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Volume 46 Issue No. 25 March 24, 2014 [www.fsu.ca/interrobang/](http://www.fsu.ca/interrobang/)

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**Tax season is here – who does your taxes? #falcontaxes****This week's winning response:****Elizabeth E. @LizzyElli**

#falcontaxes My dad! He has all the math skills in the family hahaha

**Desiree Strazzella @desstrazzella**

@fanshawesu h&amp;r block #falcontaxes

**Jolene Savoie @jolenesavoie**

@fanshawesu My Step Daddy does mine (Daddy Jorge) with paper&amp; pencil!! #falcontaxes #best-stepdad #Fanshawe #notcomplaining #thankyou!

**Ebehi O. @ayebaybay2**

@fanshawesu my mum #falcontaxes

**shyanne Couto @shygir1897**

@fanshawesu My dad does my taxes #falcontaxes

**juliaaaaa @julsr**

@fanshawesu my parents #falcontaxes

**Michelle Lynne Jon**

H&amp;R Block

**Patricia Varanesi**

my parents

**Ashley Gamble**

My grandpa!

**Chas VanEvery**

Myself

**Lauren Leona**

Local business in my hometown Go local!

**Ellen Gray**

my dad

**Jithu John**

Dad

**Jacey Deanna Gurr**

My parent's accountant/family friend

**Aaruni Abhishek**

Me

**Kelsi Smirlies**

My Mom.

**Mohammadi Sakir**

H &amp; R block

**Samantha Hanna**

me mum

**Montana Barker**

Taylor Smith

**Jessica Ward**

Stepdads friend

**From the Falcon's Beak****Next week's question:**

The Junos take place on March 30. Tell us your favourite Canadian recording artist(s). Tweet using #falconjunos or respond to the Note on our Facebook page ([facebook.com/fanshawesu](http://facebook.com/fanshawesu)) before 2 pm on Wednesday, March 26th, 2014. You'll be entered into a draw for a \$10 Out Back Shack/Oasis gift certificate. Must be a current, full-time Fanshawe student.

**MARCH EVENTS**

TICKETS AVAILABLE IN ADVANCE AT THE BIZ BOOTH

**TUES 25**
**TUESDAY**  
**COMEDY NOONER**  
 STEPH TOLEV  
 NOON | FORWELL HALL  
 FREE COFFEE & TEA
 
 \$ 4 STUDENTS | \$ 6 GUESTS  
 AT RAINBOW CINEMAS (IN CITI PLAZA)
 **WED 26**
**FIRST**  
**RUN FILM**  
**DIVERGENT**
**SUN 30****NEW MUSIC NIGHT**
**THURSDAY**  
**MUSIC NOONER**  
**DARRELLE LONDON**  
 NOON | FORWELL HALL  
 FREE COFFEE & TEA
 **FRI 28**
**FRIDAY MARCH 28TH**  
**HOST TOWN ORCHESTRA**  
**OL'CD X THE KEROUACS**  
 OBS | 9PM | NO COVER
 
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**Wednesday, March 26, 2014**  
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**Support your peers as they showcase their applied research and innovation projects and cast your vote for the People's Choice awards.**

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# Falcons hope to roost in City Hall

ERIKA FAUST  
INTERROBANG

Nearly one-fifth of London's population is between the ages of 15 and 25. The London Youth Advisory Council (LYAC) is seeking to harness these young people's energy and ideas to influence the leaders of today and build the leaders of tomorrow.

Six Falcons are "being the change" they wish to see in London and running for the LYAC.

London is split into 14 sections, called Wards, which each have a city councillor as the area's representative. The LYAC uses these same divisionary lines, with young people running to represent each ward in the city.

"It's a council that helps the youth voice in London get recognized by not just people in the city, but by the [municipal] government," said Law Clerk student Cedric Richards, who is running for Ward 1.

"It's important to me because for a long time, I've wanted to get my voice out there, and this is an easier way to do it than just shooting off an email to a councillor," he said. "This is organized."

Richards, who grew up in the

city, said that his experience of being a Londoner brings a unique perspective to his platform. "I feel that there are a lot of students at Fanshawe who are from London who live all over the city as opposed to living around here. They would probably appreciate it if a local was a voice for them."

Ward 3 candidate Meaghan Bennett, a Dental Hygiene student in her final year, described the LYAC as "an organization to amplify youth voices ... I think it's really important for the rest of London to see that there are youth who are passionate about positive changes and are interested in politics."

She said the issues students are facing include transportation, health care (especially dental care), community collaboration and involvement.

"I think that a lot of students don't understand how it affects them directly, that all of the political and social influences as a city impact what's happening in the school," she said. "LYAC is the perfect outlet for that. It's a youth organization that allows students to be involved in the process of decision-making for those political issues that are happening in

London."

Anuj Sharma, an international post-graduate Project Management student who is also running for Ward 3, dove headfirst into community issues since his very first day in London. "I've been here since September, and from day one I regularly work for Food Bank, London Ontario Women's Cancer Society, and London Central Library." He also volunteers his time for the Sharing Shop and the International Office here on campus.

He said he hopes to lead by example, showing London's youth the importance of being involved. "I'm trying to be a good person for the community. I want to change the community, and I'm starting [with] myself – I'll change myself, and then I'll change the community."

Harnessing the energy of Fanshawe's 15,000 full-time students is of the utmost importance, he said. "It's a huge amount of students. It's a big number ... We have a lot of students in the community, so we have to take care of them. We need to focus on the economy and other factors so we can keep on developing."

Second-year Business Finance

student Grant Atwood is running for Ward 10. With a family background in politics, the LYAC seemed like a perfect fit.

"The London Youth Advisory Council is a way for youth to [work on] issues in their community that they think are outstanding," he said. He'd like to see an increased effort to clean up London's roads and to crack down on youth smoking areas. "There's lots of stuff that we're going to have to talk about," and he's interested to see what people bring forward as youth issues.

"Youth do not have very much of a voice these days, and it's important. You have kids who are talking on behalf of a whole bunch of people," he said. He's open to hearing ideas from Fanshawe students. "They should care [about the LYAC] because a lot of the people who go to this school are between the ages of 15 and 25. There's a voice to be had there."

Once elected, youth councillors' terms will run from September 2014 to June 2015.

Vote for your youth voice on council until March 29. Voting is open to anyone over the age of 13 – even non-students. For more information on the candidates and to vote, go to lyac.ca.

Fanshawe students and grads who are running for the LYAC:

**Ward 1**

Cedric Richards

**Ward 3**

Anuj Sharma

Meaghan Bennett

**Ward 5**

Jonathan Urbanowich

**Ward 10**

Grant Atwood

**Ward 13**

Angad Rastogi

## Helping hands in Haiti

STEPHANIE LAI  
INTERROBANG

Eight students and two professors from Fanshawe College recently returned from Haiti on what was previously called an "alternative spring break."

Two students described the experience as "amazing" and "eye opening."

Business Marketing student Nicole Abbott and Human Resources Management student Prini Sahni became fast friends with their travel mates and were eager to share their memories of the trip.

"It was an amazing experience," said Abbott. "We saw a lot of different things ... Haiti is still a poor country and recovering from the earthquake and there are still a lot of issues there."

"This is so different compared to where we were for an entire week," said Sahni. "Haiti was very welcoming and it just absorbs you in even though you're not the same colour as everyone else."

"I feel like I'm definitely experiencing [withdrawal], especially with the team."

Both young ladies signed up admittedly for "selfish" reasons, but came back to Canada with some food for thought.

"I always love seeing more of the world and culture," said Abbott. "I'm unsure of the program I'm in and what I'm doing with my life, and I thought this would be a good way to see what I've got here."

Instead, Abbott learned that tossing money at a charity isn't the most effective way to facilitate change.

"I've always given money to charities and said, 'Here's my \$10, I'm making a difference.' I wanted to see ... has that money gotten there, has [it] made a difference ... I don't want to throw my money at the situation again."

Sahni wanted to finish the last year of her academic career with a bang.



A group of eight students and two professors from Fanshawe spent Reading Week in Haiti.

CREDIT: SUSAN CHLIPALA

"I wanted to end it with something I could remember," she explained. "I've come back with a new perspective, and my career goals and my life path is not going to change, but the way I live my life is going to be a little different."

"It just hits you ... I can't believe they don't have the basic human right of having clean water. I wanted to come back and be able to be more grateful for the things I do have, and I think I've gotten that for sure."

The team was able to compare life in the city (Port-au-Prince) to town life in Saint-Marc and life in mountainous Giulbert, interacting with locals, the disabled and orphans.

With a packed agenda, there was bound to be one experience that sticks out more than the rest.

"We had lunch in this little place in Saint-Marc ... this little boy kept coming up and pointing at his throat going, 'Aqua, aqua,'" remembered Abbott. "All he wanted was water ... He didn't want money, he didn't want anything ... he just needed water, that's all he wanted. That's going to stick with me forever."

For Sahni, what struck her most was that Haitians almost seemed happier than North Americans

despite being "poor."

"It wasn't what I was expecting," she said. "I thought I was going into a country where people were so poor according to [our standards], but I feel they're happier and [more] self-sustaining than we are in North America."

"That always sticks with me, because now when I look at life and I'm trying to de-clutter it and not be [so consumerist]. There's a difference between need and want and I think that's what I got out of this experience. Sometimes the things that you want are not the things that you need."

She hopes to go back in a few years.

"I would like to go back and see how they've developed," Sahni said. "I think now the process is starting to happen, so if we went back in a few years, I think it would be really interesting to see how much that has gone up on the scale and how much people have grown."

The trip was on a volunteer basis and the group travelled with Rayjon Sharecare, an NGO out of Sarnia.

Rayjon offers awareness trips for people interested in gaining experience in the Caribbean area. For more information about Rayjon, visit [www.rayjon.org](http://www.rayjon.org).

## Scavenger hunt has heart

ERIKA FAUST  
INTERROBANG

Zoom around downtown London and participate in heart-healthy fitness challenges for awesome prizes – the Heart and Stroke Foundation's second annual Hunt for Heart event takes place on April 26!

"Hunt for Heart is a scavenger hunt-style fitness challenge – it's very much like *The Amazing Race*," said Denise Love, event coordinator at the Heart and Stroke Foundation.

Teams of five people will hunt for clues around downtown. "The clues lead [teams] to seven different fitness and wellness stations where they'll be asked to do some sort of fitness event – it could be dancing, it could be TRX, it could be circuit training, things like that," Love said.

There will also be lots of surprises, including some heart-healthy snack stations and a hands-on CPR demonstration – you'll have to sign up to find out more.

"It's a great way to get active, especially after this long winter," Love said. "[People] have probably been cooped up inside too long, so this is going to be a great way to get moving and get ready for the warmer months ahead."

Grab four friends and sign up as a team, or sign up as an individual to be placed on a team. Heart and Stroke is asking for each team member to raise at least \$25 for the event.

"The money raised is going directly to Heart and Stroke research and programming," Love said. It will support local researchers at Western University and Robarts Research, who are trying to find medication and recovery processes to "bring more survivors home."

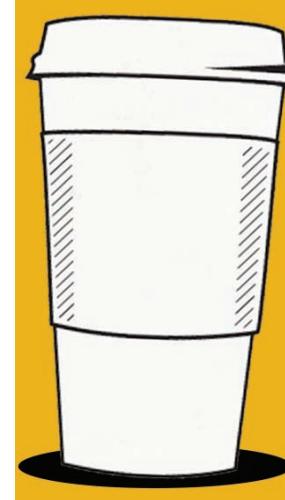
Prizes will be awarded to the top fundraiser, the fastest team and the best team theme, for teams who want to dress up.

But prizes are secondary to the main theme of the day: "We want to keep people active," Love said. "Our big message is to have people stay active when they're younger so they make health last in their later years."

The event takes place on April 26 from 9 a.m. to 3 p.m., beginning at the Heart and Stroke office (633 Colborne St.). Registration ends on April 5, so sign up soon! Register by calling Love at 519 679 0641 ext.227. For more information, check out [fitforheart.ca](http://fitforheart.ca).

## KIOSK QUIZ

WHERE CAN YOU GET GRAD PHOTOS DONE?



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

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## Don't fake it till you make it

STEPHANIE LAI  
INTERROBANG

The London Police Service released a statement on March 11 that three Toronto-area residents were charged with "Possession of a Forged Passport, Possession of a Forged Document, Personation at Examination and Personation to Gain Advantage" in an English proficiency test writing scam.

Some foreign students paid the individuals up to \$7,000 to write the tests on their behalf.

The London Police Service explained the process: "When the surrogate attends the testing centre, they present a counterfeit passport that shows their picture along with the identification of the person that hired them. The surrogate would then write the exam and receive a passing score allowing the person that hired them to be admitted into a college or university."

Though this is just coming to light, Bruce Wilson, manager of Fanshawe's International Services, said it's not uncommon.

"It's not something that isn't unknown," he said. "It happens at different places around the world, but organizations such as ours have things in place to make sure we try and make sure this is not going to affect [us]."

Wilson explained protocol has been in place all along at Fanshawe and said such situations are not a concern here.

"If they came to Fanshawe

College, we would take that person's picture and put it on their photo ID," he said. "When the person comes to Fanshawe College ... we have a special way of going back into the system for whatever test it is and checking to make sure the test is valid and that the person is valid."

Reasons for cheating might have initial benefits, but Wilson said it would likely be short-lived.

