



Volume 45 Issue No. 24 March 18, 2013 www.fsu.ca/interrobang/

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Looking for a summer job? Look no further than your campus newspaper, #Fanshawe! We're looking for FT work study writers & graphic designers

@FanshaweNews

#Fanshawe officers participating too! MT @lpsmediaoffice At Masonville on Apr 6 officers will have heads shaved in support of Cops4Cancer.

@jennawant

This guy "snooze" was calling me every 10 minutes this morning. Desperate much?

@marshacornelius

I just replaced the can of air freshener in the office bathroom with an air horn. . . and now we wait.

@Canucklehead_ca

Oh dear. After a early rush, it appears submissions to @CaringBtL have slowed considerably - have any great #LdnOnt shots?

@LTCBusPeople

First blog post on the *very* rudimentary LTC Bus People site --> FAQ #1: Who Runs Public Transit? <http://lctbuspeople.com/faq1-who-runs-public-transit/#1dnont>

@frank_ocean

live like yo momma's watching.

@FanshaweLibrary

askON is open today & we're online right now! Chat with Library staff from #Fanshawe & other Ontario colleges <http://ow.ly/izZuY>

@gsl121

So many polite #Fanshawe students holding doors for me. I'll call it #courtesy rather than respect for elders.

@stephkerrxo

Cannot wait until I'm in London ah-hhh #Fanshawe here I comeeeee

@torpedojay

so many god damn beautiful girls walking around fanshawe today, i literally fall in love 50xs a day

@geestanny

As my grannie would say, I'm a shiny new number today

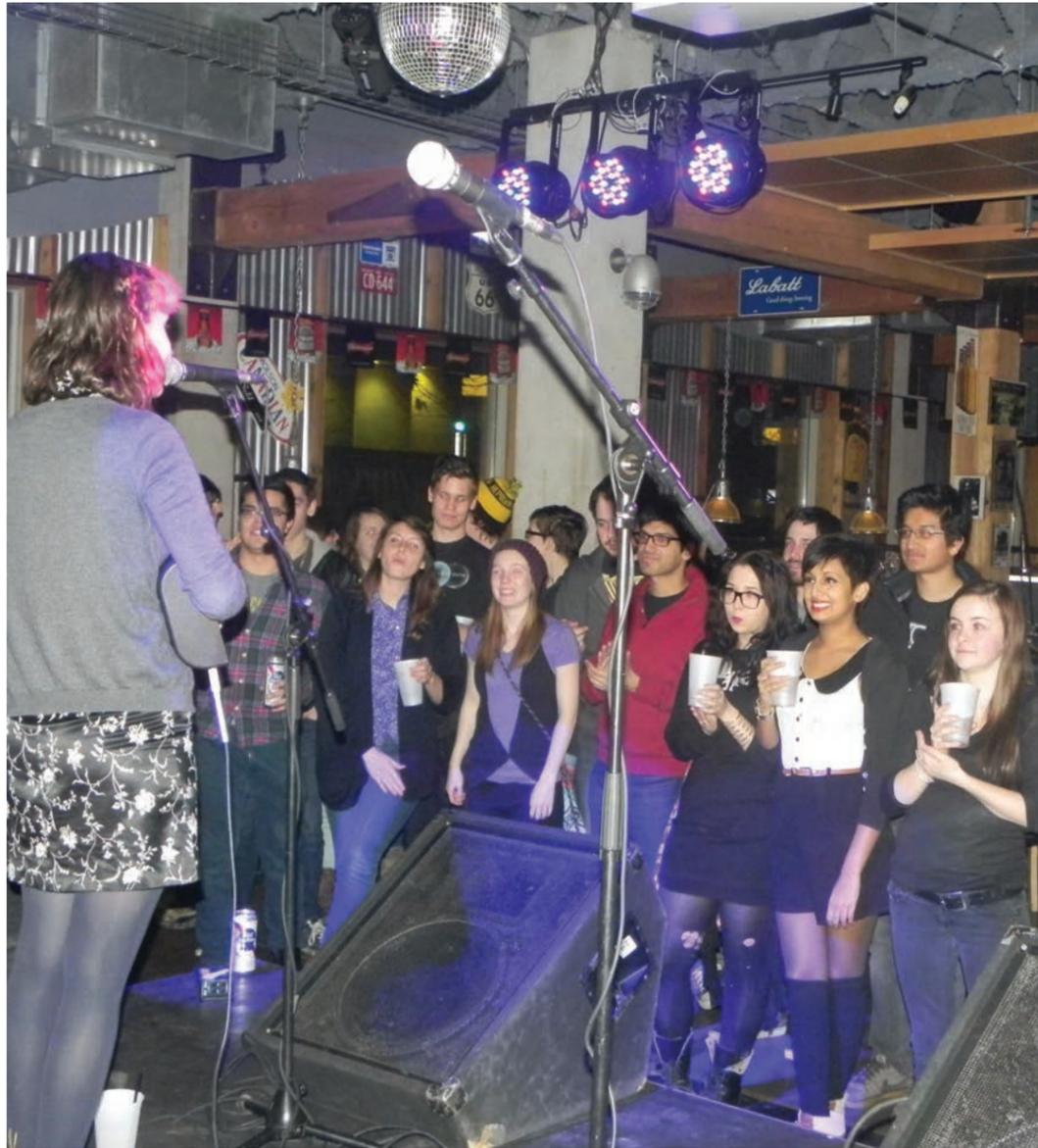
@KaitlinBruley

May just be the happiest kid right now. There's still a chance. #hope #fanshawe

@GaryJanetti

I'm bored. Let's make some nobody famous and then destroy them.

sweet tweets of the week



Olivia Borkosky performs during the March 8 edition of New Music Night in the Out Back Shack.

CREDIT: FSU STREET TEAM

MARCH EVENTS

TUESDAY 03-19

COMEDY NOONER

ANDREW JOHNSTON AND MARK HEATH

NOON - FORWELL HALL

AN EVENING WITH KAL PENN

7 pm - Alumni Hall (Western University)

\$20 STUDENTS | \$25 GUESTS

WEDNESDAY 03-20

First Run Film: THE INCREDIBLE BURT WONDERSTONE

Rainbow Cinemas (in Citi Plaza)

Two Showtimes

\$3.50 STUDENTS | \$5 GUESTS

Acoustic Open Mic Night

OBS - 9PM - FREE

THURSDAY 03-21

Live Music Nooner:

GREY KINGDOM

12 NOON - FORWELL HALL - FREE

FANSHAWE NIGHT AT YUK YUK'S

YUK YUK'S COMEDY CLUB - 19+

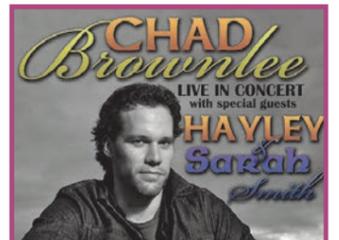
\$7 FOR STUDENTS/\$10 FOR GUESTS

CHAD BROWNLEE WITH SARAH SMITH AND HAYLEY

9:30 PM FORWELL HALL

\$12 ADVANCE |

\$15 GUESTS/DOOR



FRIDAY 03-22

NEW MUSIC NIGHT

BOOTLEG GLORY, ADVERTEYES AND THE ALLENS

OBS, 930PM DOORS, NO COVER

TICKETS AVAILABLE IN ADVANCE AT THE BIZ BOOTH

10 Things I Know About You...

Risi is really real, for real

Kassidy Risi is in her first year of Fanshawe's Early Childhood Education program. "I'm wild and crazy, lazy but a workout freak. Never shady! One of the realest bitches out there... I'm honest, outgoing and a fun time," she exclaimed with a huge grin.

1. Why are you here?

To meet new people and experience new things.

2. What was your life-changing moment?

Moving into residence and my parents left... Like, damn, I'm finally alone now.

3. What music are you currently listening to?

Waka Flocka Flame, Gucci Mane, Drake, Nicki Minaj.

4. What is the best piece of advice you've ever received?

Treat others the way you want to be treated.

5. Who is your role model?

My mom. She's beautiful, hard-working. And one tough bitch. I wouldn't mind being like her!

6. Where in the world have you travelled?

Florida, Dominican and Cuba.

7. What was your first job?

Clifton Hills, Niagara Falls, ice

cream booth, hahaha!

8. What would your last meal be?

Probably Subway, not going to lie.

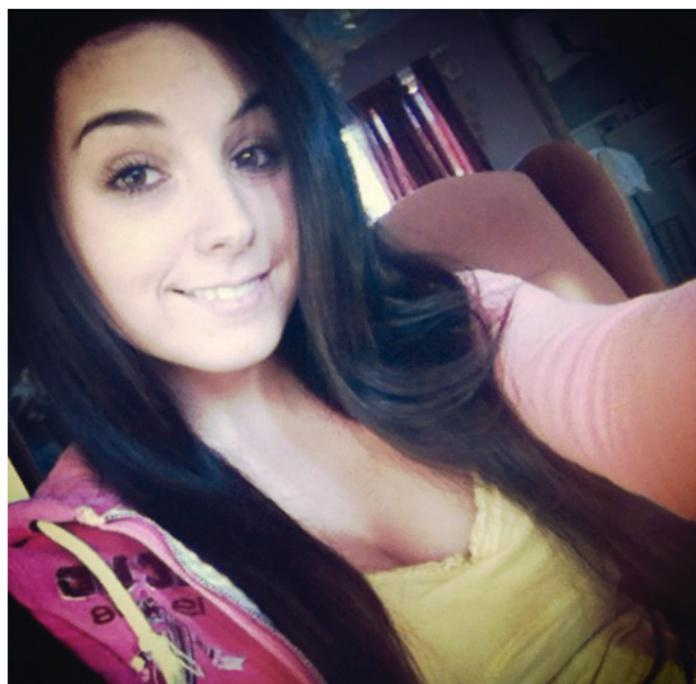
9. What makes you uneasy?

Puke. When I see drunk people barf, I'll barf.

10. What is your passion?

Hair. I'm amazing at styling hair! All my friends ask because I do cool braids 'n stuff.

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.



Kassidy Risi is wild, crazy, and a total freak in the gym.

CREDIT: SUBMITTED

KIOSK QUIZ

WHERE CAN YOU SELL USED TEXTBOOKS?

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

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

PRIZES SPONSORED BY CHARTWELLS

ENTER TO WIN A FREE COFFEE & DONUT

Gourlay grabs presidential victory

ERIKA FAUST
INTERROBANG

The candidates were neck and neck throughout the race, but Adam Gourlay inched ahead of Kendra Sauder to become the president of the Fanshawe Student Union for the 2013/14 school year.

Gourlay said it feels fantastic to win. "It was an amazing campaign, and I was glad to hear we had a large voter turnout." He ran a campaign based on four pillars: communication, culture, advocacy and transparency.

He will be working with Vice President Internal Ola Akinsara, VP External Matthew Stewart, VP Finance Jessica Brook, VP Entertainment Allie Neeb and VP Athletics and Residence Life Chris Lethbridge. Clayton Greene was elected the student representative for the Board of Governors.

"In the first week or two and during our workshop, I want to meet with (the council), find out where their talents lie, find out where their passions are. Instead of going in with a preconceived perception of what I want from them, I'll talk to them and make sure that they know what they're doing," Gourlay said. "I feel like if they're passionate about the part of the Student Union they're taking care of, then they will do it more effectively and efficiently."

As president, Gourlay has three major goals for next year. "My first goal is to look at improving the class rep system; making the communication from the base level of student and bringing that to the top level and make sure the student voice is heard in the college so



Kendra Sauder (left), Jason King and Adam Gourlay at the Presidential debate on March 11.

change can actually occur."

Secondly, he said, he wants to bring in healthier and higher quality food options to campus, especially for students with strict dietary requirements, such as celiac, gluten-free and halal diets. As a new vegetarian himself, "I have a passion for healthy eating," he said.

His third major goal is to improve the effectiveness of the Student Union's awareness weeks. "Being part of the Canadian Student Alliance (an advocacy group), I've met student leaders across Ontario and I hear about their awareness weeks, and I would like to use my contacts there to help change the culture here." Gourlay started the Blue Monday mental health campaign on campus this year, and he has plans to expand it for next year, as mental health is a major issue many college students are dealing with.

Gourlay brings two years of FSU

executive council experience with him to the presidential position. He was Vice President Athletics and Residence Life in 2011/12 and is currently serving as VP External. This past year, he worked as the South-West Director of the CSA. The top skills he said he brings to the position are strong communication skills, the ability to roll with the punches and honed leadership abilities. "I've always been empathetic, always been able to put myself in other people's shoes," he added, saying that that is another quality a strong leader possesses.

When asked what he wanted to be remembered for, Gourlay said he wants to be remembered as the guy who did all he could and listened to people. "I strongly believe that students know what they want and if you let them take the reins sometimes, then it usually turns out well."

The votes are in . . .

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UNION
www.fsu.ca

Total ballots: 1755 Full-time ballots: 1727
Part-time ballots: 28

President

GOURLAY, Adam	665	Spoiled	108
KING, Jason	307		
SAUDER, Kendra	647		

VP External & Academic Affairs

STEWART, Matt	YES	1324	Spoiled	265
	NO	138		

VP Finance

BROOK, Jessica	1002	Spoiled	236
NAZAR, Aziza	489		

VP Internal Affairs

AKINSARA, Ola	YES	1238	Spoiled	266
	NO	223		

VP Entertainment

NEEB, Allie	945	Spoiled	204
SINGH, Prabhjot	578		

VP Athletics & Residence Life

LETHBRIDGE, Chris	1108	Spoiled	283
REHMAN, Asif	336		

Board of Governors

GREENE, Clayton	861	Spoiled	284
Sturm, Gabrielle	610		

MARCH 14, 2013

Relay to remember, celebrate and raise awareness

ERIKA FAUST
INTERROBANG

Whether you've personally battled cancer or you've helped a friend or family member fight the disease, it's something that has affected us all.

Matthew Stewart's life was touched by cancer earlier this year. "One of my (volleyball) team members unfortunately lost his mom to cancer this year. It didn't just affect him ... it affected our whole team."

As the Fanshawe Student Union's Vice President of Athletics and Residence Life, Stewart has been hard at work organizing Fanshawe's second annual Relay For Life, an event that raises awareness and money for the Canadian Cancer Society.

"It's also to give back to the people who have suffered from it or who have been directly affected by it," added Stewart.

Last year, more than 15,000 teams across Canada raised \$51 million during Relay For Life. At Fanshawe alone, two teams raised \$2,500.

