

...|INTERROBANG•
Fanshawe's Student Voice

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Volume 43 Issue No. 26 March 21, 2011 www.fsu.ca/interrobang/



Question of the Week

If your life was a TV show, what would the theme song be?



Danielle Walker
"Probably It's a Great Day to Be Alive by

Travis Tritt, because life is good!"



Allaura Trainor
"Right now, What The Hell by Avril Lavigne. It's just how I feel lately."



Jay La Rochelle
"I'd go with the old Hockey Night in

Canada theme. I love watching hockey, I love the beat and I love the Canadian pride that goes along with it."



Nicole Wise
"All About You by Classified, 'cause it's all about me!"



Sarthak Sharma
"2012 by Jay Sean, because life is so unpredictable - anything can happen at any moment. We need to live life in the present."



Genevieve Fisher takes the stage in The Out Back Shack on March 15 during a release party for her new CD, *Without Borders*.

10 Things I Know About You...

Brooks waiting on 2012?

Andrew Brooks is a first-year general Arts and sciences student. He said, "I'm loud, lots of fun and a big music enthusiast. I get very bored very easily, but I'm amused by simple things. I'm a cat person, and I freaking love bacon."

1. Why are you here?
On Earth? To bring on the good times.

2. What was your life-changing moment?

In grade 7 I slipped in front of a school bus. It didn't see me, but my friend Ryan jumped out in

front and stopped it. I would have been run over that day if he weren't there.

3. What music are you currently listening to?

The new The Strokes album.

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

"Try the churros," and I'm serious - they were freaking amazing.

5. Who is your role model?

My role model is Julian Casablancas. Just gotta party and have a good time.

6. Where in the world have you traveled?

Only England and the U.S.



Andrew Brooks likes to bring on the good times.

CREDIT: SUBMITTED

election results March events

monday MAR 21

STAND Fanshawe

Benefit Concert - OBS - 9pm

FSU Rib Fest

Forwell Hall - 11am - 1pm

tuesday MAR 22

Nooner - Forwell Hall

Live Music



FREE Coffee House
Oasis - 8pm

wednesday MAR 23

SEXtoy Bingo

OBS - 9pm

Poker Night

Forwell - 6:30pm



First Run Film

Rainbow Cinemas

\$3.50 students

\$5.00 guests

Limitless

thursday MAR 24

Nooner - Forwell Hall
Live Music



Overwerk'd Pub
OBS - 9:30pm

friday MAR 25

New Music Night
The Decade of Sleep
OBS - 9:30pm

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The results are in: FSU's got a brand new council

ERIKA FAUST
INTERROBANG

After months of preparation, weeks of campaigning and one very nerve-wracking Thursday, the 2011/2012 student council was announced.

Forwell Hall was packed with eager students and nominees on Thursday, March 17, all cheering as each name was called. By the end of the announcements, our 2011/2012 student council stood on stage, beaming proudly and looking forward to the year ahead.

Veronica Barahona faced the student body for the first time as the president-elect.

"No words can explain how I'm feeling," she said breathlessly. "I'm really excited and really, really, really happy. This has been a lot of work with a lot of people, and I would not have been able to do any of it without them. I just want to thank every single person that has helped me through this. The amount of support that I've gotten this entire campaign is unbelievable. That warms my heart more than anything in the world."

Barahona said she has big plans for her time as prez. "The Sharing Shop is my biggest thing," she said, adding that she wants the student union to take ownership of the service. "This is something that students don't know is available to them. It's so amazing, so why isn't it being run by the student association? We're students serving students. That's something I'm going to be actively working on."

Her goals for 2011/2012 include improving relations with the University of Western Ontario, making Fanshawe students' wants and needs known to the city of London and getting stu-

dents more aware of the issues concerning them in provincial and federal elections, including transfer credits and quality education. "We want to put that in student terms – not politician talk."

She said she will also work hard to get new students active in the Fanshawe campus culture by continuing President Joe Scalia's weekly video blog, taking part in orientation week and making her presence known on campus to "get students involved from the beginning."

"I want to just create a culture," she said. "I'm so passionate about Fanshawe. I want people to feel the same way I do about it."

Barahona already has two years of experience on student council under her belt – she was the VP External for 2009/2010 and the VP Internal for 2010/2011 – and feels her experience will help her transition into her new position as president. She said she is also pleased to be working with returning council members VP External Andrew Payne (the 2010/2011 VP Finance) and VP of Finance Kendra Sauder (the 2010/2011 VP External).

"I think the team is amazing. I think that every single person brings something great to the table," said Barahona. "Half the board is back ... it's not going to be a complete transition period."

The student council will also include some new faces: Samantha Slade as VP Internal, Emma Newman as VP Entertainment and Adam Gourlay as VP Athletics.

With the council set in place and all members thinking up big plans for the year ahead, the 2011/2012 year is looking promising.



CREDIT: FANSHAWEC.CA

The new residences, called Kestrel Court, have space for 400 residents. Dr. Howard Rundle, president of Fanshawe College, said he hopes it will open in September 2011 as a Fanshawe student-only residence.

Off-campus residence extends Fanshawe's campus

ERIKA FAUST
INTERROBANG

Look out, London – Fanshawe's expanding its territory.

With the purchase of the Gate Walk townhouses at 900 Fanshawe College Blvd., just across the street from the college, Fanshawe's campus just got a little bigger.

"The location is perfect," said Dr. Howard Rundle, president of the college. "In some ways, it's as good as being right on our campus. The way I describe it is, 'We've just extended our campus that little bit across the street.'"

The mid-February purchase of the property, renamed Kestrel Court by the college, was "opportunistic," according to Rundle. Originally, the company that owned the property, College Gate Walk Housing Inc., wanted to sell a block of four properties, two located in London and two outside of the city. The college was not interested in that deal. When the block of properties did not sell for over a year, representatives from the college approached the property owners to ask if they would be interested in selling the townhouses on Fanshawe College Boulevard. After much discussion and due diligence, the college purchased the townhouses for \$10,900,000 on February 15.

The townhouses have space for 400 people, and each unit can house up to six people.

Currently, there are 50 residents living in Kestrel Court who are not Fanshawe students. According to Rundle, the hope is to have the entire property populated only by Fanshawe students by September.

"We did say that anybody who has a lease who would like to terminate that lease – stop paying rent and leave – we'll let them," said

Rundle. "Then we could start working on those rooms right away. It's not like a residence in that everybody has to be out before you can do something – because they're all townhouses, if one of them emptied, we could be working on that before the summertime."

According to Harry Bakker, the director of facilities management for the college, the units were in reasonably good condition. "For the most part, the majority of repairs needed are cosmetic in nature, including wall repairs to fix blemishes from previous tenant damage and repair attempts, painting and flooring replacement as required."

"The college will be performing major preventive maintenance service on each unit's heating system," added M. Shawn Harrington, manager of facilities planning and development for Fanshawe. "At the same time, each unit's ventilation ductwork will be cleaned. Currently, we have underway the replacement of existing single smoke detectors with three smoke and carbon monoxide detectors in each unit."

Harrington said the college will invest nearly \$500,000 into repairing the units, averaging \$7,300 per unit, to make the necessary improvements.

In addition to making repairs and improvements, each unit will be outfitted with furniture and appliances, in a manner similar to residences on-campus. "Each will be outfitted with a refrigerator, stove, microwave, dishwasher, washer and dryer," explained Bakker. "Each unit will also be outfitted with common area furniture, including dining table and chairs, living room tables, couches,

chairs and a television. Each bedroom suite will be outfitted with a captain's bed (drawers under the bed), a desk and chair."

Because the units are outfitted with kitchen appliances, purchasing a meal plan will not be mandatory for Kestrel Court residents. Rundle posited that this could be a draw for international students who want to cook meals from home, as well as students looking to save money by not having to purchase furniture and a meal plan.

According to Cal Littlejohn, general manager of Fanshawe's residences, Kestrel Court will be operated the same way the three on-campus residences are currently.

"There will be residence advisors throughout the complex," he said. "We'll use the same ratio: one R.A. for every 40 students."

According to Harrington, Fanshawe will upgrade the site's security surveillance system as an additional safety measure for residents.

Historically, these townhouses have had a bad reputation for rowdy parties. Since College Gate Walk Housing Inc. purchased the property in 2006, some measures have been taken to mitigate these problems. "They did care about the problems in the area, more so than the previous owners," said Rundle.

"I'm quite excited about it," he continued. "We would like everybody living in that area living in residences, and now 400 of them will be. If we can expand that in the future, we're interested."

Registration is currently open for September 2011 for all of Fanshawe's residences. For more information about Kestrel Court, or to apply for residence, visit www.fanshawec.ca/residence.

The votes are in . . .



Total ballots:	1604
President BARAHONA, Veronica	855
KAMPS, Alex	618
VP External PAYNE, Andrew YES	1242
NO	168
VP Finance SAUDER, Kendra YES	1237
NO	168
VP Internal FERNANDES, Nancy	468
SLADE, Samantha	979
VP Entertainment FOLEY, Bobby	457
IANNITELLI, Peter	109
KLAVER, Jeremy	350
NEWMAN, Emma	496
VP Athletics GOURLAY, Adam	749
KALIUGAUARATHAN, Rajkumar	674
Board of Governors ENGEL, Zachery	400
GRACILE, Paola	361
SCRIVER, Vaughan	628

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Northern Ontario colleges face cuts

As post-secondary needs in Ontario change, colleges in smaller economies are struggling to adapt

ALANNA WALLACE
CUP ONTARIO BUREAU CHIEF

WATERLOO, Ont. (CUP) — As the market in Ontario changes, so must the colleges that educate the growing workforce. For institutions in the northern parts of the province, this means cutting programs and changing direction.

"Program renewal or changing a program mix in response to market is a natural occurrence in the college system," explained George Burton, president of Canadore College, which has announced the suspension of 12 of its programs this fall.

It's a move that Burton said has "come as a bit of a shock to the college."

New student intakes will occur for programs including law clerk, crime scene investigation and dental assisting. Students currently enrolled will complete their degrees at Canadore.

At the same time, another announcement was made citing the approval of five new programs beginning in fall 2011, including civil engineering technician, diabetes education and mobile application developer.

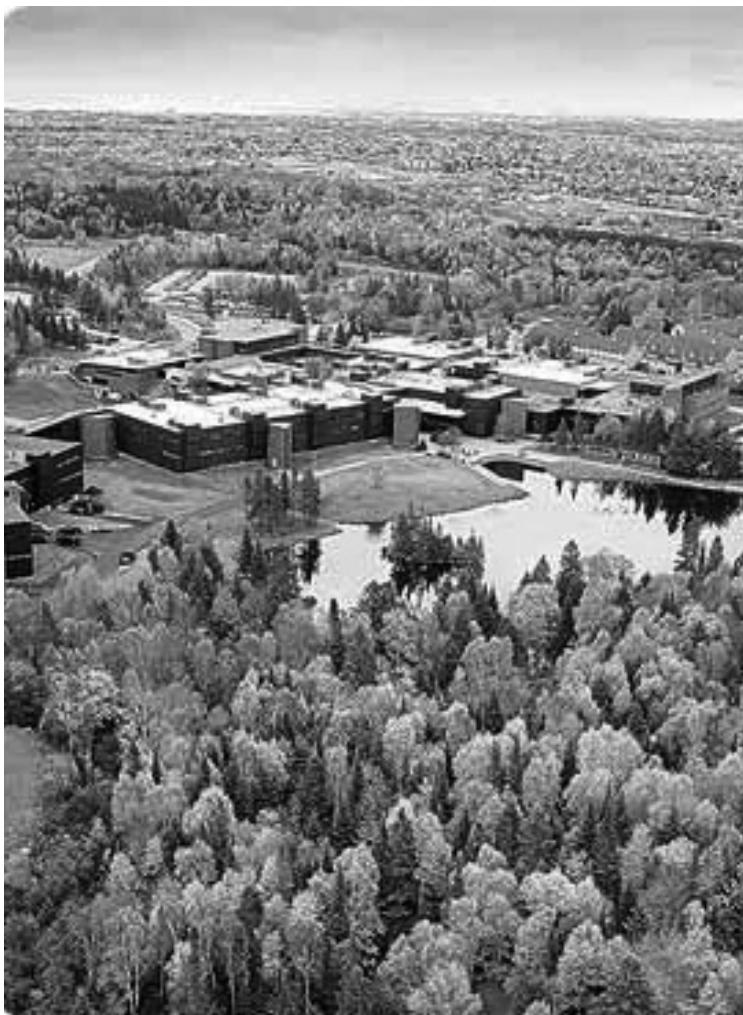
"Making those suspension decisions was not easy," said Burton, who explained that several factors were taken into account during the suspension process including "market demand for graduates, enrolment trends, the strategic direction of the college, student needs, graduate employment," as well as sector growth and decline.

The cuts at Canadore, located in North Bay, Ont., are indicative of the changes that often plague northern colleges earlier and harder than those in the greater Toronto area.

"They're blessed by being in larger markets," said Burton of Toronto area colleges. "We do not have the advantage of economies of scale in the outlying areas in northern Ontario or eastern Ontario and so we have to be perhaps a little more focused in meeting our community needs."

Burton explained that the focus northern colleges must take does not necessarily mean more difficult decisions, but ones made within a shorter timeframe.

Don Lovisa, president of Durham College, located in Oshawa, Ont., explained that his



CREDIT: CANADOREC.ON.CA

Canadore College in North Bay, Ont. is undergoing program reviews. While the college is suspending 12 programs, Canadore also announced the approval of five new programs including mobile application developer.

college also pulls directly from a local market of students from the area, though he described the Durham Region as "the fastest-growing demographic" in the province.

"(Our growth is) fuelled by us looking at our program mix and expanding and adding to it and also taking advantage of our growing demographic," Lovisa explained.

Although he is now in charge of one of the fastest-growing colleges in the provinces, Lovisa also spent 20 years in leadership roles at Confederation College in Thunder Bay, including dean of the school of business.

"I know full well the challenges and the opportunities at the northern colleges," Lovisa said. "They have a higher percentage of local draw, but they also have a smaller economy."

Lovisa also pointed out other challenges that come from being located in northern areas of the

province that often house aging populations and are home to high youth migration.

"As industry changes in the smaller communities, it often has a larger impact than it does in a community such as the Durham Region, so I'm fully aware of the challenges that Canadore is going through and their need to reinvent themselves."

For Burton, the changes come early into his tenure as president of Canadore, as he took up the position on July 15 of last year.

"The job of a college president is difficult during the best of times," said Burton. "And program suspensions are not something that we relish doing, but again to fulfill our commitment to students and the communities we serve it goes with the position to ensure that we are responsible to those emerging needs."



CREDIT: SCOTT BAECHLER

Wesley Bach served up a delicious duo of vegetables and tofu.

Culinary students serve up big win at Toronto food show

ERIKA FAUST
INTERROBANG

Fanshawe's second-year culinary management students didn't bite off more than they could chew at the Canadian Restaurant Foodservice Association Culinary Salon in Toronto on March 7 – they cooked up top dishes, and came home with five gold medals, including one grand gold, and three silver.

The competition was a salon, meaning that the participants served up cold versions of dishes that are traditionally served hot. "It's a tremendous amount of work," explained Chef Scott Baechler, who trained the students for the competition. "It usually takes a day of work per plate."

The students dished out everything from hot press lobster and glazed pork belly to a duo of crab terrine and crab salad, served with a watermelon shot, and beyond.

Altogether, seven second-year

culinary management students competed in the challenge, assisted by 12 first-year students. The first-year students acted as "commies" – assistant chefs – while the second-years acted as executive chefs, giving orders and making decisions.

Assisting the second-year students in preparation for the show is a prerequisite for first-years to participate the following year, said Baechler. "The skill set is so high, it's not something you can pick up. It's the best way to get them trained and ready for the whole thing."

The students have been training for over a year for the competition, coached by Chefs Baechler and Roland Hofner, both professors at Fanshawe.

"As far as I know, this is the most culinary medals that Fanshawe as a division has ever taken in the history of the school," said Baechler.

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Correction

In an article in Volume 43 Issue 25 dated March 14, 2011 in *Interrobang* titled *A scholarship for a SMART cookie*, the name of the scholarship was incorrectly identified as "Single Mothers Achieving Remarkable Triumph;" this should have read "Strong Mothers Achieving Remarkable Triumph." The event will be emceed by Lianne Young, not Mindy Williamson. The event was incorrectly identified as being an annual breakfast. The event was held to introduce the scholarship. We regret the error.

