

INTERROBANG

Fanshawe's Student Voice

Dodge in a landslide 3

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Volume 44 Issue No. 25 March 19, 2012 www.fsu.ca/interrobang/



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Q.O.W
QUESTION OF THE WEEK

IF YOU COULD BE ANY MOVIE CHARACTER, WHO WOULD YOU BE AND WHY?



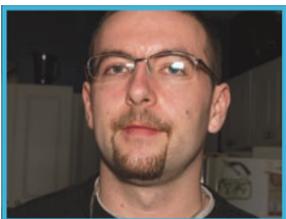
Andrew Senay
"I would be Johnny Depp's character in *Fear and Loathing in Las Vegas*, because of the crazy adventure he has."



Christen Burchiel
"I would be Captain Jack Sparrow, so I could be sexy and touch myself."



Samantha Wall
"Robert Downey Jr., because he's Ironman, DUH."



Tim Collins
"I would be Aladdin, so I could get three wishes!"



Tanya Simmons
"Scarlett O'Hara. Because she's a strong, beautiful woman who can make a dress out of curtains."



Chasing Darwin perform during the March 9 edition of New Music Night, which takes place most Friday nights at 9:30 p.m. in the Out Back Shack. CREDIT: FSU STREET TEAM

10 Things I Know About You...

Forsyth just may needle you

Becca Forsyth is in her second year of the Fashion Design program at Fanshawe. Said Forsyth, "I'm a pretty quiet person, but when it comes to designing I can't shut up. I have a serious shoe addiction and probably half my debt is attributed to purchasing shoes. I love crafting basically anything from fabric flowers to hair bows."

1. Why are you here?
I wanted to learn how to sew at a higher level of quality.

2. What was your life-changing moment?

When I first started to sew a couple years ago with my grandma. I've been hooked ever since.

3. What music are you currently listening to?

Washed Out, Cults and Generationals.

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

Make friends with a photography student because sooner or later you'll need to photograph your

work.

5. Who is your role model?
Ron Swanson.

6. Where in the world have you travelled?

New York City and all over Canada.

7. What was your first job?

Working in a candy store and scooping ice cream.

8. What would your last meal be?

I would want free run of a Bulk Barn and just sample all the candy.

9. What makes you uneasy?

Goat eyes, their pupils are rectangular. RECTANGULAR.

10. What is your passion?

Sewing, of course! Also buying pottery.

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.



Becca Forsyth can't look a goat in the eyes. CREDIT: SUBMITTED

MARCH EVENTS

MONDAY 03-19

FREE RESUMES AND COVER LETTERS WORKSHOP

2:30 - 4:00PM
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TUESDAY 03-20

FREE DEAL OR NO DEAL



Forwell Hall - 12:00PM

WEDNESDAY 03-21

FREE COMEDY NIGHT

Out Back Shack - 9:00PM

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THURSDAY 03-22

MIAMI VICE PUB



Out Back Shack - 9:30PM
\$3 ADV | \$4 DOOR

FRIDAY 03-23

FREE INTERNATIONAL STUDENTS - INTERNET JOB SEARCH

2:30 - 4:00PM
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Dodge wins FSU presidency in a landslide

ERIKA FAUST
INTERROBANG

Months of hard work have finally paid off for the Fanshawe Student Union's new President-elect, Zack Dodge, and his team, who will be the executive council for the 2012/13 school year.

"It feels incredible (to win)," Dodge said with a huge smile on his face. "This has been months and months of hard work and anticipation and anxiety and excitement. The fact that it's all wrapped up is just so relieving. It's been an incredible experience."

Dodge and his executive team – Jayme Cox, Vice-President Athletics; Tory Holmes, VP Internal; Emma Newman, VP Finance; Adam Gourlay, VP External; Kendra Sauder, VP Entertainment; and Shawn Sikorski, student representative on the Board of Governors – faced the members of the student body for the first time when the winners of the election were announced on March 15.

"I have such an incredible group of people that I'm going to be working with this year – so diverse, so many different talents, so many different skill sets," said Dodge. "We're all coming from very, very different backgrounds, so we can pretty much pool our resources. We're tapping into a variety of communities, and that's exactly what the FSU's about. It's going to be an interesting year with all of us – we've got a good crew."

Sauder, Gourlay and Newman have previous experience on the



The March 13 debate saw candidates Bobby Foley (left), Shallis Ryder (on laptop) and Zack Dodge discussing what they would do if elected President of the Fanshawe Student Union.



CREDIT: JAMES WILLIAMS

executive council, while Holmes, Cox and Dodge are new. Dodge said he did not think that will hold him back, saying in a presidential debate with his opponents Bobby Foley and Shallis Ryder that working in the FSU as a custodian for the past couple of years has led him to meet many of the previous execs. "Veronica (Barahona, current FSU President) and Joe (Scalia, FSU President for the 2010/11 school year) were big influences – I would not have done this without them pushing me," said Dodge, adding that current VP External Andrew Payne had a huge influence on him as well.

Dodge is currently finishing up his post-grad degree in Corporate Communications and Public Relations at Fanshawe, having

already completed a diploma in Multimedia Design and Production. "One thing that's really impacted me in my time at Fanshawe is that this is where the rest of my life begins. This is where all these opportunities come from. This is where you meet those guys that you'll be in a career with for the next 30 years, or this is where you meet that connection that's going to land you that dream job. That's something that shouldn't be taken lightly," he said. "I think it's a responsibility that we should be giving back to Fanshawe, because honestly, they've provided so much for all of us. That's what was on my mind approaching this campaign: giving back, because I've been given so much."

Dodge's campaign platform centred on uniting the student body and promoting a sense of culture, community and appreciation for everyone at Fanshawe. "Promoting a healthy and active lifestyle on campus means a lot to me, and this extends to physical, mental, and emotional health," he wrote in a questionnaire by the Interrobang. "We should feel proud for our peers and ourselves, this will create that sense of community that we need."

Being President of the Student Union is a full-time job... literally. The FSU President is busy and always has a full schedule, but Dodge said he is happy to have such a strong support system in his council. "I think (coping with stress will come from) relying on

my VPs ... This is a team effort. I may be leading the charge, and I may be that spokesperson and that voice at the front, but this is not a solo effort. This is not a solo project and I don't expect it to be. Any time that I'm feeling overwhelmed, I know that I've got an incredible staff support system beneath me ... That's going to be my number-one resource."

Dodge sent out "infinite thanks ... to anyone in the FSU family and anyone who voted for me and anyone who got involved ... and my family!"

"The smiles that I've been cracking on campus have been fueling me – I haven't been eating, I haven't been sleeping, so I need something that's driving this insanity."

The votes are in . . .

Total ballots: 2242

President

DODGE, Zack	1459	Spoiled	80
FOLEY, Bobby	241		
RYDER, Shallis	429		

VP External

GOURLAY, Adam	YES 1778	Spoiled	212
	NO 219		

VP Finance

NEWMAN, Emma	1319	Spoiled	184
RUPARELIA, Arjun	706		

VP Internal

HOLMES, Tory	YES 1737	Spoiled	238
	NO 234		

VP Entertainment

SAUDER, Kendra	1437	Spoiled	212
THOMPSON, Dakota	560		

VP Athletics

COX MUSIKOV, Jayme	1049	Spoiled	215
SWIRE, Brayden	945		

Board of Governors

SIKORSKI, Shawn	YES 1742	Spoiled	226
	NO 274		

MARCH 19, 2012





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CREDIT: JOHN SING

The 2012 Fanshawe College culinary team competitors, assistants and chef coaches pose together after winning 10 gold, silver and bronze medals at the Culinary Arts Salon in Toronto.

A cool win for Fanshawe

ERIKA FAUST
INTERROBANG

The competition got served as Fanshawe dished out top plates at the Canadian Culinary Federation (CCFCC) Culinary Arts Salon 2012 on March 4 in Toronto.

Fanshawe's team beat out three other culinary schools and around 50 competitors from across the country to take home five gold medals, four silver and one bronze medal, along with several "best of" awards and Grand Gold – top honours at the competition.

A cold salon competition serves up cold food, and judges look for presentation in addition to the food being cooked right. "Hot competitions ... are physical cooking competitions where you see the chefs on stage and they each have their own little kitchenette and they're physically cooking in front of an audience – that's something we practice on a daily basis," explained team coach and Fanshawe Professor Chef Scott Baechler. "With cold-show competing, it takes months and months of practice, mental and physical conditioning. (The competitors) need to be conditioned enough that they can do it in their sleep. If they're not feeling well, if they're sick or tired or whatever the case may be, they need to be able to produce. I think it's a lot more methodical."

It feels "fantastic" to do so well this year, he continued. "We wanted to shoot as high as last year, or at least try to keep up to last year ... The (students) were very adamant. They were like, 'Nope,

we're going to beat it. We're going to do better than last year.'" Fanshawe has performed very well in the past, but the students were right: last year, Fanshawe students brought home Grand Gold, four gold and three silver medals – more than any other college in Canada. The year prior, Fanshawe students and faculty won a total of nine gold, silver, and bronze medals.

Fanshawe's medal winners were: team captain Mitchell Brown, who took home gold for his three-course lunch and won best use of cheese; Johan Akeung won gold for his three-course lunch; Wesley Bach won gold for his four-plated entrée; Kevyn Swift won silver for his three-course lunch; Mehak Chatrath won silver for her chocolate show piece; Nicole Fairbairn won silver for her wedding cake; Jayme-Lyn Saunders won silver for her wedding cake; Allen Ashley won bronze for his three-course lunch and took home honours for best use of turkey; Terrance Tew won gold for his four-plated entrée, gold for his chocolate show piece, best use of vanilla and Grand Gold (best overall).

The wins represent months of hard work put in by nine second-year Culinary Management students and a number of first-year students who assisted them. "There was probably just as much stress" working as a first-year assistant and then as a second-year competitor, said team captain Brown. "They're not just our plates, they're their plates too. Each of us

is assigned two support members to help them get ready for next year. They get to learn the process of going through the plate design, fundraising and then right to the practical cooking. As a first-year, they have to take a lot of pride in the plates because they have helped with them."

The competitors and their assistants spent 40 sleepless hours cooking and preserving up to five plates per entry in the competition – one day per plate is considered normal in the industry – but the students are used to the hard work, said Brown. "The one Sunday we were there for almost 16 (or 17) hours. It's a lot of dedication." He added that he wanted to thank Chef Baechler and Chef Roland Hofner for all their hard work as well. "It starts off with them. We really wouldn't be able to do it without the help from the chefs, because this is extra for them too, this is their free time also."

"It's a huge benefit to the students," said Baechler. "Someone did it for me a long time ago and they made me promise that I would do it for other students. That's all I ask of these guys. It's not just the gold, it really is about the experience. They learn to work under pressure, they learn to work under fatigue. They truly get more out of themselves than they believe they can."

Check out a video of the Fanshawe team's experience in the CCFCC salon at tinyurl.com/fanshaweccfc2012.



CREDIT: USATODAY.COM

Joseph Kony is one of the top 10 people most wanted by the International Criminal Court.

Kony: Need to know

KIRSTEN ROSENKRANTZ
INTERROBANG

• Joseph Kony was born in 1961 in Uganda, Africa.

• He created the Lord's Resistance Army in northern Uganda in 1987.

• Kony and the LRA are known for their actions against people in Uganda, the Democratic Republic of Congo, Central African Republic, South Sudan and Sudan.

• Kony claims that the LRA has been fighting for a government in Uganda that is based on the Biblical 10 Commandments.

• The LRA has abducted and forced an estimated 30,000 children to fight or become sex slaves for them and has displaced over two million people since its rebellion began.

• The International Criminal Court indicted Kony for war crimes in 2005, but he has evaded capture.

• Kony is one of the top 10 most wanted by the International Criminal Court, indicted on 33 charges, including crimes against humanity and war crimes.

• It is believed that Kony fled to Sudan in 2005 or 2006, and hasn't been in Uganda for years.

• It is also believed that, though there are still a small number of his supporters in Africa, the height of his violence has passed.

• In October 2011, the United States sent 100 U.S. Special Operations trainers and military advisors to assist African forces in searching for Kony and other leaders of the LRA.

• A video made by the U.S. charitable organization Invisible Children, created to promote their "Stop Kony" movement, went viral on YouTube, receiving over 70 million views.

• Ugandan Journalist and Blogger Rosebell Kagumire criticized the video for oversimplifying the issue, stating that the war has been quite complex and that the video portrays a "sensationalized story."

• Kagumire also criticized the video for claiming that the power lies with the Americans, not with the Africans and that the African people are unable to care for themselves.

• Invisible Children has also been criticized for spending 70 per cent of their budget on travel, filmmaking and salaries, not on the actual causes they raise money for.

• The founders of Invisible Children – Bobby Bailey, Laren Poole and Jason Russell – were photographed in 2008 posing with the Sudan People's Liberation Army, holding guns, calling into question their emphasis on militarized intervention.



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What students should know about the housing bylaw

ERIKA FAUST
INTERROBANG

London is pretty well known for its two huge educational institutions: the University of Western Ontario and Fanshawe College. We're a town with a huge student population (at least, from late August to early May), and there is a ton of student housing throughout the city.

A bylaw, effective as of March 1, 2010, clearly lays out regulations pertaining to properties that have four or fewer units in them, and it's something students need to be aware of.

"Back in the mid 2000s (around 2007/08) the City was looking at options with regards to concerns related to housing upkeep in rental accommodations," explained Glenn Matthews, Housing Mediation Officer for Fanshawe College. Representatives from the City of London travelled as far away as the United States to look at other models of regulation for housing, eventually coming up with the idea for the Rental Housing Licence. "Along with that, the province changed the legislation (around 2005) to allow municipalities to license rentals," he said. Oshawa, home to Durham College, was the first city to license rentals, and London was not far behind.

The difference between the two cities was that Oshawa chose to enforce a licensing bylaw in student-populated areas only. "When London looked at licensing, they looked at their records for where the complaints were coming from," said Matthews. "They found that the vast majority of complaints for rental properties came from smaller rentals like houses, duplexes, triplexes, fourplexes," not just in student-populated areas, but around the city.

The City of London passed the bylaw in September 2009. It stated, "Any rental housing with four or fewer units (not bedrooms, but apartments) must get a licence ... It's not very strenuous on the landlord. It's a \$25 yearly fee. They have to self-report the condition of the premises to the City. And they have to have had a fire inspection from the City fire prevention people within the last two years," said Matthews. "It's fairly simple."

But the bylaw didn't pass without a fight.

The London Property Management Association is a non-profit organization that represents the interests of property owners in the city. The Association has over 400 landlords as members. The LPMA saw the bylaw as unfair – as a two-pronged attack by City Hall, according to Joe Hoffer, the LPMA's lawyer.

"One of (the prongs) was basically for City Hall to respond to community complaints about students and student housing. That was one major driving force behind it and we had a lot of evidence to demonstrate that that was what was really pushing it," he said. "The second (prong) was because licensing was essentially going to be a revenue generator for the City. When you extract money from landlords, it's popular, but what people don't usually see is that

ultimately it's the tenants who pay for that – the costs get passed on to tenants. It's no comfort to a landlord to know they can pass the costs on to the tenants – there's all kinds of costs that they pass on to tenants. Nobody wins in that situation except the person who ultimately gets the money – in this case, it was going to be the City."

In short, the LPMA saw the bylaw as another way of going after landlords and tenants to generate revenue for the City, Hoffer said. "You've got anti-student and this whole revenue thing – just another tax grab – and so they went at it full blast. That was what really drove (the case)," Hoffer said he and the LPMA filed documents for the case that demonstrated the City's attempts to discourage student housing. "They stereotype students as drunks, bad neighbours, noisy neighbours, garbage strewn, and the reality is, when you look at the vast majority of students, they're just like everybody else. They study hard; they're sincere in their efforts to get a degree. They're like any ordinary citizen, but there were examples that were selected – they were legitimate examples – but to suggest that all students should be tarred with that same brush I think was completely inappropriate, but again, Council felt it was in their interest to address those issues on behalf of their constituents and they did."

Due to the opposition that the LPMA put up, changes were made to the original bylaw, said Hoffer. "For example, at one time, the City wanted to charge a (\$20) per-unit fee. For every rental unit you had, you would have to pay a licensing fee. We challenged that before it went to court, and ultimately they withdrew that because it was a form of tax and they knew that there was no way they could defend that in court. They changed it and made it a per-property fee and a minimal amount – for \$25 – but they were determined to pass a licensing bylaw. From LPMA's perspective, (the bylaw that passed) was substantially watered down from what they originally proposed. They also ensured that it applied city-wide, not just limited to areas around Fanshawe and Western, which again would have been offensive from a discrimination perspective."

Despite what the LPMA claimed about the bylaw's anti-student bias, the City – as well as Student Union members from both the Fanshawe Student Union and the University Students' Council – saw this as a way the City could ensure safe housing for all tenants.

"The main thing is, we don't want any tenants living in unsafe housing, because, in certain areas of the city, near commercial districts, near the college, near the university, near downtown, there's a higher demand for rental units," said Orest Katolyk, Manager of Bylaw Enforcement for the City of London. "Some landlords have built bedrooms in their units that do not meet standards. We want to ensure that all the units in London are safe for all tenants – students, seniors and everybody in between."