"These people would fail," to put it bluntly. "Our system here is not foolproof, but it's as foolproof as we can make it regarding making sure that the student has the right level of English or the test required before/after they're here."

Though removal of a student from the country is not Fanshawe's responsibility, the right people would be notified if there were a problem.

[Canadian Border Services] would legally proceed with some sort of action against the student and their legal process would kick into place," said Wilson. "If we thought there was a problem, we would let Canadian Border Services know ... it's up to them to decide whether or not they want to handle it."

Alan Yan, 25, of North York, Li Huang, 39, of Richmond Hill and Mengshi Yue, 27, of Toronto were arrested and charged on March 7.

Further investigation is being taken care of by Canadian Border Services.

Suffice to say, don't do it.

"It's not worth any potential repercussions," said Wilson.

## A rock-solid win for Fanshawe's Land Planning students

ONTARIO STONE, SAND & GRAVEL ASSOCIATION  
SPECIAL TO INTERROBANG

Three groups of students in Fanshawe's Integrated Land Planning Technologies program received awards in the Student Design Competition at the recent Ontario Stone, Sand & Gravel (OSSGA) AGM in Ottawa.

The students came home with three awards. James McMillan and Andreas DiMattia's project entitled "Forest City Pit Works" earned them third place. Sandra Viviana Murillo Morales and Cailey Bradshaw's project, "Greenwood Productive Village," and Sandra Congdon, Fernando Marin and Fernando Cirino's "Our Hole Story," earned honourable mentions.

"Completing and researching this project has given me a new perspective on the importance of the aggregate industry and how much we rely on it in so many everyday aspects of our lives," said Cirino. "Competitions such as this provide valuable educational opportunities for students to develop and new and innovative designs for former pit and quarry sites and progressive rehabilitation."

The Ontario Stone, Sand & Gravel Association (OSSGA) is a non-profit industry association



CREDIT: SUBMITTED

George Lourenco (left) and James Gordon (right) present Sandra Congdon with her team's Honourable Mention certificate for their project, "Our Hole Story."

representing over 280 sand, gravel and crushed stone producers and suppliers of valuable industry products and services. OSSGA works in partnership with government and the public to promote a safe and competitive aggregate industry contributing to the creation of strong communities in the province.

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CREDIT: WREN

The "First Kiss" viral video that swept across the Internet turned out to be an advertising campaign by a Los Angeles clothing company.

## Artistic authenticity



**ARTiculation**  
AMY VAN ES

In the few weeks, social media has turned one video into a viral sensation. "First Kiss" is a short film in which strangers who've never met before are paired up, put in front of a camera, and asked to make out. It would be like St. Paddy's Day at the bar, only there's no pre-kiss flirting, green beer, cheering crowd, and cellphone tucked into your cleavage. It's you and some person you've never met (who you may not even find particularly attractive), standing in front of a white screen, with a giant camera pointing at your face, and five people standing behind it staring at you, waiting.

It's a strange concept, but what began as awkward spin-the-bottle "I guess we're going to kiss now" moments slowly transformed into some intense intimacy as you watch them go from being completely unsure of themselves and the situation to melting into the experience and the other person. The video turns into a statement on human interaction and how tender and connected moments can be if you embrace

them. So don't be scared to look people in the eye, hug someone goodbye, tell your friend she looks beautiful. It had people all over the world feeling more open and vulnerable.

And then we found out it was fake.

It turns out the video is actually an advertisement for clothing and the "strangers" who kissed were paid actors. My initial thought was exactly the same as everyone else's: what a load of shit. Overnight, the video went from being a soul-quenching piece of truth to being as infamous as a crack-smoking mayor. People are absolutely outraged.

It is true that it's a very (very) blatant display of how shallow seeded the advertising industry is, commercializing love to sell fabric. If we break it down, the video is saying exactly the same thing as nearly every other clothing ad. If you buy the clothes, you will become more attractive to a mate.

But I think it may be less about the morality of the ad (because even if you're mad about this, you probably still shop at Forever 21 or H&M), and more about how it made you feel like an idiot. People, in general, really don't like to feel like we've been fooled. And when we've posted something to Facebook, we damn well want to make sure that it makes us look like an intelligent,

beautiful person, not a hopeless romantic sap. But if we can put aside our feeling of being duped, I believe there is something to take away from the whole debacle.

When we watch movies, we know they're not real, but we still laugh, cry and empathize with the characters and it doesn't feel morally questionable. Why is this different because it's been put out by a clothing company, not Paramount Pictures? Is it artistic integrity? There's something about being an artist that automatically makes you, in the public's eyes, an authentic person – you're always true to yourself because you know how to work a paintbrush (or a video camera). But part of being an artist is knowing how to appeal to people's emotionalism. The pieces you remember most from a gallery visit are likely those of an alarming scene of poverty, or a woman who reminded you of your grandmother. That's not an accident. Artists use their knowledge of what makes people feel *human* in order to get their message across. So does the video changing titles from "short film" to "advertisement" really make that big a difference?

Is the message lost because of its incongruent origin? I'm not convinced it is. Were you more moved by the joy of watching the video pre-scandal than you are by anger now that you know?

## Put yourself out there

**HOPE AQUINO-CHIEN**  
INTERROBANG

What do you do with your free time? How well do you spend it?

While there may not necessarily be a specific reason for you to push your boundaries and stray out of your normal patterns, taking the time to put yourself out there holds so much possibility.

It is easier than you think to be involved. Look within your own community for events and opportunities to be an active participant. Many not-for-profit organizations welcome volunteers with open arms and love having community members involved. Volunteer your experience, helping an organization while simultaneously improving your own skills and practical experience.

Take advantage of the amazing schools in London– they hold an amazing wealth of opportunities. Join clubs and student organi-

zations and attend events or sessions on campus. There are many clubs and teams at Fanshawe, and even some student clubs at Western University that accept non-Western students as members, and you can attend many of their club events for a small fee, even when you are not a registered member.

You may think, "It's so much effort to be involved, why should I do it?"

Being involved and active is another way to gain experience and a great chance to meet new people you may never have had a chance to network with otherwise. Even fun extracurricular activities can contribute to the development of crucial work skills and interpersonal skills. You can improve on time management skills, holding long-term commitments and raise your own self-esteem. There is an added benefit of being able to list those activities on your resume and to have those skills to reference when

you go out into the real world. There is nothing to lose by involving yourself... if anything, you may lose some time, depending on how involved you are, but it is a worthy cause and one that you will not regret.

With volunteering, one of the best parts is that while you may be getting a lot personally from your experience, depending on what you are doing, you can equally be giving back to the community and to other individuals who will appreciate more than you know. Share what you know and receive new knowledge in return, build upon your existing self and act on the potential you have to grow even more. There are always ways to be involved – any limitations are often imposed by your own reservations, once you get past those barriers, you'll find a way. Perhaps the best way to enjoy active involvement is to enjoy what it is that you are doing.

## Farewell, Fanshawe!

**ERIKA FAUST**  
INTERROBANG

For the last three and a half years, my life has revolved around one thing: making this newspaper the very best it can be.

I've spent countless hours interviewing people on campus and around the city, writing hundreds of stories and editing more than a million words written by all sorts of members of the Fanshawe community. And I've loved pretty much every second of it.

But now it's time for me to move on from this amazing place that gave me my very first full-time job, that introduced me to so many fantastic people and that made me the person I am today.

I've accepted a new job, and so this is the last article I'll ever write as the editor of Interrobang. It's exciting to start this new chapter of my life, but I will never, ever forget my time here. I was never a student at Fanshawe College, but I'll always be a Falcon at heart!

Thank you so much for being a reader. I hope you'll continue to pick up the paper each week as it grows even stronger under new leadership by my friend and colleague, Stephanie Lai.

Thanks for everything, Fanshawe!



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The only man a Cartoonist will ever need.

*Amy Nutz*



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Canadian Liberal Party leader Justin Trudeau is gaining in popularity.

## Less culture war and more economy

LIAM FITZ-GERALD  
THE CARILLON

REGINA (CUP) — The Liberals possess good fortune lately. According to the Toronto Star, a new poll from the conservative think-tank Manning Centre found that 31 per cent of the 1,100 individuals surveyed identified with the Liberals, while only 26 per cent were with the Conservatives and 18 per cent with the official opposition, the NDP.

What has further horrified Conservative pundits is that the Grits and Tories are statistically tied on the issue of economic stewardship — an issue the Harper government has tried to monopolize over the years. On other issues like healthcare and unemployment, the Liberals and New Democrats polled ahead of the Conservatives.

That's not all. The Liberal Party has been moving in support of several issues, which have been staples of the "ulture wars:" pot, prostitution and euthanasia. With support for legalizing pot at 57 per cent, an October 2013 survey of 1,002 Canadians found that 68 per cent of them favoured euthanasia. Prostitution still remains less clear, as one poll showed that 60 per cent of men favoured its legalization, while only 38 per cent of women approved of such actions. The Liberal Party convention recently approved a policy that would see a new debate on implementing right-to-die legislation, coming as the Supreme Court listens to a new case on assisted suicide.

However, where do "culture war" issues fit on Canadians perceived priorities? The top issue for 15 per cent of those who responded to a Harris Decima poll was the economy, followed by healthcare at 11 per cent, with the environment and employment issues following behind. Out of this list of 10 top issues for Canadians, pot, prostitution and euthanasia were not listed as priorities. Think the person working overtime on the oil rigs or the 9-to-5 professionals are going to lose sleep over euthanasia? The Liberals must focus on issues that trouble more Canadians than culture war issues if they want to unseat Stephen Harper in 2015.

Yet Trudeau has given some indication of where he stands on the economy and health-care. Going off a recent report suggesting the middle class is stagnating in Canada, he has indicated that he will not increase taxes on earners in this group, nor on anyone in general. He has indicated that he supports free trade and Keystone XL, two issues that the Tories can't claim to be gatekeepers of.

The point is that the Liberals don't have to grasp for straws. They're tied with the Tories on the economy and are seen as a better party to manage healthcare issues. What Trudeau should focus on is sharpening his economic positions and developing his healthcare policy. If they focus on issues like these over the next two years, they will be a redoubtable force for Harper and Thomas Mulcair. That said, commentators should be less gung-ho on declaring early winners, as pollsters from Alberta and B.C. found recently.

## Symptoms of a sick planet



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

Drive anywhere outside of London and you can see the signs anywhere. You find small, older farm buildings abandoned. Gas stations and convenience stores alongside of inhospitable roadways long ago began to dominate decaying villages and hamlets where once a church, a rural grocery and general goods store, a village hall, and a few other establishments helped centre the community.

Or consider the expression, "farms dotting the countryside." This means that farms are few and far between. Where in the past a family farm might consist of 40, 60 or 100 acres, these modest enterprises are more and more becoming things of the past. We have left the farm and headed to the city for college or university, and to find jobs. And more recently we are migrating to the west, where the promise of oil sales drives the economy.

All these are symptoms of our increasingly corporate economy. Corporations dominate our world, flooding our landscapes with box stores, huge inventories of goods at bargain prices, factory farms and investment opportunities. We love our brands, our hockey franchises, and a federal government whose main agenda appears to be to "open up markets" in the east — or west, if you live in British Columbia. The Olympics have become a mega-billion dollar enterprise, even while, as often as not, just a few kilometres outside of the Olympic village, the citizens of the host country live in poverty.

If we play our cards right, we will be able to travel south every winter, gobbling up copious amounts of jet fuel and precious atmospheric oxygen. And if we get a really good hand, we'll be able, in our later years, to spend large chunks of time — months even — in, say, Florida, having acquired a condo-



CREDIT: THINKSTOCK  
While Ontario spent the winter under an arctic vortex, other parts of the planet endured severe drought, a symptom of a sick planet.

minimum at a bargain basement price brought on by the economic misfortune of the previous owner.

The dominance of manufacturing, investment, and retail corporations, while we love it, is perhaps our greatest enemy. We buy, consume, travel, and enjoy. Meanwhile our communities are dying because of our transience, our disconnect from each other, and our belief that we are in constant competition with every country on the planet and every province in the country.

And finally, another set of symptoms. Recently a CBC interview with Canadian astronaut Chris Hadfield, revealed that extreme weather systems are at work around the globe. Unprecedented droughts in Australia and the American Southwest are matched by severe long-term cold in Canada and the United States. Tropical storms are increasing in number and intensity. The Aral

Sea in Russia, once a huge body of water, is no more. There is no good news on the environmental front. All the monitoring of the oceans, ice fields, and atmosphere indicates that alarming changes are taking place that threaten catastrophe. Our reliance on corporation-driven consumerism is not only destroying our communities, but also the physical basis for human life — the home God created for us — this planet.

But is there an alternative? Near the end of each school year I like to dwell on the work of Wendell Berry, a most important thinker — a theologian, a farmer, and economist. He is one of the key people offering an alternative way of thinking, living, and economic planning. It's his reflections on the corporation-driven consumerism, and especially the alternatives he presents, that I will be exploring in the last few columns for this year.

# A win for mental health awareness

MICHAEL BARRETT  
INTERROBANG

Olympic gold medalist Clara Hughes visited St. Thomas on March 15 and 16, after leaving Hamilton on the second leg of her Clara's Big Ride tour as part of the Bell Talk mental health awareness campaign. The bike tour will last 110 days and reach 95 communities over 12,000 kilometres of travel.

