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FIRST EVER NATIONAL MEDAL

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#FSUINTERROBANG PHOTO OF THE WEEK

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CREDIT: KERRA SEAY

Current FSU president Alan Bushell will be passing on his office to the newly elected president Carlie Forsythe on May 1.

Meet your new FSU president Carlie Forsythe

KERRA SEAY
INTERROBANG

Carlie Forsythe refuses to sit in the president's office chair. She said she's holding out on it to build the anticipation.

"Alan [Bushell] has always suggested that I save one thing for my first day of presidency and that's my one thing," Forsythe said. "I'm hoping it feels symbolic, but I think the real symbolic thing will be decorating the office how I want and working with my team."

Forsythe spent the last few months as VP finance before deciding to run for Fanshawe Student Union (FSU) president. She claimed the title in an election battle that had an unprecedented number of candidates running for the top spot.

With four other competitors, Forsythe said she was shocked when she heard that she won.

"I was weirdly surprised, I don't think I should have been as surprised, I was out there working really, really hard," Forsythe said. "It caught me off guard... it was a big moment."

Forsythe spent her campaign week meeting students around cam-

pus and listening to their suggestions. She also held the door open for students at the T building entrance and handed out candies. She wore a sandwich board while doing this which she said got a lot of attention from students.

"People like the nice token. I was there to make peoples' day."

Forsythe said her hard work definitely paid off.

"The president who gets in usually gets it because they worked the hardest," Forsythe said. She added that her other competitors worked hard too, and said she is incredibly proud of those she faced in this competition, particularly Heather Bailey.

Bailey took second place, which Forsythe said was impressive due to the fact that she was the only one out of the five competitors who was not a previous member of FSU or the Student Administrative Council (SAC).

Forsythe already has big plans to shake up the FSU. Though many of the changes won't come into effect during her time as president, she said she thinks her presidency will have a lasting impact on the college.

She plans to cut ties with the Canadian Students Association

(CSA), to increase representation through clubs and launch SAC and clubs training, to continue with the implementation of the reorganization of the governance structure of the FSU VP system and much more.

"[I plan to] make good on my promises I made to students while campaigning," she said.

This year, the 49th year with an FSU president, will be the final year with vice presidents. The new change will be in the style of a board of directors, which Forsythe said will be more efficient.

"I've been able to see what has and hasn't worked this year and now I'm able to address those deficiencies," she said. "This year will be a bridging year."

Forsythe said she wants to be remembered as a president who brought the FSU together and made Fanshawe a better place for everyone.

"I want to be remembered for really bringing a lot of cohesiveness to the team and also bringing together various areas of the college by uniting and collaborating with them," she said.

Forsythe's term as president begins on May 1.



CREDIT: KERRA SEAY

The construction of the J building expansion is ongoing, but the final project will boast great features including workout rooms, a climbing wall and a juice bar.

Main campus expansion about a year to completion

KERRA SEAY
INTERROBANG

It's impossible to ignore the construction project currently occurring in J building. Once completed, the \$24 million expansion of the fitness centre will be a considerable improvement on the old gym, bringing in new training facilities and more to Fanshawe.

J building was originally 98,443 square feet. About 8,870 square feet of the building was demolished for the expansion, and the new centre will add another 55,000 square feet of fitness space to the building. Another 7,700 square feet of the existing building will be renovated.

Donna McInnis, manager of project and construction management, said one of the reasons that made the expansion necessary was due to the rapid influx of students.

"As the population grows and service demands increase, there has been no increase in capacity to meet demand," McInnis said. "In other words, supply has not kept pace with demand or need."

The original facility was built in 1993, and even with the addition of Gym 3 in 2003, it was still not enough to meet the demand coming from students. McInnis said there has been a 65 per cent increase in the student population from when it was built to today.

McInnis said Fanshawe will continue to expand in the future. The college has a goal to increase

enrollment by 15 per cent over the next five years, making the expansion even more necessary.

The fitness centre is a crucial part of programs in the School of Public Safety and the Faculty of Health Sciences, which includes Police Foundations, the Paramedic program and more. Fitness tests are a course requirement in some programs, and with the continued expansion of these programs, the fitness centre was even more in demand.

The building will be the new home of the Fowler Kennedy Clinic and Fanshawe's Pharmacy, a Wellness Centre which will boast multi-purpose spaces, medical and physiotherapy care, exam rooms and offices, and will also have change rooms, the Athletics Control Desk, lounge spaces for students and a juice bar.

In addition, there will also be a three story climbing wall, aerobic studios, a weight training area and a cardio room.

McInnis said the new Wellness and Fitness Centre will provide space to meet all the needs of Fanshawe students and staff.

"There will be a new vibrant and exciting space for students and staff [to] use. The Wellness and Fitness Centre will engage the students and staff in movement, positive mental health and general well-being."

Construction should be completed about a year from now in the late spring of 2017.

Two incidents of inappropriate touching raises concerns

KERRA SEAY
INTERROBANG

The London Police Service (LPS) sent out a press release last week regarding two cases of women being inappropriately touched.

Early in the morning on Sunday, March 6, two women in were inappropriately touched within about an hour of each other in two different incidents in the downtown area.

The women were touched while taking a ride in what they were told by the driver was an unmarked cab.

The first incident occurred around 1 a.m. The suspect is described in the press release as "male with a tanned complexion and a slight accent, 50 to 60-years-old, with short white/grey hair, scruffy facial hair and wearing thin square-framed glasses." The vehicle is described as a beige or grey SUV, possibly a Toyota.

The second incident occurred just before 2 a.m. The suspect is described in the press release as "male in his mid 20s, possibly of middle-eastern descent, approximately 5'8 (173 cm) with a slim to medium build, clean shaven with black hair." The vehicle is de-



CREDIT: CREATAS / THINKSTOCK

Never get into a vehicle if you do not know the driver or you do not know what company they work for.

scribed as a four-door black sedan with leather interior.

Sandasha Bough, the corporate communications and public relations officer with the LPS, could not provide any more details about the incidents because the investigations are still underway. Based on the evidence, the LPS is investigating these cases as sexual assault cases.

"Any type of touching that is unwanted or sexual in nature is considered inappropriate and could be construed as a sexual assault," Bough said. "I can tell you that both of these females were assaulted."

Bough had some advice for those

travelling at night.

"With any taxis or any type of transportation, make sure you know who you're getting a ride from, whether that's by asking them or by getting into a vehicle that's marked so you know exactly what company it's with... Don't ever get into a vehicle that's unfamiliar to you," she said.

The press release adds that anyone with information in relation to this incident should call the LPS at 519-661-5670 or Crime Stoppers at 1-800-222-8477. Information can also be sent in anonymously at londoncrimestoppers.com.

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Submission forms can be picked up in the FSU Office - SC2001 or www.fsu.ca/contest
Submit your work to FSU Office SC2001 (2nd Floor Student Centre)

Affordable housing strategy update



DAN TODD
INTERROBANG

In 2010, Ontario launched the Long Term Affordable Housing Strategy, which has now been updated with feedback from communities to make sure that local needs are met.

The province has introduced a number of new legislative measures and is investing \$178 million over the next three years to ensure that

people have access to affordable and adequate housing, to help them secure employment, raise a family and build strong communities.

One of these measures is proposing the mandatory inclusion of affordable housing units in new development projects, or “inclusionary zoning”.

Habitat for Humanity is an organization that already works to give people a decent place to live, and the CEO of their Heartland Ontario office, Jeff Duncan, has seen areas of Toronto that have been including more affordable areas in new residential areas that are build, and is glad to see the idea moving across the province.

“In our community there’s between eight to 10 per cent of the population living in some kind of a housing issue... they need decent, affordable housing...”

Duncan said that Habitat for Humanity has a good relationship with local developers and homebuilders, and even though every build is different, people do what they can to help. He added that one of the

key issues in their work is finding land to build on, and this provincial strategy will ease that burden.

“I think we have better a community, a more inclusive community when we have what you would call a continuum of housing, of higher end housing right down to affordable housing. It gives people in affordable housing a chance to move up as well, and change, and stay in the community where their kids go to school.”

Other initiatives included in the strategy are a proposed framework for a portable housing benefit that would allow people who receive

“In our community there’s between eight to 10 per cent of the population living in some kind of a housing issue... they need decent, affordable housing...”

housing assistance to choose where they want to live, and an investment of more than \$17,000 over the next three years for a portable housing benefit that will eventually support up to 3,000 survivors of domestic violence.

The province also wants to develop a framework for a supportive housing policy to improve access to services such as counselling, dispensing medication and life skills, as well as support the construction of around 1,500 new supportive housing units with an investment of \$100 million over the next three years.

All of this is to support Ontario’s goal of ending the problem of chronic homelessness in the next 10 years, and comes at the same time as a proposal for a guaranteed minimum income for people living in poverty that will give them income security, but not discourage them from entering the workforce. Ontario Finance Minister, Charles Sousa, is still in the process of choosing a community to be the test site for guaranteed income.



CREDIT: KERRA SEAY

The Centre for Academic Excellence awarded Fanshawe student Christina O’Neill with a \$500 flex card.

Fanshawe’s Centre for Academic Excellence hands out money to students

JESSICA THOMPSON
INTERROBANG

An ordinary day for Christina O’Neill was made extraordinary by Fanshawe’s president Peter Devlin when he handed her a \$500 flex card.

“I have an exam and [I was stressed because] today was so tightly packed and when [Devlin] gave me [the money] I was surprised,” O’Neill said. “I was not expecting it at all, it definitely made my day a little better; I am really excited.”

The Centre for Academic Excellence brought about the initiative after they were awarded the President’s Distinguished Team award during the President’s Breakfast back in September of 2015.

With this award, the Centre was given a cash prize.

“We received some money that needs to be used to directly or indirectly benefit students in the college and we had to determine how we wanted to do that,” said Patti Kaye, the co-ordinator for the Centre of Academic Excellence.

“We work behind the scenes because we do curriculum; we work mainly with faculty and administra-

tors, we don’t get to see the students directly,” Kaye said.

The Centre for Academic Excellence works with all the faculties and facilitates program reviews, program developments and e-learning for faculties, all work for the students, but not directly with them. According to Kaye, the Centre wanted to take this opportunity to directly engage with the students.

And what better way to engage the students then handing out the money directly to them?

“We are literally divvying up this money, we are going to every single campus, eight of them all in, to distribute flex cards in varying amounts from \$10 to \$500 straight to the students to say thank you for coming to Fanshawe, thank you for your energy,” Kaye said.

March 14 kicked off the initiative with the help of president Devlin.

“We told him to look for someone who embodies the Fanshawe promise: excitement, empowerment, engagement and educate, those four Es, he is looking for someone who is embodying that.”