From 7 p.m. on March 23 until 7 a.m. on March 24, Relay For Life will take over Forwell Hall. Participants will run on a track around the room, and each team must have at least one person on the track during each of the 12 hours of the event. The event will begin with a few laps completed by

cancer survivors. The track will be lined with luminaries – paper bags on which people can write the name of someone they know who battled cancer.

It will be an evening of fun, with games, prizes and other activities throughout the night, and a breakfast in the morning. There will also be an awareness information booth set up.

One day after creating a Facebook event page in early March, over 450 people had been invited. Two teams had registered online and raised over \$700.

The goal is to raise \$2,700 this year – \$200 more than last year's events raised. "We're well on our way to that already," Stewart said confidently.

There is a \$10 entry fee per person, and Stewart said he is hoping 10 to 15 people will sign up per team. There will be a table set up outside the Oasis cafeteria in SC building to sign up to participate, to give a donation, or to purchase a luminary for \$5.

If you're not able to participate, you can still help! Stewart and his team will be collecting donations on campus in the days leading up to Relay For Life.

For more information or to sign up, head to the Fanshawe Student Union main office in SC2001, check out the Facebook event at tinyurl.com/fan-Relay2013 or go to relayforlife.ca/fanshawe.

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for Fanshawe College Graduates in

Business Administration - Marketing

Business Administration - Accounting

Business Administration - Leadership

Business Administration - Human Resources

Classes at the Fanshawe campus in London

Apply now through the Ontario Universities'
Application Centre (www.OUAC.on.ca) to start
classes in September 2013

To request an information package, please send an email to cpp@nipissingu.ca
or call Mallory Pepin at 1-800-655-5154 and press '7'

Year-end social gathering to celebrate First Nations students

ERIKA FAUST
INTERROBANG

Fanshawe is home to 400 full- and part-time First Nations students, and the Year End Social Gathering on March 20 is celebrating each and every one of them.

"It's a gathering where we can invite people from our community from all across Ontario," explained Simone Stacey, a customer service representative in the First Nations Centre, who is helping to organize the event.

The celebration kicks off in the morning with two workshops presented by elders Lodunt Honyust in SC2013 and Liz Akiwenzie in SC2012. They will be giving traditional teachings based on their cultural heritages. The workshops run from 9 to 11 a.m. Space is limited for these teachings, so be sure to pre-register by emailing fnstnations@fanshawec.ca.

From 11 a.m. to 12 p.m., there will be a free traditional lunch of corn soup, frybread and a strawberry drink, as well as the presentation of student awards. Next are the dance demonstrations, spot dances, giveaways, photo booth and more from 12 to 2 p.m. in the J gym. There will be performances by Naahii singers, Oneida Longhouse Singers and MC – Neil Cornelius, as well as traditional drumming and dancing.

In addition to the special performances, there will also be vendors in the gym selling traditional First Nations crafts, books and more. Local support agencies such as N'amerind Friendship Centre



will be there to provide information.

"The purpose of the event is to celebrate our students' success. By coming to the event, people are also celebrating our students' success with us," said Jake Taylor, Aboriginal community outreach and transitions advisor in Fanshawe's First Nations Centre. He and Stacey have been hard at work to put the event together. Taylor stated that this event is a way to let Fanshawe's many First Nations students that they are a valued part of the Fanshawe community.

"It's about letting our students know, too, that they are supported by others, not just the First Nations Centre," he continued. "That's important, to break down the barriers between cultures."

All of the Year End Social Gathering events are free, and everyone is welcome to attend. For more information or to register, email fnstnations@fanshawec.ca, call 519-452-4430 ext. 4619 or drop by the First Nations Centre on campus in A1047.

Museum London puts arts and culture at the forefront every third Thursday

TAYLOR MARSHALL
INTERROBANG

Museum London wants Londoners and students to save the date. During the third Thursday of every month, Museum London holds a concert and art exhibit all packed into one great night. For just \$5, you will experience great live musical performances, browse a variety of amazing art exhibits and much more.

The Third Thursday event is an extension of the Museum's Underground Devil's Night, which takes place every year near Halloween. Devil's Night features live bands, treats, pop-up bars and other Halloween-themed events. This unique soiree now happens throughout the year and features various live bands and exhibits.

In February, the monthly Third Thursday event featured live musical performances from London-based bands S.M. and Confidence Antler. Halifax-based band COUSINS was the headliner that night. *Imaging Disaster* and *Under the Weather* were the two amazing art exhibits featured. *Imaging Disaster* featured pieces that were historical and contemporary visions of environmental and social crises. *Under the Weather* featured pieces that displayed different extreme weather events that

took place in London throughout the years and showed how they affected the city.

In March, visitors who attend Third Thursday will be able to take part in a live and interactive art workshop brought to you by Craft Lab. A pop-up bar is also available for guests to enjoy. Matt Thomas is the marketing coordinator for Museum London and is involved with planning Third Thursday events. He said people should come out and enjoy the event because "the Museum is really the cultural hub of London. If you are a student at Fanshawe or Western and don't know the city that well, (and you've) already experienced Richmond Row and know what the campus life is like, there is a lot more that you could experience. London has a very vibrant and creative scene and Third Thursdays gives you the chance to be a part of it."

The next Third Thursday event takes place at Museum London (421 Ridout St. N.) on March 21. The exact lineup hasn't been announced yet, but rest assured it will be a night of fun and culture. Tickets are available at the door for just \$5. More details will be posted on the Museum London website soon, so be sure to check museum-london.ca frequently for updates.



CREDIT: JANA VODICKA

The new signage on waste receptacles around Fanshawe is meant to reduce the amount of waste that ends up in landfills, diverting it to recycling and compost instead.

Fanshawe receives recycling facelift

MELANIE ANDERSON
INTERROBANG

It's a choice that Fanshawe students make every day – where to place their garbage.

Fanshawe is now making it even easier for students to make the right decision when throwing items away.

Under a new contract with a waste hauler, Fanshawe has created new signs on each and every garbage, recycling and composting bin on campus. The recycling changes were put in place early March.

"We've eliminated wording as much as possible except for the actual stream names – Containers, Papers, Organics – and we've focused on the main things that we've found in our waste at the College. So we've tried to identify things that you would see most as the person," said Jana Vodicka, Fanshawe's environmental program coordinator.

The signs display images of objects such as newspapers, magazines and scrap paper ("Paper");

glass bottles, juice containers and pop cans ("Containers"); Tim Hortons coffee cups, fruit peels and other food waste ("Organics"); and food wrappers, plastic bags and pens ("Waste").

Vodicka is hoping that Fanshawe will take notice. "We're changing all the signage and so the idea is that we really just want people to notice it and recognize that there's a difference and then adjust their behaviour accordingly."

Those on campus now have more opportunities to compost as well. Each of the 25 coffee cup bins on campus have been turned into containers for food garbage.

"We've decided to change that into a full-scale organic selection because the coffee cups would go into the organics anyway, so this way we're allowing you to make a choice; if you're not going to finish eating something, instead of throwing it in the garbage, just put it in with the coffee cups, because it all ends up in the same place."

The recycling bins have also gone a step up. Vodicka pointed

out that the new recycling program allows Fanshawe to recycle all types of plastics. "Prior to this, we were able to only recycle number one and two plastics – that would be like water bottles and juice bottles. Now we're just going the full seven, and that includes everything ... If you have a yogurt cup or one of those five gallon paint tubs, feel free to throw those in," said Vodicka.

The decision to properly dispose or recycle material that you use on a daily basis can make a big difference to this campus. The changes will ultimately help improve how much material Fanshawe is able to keep out of landfill. Fanshawe currently diverts 62 per cent of its waste from landfill sites.

"Ultimately, these are long-term services. I think people forget that just because you used one cup or you used a piece of paper ... there are 16,000 people on campus, approximately, and they're doing the same thing. Once you add the multipliers, you really do have an impact."

What does "student experience" mean to you?

ERIKA FAUST
INTERROBANG

The iExperience contest officially launched on March 18, and it's your chance to capture on film what the term "student experience" means to you as a Fanshawe student.

Tabitha Price is the Corporate Communications and Public Relations student who is organizing the event as part of her internship with Fanshawe College. "It's a photo/video contest for students to share their experiences at the College," she explained.

This contest offers students the chance to get creative by asking them what the term "student experience"

means to them. This could range from recreation to community involvement to student affairs to internships to something completely different, Price said.

There are three categories to enter: video, professional students photography (for students in any photography or graphic design course) and student photography. Entries are being accepted until midnight on March 29. On April 1, the entries will be posted on the Fanshawe Student Union website for a week of voting. The top five entries in each category will be judged; the first-place winner in each category will receive \$1,000, second place will receive \$250 and

third place will receive \$100. There is also a \$250 prize to be awarded to one student who votes on the entries.

"Through the iExperience contest, we hope students find a unique and personal way of showing off the campus they love," said Fanshawe Student Union President Zack Dodge. "Personally, as a multimedia graduate, I like the fact that students get to show off their skills and potentially create a great portfolio piece at the same time."

For more information on how to enter, check out fsu.ca/iExperience.

Culinary students heat up national competition

MELANIE ANDERSON
INTERROBANG

Fanshawe's Culinary Management students brought the heat in this year's Canadian Culinary Federation (CCFCC) Culinary Arts Salon 2013 in early March. Fanshawe students brought home nine gold, two silver and three bronze medals from this national competition that features teams from other colleges and private culinary schools.

This year's team spent over 100 hours preparing and practicing for the event. Each team creates and preserves up to five gourmet plates per entry before heading to Toronto to compete. Challenges include cold plates, bread, pastry, chocolate work and buffet platters.

Second-year Culinary Management student Mariano Escorza received a gold medal for his three-course lunch. He said the team spent easily 36 hours in the kitchen in the days leading up to the competition, but it was all worthwhile.

"It was really good, it was stressful as well – a lot of work was involved, but at the end of the day, when you're at the show and you see what you've accomplished, it just fills you up. Really as a cook as a future chef, I just love what I do and being in an event that big it's amazing there's no words to describe it," he said.

As the final course for his deli-

cious lunch, Escorza created a mouth-watering dessert. "I made a vanilla and pineapple mousse with an almond cookie, pomegranate sorbet with a salad of tropical fruit and lemon custard with Italian meringue on top."

Team coach and Fanshawe professor Chef Scott Baechler said he was impressed by Escorza, "I'm proud of all of them ... but Mariano probably stood out the most as far as progression. It started off as a basic idea, then when he came back to the table for the second practice it elevated by about three notches, so really stood out. I was like, 'Wow, to see a student grow and grow that fast was pretty engaging.'"

Escorza said his inspiration comes from his family as well as fellow classmates. "I'm 100 per cent from Mexico, so I try to showcase a little bit of my background with my showpieces – it's in the family ... I also try to grab from my teams, my fellow cooks, and my chefs."

Second-year Culinary Management student Carly Holloway also finds inspiration in her family. She received a gold medal for her fairy-tale themed pastillage showpiece. "I've always been in love with fairy tales and I figured, why not? My mom made one of my birthday cakes and it was so beautiful."

Holloway created a storybook using a Styrofoam base. The piece



CREDIT: MELANIE ANDERSON

Some of the members from Fanshawe's second-year Culinary Management team show off their hardware after dominating at the Canadian Culinary Federation (CCFCC) Culinary Arts Salon 2013. From left to right: Shawn Calder (silver), Mariano Escorza (gold), Samantha Cats (gold), Kenia Alvarado (bronze), Nitish Rohra (gold), Brad Masciotra (gold), and Nazia Khan (gold).

featured intricate details including a large 3-D vine of flowers, a realistic glass slipper and "Once Upon a Time" written with food dye.

"I actually wrote it freehand onto a piece of parchment and then I sort of traced it onto the book and painted it on with brushes. I used toothpicks for the vines," said Holloway.

Holloway is proud of her accomplishment, "Hard work and long hours, they pay off. If you're passionate about what you do, then it doesn't really matter, you enjoy doing it. I spent ... it had to have been about 15 hours just painting, but it feels so good when it's done, and I feel so proud of what I've done."

Last year, Fanshawe brought home highest standings in show, including the national record for highest medal standings ever on record with the CRFA. This year Fanshawe took 14 second-year students to the show and defeated their own record, receiving 14 medals in total.

Celebrating student innovation Office of the Ombuds mandate

JENNA WANT
INTERROBANG

Fanshawe College offers many opportunities for students to be rewarded for their hard work throughout the school year, whether it's through bursaries, special awards or events like Student Research Innovation Day (SRID).

This year is the second annual SRID event at Fanshawe, and it's certainly not the last. Students from every program Fanshawe has to offer have submitted their most innovative individual, group, class or capstone projects to be judged. "It gives an opportunity for students in different programs to come together in one location and recognize the type of work and level of work in the different programs," said Dan Douglas, Acting Dean of Applied Research and Innovation. "A lot of times, students do get stuck in their own program, and this is a chance for students to rub shoulders with everyone across the College." There will also be guests

from a variety of industries in attendance, which gives students the opportunity to connect and network at the event.

Up to 25 applicants will be selected to display their projects on SRID. Last year, students submitted everything from a robotic lawn mower to a study on the differences and similarities between international and Canadian students.

This year's event will take place on April 3, beginning at 1 p.m. in the James A. Colvin Atrium in B building.

The day begins with a keynote speaker, followed by the display and viewing of the various projects. The judging will take place immediately afterward by a panel of experts, who will be examining each project for format, design, concept and appearance; clarity; and the project creators' answers to the judge's questions. The announcement of winners and awards ceremony will begin at 4:30 p.m.

This year there are four prizes to

be won: the first place winner will take home \$1,000, second place will receive \$500, and \$250 for third place. Something new they've incorporated this year is the People's Choice award. Everyone who attends the event will be asked to select their favourite innovative project, and the creators of the project with the most votes will receive \$250.

This is a great way to bring the Fanshawe community together in a positive environment. "There's so much good work going on across the college that we don't often bring it all together to showcase the work that's being done," Douglas said.

"We're building the capacity of research at the College. More and more faculty are engaging in research projects with their students," he continued.

Check out SRID and support your fellow students on April 3 in the James A. Colvin Atrium in B building. For more information, head to www.fanshawec.ca/srid.

Office of the Ombuds mandate

ALICIA MORENCY
OFFICE OF THE OMBUDS

An agreement was previously made between Fanshawe College of Applied Arts and Technology and Fanshawe Student Union. This has now been updated to reflect the current needs of the Fanshawe community. It is more informative and easier to understand than the prior mandate. The changes have been made to allow the Office to help you more clearly and efficiently in all ways.