360° News: national and international briefs



NATIONAL NEWS

Canada is sending aide to Japan's earthquake victims. The relief effort includes sending approximately 25,000 thermal wool blankets from its emergency relief stockpile, reported QMI Agency. "The array of capabilities that the Government of Canada has offered to the Government of Japan includes a 17-member disaster victim identification team, chemical, biological, radiological and nuclear technical expertise and equipment, Canadian Forces military assets to facilitate humanitarian relief efforts, relief stocks, and emergency medical and engineering capabilities," said Minister of Foreign Affairs Lawrence Cannon, reported QMI.

An anti-police brutality rally in Montreal on March 15 turned violent. Over 300 protestors gathered to commemorate the 14th annual International Day Against Police Brutality. Members of the black bloc, an anarchist organization, began to throw rocks and other projectiles, reported QMI Agency. A storefront window was smashed, and a police officer was injured by a rock. Police arrested approximately 120 people. Three were arrested for assaulting officers. A Toronto rally of fewer than 100 protestors on the same day remained peaceful.

INTERNATIONAL NEWS

In Libya, Moammar Gadhafi's loyalist forces attacked and bombed their way into the rebel held cities of Misrata and Ajdabiya, killing and injuring many anti-Gadhafi rebels. Air strikes reportedly began on March 16 on the city of Ajdabiya. These two cities are between the capital of Libya, Tripoli and the rebel-held Benghazi. The attacks occurred while the United Nations Security Council considered imposing a no-fly zone over Libya. Rebels fear that without the implementation of a no-fly zone, there will be a blood bath in Benghazi.

American Ray Davis, 36, was pardoned in Pakistan for allegedly shooting two men on January 27 in self-defense after what he claimed was an attempted armed robbery. Under Pakistani Sharia law, relatives of a murder victim can pardon a killer, which is what the families of the two victims did after receiving \$1.4 million in compensation. Davis was reportedly secretly working for the CIA at the time, though it is unclear exactly what he was doing there. With his pardon comes the end of a long diplomatic standoff between Pakistan and the United States.

- compiled by Erika Faust and Kirsten Rosenkrantz

Western Heads East saves lives with yogurt

KIRSTEN ROSENKRANTZ
INTERROBANG

There are currently 22.5 million people living with HIV in sub-Saharan Africa. With this continuing epidemic in mind, a group of University of Western Ontario students, faculty and staff came together to create the group Western Heads East.

Researchers at Western developed a probiotic yogurt that has been proven to improve digestive health, energy and immunity, alleviate the symptoms of HIV/AIDS, and may even reduce the transmission of the HIV infection in women. This yogurt assists in lowering mortality and morbidity due to diarrhea in children and patients with HIV, overall improving their health and nutrition.

Each year, student interns travel to Africa to help teach women to produce, package and sell this probiotic yogurt, which not only helps with health, but also creates sustainable businesses for women to continue after the student interns leave, providing for "their families as well as their villages," said Public Relations Coordinator Amanda Hickey. Since the group's inception in 2004, 48 student interns have travelled to Africa.

Western Heads East is holding a fundraising event on Thursday, March 24 at 5 p.m. in The Great Hall (Room 3335D) in Sommerville House at UWO. At the event, called In The Market, The Great Hall will be turned into an East African market featuring crafts by Tanzanian and Kenyan crafters as well as paintings by local artists.

There will be food, wine and beer, multimedia presentations and



CREDIT: WESTERN HEADS EAST

The yogurt given to the citizens of Africa improves their health.

a silent auction with packages donated by sponsors including Via Rail and Travel Cuts. There will also be samples of the yogurt, giving guests an idea of what they are supporting. Musical performers Laura Conning, Alex Hughes and Juno award-winner Donne Roberts will be providing entertainment for the night.

Hickey is hoping to see a large student presence at this year's In The Market event. "Because it is a relatively new charity and it's expanding, we're really trying to get the word out there," said Hickey. Tickets for students to last year's event were \$25, and by reducing the price for students to \$15 this year, Hickey is hoping students will come out to support the cause.

Western Heads East is a group dedicated to raising funds and supporting the exchange of learning experiences, while making a sustainable difference to communities in Africa. Western Heads East began in 2004, and started by setting up programs in Mwanza, Tanzania and has recently spread to include Kenya and Rwanda as

well.

This year, guest speakers will include the High Commissioner for the United Republic of Tanzania, Richard Tibandebage, and Miamuna Kanyamala, the director of the Kivulini Women's Rights Organization in Mwanza, Tanzania. All 48 of the past interns have also been invited to the event where they will share their experiences working with women in Africa. During their time in Africa, each intern keeps a blog, as one of the most important parts of the project is to teach people in London about what's happening in Africa.

The funds raised by Western Heads East go towards sending student interns to Africa, as well as providing equipment needed to produce, package and sell the yogurt.

Tickets are \$50 general admission and \$15 for students, and can be purchased at the door or online at usc-online.ca/event_registration.asp. For more information about Western Heads East, visit westernheadseast.ca.

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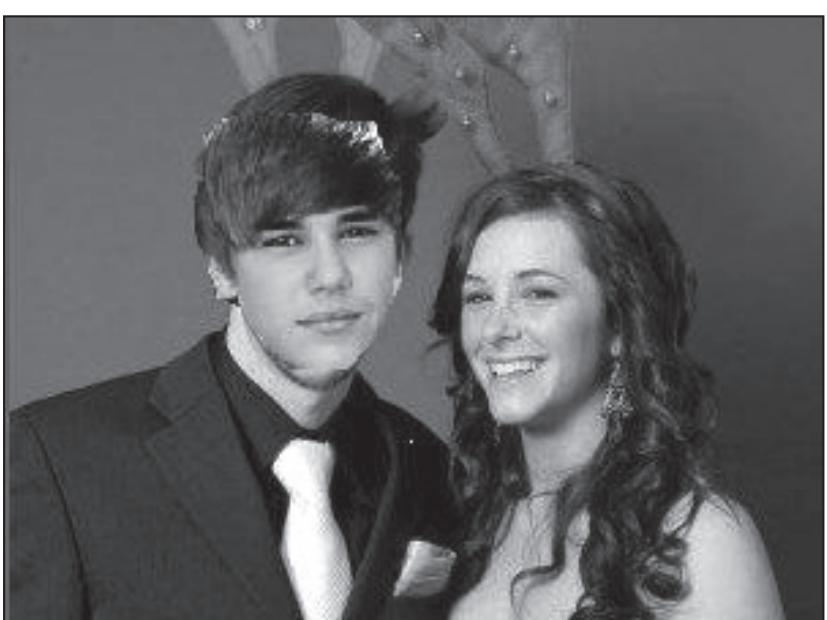
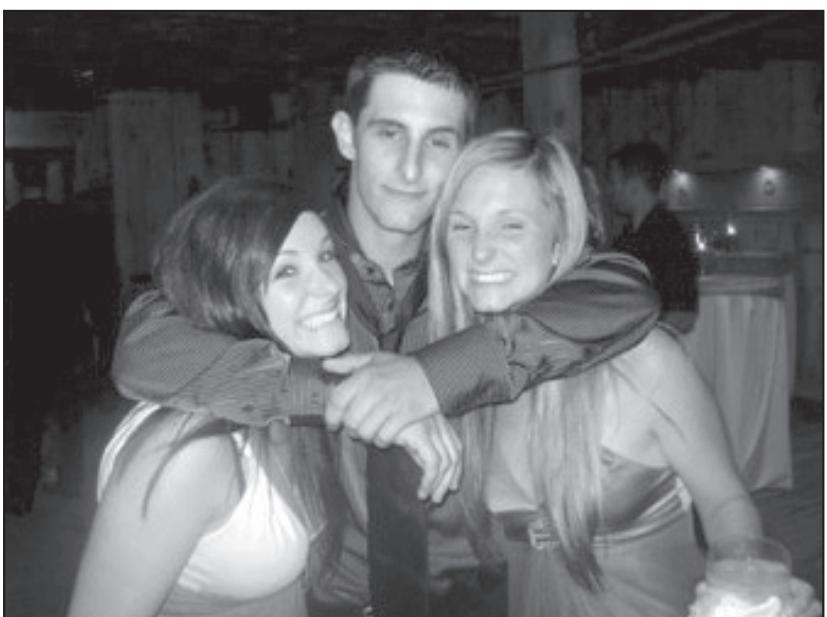
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Walter Vanden Broek, BMgt 2010

5 QUESTIONS

TONYA BEDNARZ — ASSISTANT MANAGER OF OASIS

ERIKA FAUST INTERROBANG



WHAT'S SOMETHING WEIRD THAT'S HAPPENED TO YOU SINCE YOU JOINED THE FSU?

"One of my staff asked me if they could deep fry a toy car. I said no."

WHAT'S A SERVICE OR EVENT THE FSU DOES THAT ISN'T WELL KNOWN?

"The eco-takeout containers we have at the Oasis. Its \$5.00 for the reusable container. You save money and help make the planet a cleaner place."

IF YOU COULD SWITCH PLACES WITH ANYONE IN THE WORLD, WHO WOULD IT BE AND WHY?

"Selena Gomez (Justin Bieber's girlfriend), so I could be Justin Bieber's girlfriend for the day and make out with him! <3 Haha."

WHAT'S YOUR FAVOURITE WORD AND WHY?

"What up! Thanks, Scott Haig."

WHAT WAS THE LAST CD YOU LISTENED TO?

"Hanson, actually. I found it at Talize for \$2.00 and HAD to buy it to play for my staff."





CREDIT: PARKINSON SOCIETY SOUTHWESTERN ONTARIO

Tulipa: A Hair Couture Event kicks off the Parkinson's awareness month of April. These designs were from some of the most exclusive salons in London during last year's show.

Local events benefit Parkinson Society

PATRICIA CIFANI
INTERROBANG

Parkinson Society Southwestern Ontario would like to invite you to participate in the second annual Tulipa: A Hair Couture Event on March 30, and the Annual Cut-A-Thon For Parkinson's on April 17. These events offer the London community and surrounding areas, friends, families and coworkers an opportunity to join forces and help those living with Parkinson's.

Experience a night of spectacular entertainment on March 30 at 7 p.m. as Tulipa kicks off the beginning of Parkinson's April awareness month. Some of the most exclusive salons in London are coming together to showcase their stylists' creations on the runway at The London Tap House. If you love fashion and enjoy seeing new and

unique designs, then this is an event for you.

The theme of the night is the tulip, so all stylists are required to use tulips in their designs. Not only do they create unique hairstyles, their clothes are tailored to match the stylist's vision of his or her creation.

Grab your friends for a night out and come see that London salons have more to offer than just a colour and cut. Tickets are \$15 at the door, or \$10 with student ID. All proceeds from the event will go to assisting local programs and services for people living with Parkinson's.

The annual Cut-A-Thon For Parkinson's takes place on April 17 from 10 a.m. to 4 p.m. This event allows Londoners and those from surrounding areas to participate and

raise awareness for those living with Parkinson's. Since 1994, London's most exclusive salons have participated in the Cut-A-Thon by providing a wash, cut and style.

Participants will not only receive a wonderful new 'do, they will also receive a gift package of professional hair products from JOICO Professional, included in the \$35 participation fee, with all proceeds going to Parkinson Society

Southwestern Ontario.

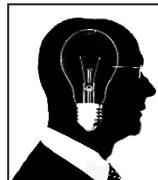
Parkinson's is a chronic, degenerative, neurological condition without a known cause or cure that slowly disables people over time. Once thought to be a disease exclusive to the elderly, a growing number of people under the age of 40 are now being diagnosed. With the aging population, it is anticipated that the incidence of Parkinson's, and therefore the need for Parkinson's services, will double

by year 2016.

Help ease the burden and find a cure for Parkinson's by taking part in Tulipa and Cut-A-Thon.

Those interested in attending Tulipa: A Hair Couture Event or participating in the Cut-A-Thon For Parkinson's should call 519-652-9074 (London) or 1-888-851-7376, or visit www.cutathon.ca to book an appointment.

Go bald or stay home!



College Knowledge
Dayan Boyce
Marketing and Corporate Communications

Well, there are a few other options ... Fanshawe students Vanessa Demelo and Veronica Barahona are gearing up for Fanshawe's fifth Annual Head Shave in Forewell Hall on March 23 from noon to 2 p.m. Not to worry, you don't have to go completely blue or bald, but this is your opportunity to get creative for a worthy cause. The benefits from the annual Go Blue! Bo Bald! campaign go directly to the Make-A-Wish Foundation of Southwestern Ontario.

"We have already had some gracious participants and hope that more students will decide to get involved for a fantastic cause," said Demelo, a corporate communication and public relations student. "The stylists from Fanshawe's own Fringe Salon have donated their time and efforts to help create some bold

blue styles."

Sport a blue wig, add some colourful blue highlights, or sponsor a student who wants to go completely blue or bald! If you are contemplating ditching your ponytail or bidding farewell to your '90s 'Hair Nation' style, keep in mind that hair that has not been chemically treated will be used to make wigs.

It's never too late to get involved or register. Contact Vanessa or Veronica at gobald@gmail.com or go to tinyurl.com/gobald. Participants receive a kit that includes Amplified Bleach Kit and Shocking Blue Hair Dye provided by Manic Panic, an "Ask Me About My Blue Hair" button and pledge sheets which can be picked up in the Fanshawe Student Union Office located in SC 2001.

The Make-A-Wish Foundation strives to grant the wishes of children with life-threatening medical conditions to enrich the human experience with hope, strength and joy. So come join the fun, support a great cause, and go blue or bald!

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Japan, State Shinto and Christianity



LIFE MEETS FAITH
MICHAEL VEENEMA

If Japan was not on the radar for you a week or two ago, it certainly is now. Hopefully, by the time you read this the reactor fires in the country will have been brought under control and people will be returning to their homes. Of course, many have no homes to return to, and there will be, sadly, many bodies to take up and to be given funeral rites.

Japan is often seen as a modern country where traditional religious perspectives are being overtaken by secular lifestyles. For example, until World War II the literal worship of the Japanese Emperor was a common feature of national life. State Shinto, as it is known, was banned following the war. No doubt there was a connection between the worship of the emperor and the fanatical devotion of Japanese combatants resulting in, among other things, the phenomenon of Kamakazi attacks (such as those where pilots crashed their bomb-laden planes into American warships). Not that America did nothing to provoke the Japanese against them.

However, the religious landscape of Japan is the result of more forces than those of Shintoism and modern secularism. Christianity is a player, though a minor one at present, in Japanese society.

The Canadian Presbyterian church, for example, helped found the Korean Christian churches in Japan (I realize that sounds odd). For years, Presbyterian missionaries Beth and Jack McIntosh fought to end a law forcing all foreigners to be fingerprinted, thus assisting the country to better uphold human rights for all within its borders.

Most Japanese do not know this, but the date usually given for Christianity's first

contact with Japan is 1549. Some historians believe that Christian missionaries arrived as early as 199 A.D. and that the first churches were organized about 200 years later (which, admittedly means very slow development of the Christian tradition there).

According to the website of Overseas Missions Fellowship, a Christian missionary organization, Francis Xavier, a Jesuit priest, arrived in Japan in 1549. "His stamina, zeal and willingness to suffer resulted in thousands of conversions in just two short years."

Not long afterwards, however, Christian leaders began to align themselves with powerful rulers called Shoguns. This (un-Christian) strategy backfired when the shoguns were persuaded that Christianity was a destructive foreign influence on their people. The resulting conflicts, compounded by other factors, resulted in 280,000 Christians being persecuted and killed according to OMF.

Christianity was banned from the country in 1629 and it was not until the middle of the 1800s that missionaries were once again permitted into the country. In recent times, the percentage of the population that is Christian has remained extremely low, around one percent.

Nevertheless, Christians are able to demonstrate a faith of creativity, compassion and justice within the Japanese context. OMF reports that the novels of Christian author, Ayako Miura, are read by many. In the aftermath of the earthquakes and tsunami that have killed and injured many, the organization is working with CRASH (crash-japan.com) to assist Christians in Japan who are providing relief.

Finally, OMF reports the emergence of "VIP Clubs." Here, Christian businesspersons meet to address the needs of their highly stressed colleagues. They meet to pray and to network in hotels and places of business. It would seem that there are many opportunities today for them and others who share their view of life to help many throughout the country.

The next big bogus health scare

IAN BUSHFIELD
THE PEAK

BURNABY, B.C. (CUP) — There is a fantastic scene in the classic 1964 film *Dr. Strangelove* where General Jack D. Ripper outlines his belief that the communists intend to pollute the "precious bodily fluids" of the citizens of the United States.