And with those instructions, Devlin chose O’Neill, a first-year Pre-Health Level 2 student and a

varsity volleyball player.

“It was my job to pick a student who was filled with pride, with excitement, with enthusiasm about learning and about being at Fanshawe,” Devlin said. “Christina, when I asked her how her day was, she said awesome even though she has a test [today].”

And with that excitement for learning and the way O’Neill has gotten involved with the school, Devlin felt like she perfectly embodied the Fanshawe promise.

“If someone is wanting to come to Fanshawe [they should] definitely get involved in everything they can and get the most of the experience they can,” O’Neill said. “Going here pays off, [it’s] awesome.”

Devlin reciprocated O’Neill’s view and applauded the Centre for Academic Excellence on this initiative.

“I commend the Centre for selecting this type of recognition, it certainly demonstrates their focus because they are totally centred on students and developing programs that are relevant and allow students to fulfill their dreams.”

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Pink and blue hydrangeas are available for purchase on campus at the Spriet Family Greenhouse for \$15 until sold out.

Fanshawe receives \$2.4 million to use for apprenticeship training

JAYMIN PROULX
INTERROBANG

Deputy Premier and London North Centre MPP Deb Matthews announced that up to \$2.4 million will be given to Fanshawe from the provincial government, at a press conference on Feb. 29.

This will benefit the pre-apprenticeship and apprenticeship programs at the college. The two pre-apprenticeship programs include Truck and Coach Technician (London Campus) and Culinary Management (Simcoe/Norfolk Campus). The two apprenticeship programs include Automotive Service Technician and Agriculture Equipment Technician.

Truck and Coach Technician and Culinary Management are to be given \$457,500 and \$1 million is meant for both Automotive Service Technician and Agriculture Equipment Technician.

"This is a really important investment, the apprenticeship enhancement fund goes to upgrade the equipment the apprentices use so that they have the most up-to-date equipment, so when they move from apprenticeship into workplace, they are using the same equipment that they will use on the job," Matthews said.

Matthews also stressed that it's important to invest in skills, so that people will be in a good place to join the labour force. Also, with baby boomers retiring and students graduating, there is a lot of potential work out there.

As a result, students will have well-paying jobs that are available

because of the demand for skilled trades.

"We need to invest in our people, so that they will be put in a good place to join the labour force," Matthews said.

Steve Crema, chair of the School of Transportation, said the money was for funding to deliver the educational curriculum to a pre-apprenticeship group of students, with regards to the Truck and Coach Technician and Culinary Management.

However, with the Automotive Service Technician and the Agriculture Equipment Technician programs (or apprenticeship programs), they received the money for materials and equipment to improve the experience for the apprentices in those programs.

The complete funding was delivered to the city from the province, benefiting trades in the community. The money is being divided among eight institutions for training, equipment and facility upgrades.

"Roughly \$2.4 million came to Fanshawe and the remainder went to other educational apprenticeship deliver agents in and around London. Deb Matthews did the announcement in London because we are her constituency, but she was announcing it for the entire South-West Region," Crema said.

LIUNA Local 1059, the London Learning Centre, the Stratford Chef School and Lambton College all benefit from some part of the funding.

"For the pre-apprenticeship programs, those are really important programs, especially given the state

of our economy right now; pre-apprenticeship means students can come and receive apprenticeship level education, without needing to have an industry partner," Crema said.

As a result, the students at Fanshawe become more employable because they already have part of the education. Employers are more willing to take them on because they have already done part of the work themselves.

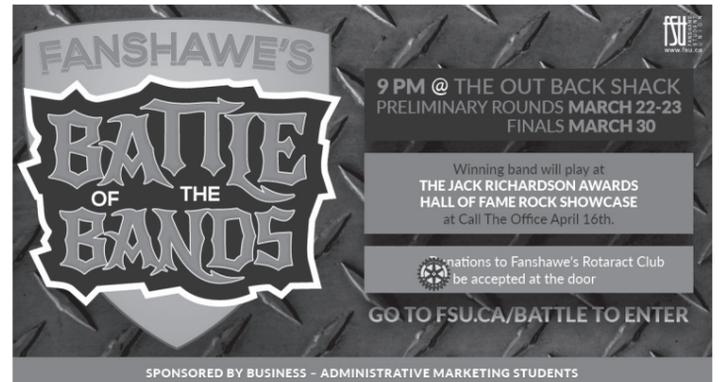
That's the advantage for the two pre-apprenticeship programs. These programs are valuable to get people into the workforce.

"The apprenticeship enhancement money makes it possible for us to buy the newest and cutting edge equipment that our apprentices will need to use to practice on for when they enter the workforce," Crema said.

Another topic that Matthews addressed which is important in the economic agenda was the policy for free post-secondary education for those under a \$50,000 salary in Ontario.

"A lot of people will be happily surprised to learn how affordable post-secondary education is going to be; it's permanently removing the financial barrier to post-secondary education," Matthews said.

After all, this comes down to the fact that new equipment and great teaching are what bring students to the Fanshawe. Having a college with cutting-edge equipment will catch a student's eye and bring more post-secondary students walking through the doors of Fanshawe.



CREDIT: CANDIS BROSS

The winner of Battle of the Bands will play at the Jack Richardson Awards Hall of Fame Rock Showcase at Call the Office on April 16.

Fanshawe's Battle of the Bands

KERRA SEAY
INTERROBANG

The Fanshawe Student Union (FSU) and a group of Fanshawe students are bringing a three-day Battle of the Bands competition to the college.

Kelsey Schachow, one of the organizers of the event, said she and her team of students were looking to organize a concert on campus but were struggling to raise the funds and coordinate around other campus events.

When they saw that FSU was organizing a Battle of the Bands, Schachow and her team decided this would be the perfect opportunity to collaborate.

They are now partnered with Kevin "Beef" Masterson, the FSU events and activities manager, and Tim Fraser, the FSU events and activities programmer.

"When we met with Tim and Kevin they said they had never really done any promotions for the event in the past so it was the perfect opportunity for us as Business Administrative Marketing students," Schachow said.

Schachow said this event fulfills more than just a course requirement for their Business and Consumer Events group project.

"We all have friends who are artists or know artists. We wanted to choose an event that any student could relate to music."

Schachow said 12 bands are registered for the competition. Every

band is required to have at least one Fanshawe student in the band.

The winner of the event will play at the Jack Richardson Awards Hall of Fame Rock Showcase at Call the Office on April 16.

On March 22 and 23 each band will have about 10 minutes to play a set. The top four bands from these two days will move on to the final show on March 30.

They also hope to raise some money for a good cause. Schachow said the group aims to raise at least \$500 on the night of the final competition, with all donations going towards the not-for-profit club Fanshawe Rotaract.

"Fanshawe Rotaract... focuses on volunteering, professional development and friendship so we thought what better partnership to help young Fanshawe artists gain experience and potentially start their career," she said. Schachow is also the president of the Rotaract club and said she thinks this is a great opportunity to give back to the organization.

She said the Battle of the Bands event combines some of the best things in the world.

"Support your fellow students and enjoy great music with great food and good people," Schachow said.

The preliminary rounds will be held at 9 p.m. in Out Back Shack on March 22 and 23, with the final round being held at the same time on March 30. The Out Back Shack will be serving food at the event.

Breathing easier in a greener Ontario

STEPHEN LEGRESLEY
INTERROBANG

A new provincial report released last week on air quality in Ontario looks to buck the trend of typically negative news surrounding the environment with what they hope will be a well received reason to celebrate. The air is cleaner.

The 2014 Air Quality in Ontario report indicates a significant decrease in smog-causing pollutants and suggests that the policies put in place, such as closing coal plants, higher air standards and creating emissions caps on airborne toxins are having a noticeable effect on our ability to breathe cleaner and healthier.

The report backs up its claim by stating that in the last year there were no smog advisories in Ontario and the province's air was rated on some degree between good and very good for the vast majority of the year.

Along with those figures, the report points to the fact that since 2005 levels of nitrogen-oxide and sulphur-dioxide have decreased by 42 and 49 per cent respectively.

Glen Murray, the Ontario Minister for the Environment said in a press release, "Today's report shows that Ontario's air quality has continued to improve over the last 10 years."

But the Ontario government isn't content to stop there. New initiatives are being enacted to further reduce the level of industrial air pollution generated within the province. "Cleaner air is critical for human health and the health of every liv-



CREDIT: CANDIS BROSS

New study suggests Londoners are enjoying cleaner air.

ing organism in our environment," Murray said. "We're committed to doing more to improve air quality for a healthier, cleaner environment now and for future generations."

These steps include such measures as regulating air contaminants for the metal finishers and foundries sectors, creating provincial air zones that will help the government recognise the needs of individual sections of Ontario with regards to environmental impact, placing better restrictions on the provinces petroleum and petro-chemical industries and enacting more stringent sulphur-dioxide standards that are due to be in effect by the end of 2016.

In addition to new regulations, the government is also looking towards improving access to education and job training so that Ontarians can both create and find employment in the new "green economy". This plan involves higher funding for education and public infrastructure in order to create an innovative, high growth

and export-oriented economy.

When asked how this report affects her life, Fanshawe student Tifani Blazeovic commented, "I think it's important for the government to encourage our generation to create jobs and industries that will pollute less," she said. "It's our generation and the generations to follow that will be mostly effected by what state the environments in when we get older and I think the government is recognizing that the best way to address that is by having our generation become as involved in the process as possible. Hopefully, we're willing to do our part."

The provincial government said they plan to continue to monitor air quality in the province and that further reports will be released in the future to detail the results of their efforts and what they hope will be positive effects on our environment. For more information on Ontario's air quality and the government's initiatives, go to ontario.ca/environment-news.

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Ontario working to protect people from second-hand smoke and vapour

MITCHELL VOLLMER
INTERROBANG

This year marks the 10th anniversary of the Smoke-Free Ontario Strategy, which has helped to lower health risks to non-smokers, provide education to those wanting to quit and to encourage young people to never start.

Now in 2016, Ontario is proposing stronger laws to better protect citizens from second-hand smoke, whether it is from tobacco products or medical marijuana. There are also proposed amendments towards the Electronic Cigarettes Act, 2015 in the works to regulate the use, sale, display and promotion of electronic vapor cigarettes.

Rowena Pinto, vice president of public affairs and strategic initiatives with Canadian Cancer Society, Ontario Division, stood strongly towards the new amendments.

"We support the government's proposed changes to Ontario's smoking and vaping legislation. E-cigarettes need to be regulated just like any other tobacco industry product including the restriction of sales to youth and the restriction in promoting and marketing the product. E-cigarettes have not been thoroughly tested and more research is required regarding the product's long-term health effects. The preventive measures announced today are welcome in our fight against cancer," Pinto said in a press release.

