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Disney's latest take on Cinderella pales in comparison to the original.

# Prez with a heart of gold

**STEPHANIE LAI**  
INTERROBANG

He's the lanky guy who bears a striking resemblance to the character on Interrobang's last cover. He's 31, is in school for IT but doesn't necessarily want to work in the field. He's also "young at heart" and is your newest presidential elect.

His name is Alan Bushell.

Winning the presidential race was an emotional one for him, and he admits to shedding a few tears.

"I've never actually been that happy in my lifetime," he said. "I'm so excited to have this opportunity."

This is Bushell's second time around in a post-secondary institution. Prior to this, he studied the same thing – Computer Systems Technician – at Algonquin College in Ottawa.

"The first time [around], I was not a successful student," he said. "The services [at Fanshawe] and the atmosphere and the staff and the students have basically inspired me to turn my life around."

"Fanshawe has been the most positive experience in my entire life."

Prior to Fanshawe, Bushell worked for over three years in Belleville, Ont. – his hometown.

"I was working on an assembly line for automotive parts," he said. "I was just pressing buttons and pushing things to the left. This has been quite the turnaround for me."

Bushell says he remembers his first day in class.

"The first day my professor came in the room and he was actually excited to be there," he said. "From that exact moment on, everything has just kept on rolling and there's general excitement about being a student here – it's just fantastic."

It was just the beginning for him, as he found himself on the Student Administrative Council that same year.

He said what got him excited to be a part of student governance was a small fix he helped to get accomplished.

Bushell reminisced about a light-crossing button that was broken – an issue that was brought up in a meeting with class reps.

"It had nothing to do with what we do at all – it wasn't a Fanshawe student issue, it was a city, municipal thing," he said. "[The president at the time] made a phone call, and the city was there within 10 minutes to fix it."

"When we came back to the class



CREDIT: STEPHANIE LAI

Alan Bushell was elected Fanshawe Student Union's next president on March 12. A position he says he's "really excited" about.

rep meeting, that student was so excited over that one little thing that I knew you could make an impact in people's lives that's so far reaching that I need to do this as much as I could."

Bushell says all it took to become interested in the Fanshawe Student Union was a two-second conversation with then-president Adam Gourlay.

"I knew this was something I wanted to be a part of," he said. "I was here for practical reasons and just through the positive engagement with the administration at that time and just the staff in general, I just felt it was something I wanted to get involved with."

Bushell hasn't begun his term yet but is already thinking about what his legacy will be.

"[I want to be] the president who brought in that one special event that everyone continues to use."

Sex Toy Bingo, for example, was an event that a past president brought in that became a "marquee event."

"I want to be the president who oversaw the executive team who came up with one special thing that everybody looks forward to."



**Sweet Tweets of the Week**

**Who's tweeting about #fanshawe?**

**Catherine Lai**

@CatherineLai\_

Had a great time presenting our @HeritageLdnApp team's work at #Fanshawe Research and Innovation Day.

8:10 PM - 18 Mar 2015

**Maddy**

@xomaddyg

Reppin' FHP as always #fanshawe #fitnessandhealth #gym

1:04 PM - 18 Mar 2015

**Justine Albrechtas**

@Justine2726

Who said Friday the 13th was unlucky? I'd say it was pretty awesome! @timhicksmusic #CollegeThrowDown2015 #Fanshawe

8:32 AM - 15 Mar 2015

**Linds Ensing**

@LindsEnsing

Unreal show last night by @timhicksmusic #timhicks #Fanshawe

7:25 PM - 14 Mar 2015

**; Kirstenn**

@xokirstenx

@timhicksmusic was amazing last night at #Fanshawe !

8:17 AM - 14 Mar 2015

**kadyhawkins**

@kadygracee

@RiverTownSaints and @timhicksmusic put on an amazing show! #fanshawe #sodoi #lovethismusic

1:03 AM - 14 Mar 2015

**Next week:**

**What's the best April Fool's prank you've pulled?**

**Answer with a tweet using #FSUInterrobang by 2 p.m. on Wednesday, March 25 and you will enter a draw for a \$10 Oasis/Out Back Shack gift certificate. Must be a current Fanshawe student to win.**

#FSUInterrobang

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‡FREE LUNCH: Contest only open to full-time Fanshawe College students. Offer consists of a \$10 gift card, given out monthly, that can only be redeemed at Oasis or The Out Back Shack during business hours at Fanshawe College in London, Ontario.

**DEADLINE  
MARCH 31**

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THIS YEAR!**



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ACTIVITIES OR  
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CO-CURRICULAR  
RECORD, VISIT  
fanshawec.ca/ccr**

# Invite extended to attend First Nations Centre social

FRANCIS SIEBERT  
INTERROBANG

Fanshawe College's First Nations Centre will be hosting on March 26 its Year End Social Gathering to celebrate student success.

The event will feature indigenous dancing, music, food, arts and crafts, and vendor and information booths.

There will also be traditional teachings from Ojibwa Elder Richard Assinewai, who will teach "Caring for Sacred Items," and Cayuga Longhouse Faith Keeper Ken Maracle, who will teach "Wampum Teachings."

"The Year End Gathering is an opportunity for everyone to connect and realize that we have more similarities than we have differences," Fanshawe First Nations Centre manager Kevin Lamure said. "We all have our own cultures, whether you're Polish or Scottish or Irish or Indian from India, we all have many similarities as human beings, and we all march to the beat of some kind of drum."

The powwow and longhouse style dances will feature about 50 in dress and three or four drums. There will also be a smoke dance competition.

"It's just a good cultural time," Fanshawe student Rosina Ferris said.

There will be representatives from the 10 indigenous nations around London, including from Six Nations of the Grand River First Nation and peoples from the Oneida and Ojibwa nations.



CREDIT: AGATA LESNIK

The annual Year End Social Gathering consists of traditional dance and drum circles.

"It's a way for us to share our culture with everyone," said Darr Sands, vice president of Fanshawe's First Nations Association. "It's a celebration."

The traditional teachings will be held between 9 and 10:30 a.m. The Wampum Teachings will be M-2047, and the "Caring for Sacred Things" teaching will be in

room D-1060. While they are open to everyone, those who wish to attend have to contact the First Nations Centre at 519-452-4430 ext. 4619 or firstnations@fanshawec.ca to register as space is limited.

The dance demonstrations and vendors will be held in J-gym between 11 a.m. and 2:30 p.m.

# Itsy, preemies supported by fashion show

STEPHANIE LAI  
INTERROBANG

A charity created by a former Fanshawe employee is still getting support to this day with the help of students, lots of recycled materials and glue guns.

Fashion Merchandising's annual fashion show raises funds to support Itsy, a charity that raises funds to financially relieve families of premature babies.

When the fashion show first began to support Itsy, the theme was a futuristic one.

"I thought it was very fitting, you know babies are our future," said Linda Jenken, instructor in Fashion Merchandising. "What a great fit to be able to support a charity that's new, it's grassroots. We can really make a difference."

Merissa Vere, a first-year student in Fashion Merchandising, is a former preemie herself and says the show has more meaning.

"I know what people have to go through – the costs and everything," she said. "It's something I hold dear because I know I've been through it was well."

Vere says she's grateful to her parents for coping with the costs.

"When my younger sister was born there was actually a child that was premature just like me and her parents put her up for adoption because they didn't want to deal with it," she said. "I've turned out pretty well seeing how early I was born."

Vere's class partner Aleeyah Griffith is happy to create pieces for this cause.

"I think it's amazing how each of



CREDIT: STEPHANIE LAI

Merissa Vere and Aleeyah Griffith with their Batgirl-inspired garment, which will be shown on the runway at the show on March 26.

our fashion shows supports something so great," she said. "It's awesome how we make all [this] stuff and show it off for these causes."

The show, now in its seventh year, will revolve around a theme dubbed Invincible.

"We're basing it very much so on the Marvel comics," Jenken said.

Vere and Griffith decided to create a Batgirl-inspired garment, using materials Vere had at home.

"A lot of it's made from recycled garbage bags," Vere said. "I'm just happy that you can make almost anything out of recycled material and it'll still look nice."

Though the challenge is to make wearable art, Jenken says this year in particular is one to attend.

"The use of the recycled materials this particular time is fantastic," Jenken said. "They've taken inspi-

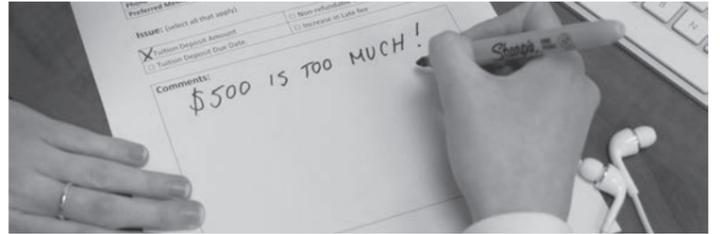
ration from heroes and villains we all know but they've all kind of created their own villain or hero."

To date, the wearable art show has raised close to \$50,000 for Itsy. Jenken says the show raises around \$5,000 each year.

Itsy was created in 2008 by the parents of a former premature baby. Proceeds fundraised by Itsy help to relieve the costs and pressures families of preemies are faced with when caring for premature children.

This includes travel, hospital parking, meal cards and breast pumps.

The Invincible wearable art fashion show will be at the London Music Hall on March 26. Tickets are \$20 in advance and \$25 at the door. They can be purchased at Live Chic, The Biz Booth and the office of M3010.



CREDIT: STEPHANIE LAI

Students with concerns can grab a concern form at the FSU main office in SC2001.

# Government introduces new tuition fee payment structure

FRANCIS SIEBERT  
INTERROBANG

The Ministry of Training, Colleges and Universities announced this month a new tuition fee payment policy that will affect new and returning domestic students attending colleges in Ontario, including Fanshawe College students, starting this fall.

Fanshawe students will be required to pay a \$500 non-refundable deposit fee for the 2015-16 school year by June 15. The balance of their tuition and additional fees will be due by the 10th day of classes, which falls on September 21 this year.

While the fee is non-refundable, Fanshawe will take exceptional cases, such as medical issues, into consideration, according to Fanshawe associate registrar Frank Trovato.

The new deadline will give students an additional two to three months of work before having to pay tuition.

"Students will have much, much longer to pay their fees in the full than they did in the current process," Trovato said. "They have until September 21, compared to June 26, to pay their fees in full without incurring any late fee."

But some organizations are worried.

"The \$500 due at the beginning of June for some colleges ... might be an early time frame," said Veronica Barahona, communications manager for the College Student Alliance, a non-profit organization that works with the government and post-secondary education stakeholders whose mandate is to improve college experience.

"Most students, if they're starting their summer jobs, they'll only

have had a couple of pay cheques before the deadline comes up."

Barahona says the new deadline might also be an issue for new students since some of them will still be in high school when the deposit is due.

She says the CSA wants the deadline to be fair and that the government and colleges need to take into account things such as the Ontario Student Assistance Program and summer jobs.

The organization plans to publish a complaint form for students on its website, collegestudentalliance.ca, currently the forms can be picked up at the FSU main office in SC2001.

"If they have any issues with the payment deadline, or the payment periods or the monetary amount, they can come forward to their student associations or the College Student Alliance and then we can bring that to the MTCU," she said. "We just want to create the awareness for students."

Fanshawe Student Union president Matt Stewart called the new policy "unacceptable," echoing the CSA's comments.

"We don't agree with what they've done," he said. "Unfortunately, there's no way around it."

Stewart urges that students who have issues with the new policy fill in the CSA's complaint form so that the CSA, the FSU and other student organizations can lobby the government.

Stewart is also president of the board of the CSA.

Prior to the policy change, students had to pay their tuition in full in June or a minimum payment of \$300. Students who opted for the minimum payment option were charged a 6.25 per cent "payment plan" on their tuition balance.

## Health Services Survey

[www.fanshawec.ca/healthservices](http://www.fanshawec.ca/healthservices)

Confidential survey available until April 6th, 2015.



We would like to hear from you.

Please take the Health Services Survey if you have:

- used the services of the medical clinic (Fowler Kennedy) to see a doctor
- made a physiotherapy appointment
- received assistance with your placement

Your voice is important, let us know how health services is doing on campus.



# A terrifying approach to anti-terrorism


**VICTOR DE JONG**  
 INTERROBANG

Following the release of the movie *Fight Club*, there was probably a significant increase in Google searches along the lines of homemade napalm recipes. Brad Pitt's character gives the (fake) recipe of equal parts gasoline and orange juice concentrate as an indication of his ability to make weapons out of household items. If the latest piece of controversial legislation put forward by the Conservative Party of Canada passes, however, searches like that could end with a knock of your door by the Canadian Security Intelligence Service.