"FSU and the College both supported the implementation of the

licensing because they felt it would work to eliminate some of the fire traps that are rentals, and would hopefully improve the rental accommodations that were available," added Matthews.

But according to Hoffer, the licence just re-states laws and codes that are already in place. "There's nothing new there. Nothing that they couldn't have done without the licensing bylaw." Not only that, but most landlords aren't experts on building and fire codes, he added. "I think the inclination of most landlords is to say, 'Yeah, everything's great.'"

"This was just basically another layer of regulation, but one that potentially allowed them to earn revenue. I think we've pretty much killed that – \$25 a property is not a huge office expense."

Now that the dust of the court case has settled, Katolyk said the City will be more vigorous in enforcing the bylaw. "We will be taking a stronger, more aggressive approach to enforcing this bylaw ... We've already begun the process of identifying properties that are not licensed and have indicated the requirement of licensing." He estimated that 7,500 properties in London need to get the licence. As of early March this year, around 3,000 already had the licence or had applied for the licence.

For more information about the bylaw and the licence, check out tinyurl.com/rentallicence2012.



Ramping up for Relay

ERIKA FAUST
INTERROBANG

Fanshawe's first-ever Relay For Life is just a few days away, and organizer Adam Gourlay couldn't be more excited.

The Relay For Life is an event that raises money for the Canadian Cancer Society. The Fanshawe Student Union's relay will take place indoors in Forwell Hall beginning at 7 p.m. on March 24 and will run until March 25 at 7 a.m. Breakfast will be provided for the participants after the Relay is finished.

"Our theme is FSU Cancer, without the S – Tiffany Kicks (Front Office Support of the FSU) came up with that. She's one of our Luminary Chairs," said Gourlay, who is currently the FSU's VP Athletics and Residence Life.

"The night's coming together – we have yoga, we have video games, we're going to have movies," he said. The event will also include live entertainment, snacks and more. "All of our events are coming together, like the luminary ceremony, the sur-

vivor reception, the survivor ceremony, our victory lap." So far around five cancer survivors have signed up, and Gourlay is still looking for more.

He is also looking for more teams to sign up to run the Relay. So far, between six and eight teams have signed up. "We are expecting \$1,000 per team. There's a \$10 registration fee, and (each team member is expected to) raise \$100," said Gourlay. "We are hoping to get somewhere around 15 teams, but we want more."

Gourlay is feeling "very good" about the campaign goal of \$12,000. "We set it very high ... we wanted to set the bar high." The team has already been raising money with a Cover Up Cancer wall in Forwell Hall and by selling luminaries that will light up the Relay path.

To register a team for Relay, sign up online by heading to relay.cancer.ca (click Ontario, scroll down to Post-Secondary School Events and select Fanshawe College, then Join or Create a team).

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SGT. DEBRA BODKIN, RET.

Passionate presentations, lessons of hope

BOBBY FOLEY | INTERROBANG

If there is any testament to the notion that you never know where your path will lead you, Sgt. Debra Bodkin is it. She grew up in Florence, Ontario and knew since the start of ninth grade that she wanted to be a police officer.

“It’s something I always wanted,” she explained, reflecting on her choice. “I can remember my interview with different police departments — I was interviewed by about 16 different departments — and one of the questions was, ‘Why do you want to be a police officer?’”

“I remember saying then that I wanted to make the world a better place, help people, and I wanted a job with excitement. There wasn’t anything at school that made me decide that, it was just a gut instinct. And it was the right one.”

Yet, as it often happens, one is never fully able to predict or realize their path beyond campus

walls; despite her certainty in her chosen profession, Bodkin could never have anticipated the adventures that would await her in the years to come.

Bodkin chose Fanshawe College to get on track for a career in law enforcement, and upon her graduation from Law and Security Administration in 1982, she set her career in motion — a career that has been anything but predictable. Since joining the Waterloo Regional Police Service in 1987, her impressive 24 years of service has included tense undercover work, international travel and even a brief term teaching at Conestoga College late in 2010.

“I wanted a career where I was doing something good for other people, and I would highly recommend it,” Bodkin said in a keynote speech at King’s College last summer. “It’s not a thankful career in some respects — it’s not a career where

everyone you deal with likes you very much — but it’s very rewarding in that you do make a difference in your community.”

Bodkin retired in January 2011, though not from growing tired of the work — in the last decade, Bodkin began to travel overseas joining international investigations of crimes against humanity in war-ravaged areas like Kosovo, Darfur, Rwanda and Chad. The experience proved to be extraordinary, and seeing first-hand the atrocities taking place there changed Bodkin in deeply personal ways; upon her return, Bodkin suffered from post-traumatic stress disorder.

Bodkin found catharsis in talking about her experiences and was better able to find an equilibrium between the help she wanted to provide overseas and the work she could do here at home drawing attention to the inhumanities she had personally

observed. Since 2005 Bodkin has given roughly 150 lectures and presentations on the subject, and she continues to travel and speak on the matter to this day.

Bodkin received the NATO Medal of Service in Kosovo and was honoured as a recipient of the 2010 Premier’s Award as a distinguished graduate of Fanshawe College. Our school was a pivotal chapter in Bodkin’s extraordinary life and career, one that has taught her the merits of community service at the highest level and the value of trying to make the world a better place. In her own words, no one can do everything, but everyone can do something.

“Each one of us has the responsibility to find something we’re passionate about and be thankful for all we have,” Bodkin said humbly. “Even though I haven’t been able to change Darfur, I’m at least doing my part.”



Lost in translation



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Ah, the art of conversation. If only it were as easy to navigate as it is to define: simply, two or more individuals engaged in dialogue. The problem is that people don't always express what they're truly feeling; worse (and what seems to be an ongoing occurrence in my life), some seemingly deliberately attempt to mislead you. Allow me to explain:

A number of months ago, I found myself in a very unfortunate conflict with an individual who is significant in my partner's life. I dislike being in arguments with anyone, but it adds a whole other realm of complication to the mix when your partner feels like they're being torn between two people they really care for.

For obvious reasons, I'd rather refrain from getting into the nitty gritty of our falling out. What I'd like to focus on instead is everything that unfolded after our initial disagreement, which only proved to escalate the situation to ridiculous proportions.

To reiterate, I sincerely dislike fighting in ALL capacities. However, I am a very confrontational person by nature. That may sound like a contradiction to you, but what I mean is that I don't like pussyfooting around situations. I believe in being honest, upfront

and trying to solve things as soon as possible, as I know from experience that the longer you leave things unattended, the more they simmer and have the potential to lead to clouded, resentment-filled bitchfests.

With all of that said, as soon as the proverbial shit hit the fan between me and this individual, I immediately tried to diffuse things. I explained my side of the story as I felt my intentions had been misinterpreted and I tried to display empathy toward the other person's case. Despite being told directly by the party in question that everything would be resolved if I'd just "be myself" and "be honest," I was accused of using "psychobabble" and being condescending and disrespectful.

The first thought that crossed my mind, of course, was, well, I do have an Honours degree in Psychology so I kinda have a natural inclination to analyze situations and people's motives in order to gain a better understanding of this crazy mixed-up world we live in... but I digress. Beyond that, I couldn't help but feel both offended and extremely confused. I mean, in my mind, I gave this individual EXACTLY what they asked for, AND YET somehow doing so made the situation worse?!

Now this is classic passive aggressive behaviour: seeming to play nice only to pull out the claws when you least expect it, and honest people who take others at face value, such as myself, fall for it EVERY single time. Passive aggressiveness commonly develops in childhood in reaction to overbearing/controlling parenting and is ulti-

mately rooted in feelings of EXTREME insecurity.

Three key behavioural characteristics displayed by those who have taken on this form of maladaptive coping are: victimization, blaming and hypocrisy. It is the latter of these qualities that is of our interest today.

According to Dr. Michael J. Hurd, Psychotherapist and Personal Life Coach, "Hypocrisy is a symptom of intellectual dishonesty." In other words, hypocrisy is rooted in the inability and/or unwillingness to practise introspection. Hurd goes on to elaborate, "An intellectually honest person, confronted with a gap between what he thinks/preaches and practices, will immediately hold a meeting with himself: 'What's wrong here? Is there some mistake in my idea? Or am I simply not walking the talk, even though I can?'" Given this interpretation of hypocrisy, it's not surprising that pathological lying is frequently another symptom of passive aggressiveness.

In his article, A Mind Designed for Hypocrisy, Moral Psychologist Dr. Robert Kurzban takes the argument one step further. In his view, "Our minds are designed to identify and even point out *other people's* moral failings while, at the same time, pursuing our own interests even if doing so means violating the very same rules we want to punish others for violating." Hypocrisy, therefore, is "just one way that we (as humans) try to gain strategic advantage in the social world; pursuing our own interests while at the same time trying to stop others from pursuing theirs." So perhaps it all

comes down thinly veiled insecurity in the form of "power plays" and bullying yet again? In support of this hypothesis is the fact that it has been noted by many that there is a distinct parallel between holding feelings of superiority/authority and displays of hypocrisy, in that the higher up you are/you perceived yourself to be on the feeding chain, the higher likelihood there is you will engage in hypocritical behaviour.

It kinda makes you wonder whether honesty is truly valued as an admirable quality or rather we just "say" it is. Maybe this calls for a social experiment. The next time you find yourself in one of those daily "hello, how are you?" interchanges, answer the question unabashedly. You'll know by the other person's reaction whether said query was purely propositioned out of obligation to honour what society prescribes as "polite conduct" OR, worse, if they only asked you so they could be asked in return and have the opportunity to proceed in bragging/ranting about their own current affairs.

In other words, this week's lesson: psychological maturity is neither selfish nor self-serving. Say what you mean. Mean what you say. And don't initiate a dialogue if you're really only interested in listening to the sound of your own voice.

RRRoll up the rim to lose

VICTOR KAISAR
INTERROBANG

If you recall, I wrote an article about Tim Hortons in the January 23 issue of the Interrobang. I thought I'd take it one step further this week by writing about Tim Hortons' annual Roll Up The Rim contest.

This year the contest began on February 20, so we're a month into long lines of people buying coffee, drinking it down and then frantically rolling up the rim of the cup in the hopes of winning something.

I've tried my luck at this marketing campaign, and I haven't been successful. One donut in five attempts is hardly a lucky streak. But what is it with this promotion that draws people towards it like magnets? I should add that I too joined this bandwagon, for I wouldn't drink much coffee over the fall and winter because I just didn't see myself queuing up for 20 minutes to buy coffee. I still don't – the only time I really get coffee is when there is no line in front of the any of the Fanshawe outlets of Tim Hortons, which, as most of you know, is rare.

Nevertheless, I've seen people queue for what seems to be ages in front of the campus outlets in the hopes of buying a coffee and a donut to munch in class or while on break. This year, Tim Hortons offers prizes such as 40 Toyota Camry hybrid vehicles, 100 Panasonic 3D TV sets, 1,000 Coleman camping packages, 500 Panasonic digital

cameras, 25,000 Tim Cards and 47 million food prizes. The prizes look good, and personally I'd love to win the car, but that's where I realize there are several thousands more who want to do exactly the same.

While doing my research on this contest (since it's all new to me,) I came across YouTube videos with people providing tutorials on how to roll up the rim. I thought, "Surely rolling up the rim of a coffee cup isn't as hard as people make it out to be." When I tried my hand at it myself, I failed miserably. Perhaps knowing how to roll up a rim is a big thing after all. In fact, there was an article in the Winnipeg Free Press dated March 11, 2007, about a man named Paul Kind. This then-62 year old did something that will leave Tim Hortons fans forever indebted: he invented the Rim Roller. For many people, the Rim Roller is a device that stands right up there with the greatest Canadian inventions of all time: insulin, the telephone, the lightbulb, the Canadarm, basketball, the dental mirror and more. For others, like Bonnie Mayer, who was featured in the Winnipeg Free Press article, the invention wasn't required. "It's amazing to me that someone would invent this ... someone has w-a-a-a-y too much time on their hands," she said. I guess it was kind of expected that this idea, like many other ideas, would face its own criticism, but there's no taking away anything from the potential such an invention has in today's



CREDIT: IKEN2010.BLOGSPOT.COM

A rare shot of the elusive winning rim.

world.

Whatever the result of this contest, this marketing campaign that Tim Hortons puts out each spring is always going to be an exciting time for coffee drinkers. It's quite a strange addiction (if that's the right way to put it), but from what I understand, during this month of RRRoll Up The Rim, it's always going to be a craze and it's always going to be Canadian.

Celebrating the arrival of spring

SHIVANI DHAMIJA
INTERROBANG

It was always a wonder when I was back in India why people in the west like the sun, as sun in India has never been a charming experience. Why don't I experience bright sunny days like the people living in the west? This was a question I have always asked myself.

I still remember the poems I read in my school days: the English poets describing the beauty of sun and the warmth of the sun's

rays. I never understood them and thought them irrational, as for me sun doesn't give warmth at all – all it can give is scorching rays of heat.

On March 11, I understood the real meaning of the joy of a sunny day, and I have fallen in love with the sun for the first time. I wanted to enjoy the sun's rays for hours sitting outside. The winter, though it was not harsh, made me value the sunshine.

Everyone took off their heavy jackets to enjoy the beautiful, gorgeous day. The

spring is coming in and the sun is bringing a lovely and attractive smile to my face.

People were walking around just to enjoy the day, smiling, laughing and having fun. I am now noticing spring smiles. I wish this smile could stay forever. I am looking forward for the greenery and the leaves to come back on the dead and lonely trees. I am waiting for the "spring beauty" – indeed it will be beautiful. Goodbye, harsh winters.

INTERROBANG

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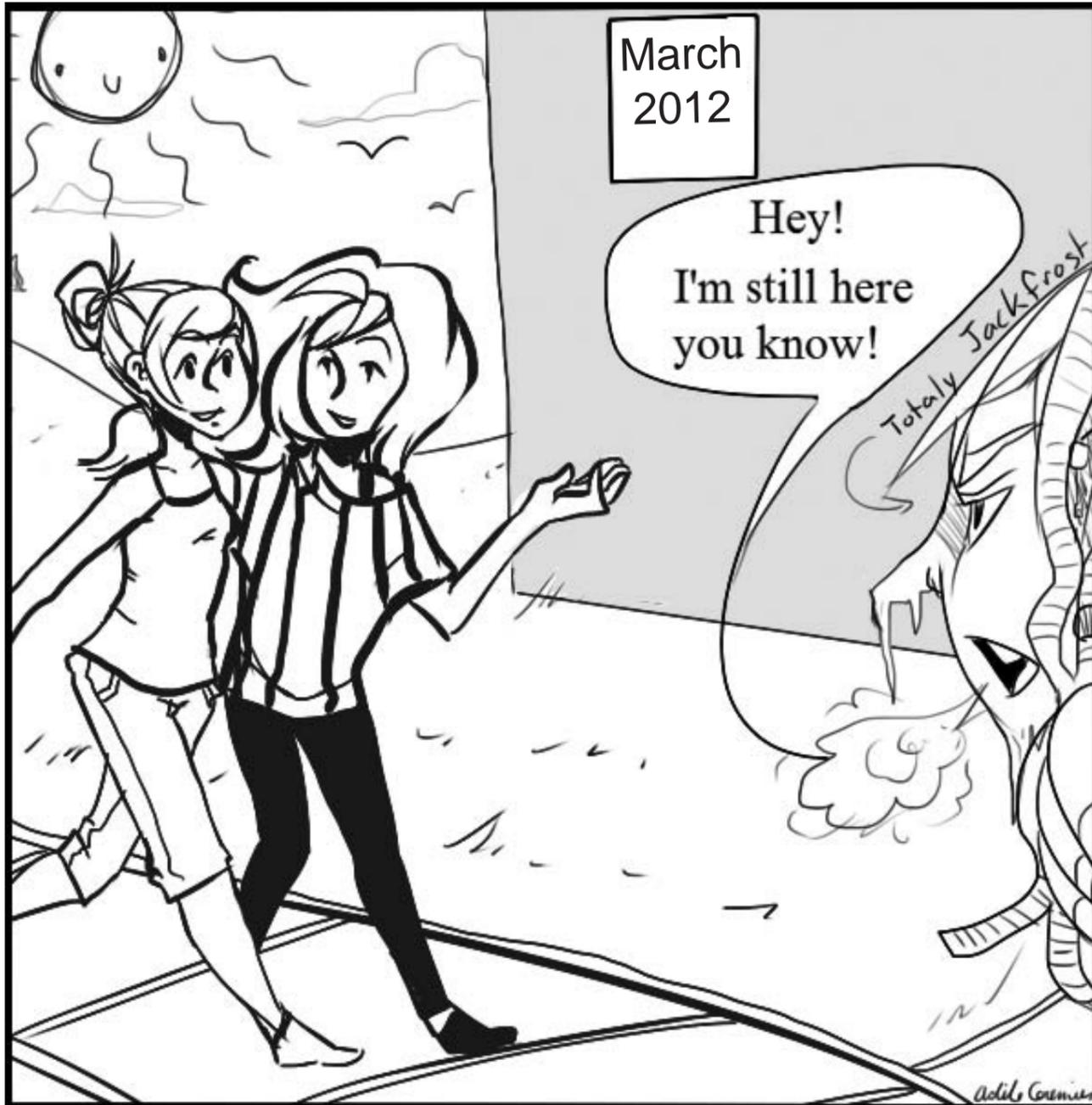
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What if you couldn't strike?