One of the aspects most obviously adapted is the clarification of the Office's responsibilities to the College, as well as the individual students. The principles of the Office, including Fairness, Impartiality, Confidentiality, Independence and Access, have been put into greater detail to help explain how the Office will accom-

plish the mandate.

Three main points now define the operation of the Office, which previously was not included. These are Access to information, Recommendations, and Service Location. The Office's standards of practice now includes seven points, which are easier to understand and more reasonable than the prior mandate's. Also included that was previously not are the responsibilities of the College and FSU. Another key factor that has been adapted is the inclusion of related terms and conditions of the Ombuds position.

To see a full copy of the mandate, or if you have any questions regarding it, contact Greg Hessian, Ombudsman, in T3016, or visit www.fanshawec.ca/ombuds.

Framing the Experience

\$6,000+ in prizes

A photography contest sponsored by
The Change Foundation, Ontario's independent
healthcare think tank.

What does healthcare experience look like to you?

Capture the lived realities, emotions, and stories of patients and caregivers in Ontario today.

Who?

Post-secondary students in photography, digital imaging and journalism – full-time, part-time or continuing ed.

Deadline

July 1, 2013.
Contest opens April 1.

Contest details

www.changefoundation.ca/framingtheexperience

Contact

asunnak@
changefoundation.com



THE CHANGE
FOUNDATION



CREDIT: MELANIE ANDERSON

International Women's Day participants (from left) Saerom Kim, Niwfar Tayir and Daemun Lee show off their cultural clothing on March 8. The day celebrated awesome women from around the world with dancing, information tables and a whole lot of fun.



CREDIT: MYMAGIC105.COM

Kal Penn is coming to speak at Western University on March 19.

Kumar comes to Western

MELANIE ANDERSON
INTERROBANG

Kal Penn is best known for his character Kumar, from the *Harold and Kumar* trilogy and for his roles on TV shows such as *How I Met Your Mother*, *House* and *24*. Many recognize Penn from his outrageous comedic roles.

But what many fans probably don't know is that Penn has played a big role in American politics. He worked with the Obama administration as the associate director of White House Public Engagement. Penn dealt with issues like "don't

ask, don't tell" and financial aid, as well as working as a liaison with Asian-American and Pacific Islander communities.

Now he's coming to Western University on March 19 to discuss the intersection of pop culture, politics and race. Penn will speak about getting involved with campaigns that matter and why students should get involved.

Tickets will be sold at the Biz Booth on campus at \$20 for students (with ID) and \$25 for guests. The event will be held at Western's Alumni Hall on March 19.

Mind Stack combines imagination and collaboration

ERIKA FAUST
INTERROBANG

David Uram knew he wanted to start a technology business, but didn't have programming skills. William Favaro was looking to start a venture, but didn't have business skills.

"Where do we meet, of all places? The classifieds website, Kijiji," Uram remembered with a chuckle. "There was kind of a disconnect; why would you meet human resources there?"

This disconnect inspired Uram and Favaro to create Mind Stack, a website that connects people with ideas and people with skills.

"It's really meant to be action-oriented; the people you meet here are going to be the ones to take action and get involved," Uram described.

Mind Stack is a place for users to post their ideas, track their progress and post updates. Other

users can offer their skills to projects that interest them. It's a way for people to collaborate on ideas within a local community or across the world.

"We really think (Mind Stack) is a powerful concept, and our platform promotes this kind of activity to help people accomplish what they want," Uram said. "Going at any project alone is tough, but having someone work with you who shares the same interest and passion is a powerful combination."

Students in particular could benefit from Mind Stack by using it to hone their skills, gain real-world experience in starting a business and make solid connections that could prove useful in later years.

Uram and Favaro plan to launch the site in September, and Uram already has big plans for the future. "In the next three years, we're hoping to have 20 million unique users," he said. "I think we can get

there based on what's happened in the last 13 years in technology"

Uram and Favaro are currently seeking testers for the site, and they are specifically asking for help from Fanshawe College and Western University students. The site is mostly aimed at Gen X and Y users, as Uram said he believes younger adults approach technology with a different mindset.

Sign up for Mind Stack and provide your email address. You'll receive a message describing what Mind Stack is looking for, and you'll be asked whether you want to be a tester or you want to be notified of the site's launch. Testers will gain early access to the site, and will be able to post their ideas and skills so they can begin mindstacking as early as April.

For more information or to sign up as a website tester, head to mindstack.co.



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Move or die: When real and digital worlds collide



TENSION
FRANK YEW (P.A.C.)

The modern-day gladiator is digital.

More and more our daily lives are inundated with images of destruction: television, newspaper, Internet, movies, and the king of all vehement imageries, the video game. It isn't that video games (from their popular inception in the late '70s) have been a reflection of our society and proffered an alternate to it, my contention is that, more and more, life is becoming a reflection of video games. We meet, work, date and destroy virtually. Our movies, books, graphic novels and even the local newscast seems to be reflective of the modern video game.

Video games started their evolution as small 8-bit keyboard-generated angle brackets whizzing around a small green screen avoiding clusters of O's, X's and the occasional capital T that shot hyphens, periods and the deadly plus sign. A late '70s curiosity played after school in scorching Commodore PET 2000 computer labs. Thick, plastic-rimmed glasses peering at five-inch green screens while groups of guys played *Dungeons & Dragons* in the wings awaiting their turn at the consol. Behemoth five-inch floppy discs neatly displayed in plastic sleeves in enormous three-ring binders tucked under polyester plaid laps ready to provide 13-year-old boys with a space of their own.

Well, we all know what video games look like now. Look at this evolution; it took 30 years to turn a nerdy pastime into a worldwide, multi-billion dollar industry.

The advent of the early home computer: The Vic 20, Commodore PET 2000, and the Commodore 64, all opened the arena to 'high end' gaming at home. Competing with the original home computers were the early gaming systems: Pong, Atari, Intellivision and Colecovision, each one a 'game'-changing system. Megsystems such as Nintendo and Sega were still years away.

Then came the age of the video arcade. You would round the sterile white corridor of the local mall with hints of bells and beeps ping through the overhead sounds of a sorrow-filled muzak rendition of "Cat's in the Cradle." There before you stood the dark, cool haven of the '80s: the video arcade. You instantly grew to 5'2"; cashed in the \$5 bill you stole from your dad's wallet for a bulge of quarters and lost yourself in temporary, side scrolling escapism. *Space Invaders*, *Pacman*, *Asteroids*, *Donkey Kong*... they all seemed to maintain the same premise: move or die.

The arcade lasted a dubious 10 years, its final end founded by such characters as Mario, Link and Sonic. The age of the home arcade had begun and is as dominant now in the Western world as the television, computer and cellphone (all of which are now also gaming systems).

The video game industry took in just over \$9.5 billion last year! That's enough money to buy every person on the earth an Atari 2600 with *Donkey Kong* AND *Pitfall*. What a world that would be!

Well, it seems that the days of getting stoned and playing in the realm of realistic destruction, simulated civilization and cooperative assassinations are here to stay.

Is the line between real and digital becoming too thin? Are our digital personas taking over our real selves? Of course, not everyone



CREDIT: JUSTUSGEEKS.COM

Arcades are a shell of their former self these days, always run down and barely functioning sections of movie theatres. If an arcade still exists today, it is completely because of nostalgia, but at one time they were a hub of activity.

is escaping into the *World of Warcraft*. Some of us are still chasing capital T's around a screen, some of us are still pining for the cold, dark comfort of the arcade, and some of us are still trying to get the small metal balls into the bear's eyes. Whatever your distraction, from whatever age, it all amounts to the same things: we seek escape, autonomy and relatedness. The digital playground fulfills some of our primal needs, but not all. Deep down, we are still just living a fantasy that video games represent the basis

of survival: move or die.

Sometimes we need to be that gladiator, if even for a moment; we can stand triumphant before a coliseum of roaring spectators. Unfortunately, sometimes our gladiators take up a lead role in the musical version of *Les Misérables*.

Dairy dangers discovered

ANDREW BUREAU
SPECIAL TO INTERROBANG

Isn't it strange that humans are the only species that continue to drink milk throughout adulthood? The marketing industry does a very good job at advocating the consumption of milk and dairy products without any mention of its negative health-related risks on both humans and the cows. Considering the harmful additives to dairy and the way the cows are mistreated, we must address this issue ethically.

One thing we must consider when drinking cow's milk is that the milk is designed to turn an 80-pound calf into a 1,000-pound cow in one year. According to an article called *Milk and Human Health* by Doris Lin, "That amount of protein and hormones is not only unnecessary, but unhealthy for humans." Milk is also high in saturated fats and cholesterol, which can increase the risk of heart disease.

Ganmaa Davaasambuu, a physician and working scientist at Harvard School of Public Health, states in a Harvard University Gazette article entitled "Hormones in milk can be dangerous" that there may be a correlation between cow's milk and hormone-related cancers (cancer of the testes, prostate, and breast). "The link between cancer and dietary hormones – estrogen in particular – has been a source of great concern among scientists." This is a serious issue because dairy is responsible for 60 to 80 per cent of estrogens consumed (read more at <http://www.news.harvard.edu/gazette/2006/12.07/11-dairy.html>).

One study that compared diet and cancer rates in 42 countries showed that there may be strong correlations with testicular cancer among men aged 20 to 39 and milk and cheese consumption. There is also a correlation with prostate cancer and dairy consumption. "In the past 50 years in Japan, rising rates of dairy consumption are linked with rising death rates from prostate cancer – from near zero per 100,000 (people), five decades ago, to seven per 100,000 today,"

Davaasambuu stated. Another study with rats also showed startling results. Rats fed with milk showed higher incidences of cancer and tumors compared to rats fed with water, she continued.

Lin stated that there is a hormone that is administered to cows that increase milk production by 20 per cent, but also increases the production of Insulin-like Growth Factor 1 (IGF-1). It is called recombinant bovine growth hormone (rBGH) and is banned in Europe. The Cancer Prevention Coalition states, "It is highly likely that IGF-1 promotes transformation of normal breast cells to breast cancers." These issues should raise awareness that milk may be strongly correlated with cancer, primarily hormone-related cancers.

Not only are humans affected, but cows also suffer by the large demand of dairy. The life of a cow 'behind the scenes' can be quite cruel and violent. People don't usually lend a thought to what actually occurs to the animals on a farm that are being used for income. Upon birth, calves are usually separated from their mothers right away and put in separate cages depending on their sex. Males will be raised and slaughtered for meat while females will be raised for dairy purposes, according to veganpeace.com.

Some cows end up in the veal industry. Veal calves are doomed to experience a very short life confined to crates and chained up to minimize movement (as to allow for their meat to be tenderer). After about four months, these calves are then slaughtered.

People may ask how or where they can get calcium if not from milk. Dark green, leafy vegetables like broccoli, turnip greens, kale and spinach are fairly rich in calcium. Another source of calcium can come from almonds and soy products, according to Office of Dietary Supplements in the U.S. National Institutes of Health. Cow's milk may be high in calcium and protein, but, as Lin quotes "Dr. Food" Kerrie Saunders, "North America has one of the highest consumptions of dairy products, and also the



CREDIT: STOCK IMAGES

Milk, does it do a body good?

highest incidence of osteoporosis." Excess protein in our diets may cause calcium to leach out of our bones. Lin cites a 1997 study by the Harvard School of Public Health that found that an increased consumption of calcium by calcium-rich foods like dairy did not decrease the risk of osteoporotic bone fractures.

While milk and dairy products may be promoted and advertised as healthy and fun for commercial purposes, people should be aware that it's a business and concerns for health isn't a top priority for these companies. People should become more aware of the negative health impacts of milk and dairy products. Also, people should address this issue in a more ethical manner in consideration for the well-being of these peaceful, innocent animals that have provided for us for untold millennia.

Andrew Bureau is a *Fitness and Health Promotion* student at Fanshawe College.



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Kicking a downed man, questioning the Pope



NOTES FROM DAY SEVEN
 MICHAEL VEENEMA
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About a year ago I visited New York City and discovered that at the time the famous Guggenheim Museum had on display the art of Maurizio Cattelan. One of his most well-known pieces is a sculpture of Pope John Paul II.

The sculpted pope is down on a floor of red carpet. He is clutching his staff with a crucifix on it. His eyes are closed, and he grimaces in pain. A black object representing a meteor pins him down. The name of the work translates as *The Ninth Hour*. The ninth hour is the hour of the death of Jesus Christ (just short of 2,000 years ago) as one of his biographers recorded it. So, I guess this is the pope's death, death by falling meteor, death by a non-existent God.

During my visit my brother asked me if I wanted to view the exhibit that included *The Ninth Hour*. I opted to go elsewhere. It seemed to me that going to pay homage to the creator of that piece would be like joining him in kicking someone when he's down, that someone in this case being the pope.

The pope has legitimacy of the highest sort for the world's 1.2 billion Roman Catholics. For non-Catholics, who can more easily indulge in anti-papal feelings, he has far less. Many treat the papacy as an object of derision. Like Cattelan, who has through his art chastised many authority figures (perhaps not himself, though), many feel that the pope, the leader of the "largest corporation"

as some focusing on the Catholic Church's structure and membership put it, the largest religious body in the world, deserves all the ridicule that the critics of the Catholic Church heap upon it.

Like the Pope and all Catholics, I am part of the Christian community. At the same time I have questions about the Catholic understanding of the authority of the pope. I can't take credit for coming up with them; they have been around a long time.

One of the main questions I have goes like this: the Catholic community claims that the pope is the direct successor (not by birth but by the choice of the church and the Spirit of God) of the most important of the disciples of Jesus. His name was Peter. The name (in Greek) means "rock." Jesus once said, "Upon this rock I will build my church." Peter, according to Catholic tradition, became the church leader, the bishop, of the church in Rome. And ever since then the bishop of Rome, the entire line of 265 of them thus far, has been the head of the church (again, according to Catholic tradition).

But with much respect, is this how Jesus would have meant his statement to be used? It is interesting to notice that Jesus said, "Upon this rock I will build my church," right after Peter declared that Jesus was the Messiah, the one sent by God to lead the people. Peter, in other words, was declaring his conviction about who Jesus was. He was affirming the identity of Jesus the Messiah, the one who would renew the faith of the Jewish people and who would draw countless non-Jewish people to the true God.