Ripper's paranoia was born out of the Cold War, but continues today in many forms.

Earlier this month, a local B.C. politician hosted a public forum on "the effects of wi-fi and cell phone towers." Meanwhile, in Calgary, councilors have voted to remove fluoride from their water after 20 years.

Fear of the unknown is understandably strong, and when the health of your immediate family is potentially at risk, emotions can get understandably heated. But after thousands of years of progress from our stone-age roots, we no longer have to fear the darkness.

Astronomer and skeptic Carl Sagan said that science is akin to a candle in the dark, and so it behooves us to approach these discussions rationally and calmly, balancing the evidence and weighing the risks.

The fight over water fluoridation has been going on for a long time, and was a part of the fear that Ripper had in *Dr. Strangelove*, believing the chemical was used as a form of mind control.

The truth is far less exciting, however, as fluoride is a naturally occurring mineral in all municipal water supplies, to varying strength.

More is often added to achieve optimum levels to prevent tooth decay, that as a child who grew up on un-fluoridated well water and did not brush enough, I can only wish I had access to. The evidence is very strong for the benefits of fluoridation, with Health Canada, the World Health Organization and most dental associations supporting controlled fluoridation.

European countries that eschew water fluoridation are often used as an argument against the additive; however, many of those



CREDIT: TOM RAFTERY

countries add fluoride to milk, bread or other staples to ensure the strength of their nation's teeth.

Meanwhile, as newer technologies begin to permeate our increasingly connected world, technophobia or neo-Luddism is spreading. Many people have begun to believe they have electro-hyper-sensitivity, and suffer from migraines and other generic ill health effects when in the presence of strong electromagnetic sources.

Unfortunately for them, no reputable study has yet confirmed the existence of this condition, and a growing body of well-researched literature continues to support the safety of current wi-fi and cellular telephone technologies. The few studies that show the smallest of effects mostly suffer from irreproducibility or lack of blinding, where either the researcher or, in some cases, the subjects, know the conditions of the experiment.

Many dangerous substances do exist in the modern world, including carcinogenic plastics, terminator crops and chlorofluorocarbons, yet there is little reason to suspect vast conspiracies of government and industry.

INTERROBANG

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CREDIT: DAILYMAIL.CO.UK

Knock, knock. Who's there? More often than not a pesky peddler.

A solution for those pesky door-to-door salesmen

B.A.L.L.S.
TIM HANDELMAN

The 1950s saw the birth of the door-to-door salesman: bibles, encyclopedias, housewares, insurance, Fuller brushes and the new promise of plastic - Tupperware. I wonder how these people were received back then? I would hazard that they were a welcome addition to the day. It was a different time in the '50s: people were enthralled with new products, they weren't yet jaded with the bombardment of media and ads. They didn't have the Internet and they were looking for new ways to suck dirt off of the floor, to store food, to carpet over their hardwood floors, to put up bright yellow flower-patterned wallpaper in their kitchens and pink tiles in their washrooms.

Now, in an age where we are continually bombarded with advertisements, I find these 'visits' quite irritating. We are literally exposed to thousands of ads each day. Ads telling us how much we suck, and what we need to buy to make it better. The big difference between the exposure of advertisements and door-to-door salespeople is that with ads, we have a choice. I can look, avert, buy-in or sell-out; it is up to me. With the sales peddler, one is confronted, bullied, irritated and pushed into situations often out of our control. Yes, one is free to just close the door, but we have been confronted and the emotions involved with confrontation have been deployed.

A part of me holds sympathy for people forced into thankless jobs like door-to-door sales and telemarketing. Many people are scrambling to make ends meet. A larger part of me finds this sort of pressure sales irritating, rude and imposing! There is a commonality to the salesperson that reeks of effort: the ability to take advantage of fear and ignorance, well-honed scripts and the ability to create need where none exists. This seems to cover most of our modern day peddlers: insurance sales, house repairs, real estate and, the most imposing (to me), the religion peddler. These people actually come to your door and tell you that your belief system is wrong. That you must follow their belief system, their way of thought, their dogma and their overbearing way of life. It is bad enough that I have to listen to a canned speech about salvation and cheap suits, but

these religion peddlers actually think that they are doing me a favour!

An odd bit of irony: the only day of the year that we not only encourage people to knock on our door, but we reward them for doing so ... Halloween.

Door-to-door peddlers are trained to sell; we are not trained to resist. We don't need a guilt trip to give money to a charity, or to buy a box of gross cookies. We don't have to get up from the couch while nursing a hangover and watching *Judge Judy*. We don't need new windows, or insurance, or our gutters cleaned, and maybe we want to burn in Hell! Maybe, just maybe, I want my home to be the only place in the entire world where I can control my environment!

The imposition of sales goes beyond the home in our society. Even in the halls of Fanshawe: walking down the sunny hall in front of the school store, there are often people selling one thing or another. That is fine, but do you have to stop me, confront me and pitch to me as I go about my business?

Some are just doing a job that they don't even want to do. Some are extremely passionate about a cause or belief. Some are raising money for a school or a club. What they all have in common is that they are setting out to confront. Their goal is to talk you into something on their terms. They initiate the confrontation and leave little room to escape.

I feel enough pressure with the busker in front of the liquor store, or the homeless guy asking for money on the street corner, or every time I open my mailbox (both snail and e-mail), or walking the halls of Fanshawe, or downtown or Earth. Is a moment to ourselves too much to ask? Can one not find solace in a capitalist society?

There is an ordinance in the United States called the Green River Ordinance that prohibits door-to-door solicitation. It roughly states that it is illegal to sell products or services door-to-door without gaining permission beforehand.

This has yet to find footing in Canada to date, but I have a solution: we should take all the sales peddlers and give them a Dickey-Dee ice cream cart! Have them dingle and jingle up and down the streets to draw out the lonely, the windowless and the sinners. They get into shape, and only those that are interested are involved, oh, and it would be hilarious.

B.A.L.L.S. is Bitching About Life in London and Society



CREDIT: WEN YANG

Is there anything more than just ads in magazines today?

How about a little substance between all that "fluff"?



CALL ME OLD-FASHIONED BUT...

Rose Cora Perry
www.rosecoraperry.com

I recently found myself quite bored at my day job. Almost always there's something for me to do to chip away at the old 9 to 5 (either work-related or personal). But this past Sunday, with no new client inquiries and prime touring season yet to take hold, I found myself in a situation that proves rare in my life: I had too much free time! Anticipating that we wouldn't get hit with a sudden influx of activity (I had worked the day prior and it was much the same), I planned in advance. From a stack that's been building up since last April (no word of a lie), I gathered some 10 magazines in hopes they would provide me with some amusement as a means to pass the time.

Admittedly, it's been a long time since I've even conceived of having a moment to sit back, relax and delve into something non-academic or career-oriented; given this, I prepared myself for a very different reading experience prior to cracking open the spines. While I've never held delusions that women's fashion magazines primarily contain in-depth thoughtful analyses of the modern world, at one point in between the hair colour, acne cream and jewelry ads, there was room for cheeky editorials, touching personal stories or at least somewhat interesting featurettes ... apparently NOT anymore.

Ad after ad after ad followed by thinly veiled "fluff" pieces for companies no doubt contributing to the magazines' payroll, and yet MORE ads is what I encountered. Christ, I couldn't even read the sections regarding health advice without having products pushed in my direction that would no doubt "cure" the very ailments that were being discussed. Coincidental? I think not!

The sections, however, I found most "interesting" (and I use that term loosely) were those of the "readers' letters" in which women (and I suppose perhaps the occasional man) sent in their praises for their favourite mags and all they have to offer. Seeing as I've previously established that, beyond being pimps for consumerism and materialism, the magazines collectively lacked altogether in the substance department, I came to the conclusion that these so-called "readers" must too either be on the magazines' payroll, or at the very least work for the companies who got sweet deals on

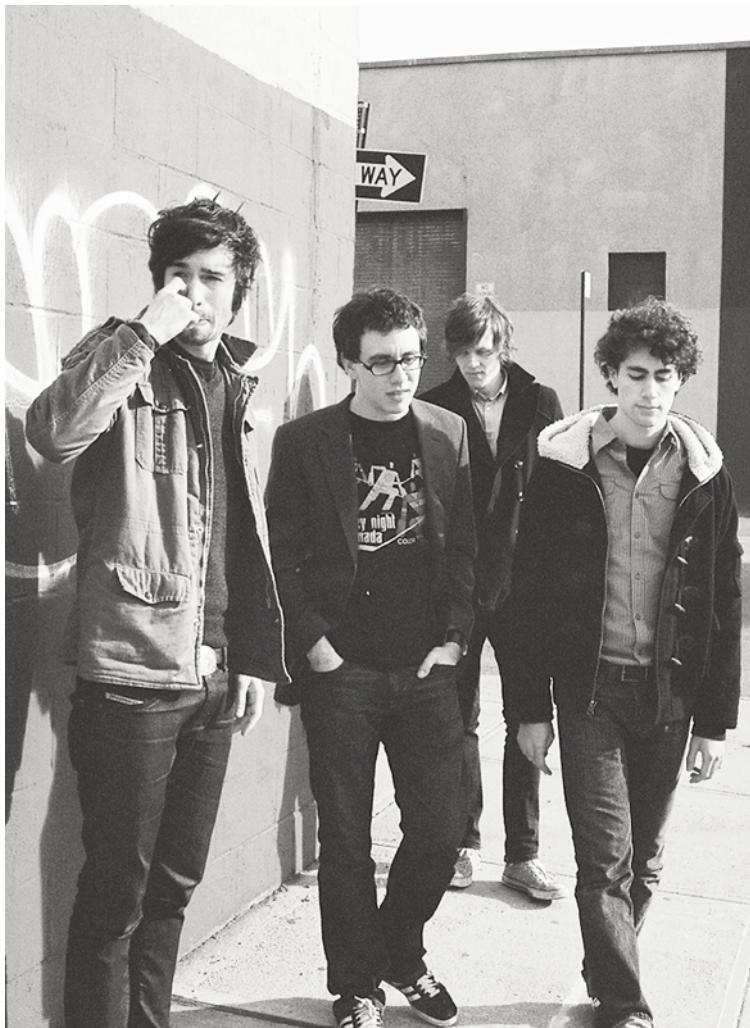
their advertising rates.

A recent attempt at watching a little boob tube proved equally disappointing. My viewing experience, one that was sub-par at best (and I'm talking about when the program was actually ON), ended rather abruptly when I just couldn't deal with being inundated with commercial after commercial any longer. If there's anyone out there my age or younger who still listens to the radio by CHOICE (NOT because it plays in the background at your workplace), you'll find much the same: the sheer volume of campaigns for publicity completely overpower any sense of enjoyment and entertainment the media once offered. Ironically, ads that I once-upon-a-time looked forward to taking in – like the "coming attractions" and "coming soon to DVD" trailers that previously showed on movies you rent from the store have been, for all intents and purposes, eliminated!

I will give marketers that in today's oversaturated and overstimulated world that reaching, let alone maintaining the interest, of a given target population is proving increasingly difficult (hence, why we are now seeing annoying efforts to have our social networking sites fully infiltrated with promotions for this thing and the next). With that said, however, I'd like to point out there are certain products and services that, at this point, really do NOT need to be promoted, even if they've undergone "makeovers" or have had "improvements" made to their model. Perhaps advertisers are aware of this fact and simply don't want to lose their jobs? Let's take something as common as the razor blade:

Frankly, I personally don't really care if I'm buying "no name" or store brand so long as I'm getting the specifications I desire fulfilled. Price, too, weighs heavily into the equation. Do I really need to see yet another Mach Three or Daisy Razor commercial demonstrating their ever-expanding razor heads? Not really. I know what works for me. I know what doesn't. I can't be the only one.

This trend toward OVER-advertising is certainly not helping any, given our current economic state. People are down and out because of money problems, work stresses, and/or familial discord. Consumerism is championed as the cure. Rather than address the TRUE issues that underlie their malaise, people are being taught that they can have it all if they continue to spiral into debt by gratifying their needs in an immediate and superficial manner through impulse buying. In the immortal (albeit paraphrased) words of The Beatles, "You can't buy me (or anyone else) love."



CREDIT: GOTHAMIST.COM

Tokyo Police Club will in London on April 2 for a show at the London Music Hall.

Tokyo Police Club playing London Music Hall

BOBBYISMS
BOBBY FOLEY

I write about random things a lot. I write a lot about random things. But even some of the things I write about are commonplace in comparison to some of the random stories that Tokyo Police Club have collected over the years.

Formed in Newmarket in 2005, Tokyo Police Club are Dave Monks (vocals, bass), Graham Wright (keys), Josh Hook (guitar) and Greg Alsop (drums). Releasing their *A Lesson In Crime* EP in 2006, the band came to realize that the budding hardcore scene in the area wasn't going to be the most nurturing to their sound.

Deciding instead to spend the time honing their craft, they've shown remarkable growth and brilliance over their next few records, leading to 2010's *Champ*, which critics far and wide have praised for its freshness and character.

While they spent their early days becoming better and better songwriters, farther cities like London offered audiences more conducive and interested in what they had to say. Accordingly, they have a long history with our city, and a lot of great stories to tell.

"One of the first shows we ever played was the Alex P. Keaton, before that closed," Alsop said. "And that was just bizarre. It was so small, there were people stepping on our pedals all the time and pushing us around."

"And it was one of the first times we ever played, um ... pretty inebriated," he admitted with a sheepish laugh. "They had an incredible beer list when we were there, and we tried them all!"

But as the years wore on, the quirkiness and charisma here in London continued to woo the band.

"Every other time we've played London, it's been Call The Office," Alsop reflected. "It's always been amazing; I remember at one of those shows there was this guy, I guess he just decided to start crowd-surfing, but no one else was interested in having a crowd-surfer, so they weren't supporting him."

"He got up there, and I guess he realized he was about to drop," he continued. "So he grabbed the piping above us, and just sort of Spidermanned himself up there for our entire last song. It was pretty amazing."

It's impossible to know what adventures await Tokyo Police Club when they return and headline a show at the London Music Hall — performing with guests Hollerado and Dinosaur Bones — on April 2. Tickets are on sale now for only \$19.

What I can tell you is that *Champ*, nominated for Alternative Album of the Year at the 2011 Juno Awards in Toronto, is going to give heavyweights Arcade Fire a run for their money. If there is any chance that another band can steal the award from the Montreal indie-kings, the kind of cool confidence and intelligent lyrics on *Champ* will be the one to do it.

For more on Tokyo Police Club and their Juno-nominated record, check out TokyoPoliceClub.com or follow them and Alsop on Twitter @TokyoPoliceClub and @OtherGregAlsop, respectively.

And as always, for more music news, views and streams, follow @FSU_Bobbyisms or check out the Music Recommendations thread in our FSU social network. I'm out of words.

Sweet, sassy ladies hit Aeolian Hall

JAYMIN PROULX
INTERROBANG

When the ache for your best friend is more than you can bear, grab his or her hand and turn on a catchy and sweet tune by Canada's The Good Lovelies: a three-piece band that blends a little sass and country, heartbreak and resolve, and a contagious personality that will lighten your heart.

The all-woman band is playing at London's Aeolian Hall Wednesday, March 23, to mark their early February CD release, *Let The Rain Fall*. Caroline Brooks, Kerri Ough and Sue Passmore make up the vocals and instruments that weave the harmonies together in The Good Lovelies.

"Lighthearted songwriting and irresistibly buoyant dispositions" (as mentioned on their website, goodlovelies.com) have made the threesome familiar in the festival circuit, including spots at the Mariposa and Hillside Festivals and the Montreal Jazz Festival. They have also toured with Stuart McLean and the Vinyl Cafe, and have collaborated with Broken Social Scene, Kathleen Edwards and Jill Barber.

In 2010, The Good Lovelies won a Juno for Roots/Traditional Album of the Year. Earlier, they won New Emerging Artist at the Canadian Folk Music Awards. This proves that their new album is bound to captivate audiences and win some new London fans as well.

"We plan on playing some songs from the old record (the 2009 album, *The Good Lovelies*), as well as the new one, *Let the Rain Fall*," said Brooks. "Kerri has



CREDIT: THICKSPECS.COM

The Good Lovelies are at Aeolian Hall on March 23.

some connections from London, from her earlier years at Western, and we have family here as well." She added enthusiastically, "We love to come to London!"