VICTOR DE JONG
INTERROBANG

Air Canada is still unable to come to a contract agreement with its flight attendants. Six months ago, the workers had turned down two deals and were poised to walk out. The whole purpose of unions is to uphold the rights and interests of the worker, and yet the Canadian government decided they couldn't let this happen. The federal Minister of Labour, Lisa Raitt, blocked the strike by forcing the issue to be examined by a third party. The catch was that no strike could occur until the third party returned a report on why the flight crews were unwilling to accept the new contracts.

Now here we are, well into 2012 and it's happening again. As Air Canada prepared to lock out pilots and workers set their sights on the picket lines, the federal government stepped in. As with the flight attendants, the Labour Minister referred the issue to the Canadian Industrial Relations Board. Raitt went on to introduce a back-to-work bill to block the workers, claiming that the economic impact of an Air Canada strike would be too significant to allow. When asked why the government won't just declare Air Canada an essential service, which would also prevent a strike, Raitt answered that there's no guarantee that in the future the airline will be so dominant in the market.

It's a sad day when one of the fundamental rights of an entire group of people is taken away by their own government. The flawed excuse being pushed is that this strike, if allowed, would result in thousands of Canadians being stranded after the March Break holidays. When Air Canada workers were preparing to go on strike in October, provisions were in place to ensure that some flights would still be operational. There are also competitors who would be more than happy to pick up the slack. This bill effectively blocks a huge opportunity for companies like WestJet to offer alternative service.

It's not as though the employees are seeking a particularly extreme package, just one comparable to the contract they had before Air Canada declared bankruptcy almost a decade ago. The Labour Minister is playing both sides of the issue by not only refusing to declare Air Canada an essential service, but also refusing to allow them to strike. Declaring it an essential service could create potential problems in the future if Air Canada were to become a smaller player in the Canadian airline industry and yet held the title of "essential service." The title could be perceived to cast responsibility on the government for support or even provide the company with a competitive advantage. On the other hand, the Conservatives have already crunched the numbers to show that the Canadian economy could suffer a loss of \$28 million per week in profits if the employees are to strike. The act of blocking a strike for a price tag blatantly tells Canadians that for a price, their civil liberties can be swept under the rug.

Who cares? Obviously you do

Dear Editor:

During the recent Fanshawe Student Union Elections, several candidate posters were defaced with smiley faces or the words "Who cares." Well, it's plainly obvious to me that by taking the time to scrawl on a poster that you actually care in your own warped way.

I'm not sure what the participation level of student voters is this year, but hopefully it is high. Your apparent indifference notwithstanding, I hope you still cast your vote.

P. Taylor

Plant closures, call centres and alternatives part two



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

Last week I commented on the shutdown of Caterpillar operations in London and I hinted that there's something unhealthy about the way we usually think about economic development. The problem I suggested is twofold. First, we now accept it as normal to have an economy where companies can locate, close down and then relocate only for the benefit of the shareholders of the company while those most impacted, the employees and the local community, are left high and dry.

Second, we also accept it as normal that shareholders grow richer on the backs of the millions of people around the planet who are displaced from their local communities or ancestral homes and wind up living in crowded urban centres, if not the great slums of the planet. There they work in call centres, dirty industries and the mills that produce our designer jeans and tablets. By "ancestral homes" I don't mean only the lands of North America from which Native North Americans have been driven, I am also thinking of European-Canadians who once lived in the villages and farms of this country but have been forced to leave those communities out of economic necessity. Of course, other examples of this from around the world are legion.

Many writers and activists have been at

work trying to offer alternatives. It's extremely difficult to do that year after year because by and large, the powers that be behave as if there is only one game in town: the game of a web- and oil-driven, heavily militarized, industrial, global economy. Yes, this economy will give us lots of "cool stuff" and surplus food – for a while. But it comes at a colossal price. When it has run its course, there will hopefully be enough of the planet left for people to do well, but the chances of that being the outcome grow smaller every hour.

Canada plays its part in this economic juggernaut. We offer our tar sands oil to the furnace of rapid progress in exchange for jobs for unemployed Ontarians and East Coasters, and for the opportunity for all Albertans to purchase a third SUV.

It is understandable that government looks to big business to keep people employed and doing something productive. After all, no MP wants to see the unemployed grow into a permanent, growing class of hungry people apt to riot in the streets. And I am serious about this last comment. Keeping people involved in positive activities like education and work is extremely important. And every political leader rightly fears the breakdown of whatever systems we have in place to preserve such activities.

All that being said, can't alternative thinkers be given a more serious hearing? One who I think deserves it is Wendell Berry. Berry has been writing about the evaporation of the family farm and what it means for modern society. He writes out of the American context, however, that is not

entirely his own fault. He apparently was born there. Anyway, many Canadians I have met celebrate his work.

On Farming and Food (Counterpoint, 2009, with introduction by Michael Pollan) is a terrific collection of essays by Berry. On the one hand, it laments a number of related currents of our modern world. We buy items for their low price. We don't really care much where they come from. (I think I noticed recently that even the city of Guelph, once renowned for its ban of big box stores, has relented and is now letting Walmart into the city.) Hidden in the actual production of many items is the tremendous amount of oil required to produce and transport our goods. While we consume more and more – indeed we are reminded by Parliament Hill (and Capitol Hill) daily that we must consume our way out of recession back into economic prosperity – we derive less and less satisfaction from our consumption. While we are required to make more and more stuff, we like our part in the game less and less – and won't those two realities eventually collide?

On the other hand, drawing inspiration especially from the Christian Amish communities of the United States, Berry generates an alternative vision for the future, not one that is divorced from modern realities, but one that tries to work with them while at the same time recovering the strengths of older, more durable approaches to the economy and to community. To be continued.

In the meantime, why not take a drive through Amish country north and east of London and visit a local farmers' market?

Record Store Day like Christmas in April to music geeks



BOBBYISMS
BOBBY FOLEY

I write about random things a lot. I write a lot about random things. Quick, what do David Gilmour, Jello Biafra, Lemmy and Henry Rollins all have in common? They all worked as roadies for different bands before joining or forming bands of their own! In this case, Pink Floyd, the Dead Kennedys, Hawkwind and The Teen Idles, who later became Minor Threat.

Now that St. Patrick's Day is past and the dust has begun to settle, music geeks across the continent now look forward to their next favourite holiday: Record Store Day! This year, April 21 marks that one day a year devoted especially to the role of independent music stores in the relationship between an artist and their fans, and although that is still weeks away, announcements are already surfacing on what to expect this year.

Now in its fifth year, Record Store Day is celebrated with special live performances, exclusive memorabilia and limited edition artist releases; collectors, vinyl aficionados and über-fans alike all mark the calendar well in advance in order to prepare their game plan to get the finds they want.

And it stands to good reason – as an example, copies of Nirvana's *Hormoaning* EP were all swept up at the Sunrise Records at White Oaks Mall by 8:45 a.m. last year, before other shops in the city had even had a chance to open.

This year, there are a lot of exciting exclusive releases being planned for Record Store Day. Dine Alone Records, home of a growing roster of the best and

brightest music around, has announced a number of exclusive, limited-edition vinyl releases, including Alexisonfire's *Math Sheet Demos* on 10" vinyl, limited to 1,000 copies, The Civil Wars' *Live at Amoeba* EP – eight songs recorded live in Hollywood in June 2011 – limited to 1,000 copies, and much more.

Animal Collective is releasing *Transverse Temporary Gyrus*, a collection of original and live tracks recorded in performance in an art installation at the Guggenheim Museum in March 2010. Metallica is celebrating Record Store Day with the release of *Beyond Magnetic*, an EP on silver vinyl featuring songs recorded during their *Death Magnetic* album sessions in 2008. And even The Receiving End Of Sirens has produced a release for the occasion, despite being completely defunct since 2007.

Vinyl Collective (vinylcollective.com) has been compiling and updating a list of announced releases, like exclusive 7" vinyl by Arctic Monkeys, James Brown, Flogging Molly, Florence + The Machine, Garbage, Jukebox The Ghost and more. Record Store Day always sees new life breathed into older releases as well, like deluxe reissue editions of albums by Attack In Black and Moneen, featuring extra discs' worth of bonus songs and new artwork.

Some tips to help you make the most of Record Store Day this year:

- Do your research. Call ahead or visit your favourite records stores in advance of Record Store Day to find out what additional specials or sales that the store might be having and what time they will open – many shops will open early for the occasion.

- Be prepared to be flexible. Despite arriving early, you might miss out on the record you're look-



CREDIT: RECORDSTOREDAY.COM

ing for. Roll with the punches – there's likely a different deal or sale to be found nearby.

- Take a chance on something new. There's a lot of new music pressed on vinyl lately, but there are a lot of reissues from established acts, too... try something you don't already know inside and out, you may find your new favourite album.

- Don't stress too much over money. You don't need the stress of trying to choose between several coveted items, not to mention the time you'll lose in trying to decide. It only comes once a year after all, and time is of the essence.

There is something for every-

one! Record Store Day is often just the catalyst for further celebration – many stores have additional sales, giveaways and contests, translating into better deals and savings for collectors. There are few events as exciting for music geeks as Record Store Day; it's the Black Friday of vinyl and music shopping in North America.

Here in London, Record Store Day is being celebrated this April 21 at Grooves Records at 353 Clarence St.; Speed City Records at 299 Springbank Dr.; The Beat Goes On at 1120 Wellington Rd. S.; and at all three Sunrise Records locations across the city.

For more information on Record

Store Day, including exciting announcements, listings for exclusive performances and a search for your local participating record shop, visit recordstoreday.com or follow @recordstoreday on Twitter. To see Vinyl Collective's growing list of Record Store Day specials, head to tinyurl.com/rsd2012.

And for the latest in music news, views, album streams and more, consider following this column on Twitter @fsu_bobbyisms or via Tumblr at bobbyisms.com. It's almost the end of another school year here at Fanshawe; time to start building your music library up for the summer! I'm out of words.

Doiron's busy schedule keeps her humble

MADISON FOSTER
INTERROBANG

There's no denying that Julie Doiron is a wonder woman. The singer songwriter, bandmate, yoga instructor and mother of three may find herself overloaded at times, but she shows no signs of slowing down. Now, with the upcoming release of her ninth solo album, there doesn't seem to be an end to her hectic schedule. Since the release of her last album, *I Can Wonder What You Did With Your Day* in 2009, Doiron has been nothing short of busy. With a tour to follow the release as well as the tour to celebrate the release of her old side project Daniel, Fred and Julie, along with Daniel Romano and Fred Squire, there's been no time to rest since the album's debut. But that's the way it's been for the Moncton native since her start in the early 1990s with Eric's Trip, and she wouldn't have it any other way.

Some who are familiar with her music may recognize her name for one of the many collaborations with various Canadian artists including cameos on albums from Gord Downie, Chad VanGalen, Attack In Black and her split record with Okkervil River. It's not likely that Doiron will say no to

working with her friends and to take time from her own material. "It's a relief from your own personal investment," explained Doiron. "When you're writing your own songs and putting yourself out there, it's kind of a big pressure." Doiron may love the low pressure of working on other people's projects but still needs the time to write to get a different kind of relief you get from songwriting and having the control you don't get in a band or collaborating. Since the breakup of Eric's Trip in 1996, she's been doing just that, and although at times the pressure is high and the money isn't always rewarding, she could never give it up. "Sometimes I try to quit and walk away from it, but then I just end up writing other songs!"

Currently in the process of recording a new album, Doiron has been also working as a yoga instructor in Toronto to help with funding the record and to pay the rent and support her three children she raises with her ex-husband. "You have to work and go on tour even if you don't want to, because people don't really buy records anymore," said Doiron. She explained that although it's not ideal to be away from her children while on tour or recording, it's



CREDIT: LADY ERIN PHOTOGRAPHY

Julie Doiron performed at APK Live on March 10.

what she has to do. "My oldest is now 17 and the youngest is 10, so they're pretty independent. They understand that this is what I do. But of course it's never easy being away from them."

Having a residency at a café in the core of Toronto kept the musician around for most of the winter. Doiron held a weekly spot at the café performing either solo or with various guests including Romano. Unfortunately for her fans, this has

kept her from recording the new album out of town with ex-Eric's Trip bandmate Rick White. "I've just been taking a break from writing, I guess. I find when things are going really well, it's harder to write. And things are going well."

As they should be. Although times may be tough for her financially and despite her lack of commercial success (you won't hear her songs on an iPod commercial), Doiron has done well for herself

from her humble start in Moncton and sees no sign of slowing down. "People always ask me for advice on how to get started and I don't know what to tell them. Things aren't always easy, but they're good."

Look out for Doiron's new album, which she plans to have out by the summer. She also has plans to tour following the release. Check her out at juliedoiron.com for more information.

Meligrove Band documentary puts an end to bad luck

MADISON FOSTER
INTERROBANG

By the sounds of it, The Meligrove Band's streak of bad luck – has come to an end which tarted with the closure of their former label V2 back in 2007 (right before starting work on their 2010 record *Shimmering Lights*) and constant issues with a troublesome white bus that they called Buster. After buying Buster, the band noticed rotted brake lines that caused them to miss their western tour with Tokyo Police Club and Arkells. It only went downhill from there: losing transmission fluid in Reno, hitting deer in North Dakota and an engine belt snapping before the transmission bit the dust in a rough part of Orlando back in December of 2010.

But since then things have started to turn around for the band – who performed at APK Live's St. Patrick's Day festivities – with their 2010 release on Nevado Records and a new documentary, *Ages and Stages*, that is all about the band.

I had a chance to chat with The Meligrove Band's bassist, Michael Small, about the film and ask him a few questions.

So, Michael. Let's talk about the documentary. How did the idea for the film come to be? Was it the band's idea or were you approached about it?

"We got an email from the director, Brendan McCarney, early in 2010, saying he wanted to make a documentary about our band. Amongst ourselves we just kind of went 'Sure, why not?' and got him whatever permissions he needed to film at our shows, while digging up

whatever video we had lying around (VHS tapes of times we've been on TV, early gigs, etc.)."

In the documentary, there are a good handful of Canadian artists such as Joel Plaskett, Born Ruffians, Tokyo Police Club and more speaking out about you guys and saying some great things. What was your reaction to all the positive responses and reviews from so many great musicians?

"We know most of those people personally, so we knew they'd have to say something nice or face Darcy (Rego, vocalist and drummer)'s wrath. Somewhere in the film, Luke Lalonde describes a time he saw us argue. His band Born Ruffians even made a music video inspired by the fight."

When can we expect to see the documentary in its entirety?

"I don't know. Sometime this year? The band isn't involved in it beyond allowing it to happen and then being filmed. McCarney's the man with the master plan. I just hope we get to see it for free."

Over the last couple of years, you guys had some bad luck with your old label V2 going under and your tour van breaking down, causing you to miss a chunk of your tour. But things have picked up for you. You've since been signed to a different label and I assume got a new van. How did you guys make it through those hardships without wanting to give up? How have you been able to bounce back and continue making music?

"How did we make it through these hardships? I don't know. We're still paying off some of the



CREDIT: AUX.TV

The Meligrove Band was at APK Live for their St. Patrick's Day festivities.

debt from our Florida disaster, but otherwise, we just came home and kept playing music. We like hanging out and playing music together, and enough people want to buy our records and see our shows that we just kept going. It's only rock and roll, right? I think the worst thing would have been to give up something we love doing so much. I don't want some stupid transmission deciding if I get to rock out with my friends!"

Some of your tracks have been popping up here and there. For instance, one of your songs was featured on *Degrassi* and "Bones Attack" is the theme song to *The Basketball Jones*. Was this something you were approached

about or did it come as a surprise?

"Usually stuff like that comes as a surprise. We've had songs in TV shows off and on for years. I'd say the most interesting use of a song was by a Canadian sitcom called *Radio Free Roscoe* that actually had us play ourselves on an episode and pretend to play one of our songs. I felt like Buffalo Tom on *My So-Called Life*. Or maybe the Flaming Lips on *90210*. Or! Color Me Badd on *90210*. That's what I felt like. I really get Color Me Badd now."

Have you heard any positive or negative responses for fans about these placements?

We've heard from *The*

Basketball Jones people that a lot of people like "Bones Attack" ... I'd say the weirdest thing was someone online years ago, saying we were rich now, because our song "Before We Arrive" was in a commercial starring the golfer Mike Weir. I remember signing that contract. Anyone who works full-time makes the same amount or more every week. We had to split it amongst ourselves just that once! And we probably spent it on Mr. Noodles.

Although a release date has not been set yet, fans of the band can watch the trailer for *Ages and Stages* on YouTube or the band's website, meligroveband.com.