As the House of Commons reconvenes this week, Bill C-51 will continue to be the subject of tremendous controversy. With myriads of advocates for free speech and civil liberty pitted against the bill, it seems like the ultimate showdown that the Harper government has been building towards since it came to power. The official motivation behind C-51, dubbed the anti-terror bill, is that government organizations need the ability to communicate information that could be pertinent to public safety

and security. Beyond that, the bill enables the government to incarcerate individuals that it suspects might pursue terrorist activities.

The crux of the issue is in defining the terms of the legislation. The title of the bill is exceedingly reassuring – after all, who isn't anti-terror? If the bill were titled "expanding the powers of government to allow us to suspend individual liberties for the sake of national security" it would sound far more alarming despite being far more accurate.

With the stringency that could be adopted under this new legislation, any attempts at satire or metaphorical criticism of the government could be perceived as threats to the country. The international community was enraged against the Russian government for incarcerating the punk rock group Pussy Riot, but under Bill C-51, the lyrics of bands like System of a Down and Rage Against the Machine could be construed as an attempt to incite violence.

In all likelihood, Bill C-51 would have little effect on how Canadians expressed themselves on a daily basis. The troubling aspect is that these powers would remain in place into the future as governments and administrations change. Political leaders are renowned for making poor decisions in a time of crisis. Whether it's the internment of people of Japanese origins in Canada 75 years ago or



CREDIT: MIKE RIDWOOD / GETTY IMAGES NEWS / THINKSTOCK

Prime Minister Stephen Harper and his government's anti-terror bill can be troubling when other governments and administrations change.

the invasion of Iraq under the Bush administration in 2003, history is riddled with examples of ghastly lapses in judgements from top officials.

The immortal fear for every intelligence official is being incapable of pursuing a perceived threat only to have it lead to a devastating attack. Bill C-51 is designed to eliminate

any legislative obstacle that could interfere with the investigation of a person who could be involved in terrorism. There's a saying that goes "when you're holding a hammer everything looks like a nail." In a similar vein it's easy to see how, seen through the lens of suspicion, the intimate details of any individual's activities could appear suspicious.

## Once bitten, twice shy Students shy away from committed relationships


**ALANA HUCKABAY**  
 THE SHEAF

Protective, wary, watchful, defensive: that is a reasonable description of a cold-hearted person.

Such people are scared of bearing the same pain again. This is why they tend to shield themselves from their surroundings, try to keep less feelings and emotions, and don't deal with their emotional burden well, which ultimately dissociates them from society.

Hard-hearted people suffer from such wounds that they can't seem to get over and keep themselves detached from the outside world. This kind of pain is something, which certainly does not make them stronger but shallower day by day.

Despite beautiful and happy moments in their lives, they don't seem to enjoy wonderful times but only let the pain colour the picture of life. This starts affecting their decisions in day-to-day life, especially when it relates to the people around them.

Another significant point to be understood regarding such people is that they need to understand that pain cannot be avoided. Irrespective of the decisions made in life: circumstances and situations faced by the individual in life, pain cannot be ignored indefinitely. Such a person seems to be comfortable with the pain and suffering.

Life is uncertain. Life is unpredictable. Life can give you beautiful moments even when you have decided to live with a cold heart forever. But you cannot live like this forever. Life gives you new opportunities. All you've got to do is see and observe.

Keep your eyes wide open. If you allow new opportunities to enter into your life,

you are bound to break open the hard shells around your heart. What needs to be realized, however, is that life changes. No one can stay sad and unhappy forever. No one can suffer for his/her entire lifetime. There is a need for change undoubtedly in life. Life cannot be peacefully stale forever. It needs a change, which is much required in a nutshell.

Hard-hearted people are often considered to be anti-social. This is why people avoid them. Perhaps it's because they had high expectations of something and nothing came of it that was planned or expected. This makes them self-conscious and hence need help from someone who can make them understand that this is a universal problem and they need to overcome it.

What needs to be kept in mind is that nobody is born heartless; nobody is cold-hearted. This person is the unfortunate outcome of certain bad circumstances. Such people are just dealing with the fear of putting trust in other people with their feelings, which can pose to be an issue and makes them vulnerable.

Every one of us carries around extra baggage all the time throughout our lives. This only worsens our situation. A cold heart has a way of adding more baggage, which makes it difficult for anyone to think of improving life and just simply move on. After the person justifies the pain, he/she needs to realize the lesson behind this pain.

Indeed there is always a lesson behind a useful pain – this is the only thing that is going to make it useful and not worth suffering.

Don't shut something down before giving a chance to it once. There is always a fear of failure involved in inculcating change in life. To some extent, people can create an opinion related to such a person. But this should not hold back the person, and in fact, calculated risk taking is always advised to welcome changes.

**ALANA HUCKABAY**  
 THE SHEAF

**SASKATOON (CUP)** — Being in a committed relationship is something most people want, but many students are hesitant due to an increased focus on career over building a family. This makes committing to one person in the traditional sense extremely difficult.

Focusing on a career means that students have busy schedules and it is hard to make time for yourself, let alone take care of another person's needs. With so much focus on achieving your goals, having time for friends — let alone a significant other — can be incredibly challenging. The amount of time that both a busy schedule and a relationship might take means that committing to a more serious relationship isn't always a realistic option.

For example, late night labs can take up a lot of time and leave you feeling exhausted and unable to do anything except crawl into bed and sleep. If you are working a part-time job during school, your nights and weekends are likely booked up. As weekends and evenings are when people usually go out on dates and socialize, work can really put a damper on your love life.

Added to this complex equation of work-life balance are résumé boosters such as student clubs and volunteer work. These are important to do for long-term advancement of your skill set, but these are commitments in themselves. However, these all eat up time that could be spent with friends and socializing. Even socializing in university is something that is rushed, as it often comes down to beer nights and short chats over coffee before hurrying off to do the next thing you are responsible for.

However, since we are all students united by busy schedules and commitments, we might just be able to find a way to make time for each other and make a connection that could last a lifetime. The important thing is taking the time to make space for each other.

When it comes down to it, that human connection is the only real thing that can make people truly happy, in university and in life. It can also be a great way to boost your mental health and bust stress.

It's clear that balancing class schedules, work and extracurriculars can be challenging when you are managing your own life. That being said, if you can find someone who is also equally busy, but will support your goals as you support theirs, the relationship might actually work. Being career focused is important if you want to be a success in your own life, but your life may be incomplete if you have no one to share it with.

Committing to someone who is going through the same struggles as you may make a committed student relationship work, if both of you are willing to put in the time and effort necessary. In the end, if you become an extremely successful person, but are all alone with wealth and privilege, you might question your decision to skip the commitment wagon just because it's not the most appealing option right now.

It's true that committing to anything is really difficult as a modern student, but relationships are a key ingredient for life happiness no matter what you do. While balancing your busy schedule and working, take the time to talk to a fellow student. You might make a new friend, but more importantly, you might find your life partner. Take a chance; you never know what could happen.



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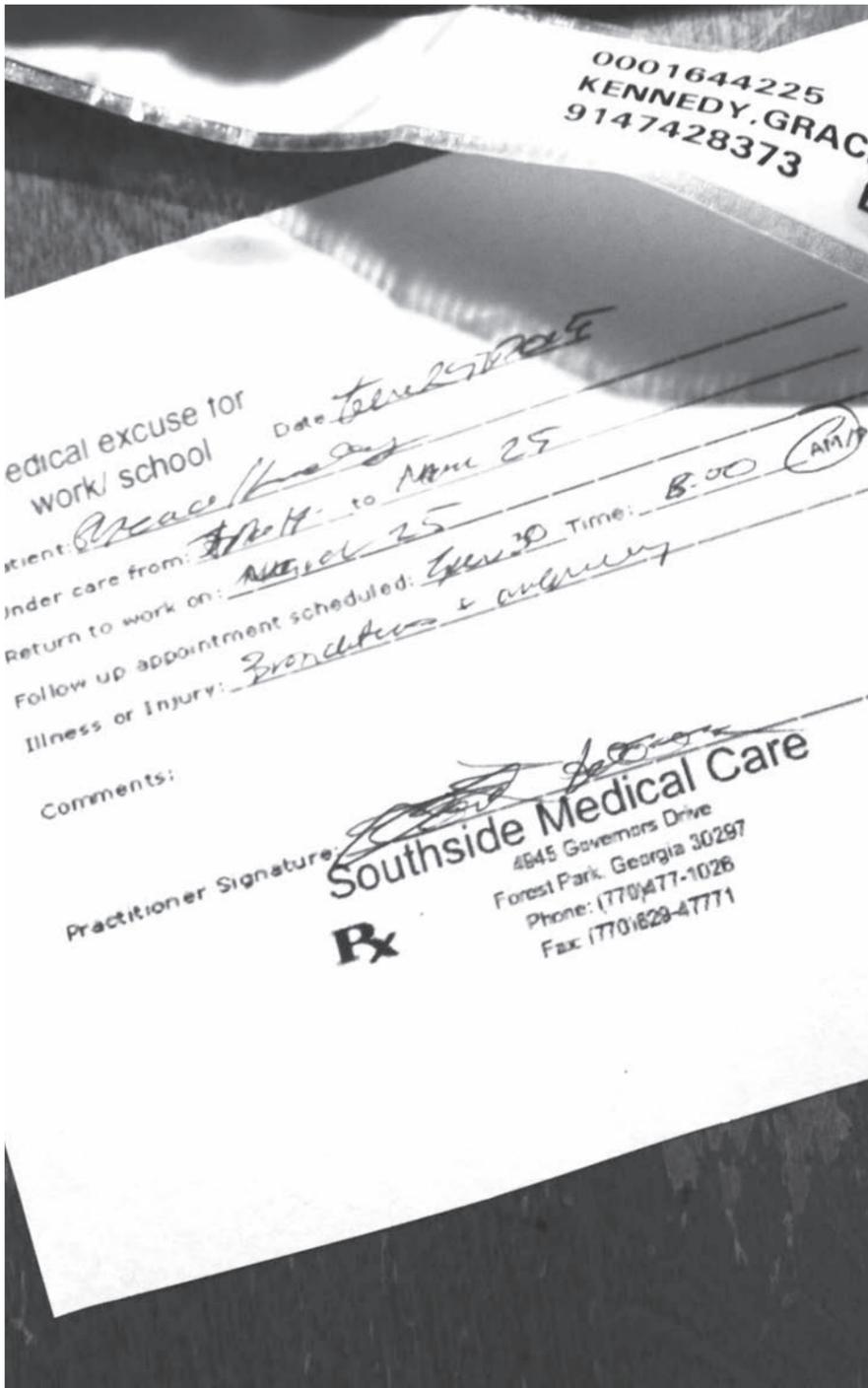
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CREDIT: GRACE KENNEDY/THE WATCH

Doctors' notes are a necessity, but some think the whole process needs to be rethought.

## Do I honestly need a doctor's note?

COLLEEN EARLE  
THE WATCH

HALIFAX (CUP) — Recently I have been quite ill. Luckily, I have very understanding professors who want me to be healthy and succeed. This good will, however, does not excuse them from requiring something with which I morally disagree with: a doctor's note.

We've flown the coop and no longer have mothers to write notes to our teachers, saying "My kid was throwing up, so I kept them home today." In their stead, employers and professors require us to bring in notes from doctors to prove we're sick.

Perhaps it's my Kantian leanings — I can't understand why someone would say they're sick to get out of something, since lying is against the categorical imperative — but I'm not sure why people can't believe us. When you say things like "I had a really high fever for two days because I had the flu," or "I was throwing up all day, so I couldn't come to class," or "I have asthma and couldn't breathe yesterday, so I stayed home and slept so it wouldn't get worse," it would be nice to be believed.

At King's we talk a lot about self-care insofar as it's important to take care of our mental health. But why do we never talk about the physical side of things?

Most of the time when you're sick with the flu or the cold, the best thing to do is stay home. There are many reasons for this. If you rest early, you won't get sicker. By going out in public, you expose others to your illness and I'm 100 per cent not down with that.

But most of the time people don't see this as an option because they "can't miss any time," or "don't want to see a doctor," and I believe that at least part of this is because of the doctor's note.

As institutions seem unable to believe their

employees or students are sick without documented proof, the wait times in emergency rooms — which I have spent a fair amount of time in this year — and walk in clinics becomes so long that they are almost not useful, and a place where only the seriously ill feel they can go for treatment. Many doctors also charge for doctor's notes now, in an attempt to dissuade people from getting them.

After I recovered from my most recent illness, I went to see my general practitioner. I discussed this issue with her because I thought it was important to have more than the ramblings of someone who is generally upset at almost everything.

