



MEET YOUR NEW PRESIDENT (FOR A DAY)

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#FSUINTERROBANG PHOTO OF THE WEEK

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CREDIT: KERRA SEAY

Fanshawe president(s) Peter Devlin and Prashant Agarwal attended multiple events on and off campus thanks to Agarwal's winning bid to be Fanshawe's president for a day.

President for a day

KERRA SEAY
INTERROBANG

Prashant Agarwal, an international student in the Project Management program at Fanshawe, is the first ever student to win the bid to be the president of Fanshawe College for a day.

Agarwal placed a bid in a silent auction to raise money for Fanshawe's contribution to their United Way fundraising campaign.

Agarwal's bid of \$204 secured his win and led to what he called a once in a lifetime experience.

"It's amazing. I'm liking it because I get to see all that the president does in a day," Agarwal said.

Agarwal won two bids at the silent auction: the Fanshawe President for a Day bid as well as the Fanshawe Student Union (FSU) President for a Day bid. He said he chose the former because he may never get the opportunity to have an experience like this again.

He said he was hesitant at the beginning of the day, but was quickly welcomed by Devlin and his staff.

"I was nervous, but as soon as [I was welcomed] it was really warm. I was happy, the schedule was sent to me long before so I knew what the day was going to be like."

Agarwal has been the vice-president of the Fanshawe Lions Club and already has experience running an organization, but said he still wanted to see what it was like to be the president of Fanshawe, even if it was just for a day.

Agarwal was accompanied by Fanshawe president Peter Devlin to many events throughout the day including the First Nations Centre's Year End Gathering, the opening ceremony for the curling championship hosted by Fanshawe, the Business Achievement Awards at London Convention Centre and lunch with Devlin in Oasis.

"[Devlin] preferred Out Back Shack but I said, 'Let's go to Oasis,

many more students will be there,'" Agarwal said.

Fanshawe president Peter Devlin said it's phenomenal that a student took the initiative to win the bid this year.

"It's awesome to have a student who is the president for a day, and an international student," Devlin said. "Prashant is a marvelous young man and has just embraced the opportunity to understand more and to be exposed to a bunch of things that he otherwise wouldn't be exposed to. I hope that he finds it an awarding and special day, like I find it a rewarding day to find out more about student life for an international student courtesy of Prashant," Devlin said.

Agarwal reflected Devlin's sentiments.

"What I took away from this day was learning what a president does, his responsibilities and his roles... and as a student I got to freely get to know Peter Devlin," Agarwal said. "It was worth more than the \$204."



CREDIT: GLENN WHITEHEAD

Plant Matter Kitchen is a vegan restaurant that vows to only serve fresh, locally grown items is opening up in Wortley Village.

Plant Matter Kitchen

Vegan restaurant coming to London

JESSICA MILTON
INTERROBANG

There is something new coming to Wortley Village.

Plant Matter Kitchen (PMK), owned by Glenn Whitehead, John Burwash and Melanie Wendt is a fully vegan, plant-based, organic restaurant opening in the Forest City.

In the process of obtaining the last few permits, owners of the restaurant are hoping to open the doors this week and start serving smoothies, coffee and baked goods.

Whitehead explained the progression PMK plans to make coffee and smoothies to full meals.

"We will expand into the lunch menu and then into the dinner menu and by the time June rolls around we should have our liquor licence and be fully running dinners and brunches and the whole nine yards."

The three co-owners feel that the decision to open a restaurant together was natural as they all have experiences owning or at the very least working in the restaurant industry.

"The three of us are all very passionate about food and cooking and have pursued a life of good quality cooking, great delicious tasting food and pure natural ingredients. It was a match made quite nicely for us. We are all basically foodies you could say," Whitehead said.

PMK's decision to support the community to ensure the freshest and highest quality ingredients is an initiative that more restaurants should adopt.

"PMK is as committed to the foundation of local organic and plant-based as possible," Whitehead said. "We are working with a number of local, smaller and independent farmers to secure that sort of farm-to-table, as close to fresh and as close to its natural state food

experience as we can for the restaurant goer."

Whitehead explained that that they will be able to successfully incorporate a wide selection of locally grown ingredients due mostly in part to the partnership PMK will have with a local organization Globally Local.

"They will be supplying us with a large portion of our food... In the summer time they will be literally bringing in stuff that was picked that morning, and you can get corn that is still fresh right off the stalk and you can get other fresh fruits and vegetables that are literally being picked the day that they are being delivered to you," Whitehead said. "That is our goal, to get that as close to fresh and ripe picked as we can."