Hughes first became famous as an Olympian whose diverse athletic ability led to not only two medals in cycling, but also three medals in speed skating including one gold.

But Hughes' efforts to stomp out the stigma of mental illness became her greatest achievement, as exemplified by her appointment as an Officer of the Order of Canada, but even more so by the fact that she has received more questions from fans about her survival of mental health than her athletic achievements.

After visiting the new mental health facilities at St. Thomas Elgin General Hospital to speak at its Opening Hearts, Opening Minds mental health awareness presentation on March 15, Hughes spent the following morning talking to 60 St. Thomas area attendees ranging from young children to seniors. Before she spoke, however, one brave St. Thomas teen was introduced with her message.

Kaitlyn Lacombe, a recent high school graduate, showed incredible courage to stand in front of the audience and share her story about her struggle with depression, which she first encountered after

an experience in which she and her classmates were bullied.

Lacombe said, "Normally I would not have gotten up there, but because it is to help other people ... I figured I'd get those nerves out of the way... [the stigma] is something that is hard to tackle, but if we keep working on it, maybe we can get somewhere."

Lacombe aspires to attend Fanshawe for its Child and Youth Worker program, with the ultimate goal of helping young people at a place like the Talbot Teen Center.

Clara Hughes came out to immense applause and hugged Lacombe, who sat beside her as Hughes was interviewed.

Hughes' words on were reminiscent of her powerful monologues in the ineffably important Michael Landsberg documentary, *Darkness and Hope: Depression, Sports and Me*. Hughes was a featured athlete in that film, along with baseball legend Daryl Strawberry, and Stéphane Richer of Stanley Cup fame.

Talking about her anticipation that success as an athlete would make her feel better, Hughes said, "I can remember coming home and [seeing myself] on TV, and everyone telling me how great I was, but I felt like nothing. I ended up in a state of depression, unable to see myself as an athlete, ashamed of who I was. Everyone always expected me to be strong, fast and good."

She went on to discuss how she hid her true feelings because of the expectations she felt from others. "I thought I had to make myself feel better ... nobody can make



CREDIT: MICHAEL BARRETT

St. Thomas teen Kaitlyn Lacombe (left) joined Olympian Clara Hughes on stage in mid-March to talk about mental health issues.

themselves feel better ... I look back and ask myself how I could have thought that I could just get over depression."

Eventually she did find help. "The reality for a lot of people is, they don't know what help is there, and if they ask for help, people just tell them to feel better ... that is what needs to change."

Hughes described in vivid detail the depth of her experience with depression, including times when she would lock herself in bathrooms and cry, trying to hide herself from the world.

She also expressed dissatisfaction with some of her fellow Olympians for not doing more to use their position to help other people, declaring those who reach out to others to be the true winners.

The focus of Hughes' message was overcoming the stigma in society that is associated with depression and other mental health issues so people won't be afraid to seek out help from appropriate sources. She also strongly encouraged people to speak out about their own experiences. "You have the power! Tap into it! You never know how

much of a difference it might make to someone."

After speaking, Hughes put on 12 layers of clothing to protect herself from the bitter temperature and wind then began her bike ride to Chatham. Over the next several months, Hughes will continue her ride, ending in Ottawa on July 1. CTV News reported her intent to make Parliament Hill the end point of the ride.

For more information about this amazing Olympian, check her out at clara-hughes.com.

## Dieting: Fad or lifestyle choice?

KORI FREDERICK  
INTERROBANG

No matter where you turn you are faced with the temptations of fast food and the pressures from the media to look a certain way. Any magazine you pick up these days you will likely find a page that will teach you a new trick to lose weight or get abs fast. People are looking for a quick fix that will get them the results they want with minimal effort, but is that realistic?

As students, it can be difficult to make healthy choices when it comes to food. Being bombarded with work and a hectic schedule means that eating a quick meal on the go is often the only choice there is.

Erika Gossman, a Food and Nutrition student at Fanshawe, is currently studying these kinds of issues. "As a college student, I know what it's like to have to worry about food choices and body image on a daily basis," she said. "Making better food choices can be stressful, and going on a diet can seem almost impossible while in school, and maintaining a social life."

Gossman went on to explain that one of the most popular fad diets out there right now is the low-carb diet. "It was almost 150 years ago that Dr. William Morgan, a medical doctor in London, published a book about diabetes, promoting low carbohydrate diets," Gossman explained. "Previous to this, in 1863 William Banting lost weight by avoiding bread, butter,

milk sugar, beer and potatoes."

Low carbohydrate diets have been around for over a hundred years, but it was not until the 1990's, with the Atkins Diet, that it exploded into what it is today.

The standard low-carb diet tells us that we should be restricting our carbohydrate intake to only 20 per cent of our daily caloric intake. Canada's national food guide suggests a daily caloric intake of approximately 2,000 calories. Following this diet, that means a person should only be having 400 calories of carbohydrates a day.

To put that into perspective, Gossman explained, "A Big Mac combo at McDonalds, in terms of carbohydrate intake, contains 147 grams of carbohydrates, which is equivalent to 588 carbs." Just that one meal – a burger, fries and a Coke – is well over what the low-carb diet would suggest.

"Atkins generally tells you to maintain a mere 20 grams of net carbs per day, which is approximately 80 calories of carbs per day or the equivalent of a small piece of bread," Gossman said. "However the Advanced Nutrition and Human Metabolism states that upon the age of three years old one should not consume less than 130 grams of carbohydrates per day." This now raises the question: is this diet a healthy choice?

"I personally would say that I am against this kind of dieting because it is not a realistic lifestyle change. I also think that it inflicts a lot of stress on the body, and that it



CREDIT: THINKSTOCK

A hamburger combo might not fit every diet plan.

can be very dangerous. Eating a diet very low in carbohydrates leaves the body in a state with very low blood glucose levels, and if this goes on too long it leads to confusion, weakness, dizziness, unconsciousness and eventually death," she said.

"In the end, challenges occur with every diet, whether it be low carb, low fat, high protein, juicing, cleansing, detoxing – even the cabbage soup diet was popular at one time. Weight loss and healthy eating is on everyone's mind; but as these trends come and go, our health seems to be deteriorating further as time goes on. Rather than taking to an extreme diet, try switching to whole grains as much as possible, including fruits and vegetables in every meal, choosing

lean forms of protein, and limiting sweets and soft drinks is a good place to start. Dieting can be a fad,

or a lifestyle and low-carbohydrate diets seem to be the most popular of them all, for now."



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**Clayton Greene**

Student Representative to  
the Board of Governors

# Thoughts on success in music

BOBBYISMS  
BOBBY FOLEY

I write about random things a lot. I write a lot about random things. Back in 2010 when Conan O'Brien was coming to the end of his newly appointed yet short-lived gig as the host of *The Tonight Show*, he found a shrewd form of payback with NBC for their decision by way of a few very expensive licenses for use of music on the show. You may recall that O'Brien won the position of the new host of the show in 2009 when Jay Leno moved into a network primetime show, though less than six months later the network decided to restore Leno as host.

Reports conflict on the license amounts, but NBC allegedly paid up to \$250,000 to play The

Beatles' "Lovely Rita" once while Tom Hanks appeared on the show, and up to \$500,000 for a one-time use of the Rolling Stones' "I Can't Get No) Satisfaction," casting an expensive light on a side of the music business that usually remains pretty quiet.

Music licensing doesn't normally attract a lot of attention, but it's one of the few ways that music can still be profitable – behind every instance in which we interact with music on a day-to-day basis, from commercial radio to television ads, background music at a restaurant to telephone hold music at a hospital. An extensive rubric exists to mandate the fees for businesses and commercial works by their size and influence, though typically even licenses for film or TV commercials don't often exceed a six-figure amount.

Although according to musicnews.com, we may be on the verge of change. While working on her

next album, Adele is making headlines as she considers an expensive new licensing deal following the recent expiry of her existing agreement. Experts are projecting this is going to be a huge deal in light of the success she saw with two smash albums and the powerful title track from *Skyfall*, the latest film in the *James Bond* franchise. Rumours have it the British singer is considering a new agreement that could be worth in excess of £10 million.

Although the industry is kind of broken, there are still occasional success stories like this one, as astronomically improbable as being discovered on YouTube and becoming an international superstar. Now more than ever, there really aren't any such things as overnight success stories.

Finding success in music takes a long time, there's no other way to go about it. Don't be fooled by legends of the old industry; decades

past have their lore about drugs, money and power, but the fact is simply that success in music can't be bought anymore because album sales don't provide the return on the investment – you can't take a shortcut around putting the time you need into growth. But that's okay, because you have a lot to do to get your career off the ground, and frankly you need all the time you can get anyway.

Think of your music career like you think of your time in post-secondary; the idea of spending three to five years building your knowledge and experience seems insurmountable if you look at it as one daunting task, but the reality is that you need to build and grow your relationship with your potential bandmates and peers – local scene members from booking agents to music writers – in addition to your audience in person and online. You also need to build a presence online through your website and

social profiles, and all of that without scratching the surface of the business side of being in a band. So take your time, because you need it.

On a personal note, I want to draw your attention to the departure of our beloved editor Erika Faust after over three years with Interrobang. She has been a driving force for quality in the paper, challenging writers, designers and everyone involved to strive for the highest level of quality possible, and I couldn't have lasted as long as I have without her incredible insight, guidance and patience. While the quality and direction of Interrobang will surely carry on uncompromised, it's certainly due to the considerable accomplishments of a very gifted writer and editor. Cheers to you Erika, and congratulations! I'm out of words.

## Xander John Scott is ready to ignite London with his music

JAYMIN PROULX  
INTERROBANG

This March has been busy for one Music Industry Arts graduate of 2012.

Thunder Bay native Alex Maclean is a musician who performs under the name Xander John Scott. He juggles full-time studies at Western University studying computer science. He practices, produces and records his music, and recently released an EP titled *Ready to Ignite*.

On April 4, Maclean will also be opening for Patrick Dorie at the Cedar Lounge at The London Music Club. He will be joining Alex Mason; doors opening at 8 p.m. His new EP is available at [xanderjohnscott.bandcamp.com](http://xanderjohnscott.bandcamp.com).

While working on his album at Diningroom Studios in Thunder Bay, he described the process as coming together fluidly from a summer of playing with a whole

band.

"They were written more collaboratively than previous songs of mine because I have been playing with these guys and they were all really great musicians (in my band). They had a lot of input to contribute while we were practicing. I was really happy to have them – I think the songs turned out well because of that ... it wasn't just me. It's a three-song EP; one of the songs I wrote a while ago and two more, came from the summer."

Colin Craig joined him on drums, Alex Greig on guitar and Dave Ramsay on bass. Scratch tracks were done in the booth which are rough tracks that have no solid sound yet.

"[Scratch tracks] are just temporary, so we can play along with something. So I was in the booth with my guitar is just plugged straight in the console. But the

important part was to get those scratch tracks down that day, which we did. They sounded great. And after that day, I took them back to London with me because I had to go back to school."

MacLean operates a majority of his recording in his own studio in his apartment. With a mixer, his computer and Pro Tools, a lot can be accomplished if you invest in the right gear – especially with software that makes the process easier.

As the school year hectically comes to an end, take a break on April 4 at the London Music Club – it's going to be a great show. Check out MacLean's *Ready To Ignite* – downloads are available by donation.

Check out Xander John Scott on social media: [facebook.com/XanderJohnScott](http://facebook.com/XanderJohnScott), [soundcloud.com/xanderjohnscott](http://soundcloud.com/xanderjohnscott) and [twitter.com/XanderJohnScott](http://twitter.com/XanderJohnScott).



CREDIT: XANDERJOHNSCOTT.BANDCAMP.COM

Xander John Scott is a local musician who just released a new EP.



CREDIT: STEPHEN ECHAVIA

Olivia and the Creepy Crawlies won Fanshawe's Last Band Standing competition at The Out Back Shack. They will be representing Fanshawe at the Last Band Standing provincial competition at Mohawk College on March 28.

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SMALL  
BUSINESS  
CENTRE

# From purses to dentistry

STEPHANIE LAI  
INTERROBANG

Toronto native Sarah Shell was on her way to becoming a doctor before she ventured into the fashion industry.

"I veered off of it [because] I guess I was really listening to my heart at the time and it was telling me that it wasn't the time for me to be in the medical field."

Shell volunteered in oncology while she studied biology at McGill, but found herself becoming emotionally attached to patients.

"I was watching the doctors; they were able to separate themselves in a way that needed to be done in order to properly treat and manage," she explained. "I felt I didn't have that ability quite yet to be able to do that."

"I wanted to pursue something creative on the side."

A self-proclaimed tomboy in her youth, she started designing at the age of 12, but it wasn't until after a stint at Gucci that she started to appreciate handbags.

So it wasn't till the summer of her third year when instead of applying to medical schools, Shell enrolled herself into a summer program in fashion design at the Academia Italiana in Florence.

In her final year at McGill, Shell applied to Parsons The New School for Design in New York.

Following Parsons, Shell held positions at Gucci and Club Monaco before returning to Canada and working for a consulting company, where she was employed to study leather straps. It was there that she discovered her ability.

"I got a strap and after racking my brain, I went to a leather store and looked at some of the leathers there and decided that I would construct a bag as a birthday gift for my mom," she said. "I wanted something that didn't blend in, something that was durable and luxurious."

Her mother loved it so much, Shell decided to make one for herself.

