you are correct. Amino acids are the building blocks of muscle and we get these through dietary protein. Meats and alternatives and, yes, protein shakes have the much-needed amino acids you are looking for.

Which one is good and are there side effects? A good way of looking at it would be to consider which one is good for you and doesn't have any side effects. Protein powders have been around for a long time now and they may pose some gastrointestinal or lactose issues for some individuals. These issues are usually minor and, for the most part, the lactose has been refined and filtered to a point that it isn't a concern. Too much protein can make one gassy,

which is never fun. These are issues that are easily fixed by regulating your intake and finding the right brand.

Where should I buy it? Anywhere you can get it! Spartan Nutrition downtown on Richmond Street offers quality product and expert advice from Aaron Brady, who has been looking after Fanshawe's students for over a decade now. If you know what you want, online shopping sites such as supplementsource.com offer great rates and fast shipping.

Isolate whey protein or regular whey protein? This is a never-ending debate. Basically, isolate whey protein is further processed and the result is a more pure protein. The downside is that it comes with a higher price tag. There are other benefits to isolate protein powders, however research has shown that some of these may be negligible and not worth the extra money. Isolates may be a great alternative for severely lactose intolerant individuals due to the extensive refining process.

Okay, thanks, but where do you sit on the whole idea of protein supplementations? This is often the last question I get asked. My two deciding factors when buying a protein powder, in order of importance, are taste and price. I don't typically have any stomach issues, and if I ever do, I'll simply move on to a brand that doesn't cause problems. I don't get caught up in all the isolate/regular hoopla myself. Until isolate prices become similar to regular whey proteins, I'll continue getting my amino acids from the cheaper source. But hey! Different strokes for different folks. I hope this helps you decide which protein is best for you.



CREDIT: GETTY IMAGES

The Montreal Impact started off well in a rare road win against Seattle.

Major League Soccer is back!



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twitter: @martythompson_

Major League Soccer kicked off its 2013 season the first weekend in March, and even though it's still very early, it wouldn't hurt to make some observations about the Canadian teams in the competition.

Montreal Impact looked the most promising after their 1-0 win over the Seattle Sounders on the West Coast. Montreal had only won two games on the road last season, but looked at home with how they controlled large portions of the match. They played a 4-1-4-1 formation, with Canadian Patrice Bernier sitting between the mid-field and defenders. He worked well in that system, stopping many attempted attacks by Seattle.

Really, Montreal has been put together player by player: getting the best available player for each position, and then assessing how they should play together later. It works well because players like Justin Mapp, Davy Arnaud and Felipe Martins are versatile players who fit a number of different roles. This also bodes well for second half adjustments.

Oh, and did I mention Italian legends Marco Di Vaio and Alessandro Nesta? After that first game, this team looks destined for the playoffs.

Irony is on the minds of Vancouver Whitecaps fans after opening weekend. Over the past two years, the team has struggled defensively, and now MLS All-Star Jay DeMerit may be out for the entire season; he ruptured his Achilles tendon less than 10 min-

utes into their game against Toronto FC. They won the game 1-0 and kept a clean sheet, but they will face more explosive teams than Toronto over the next 30-odd games and need to find a replacement for DeMerit. Luckily their 4-2-3-1 formation gave them enough lines of defense to alleviate some pressure on their central defence, where DeMerit typically plays.

Manager Martin Rennie started Darren Mattocks (a quick striker with a great touch) and Kekuta Manneh (a rookie with great speed) on the sides of the attacking midfielders.

The goal came from a quick pass made by talented playmaker Daigo Kobayashi at the top of the box. Gershon Koffie finished it off, hammering the ball into the bottom right corner.

The team knows each other really well at this point, and not having such drastic roster turnover they have really created a good team.

Even though TFC lost their first game, it was an encouraging loss for a team that has no expectations for this season whatsoever. They added Welsh international Robert Earnshaw days before this game as he played up top by himself in a 4-5-1 set up. He played just fine considering he was likely not in full fitness.

Meanwhile, draft pick Kyle Bekker played slightly ahead of the five midfielders and looked very promising in an offensive position. Bekker has brought with him a creative mind and it showed in the game as he made several crafty passes (including a few chips into space that made me become giddy with joy). Overall, the only Canadian team that lost but has a lot of things to look forward to.

Lamborghini concepts that should have been produced



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The Lamborghini Gallardo has been with us for nearly a decade now, and it has gone down in history as the highest volume seller in the company's 50-year life.

It is, however, no secret that its replacement is well under way. While there have been many facelifts and various spec models for street and track use, there is only so much the company can do to keep the rich interested in an aging model.

So next year, a new baby Lambo will be upon us (I'm not sure what they are going to call it - Lambo never reuses its old names). What will it be like? I don't know yet, but looking at the concepts the company produced in the late '80s and mid-'90s makes me wish the company had done more baby Lambos in the past.