She also dislikes this practice and was only willing to write me a note — which I failed to get while in emergency, because I was more focused on being able to breathe than on getting a note to excuse my absences — because I had made the appointment for another reason and I was really sick when I missed time. She also added that she doesn't want to see people when they're vomiting either, because she doesn't want to risk catching what they have. Having someone who is sick like that in her waiting room is bad for her practice, and it probably would have been better for the patient to stay home and rest instead of coming in for a note.

To summarize, I understand why doctor notes are necessary, but I think the practice needs to be seriously rethought. When you're ill, you're not thinking about getting a note to excuse your absences, or at least you shouldn't be; you should be focusing on getting better. When you have the flu and go and see a doctor for a note, you're putting dozens of people at risk. Doctor's notes put extra strain on our sick, our doctors and our medical facilities, and none of this benefits anyone except for the person who needed proof to believe you.



CREDIT: DANIEL BEREHULAK / GETTY IMAGES NEWS / THINKSTOCK

Why does being a radical need to be negative?

# Radicalization

A word that's not always negative



MICHAEL VEENEMA  
RUMOURS OF GRACE

Radicalization is a word we have been hearing a lot recently. We use it to describe what happens when young people join violent Muslim organizations. The thinking is that normal young people would not join such a group. Something must have happened to them to make them into potentially dangerous people.

A radical group such as ISIS must have gotten to them. Those who care about students in Canada are disturbed to learn that this happens in this country, and many worry about the fate of young people who head into conflict zones in the name of such groups.

The radicalization of young people is not new. Nazi propagandists and educators brainwashed the kids and youth of Germany leading up to the Second World War. The Soviet rulers of the mid-20th century radicalized their young people into snitching on their own parents and having them sent to labour camps. Political regimes since the days of the ancient Babylonians and Egyptians have been turning their young into fanatics.

Radicalization is not new and it is also not always negative. Some radicalization is, in fact, extremely positive.

I attended the funeral of a friend a while ago. He is the one who inspired me to enter seminary and study to become a chaplain — something I did at Fanshawe College for nearly a decade.

Aren, a chaplain at McMaster University, was a remarkable man who always had time for people on the margins. Some of them were students with issues of mental health, addiction or family neglect. Some of them were gay and some, like me, were looking for something to do with their lives and were disaffected with the options presented to us by the modern world and modern post-secondary education.

At the memorial service for Aren, I reconnected with social workers, theologians, church ministers and others who had been

deeply inspired by Aren's sacrificial giving. His children jokingly — or maybe not jokingly — lamented that their father always made room around the family dinner table for the homeless person he had met that afternoon.

I think of the man who joined Aren and several others to try to live in an intentional Christian community — people sharing houses, growing their own food as much as possible and relocating to the undesirable areas of the city.

I think of "A" who just returned from Iraq on a Christian mission that brings food, blankets, shelter — along with the story of Jesus Christ — to refugees fleeing the violence in Iraq.

And beyond my own immediate circles other figures come to mind. One of them is Jean Vanier, the Catholic founder of L'Arche communities all over Canada and the world. He has just recently won the Templeton Prize for the work he has done to integrate his Christian-Catholic faith with his work.

These people have been radicalized.

They have worked hard at putting into practice the teachings and example of the founder of their Christian faith. We need more, not less of such radicalization. For one thing is clear from any reading of the life and death of Christ and his teachings. Implementing what he taught and imitating his actions brings about a transformation — a transformation towards peace, overall well-being, hope and love.

There is a feeling among many that religious radicalization is always negative. However, this is not true. One has to examine the core writings of religious traditions and the actions of the founders. Each set of writings and founder's life will determine what radical adherence to this or that tradition looks like.

One could do much worse than study the Christian tradition that motivated Martin Luther King Jr., Jean Vanier, "A" and those who were moved by my friend Aren. The churches of this city and this country would do well to redouble their efforts to send young people radicalized in the ways of Jesus to bring about a new day of hope for our world. His living presence continues to oversee our world. And to a world in distress, his actions and teachings bring hope.

## Purity Ring – Another Eternity

**MICHAEL GALLAGHER**  
THE SILHOUETTE

Hamilton — Back in the summer of 2012, music fans were greeted with the eccentric sounds of Purity Ring, an Edmonton-based dream-pop duo consisting of Megan James (vocals) and Corin Riddick (instrumentals).

Far from their reserved name, Purity Ring's debut album *Shrines* offered an unconventional fusion of modern sounds by blending hip-hop and dubstep influences with eerie vocal lines and mournful lyrics to create something fresh and exciting. In doing so, Purity Ring – along with other artists like Grimes – showed there was more to indie music than simple guitar lines and repetitive choruses. Now, three years later, Purity Ring is back with their latest album *Another Eternity*, and while the catchy choruses and strong vocal lines remain, Purity Ring's latest effort fails to innovate the genre in the way their previous efforts did.

Make no mistake, the sound of *Another Eternity* still stays true to what fans know and love about Purity Ring. James' vocals continue to shine across the record and Riddick's production is tight and polished. Despite that, significant changes have been made.

Most notably, James' obscure and macabre lyrics have been replaced with more traditional subject matter such as love and breakups, while Riddick's production has shifted towards away from the electronic dream pop they once were towards a more traditional pop sound. In the past, Riddick's sound has reflected the dominant styles in electronic music, and this remains true in *Another Eternity*. However, what was once a sound channeling artists like Burial or Grimes, is now much closer to the sound of major record artists like Katy Perry and Taylor Swift.

This decision has mixed results. On one hand, the decision to model their sound after more traditional pop artists pairs well with *Another*



CREDIT: PURITY RING

Regardless of how long you've been a fan of Purity Ring, the newest album may take a few listens before drawing a verdict.

*Eternity's* new catchier material, but it also ends up at times sounding unoriginal, and struggles to compete with other mainstream music.

Don't get me wrong, I actually enjoy pop music quite a bit, but to me the unique mix of sounds that Purity Ring produced was what made their music so interesting, and I can't help but feel that this shift in style only hurts them. Yes, songs like "Push Pull" and "Bodyache" are catchy, but they struggle to compete with more compelling hits. One can't help but feel like Purity Ring shifted towards a style that they simply aren't as good at, and their music suffers because of it.

In spite of all this, fans will likely still enjoy the record. *Another Eternity's* songs are catchy, and the distinct feel and energy of the band remains despite any changes in style. While the songs may feel different, that change doesn't take away from their appeal. So, whether you're new to Purity Ring or a die-hard fan, *Another Eternity* is an album that deserves multiple listens before drawing a strong conclusion.



CREDIT: PRSPECTIV

Though still wild and carefree, the black fur vest tames the paisley print underneath and allows the gold jewellery to shine through.

## The dark but fabulous side of boho



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

The bohemian style is so hot this season that it cannot simply be categorized as just the boho trend anymore.

A few weeks back, I covered the key elements of the boho trend, but it is just the tip of the iceberg with this exciting trend. This week, we'll explore the dark side of boho; similar elements of what was listed before will be featured before, just in a darker colour palette.

This particular outfit – by Los Angeles stylist Stephanie Ward – focuses on breaking up the eclectic dark print of the blouse with a black fur vest. To add a bit of edge, body chains are accessorized to

give it a modern touch.

Model Jacqueline W., who is also the reigning Miss Globe, channels the trend through her darker makeup, which creates a beautiful contrast against her light blonde hair. It is a fierce side of boho style and is a great switch-up for when you want to experiment with prints and colours.

Boho style is an eclectic mix of almost anything; it is a fusion of ideas and fashion. It is a style that consists of free flowing silhouettes, exotic textures and contrasting colours that somehow beautifully collides together to look beautiful.

Paisley print is not my favourite. I often find it too busy and dated; it could be out of style the next season. However, when paisley is paired with certain colours – burnt, muted and dark colours – it works nicely and tones down the print. It makes the perfect pairing with a

soft faux fur vest.

The body chain is layered underneath the vest to let the draping details of the piece lay beautifully. The Aurora head chain makes the model look like a bohemian princess, keeping some elements of the light side of boho. The hand chains compliment each other without competing with gorgeous tassel details. It is important to have delicate and somewhat subtle accessories to complement the print of the shirt and intense black vest.

When styling with a darker colour palette, it is important to break up the black with even small subtle gold details to brighten it up. Black can tame the print; after all, it is a wild trend. The stylist balanced the outfits so each piece will stand out without competing with the next. The dark side of bohemian is still meant to be fun and spontaneous, even if the styling was thought out.

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CREDIT: LISA KELLY

It's the perfect look for Casual Fridays – a chambray shirt and pencil skirt. Comfortable and chic.

## Six ways to wear chambray



LISA KELLY  
FRUGAL  
FASHIONISTA

When you're on a budget, it's important to have versatile staples in your wardrobe. Purchasing items that can be worn in many different ways is a great way to save money without compromising style. Chambray shirts are a great investment because they can be worn so many different ways – your creativity is your only limitation. Light-wash chambray is often the most common, but you can also buy chambray in dark wash and polka dots. If you can only buy one, a light wash chambray shirt is the most versatile. The best part? Chambray is really comfortable.

Here are six different ways to style a chambray shirt:

### Denim on denim

Denim on denim can be a tricky look to pull off, but chambray shirts are perfect for wearing denim on denim without looking like you're wearing a Canadian tuxedo. Pair your chambray shirt with a pair of dark wash jeans or black jeans for a classic look. If you're feeling adventurous, add a twist to this classic look by pairing your chambray shirt with a pair of colourful jeans – no one will know you're wearing double denim.

### Tucked into a skirt

Casual Fridays have met their match. Nix the jeans and opt for denim on top instead. A chambray shirt paired with a black pencil skirt and heels is the perfect business casual look. If you're looking for something a little more casual, trade in the pencil skirt for a skater skirt and sandals – perfect for spring.

Don't forget to cinch the look with a skinny belt – tan is the perfect colour.

### Replace a cardigan with chambray

If your outfit calls for a cardigan, consider replacing it with a chambray shirt. Leave it unbuttoned over a dress or a pair of floral jeans for a perfectly casual look. If you want to dress up the look, try adding a pair of heels and a statement necklace. For a more casual look, pair with a flowy scarf and sandals.

### Paired with a blazer

Instead of wearing a blouse under your blazer, try wearing a chambray shirt instead.

### Tie the bottom

This look is similar to the chambray cardigan – try tying the bottom of a chambray shirt and wearing it over a cute dress or a maxi skirt. It puts a new spin on an already cute look. If you're brave, tie the bottom of a chambray shirt to emulate a crop top and pair with a cute skirt or a pair of skinny jeans.

### Layered under a sweater

Put a twist on a classic preppy look, try pairing a chambray skirt under a pullover sweater. If you have polka dots on hand, they're a great pairing for chambray. Top off the look with a bold statement necklace and a pair of dark wash jeans and flats.

### '90s throwback

Throw on a T-shirt dress and tie a chambray shirt around your waist to effortlessly pull off the '90s throwback trend. This look does double duty – if you get cold you can easily remove the shirt from your waist to don as a cardigan.

One shirt can create so many different looks. If you need more inspiration, check out Pinterest – the possibilities are endless.

## The secret language of photography



ALLISON PEARCE  
INTERROBANG

Ever try to listen in on a conversation between two photographers? I'm sure you must have been pretty lost in the sea of words like aperture and colour fringing. Well, worry no longer because this article will give you the inside scoop on the secret language spoken exclusively in the photography industry and get you talking like a professional in no time.

### Bokeh photography

Bokeh (BOH-kay) is a Japanese term that refers to how a camera captures light that is out of focus. Often times, photographers will do this on purpose for aesthetic reasons.

### Chimping

Chimping is a term photographers have picked up to describe the act of checking every picture on your camera's LCD screen right after you capture it. This action gained this term due to the similarity between a photographer constantly flipping their camera back and forth and a Chimpanzee playing with a new toy.

### Dragging the shutter

Dragging the shutter is when you slow your shutter speed down, often blurring your image for artistic reasons such as showing movement. Optionally, a hot shoe flash can be used to freeze your subject in the foreground.

### Fast lens

A fast lens is a lens with a wide aperture – f/2.8 or wider. They are called fast because the wide aperture allows more light onto the sensor, allowing you to use a faster



CREDIT: ALLISON PEARCE

The photo exhibits the bokeh technique because the lights are out of focus but still being picked up.

shutter speed.

### Grain

A term from back in the film days that is used to describe the clumps of silver found on film. Today, it is used to describe the textured appearance of high-ISO photographs.

### Hot shoe

The hot shoe is a mount on the top of the camera, usually above the viewfinder, where you can mount accessories such as flashes and microphones.

### ISO

ISO, which stands for International Standards Organization, is the term used to describe the sensitivity of either the film, or in today's terms, the sensitivity of the image sensor to light.