Brooks added, commenting on their present tour schedule: "We had a month off in September, and then toured in Ontario and Quebec for March. In April, we are going to Australia and in May we are heading to the United Kingdom."

As you can see, a hectic tour schedule leaves plenty of time to gather lonely thoughts or to be without their families. Fortunately, since all three women are best of friends, those thoughts don't come as often, especially as said in their song, *Made For Rain*.

"Let the rain fall, let it soak us to the bone/Nothing will sink our smiles

Double-dutch was made for sunny days/when we've been driving such long hours

Our legs get restless, so we need

to jump and run and laugh with one another

And if there is no sun, when we're far from home/Nothing will sink our smiles

Life can be uncertain at the best of times ... try to move quickly by the worst of times

All things are made better with when you have some friends/I get by with a little help"

All things certain: this will be a welcoming show with guaranteed friendliness and banter. Come out and support a Canadian band, both lovely and entertaining.

Who: The Good Lovelies

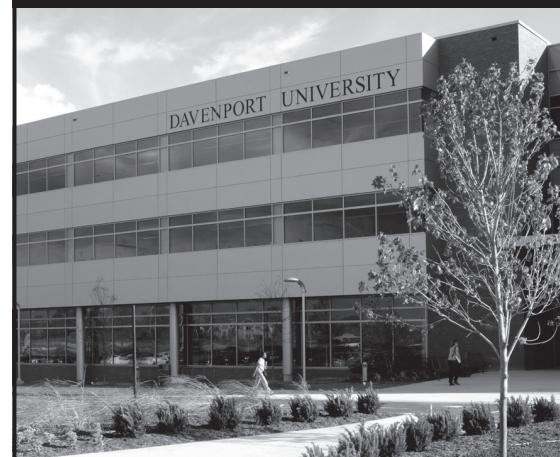
What: CD Release Tour for *Let the Rain Fall*.

When: 8 p.m. Wednesday, March 23, doors open at 7 p.m.

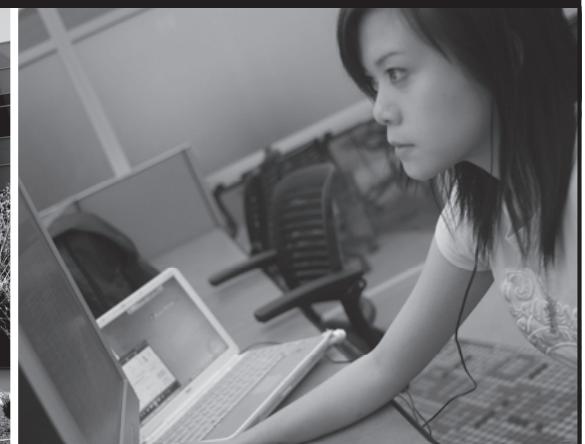
Where: The Aeolian Performing Arts Centre, 795 Dundas St. East, London

Visit goodlovelies.com, myspace.com/goodlovelies or their blog, goodlovelies.blogspot.com.

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Long live The Decemberists

JAYMIN PROULX
INTERROBANG



The Decemberists' sixth full-length album is a twist on bluegrass, folk, rock and harmonious vocals to compliment a very well crafted 10-song CD, *The King is Dead*.

There are those who criticised The Decemberists' past efforts (2009's *The Hazards of Love* and 2006's *The Crane Wife* being most recent) as being too wordy and fairy-tale-esque, but the imaginative songwriting is what makes this album stand out. The lyrics are what is going to make this album praiseworthy come December 2011. When critics compile their year-end lists of the top albums of 2011, *The King is Dead* is bound to be included.

With each song, there is a short tale of morale and consequence. The songwriting hints at frontman Colin Meloy's talent at prose: Meloy has just finished writing his first adventure novel with the illustration and artwork done by his wife.

Don't Carry It All is a welcoming opener, like a stranger offering you a hand with a stubborn door. One of the best songs on the album, there is a combination of accordion, violin and harmonica with acoustic guitar, bass guitar,

drums and mandolin.

In *Rise to Me*, the self-determining words play: "I am going to stand my ground; You stand to me and I'll blow you down; I'm going to stand my ground; You rise to me and I'll blow you down."

It's a wise saying for The Decemberists to forget their naysayers and concentrate on what they want to accomplish.

Further allegory is demonstrated with *This Is Why We Fight*. In the quake of mass destruction, "Come to me now, lay your arms around me; This is why, this is why we fight," Meloy sings of fighting not being a solution, but a detriment.

Peter Buck of R.E.M. contributes to *Calamity Song* and *Down by the Water*, as well as *Don't Carry It All*, which recalls the familiar sound of Michael Stipe singing, "This one goes out to the one I love." Gillian Welch sings on seven songs (she has worked with Alison Krauss, Ryan Adams and Emmylou Harris, and both she and her songwriting partner, Dave Rawlings, appear every so often on The Decemberists' album).

Finally, the album has the Portland, Oregon natives making Billboard Magazine's Top 200: their album debuted at number one and sold 94,000 copies early January of this year.

For more information, visit [thedecemberists.com](http://www.thedecemberists.com) or [myspace.com/thedecemberists](http://www.myspace.com/thedecemberists).

London Music Club hosts talented Canadian acts

BY STAFF
INTERROBANG

Juno nominee Del Barber is returning to The London Music Club with his newest album, *Love Songs For The Last Twenty*, on March 23 at 8:30 p.m. The incredibly talented folk singer from Manitoba has managed to release two full albums independently and tour Canada coast to coast twice, all in just two short years.

Opening for Barber is local talent and Fanshawe grad Alanna

Gurr, whose wonderfully sweet voice is sure to make anybody swoon. Gurr is currently a nominee in the Traditional Folk/Roots category for the 2011 Jack Richardson Music Awards, and was declared number 11 on CHRW's top 100 Albums for 2010.

Performing alongside Barber and Gurr is newcomer and local talent Graham Nicholas. Tickets are \$8 in advance or \$10 at the door. Visit londonmusicclub.com for more information.

Come on out for some fun at Condom Casino Night

NICOLE CAMPBELL
INTERROBANG

The name says it all – this is a night of casino games with a twist: the chips are condoms!

The event will support a local charity and raise safe sex awareness with the help of the Middlesex London Health Unit.

The Brock University Student Union ran the event in 2010 and it was a success. The idea was brought forward by the Fanshawe Student Association to a group of students enrolled in the business administration marketing program: Nicole Campbell, Elizabeth Montero, Lisa Blakeney, Grant Campbell and Jonathon Roeland.

They joined forces with the FSU and the Fanshawe Marketing Student Association to put the event together.

The 19-plus event will include casino games such as roulette, poker and blackjack. You could win big, with door prizes such as movie passes, Flagswipe Paintball passes, a Shoppers Drug Mart gift basket and more. Snacks and booze will also be part of this fun night.

Tickets are only \$3 in advance and \$4 at the door, which covers 20 condom chips. Come out to Forwell Hall on March 30 from 7:30 p.m. to 12 a.m. and have fun while supporting a good cause.

THE MESSAGE IN THE BOTTLE

A new forum for a serious issue

KIRSTEN ROSENKRANTZ
INTERROBANG

We were all shown videos in high school about the dangers that go along with drinking irresponsibly, and have all seen the commercials on TV telling us how dangerous drinking and driving is. The seriousness of this issue is something that has been drilled into our brains for years. Why is it then that Mother's Against Drunk Driving still reports that 40 per cent of teenagers killed in road crashes have been drinking?

Billie Mintz, president of Artists Raising Consciousness Inc., said he hopes that his ground-breaking social media initiative will prove to be an effective way of reaching youth about the seriousness of drinking responsibly. Mintz will be in Forwell Hall at noon on March 22 to discuss this issue with students and "to talk about how students have been left out of the conversation about how to reach people," he said.

His latest project, The Message In The Bottle, is a website created as an open forum for discussion about responsible drinking and how mes-

sages being presented to the public can be more effective.

On the site is a video series showing this topic from various vantage points including: The Student, The Tragedy, University Life, The Non-Government Organization (NGO), The Brewers and The Comedians. "I spent two years in the front lines of the alcohol industry, and this is me reporting my findings," said Mintz of the project. People can watch videos showing each perspective and then can comment and become a part of the discussion. "The videos are just to bring everyone on the same page," said Mintz.

"The website will be a social technology to put us in the same room together," he continued. "There is no need for messaging, there needs to be a conversation." That's exactly what this website is doing. The Message In The Bottle recognizes the reality of alcohol consumption with students and instead of telling, it's asking and listening.

For many, with the pressures and freedoms that come with being a student, alcohol consumption is a reali-

ty.

Students finally have the opportunity to be a part of the messages being presented to them about a very serious subject. "The solution is not by saying, 'Let's make posters,'" said Mintz. Along with creating a platform for people to talk openly about this issue, Mintz is hoping that this site will begin to create social norms by including surveys, where students can easily and honestly provide more information about alcohol consumption.

"I'm looking for people to look differently at the issues and give a shit," said Mintz. "You guys are the smartest people in the room, you guys have the answers, you guys know." For years, messages about responsible drinking have been created behind closed doors, but by creating a discussion, Mintz is hoping the public will be able to come up with more effective solutions to one of our societies most serious issues.

To join the discussion visit themessageinthebottle.com.



[WWW.FSU.CA/CONTEST](http://www.fsu.ca/contest)

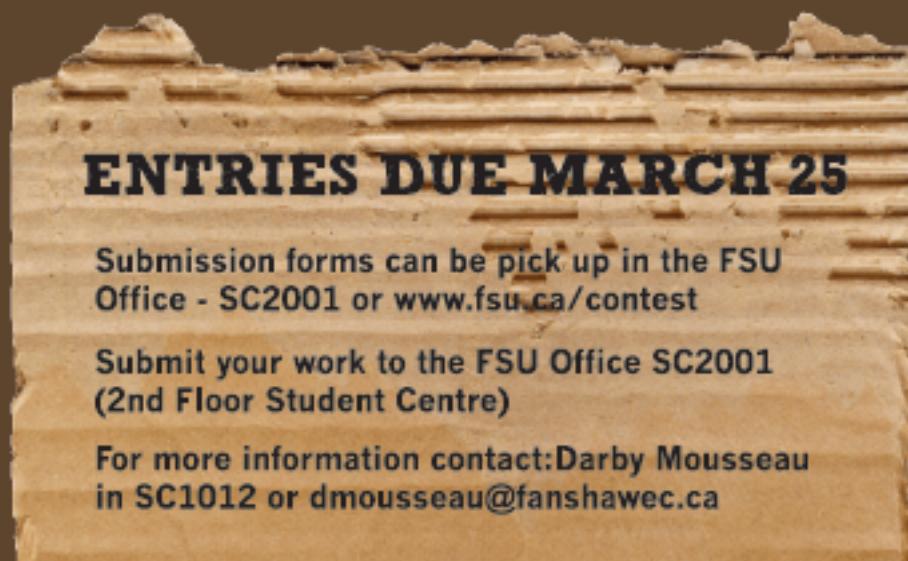
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Going Green

Food for thought

Composting is easy

MARK FACCHIN & JESSICA WILKIE
INTERROBANG

Spring is almost upon us (or at least we all hope that it is) and soon there will be flowers blooming and gardens growing. It is fair to say that most people know how important it is to reduce, reuse and recycle, but the impending change in the weather reminds us of another type of waste that can be easily diverted from the landfill and to our gardens.

Composting is great way to recycle organic waste into usable fertilizer for plants. It is inexpensive and easy to do, plus it reduces the amount of organic food waste going into the landfill every year, where it breaks down and produces methane gas which pollutes our atmosphere. Every single one us can find our own way to compost at home, in our apartments and at school.

If you live in a home with a backyard, then composting is very easy. Your compost bin can be as simple as a few wooden stakes surrounded with chicken wire, to more complex plastic ones with various features. You just place it in a shady area, away from the house, add some soil, throw in your kitchen scraps and let nature do her work.

Composting in an apartment is a slightly different matter. Unless you live on the ground floor, you likely don't have much outdoor space to utilize for this purpose. For people in this situation, there are a few good options. If you do a little research online you'll find that there are many do-it-yourself or manufactured bins that are designed to be used indoors. These composters should have a feature that reduces odour, which will obviously be very important when you are living in a smaller space. Generally, indoor composters are small and are built to fit underneath your kitchen sink or in another cupboard.

So what exactly can you throw in

your composter? Essentially, you can compost all plant material that you would otherwise throw away: peels, cores, rinds, stems, seeds, trimmings. You can compost vegetables that you left in the fridge too long and have gone bad, those week-old flowers that your significant other gave you, eggshells, coffee grounds, tea bags, bread, etc. It is recommended that you do not try to compost meat or dairy products as they will just turn rancid. If you are really serious about it, you can also compost un-dyed paper towels, shredded cardboard, newspaper, napkins and even toilet paper. All of these products can contribute to nutrient-rich compost that you can use for your potted plants and outdoor gardens. If you personally do not have any use for the compost you produce, you can always give it to someone who does or just spread it around some nearby greenery.

If you live on campus here at Fanshawe and want to keep your food waste out of the garbage, the college has a number of composting bins in and around the major food outlets as well as outside. Keep an eye out for them when you're walking around and remember them next time you have some food to throw out. As a note of interest, the culinary school, as one of the biggest producers of food waste on campus, has a very well used composting program. All the food waste produced during labs is placed in a separate bin from the garbage and is collected for compost.

So, as you are peeling and chopping vegetables for that new recipe you are trying, consider keeping those food scraps out of the garbage and give composting a try.

For more information, visit tinyurl.com/londoncompost.

Got questions, comments or suggestions? Feel free to e-mail us at foodforthoughtfc@gmail.com

Turn your trash into art

REBECCA CRODEN
ENVIRONMENTAL CLUB

Environmental Week is coming up – it takes place April 4 to 8 – and the Environmental Club at Fanshawe is celebrating by hosting a Recycled Arts Contest.

This contest will be judged on three different categories including usefulness of recycled materials, originality and creativity. Students must use 100 per cent recycled material, so it will not cost anything to create each art piece.

Students may enter as individuals or in groups. Sign up at the Biz Booth by 3 p.m. on April 1. There is no entry fee – all we need is your name and the approximate size and type of art

you will be displaying.

Bring your recycled art piece to Forwell Hall between 9 and 11 a.m. on April 6. Be sure to bring a sign stating the title and description of the piece. The art will be displayed until 4 p.m. The official judging will take place between 12 and 1 p.m. that day.

The prize for the winner will be \$100! Now, who couldn't use an extra bill in their pocket?

Come up with something awesome and show Fanshawe how we can make useless things into something extravagant.

For any questions regarding the Recycled Arts Contest, contact Rebecca Croden at rebecca.croden@gmail.com.

Romance: A dying art



Love, Lust & Lies
Patricia Cifani
asklovelustlies@gmail.com

I remember when I was younger, I would watch romantic movies like *A Walk to Remember* and *Notting Hill* and think to myself, "I want that." Watching the stars on a clear blue night, having dinners at fancy restaurants, dancing under the stars; I wanted the romance. Then I got older and went to university and college and unfortunately I quickly came to realize that kind of romance only exists onscreen.

I truly believe this is because most guys think they don't have to try, they don't need to be romantic, and maybe that's true. Think about it, why are guys romantic? They want something from us, and let's be honest – most of the time, they want sex. Maybe it has gotten to the point where we make it too easy for guys. I mean, how many of you can honestly say that every guy you have been with was a romantic? I am guessing less than five per cent of you.

In our society, sex has less value associated with it than it ever has before, so guys don't have to make these big gestures to get it anymore. I was talking to one of my friends and he said, "We don't have to plan five romantic dates anymore when we can get laid after two." So here we are wondering why guys are less romantic, and it's plain and simple: they don't have to be.

There is also the possibility that romance doesn't exist for the average student because we can't fit it into our hectic schedules. We are so busy with schoolwork and jobs that we have little time for



CREDIT: STJOHNWEDDINGS.COM

Is romance a dying art?

romance. Who has time for a candlelight dinner when you have a million assignments and midterms coming up?

I hate when I hear guys use the money excuse. Being romantic has nothing to do with having money. We are not asking for dinners at fancy restaurants that will cost you an arm and leg or roses delivered to our door once a week. Romance can be a home-cooked meal or just a little note when we wake up in the morning saying how much you love us.