It seems to me that by "rock" Jesus was making a word-play with the name Peter, implying the concept of a rock-like founda-



CREDIT: CHRISTIES.COM

The satirical sculpture, *La Nona Ora* (*The Ninth Hour*), depicting the Pope John Paul II struck down by a meteorite was crafted by Maurizio Cattelan, an Italian artist.

tion for his church. But the foundation was not a person; it was the declaration of faith Peter made. The church, the community of the people of God, is not founded upon a disciple, Peter, and his successors. It is founded upon a living faith in Jesus Christ.

This is why, contrary to the understanding of my Catholic friends, full-fledged Christian communities can rise up and thrive quite apart from any formal, structured, connectedness with the Roman Catholic community. They have. And they will continue to do so.

Nevertheless, even though Mr. Cattelan disapproves, may the retiring pope continue to receive the respect and graces due to him. And likewise, his successor. And may that successor repair some of the divisions that have undermined the global church, perhaps beginning by (re)opening a discussion with non-Catholic Christians about the legitimacy of the papacy.

Draper is a ray of light in Oasis

REBECCA MOLLY
 INTERROBANG

I know that I can speak on behalf of many of the students at Fanshawe College when I say that often times we will make the trek across campus for a muffin or bagel, simply because of who will be serving it to us. I know that the times that I indulge in a toasted bagel with cream cheese, it normally has to do with the fact that Shirley Draper will be handing it to me with a smile on her face. Although her modesty shied her away from a photograph, I am sure that many students know who I am talking about – she ensures that Grinders, the coffee counter in the Oasis, is kept in good hands, and provides a smile and a sincere conversation with every interaction she has.

Draper, a supervisor at Grinders, is responsible for ensuring that everything continues to run smoothly in that area, and that all the delicious treats are awaiting for students and staff each morning. She finds herself behind that counter from Monday to Friday, and has been there for the past six and a half years. Draper has also been working at an after-school program for the past 27 years, and continues to work there from Monday to Thursday for five hours each night. She clearly puts a lot of time into working with people, and yet is one of the most humble people that I have had the opportunity to speak with.

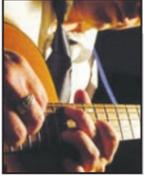
Draper is also a wonderful wife to her husband of 40 years, and has six children and seven grandchildren. In awe, I asked her how she finds time for her personal life, and with a beautiful smile, she simply said, "Sometimes you just need to rearrange your time to account for everyone." I'm not sure I can say it better than that!

I had the opportunity to ask Draper what is it about Fanshawe College that makes her job enjoyable, and without hesitation, she replied, "The students." She commented that she has felt she has been able to build a positive rapport with a number of students, and tends to take on a motherly approach when it comes to many of them. She attributes the motherly approach to the care that she displays for the students at Fanshawe College, and never hesitates to remind us to drive safe if we are venturing out of London. She commented that when she talks about her job at home, her husband always states, "You've never been so sappy as to when you talk about Fanshawe." I think it's safe to say that Fanshawe gets sappy when we start talking about Draper as well! Aside from the students, Draper couldn't say enough good things about the staff team supporting her, and truly feels like the staff at Grinders and Oasis bind together to create a positive and friendly work environment.

When I approached Draper with the title of "unsung hero," she just couldn't seem to accept it. Her humility towards what she does, and her care and love for the students that venture to get a coffee or bagel from Grinders, seems to be more than enough for her to remain happy within her position at the College. Regardless of Draper's humility, I think that she is a deserving woman of the spotlight, as she truly creates a positive environment for the students.

Whether it's her smile, soft tone or friendly nature toward each and every person who approaches the counter, it is safe to say that Fanshawe College became a better institution when Shirley Draper joined the staff, and will only continue to be better with every smile and generous gesture that she emits.

The Matinée makes their way to London



BOBBYISMS
BOBBY FOLEY

I write about random things a lot. I write a lot about random things. Did you know that Zildjian is the oldest family-run business in America today? The cymbal manufacturers are one of the 300 oldest companies in the United States, and produced their first cymbals as far back as 1623 in Armenia.

I don't have a clever way to segue from that opening, so let's just crash forward.

The Matinée is a five-piece group from British Columbia that marry folk, rock and country infectiously, as demonstrated by their debut album *We Swore We'd See The Sunrise*, released on Light Organ Records on February 26.

Recorded at Armoury Studios in B.C., the album was produced by Steve Berlin and represents a step forward in production for the band – frontman Matt Layzell, guitarists Matt Rose and Geoff Petrie, bassist Mike Young and drummer Pete Lemon. Many a multi-instrumentalist among them, the band shines on their album – *We Swore We'd See The Sunrise* benefits from the sum of these five friends playing to their strengths.

While much of their time is spent touring the westernmost provinces, The Matinée makes the sojourn into Ontario frequently. They return this week as part of a cross-country tour that sees them playing a showcase at Canadian Music Week in Toronto before they appear at Call The Office on March 25.

"We're a road band, definitely," said Layzell, speaking to Interrobang from the van en route to Victoria with the band. "We've had to adjust to life on the road doing this, but we love playing; as much as travelling and being in a band is about getting to see towns and meeting people, it's still about playing shows. If we can be playing every night, we will – that's when we're happy."

The five friends all grew up together in Coquitlam, playing in various high school bands to hone their skills before joining together a few years ago. Their current tour sees them travel from Victoria to Montreal by way of 17 gigs that pepper each province, night after night.

"We've really been working on our live show, we're really at home on stage," Layzell explained, describing the band's approach in the studio. "We really wanted to capture that energy with this recording, and that's something that Steve Berlin was successful in

achieving."

"I like to think we have a very inclusive show, where the audience gets to participate and have some fun with us," he continued. "The recording is one thing, but we don't want people just to go to the show to hear the record, we want to give them a live experience, so we've been working hard on putting a set together to do that."

The efforts have paid off; *We Swore We'd See The Sunrise* is packed with the kind of personality that only dynamic recording can reveal, the sort of album that is so well recorded and produced that it allows the performers' personality to shine through. The result is bittersweet – an album that is full of character is often also full of flaws.

"I had to step away from it, and just let it be what it was going to be," Layzell concurred, describing the peace and perspective he found in taking some time to clear his mind during recording. "As the musicians on tape, we hear every flaw in everything we've done, and part of that is what give it a charm, but there's always stuff that nags at you that you wish you could've gone back and fixed, even if nobody hears it but we do."

"Then we had an album listening party a few weeks ago for everybody that was involved in the record in the local industry, just to build some hype. It was really the



CREDIT: KILLBEAT MUSIC

The Matinée will be at Call The Office on March 25.

first time I'd listened to the album from front to back in months, and it was a proud moment. I think we did a good job and it sounds really good, and to see everyone's response in hearing it for the first time was exciting."

We Swore We'd See The Sunrise is an outstanding achievement in a debut album, available now in physical or digital copies for sale or on your favourite streaming service.

For more on The Matinée, visit them online at thematineemusic.com or follow along on Twitter @thematineemu-

sic. They appear in London at Call The Office with Electric Six on March 25, doors open at 9 p.m. and tickets are \$13 in advance or \$15 at the show.

And for more of the latest music news, views and recommendations, consider following this column on Twitter @fsu_bobbyisms. Congratulations to everyone who participated in the Fanshawe Student Union executive elections last week, and welcome new student representatives! Thanks for wanting to make the school a better place. I'm out of words.

Brightening up for spring



MAKE THE LOOK YOUR OWN
AMY LEGGE

While the weather hasn't quite given up on winter yet, spring is on our minds. It might be too cold for denim shorts and sundresses, but spring accessories can brighten up your look without making you feel under-dressed or seasonally inappropriate. So pull on your wool sweater and leggings but lighten up with these must-have accessories for spring 2013.

We haven't had too many sunny days lately, but even if it's cloudy with a chance of meatballs, a pair of chic sunnies can make a simple outfit pop. This spring, oversized is out and retro cat-eye shapes are in. A classic feminine look, they are perfect with your neutral trench, black leggings and ballet flats – very Audrey Hepburn of the 21st century.

With the promise of summer ahead and the desire to lighten our loads, figuratively and literally, comes a changing of the guard in handbags. Black leather and heavy suede are perfect in the winter months, but this spring, follow celebrity trends and add a pop of colour with a purse in a bright hue. Tangerine, teal and hot pink are popular choices, but an even chicer way to segue into spring is to pick a tote in a neutral beige tone and look for neon accents such as zippers, piping or stitching details.

In fashion footwear rotation this spring, the key players will be simple stylish flats, colourful pointed pumps and sneaker wedges. The smoking slipper is the most coveted flat style this season. The

refined slip-on amps up your skinny jeans or leggings look, and the flat sole is a vacation for your feet. Simple black, bold red, leopard print and studded styles are all super trendy. Pointed pumps are beautiful in black and white, colour-blocked and pastel shades

for spring. Work them into your more dressy looks with dresses, slim jeans and the patterned pant trend. Sneaker wedges are the most comfortable and fashion-forward way to add some height and funky sophistication to your look this spring and summer. With a modern

athletic appeal, they can work with everything from lounge-style harem pants and patterned tights to slim-fitting maxi skirts.

This winter saw a lot of chunky jewellery. Some of it is still relevant for spring, like statement collar necklaces, but they are updated with bolder colours and shapes. Add dainty rings and stacks of thin bangles for an easy way to transition from sweaters and coats to cotton tees and shirt dresses.



CREDIT: KELLY STUART

Cat-eye sunglasses protect your peepers and look great!

fsu.ca/contest for details

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SMALL BUSINESS CENTRE



CREDIT: HAI HA NGUYEN

Spring is pastel season



THE SHOPPING BAG
HAI HA NGUYEN
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With the weather warming up, we can't help but to introduce a fresh and light new colour palette into our spring wardrobe.

Pastel green, pink and beige are great for transitioning into the spring season because of the light and airiness of the colours. These colours are flattering on everyone; you just have to pick which colour you like and complement your style. Tops, pants, jackets and, more than ever, accessories are coming in fresh pastels.

If you like wearing neutrals because of the versatility, the best way to try this trend is by wearing pastel accessories to get familiar with the palette.

This white bustier style slightly cropped top and high-waisted beige loose shorts are a great base to layer pastels on top. A mint-green scarf is a great way to instantly add some colour into the outfit. Contrast the scarf with some pastel pink beaded bracelets and square-studded bracelet, pink earrings and a floral ring of all the colours. The rounded hipster glasses from the '60s have been in style for a couple of years now, but this season, they're redone in pastel frames to freshen up the iconic shape. To bring together all the neutrals and pastels in the outfit, the multicoloured side bag is the perfect addition. It has a unique gold hardware closure with different coloured bands framing the shape of the bag.

1. Bustier Top and High-Waisted Shorts: These are awesome basics for spring as they are easy to wear and mix and match. The top fits comfortably and has nice shaping, so it's great to wear with even a full skirt to contrast the silhouette. (Top: Dynamite, \$14; Shorts: Urban Planet \$10)

2. Mint-Green Scarf: A thin scarf with a strip of green lace for contrast. The two different textures look great together when the scarf is wrapped around the neck. (Aldo Accessories, \$15)

3. Pastel Pink Accessories: The light pink colour of these accessories complement the green scarf without being too matchy-matchy. (All from Aldo Accessories: Bracelets: Studded, \$15; Beaded, \$15; Earrings, \$12; Ring, \$12; Sunglasses, \$12)

4. Multicoloured Side Bag: A sophisticated square side bag with unique hardware and different coloured bands to frame the shape of the bag give it a fresh new look. It's the perfect balance of neutrals and pastels. (Aldo Accessories, \$45)

Pastels are beautiful colours to wear in the beginning of the spring season because they can be coordinated easily with winter pieces while still adding a sense of playfulness to the ensemble. It sets a light, refreshing and airy tone to your outfit, reflecting the atmosphere of spring!

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.

Off-campus living, designing for two



TURN BORING SPACES BEAUTIFUL
BRITTANY ROACH

With the school year coming to an end, the majority of us have decided to move on from the residence life and gain a little more independence and freedom by living off campus next year.

Lately I have been noticing a trend, students now getting apartments with their partner or a friend, a space meant just for two, instead of student housing with four or five roommates. Living in an apartment, you have a little more control on the inner decor style for your space, but accommodating two different sets of tastes is not always an easy task. Just because you decided to live together does not mean you have the same taste in interior decor. This issue could easily turn your apartment into a design disaster.

Before you both move in together, I highly recommend you discuss what you want your home's decor style to be. From there, figure out who has what furniture, and hopefully it will somewhat match. If not, there are quick and easy solutions, such as adding a slip cover for your couch and buying new accent pillows to create a unified look. If you and your roommate decide you want to purchase new items for your new space, go out together and make the decisions as a team.

Painting your apartment is a big decision to make, and both you and your roommate need to agree

whether or not you do so. If you are unsure about painting your whole apartment but you know you want some colour on the wall, then painting one accent wall might be your solution. This is an easy way to cut on painting cost for you and your roommate. Be sure to pick a colour you both agree on, as

this is essential to making both parties happy.

Communication between you and your roommate is necessary for having a home designed to accommodate both tastes. Even if you both have different tastes, making decisions as a team is the solution to a tasteful apartment!



CREDIT: HOUSEANDHOME.COM

A slip cover over a couch is a quick and easy fix to fit one person's purchase into a combined decor!

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Great and powerful, indeed



REEL VIEWS
ALISON MCGEE
a_mcgee3@fanshawec.ca

Oz The Great and Powerful (2013)



You know that all you have to do is follow the yellow brick road. You know that the lion had courage all along. You know that in order to get back to Kansas, you must click your heels together and say, "There's no place like home." Maybe the part of the story that you don't know is what happened in the land of Oz before Dorothy and her little dog ever showed up.

Oz The Great and Powerful is set years before the original 1939 film *The Wizard of Oz* and tells the story of how the colourful cast of characters came to be who they are. Directed by Sam Raimi, known for directing the cult classic *The Evil Dead*, *Oz The Great and Powerful* begins its tale in 1880 when con man Oscar is ripped away from his work at a travelling circus into the eye of a tornado. He soon finds himself in the land of Oz. Upon arrival, Oscar is intro-

duced to Theodora, her sister Evanora and, of course, the lovely Glinda, and in good time each and every one of them evolves into the beloved characters they are destined to become.

Sure, the story of *Oz The Great and Powerful* is enough to captivate your interests, but what's really phenomenal about this flick is the cast and how they come together to bring their characters to life so charismatically. The cast is headed up by James Franco, Mila Kunis and Michelle Williams as Oscar, Theodora and Glinda, respectively.