### Raw file

A raw file is an unprocessed image file. These are handy because the unprocessed file allows you to be able to make easier adjustments in post-production.

### Resolution

The resolution of an image refers to the amount of detail or pixels it holds. The higher the resolution, the larger and clearer the image is.

### Spray and pray

Spray and pray refers to a shooting technique many new photographers use. The technique is taking a lot of low quality, unplanned photos in the hope that a couple good ones will turn out of the batch. Most professional photographers are skilled at capturing the moment, and thus do not need to rely on the spray and pray technique as it only takes up space on a memory card.



*“Our only limitations are those which we set up in our own minds, or permit others to establish for us.”*

### › Elizabeth Arden: Self-Made Maven

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We think Elizabeth would have simply adored AU, giving people all over the world the chance to make their mark, on their terms, in their time. Beautiful.

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CREDIT: WALT DISNEY STUDIOS MOTION PICTURES

If you compare the Cinderella remake to the original, it falls flat. Awesome CGI doesn't distract from overacting and the fact that the animals aren't real.

## Have courage and be boring



**PAM-MARIE  
GUZZO**  
INTERROBANG

We've heard the tale a hundred times – a girl in rags lifted from the darkness of her life after one magical night. The orphaned child with an evil stepmother and two wicked sisters, *Cinderella* is a story we all know by heart. Remake after remake has been done – *Ever After* being a personal favourite of mine – and Disney has decided, after 65 years, to release its own live action version of the classic tale.

Sadly, for the most part, this really does just feel like a wholly unoriginal redo, with this Ella being as bland and helpless as the original. Those few brief moments of defiance we do see often appear to be in service to the plot rather than believable actions on part of the character. The most that can be said of the main character is that she's nice. There's a distinct lack of depth, which is even more

noticeable thanks to the great number of Ellas we've seen that range from intelligent and bookish to strong and sassy.

While fans of *Downton Abbey* and *Game of Thrones* will be pleased to see some familiar faces, it's important not to expect too much of the roles the actors are in. It's clear that every actor has been requested to overact, not one of the women know how to curtsy, and the only character the audience can possibly sympathize with is Cate Blanchett as the stepmother. What's really odd is seeing Bellatrix Lestrange in the role of Fairy Godmother, waiting for the plot twist where in return for a fancy dress Cinderella is given the Dark Mark and forced to serve He Who Must Not Be Named.

This said, there are some things *Cinderella* does well, especially in the design department. The costumes are all extremely well suited for each character. It's clear that a lot of thought and work went into each outfit – although less thought went into which era they were supposed to represent. The few CG embellishments that were

added – most notably the animals – were also thoughtfully created and managed to be reminiscent of their cartoon counterparts while still being a little more realistic. Why one would bother with realism while still having magic as a large part of the story is a mystery but perhaps better than having half the movie be about the talking mice.

One of the biggest problems might be that – at least for the theatrical release – the audience first sees the animated short *Frozen Fever*, which features all of the favourite characters from *Frozen*. It's a difficult transition to go from the mindset of one of the best Disney animated musicals to a live action film with an indifferent heroine, especially considering how well developed Anna and Elsa are as characters.

As with every Disney movie, *Cinderella* is well produced, but the film really could have done more to shine through as a new classic. Instead, thanks to some poor direction and fairly boring characters, this will be a soon forgotten film, doomed to rot away in the Disney vault.



CREDIT: JERROLD RUNDLE

Jennifer Bird from Jungle Cat World brought an array of animals to the event, which was put on by the Fanshawe Student Union on March 11.

## Zoo animals on the prowl at Forwell



**JERROLD RUNDLE**  
INTERROBANG

Students and staff were greeted to unusual and furry sights if they spent noon hour at Forwell Hall March 11. Zookeepers Carl Tordiff and Jennifer Bird from Jungle Cat World brought an array of animals to the school for an educational outreach program, something the zoo is quite familiar with already.

"We promote conservation and the educational value that animals bring," said head zoo keeper Tordiff. "A lot of people aren't really up to speed on endangered species, so we give them some educational facts have a little bit of fun."

The event – hosted by the FSU – left Forwell Hall packed with students edging as close as possible to the array of biodiversity like an Argentine tegu, a fennec fox, a New Guinea singing dog and a Tarantula, to name a few, all being shown to the crowd.

Business Marketing students Dominique Juric and Samantha Tobin were lucky enough to interact with the animals. Being one of five students chosen to hold the snake, Juric said, "It was heavy and smooth, and not slimy at all actually – it was really cool and I had a great time. I love snakes."

Tobin's experience was similar. "I got to pet the [tegu], it was really cute," she said. "Its tongue was really big, it was really funny, and [the skin] felt like rubber."

Both students agreed Jungle Cat World is a possible future vacation for them.

Tordiff said the show isn't just for entertainment though.

"[We] have a nice relaxing atmosphere where people can learn, interact, where they make a connection with the animals,

and hopefully in turn want to do something to support the animals or the conservation of threatened or endangered species," she said.

Most of the animals at the show were rescue animals, being previously used as pets-something Tordiff was vocally against throughout the show – reminding the crowd several times, that these animals are from the wild. And while a serval may seem cute and cuddly when it's born, it and the other animals outgrow the owners' capacity to care for them.

Only when talking about the role of the safety to his animals, the role of Jungle Cat World, other World Association of Zoos and Aquariums (WAZA), and Canada's Accredited Zoos and Aquariums (CAZA) zoos around the world did Tordiff change his demeanour from relaxed and cheerful to serious.

"We have captive breeding programs for all of our threatened and endangered species [having an] SPP (species survival plan) in place at our facility," Tordiff said. "We love animals. We wouldn't bring animals into a situation that was going to stress them out or become a public risk safety hazard. We would never bring animals into any type of that scenario."

At the end of the show, both zookeepers answered any questions by the students, which Tordiff said was one of the most enjoyable aspects of his job.

"[When] people come up after and say, 'Great presentation, I really enjoy how the animals were presented, how you brought educational value into the presentation.' I get something out of it when I know people got something out of it."

Jungle Cat World is inspected twice annually by the OSPCA, and biannually by CAZA to ensure the highest possible standards of animal welfare safety and species conservation are being upheld.

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# Lieutenant marks bold new direction for Nate Mendel



**BOBBYISMS**  
BOBBY FOLEY

I write about random things a lot. I write a lot about random things. Cards on the table, I'm afraid of flying, perhaps because my experiences have mostly been on small trips in small planes. But it was at the front of my mind when I got the opportunity to travel to California and tour the Foo Fighters' Studio 606 in 2011.

In addition to the remarkable career the band have built over the past 20 years, the building is a testament to the art of creating music and the journey that goes along with it. Studio 606 has seen countless bands pass through its doors since the Foo Fighters' finished building it, and along with it, countless side projects and experiments from the artists who call it home.

One of the latest and most exciting side projects of late is Lieutenant, the new indie-leaning moniker of Nate Mendel, one of the foremost bass players in rock music today. He released the brand-new record *If I Kill This Thing We're All Going To Eat For A Week* on March 10, a bold new direction that puts him front and center for the first time.

Mendel's musical pedigree may be stronger than most people know. It includes stints in The Jealous Sound and Christ On A Crutch before co-founding the seminal Seattle emo band Sunny Day Real Estate in 1992, an outfit he would leave to join the Foo Fighters during the band's inception in 1995.

*If I Kill This Thing We're All Going To Eat For A Week* is more than just a dream-come-true album title for a columnist with a word limit. It's a solid statement from an artist with palpable taste, a strong musical vocabulary and something to say. For the album, Mendel prepared meticulous demos that were realized in the Foo Fighters' Studio 606 with the help of drummer Joe Plummer of Modest Mouse and Cold War Kids.

However, Lieutenant sees Mendel branching out in new ways, fully adopting the roles of songwriter, guitarist and singer for the first time. The album is lush and expansive in ways that fans of Mendel's earlier work may not immediately expect, opting for a decidedly indie sound that belies the complexity of the songs contained within. Like the crackling guitar tone "Believe The Squalor" that floats almost unnoticed before leading into "Rattled," which opens with all the eerie energy of a funeral dirge then erupts into charismatic rock, flavoured with distorted

major chords.

Fans of Mendel's previous work will likely embrace this brand new project, however, a whole new audience awaits him from this new project. If you enjoy recordings by The Shins or The Head And The Heart, this album has a lot to offer you. Be sure to listen to "The Place You Wanna Go" for guest appearances from Jeremy Enigk of Sunny Day Real Estate and the Foos' Chris Shiflett.

For more on Lieutenant and the new album, *If I Kill This Thing We're All Going To Eat For A Week*, visit lieutenantmusic.com or follow on Twitter @lieutenantmusic.

Lieutenant performed just last week as a part of the Dine Alone Records 10th Anniversary showcase during SXSW in Austin, Texas, kicking off a tour that sees the band appearing live in Toronto on April 1 at the Virgin Mobile Mod Club, supported by Yukon Blonde. Tickets are \$15, doors open at 7 p.m.

And for more of the latest in music news, album previews and concerts coming to London, follow this column on Twitter @fsu\_bobbyisms. Just a reminder that the list of Record Store Day titles has been posted online at recordstoreday.com – the big day arrives this year on April 18, get out and support your favourite local music store. I'm out of words.



CREDIT: MICHAEL ELINS

Nate Mendel – known as Lieutenant these days – will be hitting up Mod Club in Toronto in April to showcase his new name and new sound.

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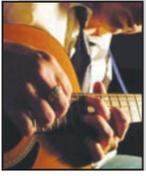
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# Limblifter and the art of music with Ryan Dahle



BOBBYISMS  
BOBBY FOLEY

It has been over 10 years since west coast power-punk outfit Limblifter released an album, but to hear front man Ryan Dahle describe it, the band's upcoming album, *Pacific Milk*, is just the latest chapter in a story that's still unfolding.

Produced by Ryan in East Vancouver, *Pacific Milk* is the group's fourth full-length and first recorded output for the band – brothers Ryan and Kurt Dahle on guitar and drums respectively, bassist Megan Bradfield and guitarist Greg MacDonald – since the 2004 release *I/O*. To celebrate the album's arrival on April 7, Limblifter is embarking on a record release tour that wraps up on March 28 in London at Rum Runners with local acts Red Arms and Traumahawk.

On the surface it may look as though the band has been inactive during that time, but in truth, the collective members have hardly taken a break since the band formed as a side project back in 1995. To say that Ryan has kept active in the music community would be a serious understatement. As a member of new super group Mounties, he supported 2014's release *Thrash Rock Legacy* with Hawksley Workman and Steve Bays around working as a producer, guest performer and mentor for a wide variety of bands and albums.

And while Ryan may have no end of creative outlets at his disposal of late, he can't be accused of diluting his work – the music on *Pacific Milk* is characteristically Limblifter. Kurt's tight drum work drives the momentum of the music as before, urgent yet focused, while the music above it shines with all the inventive hooks and offbeat vocals fans have come to expect.

"I want it to be a continuation," Ryan said, explaining that *Pacific Milk* is just the next logical step in the band's history. "I started writing those songs well before we re-released the first record on vinyl, and they had already started sounding to us like a Limblifter record. Sometimes I write songs that sound like something from my past, and that's how these songs sounded – sounded like they were from that voice."

"I spent the next two years trying to find the time to finish it and get it to meet the Limblifter standard. It doesn't sound like something from the '90s at all, but it definitely sounds like something you could put the Limblifter name on and have a continuation of that story."

Ryan described the natural process by which the album evolved, and it's easy to see where *Pacific Milk* gets its sound. Sure, there are ghosts of the band's self-titled album present in the album opener, "Cast A Net," or standout tracks "Hotel Knife" and "Position Open." But there's also a subtext, a new energy present that could only be informed by years of growth as individuals and experimentation in other groups like Mounties or The New Pornographers.

That new substance is evident in the lead single, "Dopamine," or in highlight tracks "Been There Done That" – a certified summer earworm poised to happen – and "Juliet Club," which will surely draw fans in on the first listen. According to Ryan, these songs were all able to grow naturally over time, which



CREDIT: RONNIE LEE HILL

Limblifter will stop by Run Runners on March 28 as its tour comes to an end and it promotes *Pacific Milk*.

in turn goes a long way to creating lasting recordings.

"When you create music, it goes from this really raw stage through stages of being affected every time you touch it," he said. "Your current state influences the outcome each time you revisit it, and I know if I'm making a record, I'm going to touch those songs a lot of times. I'm going to be revisiting it, re-listening to it, re-examining it and adding or subtracting as I go. Sometimes, I'll record it and just live with it for a while – if it starts to stick I'll keep it, but if it doesn't then I'll quickly re-do it. If I know what [sound] I want to get, I go get it."