Smoking is undeniably the most addictive habit among people in the world, and yet well known for being so dangerous, a great majority of people will have still tried smoking by the time they're 16. It's a fact that children are more vulnerable to the harmful exposure of second-hand smoke. Studies show that areas with strong tobacco control regulations decrease the likelihood of young people becoming regular smokers, compared to areas where regulations are weaker. The biggest challenge is that it is not illegal for children under the age of 19 to

smoke, only to purchase them.

The biggest goal of the Smoke-Free Ontario Act is to stop future generations from becoming addicted to cigarettes. Recent amendments to the Act include further protection for kids by banning the sale of flavoured tobacco products, and increasing the maximum fines for youth-related sales offences.

Although the health benefits of using e-cigarettes compared to tobacco has been shown to be safer, the one thing that doesn't change between the two is the addictiveness of the nicotine. The withdrawal symptoms from e-cigarettes can include feelings of irritability, fatigue, anxiety and depression. The chemicals, which exist in an e-cigarette, are perhaps a fraction of that of a tobacco product, but the chemicals in them can vary and are still widely unknown whether to cause long-term effects.

Kyra Maynard, a graduate from Fanshawe's Nursing program underlines a lack of information. "E-cigarettes might be less harmful than regular tobacco, but I still don't believe they're a suitable substitute since there is not enough information showing any less risks or effects from long-term use and secondhand exposure."

To strengthen its smoking laws, Ontario has proposed amendments to the Smoke-Free Ontario Act and its regulation, as well as to the regulation under the Electronic Cigarettes Act, 2015, that if passed, would prohibit the use of e-cigarettes and the smoking and vaping of medical marijuana in all enclosed public places, enclosed workplaces and other specified outdoor areas.

Other amendments would be to widen "no-smoking rules" to apply to medical marijuana, expand the list of places where e-cigarettes are prohibited for sale, establish rules for the display and promotion of e-cigarettes in places where they are sold and prohibit the testing of e-cigarettes where they are sold.

Dipika Damerla, associate Minis-



CREDIT: MITCH VOLLMER

Ontario is working on new amendments towards the Electronic Cigarettes Act, 2015, and the Smoke Free Ontario Strategy to better protect citizens from second-hand smoke.

ter of Health and Long-Term Care, released this statement of the resolution in the same press release.

"It is important to ensure that Ontarians are protected from second-hand smoke and from the potential dangers of e-cigarettes. That is why we are proposing these

changes and we look forward to the upcoming consultations with our stakeholders."

The government has taken a strong stance to protect the people of Ontario from second-hand smoke in enclosed public places and workplaces. Ontario is funding research

to better understand the health impacts of e-cigarettes, including their potential as a smoking cessation aid. The province will continue to provide information on the dangers and risks of smoking and how it plans to reduce tobacco use.

Changes in subsidies for health services coming soon

STAFF
INTERROBANG

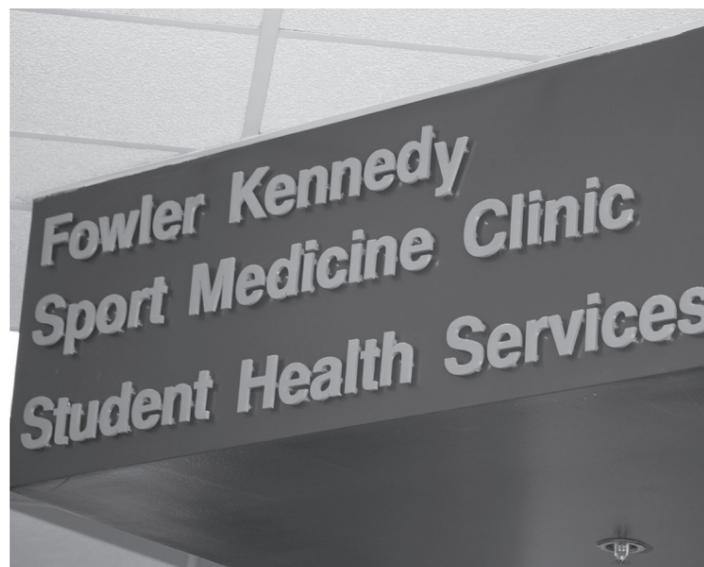
As a result of increasing utilization of the Fowler Kennedy Clinic, it has been decided to reallocate the way funds are spent and this may have implications for some students.

As a result of a surplus from previous years from the Student Health Fee, there were resources that were available to assist with subsidizing the out-of-pocket cost for both physicals and TB testing for students.

Based on an increased student demand for those services, students have used up the majority of that surplus. As of April 1, students may now be required to pay more out of pocket for these services similar to if they went to a clinic in the community or if they were in their own doctor's office.

This was a joint decision between those managing the Student Health Fee for the college and the Fanshawe Student Union (FSU).

Robert Kitchen, senior manager Student Academic Success stated, "This was not a decision entered into lightly as we are very aware of the cost pressures facing all students. When you look at the big picture of maintaining great health services for all Fanshawe students this made the most sense moving



CREDIT: KERRA SEAY

Services offered at the on-campus clinic, Fowler Kennedy, may cost more than what they used to due to a reallocation in the way funds are being spent.

forward."

In many cases prior to a field placement, students are required to confirm they have met the same conditions as paid staff to work and interact in those environments with both staff and clients.

Fowler Kennedy has tried to maintain and create competitive rates compared to other providers of the same services.

"This is something we will

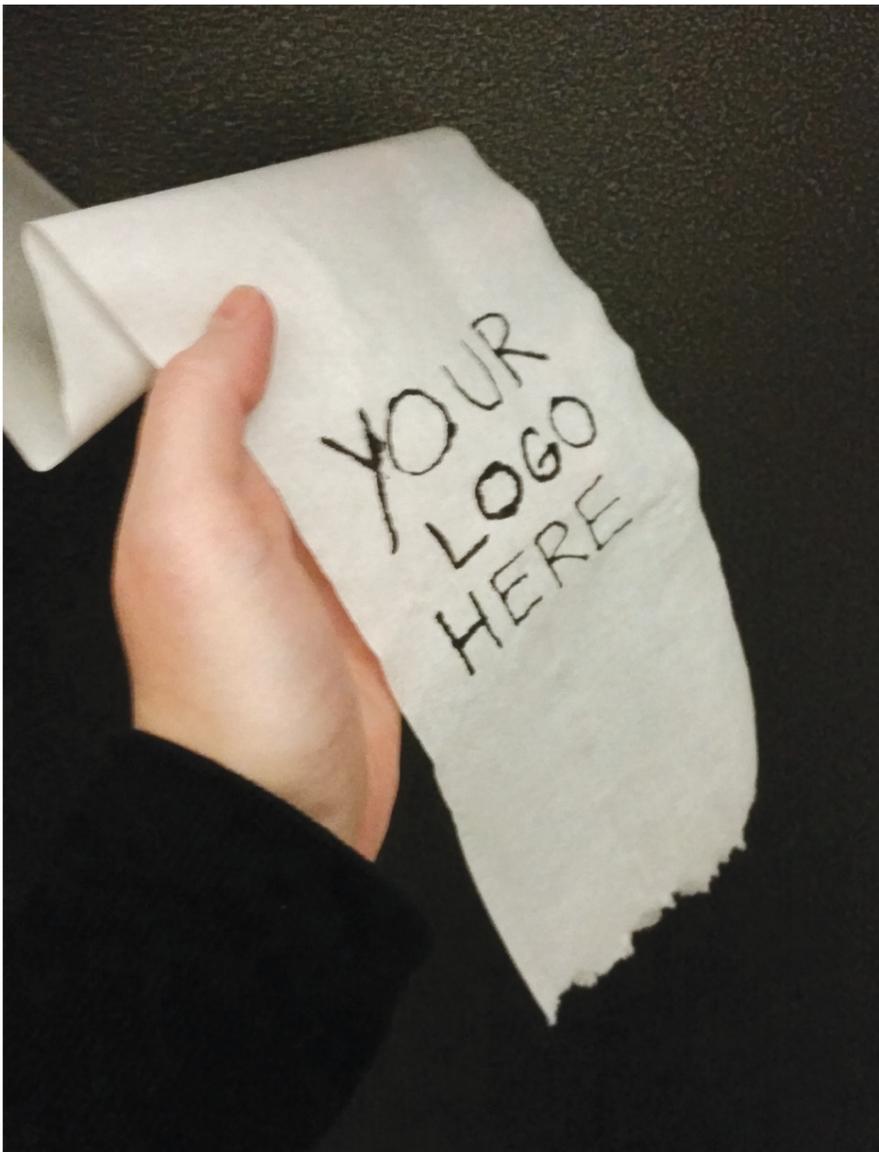
continue to monitor to ensure that students are offered fair and comparable rates for these services," Kitchen said.

The cost students are required to pay will depend on the services required. Some of these for full-time students' cost may be covered by the current student health plan. Further details on what may be covered can be found on the student health plan web at fsu.ca/health.php.



CREDIT: KERRA SEAY

The Out Back Shack hosted a live screening of *The Bachelor*. Guests could buy "Bachelortinis" which included drinks called Pink Passion, Sex in the City and The Blue Martini.



CREDIT: CANDIS BROSS

Your logo is best used to wipe the butts of the annoying brand-worshippers in the world.

Venerating logos

JOHN SAID
WHAT JOHN SAID

With the Lenten season nearing an end and Easter, the most important Christian holiday, upon us, there is no better time than now to see how false idols have come to be venerated across the globe. The all-mighty corporate and the multitudes of sports team logos have become something people worship and revere.

The world is full of brand-whores who proudly display corporate logos and insignias that line the pockets of the well-to-do blindly and faithfully. As if wearing a swoosh or the colours of a new generation or cheer for a last place NHL team give us some type of higher purpose. Should we even care?

Interestingly Psalm 135:15-18 of the Christian Bible reads, "The idols of the nations are silver and gold, the work of human hands. They have mouths, but do not speak; they have eyes, but do not see; they have ears, but do not hear, nor is there any breath in their mouths. Those who make them become like them, so do all who trust in them!"

Even here at Fanshawe we are not immune to logo worship. Take a look around and your eyes will most likely land on some corporate logo, whether it's Fanshawe's, the FSU's or some multinational company logo. And with any logo there are rules and policies that will govern its use; a bible of sorts that commands when, where and how it can be used.