Is there anything that James Franco can't do to absolute perfection? Watching him play Oscar would lead one to believe that no, there isn't. Franco is known for taking on some pretty heavy roles, like that of Aron Ralston in *127 Hours* and as Scott Smith in *Milk*, yet he manages to play the lighter roles, including Oscar, in a manner that is every bit a work of serious acting. Franco lights up the screen and provides genuine entertainment each and every moment that he is present in the film.

Kunis takes on the role of Theodora and, much like all her past performances, Kunis shows her incredible talent for acting. It's also a nice change of pace to see her looking perhaps just a little less



CREDIT: DISNEY

Oz The Great and Powerful stars Mila Kunis, James Franco, Michelle Williams and Rachel Weisz.

than perfect.

Playing the good to Kunis' bad is Williams as Glinda. Williams has gained much critical acclaim for her work in *My Week with Marilyn*, and audiences are sure to love her equally in *Oz The Great and Powerful*. Williams is sweet

and lovely and Glinda just makes viewers feel good about life.

Amongst the numerous adaptations that are currently filling up movie theatres, *Oz: The Great and Powerful* is truly a rare gem. It is neither tired nor unoriginal. In fact, the flick proves to be so entertain-

ing from start to finish that you'll be wishing for more the moment the credits begin to roll.

If you're looking for something fun and fresh at the theatre, or if you're a die-hard *Wizard of Oz* fan, then definitely check this one out!

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Ice skating film will have you on the edge of your seat



Cinema Connoisseur
ALLEN GAYNOR
www.cinemaconn.com

The Cutting Edge 3: Chasing the Dream (2008)



The week of March 11 saw London play host to the World Figure Skating Championships, and all I can say about that event is, “wow!” So many unforgettable moments – like the gold medal performance – I didn’t see that one playing out like it did. What about the judging situation? Some felt one way about it, while others felt another way. It was a remarkable event that went off without a hitch... except for that one situation, you know the one I’m talking about. The less said about it, the better.

Kudos to our city leaders for bringing this big-time event to the Forest City. I’m sure next time city council convenes, plenty of n-words are going to be thrown around, like “Nice job, everyone,” “Not too shabby,” and “That was

neato!” I hope our local politicians do something nice for themselves, like maybe they could all go out to a buffet lunch and let the taxpayers pay the bill to show our gratitude.

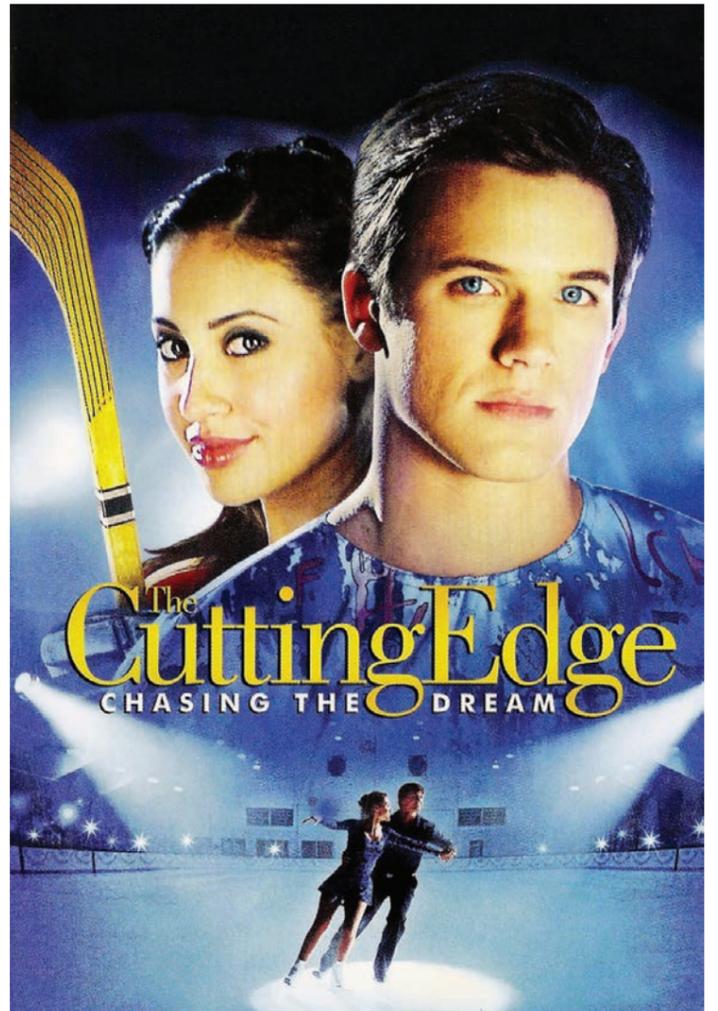
All this figure skating hoopla had me jonesing to watch a figure skating movie. If you are going to watch a skating film, then it should be something from *The Cutting Edge* franchise. For the uninitiated, *The Cutting Edge* series of films is basically the *Star Wars* of figure skating movie franchises. The first film was released in 1992 and told the tale of a washed-up hockey player who makes the leap into the world of pairs figure skating. Not only does he find great success on the ice, but he falls in love with his skating partner.

The movie was definitely a gold-medal winner, and it spawned three sequels. I recently had the pleasure of watching the third installment, the 2008 masterpiece *The Cutting Edge 3: Chasing The Dream*. In this latest chapter of the saga, we are introduced to the sizzling pair of Zack and Celeste. They were once an item off the ice, and are forced to keep up the façade for the purposes of their career. The magic is gone between them however, both on ice and off. When an accident befalls Celeste, Zack looks outside the box to find a replacement.

In a clever twist on the plot of the original film, Zack recruits female hockey player Alejandra Delgado to take over for Celeste. Now this might seem a little far-fetched – I mean, a female hockey player, come on! I’ve reviewed films about trolls, killer robots and secret-agent chimpanzees, but I have never heard of something so preposterous.

I was able to see past this, however, and enjoy the film for what it is: one of the greatest sports films ever committed to celluloid. Zack sees the potential in Alejandra, but his coach does not think they have enough time before the championships. This leads to all sorts of drama between Zack and his now former coach, Zack and his ex-partner Celeste, and Zack and Alejandra. Not only do Zack and Alejandra have to work on becoming a well-oiled machine, but they must also try to block out all the distractions around them. The biggest distraction of all turns out to be the love between them.

When one thinks of the sport of figure skating, certain words come to mind, such as elegance, beauty and grace. All of these terms can also be applied to *The Cutting Edge 3*. My scorecard for this film would contain no deductions, and top marks for performance and execution.



Getting through the movie plateaus



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

I love movies as much as the next person. Okay, I probably love movies a little more than the next person. And yet even I find that every once in a while I hit what I like to think of as a “movie plateau.” It’s when you can’t remember seeing a really good movie lately. It’s when you aren’t excited for anything coming out soon. It’s when you feel like you might actually be getting bored of movies!

Everyone will hit one of these movie plateaus every so often. I happened to hit one in the past week. I decided that I didn’t want to linger in the “no good movies to watch” funk I was in so I figured out how to pull myself out of it fast. Then I figured that perhaps I should share this newfound wisdom.

I have discovered the secret to ditching the movie plateau and the boredom in the blink of an eye. The trick, ladies and gentlemen, is to look to the past.

Everyone has a favourite old movie. Mine is *Casablanca*. Whenever I’m bored of movies I pop in *Casablanca* and watch the saga of Rick and Ilsa unfold tragically in front of me. Suddenly the magic of the movies is reignited within me and I can go along my merry movie-watching way. I think that most people have an old favourite movie, like an old blanket that you can always wrap yourself up in and

get all warm and cozy. So if you find yourself in a movie rut, first try popping in your favourite old flick.

Didn’t quite work for you? That’s okay. There is another way to look to the cinematic past to reignite your passion for its future. There are hundreds of old flicks that you have yet to discover. All you have to do is pick one you’ve always wanted to watch and give it a try. I, for one, had never seen any of the *Back to the Future* movies before this past weekend. A friend of mine discovered this shameful fact and insisted that we spend the weekend having a movie marathon. We did and it was fantastic. It got me thinking about how many movies there are that I haven’t seen that are just waiting to tell me their stories.

If you don’t have a favourite old flick, or if you do but it’s not working for you this time, try to think of a movie that you’ve never seen but have always wanted to.

If the discovery of “new to you” movies doesn’t reignite your passion for cinema, then I have one more suggestion for you. Try watching something completely out of your comfort zone. Normally an action flick person? Try an art house film. Normally one for the sappy romance? Try a sci-fi flick.

Everyone is bound to find themselves in the midst of a movie plateau every now and then. Hopefully the next time you are struck by one, you’ll be able to pull yourself out of it that much quicker.

Late to the party



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

One of my (very few) downfalls is that I tend to catch onto trends really, really late in the game.

For example, I only first read the *Harry Potter* books when the sixth movie was being released in theatres. I thought that perhaps it was time I jumped on the bandwagon, and I have been obsessed ever since.

The same goes for any TV series. I’ll usually not even hear about a show until it’s in its fourth season, and then I feel obligated to watch every single episode within four days.

I’m quite content with this method of mine, the only negative side effect is that you usually have a pretty good idea of what happens in said trend because everyone else on the planet has already experienced it.

I really admire those people who are able to discover the next big thing. I mean, who was the first person to pick up a *Twilight* book and say, “This sparkling vampire is going to take over the world.” It’s almost as mysterious as the person who starts the Wave at a sporting event – I never seem to be quick enough to even participate in that type of trend. I’m sure there are people who are worse than me – there must be some people out

there who are just now discovering Cross.

On the other hand, many people don’t know that I actually was the original creator of the *Chronicles of Narnia* book series. In the fourth grade I wrote a short story about a girl who reached too far in her fridge and fell into a magical land of lions and witches. The story mysteriously disappeared, but I am convinced someone stole it and turned it into a successful franchise.

Perhaps I’m not destined to be

late to the party forever. Maybe one day I will be able to discover something before anyone else. I feel like I need to put dibs on something, otherwise no one will give me credit for skyrocketing it to fame.

I solemnly swear (*Harry Potter* reference, FYI) that I will always be on the lookout for future trends from now on. If you happen to spot any, please come to me straight away, I can’t live like this forever. Now excuse me while I go watch the first episode of *Lost*.

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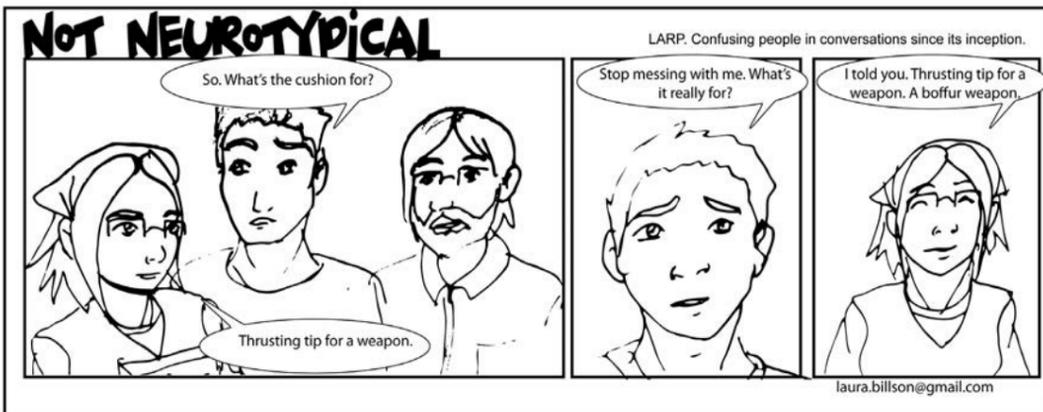
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Aries (March 21 - April 19)

You're attracted to rousing music and shiny surfaces. You have good luck with machines. Even if it's weekend, that won't stop Aries from networking if the occasion arises.

Taurus (April 20 - May 20)

This weekend you're the very soul of prudence and caution. Let others risk their necks or their money. You're happy to stand on the sidelines and pick up the pieces once it's all over.

Gemini (May 21 - June 20)

Stay calm in the face of over-stimulation. Play the shepherd or chaperone for people who can't seem to handle themselves. This may not be what you planned, but it could lead to something even better.

Cancer (June 21 - July 22)

Cancer is pushed to the limit. You'd love to blow off your current load of responsibilities, but there isn't enough wind. Tune out whatever isn't necessary and get to work. Finish sooner and earn more play time.

Leo (July 23 - August 22)

Leave the talking to others. You're all action this weekend. The moon loads your days with fire. Laugh, love and learn. For now, everything that you do is appropriate.

Virgo (August 23 - Sept. 22)

Others might play, but Virgo has work to do. Resentment and jealousy will only turn obligation into torture. If you look at this whole thing as a game, new strategies will soon become apparent.

Libra (Sept. 23 - Oct. 22)

You're compassionate and understanding. You have time for the things that matter. Libra is happy to be the sounding board for someone else's big ideas. Trust that others will be there for you when you need them.

Scorpio (Oct. 23 - Nov. 21)

You have many secrets to share with only a few people. You're right to be suspicious of an unusually curious stranger. Answer questions with other questions until your curiosity is satisfied.

Sagittarius (Nov. 22 - Dec. 21)

Thanks to you, every Fire Sign in town gets a special weekend. You meet expectations and then go on to exceed them. Wealth isn't an issue when you're so rich in all of the important things.

Capricorn (Dec. 22 - Jan. 19)

You're alone for now, but you seem to like it that way. Some areas of your need are better left unexplained. Friends respect you for taking care of yourself. Maybe you'll be ready for their help next time.

Aquarius (Jan. 20 - Feb. 18)

Organize the directionless. Speak up for the timid. You're gripped by a sense of purpose. Subtlety is for people with time to be clever. Aquarius won't rest until the results are visible.

Pisces (Feb. 18 - March 20)

A single offer to help turns you into a community resource. Maybe you weren't ready to do so much furniture moving or baby-sitting, but here you are. Remember this moment the next time you feel lonely or useless.

QUIRKY FACTS

1. The average person will go on a date at least 100 times before they finally marry.
2. You can only remember four things at a time.

3. There are about 255 babies born worldwide every minute.
4. Blue-eyed people have a higher alcohol tolerance.
5. Ninety-five per cent of people feel uncomfortable when the TV volume is an odd number.
6. Research suggests that laziness is just a natural part of being a teenager and doesn't reflect bad behaviour.