Comfortable on either side of the recording console, Ryan's approach is to find and fill any gaps needed in the studio. For other bands that often entail little more than guidance, from creating an atmosphere conducive to helping to achieve a particular sound, his experience shows in his ability to switch back and forth between the roles of producer and artist.

"Obviously, as a musician, you need to develop your skill, and everyone knows that takes a long time," he said. "You have to have more skills than you need and then play down to what you're working on, and I think any musician would understand that. It's the same with producing: you need to be able to visualize things and play with the production role, but you also need to lay off a bit and just be another person in the room."

"I think people misunderstand the role of a producer in some ways. It's not somebody who wakes up in the middle of the night and visualizes the whole song or walks into the studio knowing exactly how it should sound," Ryan said. "A producer is somebody who puts the musicians mentally and physically in the right spot to create music. Music doesn't come from the conscience as much as it

comes from the sub-conscious, so if you're able to put people in that state of mind you get to a place where music can happen."

For more on Limblifter or

*Pacific Milk*, visit [limblifter.com](http://limblifter.com). They appear in concert on March 28 at Rum Runners, a licensed and all-ages event presented by Summercamp Productions and the

London Music Hall.

Advance tickets are \$15, available now downtown from Grooves and the London Music Hall box office or online from [ticketfly.com](http://ticketfly.com).



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# Not just for pregnancy: All about food cravings

**MERCEDES DEUTSCHER**  
THE OTHER PRESS

NEW WESTMINSTER — Do you ever have the overwhelming desire to get a DQ Blizzard? Would you search far and wide for a bag of Cheetos? If yes, then you're not alone. Almost everyone will experience food cravings throughout their life; in fact, according to a survey conducted by Nestlé in 2006, 98 per cent of Canadians experience some sort of food craving. Only eight per cent of Canadians manage to keep their cravings under control, while the rest give in to their cravings sometimes or always.

Yet, why? Food cravings are more than a lust for something tasty. They're often a signal from your body that it requires some sort of vitamin or mineral. They can also be a signal from your brain when you are feeling emotionally imbalanced. They can even be a result of recent lifestyle habits.

A lot of people reach for snacks in times of high stress as a comforter. Nestlé identified some of the main triggers that cause food cravings, with the top cause being anxiety or stress. Other triggers included boredom, seeing advertisements, sensory detection, and feeling alone or happy. In an article for Canadian Living, Dee Van Dyk explains that serotonin levels fall in times of stress, and that eating a sweet or a starchy food can boost those serotonin levels back to their original

point. A hormone imbalance may also be responsible for food cravings. Dyk explains that this may happen during pregnancy, menstruation, menopause, times of fluctuating estrogen for women, and times of fluctuating testosterone for men. From a psychological perspective, Dyk elaborates that people may give in to certain food cravings because said food is associated with happy memories, especially those from childhood.

Those who are on some sort of diet may experience strong food cravings, especially if they have decided to deprive themselves of junk food completely. By depriving themselves of the food they desire, dieters may set themselves up for failure and end up binge eating. It's a good idea to allow oneself a moment to indulge in small portions every so often, just to get the craving out of the system.

Aside from the mind, cravings may also originate in the body. Sometimes a craving can be a signal that your body is lacking a certain vitamin or mineral. It is important to recognize a connection between what you crave and what you need. Often a craving comes as a result of being dehydrated, according to Margo Gladys, a New York-based health and body coach. When feeling a craving, Gladys suggests drinking a glass of water first. That glass of water could fix a craving without indulging in a high-calorie snack to do so.



CREDIT: ED APPLEBY

Ever wonder why you crave a certain food? Cravings aren't just for pregnant women - everybody has them.

In other cases, a craving may be fixed with a healthier alternative that has the vitamins or minerals that the body needs. When one craves chocolate, their body probably needs magnesium. Since it can be difficult to be satisfied with anything but chocolate, Bembu.com suggests eating dark chocolate instead of high-sugar milk chocolate.

If bread is what the body desires, it is lacking amino acids. Luckily, there are plenty of healthy and high-protein alternatives like fish, eggs, or quinoa. Green tea makes a great alternative to coffee, as it has caffeine yet increases your metabolism.

If you have a killer sweet tooth, your body most likely needs some

extra glucose in order to keep your blood sugar at a good level. However, glucose can be found naturally in fruit, so try trading that apple fritter for an apple instead. Perhaps you feel like eating something deep fried—this is a signal that your body needs fat. While people may shy away from fats, it's still important to get some. Try substituting for healthier fats, like nuts. Is that bag of chips appealing to you? You need to get some sodium. Since most of the salt in chips is highly processed, try to opt for chips with sea salt.

Try to make some good habits. If you're craving a chocolate bar, do you need to eat the whole thing yourself, or could you share

it with a friend? If you really want a Big Mac, do you need the fries that come with it? If you're going to indulge in your craving, maybe take a walk in order to get it. It will either deter you from going to get it, or give you some exercise in the process. If you're bored, try finding another activity to do and distract yourself from your craving.

It's a good idea to be aware of your eating habits. Question why you are craving food: are you actually hungry, or are you just bored? Cravings are perfectly natural but can be unhealthy if they're overdone, so be aware of your mind, body and cravings in order to keep them under control.



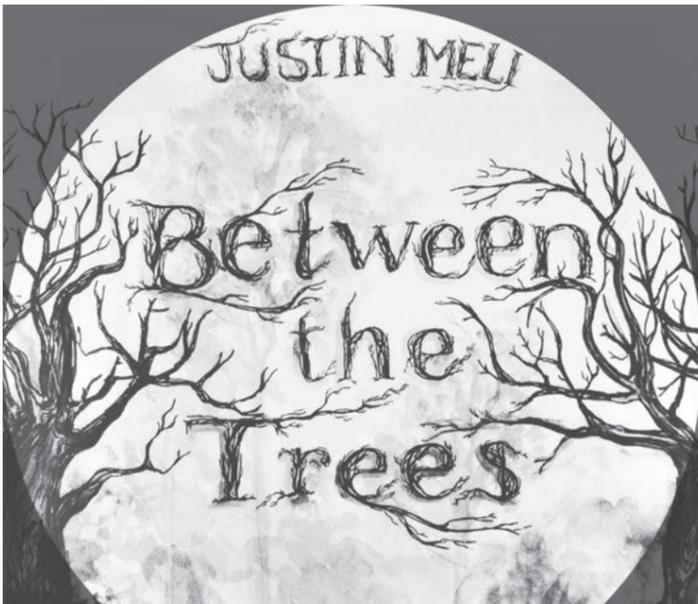
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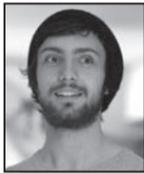
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CREDIT: JUSTIN MELI

MIA's Justin Meli released an EP featuring talent from the program as well as outside talent. It gets a thumbs up from this reviewer.

## Justin Meli - *Between the Trees*



**PRESTON LOBZUN**  
FROM UNDER  
THE COUNTER

From Fanshawe College's Music Industry Arts student Justin Meli comes a well-crafted EP featuring talent of his peers and from outside of the MIA bubble.

*Between The Trees* is – by the most general and fair definition – a folk/rock release that balances the tradition of relatable folk song writing and the addition of contemporary elements with great effect. This release's roots are prominent and its writing reminiscent of traditional styles from the revival folk movement in the 20th century. Lyrics in folk music are the most essential part of this style because it has historically and will always be music of the average person. The greats like Pete Seegar, Bob Dylan, Woodie Guthrie and Carter Family were evident of this in their simplistic but convincing vocal delivery.

While the traditional roots music is present and strong, Meli also has a contemporary feel in his tunes. The precise layering in each song is particularly enjoyable as every instrument felt like they fit and did not distract from the vocal at all. It sounds straightforward, but this is hard to do when you have access to a lot of instruments and the auditory buffet that is digital recording. You can tell from the credits on this release that Meli had some heavyweights playing the often-overlooked producer role, and this is certainly going to be one of his most important pieces of his promising music career.

Alongside this contemporary role are the small portions of rock and country that seep into the more upbeat and ballad-like songs, such as the opening, "Out of Her Sight," and "Crippled Backs." It's not over-

bearing or in-your-face, but it's not unnoticeable either. Fans from each of these strains will find something enjoyable throughout the EP and will hopefully be looking forward to more of his work in the future.

Together, this release feels like something that Meli really put time, effort and heart into. It sounds cliché and corny, but this is important for singer-songwriter music in an environment where the inclination is to become too esoteric in delivery. To take what is – at its core – a simple song and develop it into something that sticks out from the rest is sometimes harder than writing a musically intricate piece. This is an opinion, of course, as some people would say the opposite. This is difficult only because it takes soul and passion to develop a song that is straightforward whereas a more complicated piece is mathematical in the sense that through theory, you can figure out what fits. Anyone can learn theory given the time and practice, but not everyone can develop soul.

So, in a condensed snippet of what is certainly to be the beginning of a great musical career, *Between the Trees* is a great step in the right direction. It's not out of the question to compare it to the greats like Woodie Guthrie and Bob Dylan while also contending that its modern vibe makes it truly a unique production.

This is no surprise when you look at the people who are backing it. MIA's own Rob Nation mastered it and Mike Roth helped develop the sequence, perfectly using both of these instructors skill sets to their advantage. With engineering credits to Brandon Pero – a particularly talented peer of ours – and Pat Fockler, Meli also took the brave and difficult step of mixing his own work with fantastic results. You can stream the EP and purchase it at his Bandcamp page [justinmeli.bandcamp.com](http://justinmeli.bandcamp.com).

# The Quiet Things get loud



NICK REYNO



The Quiet Things is a new three-piece rock band based out of Markham, Ont. The band has only been around for a year and a half, but it is already releasing its debut full-length album.

*The Fall* will drop on March 24, but in the meantime, you can listen to the first single "Secrets" off of the band's website. While the band's name may be a little misleading, these indie rockers pack a huge punch. *The Fall* blends crisp, catchy guitar riffs with explosive drums that are evenly matched by a powerful female vocalist. Listening to this album is like having Hayley Williams sing for a heavier version of The Arctic Monkeys.

The opening track, "Secrets," sets the pace for this album, focusing on captivating guitar riffs and catchy lyrics. It has a nice dynamic throughout, with a powerful opening guitar riff that subsides into a soft verse carried by lush bass tones. It's not often that the bass plays such a crucial role in rock songs, but The Quiet Things uses it to the full advantage. Although it's missing from the radio edit, the album closer, "Secrets (Extended Version)," boasts one of the best slap bass breakdowns of 2015. Another highlight bass track from this album resides in "Choke," which is arguably the heaviest song on *The Fall*, featuring dark riffs trad-



CREDIT: THE QUIET THINGS

Available March 24, this Markham-based band hits the high notes in this moody but upbeat tale of love and love lost.

ed back and forth between the bass and guitars.

Perhaps the highest point of *The Fall* can be found in the album's softest song, "One." It can be a little hit and miss when a heavier band strips down its sound to just an acoustic guitar and vocals, but the softness of this melody highlights the raw emotion in vocals. Without the distractions of distorted guitars and crashing drums, we can fully focus on sorrowful singing and this ends up becoming quite an intimate song. It isn't until nearly the end of "One" that the rest of the band joins in to create an energetic reprise of the chorus that effectively progresses the song. "One" brings a refreshing dose of variety that

prevents this album from getting stale with repeat listens. I only wish it came sooner in the track list.

Although The Quiet Things can get a little moody at times, this album remains upbeat and aggressive from beginning to end. *The Fall* is a great album to help you gear up for the spring weather – sunshine and thunderstorms alike. Whether you're cleaning your house or heading out on a road trip, this album provides a grand soundtrack that grows on you more and more with each listen.

This album gets a little bitter at times but remains upbeat throughout flirts with anger and bitter sadness weaved throughout tales of love and love lost.

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CREDIT: UBISOFT

Perhaps developers like Ubisoft should have fixed issues on *Assassin's Creed* before releasing to the masses.

## Patching over problems



ANDREW VIDLER  
G33K LYFE

I found myself belatedly sitting down to play *Assassin's Creed: Unity*, the next-gen incarnation of Ubisoft's long-running historical fiction series, and almost immediately found myself joyfully lost as I jumped around the rooftops in a massive 1:1 scale rendition of Paris.

*Assassin's Creed* was one of my favourite series last gen, bouncing back from an indifferent introduction 2007 in spectacular fashion and setting standards that would be reflected in the company's other games and others in the open-world genre. What I found was one of the most enjoyable experiences I'd had in the genre for some time, as the technical issues that were reported upon the game's November release were not showing up four months later.