I can only imagine what it was like when the scribes emerged from the inner sanctums of whatever back office with their version of the King James Bible and out into the cascading rays of sunlight through the vestibule and into the corporate boardrooms. I can hear

the angels singing, like Charlton Heston descending the mountain with the Commandments in The Ten Commandments. The unwritten 11th Commandment being some sort of dictum reading like, thou shall not use our logo without the express written permission blah blah blah or something to that effect. What a revelation.

And with any movement there are disciples and zealots. Those people who jump up and down yelling, "Look at me, see what I see. It's crooked. I am the most devoted. Take my money." As if making the biggest donation or loudest noise entitles someone to some heavenly reward, a number one fan foam finger or a pat on the head from a supervisor. Good sleuthing, Sherlock. Elementary, Watson. Or some sort of dialogue that equates to meaningless patter.

I wonder what would happen if a Fanshawe logo miraculously burned into some schmucks toast randomly, but it's slightly distorted or out of proportion, or heaven forbid tilted? Does said use lie outside Fanshawe's own logo use manifesto? Do we destroy it, or see it for the miracle it is and put it behind glass in H-Gallery for all to see? Kind of like that potato chip a few years back with what people thought was Jesus' face. Thankfully the temptation to eat that sour cream and onion chip wasn't as great as the need to share it with the world. But if it had been say salt and vinegar, would that chip have survived?

In all seriousness Logomaniacs, the world is full of logos, emblems, flags and identifiers. None more important than the next, and each is just a speck in the universe. Logo reverence needs to be put in its place.

Happy Easter or whatever holiday you may be celebrating in the near future.



CREDIT: BURLINGHAM / THINKSTOCK

You can either graduate from post-secondary education with no debt or no connections.

The problem with post-secondary



VICTOR DE JONG
INTERROBANG

Premier Kathleen Wynne recently announced a new program to provide funding for those who wish to attend post-secondary education, but may not have the means to do so. Regardless of what her intentions may be, it's time to pay attention not only to those who struggle to enter post-secondary, but also to those who are struggling after they've left.

Remember that bartender at Jack's last Thursday? She probably has a degree. Do you remember that 30-year-old at the check-out at Shoppers Drug Mart? Chances are that person has one too. Colleges and universities are the new high schools, and considering that they're designed to be specialized job training, that's a problem.

One of Fanshawe's most popular programs is Police Foundations. They're the group of grey shirts who are perpetually doing laps of campus. Thousands of students have completed the program with flying colours, yet only a minuscule percentage of those graduates are working in law enforcement. The FAQ page for the Toronto Police literally states, "There is no requirement by the Toronto Police Service for a candidate to attend any Police Foundations or Law and Security program." I would almost feel bad singling out Police Foundations if not for the plethora of publications and forums devoted to bemoaning how useless the program is for preparing

students to become a police officer, let alone giving them a leg up.

There are only a couple of months left until tens of thousands of students enter the job market. If you're one of those students and you don't have a job lined up yet, you're in trouble. If you were relying on government loans to get you through school, they're about to stop. If you were fortunate enough to have parents who paid for you to drink on weeknights for two years, you'd better hope they're willing to pay for you to intern with a company for the next couple of months. In short, if you thought projects and exams were stressful, you'd better brace yourself.

Post-secondary education is a machine that lures you in, holds your hand and spits you out with a piece of paper and a bunch of debt. Guidance counsellors and post-secondary institutions are perpetuating the myth that because of education inflation, everyone needs a degree to be competitive in the current job market. The reality is that education inflation just makes your degree even less valuable.

For a sizable sub-section of students, there is a choice between internships and a part-time job while in school. You can either graduate with connections that could lead to employment or graduate with little to no debt. It's becoming increasingly difficult to find employment without those connections and yet the entry-level positions available to connected graduates don't pay enough to tackle the student debt that has accumulated. Tune in next week to find out which programs are a sure-fire path to under-employment and why OSAP is a cash grab in its own right.

VIOLENCE ERUPTS AT HIS RALLIES



PROMOTES IT!

PKW 2016

HAVE AN OPINION? SUBMIT YOUR STORY!
LETTERS TO THE EDITOR: FSULETTERS@FANSHAWEC.CA

"Growing up isn't the problem... forgetting is."



PAM-MARIE
GUZZO
INTERROBANG

Growing up is hard to do. The pressure mounts, for perfect grades, perfect extracurricular activities, perfect essays and perfect time management. Every moment from kindergarten onwards must be scheduled so no second of learning is wasted. It's a truth so many today are used to, as the idea of childhood disappears into organized activities and piles of homework.

In *The Little Prince*, life for The Little Girl is no different, as her mother guides her to get into the best school there is, Werth Academy. Unfortunately, this involves a move to a new neighbourhood, with a new neighbour, The Aviator. It is he who introduces The Little Girl to The Little Prince, a figure of wonder and imagination who teaches her about love, loss and the wonder of childhood.

Fans of the original book, *Le Petit Prince*, written by Antoine de Saint-Exupéry, won't be disappointed as the film stays true to the original masterpiece. Showing pages from the original, written in French, the movie shows the audience a love for the story that inspired it. The French influence appears in other places in this En-



CREDIT: PARAMOUNT PICTURES (2016)

"Once upon a time there was little prince who lived on a planet that was scarcely bigger than himself."

glish adaptation, especially in the soundtrack, which feels perfectly suited to every scene.

Along with the excellent music, the many art styles in the film are woven together to create a unique look and feel. There are incredible moments of wonder and beauty, and the characters offer such depth that one can't help but take joy in their happiness and feel the pain of their heartaches.

The only film that could offer

comparison is the 1985 movie *The Adventures of Mark Twain*, which used a similar narrative style and mix of animations. However, *The Little Prince* offers a far more cohesive plot and benefits from everything animation studios have learned in the past 30 years.

This is a movie with a message. The message is far from new, as there has always been a battle between those who want to prepare children for all the pain, fear and

hard work of adulthood and those who want to let children be children. The film seems to pity the first, while praising the second for remembering that which is all-important, that the only things we really need are those that "can only be seen with the heart".

It's impossible to watch *The Little Prince* and not feel a connection to the characters and to the message of the story. We've all felt the pressure for perfection, to be the best

and smartest and prettiest, and in that pressure it's easy to forget the little things, like the importance of friendship and the need to play and dream.

With loyalty to the original work, beautiful music and incredible animation, *The Little Prince* is a movie worth watching, whether or not you've read the story in French class. For those who loved the story as children, the film is far from disappointing.

Are you PRECARIOUS?

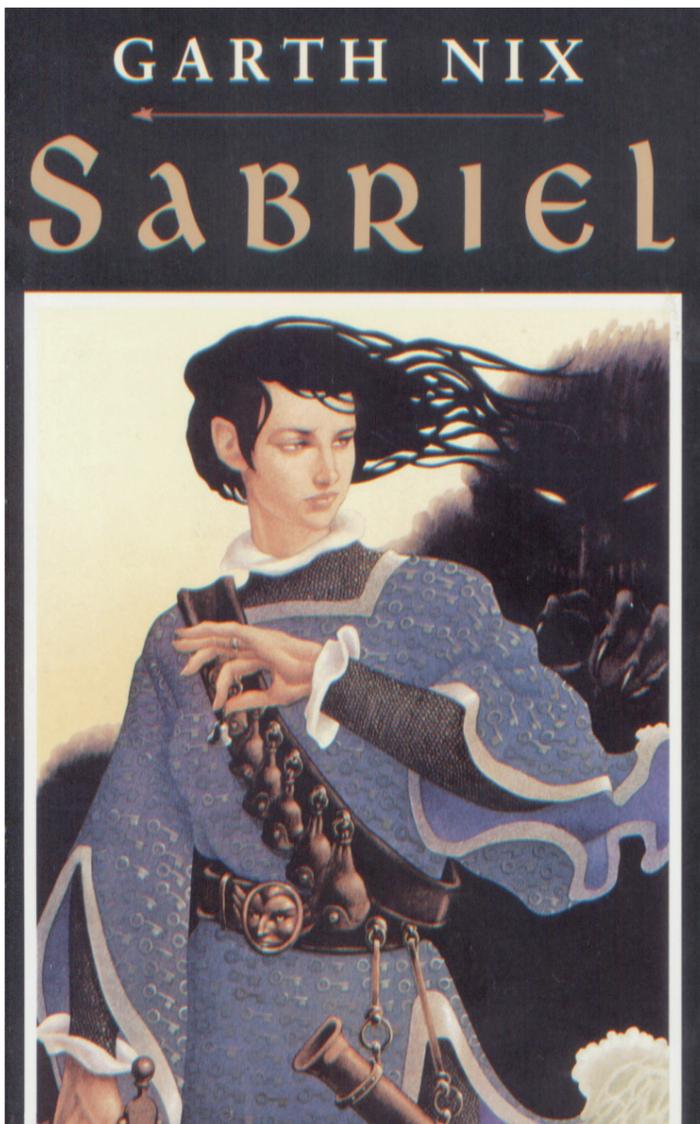
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* The Poverty and Employment Precarity in Southern Ontario (PEPSO) research group, a joint initiative by McMaster University and United Way Toronto.



CREDIT: LEO AND DIANE DILLON (COVER), HARPERCOLLINS (PUBLISHER)

Sabriel is one of the most understated super heroines in literature.

Magical schoolgirls, zombies and talking cats

BELLE MARIE
INTERROBANG

The '90s was the era of the female superhero, when Xena: Warrior Princess, Buffy the Vampire Slayer, Sailor Moon, the Powerpuff Girls, Dana Scully, the Pink and Yellow Power Rangers and countless other butt-kicking women punched their way into our hearts. These groundbreaking heroines were widely embraced, but there is still one particular girl whose name remains unsung.

Published in 1995, is the first instalment of Australian author Garth Nix's Old Kingdom Trilogy. Despite winning the Aurealis Award that year for the country's best young adult and fantasy novel, along with finding a place on the American Library Association Notable list, the series has only managed to garner a modest fan following in North America. This needs to be remedied immediately.

To the south of the mystical Old Kingdom lies the modernized land of Ancelstierre. It is here that the black-haired teenager Sabriel boards at the all-girls Wyverly College, where she comes first in English and Music, third in Mathematics, seventh in Science, second in Fighting Arts and fourth in Etiquette.

She is also first in Magic, but the subject is not an official part of the school's curriculum and only taught underhandedly to students with their parents' express permission. In Sabriel's family, magic must be learned. Her father is the Abhorsen, Ancelstierre's appointed necromancer. In accordance to family tradition, he is responsible for protecting the land from the living dead.

The plot is set into motion when Sabriel receives a message from her

father, who has been trapped beyond the gates of Death by the Old Kingdom necromancer, Kerrigor.

Armed with a set of magical bells and aided by her father's feisty feline servant, Moggot, the time has come for Sabriel to take her place as Abhorsen and stop Kerrigor from unleashing legions of zombies.