Sudoku Puzzle

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

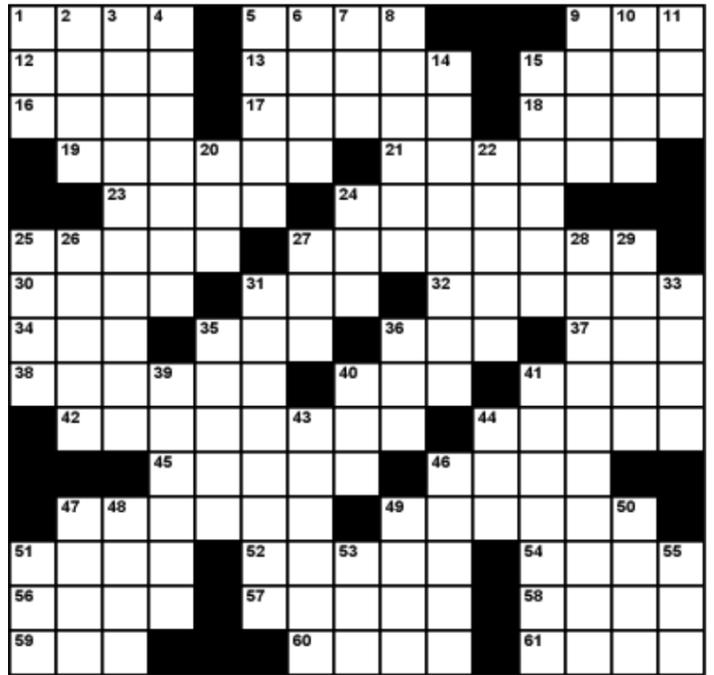
puzzle rating: medium

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.

Across

1. Sea (Amu Darya's outlet)
5. Theme (see 10 Across) was started by ___ Fanshawe students.
9. Theme (see 10 Across) is a non-profit business so customers ___ receive a tax receipt if more than \$20.00 is spent.
12. ___ Wallace Reader's Digest Writers Award
13. Breathing problem
15. Foot (prefix)
16. Fashion ___ (theme of this puzzle)
17. Adam and Mae
18. Aaron's 2,297
19. Theme (see 10 Across) was created by Fanshawe's ___-year Fashion Design students
21. Heavy metal
23. Physics units
24. Abraham's son
25. Cut
27. Curiosity
30. Turner and King Cole
31. Greek letters
32. Lend an ear
34. One (comb. form)
35. Bout enders, for short
36. Mauna ___
37. Berlioz's "Les nuits d' ___"
38. Drunk (slang)
40. Supreme Being.
41. "What've you been ___?" (2 word)
42. Not level
44. Williams of "Happy Days"
45. Concerning (2 words)
46. Home to some Mongolian nomads
47. Canny
49. Rubber boot
51. Wings
52. Theme (see 10 Across) officially opened on campus in ___ February, 2013.
54. Western U.S. State
56. Orange covering
57. Saliva
58. Roman emperor

7. In 75 per cent of American households, women manage the money and pay the bills.
8. Forty-four per cent of kids watch television before they go to sleep.
9. The world's shortest man measures only 21.5 inches.
10. Forty per cent of people who are rejected in romantic love slip into clinical depression.
11. You forget 90 per cent of your dreams.
12. Approximately 141 million Valentine's Day cards are exchanged worldwide every year.
13. Studies show that the risk of a "secret love" being revealed heightens romantic feelings for the partners, thanks to increased levels of phenylethylamine.
14. The average person in their lifetime will spend an estimated 20,160 minutes kissing!
15. Two in five people in the world marry their first love.
16. The single biggest predictor of love is proximity.
17. Yawns are more contagious among people with closer relationships.
18. According to a U.K. study, women are better at parking a car than men.
19. As a rule, 66 per cent of people keep their eyes closed while kissing. The rest take pleasure in watching the emotions run the gamut on the faces of their partners.
20. According to Harris Interactive, 70 per cent of men and 57 per cent of women shower daily.
21. In 2005, 25 per cent of Americans over the age of 50 played video games, an increase from nine per cent in 1999.



59. Wind direction
 60. "Egad!"
 61. Created a picture
- ## Down
1. Science fiction/fantasy sitcom
 2. "How the Other Half Lives" author
 3. Theme (see 10 Across) as an on campus ___ service in Room #3006.
 4. East Indian sailors
 5. Babes in the woods
 6. Kind of column
 7. German pronoun
 8. Mix anew, as greens
 9. Philippine island
 10. Take ___ view of (2 words)
 11. Former Serbian capital
 14. Made a strong attack on
 15. Theme (see 10 Across) provides quality workmanship and great customer service at affordable ___.
 20. "___ to Billie Joe"
 22. Mental illness
 24. Mobile operating system developed Apple, Inc.
 25. Like a bug in a rug
 26. Asian capital
 27. Fraternity letters
 28. Fairy tale meanie
 29. Begin (2 words)
 31. Theme (see 10 Across) might continue on a ___ schedule this summer.
 33. Advertising sign gas
 35. Horse of the Year, 1960-64
 36. Decked
 39. Baarn yard animal
 40. EU language (abbr.)
 41. Proceeds from theme (see 10 Across) ___ (see 51 Down) being raised to assist in Fashion Design's capstone fashion show, ___, 2014.
 43. ___ public
 44. MSN alternative
 46. Singer Crystal
 47. "Aladdin" prince and namesakes
 48. Hamlet, e.g.
 49. Mud e.g.
 50. Rabbit
 51. Proceeds from theme (see 10 Across) ___ being raised to assist in Fashion Design's capstone fashion show, ___ (see 41 Down) 2014.
 53. "Vive le ___!"
 55. "___ are you?"

Solution on page 18

Word Search

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

Starring Holly Hunter

(Words in parentheses not in puzzle)

- | | | |
|------------------|---------------------|-------------------|
| (The) Big White | (The) Firm | Once (Around) |
| Broadcast (News) | (The) Incredibles | (The) Piano |
| Copycat | (Little) Black Book | Raising (Arizona) |
| Crash | (Living Out) Loud | Saving (Grace) |
| Crazy (in Love) | Nine (Lives) | Thirteen |



This dish is balsamic bliss



MEL'S MUNCHIES
MEL ANDERSON
m_anderson6@fanshawec.ca

This balsamic chicken recipe is easy to make, ready in 30 minutes, and tastes gourmet! I found this mouth-watering dish on all-recipes.com a few years ago and have impressed friends and family with it ever since.

The recipe calls for four skinless, boneless chicken breasts, but if you like extra sauce (for mashed potatoes or pasta) or are only cooking for two, a pair of chicken breasts works just fine.

If you're a regular in the kitchen, you will probably have most of the ingredients needed to create this masterpiece. You'll need mushrooms, all-purpose flour, butter, olive oil, one garlic bulb, balsamic vinegar, salt and pepper, thyme, and one bay leaf.

The trick with this recipe is to have everything ready before you start cooking. Wash your button mushrooms (3/4 pound), pat them dry, slice 'em up and set them aside. Take six cloves of garlic, peel them and set aside. I usually measure out 3/4 cup of chicken broth into a measuring cup, and 1/4 cup of balsamic vinegar in another measuring cup.

Now that you've done some prep work, it's time to get cooking.

Start by rinsing your chicken breasts and seasoning them with salt and pepper. Grab a medium-sized bowl and mix together two tablespoons of flour with some more salt and pepper. Take your chicken breasts and smother them



CREDIT: MELANIE ANDERSON

Chicken breasts simmer in a delicious garlic balsamic sauce surrounded by mushrooms.

in the mixture.

Heat two tablespoons of oil in a frying pan and sauté the chicken until it browns on one side – this only takes about three or four minutes. Add your peeled garlic cloves to the pan. Now it's time to flip your chicken breasts (try using tongs) and scatter your mushrooms over them.

Continue shaking the skillet and stirring the mushrooms. Cook for about three minutes.

Now add your vinegar, chicken broth, bay leaf, and 1/4 teaspoon of thyme. Cover the pan and simmer over medium-low heat for 10 minutes, turning occasionally.

Voilà! Your chicken is done. Place the chicken breasts on a plate or serving dish and cover with foil to keep them warm.

Remove the lid, and continue simmering the sauce over medium-

high heat for seven minutes. Add a tablespoon of butter to the mix and stir.

Continue simmering the sauce, uncovered, over medium high heat for about seven minutes. Swirl in the butter or margarine and discard the bay leaf. Place chicken on plates and pour the mushroom sauce mixture over the chicken and serve.

As I mentioned before, great sides include mashed potatoes and pasta, as they taste delicious smothered in the sauce as well. For a side vegetable, try asparagus or carrots to complement your chicken.

Check out the recipe at tinyurl.com/balsamic2.

If you have a restaurant or recipe suggestion for Mel's Munchies, email her at m_anderson6@fanshawec.ca.

BEST IN LATE NIGHT COMIC RELIEF

THE LATE LATE SHOW with Craig Ferguson

Thanks to daylight saving time, we lost an hour this weekend. If you're watching this show, you're about to lose another hour.

Google glasses are the next stage in the evolution of eyewear. Wear these and record everything you see. It's like you have a memory!

People are already worried about radiation from cellphones. So why not make a device that you can put next to your eyes all day?

The nation of Iran is threatening to sue the makers of the movie *Argo*. They say the movie was an unrealistic portrayal of their country.

You can't do that! That would be like Scotland suing over the movie *Shrek*.



CONAN with Conan O'Brien

After tours of the White House were canceled due to budget cuts, Donald Trump offered to pay for them. All he's asking is they rename it the Trump White House and Casino.

The former mayor of Detroit has been convicted of racketeering and extortion charges. The sentence is pretty hard. He has to serve another term as mayor of Detroit.

A company is developing drones that can be used to pick up and deliver items for customers. So if you see a drone, someone in the neighborhood either joined al-Qaida or Netflix.

The cardinals at the Vatican release black smoke if they don't reach a decision and white smoke if they do. Blue smoke means they're working on the Oldsmobile.



LATE NIGHT with Jimmy Fallon

Oz the Great and Powerful made \$80 million at the box office in its opening weekend. It tells the story of a con artist dealing with a bunch of witches. Or as he's called these days, *The Bachelor*.

It was announced that China is opening its own Disneyland, which Disney says will be both "authentically Disney and distinctly Chinese." Which explains why the parents of Huey, Duey, and Louie had to pick just one.

There are reports that Joe Biden will handle more foreign policy matters during President Obama's second term. Though you know it's bad when world leaders are like, "Can you just send Dennis Rodman instead?"



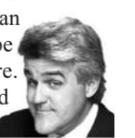
THE TONIGHT SHOW with Jay Leno

In England, gas is \$10 a gallon. In fact, gas is so high in England that people have stopped eating horses and started riding them again.

According to reports, Saudi Arabia is considering dropping public beheadings because of a shortage of government swordsmen. You don't want amateurs to cut people's heads off because that could be barbaric.

A judge overturned Mayor Bloomberg's ban on large sugary drinks. The judge made his decision after testimony from a prominent physician. I believe it was a Dr. Pepper, if I'm not mistaken.

According to the Italian press, is that Pope Benedict did not retire. They say he was forced out by NBC.



Ben Caplan's fan base continues to grow

MEGHAN O'NEIL
THE AQUINIAN

FREDERICTON (CUP) — Halifax's Ben Caplan is attracting a cult-like following after years of touring and playing local venues.

"I was just some guy in the North End (Halifax) with a guitar and the audience response was great but it wasn't a big deal but in Europe but it was like 'Oh, this international artist all the way from Canada. Can't miss it,' said Caplan over the phone from Toronto. Caplan was attending the International Folk Alliance conference as one of the showcase artists. "So they're ready to be impressed, but in Halifax for a long time I had to like tell people to shut up and listen and now I have kind of a really strong relationship so it's starting to link up which is really cool."

Caplan has been a touring musician since 2006. He was born in Ontario, but Caplan now calls Halifax home having lived most of his adult life in the city.

His stage presence and roaring voice command attention. His theatre background keeps him performing even between songs. When he's not singing gypsy-folk and playing his banjo or guitar, he's making the audience laugh.

Caplan is on tour with his first album *In the Time of the Great Remembering*, released in 2011. The tour will take him through Ontario, Quebec and the Maritimes before heading to Austin for the South by Southwest (SXSW) festi-

val in the spring. He'll also be hitting stages in Australia and Europe before returning to Canada.

It's hard to imagine Caplan having much time left for writing new material, but he's constantly trying to make it work.

"You really have to carve it out. Today, for example ... I woke up, I had a meeting at noon that went until 2 p.m. and now I'm doing this interview in a taxi on my way to a hotel to (go to) another meeting (and) a show at 3."

Caplan said he's in the writing stage of his next album and plans to be in the studio in May.

Caplan has been nominated for two East Coast Music Awards for Rising Star Recording of the Year and Folk Recording of the Year. He said when the Juno nominations were announced, he wasn't surprised he didn't have one for his first album.

"My next record should come across more ... Polished? I hate that word. But much better sense of what I want to accomplish in the studio."

The upside of being busy is crossing things off what Caplan calls his "musical bucket list." He's recently made an appearance on cultural affairs show, CBC's Q Radio with Jian Ghomeshi.

He performed two songs in the Q studio off his first album, "Stranger" and "Down to the River."

He said he's been able to cross more off his list faster than he thought he could, but he's not near



Ben Caplan

the end yet.

"I'd love to do some tours in Asia and I'm going to Australia soon which is cool. A couple others are I really want to do (CBC Radio's) *Vinyl Cafe* and the rest is stuff like working with different producers and artists who can bring experience with different instruments. So I'm just developing the resources to be able to do that."

Caplan's music isn't the only thing getting attention. His unique sense of style, including a lengthy unkempt beard and curly hair are also getting people talking.

"I didn't sit down one day and say 'I want to start a music career and stand out.' I just happened to have a beard and I'm kind of just rolling with it. I think that has more to do with the kind of aesthetic I'm interested in. I'm not the kind of guy to shave every day and wear designer clothes," said Caplan.

JIMMY KIMMEL LIVE with Jimmy Kimmel

The show has Dennis Rodman, our new ambassador to North Korea. Dennis is back home safely after visiting the North Korean dictator Kim Jong Un. And apparently they hit it off. Rodman called him a friend for life. But he said the same thing when he married Carmen Electra.

They just passed something in Hawaii called the Steven Tyler Act. It's a sweeping piece of legislation that says you must wear a scarf at all times.