K.R.I.T. impresses with new mixtape release



IT'S A WRAP
STUART GOODEN
twitter: @StuGooden



Rappers are at their absolute best in their upcoming stages. In their up-and-coming phase, they peak in quality, because despite achieving admirable popularity to break the underground barrier to get to where they are, they still show the ambition and hunger to attain the next step: mainstream success. The result is music seething with effort, polish and excellence (see J. Cole). Unfortunately, once rappers hit the proverbial spotlight, their quality tends to digress into terrible half-assed album releases that sell purely because of their name (see 50 Cent). Sooner or later, they eventually butcher their success with so many poor records that fans lose interest altogether, that even with comeback efforts still suck (see Ja Rule). And such is the typical career of the mainstream rapper.

Big K.R.I.T. is in the up-and-

coming stage, where his recognition is just starting to gain new heights. Incredibly popular in the south, K.R.I.T. has been around since the mid-2000s releasing a plethora of mixtapes and being featured on many southern artists' songs such as Freddie Gibbs, Ludacris and Chamillionaire. He was also featured on XXL magazine's Top Freshman cover in 2011 with the likes of Meek Mill, Yelawolf and Mac Miller. Big K.R.I.T. is slated to release his first studio album this year with Def Jam Records, *Live From the Underground*, and has just released a mixtape tease to tee up the highly anticipated album.

4evaNaDay is Big K.R.I.T.'s newest mixtape, and it's rawness in the most literal form of the word. K.R.I.T. is a jack of all trades, as the mixtape is entirely written, produced, rapped and released by himself. To boot, the tape features a whopping 17 tracks that, although are relatively short, stay true to his southern style.

"Red Eye" is about the life of a rapper as he tries to balance his music career and his love life. The track features a female voice as his girlfriend dishing out her side of

the relationship issue, which gives the song dimension. K.R.I.T.'s lyrics are incredible and are complemented by a slow rap beat highlighted by a pretty depressing piano that fits the bill of the song.

"Yesterday" should have been right after "Red Eye" in the track listing, because the song is an excellent follow-up. It is about dealing with the final departure of his woman and the reflections that he goes through. The beat is simplistic, as it needs to be, but the song is too short.

"1986" is titled after his birth year, and is definitely the liveliest song on the mixtape. K.R.I.T. raps about when he was born and his journey to becoming an MC. The beat features a much busier and aggressive bass, but still keeps the tendency of being simplistic.

Honorable mentions: "4evaNaDay," "Sky Club" and "Handwriting."

As successful as he is becoming, Big K.R.I.T. hasn't abandoned his underground roots. The beats are low-key, the samples are carefully chosen and the lyrics are raw. And, oh yeah, there are no featured artists. K.R.I.T. has done this completely from the ground up, and has



CREDIT: HIPHOPDX.COM

Big K.R.I.T. is making quite a name for himself.

his fingerprints all over it. The only thing *4evaNaDay* is lacking is a little bit more pump. Many of the songs, despite being great, are too serious and somewhat depressing.

Regardless, Big K.R.I.T. has poured his soul into his work and leaves a salivating impression with his fans for his studio release.

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CREDIT: AYEAROFFILM.BLOGSPOT.COM

Creepy or cute? Explore the world of the Oompa Loompas in *Willy Wonka and the Chocolate Factory*, playing as part of Cineplex Odeon's Classic Film Series.

The magic of the chocolate factory



REEL VIEWS
ALISON MCGEE
a_mcg3@fanshaweonline.ca

Willy Wonka and the Chocolate Factory (1971)



Remember when you were a kid and you thought that getting to tour the inside of the chocolate factory would be just about the coolest thing in the world? Remember how devastated you were to learn that in fact no such place existed, and that Willy Wonka didn't really have an army of Oompa Loompas working for him? Well, now you can relive the magic of Willy Wonka, his Oompa Loompas and the whole chocolate factory with Cineplex Odeon's Classic Film Series presenting *Willy Wonka and the Chocolate Factory*.

Doesn't everyone know the story of Willy Wonka, his factory and the lucky little boy named Charlie? Charlie Bucket, a poor boy who lives with his parents and all four grandparents in one small house, dreams of nothing more than meeting the eccentric chocolatier Willy Wonka and seeing the inside of his famed chocolate factory. When a gift from fate affords Charlie and his grandfather that very chance, the young boy learns that Willy Wonka may not be that man he has so long idolized. Alongside Violet Beauregarde, Veruca Salt, Augustus Gloop and Mike Teavee, Charlie discovers the magic of the chocolate factory, along with its Oompa-Loompa workers, but also the dangers that

lurk in every room. Gene Wilder is synonymous with his famous portrayal of the eccentric (to say the least) Willy Wonka, and truth be told, the film would lack much of its appeal were it not for his presence on the screen. Wilder is electric on screen, vivacious, energetic and charismatic among other things. Wilder proves that he can not only bring to life one of cinema's most unique characters, but he can do so in a way that lights up screen and story alike.

Alongside Wilder is young Peter Ostrum, a child star who has the chops to bring to life the meek, humble and unassuming Charlie Bucket. Ostrum gets to live out every child's fantasy in Willy Wonka and his joy in the role is palpable on screen. Playing Grandpa Joe to Ostrum's Charlie is Jack Albertson, who perfectly encapsulates the protective yet modest protector of young Charlie. There is something truly magical about the concept of a child winning a golden ticket to tour the inside of a chocolate factory; perhaps this is what makes *Willy Wonka and the Chocolate Factory* a real cinema classic. *Willy Wonka* is one of those rare films that can be watched over and over and never lose its appeal.

What could be better than watching all the magic of the chocolate factory come to life on the big screen, the way it was meant to be seen? Even as an adult, this story proves to be spectacular, and I urge you to revisit the chocolate factory once more.

Willy Wonka and the Chocolate Factory is playing on March 25 at 1 p.m. at the Cineplex Odeon at Westmount Mall (755 Wonderland Rd.).



CREDIT: COLUMBIA PICTURES INDUSTRIES, INC.

Paige (Rachel McAdams) and Leo (Channing Tatum) are a newly married couple who face a huge challenge in *The Vow*, based on a true story.

The Vow is what it is



REEL VIEWS
ALISON MCGEE
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The Vow (2012)



If you're planning to spend your hard-earned money and precious time watching *The Vow* in theatres, then you've probably seen (and loved) *The Notebook*, *Dear John*, *The Last Song* and *A Walk to Remember*. Although *The Vow* has one crucial difference (it wasn't actually based on a book written by Nicholas Sparks as were the rest on the list), it pays so much homage to Sparks that you would be convinced he wrote it. But more to the original point, *The Vow* appeals to those who crave the Sparks-style romance, and it has everything to offer that that particular cinematic demographic could ask for.

The Vow centres around the heart-wrenching story of newly married couple Paige and Leo, who are involved in a series car accident. Though both manage to physically survive the ordeal, Paige falls into a coma and upon waking has no memories of Leo, their life together or their relationship. What follows are a series of heart-warming attempts by Leo to make his wife fall in love with him once more, all while trying to keep her from falling into the arms of

another man.

As fans of the Sparks genre will know full well, *The Vow* stars two Sparks alumni and watching their intensely cute chemistry, not to mention their intensely cute faces, on screen will delight any Sparks fan... or really any fans of sappy romances.

Rachel McAdams, a hometown favourite for Londoners and star of the beloved romance *The Notebook*, takes centre screen as Paige. Conflicted, yet very sugary sweet, McAdams has a way of making even the tough situations in life seem all too easy. Her charisma on screen has her inarguably typecast into romantic roles, but when you're that good at what you do, why stop doing it?

Alongside McAdams as Paige's husband Leo is Channing Tatum, from the recent flick *Dear John*. Tatum, ever the heartthrob, will make you swoon over his undying love for his young bride. Not one

to handle the tough emotional scenes with great ease in past performances, Tatum manages to bring a sense of real struggle and pain to this loving character. Alas, much like McAdams, Tatum makes the tough times in life appear all too easy to get through.

Also on the cast list for *The Vow* are Jessica Lange as Paige's mother Rita and Sam Neil as Paige's father Bill, both of whom give stellar performances in their brief roles, and Scott Speedman as Paige's ex-fiancé Jeremy.

All things considered, *The Vow* isn't a total waste of time – that is, if you're into this particular brand of over-the-top romance. If you enjoy anything and everything by Sparks, then you will love every second of *The Vow*. However, if you'd rather watch Speedman play a vampire/werewolf hybrid alongside a leather-clad Kate Beckinsale, then I highly suggest you don't waste your time or money on this one.

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IMAGES FESTIVAL | 25

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PAIGE PARKER
INTERROBANG

Lights, camera, action! From April 12 to 21, the annual Toronto Images Festival will be celebrating its 25th anniversary.

Join the 23,000 people flowing through this festival of the arts. Showing as many as 50 films and videos, as well as multimedia installations and performances of live music, theatre and spoken word, the festival will be swarming with art junkies. But Images isn't just for art lovers, it's a chance to be a part of something original.

"I am a huge music fan and love to take part in unique experiences that cross the boundaries between disciplines. It's wonderful to get exposed to things you otherwise would never have a chance to see or hear," said Jonathan Bunce, the Operations and Development Manager for the festival. "I also love the social aspect of the festival, and the closing night parties are always a blast! It's very community oriented and inclusive, the true alternative to 'red-carpet' festivals like (the Toronto International Film Festival)."

According to the Images Festival press release, over the past

25 years, "Images has presented over 3,000 film and video projects and hundreds of installation, live performance and new media artworks by more than 1,000 emerging and established artists from Toronto, Ontario, Canada, and at least 40 countries around the world."

This year has held up that reputation with all different forms of art and entertainment.

The 10-day festival will be non-stop with all the activities. There will be five live Images presentations, including a special evening of electronically oriented music called "Sound Objects" as well as a recognized indie band, which will be announced on March 22.

Among the estimated 50 films being screened, Bunce said there are several submitted by recognized "names within the experimental film and visual art world ... (including) Carolee Schneemann, John Akomfrah, Ben Rivers and Jackie Goss."

For the fine art enthusiasts, there will be 26 gallery exhibitions this year.

The art does not stop at the film screenings, live performances and art installations. There are also

"artist talks, gallery tours, panel discussions and an awards show at the end of the festival," said Bunce.

As Canada's longest-running alternative film festival, there will be special screening of films from the first-ever Images Festival in 1988.

A special event will be held at Oakville Galleries with acclaimed Israeli artist Keren Cytter. She will also perform live at the AI Green Theatre.

"And last but certainly not least, for the first time ever we're going to be running our own Images gallery and lounge at a 'pop-up' venue on Spadina between Dundas and Queen," said Bunce. "We'll be hosting multimedia installations, live events, talks and our post-screening lounge nightly during the festival."

Independent filmmakers can submit their productions early in the summer for the 2013 Images Festival.

The official list of performances, film and video presentations and art installations will be released on March 22. For more information about the Images Festival, check out imagesfestival.com.



CREDIT: THEPUCKDOCTORS.COM

Ross Rhea (Liev Schreiber) and Doug Glatt (Seann William Scott) beat the hell out of each other in *Goon*.

Being a goon ain't so bad

STEVE DI MAURO
INTERROBANG

Goon (2011)



Yes, Steve Stifler is back, baby! Woo!! Oh, wait, sorry – wrong movie. Seann William Scott is back to the silver screen and this time not playing his iconic role as Stifler from *American Pie* (although the newest installment in that franchise is coming soon). Instead he is playing Doug Glatt, a bouncer who is outcasted by his brainy family, who comes to realize his destiny of being a hockey fighter. Not a hockey player... a hockey fighter. He can't skate or shoot a puck, and he doesn't even know any of the rules of hockey. The one thing he can do is kick the snot out of anyone who stands in his way.

The movie *Goon* starts off with Doug and his close bud Ryan (Jay Baruchel) going to a local hockey game where Ryan, the big-mouth that he is, is talking trash to one of the hockey players in the penalty box. When the hockey player jumps over the box to attack Ryan, Doug steps in to knock the hockey player out. From that moment on, Doug is loved by the crowd and winds up playing for the local hockey team, eventually moving on to a higher division team. This is when the real story and meat of the film begins. Doug gains a

major fan base for his intense and brutal ass-kicking abilities and ends up in a love/hate relationship with his teammates, more specifically the one he was sent to protect, French player Xavier Laflamme (Marc-Andre Grondin). Laflamme is the best player in the league until he's injured by Ross Rhea (Liev Schreiber) a veteran hockey fighter and king of the goons. The movie leads up to the ultimate hockey fight between Doug and Rhea, and let me tell you, it's not for those with a weak stomach.

Goon is a guys' flick, plain and simple. It's got hockey, fighting, blood, gore, boobs, swearing, drugs, alcohol and boobs. There is really not much more a dude like myself could ask for in a film... maybe a bit more boobs would be great, but you can't have it all. If you're looking for a serious movie produced by Martin Scorsese, well, you're not gonna find it here.

Scott does a wicked job and shows that nice guys can kick some ass too. Oh and did I mention Eugene Levy's guest appearance as Doug's father? Yeah, that's right.

If you're a dude reading this and want to know what movie to go check out with the boys after a couple brews on a Tuesday night, then *Goon* has got you covered. And leave the girlfriends at home for this one.

Nail couture



BEAUTY BOY
JOSHUA R. WALLER
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One of the most overlooked trends in beauty has to do with something that is literally right at our fingertips: our nails. While most people just think of French manicures or picking out a fancy colour to shade their nails with, the nail industry is booming with innovative creations. From magnetic to holographic to 3D art, nail trends are appearing quicker than ever. While some of these trends haven't fully made their way to London, Ontario yet, they are approaching faster than you know it.

The one nail trend and new technology that really shocked me was magnetic nail polish. While this has been around for a little bit, it is extremely interesting to see! What you do is apply a generous amount of the magnetic nail polish to your nails and then quickly hold the cap (that contains the magnetic design) above them and watch it make an imprinted design in the nail polish. The only cautions are you need to use the magnet right away while the nail polish is still wet or else it won't work, and you have to be careful not to let the cap actually touch the nail. Brands such as Nails Inc., LCN and China Glaze



CREDIT: FASHIONINDIE.COM

Could you rock 3D nail art?

all produce this and can be bought at Sephora.

Another really interesting innovation is the holographic nail polish, which is exactly like it sounds. It is a top coat that you can apply over top of a coloured nail polish (it works best on either really dark or really light colours) to give it a holographic special effect. With just a thin coat, it adds a little bit of flare to your everyday look and gives a little bit more excitement to your nails. With two coats of this, it gives a very dramatic, shiny look that is perfect for an evening out. Again, you can find this by Nails Inc. at Sephora.

One of the most extravagant and "out there" nail trends is the 3D art

made famous by celebrities such as Lady Gaga, Rihanna and Willow Smith. People have many different opinions on this trend since it is so dramatic; some view it as creepy and weird, while others view it as art and a fashion forward statement. Basically 3D nail art is either acrylic or fake nails with various objects and beadings on them to give it a three-dimensional look. Usually the nails have some sort of theme to them, such as floral elements, gems or even candy. While this trend may be too extreme for some people, you can definitely make it your own by having one nail with 3D art to create a statement nail. Are you daring enough?

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CREDIT: FANPOP.COM

Ross and Rachel from *Friends* had a hard time keeping their romantic feelings out of their friendship, but that doesn't mean men and women can't be just friends.

Can guys and girls really be friends?



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

A popular debate between men and women is whether they can really be just friends. You may have seen that YouTube video created by young, independent Filmmakers Jesse Budd and Patrick Romero entitled "Why Men and Women Can't Be Friends." (If you haven't seen it, you can check it out at tinyurl.com/youtube-menwomen-friends.) To try to find the answer to this famous dispute, they went to Utah State University library and asked students their honest opinions. The girls overwhelmingly said yes, and almost all the guys answered no. The basis for most men saying they can't be friends with girls is because they would sleep with their girl friends if the opportunity presented itself. The truth is, that can't stop people from being friends. You can be physically attracted to one of your friends, but not want to be with them. Here are a few reasons why we think we can't be friends

The Media

For years we have seen friendships on TV and in the movies turn into something more; that's how all the great loves start. *Friends* is a perfect example: Ross and Rachel were friends, but Ross was in love with Rachel and that made it hard for them to just be friends. Then they got together, broke up, got together, broke up and showed millions of viewers that men can't be friends with women, especially their exes. Monica and Chandler went from years of just being friends to becoming romantically involved. At the same time you have Phoebe and Joey, who never got together, but people don't focus on that friendship, they focus on the friendships that couldn't work.

Underlying Sexual Tension

No matter what, for most people in their opposite-sex friendships there is a natural sexual tension that seems to be present. So we think we can't be friends because of this, but that's not true. For some of us, deep down we know that there is nothing there besides an attraction, which is not enough.

Just because you think someone is good looking and, given the opportunity, you would sleep with them doesn't mean you want to be in a relationship with that person. This also proves to be a barrier for opposite-sex friendships when you are in a relationship with someone else. Even if there is nothing there, jealousy always has a way of showing up, which can cost some friendships.