Sabriel aligns itself with a few known elements of the literary epic. It places its heroine in a richly detailed fantasy setting and surrounds her with supernatural forces that she both wields and fights against. But Sabriel herself deviates from the typical epic hero who effortlessly masters everything he does.

Like many of us, Sabriel is skilled in some things but not all, and contends not only with overwhelming evils but also her own self-doubt. The action-packed story is littered with humorous interludes where she embarrasses herself by misinterpreting obvious situations. Other scenes show her freezing with the fear of letting down her father and failing to live up to his reputation.

While I'm doubtful any of us have been expected to save the world from the walking dead, we can probably all relate to the terrors of taking on our first major career roles. At its core, *Sabriel* is a coming-of-age novel, telling the story of a young woman transitioning from the safety of her school to the wilderness of the working world.

The book is highly readable and appeals to a wide range of audiences. It is sophisticated, playful and incredibly imaginative. Fantasy lovers seeking an escape and perhaps some encouragement at the end of this semester need look no further than *Sabriel*, which has been patiently waiting for more than 20 years. I couldn't think of a better time to pick it up.

Spring is time to run

MELANIE RINTJEMA
INTERROBANG

Now that spring is rapidly approaching and the snow may be gone for good, it is time to start thinking about getting in that outdoor exercise. The best way to get a good work out and some fresh air is by running.

Having been a jogger for as long as I can remember, I take the habit and knowledge of running regularly for granted. Running regularly makes people happier, stronger and more confident. And those benefits are added to when you run outside.

So why don't most people run?

Besides the obvious issue of people not wanting to get up off the couch and start, there are many other reasons that people don't run.

A lot of people are afraid that they are too slow and are embarrassed to be seen while running. The funny thing is, almost all runners consider themselves slow. This actually makes runners one of the most welcoming groups of people. Everyone is self-conscious of their pace and is willing to slow down to run with a friend. There will always be someone faster. No matter who you are, you are going to run slower than someone you know. But that's the beauty of this sport; it's a never-ending challenge. Setting goals and achieving them increases feelings of power and self-assurance no matter what those goals are.

Runners work just as hard no matter how fast they are. The person



CREDIT: KERRA SEAY

Running in the gym can help you exercise on cold and rainy days but with the warm weather on the way try and get outside and catch some Vitamin D.

that just ran five kilometres in 30 minutes is working just as hard as the one who ran the same distance in 16 minutes. Both of these runners will be feeling the same way about their progress. Regardless of your pace, you're still doing better than most people just by doing it.

Some people don't want to run because they don't have a place to. This is easily solved in the London area. Being by the Pioneer Village and Springbank Park, there are many nice neighborhoods and parks to run in.

Another big issue is the weather. There are certain conditions that make it unsafe to run such as

icy roads or hail. However, don't be afraid to run if it's cold, hot or raining; just dress properly and embrace the challenge.

Running is one of the easiest activities to get involved with; however, it takes a lot of patience. You're not going to see results in a day or sometimes even in a month. Running takes time and commitment, but when you look back you'll see your progress and be proud.

The most important thing to remember is to always get a good night's sleep, eat breakfast with lots of potassium and stay hydrated. These tips will put you in the best condition to get a good run in.

What is hype may never die!



ANDREW VIDLER
G33K LYFE

The return of Bran! Zombie Mountain! 'I choose violence!' Ahhhhh!

The long anticipated trailer for season six of *Game of Thrones* dropped a few weeks ago and blew the collective pants off the Internet with a marvellous bombardment of images of what's to come. This is the first season where the show has completely surpassed the source material and is venturing in to all new territory and hard-core fans have already gone through the video with a fine toothed comb. The in-depth analysis already available online has revealed quite a few hints, especially for book readers, as to what is coming this April.

Spoilers for show and book ahead!

We had some predictable shots to open the trailer: Jon Snow's corpse, Jamie Lannister returning with his deceased daughter and the Boltons looking like bastards. Daenerys has been taken captive by what most assume are the Dothraki and Jorah and Daario on her tail. The Ironborn are taking prominence again, Sansa survived her fall and Tyrion is looking wary in Mereen.

Starting with the Ironborn, big things will be happening at Pyke, including one of the most glaring inconsistencies between screen and page. Balon Greyjoy, sourfaced father of Theon/Reek has been alive for way too long.

In the books, he meets his end crossing a bridge in a storm, meeting his end before the Red Wedding, while on screen he has been



CREDIT: GENERATOR ENTERTAINMENT/ SUCTION PRODUCTIONS, INC.

Be excited, season six of *Game of Thrones* is coming soon!

unseen since the end of season two and has apparently been hanging out quietly in his damp castle. The circumstances of his death are highly suspicious and many theorize that his brother Euron, who makes his first appearances in this trailer, may have been involved. His death will open up a power gap that his daughter and brother may both try to fill.

Welcome back Bran Stark! And Hodor! After sitting out the events of season five, the crippled heir to house Stark is making a return, under the tutelage of the Three-Eyed Raven; he will be developing his warg powers to incredible levels. Not just content to walk around as his wolf Summer, he will soon be able to see into the past, shedding light on some of the events in his

family's past. It is incredibly likely that he will be the viewers' gate to the confirmed flashback scenes.

Speaking of the flashbacks, a couple blinks and you miss the shots that confirmed the freaking Tower of Joy! It was one of the finest passages in the first book and takes place as Ned Stark recalls the final attempt to rescue his sister in the midst of a fever dream. If the prevailing theory behind the series (R+L=J) is true, it is likely to be one of the most significant scenes in the show to date, and is certainly one of the most significant of the series' backstory.

Also, does anyone fear for Lancel? Being on the end of Cersei's incredibly awesome 'I choose violence' line while a giant zombie flanks her cannot possibly end well!



CREDIT: JESSICA THOMPSON

When it comes down to it, we all need to choose between our health and our grades. These five tips will help lessen the blow to your psyche.

Must. Stay. Awake.



NICK REYNO
INTERROBANG

So you think you've got what it takes to pull an all-nighter at Fanshawe? You think that it's all fun and coffee? Well it's not, and you're in for a rude awakening if you head into one of these unprepared. If you want to avoid certain doom this coming exam season, I suggest you sit down, buckle up and listen because shit's about to get real.

1. Food

I strongly advise keeping some of your favourite snacks on hand because 7/11 and Mac's can add up quickly over time. That being said, the kinds of food you consume during your all-nighter will yield widely different results. A family size bag of chips and an extra large coffee may seem like the perfect companion to your unhealthy habits, but they can backfire quickly. While caffeine and sugar provides an initial buzz, the ensuing crash will render you unconscious and your projects unfinished. It's better to munch on high protein snacks such as trail mix, or small portions of fruit throughout the night. The proteins and natural sugars will sustain your metabolism and keep your brain going all night. Just be sure to pace yourself with the natural sugars or you'll crash all the same.

2. Water

While this may seem like a no-brainer, many aspiring students seek to conquer their all-nighter without so much as an energy drink. Keeping hydrated will not only keep you alert but will aid your recovery the following day. Two to three glasses of water every hour will not only ensure that you stay hydrated, but will force you to take regular bathroom breaks also. Stepping away from your studies provides the mind a much-needed break, while moving around will get the blood flowing and restore your fading willpower to stay awake. A fringe benefit to staying hydrated is that most people find it extremely difficult to fall asleep if they need to use the restroom.

3. Know your surroundings

Despite warnings, many of us are still drawn to the convenience stores across the street, so it's important to know how to get back into the school. Some of you may think I'm an idiot; obviously you use the front door right? Wrong. Around 11:30 p.m. that door is locked, and the key card reader has been bro-

ken for the better part of two years. Instead, I advise you to walk three minutes east to D building and use the doors beside the bike rack. As a word of caution, because of the construction between Oasis and the Student Union Building you must walk outside to navigate between these buildings. These doors are included in the 11:30 p.m. lockdown and do not have card readers. Don't get stuck outside this semester, always bring a student card and leave a friend inside to open the door in worst case scenarios.

4. Know your surroundings (Part 2)

We've covered the perimeter of Fanshawe but tucked away inside our school is a plethora of secret spots for catching a few hours of sleep before class. If you haven't packed a pillow and a blanket, finding a couch in a secluded room could be the difference between making your morning class and drooling on the floor all afternoon. The most commonly known couch-haven is the lounge in B building, with the second floor of Oasis coming in at a close second place. Although these rooms have couches and chairs galore, they're also pretty public. In the interest of my own all-nighters, alas, I cannot disclose my own secret rooms, lest they become public knowledge. I suggest asking around your program to find out which inconspicuous rooms nearby are hiding a couch, you'll be surprised at how many there are.

5. Get a locker

With most of us carrying around our entire curriculum on a laptop, lockers are slowly becoming obsolete. Lucky for our creative minds, we can fit more than just books into these safe havens. All-nighter luxury items such as blankets and pillows aren't something you want to pack in your bag everyday, but you'll be glad you have a few stashed on campus. Although storing these items may sabotage your 24-hour bender, it's a far step above sleeping on the floor. For a fully balanced locker, round off your collection with other necessities like water, microwaveable noodles and trail mix.

While we've only scratched the surface here, most all-nighter faux pas will be discovered through trial and error. I hope that no one ends up stranded at the school overnight without a friend's couch to sleep on, but if you run that risk I hope these tips will help ease the burden. As a parting gift, I'll remind everyone to always keep socks, deodorant and a toothbrush in their backpack. These three items make a world of difference at 7 a.m. the next morning.

Eat like a caveman

KORI FREDERICK
INTERROBANG

It seems like every month there is a new fad diet that enters the media. Some of them may have actual value, where others are a complete waste of time. One of the most important things to remember when starting a new diet is how long you can actually maintain it. Whatever diet you choose needs to be one that you can commit to, not just for a week or two to fit into a bikini, but for a lifetime.

Kelsey Wardrop, a graduate from the Fitness and Health Promotion program at Fanshawe, has recently taken on the new lifestyle of the Paleo Diet. "The Paleo Diet goes back to the early years when people would only eat things that they could hunt or find naturally in our environment," Wardrop said.

With the Paleo Diet, you can eat things like grass-fed meats, fish, fresh fruits and vegetables, eggs, nuts and seeds. The big things to avoid in this diet are cereal, grains, dairy, refined sugar, processed foods, salty foods and junk foods.

"Originally I just wanted something to help me shape up for the summer," Wardrop said. "After some research, I found that the Paleo Diet is actually something that can be maintained." Wardrop has been successfully maintaining the diet for about a month now.

"This diet is more than something to lose weight for the summer, but something I know I can make as a lifestyle commitment," Wardrop said.