Actually it's designed to protect celebrities from paparazzi by making it illegal to take unwanted pictures or video of them in private to sell for profit. No offense, but isn't every photo of Steven Tyler an unwanted photo?



THE LATE SHOW with David Letterman

Today is the groggiest day of the year because of monkeying with our clocks. But the biggest waste of time about resetting your clocks is trying to line up that little hole in the clock with the nail in your wall.

You now can take pocket knives on commercial airlines. And you can also take pool cues on commercial flights. This is great news if you're a knife-wielding pool hustler.

The Pope has more than one designation. He's also the bishop of Rome. He's also known as the pontiff. And here's what I didn't know. He's also known as Diddy.

Did you know that no Pope has ever in the history of the church been elected without carrying Ohio?



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

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Shawn Sikorski

Student Representative to the Board of Governors

2013 E300 not much of a winter car



MOTORING
NAUMAN FAROOQ
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If you were at the recent Canadian International Auto Show in Toronto, you probably saw the new 2014 Mercedes-Benz E-class on display. The car featured here today is not that car.

There are two reasons why I am not going to be talking about next year's model today: 1. The 2014 model has not gone on sale yet, so if you're shopping for a new E-class right now, you'll need to settle for the 2013 model; 2. I wasn't invited to the new E-class launch in Spain.

Oh well, the 2013 model is relevant for at least a few months, so how is it?

Let's begin with the skin. The current E-class has been with us since the 2010 model year, and while I was not a fan of its styling when it was launched, I have grown to really admire them. This is a handsome sedan, and Mercedes-Benz has been discreetly polishing its looks and making it better. For instance, the LED lights in the front bumper used to look like an afterthought and did nothing for its style. Since 2012, the LED lights look much cleaner and are better integrated in the front bumper. It was a small change but one that made a difference. The rest of the car remained the same, which is really rather elegant.

If you are impressed by this car's exterior, the interior will surely impress you further. This is one of the nicest, best laid out and most spacious interiors I have ever come across in a mid-size luxury sedan.

No matter where you sit in this car, you will be comfortable, and isn't that the main reason why people spend the extra money when buying luxury cars? It's surprising how many manufacturers forget that, but Mercedes-Benz certainly did not.

It is also well equipped, although some of that will come down to the options you choose. My tester was quite well equipped with all the usual luxury features, but one that deserves a lengthy mention was its navigation system. This E300 had the most sophisticated and accurate navigation system I had ever come across. Not only was the map detailed and easy to read, it would also give live, accurate traffic reports.

I was also very impressed with its Linguatronic voice recognition software. Many similar systems from other manufacturers are very hard to use, but the Mercedes-Benz system works like a charm. I was thoroughly impressed with this system.

So far I have liked this car's looks, and the interior has been very impressive, but what is it like to drive?

The short answer would be: quite satisfying. But let's get into the details.

The E300 4MATIC is propelled by a 3.5-litre V6 engine. Yes, I know what you're thinking, why is it not called an E350 if it has a

3,498cc engine? The reason is because this is a detuned version of the 3.5 motor, tweaked for smoother driving, rather than having a sporty temperament. As a result, it produces 248hp and 251lb/ft of torque.

The only transmission available on this model is a smooth seven-speed automatic. This is not the quickest shifting auto-box I have ever come across, but again, this model is not about speed, so its relaxed transmission goes with the character of the car.

Being a 4MATIC, power goes to all wheels, but also being the old E-class setup, this 4MATIC is rear-wheel based. That is not an issue for most of the year, and in fact on nice days, it feels very good, indeed. However, this system was not the best to use on the highway, on a day the weather was being particularly nasty. Plus, my tester was fitted with all-season tires, not winter tires, which made my drive quite challenging. As soon as I would try to pass a slower vehicle, it felt like the back end of the car wanted to overtake the front end, and that is not a good feeling at highway speeds.

If it had winter tires, it would have been better, but an active all-wheel drive system that can choose to send more power to the front would have been better still. For the 2014 model E-class (the car I haven't driven... yet), I am told the 4MATIC system will adopt a more 50/50 split, which would help matters in challenging weather conditions.

Apart from the issues I just mentioned, the E300 4MATIC was indeed a lovely car to drive. It rode very well, and on sunny days, it handled quite well. I just loved the steering feel, as it was neither too light nor too heavy. Plus, like all other Mercs, it has a tiny turning circle, which makes it easy to park. As a car for running around the city, it is just excellent.

I was also impressed how quick it was off the line. Given it only has 248hp and its hefty curb weight of 1,815kg, this E300 would just smoothly rocket away from traffic lights. According to Mercedes-Benz, it can sprint from zero to 100 km/h in just 7.4 seconds. I can believe those numbers, since it actually felt even quicker than that. Its top speed is electronically restricted to 210 km/h, which is fast enough for a family car.

One of the things the modern car-buyer looks at very closely these days is fuel economy. In my test week, with my driving style and the weather I faced, it still managed to do a combined city and highway run of 11.8litres/100km. That is not bad, but you do have to feed it premium fuel, which is quite expensive.

As for the price of the car, the 2013 E300 4MATIC sedan is yours from \$58,300. For a luxury car from a prestigious brand, that is not bad. I do like this car quite a lot, but in its current guise, it is not the ideal winter weather vehicle. Either buy this car now and invest in the best winter tires money can buy, or simply wait until the 2014 model hits the market.

Fanshawe's indoor soccer teams advance to provincials

MELANIE ANDERSON
INTERROBANG

Fanshawe's men's and women's indoor soccer teams participated in the Ontario Colleges Athletic Association Regional Tournament in early March. Both teams had a successful weekend at the OSA Soccer Centre in Vaughan and will now compete at the OCAA Championships on March 21-22.

The top two teams in each pool qualified for the OCAAs.

The women's team started off strong with a win against Confederation College. The women took control of the game early, and won the match 3-1. Goals were scored by Bailey Maxwell, Amanda Dafoe and Niki McDonald.

Next up, the team faced St. Lawrence and had a tougher time getting on in the net. They played a defensive game and came away with a 0-0 draw.

In their final match, the women played the Humber Hawks but came up short, losing the match 3-1. With a record of 1-1-1 in the tournament, the team finished second in their pool, ensuring them a place at the OCAAs.

The men's team had outstanding tournament, finishing first in their pool.

In their first match, Fanshawe took on the Georgian Grizzlies. Goals by Cedric N'Guessan and Milos Janikic put the Falcons ahead for a final score of 2-1.

The Falcons followed a similar

pattern in their game against the Seneca Sting. N'Guessan and Janikic both scored again and Fanshawe came away with a 2-1 victory.

Fanshawe had a tougher time with the Algoma Thunderbirds, coming out with a 3-3 draw. With two goals by Prince Ihekwoaba and another by Colin McArthur, the Falcons held a one goal lead with 15 seconds left before the Thunderbirds came back and made it 3-3.

With a first-place finish in the tournament, the men will join the women's team and head back to the OSA Soccer Centre for the provincial championship held from March 21 to 22.

Dolphins draw impressive crowds during first season

RYAN SPRINGETT
INTERROBANG

Despite falling just one win short of becoming Yeck Conference Champions, the Dorchester Dolphins Junior C team had an impressive inaugural season.

The Dolphins had an exciting playoff series with the Lambeth Lancers that ended in a game seven loss by only a one goal differential. A sold-out crowd watched as the Dolphins were determined to make a comeback and send the game into overtime. Unfortunately, the Dolphins' two goals in the third were not enough, and the Lancers took the game 4-3.

With unbelievable attendance numbers, a strong product on the ice, and great community involvement, the team was no failure in the eyes of fans, parents and management.

Director of hockey operations Bruce Schruder said the team was so successful because it was such an exciting place to watch a hockey game. "We tried to do it right this year, when you have referees and linesmen that walk into the arena and say, 'I can't believe how many fans you have in the stands,' I truly believe it's the fans that create the buzz in the arena every

night."

The Dolphins dominated the attendance statistics from game one; by the end of the season Dorchester averaged 713 fans for games at the Flight Exec Centre, their home arena.

The next best team for attendance is Blenheim, who averaged 437 fans during the regular season. Take the Dolphins and put them in the Greater Ontario Junior Hockey League (Jr. B Hockey) with teams like the London Nationals, St. Thomas Stars and Lambton Shores Predators, and Dorchester would finish third in attendance for the regular season.

Being their first year in the league definitely helped generate a following in the Dorchester community. Schruder accepted that there may not be as much buzz surrounding the team in a year or two, but still expects a strong following.

"One pleasant surprise was all the support we had from the community - we knew it would be strong, but never in our wildest dreams (did we expect) the amount of support that we (had)," he said.

To continue building their momentum, Schruder said it's important to "get local players on the ice, while staying competitive in the standings and getting people

to volunteer and get involved in the organization."

On the ice next year, the team obviously hopes to achieve a Southern Ontario Junior Hockey League Championship. In the off-season, the organization hopes to maintain and grow the strong support from the community - something Schruder said is their number-one goal.

The word "struggle" isn't a word that was used to describe the Dolphins' season, as an expansion team in junior hockey it would be expected for an organization to have some low points. The Dolphins didn't see many low points and Schruder praised the management team for having strong previous junior hockey experience.

"They all knew what to expect for the season - some actually played for the Dolphins back in the day," Schruder said the other part is recruiting local junior talent, "Our number-one goal was to bring back as many junior players as possible - Junior B, C and D players."

The Dorchester Dolphins finished the regular season 28-5-4, second in the Yeck Conference. In their 18 home games the Dolphins racked in an impressive 12,844 audience members.



Students enjoy a game of intramural indoor soccer in J Gym.

CREDIT: FANSHAWE ATHLETICS

Knights primed for playoff run

VICTOR KAISAR
INTERROBANG

Playoff bound – that’s what the London Knights are this season, and it’s where they’ve been every season since the 1999/2000 season where they finished out of a playoff spot. And while they’re well on course to beating last season’s tally of 99 points in the regular season, the Knights are some ways off beating their franchise record of 120 points.

But what’s the season been like for the London Knights? In my book, it’s been one where we’ve seen two very different teams. First up was a team that won 24 straight games from November through December, almost tying the CHL record. In the second half was a team that looked so vulnerable that anyone could beat them on any given night.

But that is the beauty of junior hockey. While people look up to these athletes, some of them future NHL players, it’s often hard to forget that most of these players are in fact in their teens. And yet, the pressure of a hockey-crazy city like London rests on the shoulders of these young men.

“You have ups and downs during the season,” said Knights assistant general manager Rob Simpson. “It’s tough on the players. We’re just focused now on peaking at the right time heading out of the regular season and onto the playoffs.”

This season’s capturing of the Hamilton Spectator trophy as regular season champions sees the Knights take home the top seed in the Western Conference for the sixth time since 2003. And while last season’s team captured so

many hearts across the country, coming to within one goal of the Memorial Cup, this season’s team has much more potential to go one better.

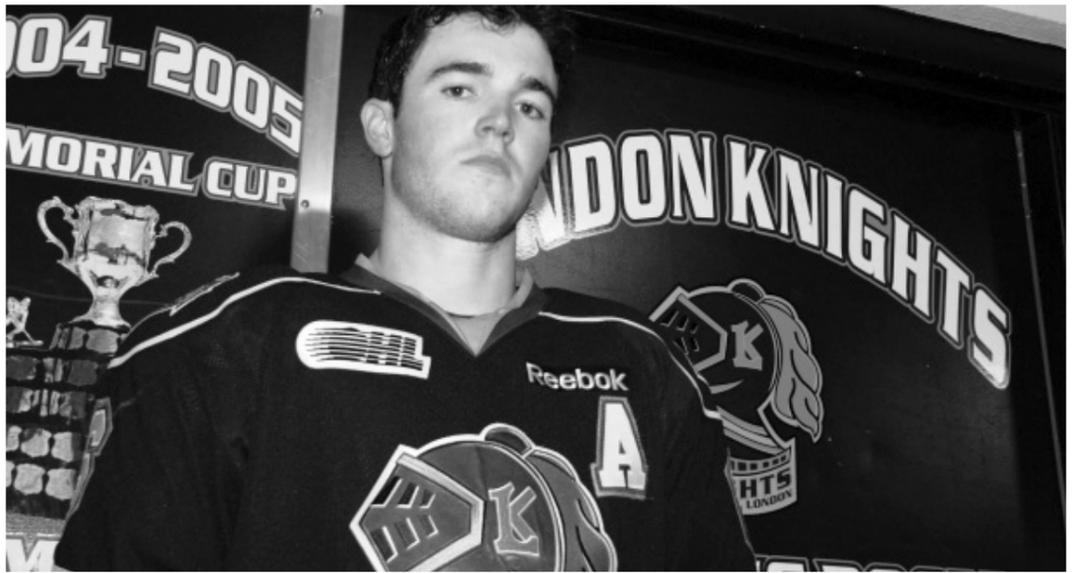
But they’re inconsistent on occasion.

In London’s defence, though, the OHL’s Western Conference can be an unforgiving place for the under-prepared. The NHL’s top draft picks usually come from this side of the league and the Memorial Cup representative, more often than not, comes from this half of the province as well.

“After you won 24 games in a row, sure, losing a few straight will seem like a letdown,” added Simpson. “Now, we’re feeling the playoffs and playing solid. The boys know if they play this certain way and everyone plays the way they’re supposed to, they can win hockey games.”

The Knights crop of players born in 1994 and 1995 form the core of this team, and the scary part for most teams in the league is that all of these players will be back next season, unless they make the NHL. What has impressed me the most with the London Knights is the ability for a player to fill in when others might be going through a minor mid-season slump.

Take Bo Horvat, for instance. There’s a great chance he’ll be London’s top pick at the 2013 NHL Draft, higher than the more popular Max Domi. Why? Because Horvat is showing what he can do on a regular basis when top players like Domi or Seth Griffith are missing from the lineup. At the time of writing, Horvat had 57 points in 62 games, fourth in the line-up behind



CREDIT: FANSHAWE ATHLETICS

London Knights defenseman and Pittsburgh Penguins draft pick Scott Harrington helped lead the Knights to a sixth OHL West title since 2003.

Domi, Griffith and Alex Broadhurst.

Then the Seth Griffith injury came along. Up until he broke a bone on his right hand on February 10, Griffith went about four years without missing a game. When you do the math, that goes back to 256 regular season games, split between the Knights and St. Marys Lincolns (Jr. B), as well as 40 playoff games and four in the Memorial Cup. With the injury, Griffith’s hopes of challenging for the OHL scoring title are pretty much over, but his teammates stepped up in his absence. In the weeks following Griffith’s injury, you wouldn’t notice that the leading point getter wasn’t playing because the team was offensively strong.