Wrongful Intentions

It's true that some people do start a friendship with the intention of wanting it to turn into something more, and because of these people it makes it hard to decide what people are sincere or not. I know most people want to say this is usually a guy thing, but I have known women to do it too, although just because some people have an agenda doesn't mean everyone does.

So if we think guys and girls can't be friends, why do we continue to try to make them work? Both men and women get something out of these relationships that they don't necessarily get from same-sex friendships.

I have always been the kind of person who has more guy friends than female, and it's because guys don't have the drama that you tend to find in girl relationships. They don't bullshit you – they tell you the truth even if it hurts. Men also bring a different perspective to situations, and are able to give you insight into the common male, which becomes helpful when you're dating one.

Guys, on the other hand, don't really talk to each other, so having a female friend allows them to share and talk about things that they can't talk about with the guys. Girls listen, and guys find it easy to talk to us. We can also help them with their girl problems.

I'm not saying that all guys and girls can be friends – I know there are guys in my life I could never just be friends with; there is just way too much history and tension between us that makes it impossible to stay just friends – but that doesn't mean it can't happen. The truth is that you may have "guy friends" who do want something from you, but then they weren't just your friend to begin with. So in theory, yes, guys and girls can be just friends, but unfortunately it's not that easy. So when you find a great one, don't let go.

How to deal with a crisis



LONG DISTANCE LOVE
ALISON MCGEE
a_mcgee3@fanshaweonline.ca

Sometimes, unfortunately, being in a long distance relationship doesn't always mean simply figuring out how to get through the everyday stuff; sometimes it means figuring out how to handle a serious problem on your own.

Whether it's a health crisis, a death, a financial crisis or any number of other major obstacles in your life, it can be a real challenge to try to cope with a crisis when you don't have that one person you always lean on. Though it will never be the same as having your partner around to help you deal, here are my tips for how to handle a crisis as smoothly as possible without your better half:

- Have a support system. During times of great stress, it's more important than ever to have a strong support system. Even if your crisis is something as relatively minor as coming down with a nasty flu bug, make sure you have people around you like, friends, family or neighbours who can check up on you, bring you soup or magazines or (when you're no longer contagious) spend time keeping you company at home. It never helps to try to take on the entire burden of a crisis alone; make sure you have people to help you and actually let them help.

- Keep communications strong between you and your significant other. Even though your partner may not be physically close to help support you through tough times, you can still look to them for certain things. If you need to vent about whatever is going on,



CREDIT: CRISIS-COMMUNICATION

call and let them know you just need to talk to them. If you're having a particular problem that you can't figure out a solution to, ask them for their opinion. It can be just as hard on your significant other to watch you go through something without being able to be there in person for you, so keep that in mind and let them help in whatever way they can.

- Find a healthy coping mechanism. Eating an entire bag of chips every day or refusing to get out of bed for two straight weeks are probably not your healthiest options in terms of coping. Sure,

everyone needs to wallow once in a while and take some time to just process your emotions, but in terms of a long-term coping mechanism, try something a little better for your general wellbeing. Take long walks to clear your head, take up yoga or meditation, keep a journal or anything that will help you get through a crisis in your life but won't be detrimental to your long-term health.

I hope these tips will be helpful if you're ever faced with a crisis in your life, but hopefully you'll never be in that position alone.

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CREDIT: CUPWIRE.CA

HPV vaccine for men raises concerns



HEALTH, BODY AND FITNESS
Rebecca Grieb

The Advisory Committee on Immunization Practices of the Centers for Disease Control and Prevention in the United States is likely to extend the use of the Human papillomavirus (HPV) vaccine to men. According to The New York Times, the panel recommended that boys around age 12 should be vaccinated, and young men ages 13 to 21 who had not received this shot should also be vaccinated. This HPV vaccination may be given to boys as young as nine, usually up until the late 20s. HPV infection is the most common sexually transmitted disease – 75 to 80 per cent of males and females

are infected at some point during their lives.

Parents of young boys are now facing challenging realities when it comes to choosing whether or not to have their child vaccinated. While most females who get the disease contract it from having vaginal sex, males tend to get it from oral or anal sex.

The article noted that vaccinating homosexual boys would be more cost-effective than all boys, but this statement in itself raises a number of questions. First, the majority of males between the ages of nine and 21 likely are still exploring their sexuality – not many nine-year-olds know if they are heterosexual or homosexual. Second, despite many parents thinking this age is too young to receive the vaccination, research has shown that one in five boys and girls have had vaginal sex by

the age of 15.

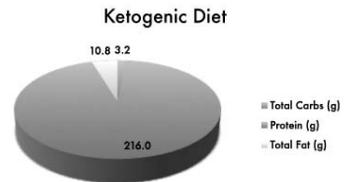
A final challenge raised by the introduction of the male HPV vaccination is what effect this has on young men and their body image. The attractiveness that these young boys feel about themselves is challenged when a vaccine related to sex is brought into their lives before the age of 10.

The question then remains: is introducing a vaccine related to sexual activity the right thing to do with children as young as nine? As long as parents are willing to answer their children's questions and explain what the vaccine is for, then it shouldn't be a problem. However, if parents are uncomfortable discussing the vaccine and sexual activity with their children, children will likely be uncomfortable receiving the vaccine to begin with.

High-fat, low-carb keto diet not for everyone



HEALTH, BODY AND FITNESS
Rebecca Grieb



CREDIT: NARFSTROM.COM

Ketosis is a state where the body converts fat into ketones that the brain can use for fuel when glucose (carbohydrates) are in short supply; in the state of ketosis, the body has to become efficient at utilizing fats as energy. Therefore, ketogenic diets increase the body's ability to utilize fats for fuel, which occurs by restricting carbohydrate intake. Losing fat while protecting muscles is the main concept behind this diet.

Traditionally, the ketogenic diet was a method of therapy developed as a form of fasting used to treat epilepsy. In the earlier 1900s, this method was neglected when anti-convulsant drugs became more reliable.

The human brain has the ability to burn both glucose and ketones for fuel, however under regular conditions the body does not produce ketones. The body will burn ketones when the amount of glucose is too low; ketones then become available when carbohydrate consumption is restricted. The Diet and Dumbbells blog (dietanddumbbells.com) provides a clear example of how this process works when an individual restricts their carbohydrate consumption to 30g or less per day: "If you stop eating all carbs at, say, 6 p.m. on Sunday, and then do a heavy weightlifting workout Monday and Tuesday, this will deplete your liver and bloodstream of glucose, and your muscles of glycogen. At that point, your liver will start producing ketones, so the brain has a fuel to work with."

So what are the benefits and drawbacks of the ketogenic diet? A main benefit is that burning off

A ketogenic diet may not be for everyone, so consult a health care professional if you're thinking about trying it out.

body fat will occur much faster than normal carb-based diets. The ketogenic diet is not a balanced diet, and therefore it is highly recommended that individuals trying this diet visit a dietitian before and after completing it. Due to the lack of strength that your body has as a result of this diet, individuals tend to stick to cardio and high repetition weight training, such as cables, bands, etc. Other drawbacks include the unrealistic expectations this diet allows for. Popeye's Supplement and Nutrition Customer Service Representative Bobby Gasselle said that this diet is most appealing to those who are training for a competition of some sort, as this is not an appealing diet for the average person. Gasselle pointed out that this is not a "feel-good" diet because carbs are one of the main sources for energy fuel for muscle and brain function; energy is about 35 to 40 per cent carbs, 35 to 40 per cent fats and 20 per cent protein.

Overall, the ketogenic diet is one that requires heavy supplementation and strict diet. If you are thinking about trying this, be sure to talk to your doctor before and after to ensure your body can handle it. As tempting as it may be to use this diet for getting your body beach ready or for competitions, remember that this is a diet best for short-term goals only.

Does size really matter?



CAREER CORNER
Susan Coyne
Career Services
Consultant
Fanshawe Career Services

Finding the right company to work for is something of a revolving door these days. New graduates often have their sights set on large corporations, but what about the smaller startup companies?

As a job seeker, you really need to identify what it is that you are looking for in an employer and your dream job. Consider what character traits you are seeking in a manager. What are the kinds of products or services that you are most interested in? Are work/life balance issues of importance to you? Are an employer's green initiatives impressive or of concern to you? Answer these questions and you should be able to determine what companies are best for you.

Consider your own personality traits when deciding whether you are suited to work in a large or small company. For example, if you don't necessarily like to interact with a lot of people, then you might find more isolation in a larger company, though this does vary from business to business. In smaller companies, you tend to

need good people skills because you will work closely with others and in more than one role. And while larger companies are more likely to offer more training to help new employees adjust, smaller businesses tend to hire more self-starters. Where do you fit in?

There is no question that working in a company with 30 or fewer employees almost guarantees that your presence is known from day one – and your success or failure is also glaringly apparent! This is where your ideas count, though, as you are not waiting in line to be heard. This could just put you on the fast track to success quite early in your career. Even though most small companies can't offer all the perks of larger ones, they can be a tremendous career-building experience. If your plan is to build a broad knowledge base, a smaller business has lots to offer.

At a larger firm, new employees tend to be absorbed into the existing culture. A larger firm can offer more security and more opportunities, but you don't know how rapidly you will develop within that organization. Along with more stability of the job comes benefits and retirement plans. With smaller companies, sometimes there just isn't enough money to do all the same things.

Larger companies can often deliver more unparalleled advantages, especially if they are global in nature and have access to resources around the world. The good thing about most large corporations is that they have the money to cast a wider net; they can try this and that, and even if only part of the effort is successful, the company will still be sustainable. Conversely, working in a smaller company means you need to be wise about how you are spending the company's money.

By building a broad and flexible knowledge base while in college, you will have the option of going with a company that you want, regardless of size. Above all, go for the job that you wake up and enjoy going to every day – a place where you can be successful and can find your own niche.

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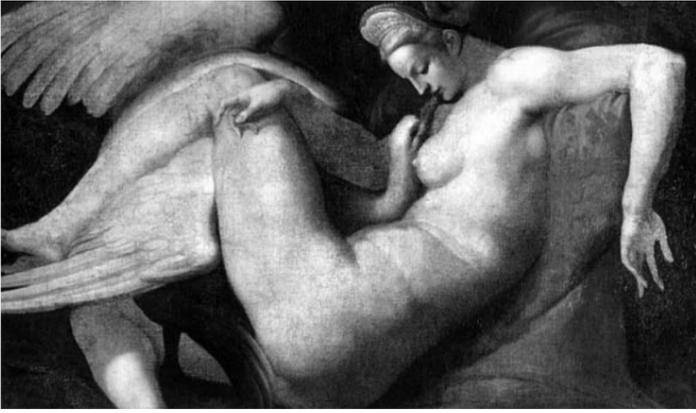
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CREDIT: THEREDLIST.FR

Michelangelo's *Leda and the Swan* gives you a bit of an idea of what fowl mating is like... just hope that swan doesn't decide to bite her!

Ovid's *Metamorphoses*: The best of bestiality



CHECK IT OUT
CAROLYN SULLIVAN

Is your girlfriend a tiger in the sack? Your best friend a sexy beast? Or does your roommate's frequent fornication makes you wish you could get him fixed? Party animals and pussycats are hardly the invention of the 21st century sexual freedoms. In fact, accounts of animalistic sex date back to ancient Greece, though our main source for them is a naughty narrative known as Ovid's *Metamorphoses*, dating from 8 A.D.

Let's begin with a girl we all should know: Helen of Troy. "The face that launched a thousand ships/and burnt the topless towers of Ilium." Seeing as how men paid in blood for her nocturnal adventures, this little slut makes Lindsay Lohan look like a saint. Then again, given her parentage, maybe we have to forgive her a little. Her mom did get raped by Big Bird, a.k.a. almighty Zeus.

For reasons known only to Greek and Roman poets, their chief deity did most of his girls while gadding about as a barnyard animal. Arguably, Zeus owed this idiosyncrasy to Greek poets stoned on natural gas or possibly the lead poisoning in Rome that we blame for Nero's incestuous relations with his mother. As it is, no artist before Coleridge really wanted to admit to being high as a kite, so they improvised a jealous wife, Hera, to give Zeus cause for his animal adultery.

So, the burning question: How to have sex with a swan? Yeats' *Leda and the Swan* gives us only the loosest notion. First, apparently interspecies/divine relations are strictly non-con since Zeus gives the girl "a sudden blow" and carries her off. The bird abducted my baby? Yeah, that'd hold up in court.

Then she gets "her thighs caressed/by the dark webs" of his feet as "he holds her helpless, breast upon his breast." Then things get vague. "A shudder in the loins engenders there" Helen. Sure. It'll take some mental and physical gymnastics though to get us to (shudder) fowl on femme action. So let's get started, shall we?

Most English lit classes will tell us that "the feathered glory" between Leda's "loosening thighs" is the swan fishing his bill up her bearded clam. Can't see this hap-

pening for two reasons, the primary being the happy tendency of my subconscious to block the idea of avian cunnilingus. Second, have you ever been bit by a goose? Those things hurt! No, Zeus almost certainly used a standard pecker for his promiscuity, and here's why.

Swans are some of the few birds with penises. Check out budgies, chickens or crows, and except for a few minor details, you can't tell the genders apart. Both have a cloaca, which is basically a urethra-penis or vagina-rectum combo. Sex consists of 'cloacal kissing,' sticking two mostly flat holes against each other briefly to exchange fluids. Heck, with that sort of plumbing, it's no wonder that even experienced chicken sexers, who eye up avian arses day after day, make mistakes. But evolution decreed that swans and a few other waterbirds got to keep their bits, while the cock ironically cannot live up to its name.

This leads to the slightly more pleasant interpretation of Michelangelo's painting, *Leda and the Swan*. While we may still be slightly dubious as to how a bird managed to defile a girl against her will, this bird being Zeus, he might have had some divinely invisible duct tape. Or Leda just had a really good excuse to give her local SPCA on what she was doing with that swan.

Another notable conquest of Zeus, this time in bovine guise, was Pasiphaë; though this time it was more of a revenge fuck and less of a fun time. Minos, then king of Crete, asked the sea god Poseidon for a sign that his reign would be blessed. Poseidon sent Minos a bull out of the sea. Minos promised to sacrifice the bull to the gods, and swapped it last minute for another one, thus pissing off the gods. They cursed his wife, Pasiphaë, with zoophilia.

Apparently zoophilia requires more props and ingenuity than a BDSM dungeon, because Pasiphaë hired Daedalus – future engineer of the Minotaur's labyrinth – to build her a bronze heifer with the appropriate orifices to enable her to mate with the bull. All I can say is that she should have used a condom. The offspring of that union was the Minotaur, who apparently had really bad Mommy issues, since he ate seven girls every spring.

So maybe leave animal indulgences to the imagination, or get really good at dress-up. Either way, Ovid's *Metamorphoses* will serve as a great reference guide for your perverse pleasures. Check out books, not birds!

Best of Paris Fashion Week



FASHION WRITER
AIMEE BROTHMAN

New York, Milan, Paris. Fashion weeks, in that order, have recently passed us by and so has our very own Fashion Week in Toronto (shared presentation time with L.A.; it was their Fashion Week, too!). Instead of reviewing each collection day by day as they're presented, I prefer to wait until the city's week has finished and I can scour and eat up all the collections at once. How could I possibly declare Rochas as my favourite when Lanvin has yet to present? While I try my very best to keep Toronto's talent a secret until the week is up, I have eagerly devoured photos, reviews and pieces from last week's fashion week in Paris. Personally, this is the week I anticipate most. French designers hold a special place in my designer-crazed heart and all of my favourite collections come from the most charming city in the world. Here's a roundup of my top choices.

Balenciaga

Innovative, futuristic without being too spacey and cutting-edge collections have always been what Balenciaga is all about. This season, long-time designer Nicolas Ghesquière kept true to the house's ability to always look forward. Exaggerated silhouettes and proportions were a major part of the collection, as were stiff, rigid

sweaters and tops with wider sleeves that topped white, black and creamy mustard above-the-knee skirts with a slight tulip silhouette, or mid-cut, lightweight trousers with a thick metallic detail at the top. Colour blocked skirts and digital leopard print tops and dresses rounded out the collection. Accessories like slick gloves and lower strappy heels and booties brought the collection back down to earth, and in good time, on the streets and on editors and fashion lovers alike.

Balmain

Balmain is like the 'It model,' except its status never fades away. Perennially balancing sexy, tough and cool, this season's collection had no lack of amazing pieces that were as intricate as they were wearable. Inspired by Elizabeth Taylor's incredible jewelry collection, the pieces were translated into jewel-toned pieces with lots of embellishment with the use of beading, intricate detailing, etched velvet, quilting and superb tailoring in long-sleeved mini-dresses beaded with stunning, elaborate beading balanced boxy jackets and skinny leg pants. Cream, beige and black neutralized the rich, deep colours and metallics to create the perfect mish-mash of gorgeous pieces any girl worth her 'It' is lusting after.