With the Paleo Diet, there are no food groups that are completely neglected, like some diets tend to do. They do not restrict how much you can eat either.

"So many other diets focus on cutting things out completely, whereas this is more about getting the nutrients you need in the healthiest and most natural way possible," Wardrop said.

Rather than snacking on food that has been highly processed, this diet suggests choosing something more natural and more filling to eat instead.



CREDIT: CANDIS BROSS

When adhering to a Paleo Diet, avoiding foods like popcorn, coffee and snacks with added sugar is essential.

"Some other diets limit your portions and cause you to be hungry throughout the day. This diet allows you to eat when you're hungry and the foods you get to eat are nutrient-dense and not full of empty calories."

So instead of snacking on treats you can choose something healthier and more natural which will in turn be more filling.

"I like to snack on vegetables. Even though they still have calories, you are getting more nutrients from them. Also because they are high in fiber they will keep you fuller for longer."

For someone looking to try and start this diet, Wardrop suggested easing into it.

"For beginners, they should start by just trying to cut out the junk foods, like chips and chocolate. After that, you can begin to cut out some of the other things, like grains and processed foods, but continue

to have them in moderation."

Wardrop gave advice to anyone who may feel discouraged. "It is an easy diet to maintain, however at first, it is difficult to cut out some of the more decadent things in life, like chocolate. You just need to keep at it, even if you slip up it's okay, just get back on track as soon as you can."

Wardrop finished by saying, "Before getting started, do your research. You need to figure out if this kind of diet is right for you."

There are many books and blogs out there about the Paleo Diet and it is important to be well informed before jumping into this," Wardrop said. "This isn't just a diet, it is a lifestyle. That means you need to incorporate physical activity into your day too, whether that means walking to and from school or going to the gym. You need to commit to both eating healthy and active living."

The art of bronzing



JOSHUA R. WALLER
BEAUTY BOY

It's that time of year where our skin is starting to look a little dull and is lacking colour no matter what foundation you use. There is always the option of going to a tanning bed, but it isn't the most affordable or healthy way to bring back some life to your complexion. A simple way to add some colour and dimension to your complexion is by adding a bronzer to your makeup routine.

There are many types of bronzers such as liquids, creams and powders that all deliver different textures and finishes, but will all add that glow back to your skin.

Unlike self-tanners that are semi permanent, bronzers can wash off at the end of the day so you have the

option of changing your makeup look daily.

One of the newest products to launch is Benefit's Dew the Hoola. It is a liquid bronzer that has the same beautiful pigments that are in their iconic Hoola powder bronzer (not too orange and not too taupe).

This product can be worn alone on top of your skincare or can be worn on top of your foundation so you can still have a flawless complexion, but with an added glow. This product is lightweight and is perfect for all skin types and tones.

The most popular form of bronzers are powder textures. They can be dusted all over your face, can be used in place of a blush or can even be used to give a subtle contour. Powder bronzers are buildable, so you can achieve either a soft glow or a glamorous, beach-bronzed look.

Powder bronzers come in matte, shimmery and sparkly finishes so there's definitely a bronzer out there

for you. Lise Watier's Havana, Benefit's Hoola and Nars Laguna are excellent products that are universal and are must-have bronzers for all makeup lovers.

Cream bronzers are another excellent way to revive the luminosity in your skin. These types of bronzers are usually sheer and easy to blend so they are perfect for beginners and also add dewiness to your complexion. Some of these cream products even come in a stick form so they are perfect for touch ups during the day and have little mess.

Brands such as Smashbox, Nars and Elizabeth Arden all have beautiful cream bronzers that are nice on their own or can even be layered with powder bronzers.

Don't let the dreary weather get you down and definitely don't jump to drastic measures just to bring some colour back to your complexion. Simply just add a bronzer to your makeup routine and you will see some beautiful results instantly.



CREDIT: ANDERS L. DAMGAARD

Amber containing mosquitoes is the premise for Jurassic Park, but this piece of Baltic Amber instead holds an ancient ant.

Amber preserves 99 million-year-old lizard



JERROLD RUNDLE
SCIENTIFIC
ADVENTURES

Lizards in amber are oldest found

A team of herpetologists who were recently allowed to study private collections of amber at the American Museum of Natural History have discovered the oldest known preserved lizards ever found.

By using uranium-lead radiometric dating, one of the most accurate ways to find an ancient object's age, the team measured sediments trapped within amber collected at the same time as the 12 specimens, ranging from complete lizards, up to several centimeters in length, to limbs of geckos that still retain their characteristic wall climbing toe pads.

The radiometric dating measured one of the reptiles, a tiny one-centimeter long ancestor to the chameleon, back to the late Cretaceous period of the Mesozoic Era at 99 million years old. All of the amber-enclosed lizards were found in a Myanmar mine.

Using high-resolution x-ray computer tomography (CT) scanning technology, the researchers were able to record accurate depictions of the reptiles through the amber without having to cut or damage the specimen.

The team was able to capture images of the skeletons with teeth still intact, delicate eye bones and even internal organs still preserved by the golden time machine.

Amber is the fossilized remains of tree resin, which is then covered in layers of sediments and subjected to the same geological forces as the animals and plants that we today know as fossils.

The semi-translucent material has held significance to humans for millennia, with the oldest known archaeological find dating to over 13,000 years ago.

Amber is an extremely important scientific tool for palaeontologists and evolutionary biologists, as it captures tiny snapshots of everyday life from millions of years ago, pre-

serving it while allowing the study of species who would normally be lost from the fossil record due to their fragile biology.

In fact, the researchers stated the find was important for establishing calibration points on the evolutionary timescale of lizards.

Previous finds inside amber have included feathers suspected to be from dinosaurs, spiders and numerous plant species.

While the lizards dated back to 99 million years old, it's certainly not the oldest creature found in amber deposits. That title goes to a pair of mites found in 2012, which date over 230 million years old.

Stem cells fixing damaged eyes

A duo of studies performed by separate research teams from around the world are looking to improve the lives of those suffering from eyesight issues due to ocular damage and cataracts, with one of the studies specifically looking to help infants and toddlers.

In a study by Welsh and Japanese researchers, different types of ocular tissues could be regrown with some startling results.

The teams used induced pluripotent stem cells (iPSC) of humans, reprogramming them to begin growing corneal, or eye tissue in petri dishes.

These cells are created by taking cells of a creature, such as epithelial skin cells, and through a series of biochemical processes, causing them to revert to an early state called stem cells. At this point, the cells can be reprogrammed into the wanted type through another series of biochemical processes.

The petri dish experiments began to grow in a bulls-eye fashion, with cells differentiating into different types of tissues observed in the eye, including the cells relating to the optic nerve, lens and corneal epithelium.

The team called the ocular cells growing into an eye-like structure for Self-formed Ectodermal Autonomous Multizone (SEAM). The corneal epithelium, or outermost layer of the eye is what the researchers were originally trying to grow.

The researchers were able to remove the corneal cells from the test dishes and implant them into rabbits

that were blind due to corneal tissue damage. The graft of new corneal cells was able to heal fully and allowed the rabbits to regain sight.

While several types of eye tissues were grown, only the corneal tissue was transplanted. The team is now looking at more accurately growing and differentiating these tissues while looking at how to replace damaged regions of the eye with the newly grown healthy cells.

The second study, performed by American and Chinese researcher used human stem cells to induce the eye to fix itself.

The researchers used mouse studies as well as infants who were born with cataracts, placing them into two test groups.

In the first group they performed the usual cataract surgery, where the lens of the eye is removed, being replaced with an artificial plastic version.

The second group had the new procedure performed, where the stem cells within the eye were induced to begin growing a new organic lens.

Continued observations showed that at three months the eyes had begun to regrow a lens by themselves, while at the six-month mark the lenses were thicker, continuing to repair themselves.

While the cataract is still removed in a similar way to current practices, the new procedure differed in that it tried to preserve the stem cells within the eye, not remove them, and instead used them to fix the eye.

A complication from cataract surgery, a second surgery is sometimes needed to remove the stem cells left in the eye that have attached themselves to the new artificial lens, which can cause vision problems.

The new procedure allows those stem cells to instead let the eye begin re-growing its own lens.

The study is important because this is a major source of complication in cataract surgery that can sometimes lead the patient to suffer from worse vision than before they had their cataract removed.

Next week we'll take a look at a recent experiment into regulating genes that induced some prehistoric features into embryonic chickens.



CREDIT: COURTESY OF THE NETFLAKES PODCAST

The NetFlakes podcast and blog was created by a Londoner to celebrate and lament the content that Canadian Netflix has to offer.

The NetFlakes Podcast

Supporting Netflix addictions in Canada and beyond

JESSICA MILTON
INTERROBANG

In February of last year, London native Dylan Clark-Moore started the podcast NetFlakes after many years running a movie review blog.

Clark-Moore along with guests such as Caroline Diezyn, who appears in every third episode, utilizes the podcast platform to discuss and dissect content appearing on Canadian Netflix.

"The idea of doing a podcast about Canadian Netflix came about because I knew I wanted to do a podcast about movies but that's not enough of a hook... Since Netflix is how I watch most of my own content, it seemed like a good fit," Clark-Moore said.

Clark-Moore described how the limited content in the Canadian Netflix used to be the root of the jokes.

"It was about either watching the garbage or mining Netflix for the few truly great movies it had."

But according to Clark-Moore, there is much more variety now and a lot of Canadians use the site as their source for entertainment.

"A majority of Canadian use Netflix so I love the idea that somebody can either a) see that we're covering a particular movie and then just watch it right then and there or b) listen to us talk about a movie and become inspired to watch that movie that night."

Diezyn, as a PhD literature student at Western University, she utilizes the critical theory she has encountered in her studies as a lens with which to analyze the Netflix content for the podcast and blog.

"The best part about working on The NetFlakes Podcast and blog is that I get to have fun conversations about media I enjoy while tapping into the research I'm doing for my doctoral degree at Western. I wouldn't have any occasion to talk about the uncanny or homo-social

desire outside of my schoolwork if it wasn't for NetFlakes."

As much fun as critically dissecting Netflix content is, it takes a lot of work. From the onset, there were learning curves that had to be overcome.

Clark-Moore noted that much of the struggle was born out of assumptions about the ease of creating a podcast.

"I thought it was as simple as plugging two USB microphones into my computer, recording ourselves being insightful and hilarious and then putting it onto the internet and becoming famous. Every step of the way has been like uncovering a new level of ignorance I didn't know I had."

While NetFlakes is not currently Clark-Moore's full-time job, he has hopes that it will be in the future.