Shell's launch into the handbag industry came when a Calgary storeowner requested that she make some for the store.

The bags caught the attention of a writer for Fashion Magazine, who was writing an article on Calgary fashion.

"This whole time, I was an assistant buyer ... so I was doing that full time and I was making these bags on the side at this point," she said. "In order to keep up with the demand I had to quit my day job and make [handbags] my full-time focus. I officially launched [442 McAdam] in 2008."

Since then, 442 McAdam bags have been seen on the arms of Taylor Swift and Miley Cyrus, but Shell said she is more excited about seeing regular women carrying her bags on the streets than celebrities.

"Nothing makes me happier when my mom comes home and tells me she's all out of business cards because people have been stopping her on the street asking her where she got her bag," said Shell. "I get the question a lot about celebrities but I want to focus on what's on my heart and that's hearing those kinds of stories."

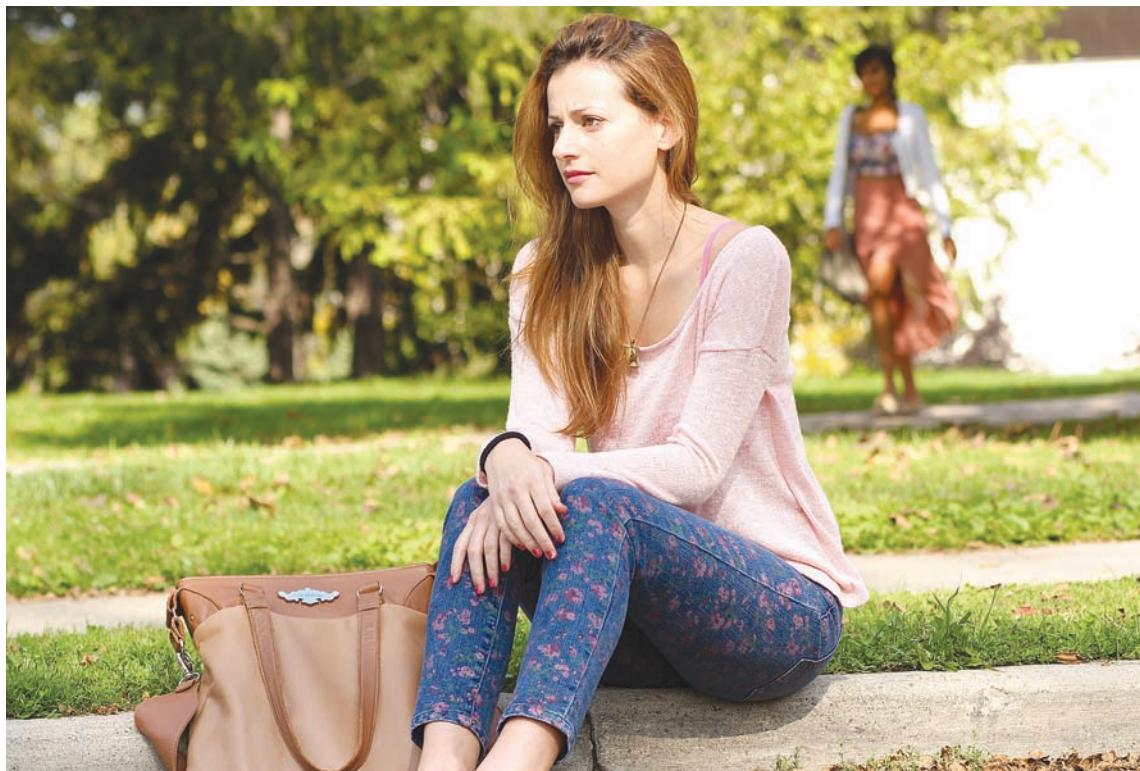


PHOTO COURTESY OF PAUL MAYNE, WESTERN NEWS

She's now studying dentistry at Western University, but Sarah Shell's handbag line 442 McAdam is still in operation... on weekends.

Shell explained the meaning behind her company's namesake.

"It's my grandparents' address," she said. "My grandparents were Holocaust survivors ... They came from nothing ... Those people who really fought for their livelihood know what's important and they taught me a lot. The least I could do in showing my gratitude [was] dedicating this company to them."

When her grandfather passed away, Shell decided to re-evaluate her life.

"I felt like I needed more purpose in my life. As much as I loved

this company and being in the fashion industry, I didn't want that to be my life story," she said.

Shell is now finishing her second year studying dentistry at Western University.

"My mind did always go back to the sciences; I love knowing how the body works," she said. "I loved the idea of being able to have a positive impact on someone's health and welfare."

"I think it was my dad who mentioned dentistry," she remembered. "The moment that idea was brought to my head, I never looked

back. I've never been happier and I'm surrounded by these interesting, intelligent people and the depth of what we do on a daily basis is so refreshing."

But don't worry... she'll get back to 442 McAdam eventually.

"I need the science but I also need this creative aspect," she said. "There's always going to be a balance between the two and I'm hoping to have the opportunity to go back to a larger scale once I'm out of school."

To learn more or to order a handbag, visit [442mcadam.com](http://442mcadam.com).

## The CAISA Fashion Show 2014: Arcadia

HAI HA NGUYEN  
INTERROBANG

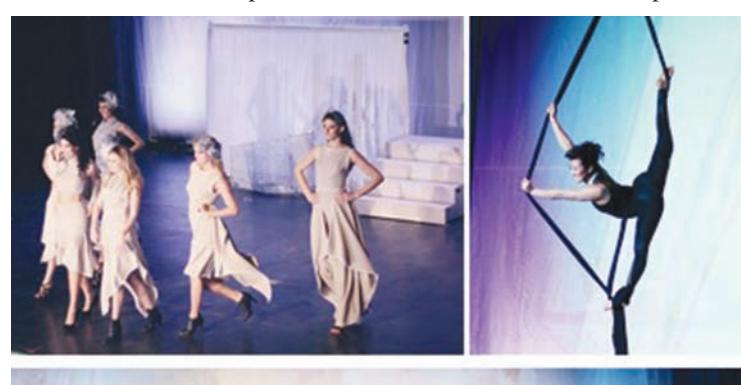
On March 15, the Canadian Asian International Student Association held its 16th annual CAISA Fashion Show at Centennial Hall. The creative direction of the show was derived from Lewis Carroll's *Alice in Wonderland*. The show was a spectacular combination of fashion, dance and acrobatics, and was an overall theatrical production!

The entire show is planned and run by students, showcasing local talents while all proceeds go towards supporting the Children's Health Foundation. This year, the show was able to present \$30,000 to the Neonatal Intensive Care Unit, a sector that specializes in care for premature and small newborns. Each year, the show attracts over 1,500 guests from all over the Greater Toronto Area, bringing people together to celebrate talent and support the Children's Health Foundation.

The CAISA fashion show, unlike a traditional runway-style display, is a full theatrical production of all types of dance and character interaction that tell the story of *Alice in Wonderland*. No fashion show is complete without a fierce stomp, which is incorporated in every segment but Alice, played by Kristen Platt, dances through her adventure through the scenes "Wonderland," "Chaos," "Flood," "Royale" and finally "Triumph." Alice's suave moves were contrasted in "Chaos," where the Mad

Hatter, played by Ryan Tang, and breakdance groups UWO Breakers and Mighty Muffins showcased the intricate footwork, flips and the

high energy of breakdancing. At the peak of the show, an exciting display of aerial fabric acrobatics left the audience in complete awe.



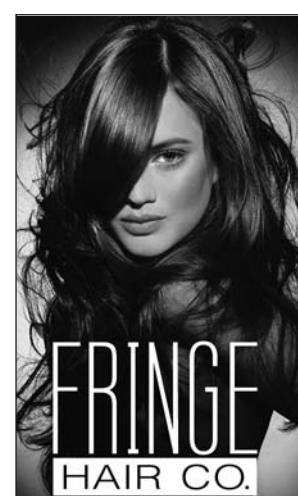
CREDIT: WWW.FACEBOOK.COM/VIVEROPHOTOPHOTOGRAPHY

In "Royale," Alice meets the sassy Red Queen, played by Christine Song, and is the high anticipated sexy lingerie segment that is always a lot of fun to watch at the CAISA fashion show. In "Triumph," Alice wakes from her dream with the upbeat vibe of swing dancing and infectious energy of the Western Ontario Organization of Filipinos, leading the audience to the finale of the show.

CASIA really stepped it up with their fashion display this year, with many local designers and sponsors to help create the characters in Alice in Wonderland. One notable mention is the display of men's fashion in "Chaos." There were many daring pieces from French Connection that were still stylish which is refreshing, since men's fashion is often more conservative.

"Flood" featured a gorgeous fashion-forward collection of royal blue bathing suits by Kimberley Le Sueur. In "Royale," Mark Aguilar's body chains enhanced the fierceness of the models' lingerie while in "Triumph," his evening pieces created a regal and pure feeling in the scene.

If you've never gone to a CAISA fashion show, it is highly recommended that you attend next year because it's an event that gives you an amazing show that supports local talent, businesses and the Children's Hospital! To see more pictures from the show, visit [stylestateofmind.com](http://stylestateofmind.com) and for more information about the show, performers and designers and CAISA organization, visit [caisafashionshow.org](http://caisafashionshow.org).



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# The floral trends of Spring 2014



**THE SHOPPING BAG**  
HAI HA NGUYEN  
[hhnguyen.77@gmail.com](mailto:hhnguyen.77@gmail.com)

The possibilities of using flowers in everything design-related – and especially fashion – are endless. Each type of flower has a different meaning and can be complemented by the colour, which also has its own meanings. In fashion, floral textiles are always changing through colour, material, types of flowers depicted on the fabric canvas. If you don't like wearing floral prints, floral accessories are a great way to incorporate the trend into your spring wardrobe.

Not every type of floral print is for everyone – it just really comes down to which print and colours speak to you. The featured floral pieces depict some main floral themes: whimsical, detailed, realistic and artistic. The little pastel floral earrings represent the whimsical, youthful and playful type of flowers out this season. This trend was also found on the runways at

Christian Dior, Dolce and Gabbana and Versace, where this print was often paired with high necks and boxy dresses. The gold necklace reflect the detailed and realistic theme, each flower has a different detail, delicate and polished. Designers like Michael Kors, Marni and Marc Jacobs used cut outs, sectional details and simple silhouettes to make the print stand out. Lastly, the artistic and imaginative flower is vibrant, exaggerated and looks like a piece of artwork when worn. The artistic print can add excitement to a simple silhouette but still keep the sophistication of the garment. Dries van Noten, Alberta Ferretti and Etro are examples of some designers that utilized it in their collections. They kept the flowers colourful, used flowing silhouettes and deep plunging necklines. What is apparent with all these designers and the floral print is that they've infused their own signature style into their pieces and made it work for this spring.

**1. Aldo Cornio Earrings:** On those lazy hair days, throw your hair up in a ponytail with one of

these great pastel colours and it's all the details you need. (Aldo Accessories, \$10)

**2. Echo Scarf:** This artistic scarf is 100 per cent silk, delicate and perfect for styling for this spring. It is a piece from 2007 but as you can see, once you can identify a theme and know how to work it into your wardrobe, it will look brand new again. (Echo scarves can be found at Holt Renfrew)

Trends will come and go, but the floral theme consistently gets reinvented each season. Since there is so much variety, regardless of what your style is, you can find a floral piece that will work with your wardrobe. Try reinventing your old floral pieces like wearing a scarf as a headband or using a bold belt to style your floral dresses, because the flower trend is here to stay!

*Hai Ha Nguyen is a Fashion Design student who loves to discover the new trends in street fashion. Follow her on Instagram at [instagram.com/haihanguyen7](https://www.instagram.com/haihanguyen7) for the trendiest pieces this season! If you have a suggestion or feedback for her column, send her an email at [hhnguyen.77@gmail.com](mailto:hhnguyen.77@gmail.com).*



CREDIT: HAI HA NGUYEN

Spring 2014 is going to be bursting with colour... and blooms. Dress up your wardrobe with flowery prints.

## Fanshawe grad grows Tempting Tree



**TEMPTING TREE**  
THEATRE COLLECTIVE

TYSHIA DRAKE  
INTERROBANG

Charlene Wolf, a recent graduate of Fanshawe's Theatre Arts program, knows that creating your own work can be very important to working as a theatre actor. Wolf and friend Ryan Cole, a philosophy student at Western University, recently teamed up and created Tempting Tree Theatre Collective in London.

Their first show, *reasons to be pretty*, directed by Cole, recently showed at The Arts Project. The show was written by Neil LaBute and follows four youth going through relationships and breakups. Besides her role as artistic director, Wolf played Steph, a high-strung hair dresser who breaks up with her boyfriend for insulting her looks.

"I love playing crazy people, because they're difficult. You think it's so easy... but they're not – you have to find the truth," Wolf said, on playing Steph.

Tempting Tree has two more shows in their season.

*The Bairn*, written by Cole and Heather Heywood will be playing this summer at The Arts Project. The play is a horror story, about a mother who believes her child has been replaced by a wooden doll.

"It's very, very dark. It's going to be terrifying. Somebody dared me that horror couldn't be done on stage, that it only translates to film, but just watch me. That's what it is, a psychological thriller", Cole said.

*Titus*, their third show, is a revamped version of the tragedy *Titus Andronicus* by William Shakespeare taking place in a dystopian future.