Yves Saint Laurent

Sexy, sophisticated and severe, YSL's fall collection demands attention. Leather took shape in black cherry and deep forest green long-sleeved tops, to-the-knee skirts, on the lapels of the always-popular tuxedo jacket (a nod, of



CREDIT: BALMAIN

Balmain unveiled its Fall 2012 looks during Paris Fashion Week.

course, to the original Le Smoking of classic Saint Laurent designs) and was used for minimalist, inch-wide black waist-cinching belts. Thick, black fur stoles and body-hugging chain mail dresses looked strong yet still slinky enough to evoke an air of femininity. Bold, daring, deep-cut silhouettes balanced other high-neck sleeveless looks, with special attention to detail such as contrast metals around the neck and sleeves. Although it is sadly Stefano Pilati's final collection after a 10-year run with the fashion house, we can surely expect great things from the house of YSL for seasons to come.



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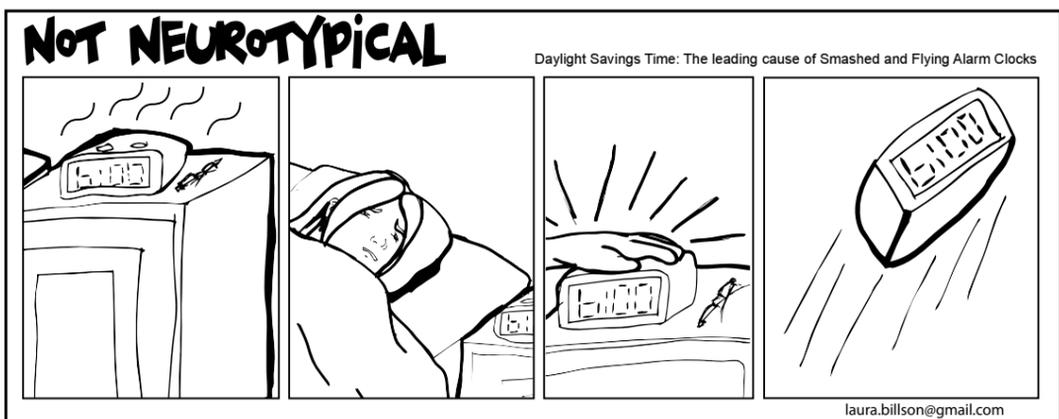
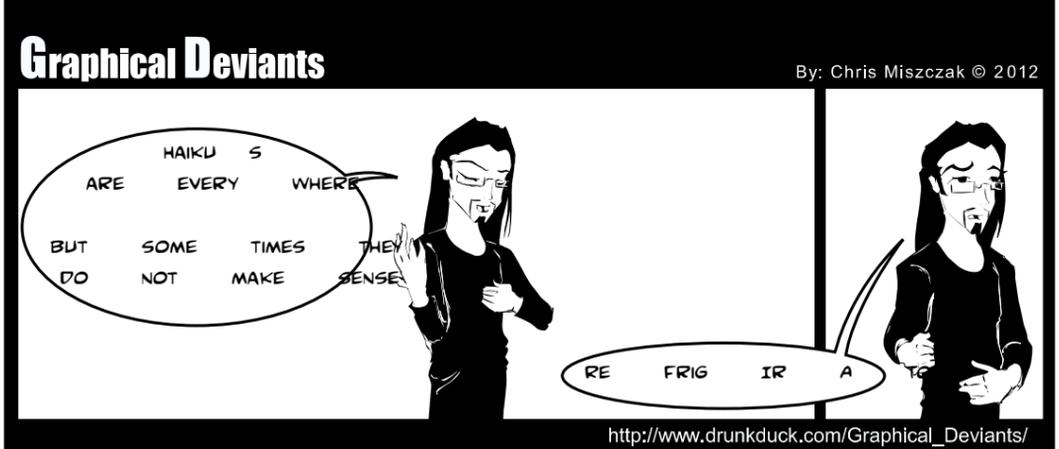
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BEST IN LATE NIGHT COMIC RELIEF

THE LATE SHOW with David Letterman

How about that Rush Limbaugh? It was nice for me to see somebody else apologizing for something for a change.

Limbaugh is losing advertisers. Crisco was one and then he lost Hostess Cupcakes. Now the only advertiser Rush has left on his radio show is Conrad Murray's Sleep Clinic.

With daylight-saving time, we lose an hour of our lives. It's like a Kardashian marriage.

Not only do I lose the hour when you monkey with the clock, I lose another hour trying to find the nail to put it back on the wall.

How about the weather, 72 degrees outside. You know why it's so warm. Remember Sunday? We turned our thermometers ahead.



THE LATE LATE SHOW with Craig Ferguson

You know when it comes to organic food, the USDA is very tough. You can't have anything that ends in "ectos."

In the past I've been hard on the vegans. I've called them Prius-driving fascists, but now I am one of them. I have been turned to the dark side.

This was the day in 1781 when we discovered the planet Uranus. Sir William Herschel first observed it. I don't think Uranus would be great to visit. It shines brightly, but it's ice cold, pale white, and very distant. Like Gwyneth Paltrow.

Asteroids are dull pieces of rock. They're in all shapes and sizes. That's why scientists refer to them as Kardashians of the solar system.



THE TONIGHT SHOW with Jay Leno

They say gasoline could be \$6 a gallon. But the good news is the White House says President Obama is aware of the problem, and will continue to talk about it between fundraisers.

President Obama today released his NCAA bracket. He is a huge basketball fan. But privately, White House aides are worried that if he spends so much time on this, it could affect his golf game.

Drug users in San Francisco have now formed a drug user's union. So look for the union label when you're buying crack.

If you steal Tide laundry detergent, would that be considered a white-collar crime?



JIMMY KIMMEL LIVE with Jimmy Kimmel

For me, whatever time we save for daylight-saving time is offset by the 45 minutes it takes me to figure out how to reset the clock on the microwave.

I don't condone jumping ahead in time in any form, unless it involves a DeLorean, stolen plutonium, and a soundtrack by Huey Lewis.

Larry King announced he'll be hosting a new daily talk show online. Really, the only place Larry should be online is for the early bird special at Golden Corral.

Tonight is night one of the NCAA basketball tournament. March Madness officially begins tonight. Don't forget to set your wallet back 20 bucks.



BUS STOP



zodiac stargazer HOROSCOPE

Aries (March 21 - April 19)

You could change something through anger, or you could change it through love. The cosmos challenges you to handle delicate objects or feelings. This may not be the most comfortable weekend, but you'll learn plenty.

Taurus (April 20 - May 20)

The height of passion threatens to plummet you into the depths of foolishness. Try for some degree of balance. If fulfilling your desires means going overboard, maybe you're in the wrong boat.

Gemini (May 21 - June 20)

The risks are high and the odds are low. Although usually adventurous, Gemini would do well to stick with the familiar. If you need privacy, vanish without fanfare. You can explain it all later on.

Cancer (June 21 - July 22)

Get out and play with your friends. Combine artistic pursuits and social life. If you're looking for magic on a date, leave your schedule open and flexible. Who knows where the spirit of the moment could take you?

Leo (July 23 - August 22)

Be a part of the group rather than apart from it. Your point is better taken if you can get it across without annoying people. Instead of simply enduring an obligation, have some fun with it.

Virgo (August 23 - Sept. 22)

Stay busy and amused within your boundaries. Others will open their doors to you when they're ready for you to come in. You're quick to say the right thing, and you only have to say it once.

Libra (Sept. 23 - Oct. 22)

Libra spends the next few days wondering about his or her value to others. Your neighbours shine in the light and you feel neglected. Acts of generosity or charity might help you feel better.

Scorpio (Oct. 23 - Nov. 21)

You rise above the crowd as someone to be admired or followed. If nothing else, Scorpio attracts a lot of attention this weekend. Others are entitled to their opinions, but in your eyes, you're perfect.

Sagittarius (Nov. 22 - Dec. 21)

There are certain places to which you just can't go. This may be your time to sit down and figure out why you face these limitations. Even if you don't reach any conclusions, the time alone will be good for you.

Capricorn (Dec. 22 - Jan. 19)

The stars give you special powers, along with the wisdom of how to use them. Start off by improving your home before going any further afield. Emulate the moderate behaviour that you respect in others.

Aquarius (Jan. 20 - Feb. 18)

You may be a fifth wheel, but you still want to carry your share of the load. Low maintenance Aquarians do much better than those who must be at the centre of attention. Tell yourself any story that works for you.

Pisces (Feb. 18 - March 20)

No matter what you do, you feel like a star. The deeper meaning is always clear. The cosmos sets you in motion and keeps you producing and consuming. Indulgence is okay. Just don't make it a habit.

QUIRKY FACTS

- More than ten people a year are killed by vending machines.
- Former President George W. Bush was once a cheerleader.

- Smelling bananas and/or green apples (smelling, not eating) can help you lose weight.
- The average person spends three years of his or her life on a toilet.
- More Monopoly money is printed in a year, than real money printed throughout the world.
- The Procrastinators' Club of America newsletter is called Last

Sudoku Puzzle

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

puzzle rating: very hard

Fill in the grid so that every row, every column and every 3x3 grid contains the digits 1 through 9. That means no number is repeated in any column, row or box. Solution can be found on page 22.

Across

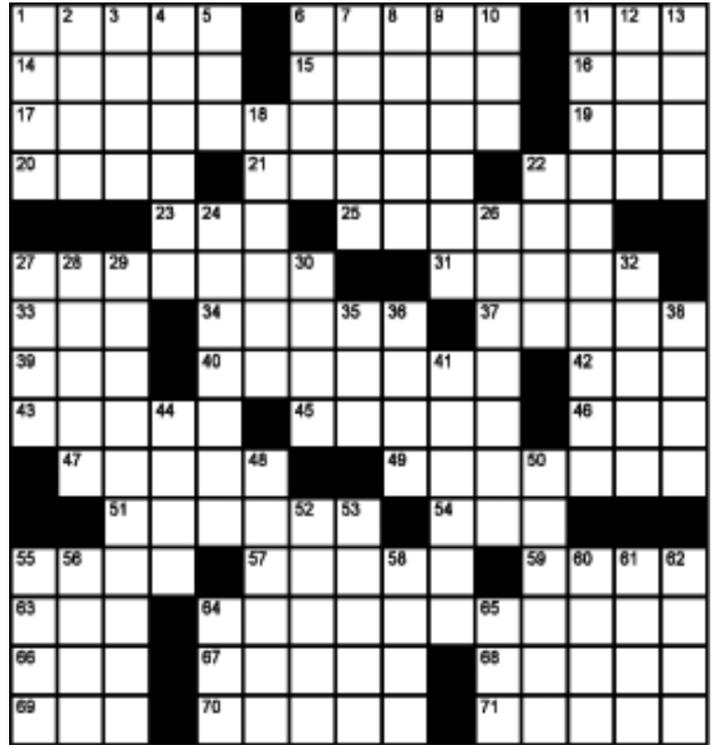
- High opinion of one's value
- American cactus
- Small rug
- One-person vocals
- Lyric poem
- Feminine name
- Resist a trend (3 words)
- Cheap lodging house
- Public transportation
- Feminine name
- Remake
- Negative vote
- Rare objects
- Wraps up
- Winter time precipitation
- Onetime Chinese leader
- Prophetic
- Heap
- Western U.S. state (abbr.)
- Cilium
- Covered vehicle
- Indian dance
- Very (musically)
- Before (poetically)
- Seed coverings
- Predict
- Only one of its kind
- Over (poetically)
- Clots
- Cease to maintain
- Sgt Snorkel's (Beetle Bailey) four-legged friend
- Recede
- Diluted (2 words)
- Fish eggs
- Constellation between Pisces and Taurus
- Spooky
- Sea (French)
- Water birds
- Modifies written text

Down

- Whispered exclamation
- Supreme Catholic court
- Holly
- Black game tile with white dots
- Toronto time zone
- Medicinal tree
- Relating to the eye

Month's Newsletter.

- Men who kiss their wives in the morning live five years longer than those who don't.
- A poll has found that computer nerds make the best lovers, with 82 per cent of IT geeks claiming they put their partner's pleasure above their own.
- Twenty nine per cent of women spend more time shopping for shoes than they do looking for a life long mate.
- According to statistics, Australian women are most likely to have sex on the first date.
- To "testify" was based on men in the Roman court swearing to a statement made by swearing on their testicles.
- The Yo-Yo originated as a weapon in the Philippine Islands during the sixteenth century.
- The Nobel Peace Prize medal depicts three naked men with their hands on each others shoulders.
- The Mona Lisa has no eyebrows. It was the fashion in Renaissance Florence to shave them off.
- Take your height and divide by eight. That's how tall your head is.
- Peanuts are one of the ingredients in dynamite.
- One in three snake bite victims is drunk. One in five is tattooed.
- One in three male motorists picks their nose while driving.
- In ancient Japan, public contests were held to see who could fart the loudest and longest.
- Approximately \$25 million is spent each year on lap dances in Las Vegas.



- French soldier
- Non-venomous snakes
- Downwind
- Causes a stir (2 words)
- In the middle of
- Error in printed material
- Full bloom of youth
- Underground part of a plant
- Small cavities
- At sea but close to the coast
- Masculine name
- Feminine name
- Cushioning material (2 words)
- Part of a plant
- Frighten
- U.N. specialized agency (abbr.)
- Cow's offspring
- Leg joint
- Larry, Moe or Curly
- Large receptacles
- Having 4 equal sides
- Worn away
- Undo a knot
- Fencing swords
- micro-organism
- Band instrument
- Gaelic language
- Donut shapes
- Scold in a good-humoured way
- Singles
- Tail movement
- Poor grade

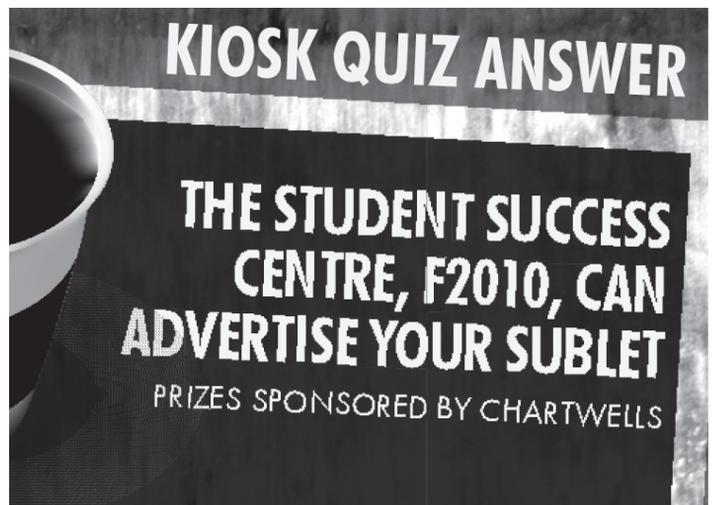
Solution on page 22

Word Search

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

Starring James Caan

- (Words in parentheses not in puzzle)
- | | | |
|--------------------|--------------------|--------------------|
| (A) Bridge Too Far | (For the) Boys | Kiss Me (Goodbye) |
| (Comes a) Horseman | (The) Gambler | Las Vegas |
| Dick Tracy | Gardens (of Stone) | Mickey (Blue Eyes) |
| Dogville | (The) Godfather | Misery |
| Elf | (The Killer) Elite | Wisegal |



Johnston decides it's time to put the whistle away

JOHN SAID
INTERROBANG

After 35 years of coaching the Fanshawe men's basketball team, the clock finally struck midnight for Head Coach Glenn Johnston.

"I think it was time and I don't think you can do anything forever," said Johnston with a laugh, quick to point out that he hadn't retired, but had actually resigned. "I'm too young to retire. No matter what they say."

Call it what you will, but Johnston is synonymous with Fanshawe basketball. He helped guide the Falcons to back-to-back national championships in the seasons ending in 1980 and 1981. Those two championship teams were part of four consecutive Ontario Colleges Athletic Association championships starting in 1977, and Johnston's teams struck gold at the OCAAs seven times, the last coming in 2007. Add in several other medals, including silver in 2010 and bronze medals in 2011 and 2012 and a picture of success is clearly visible. Johnston was also recognized as Canadian Colleges Athletic Association Coach of the Year in 1996, and his overall coaching record stands at 400 wins against 195 losses.

"(Johnston) has had a profound impact on the basketball program at Fanshawe and at the OCAA level as well," said Fanshawe Athletic Director Mike Lindsay. "Those four consecutive Ontario titles in the 1970s and the consecutive national championships put London, Ontario on the basketball map in Canada. I don't think anyone looks forward to coaching against him. Even after 35 years he remains a student of the game, constantly watching games, observing, learning and applying that knowledge."

While this story could easily be about a basketball coach and all that he has accomplished, it is about much more than that. It's about the men Johnston helped mold and mentor during their time at Fanshawe. Often times the relationship of coach-player evolved into lasting friendship, like the one Johnston shares with Euril Glasgow who played for the Falcons from 1993 to 1996.

"Our personal relationship started from our love for sports and family," recalled Glasgow, who now lives in Edmonton, Alberta. "He was nice enough to invite me to his home to watch football, he introduced me to his family, and soon after that we just started to hang out almost every weekend. He's like the brother I never had."

For Bryan Kamerman, who played at Fanshawe from 2006 to 2010 and then joined Johnston's coaching staff after graduating, Johnston helped make the change from player to coach seamless.