"I absolutely consider it a job. Ultimately, my goal is to do NetFlakes full time and dedicate my working life to bringing Canadians together through conversations about culture... I hope that it's clear from the content that we are creating something exactly how we want to."

It is important to note that there is quite a bit of time involved in this project. Over 10 hours a week is spent watching movies, taking notes, recording, editing, blogging and engaging in social media promotion.

Regardless of the work and commitment involved, Clark-Moore believes in the power of this platform and topic for sharing ideas and starting conversations.

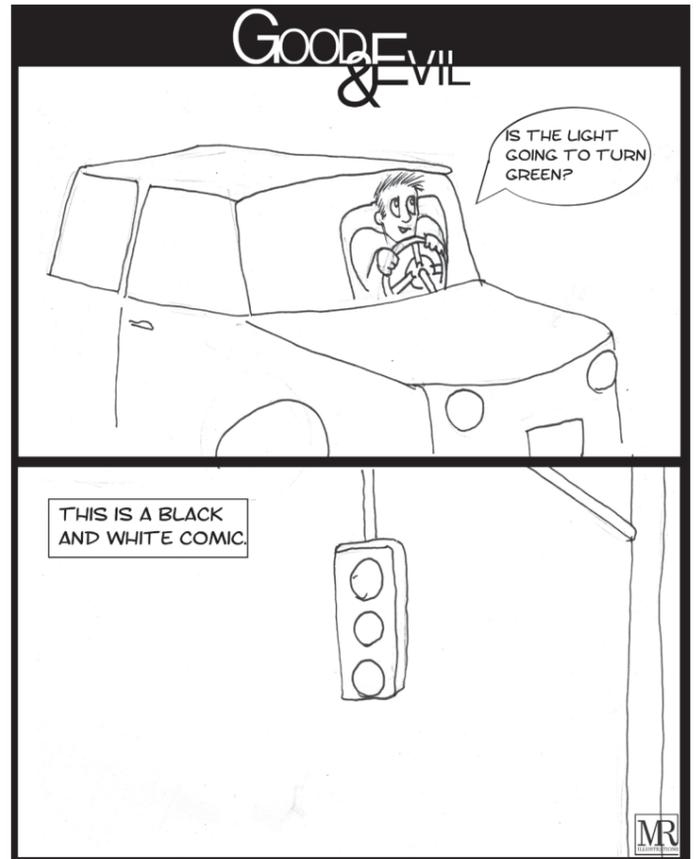
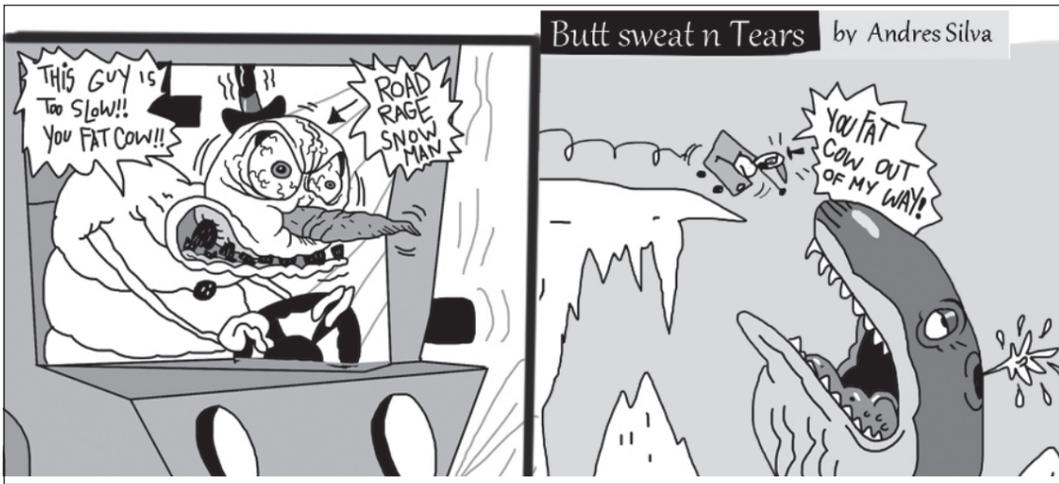
"I believe that movies and culture are a common language that we all share and so by using a dialect that we [Canadians and beyond] have access to, we can engage in truly meaningful conversations using these films as a launching point."

For anyone interested in checking out the NetFlakes podcast they can do so for free on iTunes and SoundCloud.



CREDIT: DHAIRYA SHAH

The FSU's events and activities programmer, Tim Fraser, hosts Deal or No Deal in Forwell Hall on March 10.



Freshman Fifteen



For more comics and animations visit FilbertCartoons.com



zodiac stargazer HOROSCOPE

Aries (March 21 - April 19)

You're jumpy, itchy and unready for the fight that you'd probably start. It's hard to accept a change that you didn't request. Laugh at and learn from your mistakes -- the alternative is ignoble defeat.

Taurus (April 20 - May 20)

Beware of discarding value in pursuit of novelty. You're easily distracted, but satisfaction may be another matter altogether. A good friend reminds you about what's really important.

Gemini (May 21 - June 20)

Sometimes you can project a negative thought without saying a word. Screen your wishes before sending them out into the universe. The Moon is a superconductor for the passions of Air and Fire Signs.

Cancer (June 21 - July 22)

What you can't find, you'll soon invent. With a little help from the Moon, Cancer is no longer shy about their powers. Armed with art supplies, your inner child is ready

to create a masterwork.

Leo (July 23 - August 22)

Deep issues cough up immediate reactions. If you see trouble coming, help those most in need of protection. Peace officers, emergency personnel and club door persons have an especially rewarding day.

Virgo (August 23 - Sept. 22)

Your mind is the proverbial steel trap these days. Raw material and information bites come out merged and greatly improved over their original form. Somewhere a process or system is being named in your honour.

Libra (Sept. 23 - Oct. 22)

Let opportunists and freeloaders beware — you've had it with their greedy ways. Charm and gentle persuasion no longer move you. The Moon helps you draw and enforce clear boundaries.

Scorpio (Oct. 23 - Nov. 21)

Strut your stuff before a crowd that appreciates what you have. You're here to make a statement,

and you won't leave until you've left your mark. In these days of personal definition, you love people for who they are.

Sagittarius (Nov. 22 - Dec. 21)

Sagittarius would be wise to let someone else do the talking. The Moon brings unpolished material to the surface and inappropriate words to the tip of your tongue. Focus on inner work for now.

Capricorn (Dec. 22 - Jan. 19)

After a long period of putting out, it's time to start taking back. You've earned respect and the smooth road along which it lets you travel. Your agenda is obviously the winning ticket.

Aquarius (Jan. 20 - Feb. 18)

Hindsight is blinding in its clarity. Instead of dwelling on what you missed, consider the chances that still lie ahead of you. Ignore the Moon's lure toward misguided dreaming. Reality has much to offer.

Pisces (Feb. 18 - March 20)

You know by instinct what others take forever to reach by education. Is it any wonder that you're restless or impatient? Example is the best teacher. Do your community a favour for which it will thank you.

Word Search: Spring

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

Baby Animals

Bloom

Chirping

Flower

Fresh

Grass

Green

Growing

Melt

Rain

Robins

Sprout

Sunshine

Warm

Windy

Crossword Puzzle: Insect Inserts

1	2	3	4	5	6	7	8	9	10	11	12	13
14				15					16			
17				18				19				
20				21		22				23		
24				25	26				27			
28	29	30					31					
32				33			34		35	36	37	38
39			40				41	42	43			
44							45				46	
47	48	49	50				51			52		
53	54	55					56					
57				58				59	60	61	62	
63			64				65	66		67		
68										70		
71											73	

- The "P" of PRNDL (Automatic transmission positions)
- Reduce
- Adoption advocacy org.
- Heated beginning?
- South American tuber
- Big coffeepot
- Church donation
- Samovar, e.g.
- Glandular prefix
- Vaccine combo
- Group seen in late-night hours?
- Arouse, as someone's wrath
- Proclaim
- Blue shade
- End of a "happy birthday" message
- Word with ghost or boom
- Tinted
- Ernest of the Country Music Hall of Fame
- "___ put our heads together ..."
- "The First ___"
- Vegan staple
- Writer Santha Rama ___
- Occasion to use a cooking pit
- Business opening?
- Bilko's mil. rank on "The Phil Silvers Show"
- Assassinated Swedish prime minister Palme
- Tumbled
- Israeli carrier
- Victors' shout
- Up to the task
- Evening affair
- Like some titmice
- TV star who wrote the novel "A Shore Thing," informally
- 1980s South African president
- Historic mainframe
- ___ Sketch
- 2006 World Cup champion
- No 2
- What much can follow
- Tops
- Chess piece (Abbr.)
- Stroke
- Time on earth

Across

- "Hey there!"
- "I'm ___ here!"
- Honoree's place
- Xanadu's river
- Squalled
- Locked (up)
- Wedding shower?
- Home to Deception Island
- Store that merged with Sears in 2005
- Nephew of Donald Duck
- Call at home?
- Indignant margarine taster of 1970s TV
- 2003 top 5 hit for Fabolous
- Bourgeois, to a Brit
- Rock's ___ Fighters
- Person in the hole
- Comic-book gunshot sound
- Cautionary feedback given to programmers ... or what test solvers

- of this puzzle said about 18, 24, 53, and 63 Across?
- Month before Tishri
 - Ubangi tributary
 - Country sharing a long border with Chile (Abbr.)
 - Hops kiln
 - Something to try?
 - Cubes for oxtail soup, perhaps
 - Fanshawe's locale (Abb.)
 - Elevate
 - Girlfriend, in Granada
 - Predecessor of parade confetti
 - Sommelier's prefix
 - Chemistry Nobel Otto
 - Conger catcher
 - Shakespearean actor Edmund
 - Nervous as ___
 - Sliwinska of "Dancing With the Stars"
 - ___ dixit

Down

Solution on page 14

Sudoku Puzzle

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

Puzzle rating: Medium

Fill in the grid so that every row, every column and every 3x3 grid contains the digits 1 through 9. That means no number is repeated in any column, row or box. **Solution on page 14**

Cryptogram

"_____ ."
 "KYH SEYTX AZGBL NMAZ ."

Clue: Z = H

Question: How do you make people change direction in Minecraft?

Solution on page 14

Notes:

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 STUDENT
 UNION
www.fsu.ca



CREDIT: FANSHAWE ATHLETICS

Fanshawe's men's volleyball head coach, Patrick Johnston, was awarded the CCAA Coach of the Year for the first time in the programs' history.

Patrick Johnston wins CCAA Coach of the Year

JESSICA THOMPSON
INTERROBANG

After coaching his team to a Canadian Collegiate Athletic Association (CCAA) bronze medal for the first time in Fanshawe's history, men's volleyball's head coach Patrick Johnston was awarded the CCAA Coach of the Year.