The difference between my experience playing the game last week and the early issues facing the title are examples of one of the best and worst things about console gam-

ing in the online age: the software patch. A patch is the ability for developers to repair any issues in the finished product's code and send it out globally to all who own the game. The primary purpose was to find unseen issues and add in new features that were requested by the players in order to improve the overall gameplay experience. Today, though, it has a different connotation, one that *Unity* demonstrated to disappointing effect.

No fan enjoys hearing that a title they are anticipating has been delayed. Just this year, titles on my must-play list, like *Batman: Arkham Knight* and *Uncharted 4* were hit by significant delays. But the latest *Assassin's Creed* is a game that could have benefited from a few more months of development.

The product that was released in November was immediately deemed a woeful attempt to meet the franchise's self-imposed yearly release schedule and to not miss out on the holiday shopping rush. While denied by the developers, the unusual move of offering free downloadable content as an apology lends credence to the idea.

The other primary piece of evidence is the smooth running state of

the game today, as it has been repaired by the developers in a series of several patches. Unfortunately, the game was so broken at release that new purchasers face 6.5 gigabytes worth of patches before they can play, an extra half an hour or so on a good Internet connection. While it's nice that the game was brought up to a playable state, it doesn't change the fact that these fixes should not have been needed in the first place. They should have been present the day the game hit shelves.

The release of a broken game begs the question of whether or not a publisher has become complacent with their ability to add a patch after release. Even day-one patches have become a common practice, fixing issues before the general public has even had a chance to make note of them. Not too long ago, games were on cartridges and had to be perfect before release or else it was stuck that way, terrible forever. It's not a question that can be answered, as it seems to be permeating the major aspects of the industry more and more, but it's a disappointing direction that developers seem to be travelling in.



CREDIT: WILL BUTLER

Oscar nominee and brother of Arcade Fire's front man Win Butler, Will Butler put out his debut solo album *Policy* to eager ears.

## Will Butler – *Policy*

BRENT HOLMES  
THE GAZETTE

LONDON — Arcade Fire may be in between albums right now but the members of the Canadian sextet are far from taking a break.

Multi-instrumentalist Will Butler is the brother of Arcade Fire frontman Win Butler and has kept busy over the past year. His score for Spike Jonze's *Her* was nominated for an Oscar and now he has put out his debut solo album, *Policy*.

*Policy* is a must-listen for Arcade Fire fans. It's an angrier, anti-21st-century, hard-rocking album that takes all the cynicism of Arcade Fire's *Neon Bible* and *The Suburbs*, and turns it up to 11.

The album recalls religious imagery and gospel-inspired atmosphere of the band's 2007 album *Neon Bible*. Songs like *Take My Side*, *Sing to Me* and *Son of God* musically and lyrically sound like deep cuts from *Neon Bible*'s sessions. The latter-most song is one of the high points of the album.

Another highlight track, *Anna*, makes excellent use of a mix of an electro-pop sound, horns and brass instruments.

Unfortunately, the biggest problem is that the album sounds too much like Arcade Fire. Solo albums generally allow artists to explore different sounds and styles but you

could drop any one of the tracks into an Arcade Fire album and it would integrate seamlessly.

Put the hard rocking *What I Want* in *The Suburbs* and you could fit Butler's lyrics right into the Grammy Award winning album's thesis when he shouts out, "I'm not saying that we should rush this / I'm not saying that we should start having kids / but maybe, we could think about getting a dog / or a fish tank or a jar of squids / or a chicken coup for some alligators."

By the end of the album, it's hard to tell what Butler is trying to get across, aside from a nostalgia for the angrier tone of Arcade Fire's previous work. *Take My Side*, *Anna*, *Son of God*, *Something's Coming* and *What I Want* are aggressive, critical songs but the album completely changes tone at the end. On the penultimate song *Sing to Me*, Butler croons, "I'm angry, and I've been very wrong before," and then on the final track *Witness*, he belts out, "I don't wanna tell the world what I saw / but the world has got to learn the truth / so it's up to you." If there is some kind of truth that is supposed to be shared from this album, good luck telling what it is.

*Policy* is fun and worth listening to, but it'd be better if Butler would break policy and pull out something different.



CREDIT: SARAH WATTS

Fred Penner brought out the kid in all of us at his post-Junos appearance in Forwell Hall on March 17. He and audience members sang some of his most memorable songs.



CREDIT: ED APPLEBY

Do you have a lot of free time on your hands? Being an extra isn't glamorous, but it sure can be fun.

## So you want to be an extra?

**CAZZY LEWCHUK**  
THE OTHER PRESS

NEW WESTMINSTER — Almost every movie, TV show or music video has at least a couple – and often several hundred – people in the background of the scene. While the actors are speaking at a party, there have to be other party guests present in the background, or it wouldn't make any sense. The people who portray these non-speaking roles are known as background performers, or more commonly, extras. Pretty much everything being filmed requires some background performers – and you can be one of them.

Vancouver in particular has a booming TV and film industry, and summer is a busy time for filming due to pilots and blockbusters being shot then. However, something is always being filmed year-round in the city. Working as an extra can be a lot of fun: you get to watch and hang around at a film set, eat lots of craft service food, and be in a movie or a show. It can also be exhausting and daunting, but it's overall a good experience.

Many wonder about the initial process. Generally, most shows and movies recruit extras through an extras agency. Hollywood North and BCF Casting are two of the biggest ones, but many talent agencies exist throughout the city. If you don't mind not getting paid—just doing it as a one-time experience – smaller productions like music videos or student films can be found on Craigslist.

Once signed up, an organizer for the production will contact you with details of the shoot. Shoots are often announced only a couple days in advance – having a flexible (or an empty) schedule really helps

with getting booked. While shoots generally take place during the day, super late night or early morning call times do happen. Sometimes filming even occurs overnight, particularly if indoors and/or at a popular location like a restaurant.

Extras come in all shapes and sizes, although some are better fits for specific parts than others. Someone with stretched earlobes, a beard, and dyed hair doesn't blend into the background as nicely as a clean-shaven, shorthaired person. On the other hand, sometimes shoots specifically require people with distinctive features – if the scene took place at a metal concert, for example. It all depends on what the script calls for.

Probably the most important aspect of being an extra is shutting up and doing as you're told. Working on a film set is a stressful and busy process for everyone involved, and background performers probably has the easiest job on set. A great deal of it is sitting around waiting for directions. It can, and often does take hours for any filming to get done. Shoots can last a great deal of time – days lasting 11 plus hours are not uncommon. The extras always have a resting place where they are free to socialize, eat, or otherwise relax. Bringing a book and a phone charger is often a good idea.

It's not a glamorous job. The actual working part is – in essence – being a human prop. You're specifically meant to not take attention away from the lead or main actors, meaning you should look natural and non-distracting. The acting component can mean any number of things – you may stand talking to someone else, or be running away from a monster. You may be wearing clothes from home (you'll

be instructed on what to wear in advance) or be given a full costume. This is where the obedience and the listening part come in. You're working in a group and adding a natural element to the scene.

Owning a car or at least having access to one is a huge asset to being an extra. Although not a necessity, it greatly increases the number of opportunities offered. Many of the film sets are far away from public transit and can be in places like Aldergrove, Abbotsford or even Squamish. Being able to drive can also give you an advantage on set – often drivers are needed to take others short distances, and using your car leads to a bit more pay. Sometimes your car can even be used as part of the scene.

It should go without saying, but background performers should never bother the primary actors on set. Yes, Jared Padalecki and Jensen Ackles are famous and handsome. But the actor is there to do his job on set just like everyone else and doesn't have time to be harassed by the background actors. Although some performers may – at their discretion – do a quick photo afterwards, it should never be asked for. Don't talk to them. Don't interact with them. Nobody wants you to do it and blacklisting does occur in the industry for those who can't work on a set properly.

If nothing else, extra work is a memorable experience. It's something that should be tried by anyone who has a general interest in it. It's definitely fun and neat to view a set, and to gain a greater understanding and appreciation for the industry and work that takes place in creating entertainment. There's free food and creativity abundant, and much worse ways to get paid.

## How are you feeling about student health services?

**STAFF**  
INTERROBANG

For the next few weeks students who have used the services in the medical clinic are encouraged to take the brief health services survey. All responses are anonymous and confidential. Students can participate in the survey through April 6.

The goal of the survey is to understand levels of student satisfaction with the services provided in the clinic. The desire in creating the survey was to design it in such a manner that it could be repeated in the future.

"We are looking to develop a baseline of where students feel the service is today," said Robert

Kitchen, senior manager of Student Academic Success services. "Generally we think we will get positive feedback, but it is important to hear from students in the event there are areas we can improve the services provided by the medical clinic."

He says he would like to improve gaps in services identified in the survey.

The survey is intended to only look at the services provided in the Fowler Kennedy Clinic. It is not intended to solicit feedback on the FSU health plan or the pharmacy.

The survey can be found at the top of the health services web page at [www.fanshawec.ca/healthservices](http://www.fanshawec.ca/healthservices).

## Cheating 101

Dealing with infidelity

**BRITNEY MACDONALD**  
THE OTHER PRESS

NEW WESTMINSTER — Dealing with infidelity can be extremely difficult, especially because it's very personal and you can't always discuss it with those closest to you and expect to receive an unbiased answer.

Going to your friends or family for advice can be problematic, mostly because they think the best of you and in their opinion anyone who cheats on you isn't worthy of your attention. Though this may be true in a lot of cases, I think dealing with infidelity is something that a couple can't generalize, mostly because such complicated emotions are involved.

Most often infidelity isn't the full issue unto itself, it's a symptom of other issues. For me, I've been cheated on three times in my illustrious and limited dating career. The worst of them was because when it came down to it, my boyfriend at the time just didn't respect me as an individual. He expected me to be like all the girlfriends he had in the past, and constantly compared me to them. In the end it wasn't the cheating that broke us up, but his nagging and constant criticism. Another time, my boyfriend cheated because he said he didn't feel emotionally fulfilled within our relationship. His saying so made me realize I wasn't either, and I came to the conclusion that we both needed very different things from our partners.

The reason I'm saying all this isn't to bond over cheating men, but to point out that different scenarios are the result of different issues.

To prevent any issue of infidelity from forming I believe it's important to establish boundaries very early in the relationship. I'm not an extremely jealous person, but I expect my significant other to follow the same rules they have set down for me. Previously I have been in open relationships, where we were free to see or hook up with other people, and that worked for us for the most part, because we had set the boundary that we were together, and that no long-term relationship would form out of these other flings. Currently I'm in a monogamous relationship, and that works also because I know that I can trust him just as much as he trusts me. Setting ground rules over what constitutes as cheating will prevent confusion later on. I mean, what if

you consider a kiss to be unfaithful, while your partner does not?

For couples dealing with multiple sexualities, further ground rules need to be established. If you have a bisexual or pansexual/omnisexual partner, do you consider them forming sexual relationships with the same gender as a breach of your relationship, or are you okay with that as long as it's not a romantic relationship?

“Setting ground rules over what constitutes as cheating will prevent confusion later on. I mean, what if you consider a kiss to be unfaithful...”

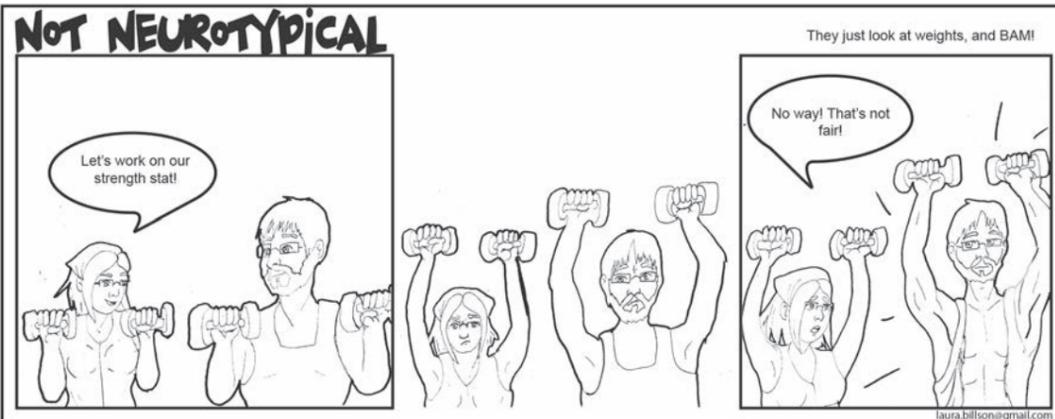
Discussing these things beforehand will keep your partner informed as to what you expect of them. But of course, these discussions don't always happen, so what do you do in the wake of the deed?