"(Johnston) helped my transition from being a player to coach in a number of ways," said Kamerman. "First, while I was playing, he trusted me to help teach rookies the plays and make sure that everything was being completed properly. That is part of the reason I wanted to get into coaching after I retired from the team. Also, (Johnston) made himself available to me to ask questions about why certain decisions were made during the course of a game or the season."

To understand how Johnston

was able to build a competitive environment, you have to understand Johnston the person and his own competitive nature.

"(Johnston's) teams certainly put Fanshawe on the map when they won back to back CCAA Championships in 1980 and 1981. But before the national championship years (Johnston) instilled a very high competitive level to all his teams," said Fanshawe Athletic Officer Ernie Durocher, who is the coordinator of Fanshawe's basketball program and was the team trainer during the team's championship years. Durocher has been working with the basketball team for 33 years.

"(Johnston) is a very competitive guy," continued Durocher. "He excelled at every sport he played. He ranked in the top five in badminton in Canada, he's a scratch golfer, he won an OCAA basketball Most Valuable Player award when he played for Fanshawe. He's passionate about being successful."

Lindsay experienced Johnston's competitive drive as a former basketball teammate at Fanshawe.

"What impressed me about (Johnston) when we played for Fanshawe in the '60s and early '70s was his competitiveness, his drive to win. He was our go-to guy," remembered Lindsay. "He could score 40 points on any given night. His shot was a lot like he lives life: a compact quick release with devastating accuracy. He was a top player in the college system."

That passion to succeed manifested itself in preparing his teams to succeed, not only on the court, but in life as well.

"I feel (Johnston's) impact on the basketball program at Fanshawe is one where a young man can come into his program and be placed in a situation where he will succeed on and off the basketball court," said Glasgow. "The program has been so successful because he runs a clean program his way, stresses academics, great leadership, has a consistent style of coaching, how he relates to his players, determination, integrity and support for his current and former players."

"(Johnston) is very demanding as a coach. He wants perfection and demands excellence, which is part of the reason why he is so successful as a coach," said Kamerman. "He's very intense, but as a player, that helped me get intense. For a player not used to that level, it can be very intimidating, but I personally really enjoyed it."

Johnston's heart always remained in the right place when it came to his players.

"(Johnston's) commitment to his players is a strength he has. He's sought after as a coach, and he is a reason why so many top players choose to come to Fanshawe," said Lindsay. "He consistently goes to bat for his players, he's focused on their academic success. He wants to give his players the best experience possible. He is always there for his athletes, whether they need academic or financial help, he is always advocating for them."

Despite the intensity and demands Johnston put on the players, there was always a purpose grounded in knowledge.

"(Johnston) is very organized when it came to practice," said Durocher. "He is a good teacher of



CREDIT: ANTHONY CHANG

After 35 years, Fanshawe College men's basketball Head Coach Glenn Johnston has decided it's time to leave the program. Here, Johnston coaches the team during a timeout in the 2010/11 season.

the game. He understands basketball well and was able to get his message across to the players when it came to the X's and O's of the game."

For Kamerman, Johnston's coaching experience shone through.

"(Johnston) has a tremendous knowledge of the game," said Kamerman. "It is always satisfying knowing that when you show up for your first practice, the coach is well established. He understands how plays are run and why they need to be that way."

"He makes the time to teach you the fundamentals of the game," added Glasgow. "He's never afraid to take risks."

For Johnston, watching the players listen, learn and flourish is a source of pride.

"When you're coaching, you're creating something," said Johnston. "You decide how they play. You get people to buy into what you're doing. It's a treat to watch your guys play and do well. That's a rush. It's also great watching guys improve from first to third year."

Johnston fondly remembered his two national championship teams as not only talented but deter-

mined.

"The national championships without a doubt are memorable to me," said Johnston. "The winning was nice and those teams were special. They weren't the most talented, but they were hardworking and it was a rush to watch them win."

Those national championship teams remain close to this day.

"That group has a team fishing trip every year," said Johnston. "After that long you get to know the guys and their families pretty well. I think it's a blessing to be able to coach young guys and follow their lives. You make a lot of friends."

In the mid 2000s Johnston got to experience a first, coaching a former player's son. Pat Sewell, son of Bill Sewell, a player from the national championship years, attended Fanshawe and helped lead Fanshawe to its last OCAA title, a run that was punctuated by a perfect OCAA season. Unfortunately, at the national championships Pat turned an ankle in the opening game and Fanshawe ended up losing in the bronze-medal game.

As Fanshawe prepares to turn the corner and replace Johnston, it won't be easy.

"It's going to be a very difficult

task. (Johnston) put a lot of time into the basketball season," said Durocher. "We will never replace (Johnston), but there are a lot of good coaches out there. The task will be finding a coach with similar qualities."

"(Johnston) has provided Fanshawe basketball with a stable foundation," said Kamerman. "It makes it very easy to build a basketball program when you have a coach that has been committed for so long. After 35 years of coaching, you experience almost any situation a game can present."

While replacing the coach will be a tough task, replacing the man may be far more difficult.

"(Johnston) is a great friend, generous, a good family man, fearless leader and never afraid to speak his mind," said Glasgow. "I'll always remember him making time for me whenever I had needed someone to talk to about basketball, school or life in general."

As for Johnston, he wouldn't change a thing.

"It's been fun. I certainly didn't do it for the money. You have to love it," stressed Johnston. "I have no regrets. I've enjoyed it."

Skyactiv technology makes Mazda CX-5 a fine handling machine



MOTORING
NAUMAN FAROOQ
naumanf1@yahoo.com

Mazda Raceway Laguna Seca is one of the oldest, most renowned and among the most dangerous racetracks on the planet, and this was the place where Mazda choose to launch their new crossover, the CX-5.

Now why would a car company launch a crossover vehicle at a racetrack, even if it is the title sponsor of the facility? Simple: it's because Mazda believes this new vehicle (which replaces the Tribute in their line-up) is one fine handling vehicle.

Mazda takes their "Zoom-Zoom" slogan very seriously and likes to add characteristics to each vehicle they produce in order to make them more fun to drive.

Many people would agree that the Mazda is more fun to drive than the cars it usually competes against, however their drawback has been fuel economy.

To address the fuel consumption issue, Mazda has spent a lot of time and money in recent years to develop a new range of engines, gearboxes and platforms. They're calling their new philosophy Skyactiv (there is no "e" at the end).

We first got a taste of this Skyactiv technology in the 2012 Mazda3 GS. While that vehicle got the new engine and gearbox, it was still based on an old platform, so

the full effect of the Skyactiv technology wasn't applied.

The CX-5 is the first Mazda to go on sale that has the full Skyactiv package, which begins with the new stiffer yet lighter platform. Mazda engineers worked hard to shave weight off while retaining its safety performance. The theory here is that a lighter car not only burns less fuel, it will also handle better. Does it work? Keep reading.

On the engine front, you get the same 2.0-litre, four-cylinder engine you'll find under the hood of that Mazda3 GS I spoke about earlier, but now, thanks to its ingenious four-into-two-into-one exhaust system (a system too big to put into the old Mazda3 platform), it produces a little bit more power. Peak power output is 155 hp and 150 lb/ft of torque.

That power can be fed to just the front wheels or to all four wheels in the optional all-wheel drive package (worth an extra \$2,000). You also get to pick from either the six-speed manual gearbox or the six-speed automatic with sport shift (\$1,200 extra).

Having driven both the front-wheel drive version and the all-wheel drive version, with both the manual and automatic gearbox, I'd suggest that the all-wheel drive with the automatic gearbox is worth the extra money. Why? Because while the manual is a decent gearbox, the automatic is just much better suited to this vehicle. As for the argument of front-wheel drive vs. all-wheel drive, what I can tell you is that when the vehicle is put into an obstacle

avoidance test, the all-wheel drive vehicle is much better at sorting itself out.

However, for most people, the cheaper front-wheel drive version will make more sense to buy. Plus, this new platform is very capable and the vehicle feels very much like a car to drive, not some small truck. Its handling is truly spectacular – no wonder we did most of the testing on a racetrack.

My only quibble with the handling has to do with the steering feel. Like many modern cars, Mazda has fitted the CX-5 with an electronic power-steering system. Mazda says this system is not only lighter than a conventional hydraulic-based system, they can also better program the response from the steering. In reality, for the average person it might not make much difference, but for enthusiasts, the new system lacks feedback. However, the now deceased Mazda RX-8 also had electric power steering, and that had plenty of feel, so more feel can be programmed if the engineers deem it necessary.

Since I'm quibbling, I would also like to point out that the engine does not feel very willing. It might have 155 hp, but in reality it feels like a lot less. The problem is a lack of grunt in the low-end of the rev range, and that makes the vehicle feel slow. Passing someone on a two-way road requires some planning and perfect execution, because this is no road rocket.

What it is, however, is quite a nice place to be in. All the controls seem to be well laid out and the fit and finish looks very good. The



CREDIT: NEWFUTURECARS.COM

The Mazda CX-5 handles like a dream.

seats are nice and comfortable also, although you do need to spend some time finding the right driving position. Depending on your budget, you can have a very basic CX-5 or a fully loaded model with a Bose sound system and a TomTom-developed satellite navigation system. If you like your gadgets, you won't complain much with the CX-5.

You also are not likely to complain much about the looks, either. It is an attractive vehicle from all angles. Sure, it might not be a breakthrough design, but it's not offensive, either. If you pay attention, you will find that it has a few clever design touches to liven it up. Has it worked? You be the judge.

If you like what you're seeing and reading, then you can go to your Mazda dealer now and pick one up for yourself. The starting price for the GX model with front-wheel drive and the manual gearbox is just \$22,995. The fully loaded GT model with all-wheel drive, automatic and all the gizmos

is yours from \$33,890. That really is a lot of money for something with just 155 hp, but if speed is not your thing, it might be alright for you. I just hope Mazda's enthusiastic engineers are working on a Mazdaspeed version to keep drivers like me content.

Ball Hockey Standings

Group One				
Team	W	L	T	Pts
A-Style	4	0	0	8
CMY	4	1	0	8
Brazzars	3	0	0	6
BSTL	3	1	0	6
Abousment Park	2	2	0	4
Masters with Sticks	2	2	0	4
Dirty Mike & Boys	2	3	0	4
Individuals	1	3	0	2
Group Two				
Team	W	L	T	Pts
Hat Trick Slayers	4	1	1	9
Team Barsouth	4	1	0	8
Happy Gilmour	4	2	0	8
Bardown	4	2	0	8
Fan. Maple Queefs	3	2	0	6
Beer For Cheer	2	3	1	5
Clam Divers	2	1	0	4
Loan Sharks	2	3	0	4
Steve	0	5	0	0
Muffin Stuffers	0	5	0	0
Group Three				
Team	W	L	T	Pts
Bangers	6	0	0	12
Multiple Scoregas..	4	1	1	9
Creamery Kings	4	2	0	8
Al Bundy Runners	3	3	0	6
Hand Nail ...	2	2	0	4
FHP	2	2	0	4
Zambonnors	2	2	0	4
Rec N Check	1	4	0	2
Down To Puck	1	5	0	2
Mic Sock	0	3	1	2
Group Four				
Team	W	L	T	Pts
Baby Shakers	5	1	0	10
Greasy Burgs	4	0	0	8
Closet Monster	4	2	0	8
Irrelevant Leafs	3	2	0	6
Shooting Blanks	3	2	0	6
FXC	3	3	0	6
J-Row The Boys	2	3	0	4
African National...	1	4	0	2
MIA Clippers	1	5	0	2
Sons of Sandor	1	5	0	2
Group Five				
Team	W	L	T	Pts
Burt Nichols	5	0	0	10
Fan Moose Knuck..	4	1	0	8
Sick Toe Drag	3	0	0	6
Goodfellas	3	1	0	6
Hot Fuzz	2	1	0	4
MOJO	2	3	0	4
The Bob Ross Exp.	1	3	0	2
HAF	0	5	0	0
Group Six				
Team	W	L	T	Pts
Cole World	5	1	0	10
TBA	4	2	0	8
The Grongers	3	2	0	6
Masterfaders	3	2	0	6
Easton Infection	2	3	0	4
Fanshawe Flyers	2	3	0	4
Balls So Hard	2	3	0	4
Toe Draggers	2	4	0	4
The Blazers	1	4	0	2

Surgery recovery doesn't have to suck



FUN AND FITNESS
RICK MELO
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Many of us have experienced some form of surgery at one point in our lives. Some of us have had reconstructive surgery, replacement surgery and some have even undergone cosmetic surgery. When it comes to athletes in particular, their risk of suffering from injuries are much higher than the general public for obvious reasons. But nothing takes the wind out of an athlete's sails more than a severe injury that requires surgery.

Several years ago I was diagnosed with distal clavicle osteolysis as a result of repetitive weight training. Basically the ends of my clavicles were too long at each shoulder, which crowded my acromioclavicular joints. You could imagine the grinding and breakdown of the boney structures that ensued. Then the doctor told me those crushing words that I'll never forget: "Maybe you should find a new hobby." I wanted to slap the hell out of her for suggesting I give up my passion for resistance training.

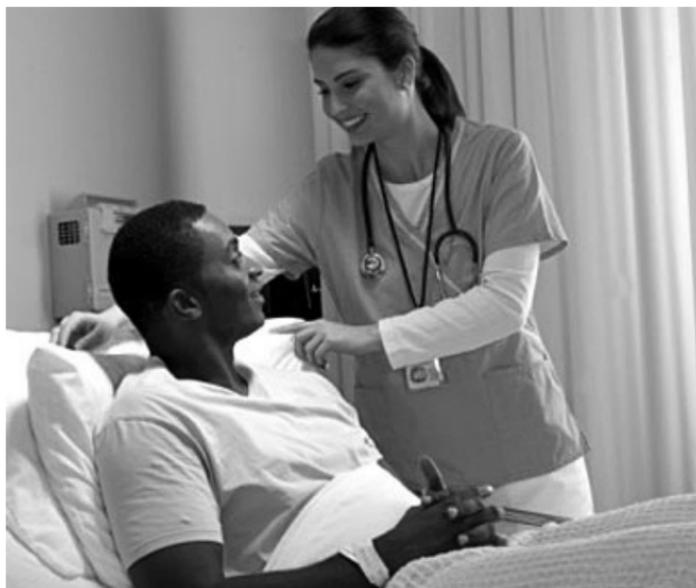
Being the young immature chap that I was, I continued training through the pain. It eventually came to the point where my body said "no more!" and I woke up every morning with stiffness and pain. As much as I hated the idea, I completely stopped weight training and got back into sports as an alterna-

tive. I was enjoying myself and found that my shoulder injuries were far more tolerable although they were still nagging me.

Doctors offered me cortisone shots, but as many of you may know, they only offer temporary relief that doesn't help the long-term situation of a chronic injury. I declined the injections and made many visits to Fanshawe's Fowler Kennedy Sports Medicine Clinic. After completing vigorous rehab exercises for several months and avoiding weight training for a few more years, I realized I wasn't going to beat this injury as it was clearly permanent bone degradation. So I went back to my original doctor and said, "Sign me up for surgery, I've exhausted all other options."

I chose to have the surgery scheduled for November since that typically starts the winter weather and I'm too busy with Fanshawe-related work to consistently exercise that time of year anyhow. The surgeon performed shoulder arthroscopy to shave down my clavicles in order to create the space I needed at my AC joints. Yes, I am crazy and insisted to do both shoulders at the same time – I refused to do twice the recovery for separate surgical occasions. I'm glad I did because I recovered in time for summer sports and I also learned how to drive with my knees!

The point of this whole story was not so I could write about myself, but rather to educate you on some important things to think about if you're considering or needing sur-



CREDIT: HEALTH.COM

Find alternative ways to stay fit, active and entertained after surgery.

gery. Being in a hospital bed awaiting your surgery is a very humbling experience. You realize you're not invincible and that you're not always in total control; however, there are many things you can control, as I described with my own ordeal.

Make sure to exhaust all options before you elect to take on surgery. You may find that with the proper rehab and a specifically tailored sports program, you may heal up by sheer consistency and patience. Try to schedule your surgery appointment at a "downtime" that you are anticipating – this may be off-season, winter time or another time of the year that you'll be able to take a

break. Most importantly, you need to mentally prepare yourself for surgery. A lot of weight trainers who suffered from the same injury as I did became extremely depressed because it takes a long time before you can get back into the weight room. I developed other passions as alternatives well before surgery, making it much easier for me during this whole recovery process. Just remember to think long term and to not push yourself too hard during recovery we us athletes often do. In the meantime, read a book, learn to play chess and exercise within your doctor's recommended limitations; you'll be back before you know it.



CREDIT: WRESTLINGVALLEY.ORG

Is Joseph Parks really just Abyss cleaned up and minus the mask?

Abyss' disguise fools everybody but the viewers



THE HEEL TURN
SCOTT STRINGLE
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TNA recently began a storyline that involves Abyss being missing since his brutal Monster's Ball match against Bully Ray a number of weeks ago. Nobody knows where the monster is, but a man calling himself Joseph Parks and claiming to be Abyss's brother showed up at the Impact Zone to investigate. He questioned several wrestlers, including tag team partners Matt Morgan and Crimson. Not one of them could tell that this "Joseph Parks" was merely Abyss himself dressed in a suit, minus the mask and sporting a clean-cut look.