This is also the first time in Fanshawe's history that a head coach of the volleyball program has received this award.

"It's an honour winning the award, especially given the company that was nominated," Johnston said. "It's obviously nice to win, but I realize it [would have] been impossible without the 14 guys on the team coming together and executing."

It has also been Johnston's third consecutive season being named the Ontario Collegiate Athletic Association (OCAA) West Coach of the Year and his second time winning the overall the OCAA Coach of the Year.

This is only his third year with the team.

"His knowledge for the game is ridiculous, being able to turn a program which has not been the best and making it third in the country in three years, winning OCAA [titles] each year and CCAA Coach of the

Year this year, those accolades are just unheard of, he has been able to do it and deserves it wholeheartedly," said first-year setter Sebastian Lethbridge.

And according to Lethbridge, it was obvious at the beginning of the season that Johnston brought an air of professionalism to the team that would help take them far.

"The thing I noticed right off the bat was the professionalism; we did everything like a professional team; we had film, we had a sports doctor, meal plans, eating nutritiously, we all studied together. It was all set up professionally ... it makes you feel like you are more than just a team."

And it was obvious that this tactic worked as Johnston was able to not only coach his team to an OCAA Provincial Championship gold medal, which is only the second time in the programs' history and the first time in 46 years, but also to a CCAA bronze medal.

According to assistant coach Rob Thorpe, it was the extra work and numerous hours that Johnston put in to make the team as good as it was.

"To do what he did this year, with a team of [mostly rookies] and just to be able to have them play this kind of game right away shows something about what he is able to do with what he is given."



CREDIT: DOUGLAS COLLEGE

The men's volleyball team celebrates as they win the CAA bronze medal for the first time ever in the programs' history.

Men's volleyball capture programs' first ever national medal

JESSICA THOMPSON
INTERROBANG

In the final game of the Canadian Collegiate Athletic Association (CCAA) Championship, the Falcons defeated the host Douglas College Royals in three straight sets to capture the bronze medal.

This is the first time in Fanshawe's history that a men's volleyball team have won a national medal.

"It feels great to be able to bring back a medal from CCAAs," said men's volleyball's head coach Patrick Johnston. "This was the first time a men's volleyball team [from Fanshawe] has ever been to nationals, so to be able to return from the experience with some hardware is rewarding."

After a hard fought season with a record of 16-2, it is no shock that the team did so well.

They started off their quest for nationals by winning a gold medal in the Ontario Collegiate Athletic Association (OCAA), which was only the second time in the programs'

history and the first in 46 years.

"It was pretty sweet," said first-year setter Sebastian Lethbridge. "Knowing how we started back in the '70s when we won the first ever provincials [and having] nothing since then, I think it is pretty sweet that we came all this way and got to the nationals."

According to Lethbridge, it wasn't solely the on-court training that made the team as good as they were.

"It is the non-volleyball related stuff, it is just a unity between us all, we are like a family... we always hang out, we are always together, and that strengthens the bond," Lethbridge said. "We stick together through everything and it really helps; I'd say we are one of the closest teams in the country."

But the skills that the athletes possessed also aided the team to achieve the titles they did.

"This year was definitively the most skilled group we have had at Fanshawe," Johnston said. "I think that rebuilding a program takes

some time and now that we're in our third year, the ability to retain team systems and tactics has improved and returning players are able to pass that knowledge on to the rookies."

And according to the assistant coach, Rob Thorpe, who played for the Falcons from 2005 until 2008, the skill level is unheard of for such a young team.

"Talent is the biggest thing, they are just more talented than we were back [when I played], but they are also a good cohesive group, they really mesh well together."

But with an OCAA gold medal and a CCAA bronze medal under the teams' belts, there is no slowing down, especially given the fact that Fanshawe is hosting the 2017 CCAA National Championships.

"The guys left New Westminster [CCAA Championships] hungry for more," Johnston said. "Knowing we're hosting next year is an extra motivator for the guys, now that they've been there and see what it's all about, they're excited to return."



CREDIT: DHAIRYA SHAH

Tyler Tirva puts Rhino in a headlock during the Smash Wrestling event in Forwell Hall on March 10.

Cryptogram Solution: You block their path.

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

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



CREDIT: NAUMAN FAROOQ

As long as you drive more on highways than you do in the city, the 2016 Jaguar XF is perfect for you.

2016 Jaguar XF, not for city drivers

NAUMAN FAROOQ
MOTORING

The first XF model came on the scene back in 2007 and was the start of a new era at Jaguar. No longer would its family cars be given the classic look; the XF offered sleek, modern styling that was quite unconventional for this British manufacturer.

The interior received a similar modern treatment, with features like rotating air vents, an automatic pop-up gear selector and a pulsating 'Engine Start' switch; this was a step into the future for Jaguar.

The move was quite successful, as the XF sold around the world, easily eclipsing the sales numbers of the S-Type, the model it replaced.

Well, it's been quite a while since the XF first entered the market, so now it's time for an update; only this one is not as easy to spot.

From a distance, the 2016 Jaguar XF looks fairly identical to the outgoing model. Walk up a bit closer and you'll notice the difference in its details; for example, new lights, grille and bumpers. The new XF is a quarter-inch shorter than the outgoing model.

However, the wheelbase is 51 millimetres longer than before, and not only does that create more interior room, it also gives it the visual impression of being longer.

A huge change is found under the skin. Whereas the old XF was largely made out of steel, the new XF is largely made out of aluminum. The end result is that the 2016 XF is roughly 200 pounds lighter than the model it replaces, and the lower weight results in better handling and slightly better fuel economy.

I recently spent a week with the 2016 XF, in "S" trim, which means that under the hood is a 3.0 litre, supercharged V6 motor that produces 380 horsepower and 332 pounds per foot of torque. This is the most potent version of the XF currently; there are no supercharged V8 missiles currently offered, although eventually there will be a diesel model. The base models currently also offer a 3.0 litre, supercharged V6, but tuned to just 340 horsepower.

New for the Canadian market, all XF models come only with all-wheel drive. All new XF models also only get one gearbox, a ZF eight-speed automatic with steering wheel mounted pedal shifters. This is perhaps the sharpest, quickest, smoothest automatic gearbox in the business and it helps make this swift sedan even quicker. The pop-

ular zero to 100 kilometres per hour sprint is taken care of in just 5.3 seconds, and the top speed is electronically limited to 250 kilometres per hour.

Speed is one thing, how the car feels underneath you in another. This is an area in which Jaguars are typically good, and this new XF is no exception. The ride not only soaks up the bumps well, but its composure at high speeds inspires confidence.

But it's not perfect. While the ride is good at highway speeds, at slow speeds this new XF feels much stiffer than before, and therefore, it doesn't glide nicely over cracks and potholes.

The stiffness also highlighted something that rattled; either this tester wasn't built as it should or these new models are just not as relaxing as a Jaguar should be.

In short, if you do most of your driving in the city, you're probably better off looking at a different car.

The 2016 XF also features engine start and stop, to help you save a bit of fuel. These systems are generally not good in daily use, and the one in the Jaguar is really not good at all. As for any fuel savings there really aren't any as I averaged 12.0 litres per 100 kilometres in my test week, which makes it among the thirstiest mid-size luxury sedans on sale today.

On the highway, the fuel economy improves a bit, sipping premium fuel at an average closer to 10.0 litres per 100 kilometres, but on the highway this car performs so well, you don't really care about economy.

When you've settled in your journey, you'll notice that the interior of this new XF is a nice place to be in. There is plenty of space front and back and the layout has also been improved. The item that needed most attention was the infotainment system, which has been somewhat improved over older Jag models. It is still a touch screen and it is now clearer than it used to be, but it is no match for the infotainment systems found in Audis and BMWs. The Meridian sound system is perfect though, one of the clearest sound systems I've ever tested.

In summary, the 2016 Jaguar XF is a nice car, just not a home run in my view. It still needs some more refinement to make it better and some V8 grunt to make it more entertaining. It is priced well in its segment though, with the base sticker set at \$61,400; while the current top trim "S" model is yours from \$72,900.

Newcastle appoint Benitez



ANDREW VIDLER
PREMIER LEAGUE
PONDERINGS

In one of the least surprising staffing decisions made by a Premier League club in recent memory, Newcastle United have parted company with noted failure and all around schmuck Steve McClaren. Column inches have already been devoted to just how uninspiring his time in charge of the club has been, and his sacking was a matter of when, not if. Why the board decided to draw out the process is anyone's guess, but owner Mike Ashley isn't exactly known for doing things in a logical fashion.

However, he may have finally made a proper decision with a move that has the potential to shift the tide of the relegation battle in their favour, with the appointment of Rafael Benitez as McClaren's replacement. With the club facing the drop, acquiring a manager of such prestige was an unexpected coup for Newcastle, with Benitez having proven himself on some of the biggest stages in football.

Newcastle is a big club, with huge support and big expectations. But Benitez has managed Liverpool, Chelsea and Inter Milan. He most recently managed Real Madrid, arguably the biggest club in the world. He's been there, done that and the pressure he will feel from



CREDIT: NICO_CAMPO / ISTOCK EDITORIAL / THINKSTOCK

Newcastle's new manager, Rafael Benitez may be the first manager in Premier League history to take over a relegation zone club in March and survive in the league.

the Newcastle fans won't phase him. In 2005, he won the Champions League with a relatively mediocre Liverpool side, before that he won La Liga with Valencia in two consecutive seasons. He is used to motivating teams to punch above their weight and that is just what Newcastle United needs right now.

At the time of writing, the team is a solitary point from 16th place, currently occupied by their local rival Sunderland, who just so happen to be their next opponents.

If their new manager can properly use his first full week with the team and lead them to a win in the derby, they will all of a sudden find themselves two points above the relegation zone. Their remaining matches put them against three of the bottom six, which could give them the opportunity to claw their way to safety. A trip to Benitez's former club Liverpool will surely prove to be an interesting affair,

with Newcastle earning a surprise victory against the Reds in the reverse fixture. Though he will be leading the opposition, Benitez can expect a warm reception from the Anfield crowd, who still hold him in high regard for his time in charge.

If he can lead the club to safety, he will be the first manager in Premier League history to take over a relegation zone club in March and survive in the league. A much publicized clause in his contract that allows Benitez to walk away if the club is relegated shows just how tough the task ahead of him is. His resumé is impressive, but he happens to have little experience competing at the bottom of the table. The new challenge that he is facing will be a true test of his managerial credentials, and he will become a hero at Newcastle if he can save the club from another stint in the Championship.

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