While for most of the 1980s, Lamborghini offered a mid-engine V8 sports car called the Jalpa, it was its proposed replacement that I truly lust after: the P140 project.

The 1989 P140 was the first

Lamborghini to feature a V10 engine. This motor displaced at 4.0 litres and produced 370hp. Power went to the rear-wheels via a six-speed manual gearbox. According to Lamborghini, the P140 was capable of sprinting from zero to 100 km/h in 5.0 seconds flat, and top out at 299 km/h.

While the performance of the car is quite impressive, its looks are what really grab my attention. Designed by Marcello Gandini, who has penned many other Lambos over the years (including the Countach and Diablo), the P140 certainly reflects Gandini's other design masterpieces like the Cizeta V16T and the Bugatti EB110. In fact, the nose of the P140 is very similar to the prototype version of the EB110. One could call it a junior version of the aforementioned supercars, but the overall design and stance of the P140 is just brilliant.

Lamborghini was going through a tough time. Being run by the Chrysler Corp. at the time kept messing with its designs and dictating where the company should keep its focus. This sadly meant the P140 project was given the axe, which is a real shame.

However, the powertrain from this project tried to resurrect itself

in 1995 under the sleek body of an ItalDesign concept.

The Lamborghini Cala was unveiled at the 1995 Geneva Motor Show and received a tremendously positive reception. Everyone in the motoring press raved about it and expected it to go into production. However, at this time, Lamborghini was owned by the Suharto family from Indonesia, who did not put much effort to broaden the brand.

True to all ItalDesign concepts, the Cala was fully functional, and was said to produce 400 hp from the P140's 4.0-litre V10. The concept, which belongs to ItalDesign, even now takes the Cala out for some publicity runs from time to time.

While I'm glad these concepts still exist (P140 resides in the Lamborghini museum in Sant'Agata, Italy), I wish more was done with them. I wish both the P140 and the Cala had gone into production, and I am sure they would have sold quite well.

So as Lamborghini turns towards a new chapter of its baby supercar saga, let's hope the new car will be as visually stunning as the concepts discussed here.

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

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H	A	J	I	E	K	E	D	E	R	A	T	O	
N	E	O	N	W	I	L	E	R	E	R	U	N	

Ball Hockey Standings

GROUP ONE

Team	W	L	T	Pts
Easton Infection	7	1	0	14
MSARGO	4	0	0	8
A Style	4	1	0	8
Clean Sweeps	3	2	0	6
Blood Bath & B...	3	3	0	6
Fruit Luples	3	4	0	6
Minnesota Lippers	2	2	0	4
Draconics	2	3	0	4
Dickerson Cider	2	4	0	4
Hack N Slash	2	4	0	4

GROUP TWO

Team	W	L	T	Pts
Multiple Score...	7	0	0	14
Waterloo Wheelers	7	0	0	14
Beers Ago	6	1	0	12
Patrick Swayzes	5	3	0	10
Sniping Pockets ...	4	3	0	8
Dusty Muffs	3	3	0	6
MRTimi's	2	1	0	4
Rollin' Coal	2	3	0	4
Dutch Rutters	2	5	0	4

GROUP THREE

Team	W	L	T	Pts
Bangers	6	0	1	13
Liquor Box	6	0	1	13
Happy Gilmores	5	2	1	11
Reckless	4	2	0	8
Abusement Park	4	3	0	8
Wanna Puck	4	3	0	8
The Mighty Ducks	2	5	1	5

GROUP FOUR

Team	W	L	T	Pts
Shanahand me a ...	8	0	0	16
No Name	6	0	0	12
Ketola's Angels	4	4	1	9
Jager Bombers	3	2	0	6
The Zamboners	2	2	1	5
Big Joel and the ...	2	3	0	4
Muffalo Shavers	2	3	0	4
Cole World	1	5	0	2

**Intramural Standings
Volleyball**

GROUP ONE

Team	W	L	T	Pts
Nagels Nightmares	11	1	0	22
Volleyhoots	10	1	0	20
Mo' Money Make..	9	2	0	18
Sloppy Sets	7	1	0	14
Notorious Dig	7	2	0	14
The Cultivars	7	3	0	14
Lumbar Jacks	6	4	0	12

GROUP TWO

Team	W	L	T	Pts
Bazinga	7	0	0	14
Safe Sets	7	2	0	14
Tigers	7	2	0	14
Spiked Punch	6	2	0	12
I'd Hit That	5	2	0	10
Individuals	5	3	0	10
Alpha Wolf Squ...	4	1	0	8
Balls N Dolls	4	4	0	8
Idiopathic Allstarts	4	4	0	8
Kiss My Ace	4	5	0	8
Will Work For Sets	2	5	0	4
Swingers	3	3	0	6
FNC Mawlers	0	0	0	0

**Intramural Standings
Basketball**

GROUP ONE

Team	W	L	T	Pts
Run DMD	6	0	0	12
The Jello Shooters	6	2	0	12
5th Wheel	5	0	0	10
Individuals	5	2	0	10
Prancing Unicorns	5	3	0	10
Jager Bombers	3	3	0	6

GROUP TWO

Team	W	L	T	Pts
Cole World	7	0	0	14
Multiple Scoregas..	6	1	0	12
DDD	4	4	0	8
Smokin' Trees ...	3	5	0	6

Women snag silver and head to Nationals

MEGAN MCPHADEN
INTERROBANG

Fanshawe's women's basketball coach Matt White went into the Ontario Colleges Athletics Association provincial championship at Humber College with two goals in mind: to win provincials and qualify for nationals. They achieved one of them.