It should be interesting to see where they take this storyline, but I think Abyss would have been better used in the match involving Gunner and Kurt Angle vs. Garrett Bischoff and a partner of his choosing. The Immortal heels were so convinced that Garrett would never be able to find a tag partner; just imagine the shock on their faces if Abyss had suddenly resurfaced to assist Garrett in his fight against Immortal.

Instead they had Jeff Hardy teaming up with Garrett, a continued push that Hardy does not currently deserve. This is leading up to Hardy's match against Angle at the upcoming Victory Road pay-per-view, and hopefully the Charismatic Enigma shows up in

better condition than he was last year.

Eric Bischoff is getting some heat for allegedly making some uncalled-for remarks about Jeremy Borash. It's unclear yet whether this is just some Twitter angle, but some TNA wrestlers such as Brutus Magnus did not hesitate to defend J.B. and his value to TNA. If this is Bischoff's real opinion, he might want to watch his mouth, as many fans feel that TNA would be so much better without his presence poisoning the company, as it did to WCW.

There has been another controversy involving Hulk Hogan. This time it seems that there is a leaked sex tape featuring him with an unknown woman that he can't quite remember. According to the Hulkster, this video was shot a few years back during a time that his marriage had fallen apart and he was lost in a cycle of partying and strange women. Hogan's ex-wife Linda is apparently interested in seeing the tape, with the intention of trying to prove her allegations that Hogan cheated on her. It sounds more like she is just trying to drain more money out of Hogan. I'm not one of the Hulkster's biggest fans, but even I feel for the guy and how he's spent his whole life in the wrestling business only to see his wife take most of his assets. Considering that Linda Hogan ended up shacking up with a 19-year-old guy who was friends with their kids Nick and Brooke, it should seem obvious who the guilty party was in the cheating department.

The Ricky Rubio effect



NBA WATCH
VICTOR KAISAR
twitter: @supermario_47

Every great person, in any field of life, almost always had someone who assisted him, without receiving much fanfare or recognition. The case of the Minnesota Timberwolves is something similar. Remember, this was a team that lost their franchise player Kevin Garnett in 2007, and have been struggling ever since. For those of you who don't recall this trade, on July 31, 2007, the Timberwolves traded all-star Garnett to the Boston Celtics for Al Jefferson, Theo Ratliff, Gerald Green, Sebastian Telfair, Ryan Gomes, two first-round draft picks and cash considerations, the largest combination of players and picks ever traded for a single player in NBA history. Such was the situation of the team that they had to trade Garnett and hope to rebuild from there on.

Ricky Rubio is not an ordinary kid. He was highly rated ever since he made himself known to the basketball world. Rubio has been rated by basketball scouts as possibly the best-ever European prospect. At the age of 14, Rubio played in Spain's ACB, one of Europe's top pro leagues, for DKV Joventut Badalona near his Catalan hometown of El Masnou. A year later, he led Spain to FIBA's Under 16 European title, picking up a quadruple-double on the way. A stat that is even more impressive from that tournament came in the final where Spain beat Russia in double-overtime. Rubio picked up 51 points, 24 rebounds, 12 assists, seven steals and one half-court buzzer-beater to force the first OT. At the age of 16, he led the Euroleague in steals.

So what made Rubio such a coveted prospect in the basketball world? Well, for starters, the accolades that he received before he was NBA draft eligible. This brings me to the 2009 NBA draft:

Minnesota had four first-round draft picks and picked Rubio fifth overall in the hopes of pairing him with Kevin Love. It wasn't smooth sailing as the T-Wolves had to negotiate a buyout with his parent team, DKV Joventut Badalona. In an ESPN article dated September 1, 2009, Rubio, despite stating his desire to play in the NBA, was not ready to move at the age of 18. Timberwolves President David Kahn was both disappointed and optimistic. "Of course there's disappointment, but I don't think that disappointment should overshadow the big picture, which is, he's still so young. It appears now we will have a two-year wait. But if you frame it as he'll be 20 years old and he'll have two more years to develop, I can think of a lot worse things to happen to us as a franchise," said Kahn. And so it was. Rubio signed a deal with FC Barcelona Bàsquet and was to remain in Spain for at least two years before a potential move to Minnesota to line up alongside Love, who in the meantime set the record for the longest double-double streak since the ABA/NBA merger in 1976. Love's streak ended at 53 and for a team struggling throughout the season, it was a streak well received by coaches, fans and players around the league.

The year 2011 saw Rubio finally don an NBA jersey as he began his career in the U.S. He made his debut on December 26, 2011 in front of a sell-out crowd, which coincidentally was Minnesota's first sell out crowd since the 2007/08 season. One could already see the fans' belief in their team go up. It's interesting to note how a 21-year-old Spaniard can do so much to lift the morale of an ailing franchise. Rubio was selected to participate in the 2012 Rising Stars Challenge as a member of Team Shaq and contributed 10 points and seven assists (most of them outrageous plays, adding to his already growing repertoire). The T-Wolves, meanwhile, are looking to make the playoffs for the first time since 2004.

It is always sad when players get



CREDIT: ONGO.COM

One for the future: Ricky Rubio of the Minnesota Timberwolves.

injured, and Rubio was unfortunate to suffer a torn ACL in his left knee as he collided with Kobe Bryant. The injury has robbed the T-Wolves of their rookie point guard, who has helped turn the franchise into one of the most exciting in the NBA this year and has left Spain with a big hole in their backcourt as they look ahead to the London Games. Rubio will miss the rest of the NBA season, and it is an injury that stings both the team and the fans. The rookie, who's become the symbol of his team's resurgence falling helplessly on the court and waving for help, is not something anyone wanted to see right now, but as Love put it, "We cannot feel sorry for ourselves. We have to accept and move on." The T-Wolves must put Rubio's injury behind them as soon as possible if they are to focus on securing a playoff spot for themselves.

Whatever the outcome of this season for the Timberwolves, it will always go down as one where the team believed. Love and Rubio especially helped transform this struggling franchise's fortunes into potential playoff contenders. I can't wait for the next season already, for if this season is anything to go by, then the next one could only get better. And for Rubio, there's a long road ahead, but one which should bring him numerous accolades.

Manning watch continues



NFL CZAR
JUSTIN VANDERZWAN

In the never-ending fun of the NFL offseason, some stories get more coverage than others. Pretty much every year since 2000, we have had to endure (or enjoy) the constant speculation and indecisiveness of one Brett Favre. However, this time he actually stayed retired, and now the focus is moved to another future Hall of Famer, Peyton Manning.

Of course, if you have been following my articles all year, you will know that I was never a fan of the Indianapolis Colts getting rid of Manning, but the deed is done, and now the question is: where does he go?

I am going to take a look at the top possibilities for Manning and pick a likely winner in the sweepstakes. (NOTE: By the time this is

printed, he may have picked a new team, so bear with me... I hope I am correct.)

Denver Broncos: Apparently John Elway isn't as into Tebowmania as we all thought. The Broncos were the first team to invite Manning to town, and they likely made a contract offer. In all likelihood, this won't be where Manning ends up, because any struggles will lead to Tebow's return.

Arizona Cardinals: Visit number two for Manning will have Cardinals fans thinking about the time they signed washed-up old Kurt Warner, who ended up taking them to the Super Bowl. The Cards certainly would succeed with Manning, as they have established running back (Beanie Wells) and a stud wide receiver (Larry Fitzgerald) for Manning to hook up with.

Baltimore Ravens: Let's get this straight right away: this is the least likely of the bunch. They have a starting QB firmly

entrenched (Joe Flacco), but Manning would be a huge upgrade. With guys like Ray Lewis getting towards the end of his illustrious career, he would surely love another Super Bowl title. Flacco can't get them there, Manning can.

Miami Dolphins: This looks like the hands-down favourite to get him. The Fins have the advantage in the fact that Manning actually lives near Miami in the offseason, and this would keep him in a warmer climate for at least eight games a year. They have a solid defence, good running backs and solid wide receivers.

Keep in mind that whichever team ends up with Manning will likely also get former Colts wide receiver Reggie Wayne. It would just make sense, wouldn't it?

For next week, I will bring part one of my 2012 NFL Mock draft. The first two picks are pretty much locked in, but after that, it's a crapshoot.

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

P	R	I	D	E	N	O	P	A	L	M	A	T	
S	O	L	O	S	E	P	O	D	E	A	M	Y	
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M	A	O	V	A	T	I	C	S	T	A	C	K	
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E	B	B	W	A	T	E	R	E	D	D	O	W	N
R	O	E	A	R	I	E	S	E	E	R	I	E	
M	E	R	G	E	E	S	E	E	D	I	T	S	



CREDIT: CHL.CA

Plymouth Whalers are on the hunt for the OHL's Hamilton Spectator Trophy.

Who will be number one?



AROUND THE OHL
RYAN SPRINGETT
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twitter: @Ryan_Springett

The Hamilton Spectator Trophy is awarded to the regular season champions – the team with the best overall record. I have narrowed it down to these top four candidates:

- London Knights (47-17-0-1)
- Plymouth Whalers (46-17-2-1)
- Niagara IceDogs (44-18-0-3)
- Ottawa 67's (39-18-5-3)

I want to say London will win the OHL's Hamilton Spectator Trophy, but I'm not 100 per cent sold yet on whether or not they have enough gas in the tank. London does want it, but something is not clicking on the ice. I believe that it is London's secondary scoring; they are not showing up for the big games. As of March 13, London's last 10 games they have gone 5-5 – not good enough, especially when you look at who is right behind them, tied in points (95) but with one more game played: the Plymouth Whalers.

On a nine-game winning streak in their last 10 games, Plymouth is hot right now and it's at the right time as well, going into playoffs, with two games left against tough teams: Sault Ste. Marie and Sarnia. Can they keep pushing forward and post 99 points on the year? It's possible – Sarnia lost Nail Yakupov to injury, but Sault Ste. Marie is on the outside looking in when it comes to playoffs and this is a must-win game for the

Greyhounds.

The Ottawa 67's are out of the race as far as I'm concerned. With three games left – two against top-three teams in the Eastern Conference – they won't be able to post enough points to even be considered OHL's best team. I will give them an honourable mention, though, and I expect Ottawa to make some noise in the playoffs as the number-two seed.

Finally, we are left with the Niagara IceDogs. These guys have depth in their line-up and they are going to be my top pick for the playoffs. When it comes to whether or not they win OHL's Hamilton Spectator Trophy, they are out. They ran out of time this year, but as far as I'm concerned, they will be the last team standing at the end of playoffs. These guys are just so strong overall, especially their scoring and their defence. The Niagara IceDogs are my pick for the OHL Championship but not the OHL's Hamilton Spectator Trophy.

My top three:

1. London Knights
2. Plymouth Whalers
3. Niagara IceDogs

London will just need to win two games to clinch the top team in the Western Conference and the OHL's Hamilton Spectator Trophy, and they have three games left before playoffs. It's in their hands, which is the reason why I picked them as number one, only because Plymouth ran out of time. With a 5-5 record in their last 10, it will be interesting to see if they can turn it around but I think they will. Playoffs? That's a different story.

MLS season is underway



FANSHAWE FC
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The domestic season opened this passed week in dramatic fashion: all three Canadian top-level clubs were in action, including the most-watched MLS game in Canadian history and the most-attended match ever in Canada featuring an MLS team.

The Montreal Impact opened their inaugural campaign against the Vancouver Whitecaps. All indications show that the Impact will need some help if they are going to amount to anything this season. They drafted well out of the expansion draft considering Donovan Ricketts is one of the best MLS goalkeepers, and he will be tested often this season. Their defence was poor, while central players like Hassoun Camara and Sanna Nyassi ended up all over the place, trying to shore up other people's errors. Vancouver was fantastic, albeit against a poor side. They play a 4-2-3-1 and it works well. Sébastien Le Toux tracked laterally and brought players to him, giving loads of space for their explosive offense, including Eric Hassli up top and Camilo Sanvezzo on the side. I was hesitant when I could tell that they were not using Hassli's size as a target, but it only took four minutes into the game before Le Toux and Hassli linked up. Vancouver has repaired their problems at the front and also at the back. Y.P. Lee was fantastic, saving a ball off the line and bringing the ball forward.



CREDIT: MARTY THOMPSON

All three Canadian MLS clubs started their campaigns this week, including Toronto FC against the L.A. Galaxy in a jam-packed Rogers Centre.

Overall, the 2-0 win showed that Vancouver will probably have the skill to challenge for the playoffs, while Montreal is still very much an expansion side.

Toronto FC started their season in the quarterfinal of the North American Champions League against the L.A. Galaxy. They also started their season in an unfamiliar, but not unfriendly, building in the Rogers Centre. TFC fans filled the dome, with over 47,000 people in attendance. I was lucky enough to be one of those people, and the atmosphere was indescribable. Being a fan and being a part of the spectacle felt incredible; I could only imagine how the players must have felt. Many of those players saw their first start for TFC in that game. Reggie Lambe found the field after a substitution for Joao Plata. The mood was uneasy as he

failed to impress in his first match. It looked poor by comparison, yes, but Lambe seemed very bland. Luis Silva, however, was fantastic in the centre of midfield in his first match. Other 'veterans' (in TFC's definition of the word) of the squad like Torsten Frings proved awesome. Frings played at centre back the entire game, but pushed up to provide good distribution, only to return back. It seems like no one got by him, only the other defenders like Ty Harden. In the second half, Richard Eckersley was pushing into a winger position, and failed at playing on the half of the pitch. The 2-2 draw was not what TFC wanted, but they will have to perform in L.A. this week.

With three teams in the league, this domestic season will be better than ever.

GET IN THE GAME



VOLLEYBALL

The OCAA Volleyball All-Star Game is coming up on Saturday, March 17 at Fleming College in Peterborough. Representing Fanshawe will be Matt Stewart, Sam Youlton, Kaitlyn Kelly, and Stephanie Bignell.

CURLING

The Men's and Women's Curling Teams are headed to the CCAA National Championships on March 21-24, 2012. At the OCAA Championships, the Men's team took home the Silver Medal and the Women's team took home the Bronze Medal. Both teams look to push for Gold at the CCAA Championships. Good Luck Falcons!

INDOOR SOCCER

The Women's Indoor Soccer team headed to the OCAA Provincial Championships on Wednesday March 21-23. The Women placed 1st in the regional tournament shutting out the competition with scores of 4-0, 4-0, 1-0 and 5-0. Good luck at the Provincial Championships.

ICE HOCKEY

The Men's Extramural Hockey Team is headed to the OCCCR Championships at Durham College in Oshawa on March 22-23. The team is currently ranked 8th in Ontario.

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WEDNESDAY MARCH 21ST

\$3.50 STUDENTS | \$5 GUESTS AT RAINBOW CINEMAS (IN CITI PLAZA)
TICKETS AND INFORMATION AVAILABLE AT THE BIZ BOOTH



8 GAMESROOM (SUB)
FROM 5:00 PM TO 7:00 PM
OVER \$50 IN PRIZES!

POOL

TOURNAMENT
MONDAY, MARCH 26

ONLY \$2 TO ENTER
IN ADVANCE AT THE BIZ BOOTH



free

COMEDY

NIGHT

wednesday, March 21

Featuring: John Hastings
with special guest **Cedric Newman**

19+
(all ages with FANSHAWE ID)

9:30PM (9PM DOORS)
OBS, NO COVER

YUK YUK ON TOUR
STAND-UP COMEDY

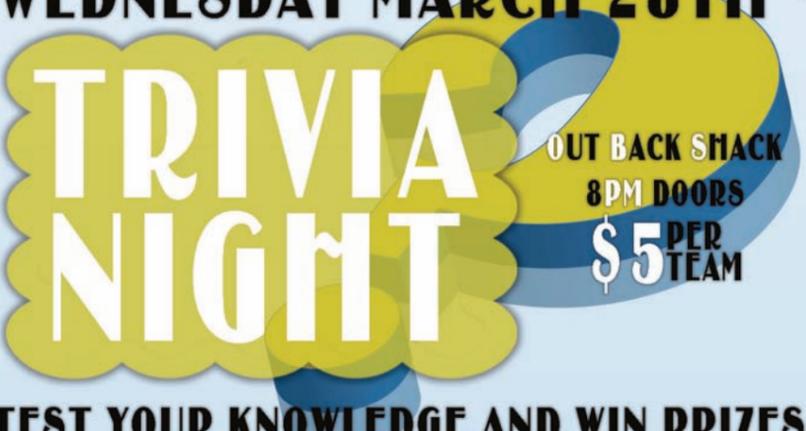


WEDNESDAY MARCH 28TH

TRIVIA NIGHT

OUT BACK SHACK
8PM DOORS
\$5 PER TEAM

TEST YOUR KNOWLEDGE AND WIN PRIZES!



new MUSIC NIGHT

SHANE PHILIP

LIVE @ OBS

FRI MARCH 23
9:30PM DOORS | NO COVER