Cole explained how Tempting

Tree is an important title for their company, "It's from Milton's *Paradise Lost*, and he refers to the tempting tree, which is the tree of knowledge ... For us, theatre is like the tree of knowledge, it's this tempting thing that we all want."

"It's about tempting people to try something new and do something daring, because that's the shows we put on," Wolf added.

Wolf knew starting up a theatre would be difficult, but after seeing other actors in her program at Fanshawe create companies and their own work, she knew it was right for her.

"This generation is very much about creating your own work, and doing things that you like, and getting people to think about the show they just watched," Wolf said on her inspiration to create a theatre company.

Wolf recalled her time at Fanshawe fondly. "I could talk to any of the teachers... and they were always there for everyone, and were always willing to give advice, and just congratulate you for trying something new."

Wolf is excited to see how much she and Cole can involve the community in their company. "Theatre is not about yourself, it's not about how good you are, or how great you are; it's about who you're working with onstage, and how to make them look better, and in turn it will make the scene look better. I think it works with a company as well because it's not about me, it's about the shows I want to produce, and the quality of work I want to do, and how I can get the community involved, and that's what Fanshawe taught me."

For more information, visit [temptingtree.com](http://temptingtree.com).

## Choosing your interior décor theme



**TURN BORING SPACES BEAUTIFUL**  
BRITTANY ROACH

You like beach theme décor, gothic décor, you like antique furniture, modern and contemporary style of homes... all of these completely different styles of décor. How do you know what one choose? Narrowing it down to what you truly love is the hardest aspect of interior décor!

I struggle with this dilemma every time I go out thinking I will purchase a new item for my home. It is very hard to determine what theme you want your home to be. Hiring an interior decorator or designer could fix the problem, but that is way too expensive for a student budget.

But it really is the easiest to have someone else pick out your décor, so bringing a close friend with you could help solve your problem. A close friend will know your style inside and out and may be able to help depict what you truly want from what you just like.

Another easy way to help chose your décor theme is to look into your closet and pick out your favourites. Your fashion style can really help with choosing your décor style – there are probably colours and patterns you wear on a daily basis, so you must love them – if you love it, maybe it has a place as part of your home décor!

A lot of us think that if we buy a piece of décor, that's it – we have to stick with it for the rest of our lives. But the truth is, you don't. I understand with being on a student budget you can't just switch up your décor when you get bored of it, but if you choose carefully you won't get bored of it too quickly. Always keep in mind your style is constantly going to change throughout your life, so you don't have to like or keep it forever.

The easiest way to solve your problem is to purchase neutral



CREDIT: CAITLINWILSONTEXTILES.COM

Cute and colourful pillows will add a touch of personal style to a plain living space.

décor pieces such as couches and bedding, and then add accents that reflect your current style. Throw blankets, art work, pillows and accessories that are easily changeable for the times when you want to freshen up your home again.

Just pick items that you truly want for right now while being a



A pharmacy for the community of Fanshawe located on the main floor of the Student Centre around the corner from the Fowler Kennedy Sport Medicine Clinic.

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**EYE ON CAMPUS**

**Stephanie Lai  
Cancelling Spring**

Man almighty Mother Nature. Enough with the polar vortexes, the spring thaw and especially the snow. We get it, you're a bit of a tease. It's warmed up considerably, but Falcon Fashionistas are sticking to cool layering. Dark neutrals but light layers are helping these Falcons transition to spring.

**DEADLINE  
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**FANSHawe  
COLLEGE**



# THE INCREDIBLE shrinking paycheque

Megan McPhaden | INTERROBANG

**TAXES:** the dreaded word your parents fear that comes every January in the wake of the expensive holiday season. As a student, you may not yet have had an unfortunate date with taxes – in fact, if you're lucky, someone else is doing them for you. As a student, quite often you are the one spending your newest tax reimbursement, while everyone else around you receives their notice that it is time to file their tax return.

You may not have been aware of it, but taxes have been a part of your life since the day you made your first purchase. Taxes are what fund the programs and services that the government provides to its citizens.

There is no way of getting out of paying taxes, they are mandatory and everyone must pay them; in fact if you are caught not paying your taxes in Canada, you are going to get in some serious trouble.

Not paying your taxes will affect more than just your wallet; it will also have an impact on people who use programs such as Employment Insurance. Employment Insurance provides assistance to a person who loses their job unexpectedly and who may not have enough support to keep them afloat until they get back on their feet. When some people don't pay, the rest of the taxpayers have to pay more to compensate.



## KNOW THE TYPES OF TAX

There are two basic types of taxes: indirect and direct. Indirect taxes are applied on the purchases that you make. In Ontario, the indirect taxes taken by the government are referred to as HST, or Harmonized Sales Tax. You probably have daily encounters with HST, as it's everywhere you go, from the gas you just filled your car with to the new pair of shoes you just bought. The HST is a combined tax of Provincial Sales Tax and General Sales Tax.

Each province has a different way of applying indirect taxes. Some, like Alberta, don't have a provincial or harmonized sales tax; they only have federal tax known as GST. This is because the province is resource-rich and generates enough revenue that they don't need to tax residents as heavily as other provinces.

Those of us unfortunate enough to have daily run-ins with HST know the pain of paying 13 per cent more for everything. The good news is, you're helping lighten your province's debt; the bad news is, once you cross the boundary into the workforce, you enter the confusing world of direct taxes, also known as income tax.



## FIRST JOB, PAYCHEQUE SHOCK



As an example, let's look at Alex, who's working his first summer job. He's working as a camp counselor, and he cannot wait to spend his first paycheck. That \$700 high-definition television is finally within reach. He calculated that his first paycheck should be \$700 – he's working for \$10 an hour for seven hours a day for five days a week – two weeks of work should be enough for the television. Friday rolls around and pay stubs are being handed out. "Wait a minute, what is this?" he asks as he's handed his cheque. "I only got paid \$600 – where did the rest of my money go? What are these deductions?" What Alex didn't realize was that, as he is now part of the workforce, the government takes income taxes from him in different ways as well as certain deductions. In Alex's case, his employer did what's known as a source deduction, where the tax comes directly out of his pay. The amount of money you are taxed is based on your taxable income. In addition to the income tax you have taken off your paycheque, you may also have deductions taken off as well. There are different types of deductions. The most common deductions that will appear on your pay stub as a student include the Canadian Pension Plan. The CPP is a plan that Canadians start paying into at age 18 when they start working. The CPP assists the contributor with income if they retire, die or become disabled. One day, far off into the future, when Alex retires, he will reap the rewards of his contributions. Alex thinks about it. "It can't be that bad if I get it back one day, but what about these other deductions?" Well, Employment Insurance (EI) is a plan that working individuals must pay into. The Canadian Revenue Agency describes EI as "providing temporary financial assistance to unemployed Canadians who have lost their job through no fault of their own, while they look for work or upgrade their skills or Canadians who are sick, pregnant, or caring for a child or those who must care for a family member." Not everyone is approved for EI benefits, but it is beneficial to have the option of applying for the program in case of unexpected circumstances.

## GET SOME MONEY BACK (OR PAY EVEN MORE)

If you thought that was a lot of information, you haven't seen anything yet. In April, Ontarians are expected to file their tax returns. The tax return is helpful in determining if you are eligible for reimbursement for overpaying taxes, if you receive any tax credits or benefits or if you need to pay more taxes.

As Alex is a student, he may qualify for certain tax credits or benefits. He has just gotten accepted to Fanshawe for Business Administration and is ready for his big move from Toronto to London. One of the things he may be able to claim on his tax return is the cost of his moving expenses, depending on his criteria. If he's approved, he could receive some money from the government to reimburse him for his moving expenses.

Other types of reimbursement include non-refundable tax credits such as the public transit amount, tuition, education and textbook amount that help in paying the amount of federal tax you owe but of which you cannot be refunded for. For more details on whether you qualify for these tax credits, you can go on the Canadian Revenue Agency's website, which helps first-time tax return filers. If you want a more in-depth look at taxes, from their origins to how they affect you, the CRA has a step-by-step guide.



LEARNING TO DO YOUR TAXES: A STEP-BY-STEP GUIDE  
[tinyurl.com/CRA-Learning-Taxes](http://tinyurl.com/CRA-Learning-Taxes)

FINANCIAL CONSUMER AGENCY OF CANADA LIST OF STUDENT TAX CREDITS:  
[tinyurl.com/student-taxes2014](http://tinyurl.com/student-taxes2014)

# Getting “veducated”

NIKKI UFIMZEFF  
INTERROBANG

Interested in making the switch from carnivore to herbivore? Vegup London is a social group for vegetarians, vegans and those who are interested in learning more about the lifestyle and the challenges that come along with it.

Vegup London was started by two women who want to educate Londoners how to keep a healthy plant-based diet.

“We hope that Vegup London creates a sense of community that’s supportive for vegetarians and vegans and those that are curious about adding more plant based foods to their diet,” said co-founder Katie Vandenberg.

“We hope to bring more awareness to this lifestyle and way of eating. Often, if you’re the only vegan in your family or don’t have any friends who are vegan or vegetarian, it can be kind of isolating at times. This is an opportunity to bring people together, let people socialize and connect, and let them know there’s a whole community that can support them,” added co-coordinator Krista Kankula.

Although there are no solid statistics on the number of vegetarians in Canada, it was considered a top trend in 2011 and 2012 by the National Restaurant Association. And since then, vegetarian food products have seen an increase in sales.

But does the switch to veganism really provide health benefits?

Vegan food educator Kristen Lepine said, “A vegetarian diet is a step, but being vegan, and consuming whole foods – like lentils, beans, vegetables and fruits and not processed vegan foods – is what prevents and even reverses disease. Animal proteins, including those in eggs and dairy, have all been linked to inflammation, the cause of disease. Casein is in dairy and has been directly linked to cancer. By eliminating animal products and eating a plant-based diet, both heart disease and Type 2 diabetes can be reversed – and this has been proven.”

For Kankula, the answer is yes. “I do personally feel better, I do feel like I have more energy, so that has made the transition easier.”

The same goes for Vandenberg. “Since going vegan, I’ve had extreme increase in energy, a positive outlook, I sleep better, and health aspects of my life have increased. I can go for runs now. I’ve actually had some health problems and they’ve actually been cured by going vegan.”

Vandenberg insisted that she saw huge results by changing her diet and she felt that it was well worth it.

Lepine has been a vegetarian for 25 years.

“I was in total denial when I learned what I know now about animal agriculture. I thought being vegetarian was enough, but I wasn’t really healthy, I ate a lot of carbs, dairy and processed foods. As a vegan I am more aware of my food, of the food system, of how animals [and factory farm workers] are exploited, and it was the biggest wakeup call I’ve ever had.”

Making the switch to becoming vegan can be a challenge.

“Most people have a type of meal in their mind – the meat, potatoes, side dish of vegetables and some sort of carb. The vegan whole food diet is totally based on

different principles. Most people are worried about protein and don’t know that you can get protein in fruits. People consume too much protein in this part of the world which is a big problem. A lot of people think they will be hungry and that they’ll miss out on their favourite foods. This is because they don’t know how to cook vegan yet, what the alternatives are, and sometimes they might have an inexperienced palate. They might also feel isolated and not get the support they need from their friends or family, or their doctor.”

Lepine offers a program called Vegan Step by Step that helps people make the transition and she will be starting up The Vegan Hotline ([theveganhotline.com](http://theveganhotline.com)) which will be launched in the spring. The purpose of this program is to answer questions about specific foods, situations and roadblocks that people commonly face when making the switch.

Lepine suggested that students

can eat fresh local foods that are available. “Even frozen veggies are better than none at all and are really convenient. Getting together with friends and making a big pot of soup, stew, chilli and a big salad is a nice and inexpensive way to stay healthy,” she added.

Lepine wanted people to know that being vegan is not a restrictive lifestyle, nor is it a radical one. “It’s also not a diet. The vegetarian lifestyle tends to be more of a diet, but the true vegan embraces not only the diet, but aims to apply the principles of peace and compassion in their life. It is about a better life for animals, people and the planet.”

“It’s time for everyone to get veducated! I am a happy healthy vegan and I am proud to share this way of life with others,” she added.

For more information about Vegup London and to learn more about upcoming events, visit their website at [vegup.ca](http://vegup.ca).



CREDIT: ALLEN GAYNOR

Fanshawe College Construction Engineering Management student Shawn Smith took home a Molson Canadian 2014 Canadian Olympic beer fridge given away by The Out Back Shack. The fridge was part of a promotion sponsored by Molson.