Then again, romance as a dying art can be a result of the tech age. With text messages and Facebook, a guy doesn't need to go through all these romantic gestures anymore to tell you he loves you, when he can just send you a simple emoticon. Whatever happened to the guys who throw rocks at your window then sing you a romantic love song? I understand that it might be a little extreme, but you know what I am trying to say. We are a society that values speed – we want things done fast. Technology has made everything easy and fast for people; we value our time and

appreciate when things don't take up too much of it. Some people look at romance as an inconvenience that takes up too much of their valuable time.

People ultimately don't really care to spend the time on romance when it isn't a necessity. Don't get me wrong, there are guys who are still romantics and treat their girlfriends or significant others like princesses and there isn't a dull day in their relationship. This does not occur every day and for the most part it hardly happens at all. Maybe everyone should learn to make an effort to add a little romance in their life, because if things keep going this way, romance might soon be gone forever. Perhaps we have convinced ourselves that true romance doesn't exist; that way when we don't get it, we aren't let down. Sometimes when we set our hopes too high we inevitably get hurt, and who wants that? However, there is still that bit of hope in some of us that one day our perfect guy will make us feel as lucky and as loved as the girls in the movies.


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A mini lifestyle show for BBW

ERIKA FAUST
INTERROBANG

Miz A is big, beautiful and loving it.

She is the proprietor of Just 2B Me Network, which connects curvaceous women across London.

"Just 2B Me stands for Just Big, Beautiful Me," she explained. "BBW (Big Beautiful Women) and plus-size have a stigmatism attached to them. People believe that if you're a plus-sized woman or a BBW, you sit at home and eat bon-bons all day long," she laughed.

"I'm trying to build a business and a network for us girls who are big, bold, beautiful, sexy."

Miz A said that in doing surveys of BBWs for her project Jiggy Junction, which hosts events for plus-sized women, she learned local women had a common problem.

"A lot of women said, 'There's nothing here for us, there's no community for us,'" explained Miz A. "'We're all scattered all over the place. Is there something you can do to bring us all together?' And I thought, 'Sure, I'm Miz A, I can do anything.'"

While considering how to give London-area plus-sized women a voice, Miz A found her own as an entertainer. Describing herself as a big girl with a big voice, she began her foray into the entertainment

industry six years ago.

"As a plus-sized entertainer, I found it very hard to find stage clothes for appearances," she said. "I ended up starting to travel to Toronto to find plus-sized stores that would cater to me, because London is very limited in the fashion selections, and if you do find a good store, it's very, very expensive."

The culmination of ideas from various avenues led her to the creation of Just 2B Me at the very end of last year. Miz A uses the network to connect curvy ladies with products, clothing, lingerie and more to make them look and feel gorgeous. She travels around southwestern Ontario in search of stores that will cater to them, and mentioned that she had found a store in Woodstock, called Imogenes, that carries beautiful 3X to 8X sized clothes.

"I promote self-acceptance of who you are in the size you are now, in this moment in time, whether you're a happy fit with the size you are, or you're working on attaining a size that is a happy fit for you," she said. "I don't endorse weight loss programs or diets; those are personal choices."

Just 2B Me is hosting its first mini-lifestyle show, a clothing swap and consignment sale, on April 9 at the Church of St. Jude, located at 1537 Adelaide St. N. It

takes place from 10 a.m. to 5 p.m. Admission is \$10. Drop off clothes and accessories throughout the day and check to see what else is available. The consignment area will hold higher-end pieces, such as cocktail dresses. Leftover clothing will be donated to a local charity.

"We're recycling and restyling," said Miz A. She said that plus-sized women will often purchase clothes because they fit – not necessarily look good. "All of us have these huge closets of all these clothes that we bought because they fit. It's time to take a look at these clothes and say, 'This may fit, but it doesn't look good, but it might look good on one of my sisters.'"

The lifestyle show will also feature products and services, including gorgeous 3X to 8X fashions by Imogenes of Woodstock; Boo-B-Beads, designer bra straps for strapless bras; bra fittings and sales, including sizes 30DD to 46KK by registered holistic practitioner C. M. Knight and more to come.

For more information on the event, visit tinyurl.com/just2bmelifestylesho. For more information on Miz A and Just 2B Me Network, visit tinyurl.com/just2bme. Don't forget to check out just2bme.ca for a brand new website coming soon.



CREDIT: PLANTOFtheweek.ORG

The *Stapelia gigantea* has a smell akin to rotting meat.

Grabbed by the nose

ALISHA BHARDWAJ
SPECIAL TO INTERROBANG

Fanshawe Botanical gardens also includes some plants in the greenhouse. One of the greenhouse plant is *Stapelia*, an implausible plant with a remarkable feature.

Stapelia gigantea is an attention-grabbing plant that brings to mind the Christmas cactus, with its clumps of four-sided spineless stems. They are low, perennial succulents easily recognized by their stems, branches and surface. The stems are usually almost erect and their colour varies from green to reddish, depending on how exposed they are to sunlight. Occasionally the stems are mottled with red or purple on green. The thickness of the stem varies from five to 50 mm in diameter, and the plants can grow up to 41 cm tall.

The *Stapelia* is also referred to

as the African starfish flower or the carrion flower. This is because the members of the genus *Stapelia* have a highly distinctive odour: they smell like rotting meat. These plants also physically resemble decaying animal matter, with their hairs, surface texture and colour. The odour and appearance fool flies and other insects into believing the flower is a piece of rotting meat on which to lay eggs. The relationship is mutually beneficial, as these insects act as pollinators for the plants.

These plants can grow well under sunlight, moderate watering and well-drained soil with small pebbles. The flowers generally bloom in September and have a circular fleshy disk in center. If the odour of rotting flesh is not a problem, this might be the plant for you.



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Janelle Monáe closed the Canadian Music Awards show with a bang.

Hipsters MIA at Indie Awards

E.D. CAUCHI
CANADIAN UNIVERSITY PRESS

TORONTO (CUP) — There are a few understood requirements of hipsterdom, but two in particular are critical to the category: Cheap beer and pretentious apathy.

So with \$8.50 Molson Canadians and a buzzing all-ages crowd, credibility is what seemed most disingenuous about Canadian Music Week's 10th annual Indie Music Awards that were handed out March 12 in Toronto.

The venue's large brass Canada crests hanging and French door balconies were uncharacteristically accompanied by two stages, blinking screen backdrops and swinging cameras that glided smoothly overhead. The conference room had been transformed into a set reminiscent of the Teen Choice Awards.

For a competition that claims to represent the best of independent artists, the combination of shiny venue, giddy all-ages audience, high priced-booze and recent Grammy performer Janelle Monáe headlining, it had to be asked: Where were all the hipsters?

This was certainly no Polaris Prize. However, several Polaris notables were given the nod of approval. The Sadies, Shad and Karkwa were all recognized for their indie prowess with wins for Folk/Roots Artist/Group of the Year, Urban Artist of the Year and Francophone Group of the Year, respectively.

Twenty-four awards were handed out in the form of customized black guitars. The first award for Single of the Year went to Marianas Trench. They later took home the guitar for Pop Group of the Year.

Six artists each performed Canadian Music Week's standard half-hour sets. The opening band was Toronto's largely unknown Desperate Union, whose anthemic twang echoed of Nickelback.

To hammer in the bizarre setting, acclaimed alternative indie rockers Arcade Fire only took home one of their three nominations, winning Album of the Year for *The Suburbs*.

Alexisonfire beat them for Group or Duo of the Year, which was accepted by their flummoxed frontman George Pettit.

"I feel absolutely ridiculous accepting this award. What did we do, release an EP to mixed reviews? Arcade Fire won a fucking Grammy."

As the night drew on and the air stank with the delirious combination of sweat and a smoke machine, the hipster atmosphere slowly began peeking through the night's initial sheen. Hannah Georgas took

the stage to perform her *Bang, Bang, You're Dead* in front of a backdrop reminiscent of Rainbow Bright. She beat out Toronto natives Owen Pallett and Diamond Rings for the title of Solo Artist of the Year.

Bombay Bicycle Club followed up with a set almost identical but equally well executed to the one they'd performed the night before. The alternative rock style of the British band was carried through by the lead singer's vocals, which had the rough boyish tone of Bright Eyes' Connor Oberst.

Montreal-based group Hollerado became winners of Video of the Year for *Americanarama*. They performed a full set bouncing up and down on imaginary pogo sticks to light sounds reminiscent of Vampire Weekend. With the winning song and known hits like *Juliette* and *Happy Birthday*, they launched an explosion they'd foreseen.

"We really wanted to explode confetti at CMW," professed lead singer Menno Versteeg two nights before. "They told us it would cost \$500 for the cleaning fee, though."

After the last guitar was given out, hip-hop rapper Shad hit the stage. Losing Solo Artist of the Year was Shad's second notable loss this year after he was denied the Polaris Prize in September after being named the front-runner up until the award was announced.

The snub didn't seem to affect his projected happy mood though, even while he sang the bitter lyrics to his passive-aggressive hit *Yaa I Get It*.

But the best act was saved for last. For an hour and a half, the walls of the hotel seemed to reverberate with Janelle Monáe's performance. It was truly an artistic majesty and hammered in the distinction between singers and performers.

She was not above the gimmicks, with daunting futuristic opening videos, painting on a fresh canvas throughout a song, heart-shaped confetti and crowd surfing during her encore. But her dance moves stretched from a merengue to moonwalk and her song selection energized the crowd with big band *Tightrope* and *Cold War*, but wooed them into silence during a cover of Nat King Cole's 1950s classic *Smile*.

It was only the second time Canadian promoters had managed to convince her to come north of the 49th parallel — the first was to open for Arcade Fire last summer. But Canadian Music Week has clearly opened the door.

"Thank you so much," were her final words. "We will be back."

The Sunset Limited never leaves the room

ANDREW GLUM
THE SHEAF

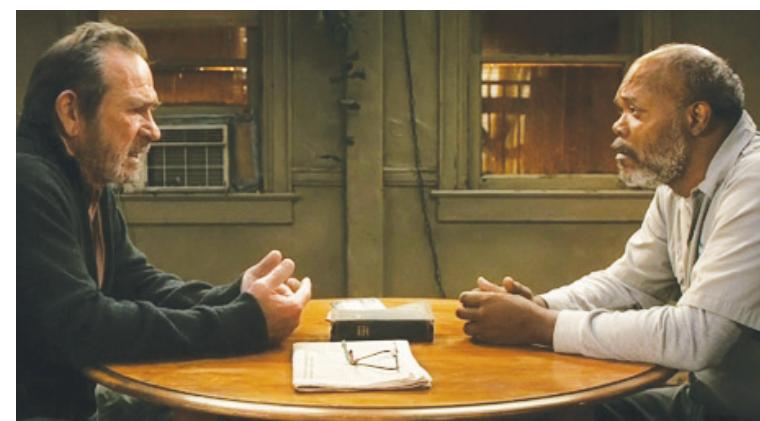
SASKATOON (CUP) — Those who feel that all of the 2010 Oscar award winners were mediocre at best will have some solace in HBO's recently released *The Sunset Limited*.

It may seem strange that a made-for-TV movie could surpass everything adorned with the eminent golden statue, but there are many factors that make *The Sunset Limited* both unique and of top-shelf quality.

For one, it was written by Cormac McCarthy, author of the novels *The Road*, *No Country for Old Men* and the highly praised *Blood Meridian*. The difference with *The Sunset Limited* is that it is not simply another case of someone else's film adaptation of McCarthy prose — this screenplay was actually written by McCarthy. Well, technically, he adapted his own stage play for the screen.

If a screenplay written by America's best living novelist is not enough to intrigue, there is more. Tommy Lee Jones not only co-stars alongside Samuel L. Jackson, but he also directs. Having only directed two other films, both of which are unremarkable, he has truly outdone himself with this project.

Realistically, *The Sunset Limited* probably didn't really need a director in the usual sense. A film that is so extremely dialogue-driven that it takes place only in one room with only two characters probably only needs



CREDIT: HBO

Tommy Lee Jones and Samuel L. Jackson star in *The Sunset Limited*.

two talented, experienced actors who can hammer it out together.

And these two actors do hammer it out quite nicely. It is refreshing to see Jackson performing in a film that isn't a complete waste of his talent. While it is impressive that he can make even a piece of garbage like *Snakes on a Plane* watchable, it is preferable that he connect his acting ability with an equally notable script.

The most impressive aspect of the film is something I've already hinted at: How dialogue-driven it is. As film technology progresses, it becomes more and more difficult to find films that place focus primarily on dialogue. Instead, most contemporary films focus on visual effects, and while this is not inherently bad, the visual effects too often lack any symbolic connection to the given film's theme or content, and serve only as a kind of decoration, culminating in a final product that will be completely

ly forgotten within a year.

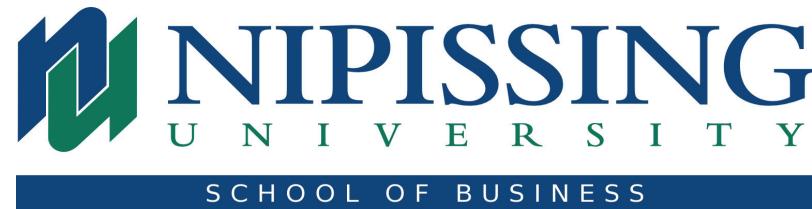
While there are many films that could be deemed "dialogue-driven," those that really challenge themselves in this regard are usually limited in the amount of different settings, and avoid flashbacks.

The Sunset Limited is outstanding in this regard. It is literally just two men talking in one room for an hour and a half, and yet it is constantly interesting. I think one would have to go back to the 1957 film *12 Angry Men* to find something of comparable quality that takes place in just one room. One could make an argument for the film versions of Samuel Beckett's plays, but that's a whole different discussion.

While a unique form is not enough in and of itself to make a good film, it is the thought-provoking content, elegant writing and skilled acting that combine to make *The Sunset Limited* such a beautiful work.

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Nothing original about *Red Riding Hood*



REEL VIEWS
Alison Gaze
a_gaze@fanshawonline.ca

Red Riding Hood (2011)



Red Riding Hood is kind of like *Twilight*, but with werewolves... Oh, that's right.

This newest release from the director of the first *Twilight* film, Catherine Hardwicke, takes another look at the classic folk tale Little Red Riding Hood, only this version has more angst than morals.

The flick follows Valerie, Little Red, and the struggle her village faces against the wolf that lurks in the forest. It does not become entirely clear until about halfway through the movie that the beast is in fact a werewolf, as opposed to a traditional wolf. The main story thread actually follows the fable very little; the girl is not travelling to her grandmother's house when she meets the wolf, the wolf does not eat her grandmother and strangely seduce the girl herself, and there is no hunter to save anyone. What *Red Riding Hood* does have is a love triangle between Valerie, a humble woodcutter named Peter and the wealthy sil-

versmith Henry.

This film also has betrayal by close friends, feelings of isolation by the protagonist and so much teen angst it is difficult to focus on anything else. There are also the obligatory interactions of the female lead with the beast, as it seems the wolf wants Valerie and she understands its language and is able to converse with it. Everything about the plot is pathetically predictable.

The cast is decent enough, featuring Amanda Seyfried in the lead role of Valerie. Seyfried is able to convincingly play an 18 year old who is desperately in love with someone she simply can't have. Her character is reminiscent of every other teen girl who loves the bad boy, and for some reason her character is fearless when confronted by a werewolf twice her size.

The two male love interests, Peter and Henry, are played by Shiloh Fernandez and Max Irons, respectively. Both men give mediocre performances and were undoubtedly cast based on their resemblance to tween favourite Robert Pattinson.

Some surprisingly big names give less than notable performances including Virginia Madsen and Billy Burke as Valerie's parents, and Julie Christie as her grandmother. The only performance



CREDIT: WARNER BROS

Amanda Seyfried stars as Valerie in *Red Riding Hood*.

worth noting is that of Gary Oldman as Father Solomon, the priest who comes to the aid of the village. His performance stands out above the rest, but it's all relative.

The film looks very much like Hardwicke's first effort, *Twilight*, and the soundtrack is similarly

unoriginal. The flow of the story is awkward and choppy, the plot line moving far too slowly on occasion and then skipping over or rushing through action.

If you are a teen girl who is hoping to someday fall in love with a supernatural beast, then this flick

was made for you. It also might be your cup of tea if you are deeply interested in the retellings of Little Red Riding Hood. If you are neither, then don't waste your time or money on this flick because you simply won't enjoy it.

Reward yourself by watching ALF



Cinema Connoisseur
Allen Gaynor
www.cinemaconn.com

Project: ALF (1996)



Over the next few months, cinemas around the world will be invaded by aliens. From *Battle: Los Angeles* to *Paul*, to *Super 8* to *Cowboys & Aliens*, we are going see an abundance of extra-terrestrials in films this spring and summer. All of these films will pale in comparison, however, to the film I will be taking a look at this week: *Project: ALF*.