The women's team won their ticket to the Canadian Collegiate Athletic Association championship in Truro, Nova Scotia. All it took was an outstanding season and two big wins at the OCAAs, resulting in a silver medal finish.

The women dominated the regular season coming out strong and finishing with a fabulous 16-2 record, edging Algoma for the top spot in the OCAA West Division.

The women started off the OCAAs with a huge win against rivals the Humber Hawks, who had home court advantage. The game was more than just a semi-final: it would mean the difference between advancing to the gold-medal game and qualifying for the National Championship.

White prepared the girls for what to expect from Humber. "We knew Humber would play well and they would be playing in front of home fans. We expected a rowdy environment, and we just wanted to focus on the court and what we

were trying to do," he said.

And focus they did. The Falcons battled it out against the Hawks, narrowly defeating them 67-63. Janine DeLeon came up big for Fanshawe, landing a crucial three-pointer with 30 seconds left in the game to secure the win. DeLeon was named MVP of the game.

Two other Falcon players' skills were duly noted. Point guard Felicia Mazerolle and centre Natasha Amo were chosen as First Team All-Stars, they were two of six players named.

Despite the loss in the finals to Algonquin, White was pleased with their performance.

"Once we got into the finals, we were a little more relaxed, and we ran into a very determined Algonquin team."

Mazerolle played a fantastic final match with eight points, two rebounds, one assist and one steal after the first half.

After two days of rest, the women returned to practice in preparation for the National Championships, which takes place from March 13 to 16 at Dalhousie University.

"Personally, I'm just excited for the girls. This will be a first-time experience for me and it's one I hope to be able to go back to again," said White.



CREDIT: FANSHAWE ATHLETICS

Fanshawe's Felicia Mazerolle will lead the Falcons to the National Championship March 14 to 17. This is the first time since 1999/2000 that the Fanshawe women's team has made it to the CCAA Championships. Mazerolle was also named OCAA West Division Defensive Player of the Year.

Falcons' hot season fizzles at OCAA championship

MEGAN MCPHADEN
INTERROBANG

Their season ended with a tough loss in the bronze semi-final match to the Algonquin Thunder. Fanshawe's men's basketball team, who dominated Ontario Colleges Athletic Association West Division throughout the year, ran into some trouble in the final few weeks of the regular season. Injury after injury held back key starting players. The Falcons managed to hang on to clinch third place in the West, after suffering four straight losses in the second half of their season. They gradually regained their momentum towards the end of the season and finished the regular season off by

winning three straight games.

Their momentum, however, hit a speedbump with yet another injury. The men finished their quarter-final game against George Brown with a convincing win of 77-49, only to lose their star point guard and primary offensive driver Boyd Vassell to an ankle injury.

"It was really painful to end the season off like we did, we had a lot of potential, luckily Chevaun (Miller-Bennett) really stepped it up and tried to fill the offensive gap that we were missing in the semi-finals," said forward Olaleye Ojo.

Boyd wouldn't return for their next game against Sheridan, nor would he return for the bronze

medal semi-final match up against Algonquin. Without Boyd, there was an obvious offensive absence for which no one could replace. In the semi-final game against Sheridan (who would go on to win the OCAA championship), the Falcons were taken by surprise when Sheridan switched up their playing style to a full court press which ultimately led to the Falcons' early exit. The press put a lot of pressure on the Falcons, whose offense deteriorated quickly. It was a hard-fought match, and despite the loss of two key starters the Falcons managed to pull within 16 points of Sheridan to end the

game with a 77-61 loss.

Ojo, an exchange student from Nigeria, was grateful to have had the ability to play this season with the team. "I came really late in the season, and the team was really great. We came together, and next year I'll be back and we will be better than ever and ready to take on Provincials again."

Despite a disappointing end to a hot season, the men finished the regular season with a solid record of 14 wins and 6 losses. A great way to start off new head coach Tony Marcotullio's coaching career at Fanshawe.



CREDIT: FANSHAWE ATHLETICS

Fanshawe's Gareth Edwards goes strong to the basket during OCAA basketball action. The Falcons' season ended with a bronze-medal game loss to Algonquin at the OCAA championships.

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