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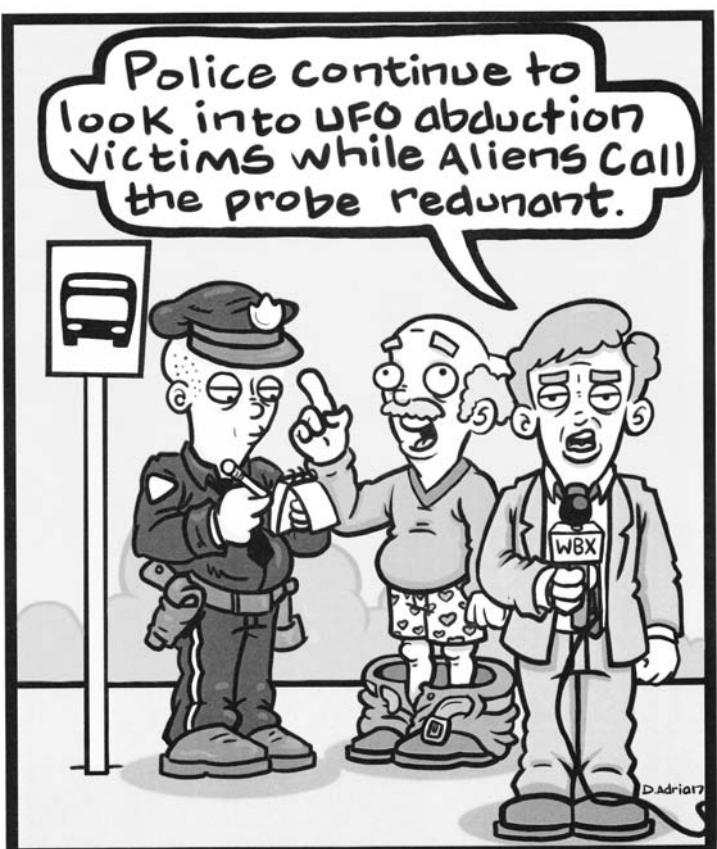
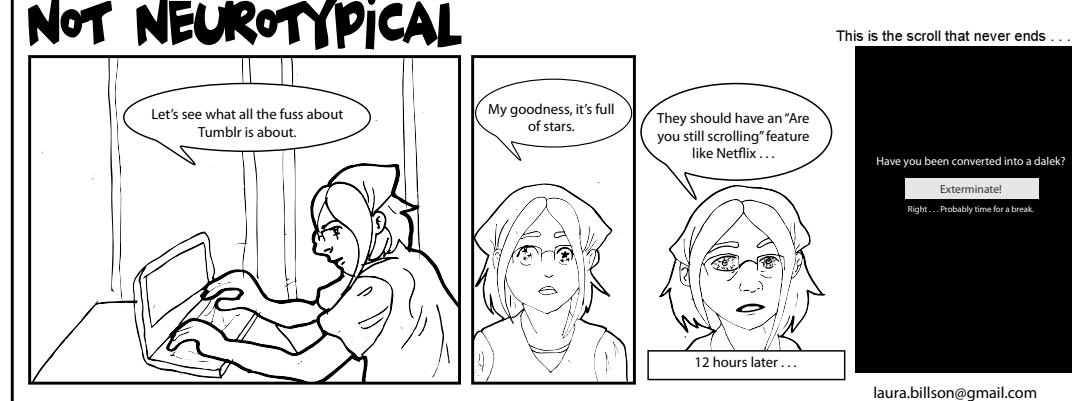
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**Detective Special**

Eshaan Gupta

**BUS STOP****NOT NEUROTYPICAL****observational anomalies**

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# zodiac stargazer HOROSCOPE

**Aries (March 21 - April 19)**

You give and give from a bottomless reservoir. As long as no one else is losing, all thoughts of inequality are far from your mind. People from other countries hold special appeal for you.

**Taurus (April 20 - May 20)**

Good impressions are important to Taurus. Think the best of others, and hope that they'll respect you in a similar fashion. While the Moon is in Pisces at the end of the week, it's best to err on the side of caution.

**Gemini (May 21 - June 20)**

The flaws are more interesting than the intended presentation. Show your true intelligence by admitting that you don't know something. Gemini's social life may hold a pleasant surprise.

**Cancer (June 21 - July 22)**

You're in hiding, but the world can't seem to leave you alone. Accept your popularity. There's a place for you, and now is the time to start seeking it.

**Leo (July 23 - August 22)**

You lead the parade or deliver the speech. You're at your best outdoors, or wherever the sun might be shining. Smile and beckon with your eyes. Few can refuse what you're offering.

**Virgo (August 23 - Sept. 22)**

Feel for those who currently are experiencing your old problems. Offer guidance to someone without actually doing their work. You can afford a quick detour in the name of compassion.

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

Say what's in your heart, and let your credentials fill in the blanks. Libra does well on the road and shines in the presence of younger people. Your efforts are maximized to their fullest effect.

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

An appealing trend probably leads nowhere. Encourage others to go ahead so that you can stay near the exit. Look long and hard at someone's emotional response before agreeing with it.

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

Fun comes with a side order of honour. The more you believe in the game, the more others will enjoy playing it with you. Expand your operations to reach those who deserve to be included.

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

Maybe all of the credit, blame and other pains in the neck shouldn't be your responsibility. You deserve a play date as much as anyone, if not more. Hang up, and let your voice mail service take over.

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

In your world, representation equals essence. All liars should check out before you lose your temper. Friends are happy to know exactly what they're getting.

**Pisces (Feb. 18 - March 20)**

Instead of fixing what's broken, maybe you should abandon it and move on. Count yourself lucky that nothing worse happened. People are more likely to forgive you when you phrase your apology in the right way.

ing working hours.

3. You would need to smoke between 20,000 - 40,000 joints to be at risk of dying of a THC overdose.

4. The US Air Force researched a "Gay Bomb": A non-lethal bomb containing really strong pheromones that will make the enemy forces attracted to each other. It won the 2007 Ig Nobel Prize.

5. Women average seven farts a day and men about 12, experts say.

6. Super Nintendo and Sega

**Quirky Facts**

1. According to a 2014 study, one in 10 Americans think HTML is a sexually-transmitted disease.

2. A computer programmer named Maneesh Sethi hired a woman to slap him across the face every time he uses Facebook dur-

**Sudoku Puzzle**

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

puzzle rating: hard

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

After the puzzle has been correctly solved the letters in the circles when read from left to right across each row will spell a special message or word.

**Across**

1. "Eso \_\_\_" (Paul Anka hit) \*2 words)

5. Shrewd

9. Word of greeting

14. "I'm \_\_\_ you!"

15. "\_\_\_ Baby" ("Hair" song)

16. To have, in Le Havre

17. "\_\_\_ ane all for one" (3 words)

19. "From the Earth to the Moon" writer

20. "Understand?"

21. Beanie Babies, e.g.

22. Headline from last week: \_\_\_ it in

24. Headline from last week: The \_\_\_ tug-of-war

26. Hospital area (abbr.)

27. Common solvent

31. Headline from last week: \_\_\_ into park benches

35. Howler

38. Love

40. "Norma \_\_\_"

41. Headline from last week: Premier League Ponderings: True heroes: The Prem's best one-club

42. Likes (2 words)

44. Gold (prefix)

45. C.I.A. forerunner

46. Small drum

47. \_\_\_-frutti

49. "Nana" star Anna

51. Needle holder (2 words)

53. Cheese People \_\_\_

55. Headline from last week: Networking \_\_\_

59. Headline from last week: \_\_\_ stewards students

63. River to the Volga

64. Great Society President (ini-

Genesis had an online multiplayer mode.

7. Before making *Finding Nemo*, the animation gurus at Pixar Studios had to take a graduate class in fish biology and oceanography.

8. The Rock accidentally knocked out Michael Clarke Duncan while filming a fight scene for *The Scorpion King* and had a custom Rolex made as an apology gift, but liked the watch so much that he kept it for himself.

9. North Korea uses a fax machine to send threats to South Korea.

10. In 2009, a drunk New Zealander lost a poker bet and had his name changed to "Full Metal Havok More Sexy N Intelligent Than Spock And All The Superheroes Combined With Frotnova". He found out that it was accepted five years later after receiving a confirmation letter.

11. Chunosuke Matsuyama, a Japanese Seaman, sent a message in a bottle in 1784 that his ship had wrecked. It washed up in 1935 in the village where he was born.

12. Porn is illegal in the Ukraine, unless it's prescribed for medical use.

13. Richard Branson, founder of the Virgin Group, is dyslexic.

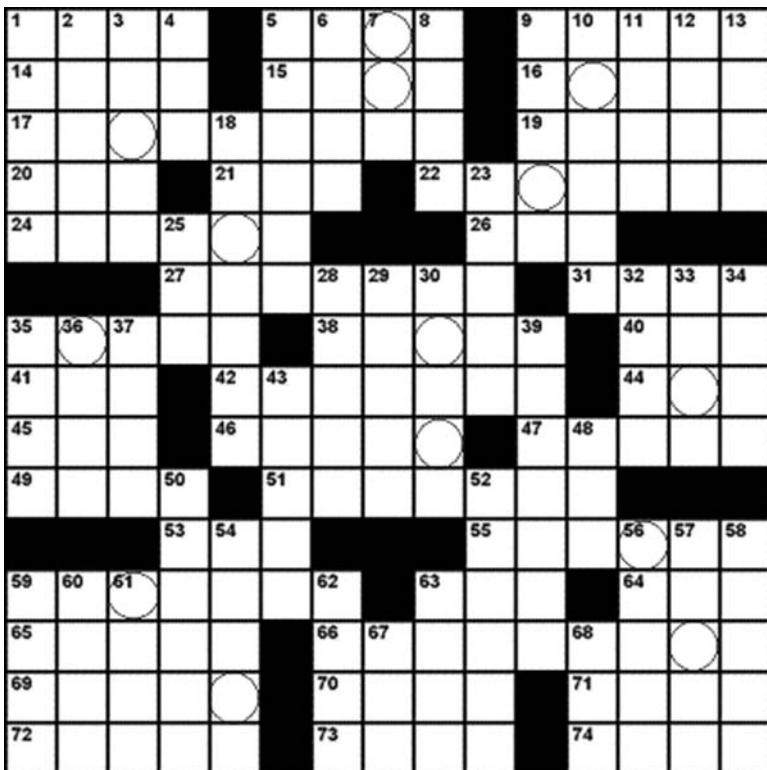
14. The Häagen-Dazs ice cream creator was American and made up the brand name to sound Danish, unique, and sophisticated. It doesn't mean anything.

15. Canada has more lakes than the rest of the world combined.

16. There are more than 150 million sheep in Australia, and only some 20 million people.

17. China is the source of 70 per cent of the world's pirated goods.

18. There is a town in Norway called Hell, and it freezes over almost every winter.



29. Ancient Greek theater  
30. \_\_\_ Dame  
32. "Hoc \_\_\_ in votis"  
33. Seagoing (abbr.)  
34. Bandar \_\_\_ Begawan (Brunei's capital)  
35. Managed care groups (abbr.)  
36. Recently (abbr.)  
37. Massachusetts motto opener  
39. Beseech  
43. Headline from last week: Nothing trivial about energy and \_\_\_  
48. Underground organization (abbr.)  
50. Not at all  
52. Capital of Turkey  
54. Slugger Williams and others  
56. Bored with life  
57. "A Doll's House" playwright  
58. Boot out  
59. "Roots," e.g.  
60. Headline from last week: Boring Spaces Beautiful: Accent pillows for everyone  
61. Cut, maybe  
62. Bickering  
63. Antarctica's Prince \_\_\_ Coast  
67. Grassland  
68. Headline from last week: The Shopping Bag: Oversized shawl to see you through the \_\_\_ of winter

Solution on page 18

**Word Search**

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

**Trees and Shrubs found in Ontario**

(Words in parentheses not in puzzle)

Ash	Fir	Oak
Birch	Hickory	Pine
Cedar	Honeysuckle	Spruce
Chestnut	Magnolia	Sycamore
Dogwood	Maple	Walnut

# Help for hurting

MICHAEL BARRETT  
INTERROBANG

This is a different type of article than what I normally write, deviating from my usual objective and research-based journalism. I prefer to write fact, not opinion, so I tend to avoid any subject for which I have strong feelings.

I take an excursion from that pattern at my own expense, because I believe that sharing my personal experience might benefit those who share my affliction. At risk of being seen differently by those not aware of this, I want to share that I was diagnosed, 12 years ago, with bipolar disorder. You've probably heard all about bipolar disorder by now, or at least heard of it in passing, even if only by the politically incorrect term "manic depression."

Most people, especially those who have only known me since I started at Fanshawe this September, likely had no idea. I'm a top student, hardworking, polite and generally friendly. Yes, I have my bad moods, but so do you. Sure, I'm quirky, but lots of people are. I talk openly, frequently, and sometimes say the wrong thing, but you have friends like that, right? You wouldn't be on that basis make an amateur diagnosis that they suffer from mental illness. As is generally true of the symptoms of bipolar disorder, it isn't so much what I feel, how I act or what I say that is different from other people, but rather the extreme fluctuations and extent of behaviours and emotions that are problematic.

I am one of the lucky ones, first because my symptoms are mild compared to most people with bipolar disorder. Second, I was diagnosed and treated effectively at the age of 30; some people never get diagnosed properly, possibly unaware that they need help or that

such help is available. Since that diagnosis, I have been increasingly healthy with each passing year and have exceeded all expectations of the medical and mental health professionals I have dealt with. But I wish that were the end of the story...

The truth is, every once in a while, something upsets the delicate balance. There's a chemical factory inside my own body that might as well be a meth lab straight out of *Breaking Bad*, and all the medications and cognitive therapies in the world can't keep it in check 24/7. So at some random moment, on average once every 12 months, with some years worse than others, a perfect storm of bad luck in my personal life or something as simple as a bad bout of the flu can trigger a spiral into a deep depression. This is the dark cloud that is forever looming over my head. No matter how well I get, or how hard I try, I know that horrible experience is waiting around the corner eventually.

This year, the people who had no idea that I am bipolar had a chance to see the man behind the mask. There were times during the month of February that I forced myself to go to classes despite the fact that my eyes were red from breaking down in tears. Sometimes I would just barely be able to keep from breaking down while walking through the hallways in full view of people I didn't even know. There were multiple triggers for my recent setback, the specifics of which are not important, but my message to my fellow students is...