ALF was a very successful sitcom that ran from 1986 to 1990 on NBC. The series focused on wise-cracking alien Gordon Shumway, better known as ALF (Alien Life Form). ALF caused many headaches for the Tanner family he took up residence with, wreaking all sorts of destruction, and constantly attempting to eat their cat (a delicacy on his home planet of Melmac).

As the series came to an end, ALF was trying to make his way home when he was nabbed by government agents. *Project: ALF* takes off from there, with ALF living at a U.S. Air Force base. He's living a mostly charmed life, holding nightly poker tournaments and eating like a king – although he does have to occasionally go through some painful tests ordered by Colonel Milfoil (Martin Sheen), a military man with a vendetta against spacemen. Note, this is not the only time a member of the Sheen family has had dealings with

an extra-terrestrial, but this is the only time that it didn't involve an evening with cocaine and hookers.

Two officers, 1st Lt. Mullican (William O'Leary) and Captain Hill (Jensen Daggett) aren't pleased with the situation, and take ALF off the base. Taking the troublesome alien out into the public provides some big laughs, particularly when ALF visits The Pussycat Lounge, where he thinks he is going to find some felines to dine on. ALF and strippers, two beloved forms of entertainment brought together.

While ALF may have escaped the clutches of the evil Colonel Milfoil, he is placed in more dan-

ger, as a whole new set of villains look to get their hands on everyone's favourite alien. Well, not everyone's favourite alien, some are in the E.T. camp. Just like there is Team Jacob versus Team Edward these days, back in the 1980s there was Team ALF versus Team E.T. And both of those little alien fellows were shirtless.

Project ALF is an extra-special film about an extra-terrestrial. While it may not contain the special effects that some of the upcoming big budget alien flicks possess, it contains much more heart and humour. *Project: ALF* is an alien flick with a lot of humanity.



CREDIT: ALIEN PRODUCTIONS

Project: ALF stars ALF, the loveable alien from the NBC sitcom *ALF*.



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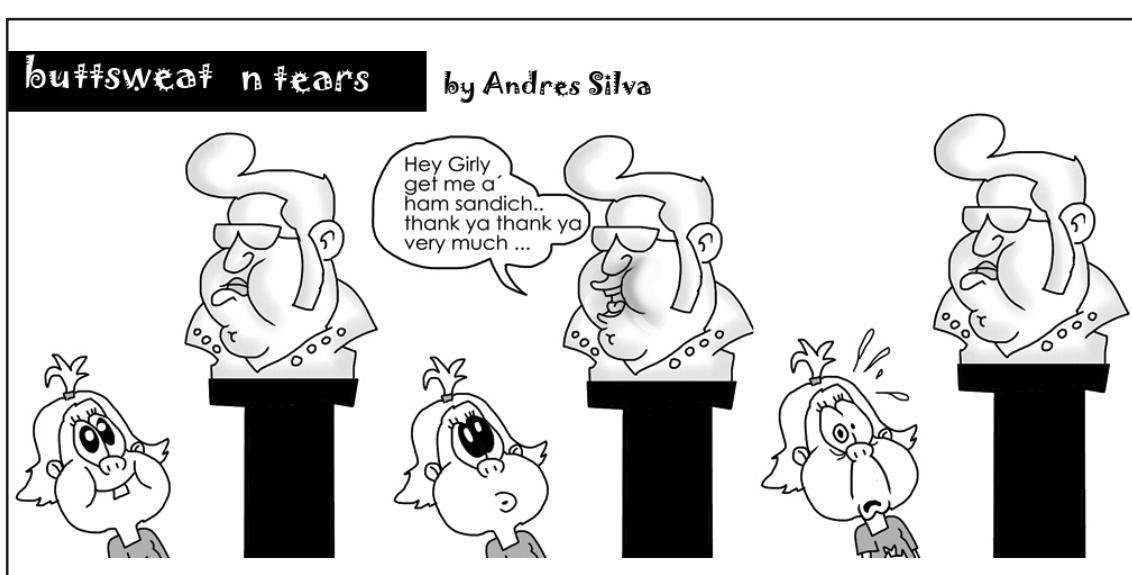
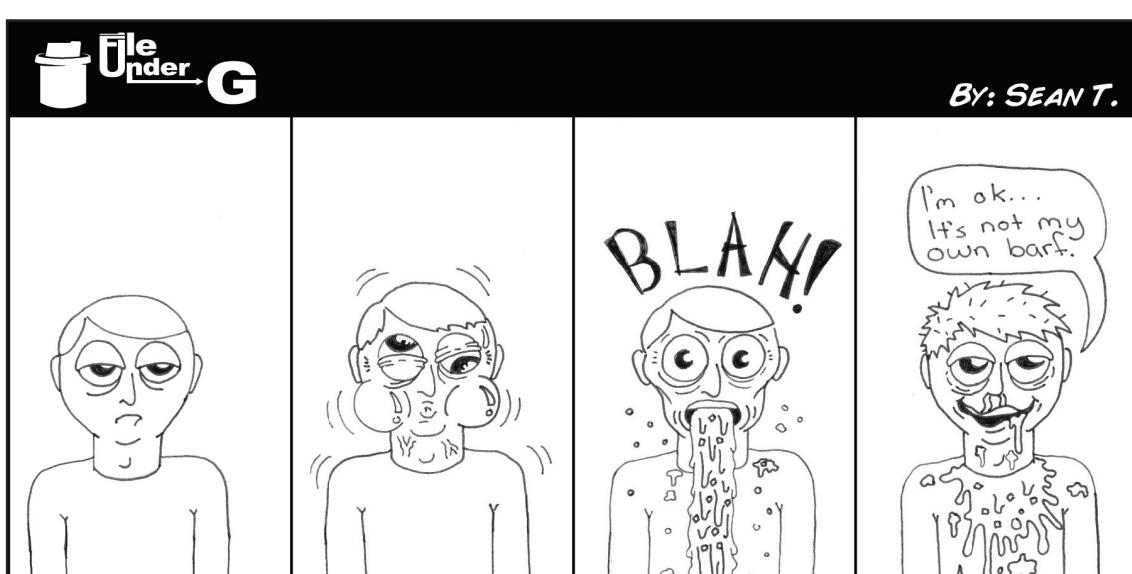
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**BUS STOP****Sudoku Puzzle**

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

puzzle rating: 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 18.



Zodiac Stargazer HOROSCOPE

Aries (March 21 - April 19)

Newcomers and observers are drawn into participation. Food critics and other epicures sing the praises of what's currently being offered. Don't be too ready to change something that works.

Taurus (April 20 - May 20)

Call it Murphy's Law, fallout from the Peter Principle, or just bum luck. The universe throws cosmic banana skins under your feet at every turn. Even the longest joke in the world has to end sometime. Be a good sport.

Gemini (May 21 - June 20)

Now it's Gemini's turn to be riding high. Your creative and emotional expression skills are polished to perfection. Great ideas come and go as easily as a breath of clean air.

Cancer (June 21 - July 22)

Downhill is the most seductive direction. Before you descend too far, save some energy for your return. Open your mind. Another method might actually be better than the one that you normally use.

Leo (July 23 - August 22)

Bottled genii, magic rocks and other fabled purveyors of wishes are very precise about language. Leo is likely to get exactly what he or she claims to want. Be wise before getting stuck with a foolish mistake.

Virgo (August 23 - Sept. 22)

Virgo pays too much attention to the stars and not enough to the ground beneath their feet. Stick with someone who is committed to looking out for you. Don't get involved with Air or Fire Signs for the next few days.

Libra (Sept. 23 - Oct. 22)

As far as Libra can see, there's no reason to worry. Everyone here is interested in a smooth ride. Who knows where a good conversation will take you? If you speak to a Leo, you may get a glimpse of the future.

Scorpio (Oct. 23 - Nov. 21)

Flaws and handicaps are a personal matter. Scorpio excels at abstract thinking to help him or her survive the hardships of midweek. You have far too many reasons for not wanting to go home. This can't last forever.

Sagittarius (Nov. 22 - Dec. 21)

Your act is for real. You're playing for keeps. Sagittarius's message is clear and positive. Anyone who's anyone would give anything to work with you. Cash in on the benefits of your popularity.

Capricorn (Dec. 22 - Jan. 19)

Are you obsessed? If a smile and a handshake make you suspicious, maybe you're standing too far outside your usual humanity. Weigh the options and ask yourself which will matter more in 10 years.

Aquarius (Jan. 20 - Feb. 18)

Avoid the usual and go straight to what makes you happy. Your undiluted energy burns brightly, luring the curious and the enchanted with Aquarian light and heat. Even from this high point, every direction is up.

Pisces (Feb. 18 - March 20)

Pisceans whose job it is to help others can expect a rewarding time. Those whose patience is slipping away should avoid people at all costs. As much as you want it to be so, not everybody has the same dream.

Finland are based on how much money a person makes.

4. In Quebec, an old law states that margarine must be a different colour than butter.

5. The first person to die in the electric chair was William Kemmler, an ax murderer from New York on August 6, 1890.

6. In Israel, religious law forbids picking your nose on Sabbath.

7. In France, it is illegal for a person to kiss another on railways.

8. In the 1985 Boise, Idaho mayoral election, there were four write-in votes for Mr. Potato Head.

9. The triangular shape that Toblerone chocolates are packaged in, is protected by law.

1. In Singapore, it is illegal to sell or own chewing gum.

2. David Rice Atchinson was President of the United States for exactly one day. This happened due to a glitch in American law at the time.

3. A 27 year old heir to a sausage empire was handed a ticket for 116,000 pounds for driving at 80 km/hr in a 40 km/hr zone. This is because the speeding tickets in

Fill in the missing letters in the Jumble below

T O J N

L F E T Y L E S

M X R O

U R X

Now rearrange the letters you filled in to spell the name of

Condom Brands:



Jumble answers on page 18

Across

- Chide
- Water pitcher
- Chief star in a constellation
- Exclude by social influence
- Flightless bird
- Sheltered sides
- In operation
- Machines capable of flight
- Expression of surprise (informal)

21. Formerly

23. Slow-moving reptile

24. Recipient of a gift

25. Most extreme

26. Breastbones

29. Actress Day

31. Elevated seating area

32. Poplar tree

33. Fixed in one position

36. Adult insect after metamorphosis

38. Gamble

39. Latin American musical instrument

41. Turn hay over and spread out to dry

42. Makes a shrill feeble sound

44. Den

45. Interest in the fine arts

46. European falcon

48. Salt lake

51. Capital of Tibet

53. Mistreats

54. Basic monetary unit of Ghana

55. Traditional Jewish courtesy title

58. Process used for problem-solving

60. Odour

62. Look slyly

63. Feminine name

64. Delicious (informal)

65. Makes a mistake

66. FBI agents (informal)

67. Remains

Down

- Male deer
- Restaurant serving light meals
- Band instrument

10. A man filed a lawsuit against his doctor because he survived longer than what the doctor had predicted.

11. In 1985, a pregnant women was falsely accused of shoplifting a basketball.

12. A surfer once sued another surfer for "stealing his wave." The case was thrown out because the court was unable to put a price on "pain and suffering" endured by the surfer watching someone else ride "his" wave.

13. Since the United Nations was founded in 1945, there have been 140 wars.

14. The majority of burglaries occur during the daytime when people are not home.

15. There are places in Saskatchewan called Elbow, Eyebrow, and Drinkwater.

16. Tomatina is the legendary Spanish tomato-throwing festival held in Bunol, Spain.

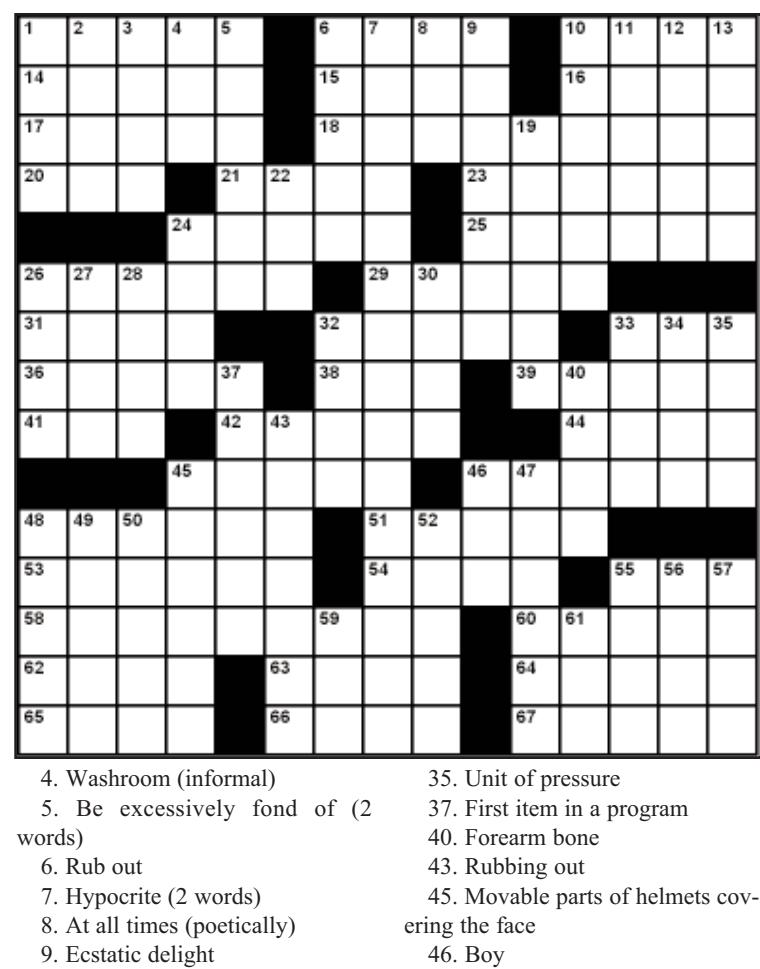
17. The Mall of America, located in Bloomington, Minnesota is so big that it can hold 24,336 school buses.

18. The North of Scotland's oldest inhabited castle is Dunvegan Castle on the Isle of Skye.

19. The largest school in the world is City Montessori School in India and has over 25,000 students in grade levels ranging from kindergarten to college.

20. Hawaii's Mount Waialeale is the wettest place in the world - it rains throughout the year and about 460 inches per annum.

21. The largest ketchup bottle in the world is a 170 feet tall and is located in Collinsville, Illinois, USA. It was built in 1949 by the W.E. Caldwell Company as a water tower.



- Unit of pressure
- First item in a program
- Forearm bone
- Rubbing out
- Movable parts of helmets covering the face
- Boy
- Koreans, for example
- River of east central Germany
- Having greater ability
- German automatic pistol
- Particularly strong man
- Tomato variety
- An award given for an outstanding television program or performer
- Bodies of water
- Male turkey
- Furrow

Solution on page 18



Women of wrestling

(Words in parentheses not in puzzle)

Beth	Kelly
Candice	Layla
Eve	Maria
Jillian	Maryse
Katie Lea	Melina



KIOSK QUIZ ANSWER

FROM MAR. 14

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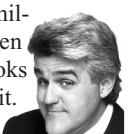
THE TONIGHT SHOW with Jay Leno

The day after daylight saving time is the worst day of the year for car accidents, because the lower sun in the sky makes it hard for people to read their tweets while driving.

Lindsay Lohan asked the judge if she could be excused from court because of what she called "the holiest day of the year:" St. Patrick's Day.

You can sit down and eat inside some grocery stores now. How fat are we getting? We can't even wait until we get home now. We're just ripping into the bags in the aisle.

Iranian President Mahmoud Ahmadinejad has sold his 1977 Peugeot 504 for 2.5 million at auction. It even came with the phone books he has to sit on to drive it.



THE LATE SHOW with David Letterman

I forgot to set my clock forward, so a lot of these jokes may not be funny for another hour.

Al-Qaida is now publishing a magazine for women. They already have one for men, called "Car Bomb and Driver."

There may be no football season because the players have been locked out. In a related story, Rex Ryan was locked out of an Olive Garden.

Can you imagine a year without professional football? It's like living in Detroit.

March Madness begins on St. Patrick's Day. Finally, an excuse for college kids to drink.



LATE NIGHT with Jimmy Fallon

It's the beginning of March Madness. Of course, if you're Charlie Sheen you got a three-week head start.

A new study found that stress and hard work can actually lead to a longer life. Or as the Kardashians are reporting it, "Please pray for us."