I think as an individual you need to determine fault. Never blame the person outside of your relationship, no matter how tempting that might be. It's always easier to blame the outside party because you have no real emotional attachment to them, but they're not the one who made the commitment to you. Though I've never been the "other woman," I have friends who have been. It's not their fault your partner cheated, just like it's not their fault if you continue to let your significant other be unfaithful to you without repercussions.

You also need to establish whether or not you can move on from this. I have forgiven people for cheating on me and moved on with the relationship without much issue. Our eventual breakups were the result of other matters. But there is one case where the cheating occurred with my best friend at the time, and though I tried to move on from that I just couldn't because it was such a large breach of trust. You need to determine for yourself how forgiving you will be, if forgiveness is possible at all. But don't just be a doormat either. If the infidelity is recurring you might want to think about how much your lover respects you if they continue to disregard your feelings or commitment to each other.

To Hell With It

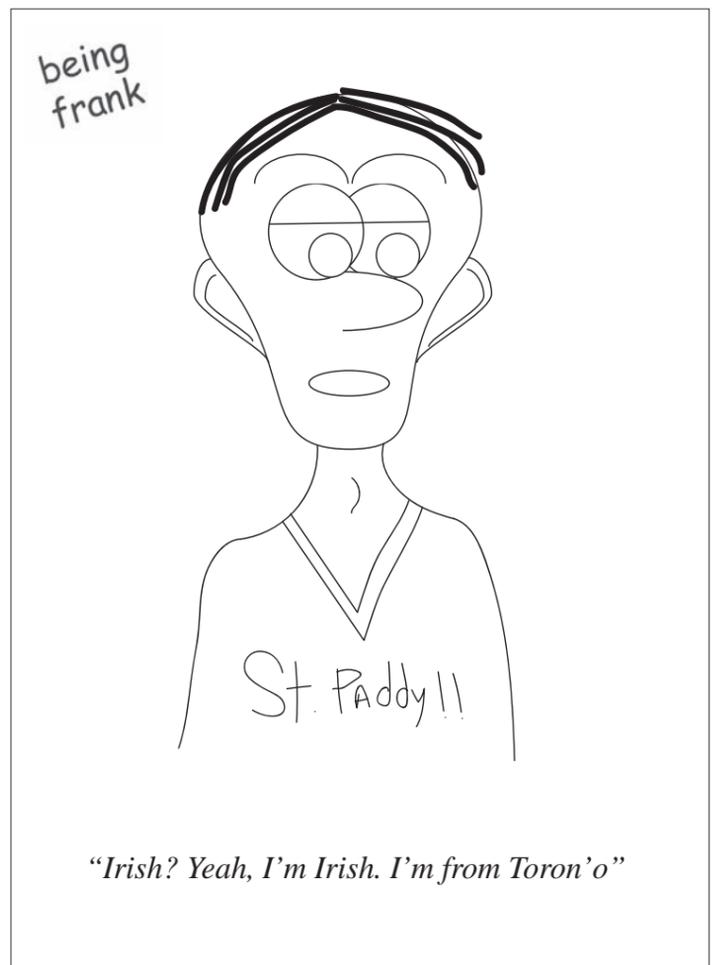
ESHAAN GUPTA



By: L. A. Bonté

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NERDS



# zodiac stargazer HOROSCOPE

## Aries (March 21 - April 19)

People are leaning on you right and left, whether for support or out of dominance. It's hard for Aries to be at the bottom of the pile, but everyone gets a turn at being the cosmic doormat. This phase will not last.

## Taurus (April 20 - May 20)

Taurus is a mover, a shaker and a fascinating personality. There's plenty of room for proclamations and experiments. Enlightenment is more practical than spiritual.

## Gemini (May 21 - June 20)

Stand up for a stretch, drink some water and sit down for another look. Give it your best shot before giving up. Capricorn and Scorpio conspire against you, but you prove to be a worthy opponent.

## Cancer (June 21 - July 22)

If Cancer does something unusual, people will talk. When dealing with relationship issues in public, it's almost certain that you'll make a spectacle of yourself. Popular people may not get much rest.

## Leo (July 23 - August 22)

When great things are happening to others, they'll take your support but not your perspective. Save those pithy anecdotes for your own audience. Right now your job is being a good, nonjudgmental friend.

## Virgo (August 23 - Sept. 22)

Efficiency and understanding make your week. Social skills are as important as everything else in your arsenal. After all that work spreading the blame, it would be nice to share some of the credit, too.

## Libra (Sept. 23 - Oct. 22)

A close friend or associate fails to deliver on a promise. Circumstances are more powerful than personalities or intentions. If you learn anything, it will probably be more about damage control.

## Scorpio (Oct. 23 - Nov. 21)

Be practical in the assignments that you give or accept. Scorpio wants to be sure that others understand his or her abilities. This week's actions are a basis for future working relationships.

## Sagittarius (Nov. 22 - Dec. 21)

You have a low tolerance for nonsense. You're in a down-to-earth mood and prefer the company of others on the same wavelength. Those who interpret or enforce the law will have a few good days.

## Capricorn (Dec. 22 - Jan. 19)

Results are good, no matter what they mean. You're happy to see a world in perfect working order. As long as you have a handle on the system, you can make it work for you.

## Aquarius (Jan. 20 - Feb. 18)

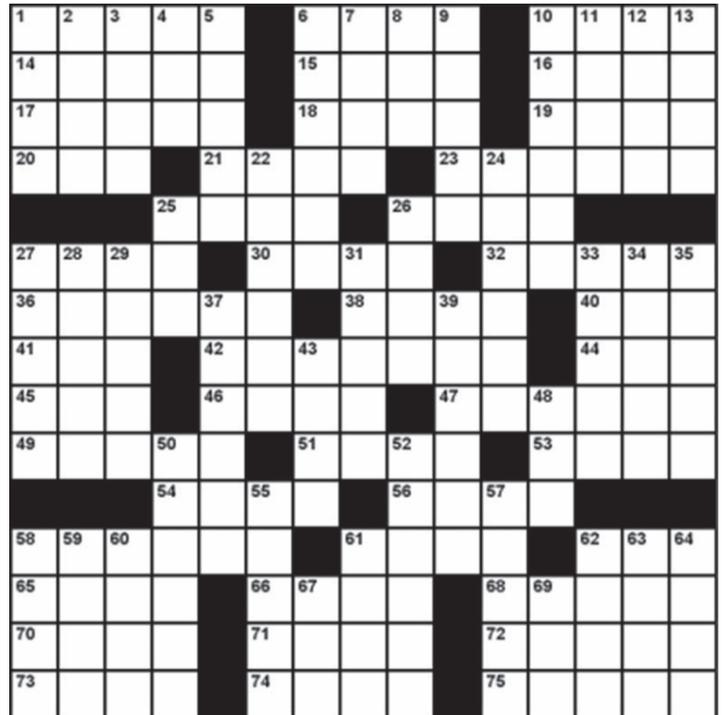
You're more than ready to move on. The next thing, whatever it is, has to be better than this one. Tie up all those loose ends before they snag in the wheel of progress and grind it to a halt.

## Pisces (Feb. 18 - March 20)

Anyone can be a student - all you need is an open mind and a subject that interests you. You are called to fill an expanding role. You get plenty of support from people who want you to succeed.

### Across

1. Gulliver's creator
6. Box
10. Headline from recent issue of Interrobang: "Sharing \_\_\_ receives donations from students"
14. Perfect, e.g.
15. Marine eagle
16. Beep
17. Like the old bucket of song
18. Headline from recent issue of Interrobang: "Promo \_\_\_ for Comic-con available"
19. Temporary calm
20. Layer
21. High hairdo
23. Spectrum end
25. Headline from recent issue of Interrobang: "Meet \_\_\_ 2015 Fanshawe Student Union Candidates?"
26. Guinea pigs, maybe
27. Small forest buffalo
30. Blue hue
32. Mall units
36. Headline from recent issue of Interrobang: "\_\_\_ Master Plan?"
38. Stand up to
40. Modern address
41. In-flight info, for short
42. Another name for vitamin A
44. 20-20, e.g.
45. Lost color
46. Asterisk
47. Step on someone's toes, so to speak
49. Buckwheat pancakes
51. Headline from recent issue of Interrobang: "\_\_\_ your 2015 Fanshawe Student Union Candidates?"
53. Treat for Rover
54. They can be dead but not alive
56. Untrustworthy one
58. "Bambi" skunk
61. Ticket info, maybe
62. "60 Minutes" network
65. A bit more than a trot



66. "\_\_\_ better watch out ..."
  68. Headline from recent issue of Interrobang: "Meet your 2015 Fanshawe Student \_\_\_ Candidates"
  70. 1st, 2nd and 3rd, perhaps
  71. Start the pot
  72. Montreal's railway
  73. Mobile home?
  74. Latin deity
  75. Word with tooth or heart
- Down**
1. Come to a standstill
  2. Well-being
  3. One of Pac-Man's pursuers
  4. Headline from recent issue of Interrobang: "2015 \_\_\_ Executive Election results"
  5. Beat
  6. Impervious to break-ins
  7. Headline from recent issue of Interrobang: "MIA \_\_\_ reminisces on Oscar winner"
  8. Headline from recent issue of Interrobang: "St. Patrick's Day: What to do \_\_\_ what not to do"
  9. "The Canterbury Tales" pilgrim
  10. Walk, as through melting snow
  11. Cart
  12. Eye amorously
  13. Bombard
  22. Beginning
  24. Word with "in and of"
  25. Talk on and on
  26. Headline from recent issue of Interrobang: "Campus Master \_\_\_"
  27. Sour-tasting
  28. Area of South Africa
  29. Certain Arab
  31. Ardent
  33. Exterior
  34. Headline from recent issue of Interrobang: "\_\_\_"
  35. Coasters
  37. Bearish
  39. Louse
  43. Highland toppers
  48. Headline from recent issue of Interrobang: "Promo code \_\_\_ Comic-con available"
  50. Headline from recent issue of Interrobang: "FSU's \_\_\_ pres on the block"
  52. Eliminates
  55. Wood nymph
  57. Jack-in-the-pulpits, e.g.
  58. London living quarters
  59. "All You Need Is \_\_\_"
  60. Headline from recent issue of Interrobang: "Research centre to \_\_\_ doors 2016"
  61. 1984 Peace Nobel
  62. Commend
  63. Hardly the life of the party
  64. Insolent kid
  67. Headline from recent issue of Interrobang: "Fanshawe decorated with two silvers, \_\_\_ bronze"
  69. Headline from recent issue of Interrobang: "There's a \_\_\_ chief in town"

**Solution on page 18**

# QUIRKY FACTS

1. In Finland, fines are income-based. In 2002, a Nokia executive received a US\$103,000 speeding ticket.
2. Most ancient Gladiators were vegetarian but not necessarily for reasons you might think. Eating a

diet consisting of healthfoods such as beans, grains, oatmeal, and dried fruit and washed down with a drink that consisted of vinegar and plant ash, used like a modern-day sports drink to fortify the body after physical exertion and promote bone health.

3. In Colorado, USA, there's a small town called Dinosaur. Some of its street names include Brontosaurus Blvd, Brontosaurus Bypass, Stegosaurus Freeway, and Tyrannosaurus Trail.
4. At the 1912 Olympics, a mar-

athon runner quit and went home to Japan without telling officials and was considered a missing person in Sweden for 50 years. In 1966, he was invited to complete the marathon. His time: 54 years, 8 months, 6 days, 5 hours, 32 minutes and 20.379 seconds.

5. License plates in the Canadian Northwest Territories are shaped like polar bears.

6. In 2008, a Japanese man noticed his food going missing, so he set up a webcam and found that a woman had been living in his closet for a year.

7. When you wake up with a jolt, it's called a Hypnic Jerk. This usually happens during the lightest stages of sleep, and can happen as a natural reaction when you fall asleep in a car or airplane.

8. The Häagen-Dazs ice cream creator was American and made up the brand name to sound Danish, unique, and sophisticated. It doesn't mean anything.

9. In 2009, Ukraine amended the criminal code, making pornography illegal the country, unless it's prescribed for medical use.

10. A robotic fish created by researchers at NYU-Poly was left to interact with normal fish. It was accepted by them and soon guided them as a leader.

11. The only country where cannabis is completely legal and du jure is North Korea.

12. In the mid-70s, the actor who portrays Mike from *Breaking Bad* began his acting career in an education film on menstruation and puberty.

13. In 1964, an Australian man successfully posted himself in a crate from London to Perth via air freight, which took a total of three days.