Whether you have bipolar disorder or not, you may face a time like this while you are a student or later in life. I can't tell you what will get you out of it. Maybe you'll need antidepressants, special accommodations, counselling – everyone's

needs are unique. What I can tell you is what got me through the last few weeks. Even though I know that I will feel this bad again, I also know how glad I always am to be alive when I get through it. I've gone through this enough times that even when I can't see the light at the end of the tunnel, I know that it is there. This allowed me to keep working through the pain.

I maintained my studies and got my assignments completed. I didn't give up. I struggled with one exam, but I'm still a straight-A student. I don't mention that to brag. I mention it because I want people to know it isn't easy to succeed under such circumstances, but it is possible. In years gone by I would drop out when things got tough or just given up trying. In contrast, at this point in my life, my success through the hard times is part of what helps me to feel better, get better and stay better.

If you think you might be suffering from bipolar disorder, or are struggling with depressive or suicidal tendencies, please do make an appointment with Fanshawe's Counselling Services without hesitating, or visit a medical professional elsewhere without delay. I am not recommending you try to go it alone or just try harder. My point is simply that you shouldn't give up on your goals, dreams and accomplishments because you think that there is no hope. I can tell you from years of experience, help is available and you aren't going to feel bad forever.

If you or someone you know is dealing with a mental health issue, Counselling and Accessibility Services on campus provides free and confidential care. London Campus, Room F2010 519-452-4282 counsellings@fanshawec.ca

# BEST IN LATE NIGHT COMIC RELIEF

## THE LATE LATE SHOW with Craig Ferguson

Albert Einstein wrote a manuscript that was lost for 83 years. Larry King found it in an old pair of jeans.

Some people say St. Patrick's Day contributes to national stereotypes. Well, I don't want to do that. Take it from me, not everyone in Ireland gets falling-down drunk every day. You're thinking of Australia.

A new study says Americans spent a record \$56 billion on their pets last year. That may sound like a lot but think about what you get in return. You get the unconditional love of dogs, the exotic beauty of a tropical fish, and whatever a cat gives you – disdain, I guess.

What a fantastic ovation from the audience. You guys have never been here before.

## THE TONIGHT SHOW with Jimmy Fallon

Facebook founder Mark Zuckerberg apparently called President Obama directly to complain about NSA and how it spies on ordinary Americans. That's right, the guy who runs Facebook got mad at the NSA for spying on people. Talk about the pot unfriending the kettle!

St. Patrick's Day is a huge deal here in New York City. Two million people turned out today for the annual St. Patrick's Day Parade. It's the one parade where the horses are the ones that have to watch where they step.

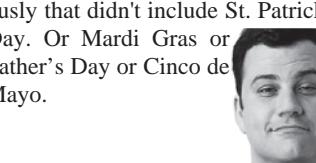
A new poll found that two-thirds of Americans are following the situation in Ukraine, which is impressive. Usually, you can't find two-thirds of Americans who are following the situation in America.

## JIMMY KIMMEL LIVE with Jimmy Kimmel

There was a small earthquake here. Scariest thing about an earthquake is that when it starts you have no idea how intense it's going to get or how long it's going to last. It's like when your mother tells you a story.

We had some earthquake damage at my house. Two bottles of lotion fell over and we had to wait two hours for the maid to get there to put them back.

Yet another video surfaced that showed what appeared to be a drunken Toronto Mayor Rob Ford. When he promised to stop drinking, obviously that didn't include St. Patrick's Day. Or Mardi Gras or Father's Day or Cinco de Mayo.



## CONAN with Conan O'Brien

In Toronto an 18-year-old girl is running against Rob Ford in that city's mayoral election. Her campaign slogan is "Vote for me. I'm not a crack addict."

In Florida, the town of Hampton has been found to be so corrupt the state may dissolve it, basically ending the town's existence. Which of course begs the question: How bad of a town do you have to be to be an embarrassment to Florida?

Archeologists just discovered a leather belt believed to be 4,000 years old. So now we know why Larry King wears suspenders.

A barber shop in Colorado is refusing to serve anybody who smells like marijuana. Today they went out of business.

## LATE NIGHT with Seth Myers

A model is suing Playboy after something went wrong with a stunt where someone hit a golf ball off her butt. Even worse, it was a photo shoot for an article about feminism.

St. Patrick's Day is when we commemorate the time St. Patrick drove all the alcoholics out of New Jersey and into Manhattan.

On Saturday, Los Angeles subway workers unearthed prehistoric fossils that are at least 2 million years old. Scientists could tell the fossils were indigenous to L.A. because they were each found clutching a headshot and a smoothie.

A professor at Virginia Tech claims he can turn woodchips into food. However, still no luck with kale.



# That liminal space

HOPE AQUINO-CHIEN  
INTERROBANG

I like organization. I like planning. Knowing what is ahead of me is what keeps me sane and feeling on-track. Now, that doesn't mean that I don't ever cross the line and be spontaneous... but even then it is usually within a set parameter or comfort zone.

Approaching the end of my academic career, I find myself faced with the unknown. It scares me even more than all the work combined in my five years of post-secondary education, because there is only so far I can go planning and organizing. A lot is out of my power. When will I be getting a job? Will I even have a chance at a job? Do I want to work right away? All the questions are piling up and I find myself going back and forth between answers.

The option of taking off on vacation seems like a good break, and an opportunity that seems less than likely once I enter the workforce. Do I want to spend more money (which I have always been frugal with) for personal wellbeing, or try to dive straight into the reality of work life (which may not even happen right away)?

It is that liminal space that I have been dreading and avoiding, not having to face for a long time. It has always been in the back of my



CREDIT: IMPACT

Are you ready for the world out there?

mind but has never had to be dealt with until the "future" or "down the road." Except that time is now. There is no choice anymore but to face these big decisions and follow them wherever they may lead.

So where does this leave me? I know that a lot of factors are out of my hands, but I can make certain decisions based on what it is I do have the ability to control: concentrating on completing my school year and laying out the foundation with a good resume, a solid list of job prospects and professional contacts. These things I can and need to accomplish even if I decide to take off somewhere.

It is important to go through all your options and really think of

what is best for you depending on your own situation. I know there is a lot of advice available, but nothing is tailored specifically for you. No one knows what you want or need as much as you. Do what you have to do, but don't jump at a decision because someone told you to. Listen to your instincts and experience.

Perhaps the biggest challenge is really saved for last, but it is a challenge that will lead to bigger and better things. Plan things out and experience things in the moment, life will throw all sorts of obstacles your way, but like I have been discovering... maybe a dose of the unexpected unknown is just what you need.

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# No Room for improvement



Cinema Connoisseur  
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## The Room (2003)



Martin Scorsese, Steven Spielberg, Dan Aykroyd, Hulk Hogan, Jenna Jameson. All people who have contributed greatly to the motion picture industry, and have attempted, with varying degrees of success, to make the perfect film. Well, these fine artists can stop now. Cinematic perfection has been achieved, and it happened all the way back in 2003. That is when a remarkable being known as Tommy Wiseau directed, produced, wrote and starred in an astounding motion picture known as *The Room*.

Wiseau portrays Johnny, who can best be described as the love child of Gene Simmons and Fabio. Yes, I do understand that Fabio and Mr. Simmons could not have fathered a child together. Obviously, they both have had vasectomies, otherwise they would have produced thousands of offspring.

Johnny is a successful banker and all around great guy. He has basically adopted an 18-year-old boy named Denny, setting him up

in his own apartment, and offering to pay his tuition for him. He also treats his fiancée Lisa like gold, regularly bedding her while rubbing roses down her naked body, surrounded by candles. They have two steamy sex scenes in the first half-hour of the film. Just take a look at this dialogue that exhibits the chemistry between the two:

**Lisa:** Do you want me to order a pizza?

**Johnny:** Whatever, I don't care.

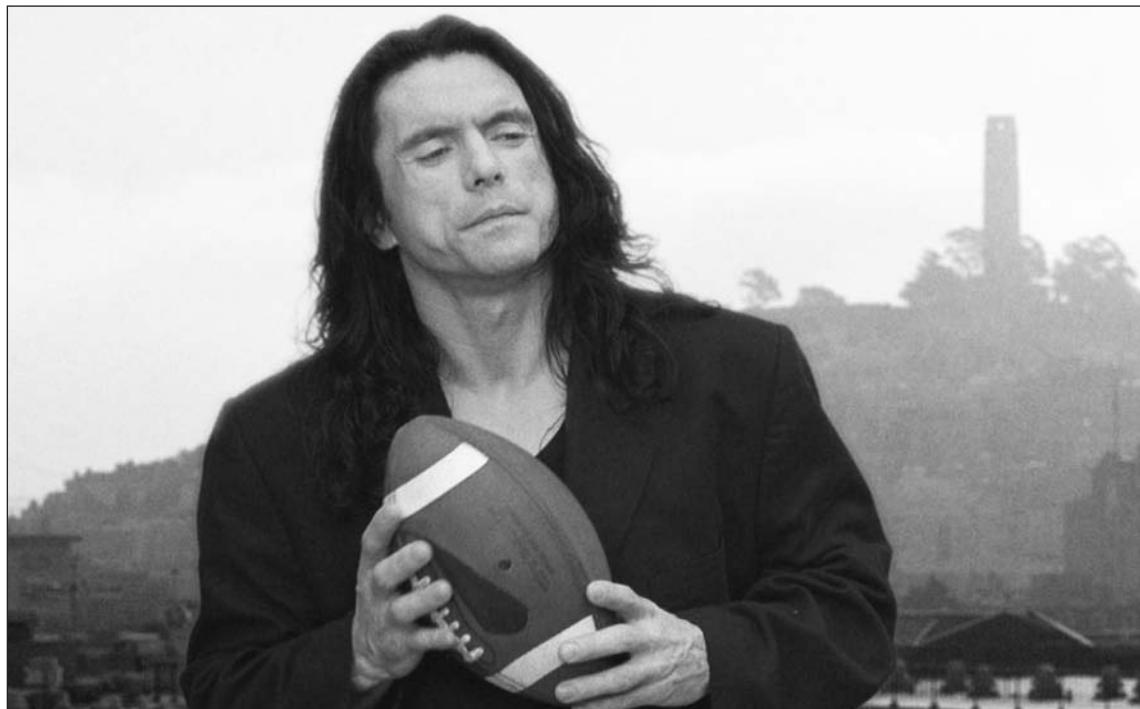
**Lisa:** I already ordered a pizza.

**Johnny:** You think about everything, ha ha ha.

It's like something out of a Harlequin romance novel. Unfortunately for Johnny, Lisa actually has three sex scenes during the first half-hour, as she is also sleeping with Johnny's best friend Mark.

Lisa reveals to her mother – and anyone else who will listen – that she has no feelings for Johnny. However, she likes the financial freedom that being with Johnny provides, so decides to continue stringing him along while continuing her fling with his best pal. Poor Johnny continues to spend a small fortune on roses and candles.

The passionate love triangle, and the paranoia it breeds, is the meat of this film, but *The Room* is filled with so much more. Specifically, football. Throughout the film, the male characters are constantly tossing footballs to one another. I swear there is more pigskin action



CREDIT: NEW VIDEO GROUP

Tommy Wiseau, directed, produced, wrote and starred in *The Room*, a cult classic from 2003 that will hit the big screen at Western Film theatre April 4 and 5 for midnight screenings.

in this film than in *Remember The Titans*, *Rudy* and *The Longest Yard* combined.

While Wiseau deserves kudos for his writing and directing efforts, it is in the role of actor that he truly shines in *The Room*. He employs a very minimalist approach to acting. It almost appears as though he isn't putting the slightest bit of effort into his performance, which is the true sign

of a great thespian. His performance throughout the film is reminiscent of someone who has just woken up from having their wisdom teeth removed. Whatever it was that he was drawing from at the time this film was being shot was clearly working.

*The Room* is an unforgettable tale of love, betrayal and pickup football games. It is easy to see why a decade after its initial

release, it is still selling out theatres across the world. You will certainly want to make room on your DVD shelf for *The Room*.

*The Room* will hit the big screen once again on April 4 and 5 at Western University's Western Film theatre for a midnight cult movie showing. Be sure to bring plenty of spoons.

# Comic vs. screen: *The Walking Dead*



G33K LYFE  
ANDREW VIDLER

Ever since its debut in 2010, AMC's *The Walking Dead* has drawn in millions of viewers with its grisly depictions of some truly horrifying situations, many of which have been deemed extreme for such a popular program. As graphic and disturbing as some of these events have been, they pale in comparison to the perils that befall the characters in the far less censored medium of a black and white page.

Some of these changes, such as the addition or removal of certain characters, have certainly been creatively driven, but there have been a number of situations that were heavily altered or completely removed from the program for obvious censorship reasons, leaving many comic book readers (myself included) under the impression that there were certain lines that the show would not cross.

But all that changed with "The Grove," a recent episode of the TV series, which will certainly go down as one of the most – if not the most – shocking episode of the entire series, which led me to reflect on a couple of the other changes made to some of the more horrifying moments of the series.

WARNING: SPOILERS AHEAD

is keeping a large number of zombies in his barn, believing them to be sick people who could be cured, one of which was his son Shawn. Rick agrees to help his host preserve the zombies in the barn, only for them to break out, killing two of Hershel's remaining four children and leading him to put bullets into all their heads. The unexpectedness of the attack and the high body count make this one of the rare big attacks in the early run of the series.