Al-Qaida recently launched its own women's magazine. I bought a copy, and I'll tell you right now that those ankles are totally airbrushed.

This weekend is the annual World Clown Convention in New York City. You should see the traffic out there — there's like, one car.

A recent survey found that the world's most typical person is a 28-year-old Chinese man. Which explains the new way to refer to a typical guy: "Just your average Cho."



THE LATE LATE SHOW with Craig Ferguson

I've got a new tie. And by "new," I mean I stole it from the soap operas downstairs.

The critics can be very tough on actors when they do a bad job on Shakespeare — like Mel Gibson.

Don't confuse a pantomime with a mime. Pantomime is an age-old British theater tradition. A "mime" is a French dude you punch at the mall.

One of the politicians that attacked Julius Caesar was named Marcus Junius Brutus. Most people know him by his shorter name, JWOWW.

Shakespeare just made stuff up and people started to believe it was true. He was like a 16th-century Fox News.



JIMMY KIMMEL LIVE with Jimmy Kimmel

I hate daylight saving time. I hate springing forward a lot more than I like falling back, which is the story of my life.

Charlie Sheen is going to do live stage shows in Detroit and Chicago. Charlie says a dollar from every ticket will go to the Red Cross for the Japanese earthquake. Every other dollar will go to hookers.

Charlie Sheen says he's planning to sue Warner Brothers and CBS. They're responding by giving him a movie deal for *Major League 3*.

The chief executive of a major chicken company said an extended NFL lockout could have a devastating effect on the chicken industry. Chickens may have to keep their limbs.



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ANNOUNCEMENTS

THE FANSHAWE STUDENT UNION WANTS YOUR BLOOD. No seriously, we do. Canadian Blood Services will be on campus the following days, in room SC 2013, upper floor of the Student Centre (11 a.m. to 4 p.m.); March 29. The Fanshawe Student Union has pledged 160 units of blood. What you can do to help us is: 1. This is the most important part, give blood and 2. When you do give blood on campus, sign up using the ID FANS011333. That way your ID will be counted towards our total of 160 units. You can use this ID when you register either the day of, or you can register in advance by clicking this link and entering FANS011333 in the Partner ID field.

LIVE A GREENER LIFE! Series of renewable energy and conservation workshops, FREE, various locations around London, Wednesday evenings: February-May, 7 p.m. to 9 p.m. Topics include: Geothermal, Solar power, Green roofs, LED, wind power, community gardens. Hosted by TREA in partnership with Post-Carbon London and the City of London's Mayor's Sustainability Energy Council. For more detail call 519-645-2845 or visit www.trea.ca.

STUDENT WINE & CHEESE - Join the Human Resources Professionals, London & District at Saffron's Restaurant on March 30, 6-9pm for their FREE student event with HR

Industry speakers, networking with professionals, and to sign up for membership at the discounted student rate. RSVP: fanshaweliasion@hrpld.ca

FINANCIAL READINESS SESSIONS Need assistance applying for OSAP, completing a bursary application, planning and budgeting or just have some general questions about Financial Aid? Drop in to one of our weekly "FINANCIAL READINESS" session held every Tuesday at 9 - 11am in A2036 from February 8 - April 12. Students, bring your social insurance number and financial documents to begin your OSAP application online. Computers are available at the session. Financial Readiness sessions are available on a drop-in basis, no need to book an appointment. Students can join us for the entire session or however long is required for their questions and inquiries. OSAP applications for the 2011/12 school year are available APPLY NOW!



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UNBOUND FASHION SHOW 2011

Mark your calendars fashion lovers! Once again, students in their final year of the Fashion Design Program are ready to sign-off in style at their annual UNBOUND fashion show. These dedicated students will debut their final collections at this high profile event which features a meet and greet with industry professionals and a dazzling runway show. Students participating in the show will be evaluated by a jury of leaders in the Canadian fashion industry, including the acclaimed fashion designer David Dixon. Be a part of the show that is guaranteed to wow and impress over 300 guests. Saturday, April 9, 2011 at Museum London Doors open at 7 pm; show commences at 8 pm. Tickets are \$45 and can be purchased through the Grand Theatre Box Office by telephone (519-672-8800), online (www.grandtheatre.com) or in person at the box office. For more information visit www.fanshawec.ca/unbound.

3M CAMPUS RECYCLING PROJECT

The College has recently approved a program to collect and recycle used 3M polyester transparency materials. Yellow bins with posters describing their function have been created for placement in all academic offices and some administrative offices for this purpose. In addition to collection of used transparencies, used Expo brand dry-erase markers will also be collected using the same bins. This material will be collected, to be forwarded to the appropriate recycling partners on a regular basis. Thanks in advance for participating in this initiative!

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CREDIT: ZIMBIO
John Galliano, the over the top designer, will no longer be creating for Dior.

A legacy replaced: Dior



CHRISTINA KUBIAC
KALASHNIK
FASHION WRITER

One thing I never thought I would see is a legend being removed from his post.

When we think of the brand Dior, we think of "The New Look," Christian Dior and we also think of John Galliano.

Inevitably he's someone that comes to mind immediately when we think of the iconic brand. He transformed the brand into something beautiful and modern. He had a way of bringing individuality and old principles together in order to create beautiful masterpieces.

Creating couture skirts out of horse hair fibers or oriental kimonos out of specialty silk, quality has always been an evident characteristic of his work.

However/unfortunately, depending on how you take it, John Galliano has been fired. *Quelle Tragedie!*

As soon as the news hit the web, it went viral. Every blogger and fashion website had heard the earth shattering news. The question on everyone's mind was: Why?

The question eventually turned into: Who's next? Who will be held to the same standard as Galliano to take over Dior?

The new suitor in the marriage of Dior and fashion is Riccardo Tisci, the ex-designer of Givenchy, another famous fashion house. Givenchy had proven to be a darker, and dare I say gloomier, house while Tisci designed there.

Many people worry that Tisci will be unable to keep up the luxury and daring brights Dior has recently been known for. Galliano has helped establish the Dior name as something more. It's the uproar in profits from the brand that are so

incredible. Since taking design control over the brand, Galliano has created something women want: excess.

Let's face it, women always want more; whether it's in their closets, their beds or their garages, women never really feel satisfied – blame it on genetics.

Galliano provided an overload of luxury and beauty for women. Women felt unique in his designs because of their far-fetched nature, their whimsical spirits and interesting composition.

With such a high legacy to live up to, it's troubling and most certainly intimidating to walk into a position where, so much is expected of you.

If you are unfamiliar with Tisci and would care for a few facts, let me fill you in on the type of man he is.

1. He is a strong Italian Catholic who uses religion as his inspiration in his work. To see a clear depiction of this, take a look at his men's spring/summer 2011 collection.

2. Galliano and Tisci have replaced each other once before. Between 1995 and 1996, Galliano was the designer for Givenchy. Tisci later replaced him.

3. Tisci, about to start running one of the most famous labels in the world, was never the first choice for anything. When Givenchy was in search of a new designer, they looked to countless others before settling on him. Alexander McQueen at this time was running the men's department of Givenchy and Julian McDonald was running the women's. When they eventually came together under one roof, Tisci was eventually appointed designer of Givenchy.

4. He prefers his style be called romantic, not dark nor gothic.

5. His name is pronounced "TIShee," not "TEE-she" nor "Tisk-ee."

Can't wait to see what happens.

The overlooked pearly whites



ZOOT
JOSHUA R. WALLER
jwzoot@gmail.com

While most men think they have got their look completely figured out – hairstyle, wardrobe, accessories and skin care – they are usually missing one important step, which just so happens to be one of the first things a girl notices about a guy. Not his clothes, not his shoes and not his hairstyle, but his smile and his teeth. Your teeth, as odd as it sounds, can make or break your entire appearance.

While toned muscles, a good build and a sense of style may attract a woman at first, if you flash her a smile and your teeth are as yellow as a lemon, she will be turned off instantly. And those nice, burly biceps? They are no longer even a thought in her head.

Oral hygiene may seem like a very mundane topic, but the truth is, there are still a lot of people who do not take care of their teeth. This is especially seen in men who are in their late teens and early twenties who like to party, drink and smoke. Studies published by the British Dental Journal state that men who drink alcoholic beverages are more likely to have eroded enamel, which can result in tooth sensitivity or changes in colour.

So how do you keep your teeth pearly white? There are the obvious answers such as brushing your teeth (three times a day!), flossing, using mouthwash as well as visiting the dentist frequently. There are also cosmetic approaches to get your teeth whiter in no time.

Laser whitening done by professionals is the most effective way and has the greatest results in get-



CREDIT: GETTY IMAGES

White teeth are one of the first things a woman notices about a man.

ting your teeth looking whiter. The pros of this are that it targets all of your teeth (even the molars) and will make them two to three shades lighter. This is an extremely expensive way to keep your teeth white, especially when it costs about \$500 (minimum) and only lasts a few months (particularly if you are a heavy coffee, tea or wine drinker).

The cheaper alternative to this is whitening trays or whitening strips. They essentially do the exact same thing as laser treatment, except that it takes longer to get your teeth white, and it doesn't make them as white. They are a fraction of the cost. Whitening trays definitely work better than strips because they target all teeth, while the strips only work on the front teeth.

The last and least known way to brighten the teeth is by wearing a lip gloss or lip chap that is tinted either black or blue. When applied, the gloss goes on clear and fully unnoticeable, but the black or blue tint accentuates the white in the teeth (similar to how blue eye shadow brings out the whites of the eyes). This does not make a drastic difference in the whiteness of the teeth; it mainly helps accentuate teeth being properly taken care of.

Even though your highly sophisticated, trendy wardrobe may seem like the next best thing, if your teeth are as yellow and as eroded as can be, your whole look is destroyed. As Lee Mildon once said (and as cheesy as it may be, it is 100 per cent true), "People seldom notice old clothes if you wear a big smile."

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Thanks to Apple's iPhone and RIM's BlackBerry smartphones, we can experience the wonderful world of interactive apps on the fly.

Users have the option of purchasing apps for a small fee or downloading them at no cost. What is becoming very popular on smartphones is the inclusion of more fitness apps.

A growing number of fitness programs are creating their own apps to help people track their workouts, measure or monitor their progress and learn effective tricks and tips to stay on top of their game.

Smartphones are titled as such because they do the thinking for us. Users don't have to travel with a calculator to determine how many calories they consumed or burned. This makes it more convenient and accessible for users on the move.

Fitness apps are programmed with large amounts of data that store multiple workouts, diets and health information that's easily accessible at our fingertips.

Many college students carry mobile phones on campus, but it's almost guaranteed that the majority of them do not have a fitness app installed on their devices.

Fitness apps can help students make informed decisions about their dietary supplements, especially since most of the cafeteria

outlets serve fast food. Besides, students are always looking for ways to save a buck or two, and fitness apps are a great way to cut down costs from expensive personal trainers or customized meal plan programs. Fitness apps allow students to create workouts that compliment their schedules and gain control of their health and fitness activities.

Before downloading an app, users are encouraged to read its full description and check the number of reviews and ratings received.

Users also have the option of viewing screenshots of the app to preview the features and its design layout. Once installed, there is an option to uninstall the app, if it falls short of expectations or performance.

Everyone has a different view on what a good app is. These results are based on the more positive reviews shared by users who recommend them to others.

Lose It! is one example of a popular fitness app for the iPhone. This is a weight loss app that is absolutely free. It provides the user with the ability to track food consumption, find out the true nutritional breakdown of all that's eaten and records the exercise that's eaten. It also assists the user by creating realistic goals and maintaining consistent eating habits.

Likewise, for the BlackBerry phone, a popular fitness app is Gym Technik. This is another free app for physical exercise routines. It guides users to set up workouts based on body parts such as arms, shoulders, abs, back and legs. There is also a section for setting



CREDIT: BERRYREVIEW.COM

Gym Technik tracks the weights, the reps and your body stats.

up cardio and custom workouts. It features 45 exercises for arms, 23 for the back and eight cardio exercises. Each activity features instructions for correct execution.

Fitness apps on smartphones can cost anywhere from \$0.99 to \$29.99. These are one-time fees, unlike recurring costs with other

workout programs. There isn't much of a difference between free and paid apps, unless one is looking for greater volume of data that requires more disk space, interactivity or simply prefer apps designed by popular brands.

As a new user, free apps are the best way to go as you're still in the

experimenting stage.

Smartphone technology is opening doors for companies to engage mobile users in more health and fitness activities. Fitness apps are only the beginning of a "smartphone fit" generation.

A Paralympian's perspective: One year after the Vancouver games

JOSH DUECK
SPECIAL TO CCNA

When I look back to my Paralympic experience, it was not about personal athletic achievement or glory, it was not about sport or my passion for the mountains. I do not remember all the sacrifices or the setbacks along the way, nor do I recall all the times when I asked myself WHY? My experience at the Vancouver 2010 Paralympics was all of these and none of these.

My journey to the games began several years ago, as an aspiring freestyle mogul skier. I was drawn into the sport of freestyle by the strong sense of community amongst the athletes, the passion for the mountains that we all shared and the endless possibilities of how we could express ourselves. My quest as a freestyle skier ended too early, due to the overwhelming financial constraints of being a full-time athlete (a sad song sung by far too many talented Canadian athletes).

I transitioned into coaching the next generation of freestyle superstars. I started at Apex Mountain before finding my home in Vernon coaching the highly regarded Silver Star Mountain Freestyle club. As fate would have it, my time coaching was also cut short, this time by a catastrophic accident that would leave me paralyzed

from the waist down. That was in March of 2004.

Some might say that my accident was brutal and burdening, while others would claim that it was a great spiritual enlightenment for me. I will not deny the first but I am certainly drawn into the latter.

Lying in the hospital, writhing in pain and unable to move is certainly not a position I would wish upon my worst enemy. But when faced with such adversity, one is left with the simplest of choices: wallow in misery or move forward. Needless to say, I immediately decided to move forward and make the best of the situation. Rather than focusing on what I had lost (which to this day stills boggles me), I made a conscious choice to move forward with every ounce of my ability. Something magical started to happen right away ... those around me began to feel the positive energy coming from within me and it lit a fire within them, and by nature it became cyclical (from there, the positive energy began snowballing exponentially).

It was not long after my time in the hospital that I returned to the mountains to satisfy my unquenchable desire to ski. After learning the basics of the mono ski, I decided to go for gold at the Paralympics in 2010. The stories from then now are endless and the

lessons learned are timeless ...

Flash forward to the March 2010, the Paralympics Games in Whistler. The hype is insane and had been for the year leading up to the games. The crowds are huge, more than any of us athletes had ever seen. The energy was out of the world! Finally, my moment had arrived to compete on the ultimate world stage ... and the greatest sense of calm came over me. My objective coming into the games was not about personal accomplishment or glory or any of that; it was all about creating a sense of unity and community amongst those who matter most to me. I looked down into the crowd and knew that I had already done what I had set out to do ... the connection I share with my friends and family was LOUD and clear! The only thing left was to do what I love to do ... just ski. The rest is now history ... a story that I hope will be shared for years to come.

One year later, the moral of the story is to find your passions and live your dreams; embrace the unexpected and see each of life's challenges as an opportunity waiting to be seized.

Josh Dueck is a silver medalist in the men's sitting slalom at the Vancouver 2010 Paralympic Winter Games. Go to Paralympic.ca to watch this memorable event.

GMs trying to crack down on head checks

TYLER REVOL
INTERROBANG

The NHL is holding their general managers meetings in Florida this week, and the hot topic item is concussions and head checks.

The National Hockey League Players' Association wants to implement a new rule that further cracks down on the way the disciplinary committee handles these occurrences. Gary Bettman, commissioner of the NHL, has now proposed a five-step concussion analysis plan which will be put in place by the end of the month. The plan calls for players who think they may have a concussion to see a doctor and go through tests before returning to play in the game.

The GMs and NHLPA are also trying to decrease the size of equipment for player safety reasons.

There is also some pretty good hockey going on at the moment. With playoff races in the East and West heating up, it's an exciting time to be a hockey fan. The Western Conference is so tight that you can begin the night in fourth place and by the end of the night be in 11th, and you don't even have to play a game. In the Eastern Conference, it's coming down to a five-team race for two playoff spots. Currently the Buffalo Sabres and New York Rangers are hold-

ing down seventh and eighth place respectively, but Carolina, Florida and Toronto are knocking on the door, trying to get in.