14. Half of all Americans over the age of 55 have no teeth.

## Sudoku Puzzle

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

*puzzle rating: very hard*

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

## Word Search

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

### European Union Capital cities

(Words in parentheses not in puzzle)

- |            |        |          |
|------------|--------|----------|
| Athens     | Lisbon | Rome     |
| Berlin     | London | Sofia    |
| Copenhagen | Madrid | Valletta |
| Dublin     | Paris  | Vienna   |
| Helsinki   | Prague | Warsaw   |



CREDIT: JAMES BOYCES

Gustavo Poyet was shown the door when after 30 regular season games, Sunderland AFC only had four victories on its belt.

## Sacked: Poyet pays the price



**ANDREW VIDLER**  
PREMIER LEAGUE  
PONDERINGS  
@OfHouseVidler

There is a lot to be admired in the modern day soccer climate when a club is seen to stick with its manager even as results are going against the team in question. Far too often, the club ownership will drop the knife on a manager at the drop of a hat, tossing out the contract and moving on to the next man in the hope of a miraculous change in form.

In the two previous seasons, both of which showed unusually high manager turnover, it is unlikely that a boss would have been entering the 30th week of the Premier League with only four victories, yet still have his job.

Sunderland AFC manager Gustavo Poyet was able to do just that, leaving the club with a W-D-L record of 4-14-11, and just a single point above the relegation zone before he was finally shown the door March 16. With only eight matches remaining in the season, his replacement will now face the absolutely unenviable task of salvaging a scrap of cohesion in a team unit that has shown little so far.

The timing of the sacking and the situation the new manager will face calls into question whether Poyet should have been removed earlier than he was to allow his replacement adequate time to save the club from the drop. While I'm never an advocate for a manager to lose his job, it has to be said that from a wholly non-romantic point of view, Poyet was not performing the job

that he was hired to do, something that would see professionals in other fields pay with their job.

Previous seasons have shown that the clubs who are in danger of relegation and wait until late in the season to replace the man in charge have had no luck with escaping the drop. Last season, Norwich's Chris Hughton was removed from his post on April 6, giving his replacement no time to scrape results with an underachieving team. Even managers that were replaced months earlier found themselves unable to halt the damage and salvage something from the season. The other two relegated sides replaced their bosses in February and December.

Recent updates have come in that Sunderland have signed Dutch manager Dick Advocaat, who, over a 35-year coaching career, has managed teams all over the world to varying degrees of success. On a club level, Advocaat is known for his time in the Dutch league with PSV Eindhoven in the 1990's, a four-year stint with Rangers in Scotland and Russian club Zenit St. Petersburg during their high profile grab for glory from 2006 to 2009. Most of his time has been spent on the international stage, managing the teams of Netherlands, UAE, South Korea, Russia and Serbia, none of which were glory-laden stints at the helm.

With no experience in England, turning to a manager like Dick Advocaat is certainly a calculated gamble, as his experience and gravitas should influence the tactics on the field. But as harsh as it may be, the club might find themselves thinking that they should have brought him in earlier, at the expense of the hard-working Poyet.



CREDIT: "DUSTIN PENNER" BY UNDERACTIVE ON FLICKR (CC BY-NC-ND 2.0)

Former L.A. Kings player Dustin Penner never met a pancake he didn't like until his back gave out when he tried to eat breakfast in 2012.

## Solace for Blue Jays fans

Rejoice! We're not the only ones

**JOEL LUXFORD**  
INTERROBANG

Injuries happen. A point guard makes a quick turn and rolls an ankle. A defenseman lays a hard body check and dislocates a shoulder. Sports and injuries go hand-in-hand. But sometimes, injuries happen to athletes in the most hilarious of ways. In light of Blue Jays outfielder Kevin Pillar hitting the disabled list last week as a result of a forceful sneeze, let's reminisce about some of the weirdest sports injuries from recent memory.

**Dustin Penner**  
**The hostile hotcake**  
Back in 2012, when Dustin Penner played for the Los Angeles Kings, he met his match in the form of fatal flapjacks. The morning before his Kings were scheduled to face the Columbus Blue Jackets, Penner went to eat breakfast as he

normally would when his back gave out.

"I woke up fine, sat down to eat and it locked right up," Penner told Rich Hammond of L.A. Kings Insider. "It never happened to me before."

Penner would require a few days rest before he was able to get into action.

**Joel Zumuya**  
**The Guitar Hero gaffe**

Back in 2006, former Detroit Tigers fire-baller Joel Zumuya loved to play video games, particularly *Guitar Hero*. Unfortunately for him and Tigers fans, the pitcher experienced wrist and forearm inflammation as a result of rocking out to the popular video game.

The *Guitar Hero* incident spawned a series of unfortunate events for the young right hander, and he would end up retiring from baseball in February last year.

**Chris Hanson**  
**The lumberjack laceration**

Back in 2003, Jacksonville Jaguars head coach Jack Del Rio wanted to lighten the mood in the locker room by bringing in a tree stump and inspiring his players to "keep chopping the wood." The metaphor was meant to inspire his players to have a never-say-die attitude on the field.

Punter Chris Hanson wanted to take this metaphor literally and wielded an axe at the infamous tree stump. Unfortunately for Hanson, he struck himself in the foot and was injured for the rest of the year.

Toronto Blue Jays fans have become accustomed to a history of ill-timed injuries and awful team luck. If there is anything to take from news of the latest addition to the Jays infirmary, it's that we are not alone.

While all of the above players mentioned have since left their respective sports, we wish them and the recovering current Blue Jays the best of health in the future.

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

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

# Sonata: The Ultimate family car

**NAUMAN FAROOQ**  
MOTORING

There was a time when the Sonata was Hyundai's flagship model. If you wanted the best car made in South Korea, the Sonata is what you'd have bought.

Things started to change when Hyundai started exploring the luxury car market with bigger, more tech-packed models in the late '90s. Currently, in the Canadian market alone, the Genesis and Equus models sit above the Sonata as far as their family cars are concerned, while the Elantra and the Accent sit below it.

The 2015 Sonata is smack dab in the middle of Hyundai's product portfolio. However, after spending a week with a Sonata 2.0T Ultimate model, it sure didn't feel that way.

For a car that is not supposed to be a flagship, the 2015 Sonata 2.0T Ultimate sure has a lot of gadgets.

Active cruise control: check. Blind spot detection: check. Rear cross traffic alert: check. Forward collision warning: check. Lane departure warning: check. Heated front and rear seats: check. Panoramic sunroof: check.

All this and more can be found in the Sonata.

One item that was oddly missing from the Ultimate model was a heated steering wheel, especially since some of the lower-trim Sonata models have it. The chunky, sporty steering wheel on the Ultimate does have pedal shifters, but I wish it was heated – a feature that is surely welcomed in the weather we've had.

If you want a Sonata with the turbo engine, you have to sacrifice that one feature, but what you get in return is a rather impressive motor. Under the hood lies a 2.0 litre, four-cylinder, turbocharged motor that produces 245 hp and 260 lb-ft of torque.

Keen car enthusiasts will notice that while horsepower has gone down, torque has gone up. That was done to improve its get-up and go from a standstill and to improve its fuel economy. Did they suc-



CREDIT: "2015 HYUNDAI SONATA" BY DAVE PINTER (CC BY-NC-ND 2.0) / LIGHTENED

Hyundai makes a reasonably-priced family sedan to satisfy the choosiest of reviewers. It's just missing a heated steering wheel.

ceed? Not quite. While there is less turbo lag than before, it drank a lot of fuel.

On a cold week with winter tires, the car averaged a best city and highway combined rating of 10.4 litres/100 km, which is not great. Hyundai quotes this model at 9.1 litres/100km in its combined cycle testing, which isn't great either. While it is a just a four-pot motor, it does seem to have drinking habits of V6s and V8s.

It also has a bit of a traction is-

sue. Even on a mild temperature day on a dry road, the chassis can't seem to make full use of the power. Plant your foot into the carpet and the front end fights to put the power down. The winter tires could be given some blame here, but from past experience of the older model, the chassis needs more work.

Actually, it would be wrong to look at the Sonata as a sports sedan; it is more of a sedan with some sporting potential.

As a family sedan, the Sonata

works well. Not only thanks to the many features it has but also because of the space it offers. The biggest issue with most mid-size sedans these days is that there isn't a lot of legroom for rear-seat passengers. There are no such issues with the Sonata; a large adult is comfortable sitting in the back seat. If you want a sedan that can actually transport a family of five in comfort – four in great comfort – then the Sonata is for you.

Even apart from the space, this is

a comfortable car from a ride and interior noise level point of view – a good car for out of town trips. The trunk is also large, and the rear seats do fold down with a 60/40 split.

Let's talk pricing. The Sonata range starts from \$23,999. The Sonata 2.0T Ultimate starts from \$34,799, which is not a lot of money when you take into account all the features it has to offer.

Let's just say, if only it had that heated steering wheel, it might just take that crown.



CREDIT: SARAH WATTS

Country darling Tim Hicks blew fans away at his concert in Forwell Hall March 13. Hicks stayed for a meet-and-greet at The Outback Shack following the show for some die-hard fans.

## Interested in Summer Employment? Fanshawe Athletics is Hiring!

Full-Time Positions, May 4th – Aug 16th (35 hours/week)

- Athletics Assistant
- Research Assistant
- Technician Assistant
- PR Publications Assistant

Job Descriptions online at [fanshawec.ca/athletics](http://fanshawec.ca/athletics) or outside of Athletics

**Applications due April 10th**

Must be returning to school in Fall 2015

Bring resume and cover letter to Athletics J1034

[www.fanshawec.ca/athletics](http://www.fanshawec.ca/athletics)

J 1034

519-452-4202



# SONGWRITER circle

OASIS | 8pm

## WEDNESDAY, MARCH 25

- featuring
- > EVAN CHAMPAGNE
  - > PAT MALONEY
  - > JUSTIN MELI
  - > KEN YATES



## MONDAY NIGHT HOCKEY

AT THE OUT BACK SHACK  
WING SPECIAL \$5.50 per pound

March 23 – Minnesota vs. Toronto @ 7:30 p.m.

NHL & LONDON KNIGHTS JERSEY GIVEAWAYS

### TUESDAY COMEDY NOONER

EVERY TUESDAY IN FORWELL HALL  
FREE COFFEE AND TEA COURTESY OF Sobey's  
WHILE SUPPLIES LAST

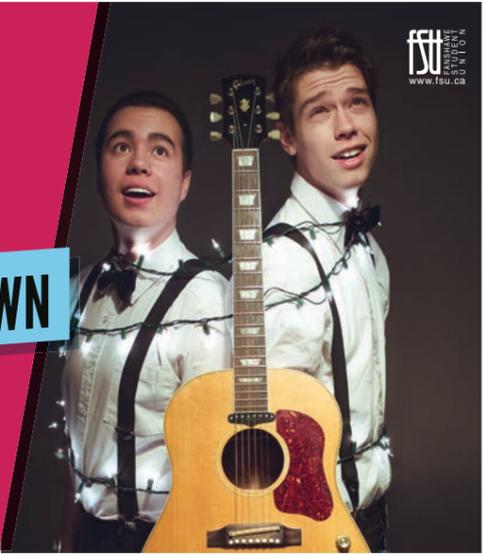
MARCH 24  
DYLAN MANDLSOHN



### COVER TUNE TUESDAY

## TOAST OF THE TOWN

TUESDAY, MARCH 24TH  
OUT BACK SHACK | FREE  
DOORS OPEN @ 8PM



## INSURGENT

THE DIVERGENT SERIES

first run FILMS

Rainbow Cinemas  
\$4 STUDENTS \$6 GUESTS

TICKETS AT THE BIZ BOOTH  
WEDNESDAY MARCH 25TH

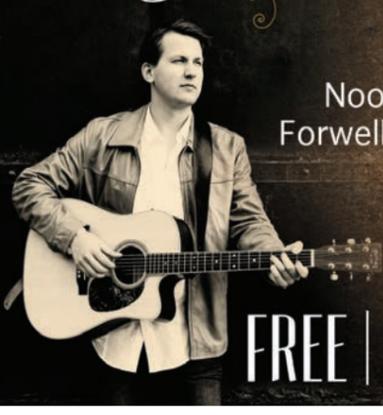
Ken Yates

FREE COFFEE AND TEA  
courtesy of Sobey's

Noon Forwell Hall

## THURSDAY MUSIC NOONERS

FREE | MARCH 26



## LAST BAND STANDING

STARTS 8PM  
@ THE OUT BACK SHACK

## PROVINCIALS

### MARCH 26TH

VISIT FSU.CA/CONTEST



## MONDAY NIGHT HOCKEY

AT THE OUT BACK SHACK  
WING SPECIAL \$5.50 per pound

March 30 – Los Angeles vs. Chicago @ 8:30 p.m.

NHL & LONDON KNIGHTS JERSEY GIVEAWAYS