**TV:** The barn sequence in the show happens for many of the same reasons – Hershel still believes that the zombies can be cured, and his son and wife are both in the barn – yet there are two key differences that serve to make this sequence more depressing, but not nearly as terrifying as the comic book sequence. The first factor is the presence of Shane, whose increasing instability leads him to bust the lock off of the barn, releasing the walkers and giving the survivors warning and time to organize before gunning them down in front of a devastated Hershel, but the second and more important factor is the last zombie out of the barn, Carol's young daughter Sophia, who had been the subject of a search that entire season. Watching her slowly stumble toward her crying mother and her shell-shocked group was the darkest moment on the show so far, and the first indication that children were not safe.

### "I Didn't Hurt the Brain":

**Comic:** Ben and Billy are young twin boys with their parents in the post apocalypse world, and there wasn't much else to them, at least



CREDIT: AMC

Melissa McBride as Carol on *The Walking Dead*, did the unthinkable, killing Lizzie in a moment many fans of the show didn't think would possibly happen.

to start. After losing both of their parents in the early days of the series, the twins were adopted by Dale and Andrea and remained mostly in the background except for one panel, an image of Ben poking at a dead cat, which planted the seeds of something off in the mind of the young boy. Those seeds sprouted into a sickening conclusion, as out of nowhere, when his adopted mother went looking for him, she came across Ben hovering over his brother's corpse, convinced that he would come back and everything would be okay. This was another dark moment in a story that had already been full of them up to that point, coming to an end when young Carl Grimes took it upon himself to dis-

creetly execute the unstable child when no adult could bring themselves to do it.

**TV:** The moment that inspired the article, and one of the few moments that readers were 100 per cent sure would never be shown on screen, even more so when there was no sign of the twins' family in the program, but holy shit were we wrong. Enter Lizzie and Mika, two sisters who were understandably traumatized by the death of their father during the prison outbreak. Fleeing the prison after saving big softie Tyrese's life with two precise headshots, the duo rescued Rick's baby Judith and left, meeting up with a banished Carol later on. On the road, signs began to show that something may be up

with the older sister, and events play out similar to the comics with one key difference, it was so much more horrible than how it played out in the book. In the comic they find Ben, shut him away and he is only seen again for one brief moment before his death, yet last week's episode portrayed a little girl who was grinning over the dead body of her sister and casually mentioning that she was about to do the same to the baby. Here was a girl who just didn't get it. The final scene between Lizzie and Carol was a beautifully acted, stomach-churning scene, and no fan will ever look at the flowers the same way again.

# Brian Harvey named head coach of the Fanshawe men's baseball program

FANSHAWE ATHLETICS  
SPECIAL TO INTERROBANG

Nathan McFadden, manager of Athletics at Fanshawe College, announced on March 19 that Brian Harvey has been selected as the new head coach to lead the Fanshawe Falcons men's baseball program in their inaugural season.

Harvey, a native of London, joins the Falcons coaching staff with an extensive background in coaching and academics. He has been a coach with North London Baseball since 2008, where he served as a head coach, but also developed indoor and outdoor training clinics for players and coaches. As a coach in the London Badgers Baseball system, Harvey led his team to an overall 52-10 record and a silver medal at the 2013 Ontario Baseball Championships. As the Athletic Director at H.B. Beal Secondary School, Harvey developed and organized the new baseball program at the school in 2013, which won the TVRAA City Championship in their first year. Harvey also brings championship experience as a player where he was very successful in winning back-to-back national champi-

onships in 2005 and 2006.

"After an extensive search with many highly qualified candidates, we are thrilled to welcome Brian to the Falcons family," said McFadden. "His strength of character, leadership, teaching abilities and vision for building our new baseball program are just some of the skills that he brings with him. As a proven winner, he understands what it takes to win championships and his recruiting skills combined with his involvement in the Badgers program provide developed recruiting contacts."

Harvey stated, "I am really excited to be named the head coach of the Fanshawe baseball program and to be competing in the OCAA. I can't think of a better program to be coaching for in the college ranks. The Fanshawe Athletics program is run in a first class manner and I am very proud to be a part of the Falcons varsity coaching staff."

The Falcons will begin tryouts on August 18, with their OCAA regular season starting in early September. The complete Falcons schedule will be released in late June. The men's home games will be played at historic Labatt Park.

## Curbng on-campus cravings



**HEALTH HABIT OF THE WEEK**  
Fitness and Health Promotion students

**Q. I am always hungry and never know what to eat at school – help!**

A. There are a couple of reasons why you may feel hungry all the time; you may not be eating frequently enough, you may be eating sugary foods or you may be skipping out on healthy fats. Here are a few ways to improve your eating

and make healthier choices:

- Eat foods low in sugar
- Eat small meals every two or two and a half hours
- Drink more water during the day and with meals
- Eat energy-dense foods such as protein, carbs, fruits and vegetables
- Stay away from sugary drinks and foods
- Choose healthy snacks like almonds, veggies, protein shakes, yogurt or boiled eggs

*Submitted by Taran S., Kaitlyn J., Samm G. and Kira C.*



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



## Power shifting in the northwest war



PREMIER LEAGUE  
PONDERINGS  
ANDREW VIDLER

Don't tell a supporter of Chelsea, Arsenal or Manchester City that I said this – and it's completely an opinion – but in my mind there are only two teams in England that really matter: Liverpool and Manchester United. These are the two most historically successful teams in the country, the only two with multiple European Cups to their names and a regular season match between the two attracts a global view audience of 500 million. Needless to say, these two northwest clubs absolutely hate each other.

Much of the rivalry actually stems from a historical animosity around the building of the Manchester Ship Canal in 1894, which led to a mini recession in Liverpool as it rendered the city's crucial port much less important to England's economy as a whole. This rivalry extended to football, reaching its peak as Liverpool FC became the dominant force in the country, and one of the strongest clubs in Europe, which may as well have been the world as far as the sport was concerned back then. The club chalked up 18 league titles, four European cups and a cabinet full of other major honours in this time, as Manchester United

suffered through decades of mid-table mediocrity, and even relegations.

That all changed with the arrival of Alex Ferguson in 1986, as Liverpool would win their 19th and final title in 1990, allowing for a period of Manchester United dominance that would see them storm to title after title, securing their 20th last year in Ferguson's final season. In this time they also won two European Cups and numerous domestic trophies, often by large, convincing margins, and were indisputably the power in English football until the rise of the big money clubs in the last decade saw them drop four titles to historically less successful clubs.

The retirement of Ferguson, and subsequent appointment of David Moyes has seen Manchester United struggle far beyond their rivals' wildest dreams, at the time of writing the club sits in seventh place, 12 points behind the all-important Champion's League places. Yet the fans seem to have reacted the most angrily at the result of the last home match, a 3-0 defeat to their greatest rivals in their own backyard.

There is a lot to be said about not only the fact that Liverpool were able to beat Man U so completely at Old Trafford, a stadium that until recently was considered one of the most foreboding stadiums for an away team to play in, but it was the nature of the team's performance that has the fans so wor-

ried. A lot has been made of the lack of cohesion between strikers Wayne Rooney, Robin Van Persie and the aging nature of the squad's core, but it was the complete and utter lack of any sort of drive and ambition shown not only in this game, but all season under the new manager.

Flying directly in the faces of this is the success of Liverpool this season, the young team boasts the top two scorers and assist makers in the league and have scored 76 goals, leaving them sitting in second place and with a realistic shot at their first title in years. Manager Brendan Rodgers has developed an exciting team playing exciting football, impressing all with the rapid improvement from the team that finished in seventh last season and tellingly sweeping aside their close rivals by massive scorelines. With Chelsea and Manchester City still to come to Anfield, the Reds have a realistic shot at the title, and it would take a miraculous slip up for them to fail in their quest to return to the Champion's League where they feel they belong.

It will take a similar miracle for Manchester United to qualify, and it remains to be seen if the board will stick with Moyes, who was Ferguson's hand-picked successor, but it has gotten to the point where the fans have had enough. Liverpool supporters, on the other hand, are daring to dream, and are basking in the downfall of their most bitter rivals.

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Windsor guards like Darren Duncan will cause issues for the Lightning next round.

## Lightning and Express in a heated match



**LIGHTNING WATCH**  
MARTY THOMPSON  
sensandsoccerfan@hotmail.com  
twitter: @martythompson\_

The 401 Rivalry is alive and well in the National Basketball League of Canada.

The London Lightning and Windsor Express will play in the Central Division Conference Final.

It has been one of the league's best rivalries due to Windsor's continued success against a historically strong London Lightning squad. Heading into the series, Windsor and London split the 16 games 8-8 over the past two seasons. Something has to give in this seven-game series.

Windsor finished the season with the best overall record (29-11) in the league due to a good variety of skills at both ends of the court.

Windsor has one of the most dominant inside offenses in the league. Led by bigs DeAndre Thomas and Chris Commons, Windsor has been pushing offences to the perimeter all year. London will use Jermaine Johnson and Dwight McCombs to try and counter that threat. The good news for London is that Windsor has only faced Johnson and McCombs twice – in a home-and-home series in February. Johnson had 22 points in that first game versus the Express (and his first for London) and led London to 50 points in the paint. The Lightning will need a performance like this to neutralize their bigs.

However, Windsor could very easily switch all of the shooting to the guards. Darren Duncan and Stefan Bonneau are the league's best pairing in the backcourt. One thing they do really well is defence. They are first in the league at field goal defence and second in the league in three-point defence. Essentially, these guys tend to shut down teams from three-point ground. Depth guys like Papa Oppong bring lots of size (6 ft., 4 in.) to the guard position in Windsor, which is something London doesn't have a lot of. Guards like Darin Mency and James Millen don't usually see significant minutes, but that could change this series.

Windsor also has some speed in the backcourt. Arguably Windsor's Bonneau and London's Stephen McDowell are the two fastest players in the NBLC. It just so happens that the Lightning's Stephen is out for the season. They are going to find it very difficult to match Bonneau's speed and offensive ability (he averages 22ppg, good enough for second in the league) as well as Darren Duncan's passing ability (first in the league with nine assists per game).

When it comes to London, they have lots of time to get a run going. Coming into the series, they only had one day off after their final game with the Brampton A's. London hasn't had a chance to gel. That could all change in this series.

*Marty Thompson is the play-by-play voice of the London Lightning for their livestream, SportsLive24.net.*

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## Truckin' around in the terrific Toyota Tundra



**MOTORING**  
NAUMAN FAROOQ  
naumanf1@yahoo.com

Full-size pickup trucks are typically a North American affair, as their size and thirst will not work in many other parts of the world – with the exception of the Middle East.

It used to be that the only companies offering large pickup trucks were American, e.g. Ford, General Motors and Chrysler. However, in 1999, Japanese auto giant Toyota decided to take on the American competition with its very own full-size pickup called the Tundra.

Fifteen years later, and the Tundra is still with us, proving that it had the goods to take on the competition and beat them in many areas. Since people are still buying the Tundra in large quantities (they have sold over a million units of this truck since its inception), Toyota has no plans to discontinue it. What they did have in mind was to revamp it, so the 2014 model year Tundra is essentially a new truck, with only a few carryover bits from the last generation model.

There is also a new version called the 1794 Edition, which is available on the top trim Tundra 4x4 CrewMax Platinum. This four-door model is only offered with the

5.7-litre V8 motor that produces 381 hp and 401 lb-ft of torque. It has the thirst to go with that power. Toyota claims this model achieves an average of 14.3 litres/100km on a city and highway combined run – in reality, it'll sip closer to 16.0 litres/100km, which given its size and girth (228.9 inches long, and 2,575 kg in weight), is not bad at all.

Power is fed to the wheels (it can be driven in two-wheel drive and all-wheel drive mode) via a smooth six-speed automatic gearbox.

Pickup trucks are mainly bought for towing and carrying capabilities, and the Tundra 1794 Edition can tow 4,305 kg and carry 590 kg worth of goods in its truck bed. That is seriously impressive.

Toyota, however, also thought this truck would appeal to the luxury crowd, and has thus built a vehicle that can not only work as hard as a proper truck, but also offer a Lexus level of luxury when you step inside. When I first climbed into the Tundra 1794 Edition (which pays homage to the State of Texas, where the vehicle is built), I was awestruck. The level of craftsmanship and the quality of materials used in this vehicle are better than most luxury cars I have been in. There is the right blend of wood, leather and polished metals trim pieces, which gives this truck a truly luxury feel. This truck is so comfortable and classy that even a Bentley owner would feel right at



home in it.

Anyone of any size would be comfortable seated inside, because there is tons of space. This particular version is a five-seater, and while many vehicles can claim that, in the Tundra, all five will actually be comfortable with ample head, leg and shoulder room.

My top-trim tester was also lavishly equipped. It has power windows all around (including the rear glass), power locks, power seats that are heated and cooled, satellite radio and navigation apps. The only thing I would have improved on was the quality of its speakers, but apart from that, it is fantastic.

The 2014 Toyota Tundra is available in 10 trim models, with prices starting at \$26,750. A fully loaded model like my 1794 Edition tester is yours for \$54,000. Trust me, regardless of the trim, the new Tundra is a bargain. If you need a pickup truck in your life, you need to try out this new Tundra.



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