The Ottawa Senators are one of the hottest teams right now in the NHL. It would appear that GM Bryan Murray's acquisition of Craig Anderson has been the turning point in the season. The Senators, who look like they will miss the playoffs, are playing the role of spoiler and doing a good job.

The bottom feeder in the West is the Edmonton Oilers, who just keep on losing games and players. Having already lost Taylor Hall for the season, Sam Gagner is now also gone for the year.

It's time for my three stars of the week. The third star goes to Anaheim Ducks' Corey Perry, with five goals and two assists in three games. The second star is

Daniel Sedin from the Vancouver Canucks, who had three goals and five assists in three games. The first star of the week is from the Washington Capitals, and that is goaltender Braydon Holtby, who helped lead the Capitals to four straight wins.

Usually I would do the three big games of the week, but at this time of the season every game is important. Look for lots of close overtime and shootout games as we head into crunch time.

A rebuilding season

**TYLER REVY
INTERROBANG**

The Fanshawe Falcons women's basketball team had a season of ups and downs this year.

The ladies started off the season on fire, winning their first two games. The Falcons' hot streak cooled down during the stretch run of the season as they headed into the Christmas break with a record of three wins and four losses.

The team looked poised to finish outside the playoffs, but forward Natasha Amo remained positive. "We are not out of it yet." The ladies proved that by playing more of a team game in the second half of the season.

The team went into their final game with a chance to move up in the standings, and played against the undefeated Sheridan Bruins on February 22. The loss the ladies suffered had them going into the playoffs losing two straight games against tough teams. The ladies played Georgian on February 26 in the play-in games and loss brought an end to their remarkable season.

With a team of an even split of rookies and veterans, head coach Matt White had his work cut out for him. The coach knew going into the season that it wasn't going to be easy because a couple of their starters were playing college basketball for the first time. He did, however, have a great leader in Kaitlind Dutrizac.

Dutrizac was in her fourth year of eligibility, and helped mentor the younger players. She was a vocal force on the floor and during practices did not hesitate to help the new players. She said she is

very impressed with the basketball team going forward, and thinks they will be able to be a real powerhouse in the years to come.

Returning players Tina Teng



Fanshawe's Phyna Lim will be counted on as one of the leaders on next year's basketball team.

and Phyna Lim will be dynamic forces on the team in the next couple of years, as well as the rest of the returning players.

Returning players Tina Teng



CREDIT: ANTHONY CHANG

Fanshawe's Kaitlind Dutrizac's basketball career came to a close with a loss to Georgian College.

Women's season comes to a dramatic end

**TYLER REVY
INTERROBANG**

The Fanshawe Falcons women's basketball team's season went out with a bang.

The ladies travelled to Georgian College to play in their first playoff game on February 26. The women didn't have the success they were looking for, and dropped a close decision to the hosts.

The team didn't have the season they were expecting going into the new year. They struggled, but were able to sneak into the playoffs in sixth place in the OCAA West division, which gave them the first-round match with the third-place Georgian team.

If the team had won the game against Georgian, they would have advanced to the final eight tournament in Niagara. Since they failed to do that, their season came to an

end, as did the career of guard Kaitlind Dutrizac.

The fourth-year leader of the team's remarkable career concluded with the loss, and although the season is over, she said she enjoyed her time at Fanshawe and had fun playing basketball. As the mentor on the team this year, Dutrizac was able to show the younger players what is needed to be done to win games. According to coach Matt White, "Kaitlind is a leader and any coach would be lucky to have her." With all the praise and leadership she showed this year, she was unable to go out on top, but said that Fanshawe basketball will be good for years to come.

The women are done for this year, but they will be back again next year and look to improve on what was a learning experience.

Hardy an embarrassment



**THE HEEL TURN
SCOTT STRINGLE**
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CREDIT: ANTHONY CHANG

Sting retained the TNA beating Jeff Hardy in just over 60 seconds after Hardy showed up to the event in no condition to perform.

A very controversial incident happened at TNA's Victory Road PPV, as Jeff Hardy showed up to the event looking as if he was under the influence of drugs. The main event was supposed to feature the champion Sting defending the belt against Hardy. The Anti-christ of professional wrestling came out first, seeming to be having difficulty walking straight. Sting entered the ring next and the ref crossed his arms over his head, a signal that usually means an injury. Bischoff quickly came out and said something individually to both Hardy and Sting. Bischoff then announced that the match had been changed to be no disqualification, which was a puzzling announcement as it really added nothing to the match. Hardy walked around inside the ring and continuously held his t-shirt up to the audience, which had even commentators Taz and Tenay wondering what the hell he was doing. The action then got underway and the two combatants locked up before Sting kicked Hardy in the gut and then nailed him with a Death Drop. Sting then pinned Hardy, and it looked like Sting had to fight to keep Hardy down since he was trying to get up.

Sting looked angry as he walked back up the ramp after the match amidst fans' chants of "Bullshit!," to which Sting yelled "I agree!"

This leads to the question of how Hardy even got past everybody backstage if he was unfit to compete, when the ref noticed very quickly. They should have kept him as far away from the ring as possible and sent in either RVD or Anderson as a replacement. A story could have been made as to why Hardy wasn't there, and the fans would have actually gotten the match they deserved to see, rather than the embarrassing spectacle that they were left with. One thing is for certain: TNA management has no more excuses. Jeff Hardy has to be dealt with, and that means suspending him and sending him to rehab, instead of constantly rewarding him with undeserved title runs. Being messed up at a PPV-or any other event-just proves that Hardy must not have much

respect for the business, and that is a sad thing to see from a guy who was part of one of the best tag teams at one point in time.

In WWE news, Wrestlemania 27 is shaping up to be an epic event. Not only is The Rock hosting, but Stone Cold Steve Austin will be on-hand as the special guest referee for the Lawler vs Cole match. Ten years ago, Cole suffered a beatdown from Austin that he did not deserve. This time around, though, the roles are reversed, with Cole being the heel, and many fans would love to see him get a Stone Cold Stunner from the Texas Rattlesnake. There is just one thing that would make this match complete, and that is the commentary of Jim Ross, who is the best in the business, in my opinion.

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There is a method to gaining muscle, writes Rick Melo.

CREDIT: MUSCLEGAINTRUTH.US

Harder, better, bigger, stronger



FUN AND FITNESS
RICK MELO
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Last week, we compared the benefits of full body and split day workout routines. Although it seemed to answer an important question, it appears to have brought up another common one. In the last week, several students have asked me what the key is to getting bigger. To keep things simple, we are going to concentrate on the three main factors: compound movements, nutrition and caloric intake/expenditure.

Most people know that in order to gain muscle mass you need to lift heavy weight, which typically consists of a six to 10 repetition range. The important part is the type of movements you focus your sets/reps on. Performing compound movements ensures that you are using more than one joint motion. This is crucial because compound movements involve multiple joint movements which allow your body to lift heavier loads. We'll use the pec dec and chest press machine as an example. The pec dec machine is an isola-

tion exercise, meaning you are only using one joint – the shoulder joints. It's a great exercise because it isolates the chest muscles, but it limits the amount of weight you can actually lift. Now imagine yourself in the chest press machine. It is a compound exercise because you are using two joints to lift the weight – your elbows AND your shoulders. This is important because it allows your triceps to assist in the exercise, allowing you to lift much heavier weight. See how it all comes full circle? Heavier weight results in heavier mass.

Does this mean you should toss out your isolation exercises? Absolutely not. However, if you're looking to gain any weight, compound exercises had better be the focus of your routine.

Secondly and most importantly, nutrition accounts for roughly 80 per cent of the results you will achieve. Look to the Canadian Food Guide to ensure you're getting the correct amounts of protein, carbohydrates and fats. Hydration is extremely important, so be sure to have water by your side at all times.

Last but not least, you need to consider your nutritional caloric intake and expenditure.

You need to eat A LOT. This is particularly challenging for young, scrawny college kids who have an ultra high metabolism. It becomes an even greater challenge for active individuals such as varsity athletes who are practicing two hours a day and shedding away the calories. If you're not gaining weight, you need to eat more. If that fails, you need to combine it with less caloric expenditure (i.e. less running, cardio, etc.). The Fanshawe Falcons basketball team is a perfect example of this. Many of them can't gain a pound during the season because they burn way too much off in practice. When the season ends, their workout/eating routines don't particularly change but they find themselves getting bigger. That's because they aren't burning over 1,000 daily calories from Coach Johnston's suicide drills!

So to recap, lift heavy, and to lift REAL heavy, use multiple joint compound movements! Eat WELL and eat LOTS. If you find it difficult to eat more, try consuming more calories through shakes, bars and even junk food from time to time! Best of luck to all of you looking to become bigger and stronger!

NFL players locked out!



NFL CZAR
JUSTIN VANDERZWAM

As you likely know by now, the 2011 National Football League season is in great danger. As of Friday, March 12, the NFL owners locked out the players and halted what would have been an exciting offseason. The NFL Players Association rejected the last-ditch offer from NFL owners, and decertified the union. What does this all mean?

Well, according to NFL.com, the players' union is in fact still intact, and this is just a clever ploy to force the league's hand in settling on a deal. Confusing, right?

It is quite amazing that after 16 days of federal mediation, the two sides could not come to an agreement. Now, both sides have given a statement, and I will look at them a bit closer, and see if we can't figure out what exactly is going on.

The Players

As of right now, the players look like the side that isn't willing to work. Led by NFLPA president DeMaurice Smith, the union comes across as greedy and unwilling to bargain. The owner's most recent offer looked pretty fair, but it was rejected by the union. After this, the union decertified and declared that negotiations were over. Several anti-trust lawsuits have been filed against the NFL, and quite honestly, it just doesn't make any sense to me. Will this be seen as an impressive bargaining strategy? Or simply a distraction that leads to the loss of a full NFL season? Only time will tell.

The Owners (The NFL)

Now, it depends on how you look at things, but I think the owners gave up quite a bit in their recent offer. Not only did they offer to raise the salary cap (again), but they offered compensation to injured players and retirees as well. The NFL gave up on its idea to move to an 18-game schedule (for at least two more seasons), which

should be seen as the greatest victory of all for the players. Now, I'm sure we don't have all the details at this time (and more may be available by the time you read this), but the NFL and the owners sure seem like they are at least trying to figure out a way to give us football next season. As of the time of the lockout, NFL commissioner Roger Goodell lowered his salary to exactly \$1. Now, if that isn't dedication, I don't know what is.

How This Will Shake Out

For starters, I have no idea.

All we really know at this point is that the NFL is in lockout mode. I don't know if this will result in replacement players (Keanu Reeves!), or simply a loss of a season, a la the NHL. The NFL hasn't seen a work stoppage since 1987, so we have been very fortunate for a long time, but I can't even begin to imagine a year without football, or a Super Bowl. Yikes! Anyways, there will be an NFL draft regardless of what happens with the deal, so we will still have something to talk about.

Mitsubishi RVR has some pep



MOTORING
NAUMAN FAROOQ
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the vehicle, but start and stop it without fiddling with keys), and possibly my favourite feature of them all, heated seats that can really toast your backside.

From your backside to the back seat, where you will find decent room for three passengers, and while shoulder room is not the greatest, there is more legroom than you might expect. Trunk space is adequate if not very generous (fold down its rear seats for extra space if needed), and you do have to lift items quite high to get them in there, so those of shorter stature will complain. Regardless of one's size, I am sure everyone will appreciate its safety features like seatbelt pretensioners and seven standard airbags.

You will also appreciate its ride quality. Most small SUVs feel over-damped, which gives them a very poor, bouncy ride quality, but the RVR has a very smooth, car-like ride. It handles like a car too, thanks in some part to its 18-inch alloy wheels wearing 225/55 tires, a communicative electric power steering system and a chassis taken from its Lancer sibling, which, as you know, is also the basis for their wonderful Evolution X sports sedan.

Its mechanical bits are fine, but could have been better. The only engine on offer at the moment is a 2.0-litre, inline four cylinder engine that features a variable-valve timing system (MIVEC). It produces 148 hp and a 145 lb/ft of torque, which is a little on the weak side when compared to its competition. When paired with the CVT automatic transmission, it sounds quite noisy under acceleration, but does smooth things out when cruising. If you want to have a bit of fun on a twisty road, you can slot the gear lever into manual mode and then play with its steering wheel mounted pedal shifters. Being a CVT gearbox, the gear changes are very quick and smooth. Keen drivers can even choose to have a five-speed manual gearbox, which comes as standard equipment on the base model.

You also get to choose between front-wheel drive and all-wheel drive models. Both my testers had all-wheel drive, and I quite liked the fact you can switch between two-wheel drive and all-wheel drive on the fly by just twisting a knob on the center console. It even comes with a differential lock, so this little SUV can actually do some off-roading, unlike most that only look like they can.

So it seems that this new RVR is a pretty nice little SUV. With prices starting at \$19,998 it's quite affordable, too. It's affordable to run also, with a combined city and highway fuel consumption of 10.3 litres/100 km.

Over the years, Mitsubishi has had some less than impressive vehicles in their line-up. I'm glad to report this RVR is genuinely worth looking into if you're in the market for a small SUV.

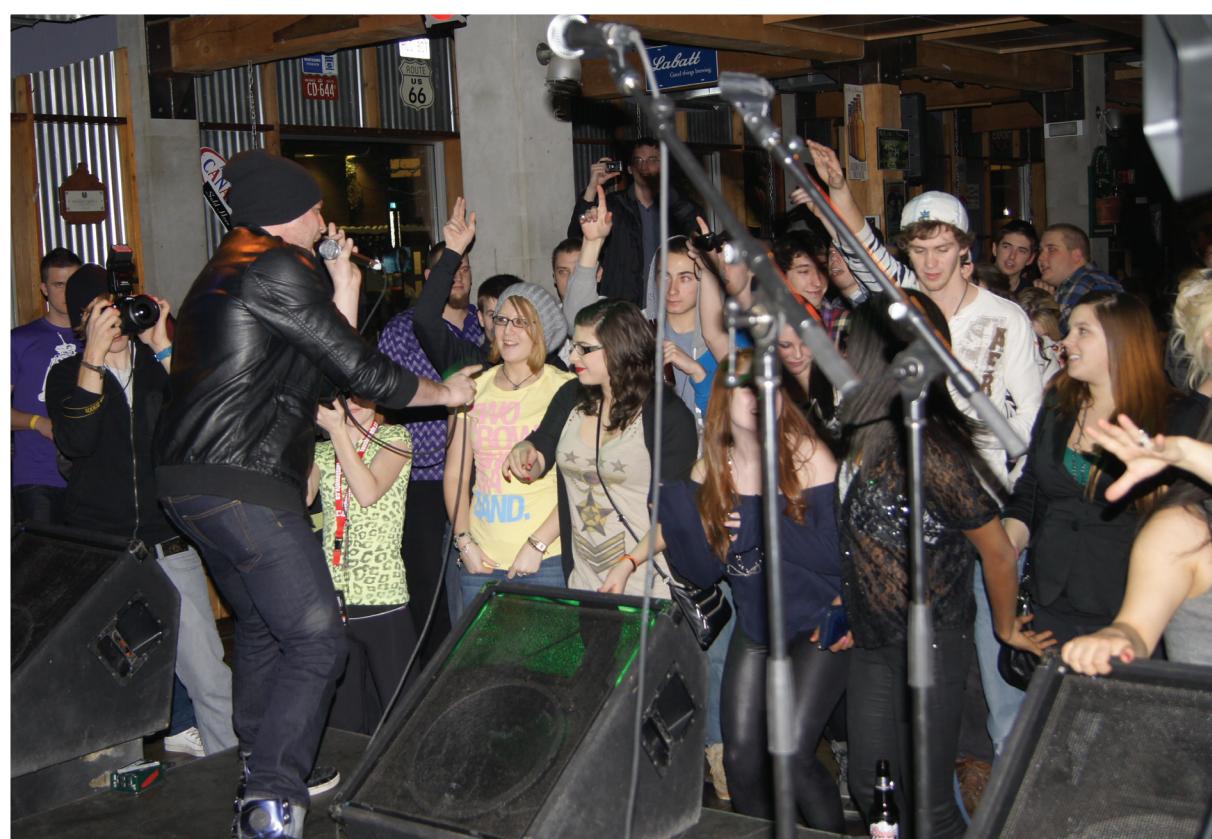
ON campus

students enjoying campus life

Friends enjoy a few refreshments in the Out Back Shack.



And so were
Stella and 50.



The crowd got up close this past Friday at New Music Night.



Molson and Budweiser were represented at the Beer Shirts & Short Skirts



Having a great time at New Music Night.



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