And if you thought booting the Knights (and indeed the London Lightning) out of the Budweiser Gardens so that the World Figure Skating Championships can be held in the city would change anything, think again. “Many of the guys on our team have the experience of playing and winning the OHL last season,” said Simpson. “Playing on the road will give us some team bonding right before the playoffs, and when we do comeback, I know the city of London will be happy to have us back.”

“They will have missed their London Knights hockey.”

This season’s playoffs will be interesting. A quick glance at the OHL Western Conference standings sees a London-Saginaw

matchup. As champions, the Knights will have home ice advantage throughout the series. “Home ice advantage is key heading into the playoffs, whether it is in the Western Division or in the league as a whole,” said Simpson. “It’s more of an accomplishment where we’ve guaranteed ourselves four out of seven games in every series.”

Last season it was a late addition Austin Watson that made all the difference in the playoffs and in the Memorial Cup. This season, general manager Mark Hunter made the decision to stay put with the current crop of players and instead signed a bunch of blue chip prospects.

Will that mean a different result from last season? Only time will tell.

Putting yourself in your coach’s shoes



FUN AND FITNESS
RICK MELO
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It’s a funny world we live in. At Fanshawe College, the saying is more along the lines of, “It’s a funny building we work in.” Whether you are faculty, support staff or a student, we can all relate to this saying in one form or another.

For M building students, it may be the before and after radio or Fanshawe TV antics that could make up several hours of fantastic bloopers. For Tim Hortons staff, it’s more than likely the profound sadness they witness from a customer who has lost 10 times in a row in Roll Up the Rim, followed by another ecstatic customer who is freaking out over winning a donut. In J building, it’s been a common theme of athletes and other students alike who are concerned that their coaches, teachers, mentors and friends may be a little harsh with their expectations.

As some of Fanshawe’s varsity teams progress in provincial tournaments or even nationals, other teams unfortunately meet a shorter season’s end. Naturally, players and coaches can butt heads from time to time and it’s often around this time that those animosities

may be magnified. The echoes of agonizing personal training clients’ voices are often heard through the hallways of the Fanshawe College Community Fitness Centre. You hear some say that their trainers pushed them too hard, or were a little intimidating in their overall approach. Paramedic, Fitness and Health Promotion and Police Foundations students are often also heard expressing similar concerns. Some feel their practical evaluations are too difficult or unfair in order to become successful, and that their professors are overly demanding. I’m not saying any of this is funny. However, it’s definitely humorous that it’s a very common theme around this time of year.

Between being a J building program graduate, co-op student, employee, personal trainer and professor, I’ve experienced the pressures of what it feels like to be on both ends. I can honestly say that I truly sympathize with both sides. I can testify that it’s not only the coaches who have a “coach’s mentality” so to speak, but this goes for many of the personal trainers and professors as well. Hell, this goes for any superiors in general. Many of them adapt some form of this coach’s approach.

Miscommunication, lack of knowledge and other typical variables aside, most people can agree that the coach’s mentality entails

one main focus: to get the best out of his or her players/students/clients, even if it means having to give tough love. We have all wanted to run away from home at one point or another because our parents screamed at us to a point we could never imagine was possible. And who knows, maybe some of our parents did go a little too far at times. But when most of us look back, we get it now, and we understand why they did what they had to do.

Some people need a fire lit under their ass while others take care of themselves. It’s just human nature, and tough love is often the only way to direct much needed adjustments of attitude and behaviour. But it’s important not to confuse work and success. Some gain success without working hard at all, while others work as hard as humanly possible without much success at all. Those who have adopted the coach’s mentality always applaud hard workers regardless of outcome. You may get to the next level, you may not. But if you work your ass off, you leave no room for regrets, and the coach sleeps well knowing that he or she did everything they could to make sure of that whether you liked it or not.

Coaches, like parents, can sometimes take it too far, and unfortunately we often realize that after the damage has been done. The

important thing to understand is that it is never personal. What coaches have zero tolerance for is those individuals who don’t work at all but find every conceivable way possible to whine and make excuses. I remember once having a student show up to his final practical exam but had never been to one single class the entire semester. He had already failed the course, regardless of whatever mark he could manage to pull on the final exam. I saved him the time of writing the exam for no reason and explained his predicament. He answered politely explaining that he understood and that he had nobody to blame but himself. Now, that guy didn’t work at all for the entire semester, but any coach will respect a student, client or player who owns up to his or her mistakes.

Some people thrive on being pushed as hard as possible, regard-

less of how harsh it may be. Others cry at the most subtle hint of constructive criticism. Sometimes certain superiors and subordinates will never mesh because of distinct personality traits that can’t be overcome for the greater good of the overall goal. Some individuals will never be able to accept the coach’s “welcome to the real world” attitude and approach. Whether they like it or not, coaches have a point and it is that life is tough, so get ready as soon as possible or suffer the consequences later on or worse off, the rest of your life. Coaches have to remember that each and every individual is very distinct in personality and different approaches are absolutely necessary to extract desired behaviours and results. In the end, whether you’re dealing with a teacher, a trainer or a coach, it’s how you influence them in a positive manner that matters the most.

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Four Falcons headed to OCAA Hall of Fame

MEGAN MCPHADEN
INTERROBANG

Four Fanshawe alumni are being inducted to the Ontario Colleges Athletic Association Hall of Fame. The Hall of Fame honours achievements in three categories: athletes, coaches and builders (those who have significantly contributed to the association). Mike Lindsay is one of the four being inducted.

Builder Mike Lindsay a graduate of the recreation and leadership program at Fanshawe is being honoured for his work at Fanshawe and the OCAA. Lindsay, who retired last year after 41 years in the Fanshawe athletics program, has made extraordinary contributions to athletics throughout his tenure, revamping Fanshawe into an athletic powerhouse.

"You could run any sport at Fanshawe and be successful," said Lindsay, "Fanshawe athletes are very competitive, they want to know where they stand and they know they have to give the extra effort in order to be successful."

It shows too; during Lindsay's involvement with the athletics department, the Falcons won 131 gold, 81 silver and 88 bronze medals at the provincial and national levels.

The humbled former OCAA president and Fanshawe athletic manager started his career wanting to break down some of the barriers of athlete eligibility, which is exactly what he did.

"One of my proudest moments

was getting a fifth-year eligibility across Canada, prior to that it was only four years. Since Fanshawe was one of the biggest co-op schools, we were getting a lot of transfers and having students up to five years and they weren't eligible. Now they are."

Another humbled inductee was Emily Costello. Costello has a long and illustrious soccer career in London and at Fanshawe. At 27 years old, Costello is one of the youngest inductees, which goes to show the magnitude of her accomplishments.

"I am super humbled to have been put in a category with other great athletes and coaches," said Costello.

She has been playing soccer since the age of nine, which is relatively late to start soccer. In a very short period of time, Costello's soccer career reached new highs. In her rookie year, she was named captain of Fanshawe's women's soccer team. 2005 was supposed to have been a rebuilding year for the team, since 90 per cent of the players were rookies and they had just appointed a new coach, but the women shocked the OCAA when they took home the provincial title.

Costello credited her long-time coach and mentor Martin Painter as guy who turns around soccer programs.

"I was so lucky to have him as a coach in my last year, as well as to have him involved in our club team. He taught me a lot about my own play and self-confidence and that I can do whatever I want," said

Costello. "He instills a sense of knowledge and I never stopped learning from him."

Costello's time at Fanshawe was one of achievements and growth as a player as well as a student. She was named to the Canadian Collegiate Athletic Association All-Canadian team after helping Fanshawe advance to Nationals in British Columbia.

She's living proof that after college your success in the sport doesn't end. Costello is the captain of the North London Galaxy women's team, who captured the Jubilee Trophy this past fall in Winnipeg.

"It's nice to get some recognition for the time and commitment you put into something," said Costello.

In addition to Lindsay and Costello, the OCAA is also inducting former men's basketball coach Bill Carriere. Bill isn't the first Carriere to be inducted into the hall of fame, however; his wife Theresa was inducted as an athlete in 2005.

Also being honoured is cross-country runner John Mason. Mason led Fanshawe's cross-country team to two silver and three bronze medals at the National championships over the course of his five years at Fanshawe. Mason's athletic accomplishments are endless having been MVP and CCAA All-Canadian for four years.

The alumni will be inducted on May 1 at the Delta London Armouries, along with 49 others from across the province.

Arsene should remain Arsenal's leader



FANSHAWE FC
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Arsene Wenger has led Arsenal through some of their greatest years. The Frenchman managed only the second team in British history to go undefeated all season in 2003/04.

However, the man who has led the Gunners since 1996 has been under fire by pundits and fans of the club. Since that magical season in '03/'04, the club hasn't seen much success, not winning a trophy since 2005.

They have yet to win in Europe (even though they made it to the European Final in 2006), and they have fallen to Bayern Munich this year, starting with a soft 3-1 loss in the first leg.

This all makes Arsenal fans wonder if it's time for Wenger to go.

We need to realize why this man hasn't been fired already. Wenger haters claim he is still living off of the 'glory days' of the past... except those days yielded the best side ever to play English football, and also yielded seven trophies in a span of seven years.

Wenger also built that team from the ground up. Those were all his players, and those are all his players out on the pitch today, even from the youth levels.

During this time between success and failure at Arsenal, the club moved from their historic stadium Highbury to a new one called the Emirates Stadium. The stadium cost nearly £400 million when it was built in 2006, putting the club in massive debt.

Wenger has always believed in development, but this was a completely different situation. Since the stadium was built, he has used his assets, as a manager, to close the money gap. He's sold the likes of Cesc Fabregas, Samir Nasri,



CREDIT: TALKSPORT.CO.UK

Arsene Wenger has seen better days, with his club and with his wrinkles.

Robin Van Persie, Emmanuel Adebayor and Ashley Cole for millions of pounds apiece. He buys players for cheap, and then matures them to sell later and make a profit.

He has played the system well and should be given credit for that. That being said, he is known to dish out mid-level transfer payments for players, hoping for the same result. He bought Olivier Giroud and Lukas Podolski to replace Van Persie; those two players cost him close to £15 million, while he only got £20 million out of the Van Persie sale.

It should also be noted that tighter financial laws are coming into place next season, and the Gunners are one of the only clubs in England ready for such measures because of Wenger.

After crashing out of the Champions League again, Arsenal and Arsene are at a crossroads. But is changing something like this really going to help? With new financial rules coming in, they might be best to stick with a man who keeps his wallet in his pocket as much as possible.

Intramural Standings Women's Indoor Soccer

GROUP ONE

Team	W	L	T	Pts
Bethany's Babes	2	0	0	4
Chloe Ballers	1	0	0	2
O'Briens Brawlers	1	1	0	2
Victorious Secret X	0	1	0	0
Girls On Fire	0	1	0	0
Hard Attack	0	2	0	0
Back That Pass Up	0	2	0	0
Broadcast Britchez	0	3	0	0

Intramural Standings Men's Indoor Soccer

GROUP ONE

Team	W	L	T	Pts
Bifida's	2	0	1	5
Beechchester United	2	1	0	4
Fanshawe All Stars	2	1	0	4
Please Insert Here	1	1	1	3
Sour D's	1	0	0	2
Rookies	1	1	0	2
Undecided	0	2	0	0
United Nations	0	2	0	0
Zodka Jr's	0	2	0	0

GROUP TWO

Team	W	L	T	Pts
WTFC	2	1	0	4
Arabs	2	1	0	4
Blackouts	1	0	1	3
Fake Madrid	1	0	1	3
Nacho Supreme	1	1	0	2
Super Strikerz	0	2	0	0
Toe Punters	0	2	0	0
Underdogs FC	0	2	0	0

GROUP THREE

Team	W	L	T	Pts
5.0 United	2	0	0	4
AV's	2	0	0	4
Bears with Bazo...	2	0	0	4
BSL	1	1	0	2
Falcons	1	2	0	2
Fanshawe Tigers	0	1	0	0
Individuals	0	2	0	0
Phoenix	0	2	0	0

Ball Hockey Standings

GROUP ONE

Team	W	L	T	Pts
Easton Infection	8	0	0	16
A Style	5	1	0	10
MSARGO	4	0	0	8
Minnesota Lippers	4	2	0	8
Blood Bath & B...	4	5	0	8
Fruit Lupes	3	4	0	6
Clean Sweeps	3	5	0	6
Draconics	2	3	0	4
Dickerson Cider	2	4	0	4
Hack N Slash	2	6	0	4

GROUP TWO

Team	W	L	T	Pts
Waterloo Wheelers	8	0	0	16
Multiple Score...	7	1	0	14
Beers Ago	6	2	0	12
Patrick Swayzes	5	4	0	10
Sniping Pockets ...	4	4	0	8
Dusty Muffs	4	4	0	8
Rollin' Coal	3	3	0	6
MRTini's	2	2	0	4
Dutch Rutters	2	5	0	4

GROUP THREE

Team	W	L	T	Pts
Bangers	7	0	1	15
Liquor Box	7	0	1	15
Happy Gilmores	6	3	1	13
Ball Monitors	4	4	1	9
Reckless	4	2	0	8
Abusement Park	4	3	0	8
Wanna Puck	4	5	0	8
The Mighty Ducks	3	5	1	7

GROUP FOUR

Team	W	L	T	Pts
Shanahand me a ...	8	0	0	16
No Name	7	0	0	14
Ketola's Angels	4	4	1	9
Jager Bombers	3	2	0	6
Muffalo Shavers	3	3	0	6
Buk Hockey	3	3	0	6
The Zamboners	2	2	1	5
Big Joel and the ...	2	3	0	4
Cole World	1	5	0	2

Intramural Standings Basketball

GROUP ONE

Team	W	L	T	Pts
5th Wheel	8	0	0	16
Run DMD	6	1	0	12
The Jello Shooters	6	2	0	12
Individuals	6	2	0	12
Prancing Unicorns	5	3	0	10
Jager Bombers	3	4	0	6

GROUP TWO

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

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
Notorious Dig	8	2	0	16
The Cultivars	8	3	0	16
Sloppy Sets	7	1	0	14
Lumbar Jacks	6	6	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
Swingers	3	3	0	6
Will Work For Sets	2	5	0	4
FNC Mawlers	0	0	0	0

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