The local partnerships don't end there. PMK is partnering with other local London business that believe in similar philosophies of local and organic.

"We will be working with Booch on some great local kombucha teas; they are a great local organic, London based [organization], committed to craft tea making, and we will be working with them in making our own sort of custom tea flavours."

Whitehead discussed that in addition to Booch, PMK is working with a local coffee roaster as well.

"Patrick from Patrick's Beans will be making us our own proprietary roast so we will have a PMK roast that we will be roasting and selling. We have been working on hard on [partnerships] while we are [also] working hard to open".

If you want to stay up to date on all of the exciting things going on at PMK you can follow them on Facebook, Instagram and twitter. Their name on Instagram is @plantmatterkitchen and their Twitter username is @PMKRestaurant.

International student population continues to grow

KERRA SEAY
INTERROBANG

According to the 2015 International Student Barometer (ISB), a system that rates the satisfaction of international students, Fanshawe has come out on top yet again.

Over 142,000 students from 172 institutions and 18 countries participated in the survey, according to a press release. About 36 per cent, or 650 in total, Fanshawe students responded to the survey, a rise from the 23 per cent of students who responded in 2014.

Fanshawe ranked fourth out of

159 global post-secondary institutions for overall student satisfaction.

The study ranked Fanshawe at the top of the survey in Ontario out of 18 schools and second in the Global Benchmark in the category for Learning out of 158.

In 2013 Fanshawe ranked 76th in that category, making a huge jump to ranking second.

Fanshawe also ranked second in student satisfaction for application timing and processing.

The press release stated that this is a reflection of many quality educational factors including expert faculty members and quality lec-

tures and content.

In the press release, international projects and exchange coordinator Caitlin Smith said Fanshawe's high score reflects the quality education Fanshawe offers domestic and international students.

"Fanshawe continues to do well in this survey due to the excellent quality of teaching and services provided to our international students. The college works hard to ensure our international students have a wonderful educational experience at Fanshawe while living in the city of London."



CREDIT: MELTING THE ICE BY YULIA STAROSTINA (BOTTOM)

Reflex will be shown for free at the ARTS Project March 29 to April 2, with opening reception taking place on March 30 from 6 to 8 p.m.

Fanshawe Photography program launches new show

ANGELA MCINNES
INTERROBANG

The Fanshawe Photography program is about to get some exposure with its brand new year-end show, running March 29 to April 2 at the ARTS Project in Downtown London.

The show, called Reflex, will highlight the results of an image competition among second and third year students of the program. Judged by industry professionals, six of the best photos will be selected from six categories: portrait, commercial, nature, photojournalism/editorial, digital manipulation and unclassified.

After the 36 images are hung, the winning image from each category will be voted upon by judges and faculty. Winners will be officially announced at the show's opening reception Wednesday, March 30.

The competition has been a traditional component of the program's curriculum, with an annual awards banquet taking place at the Oasis. However, students' winning photos have only ever been displayed for brief periods of time in the college. This is the first year that the results will be put onto display outside of the school.

"For many years our awards banquet was the only way people got to see our best student work," said program co-ordinator Gilles Sweet-Boulay. "It was [full-time professor] Rachel Lincoln's idea to move away from this model to a

week-long show."

Although photography is also an aspect of Fanshawe's Fine Art program, the Photography program has focused on providing students with the necessary skills to succeed as professionals in the commercial world since its inception in 1972. Graduates of the program typically find success as entrepreneurs. Those who go on to another art program often credit Fanshawe for providing them with a solid foundation in knowing how to run their own studio.

According to Sweet-Boulay, Reflex will give the public a first-hand look into what the program fully entails.

"You'll see digital manipulation, and some amazing shots of what people are doing with Photoshop, taking simple images and turning them in something very powerful to look at," he said. "There will be beautiful landscapes and portraits that are of a professional quality that people aren't used to seeing."

Overall, Reflex is a notable milestone for the program and for Fanshawe as it expands its presence in the downtown core.

"It's a chance for people to get to know our students," Sweet-Boulay noted. "It's such a boost to the student's esteem to know your work made it out to the gallery, and another example of us reminding the public out there that 'Hey, we're here, and we're doing some amazing things'."

Canada welcomes international students with open arms

HENCY THACKER
INTERROBANG

The new government has made it easier for international students to gain citizenship in Canada.

"International students are the best candidates to be citizens of Canada. We are seeking them out and as are other countries in the world. It was the stupidest part of the previous legislative changes made under Bill C-24 to revoke 50 per cent credits of the international students," said Minister of Immigration John McCallum while addressing the media on Feb. 25.

"It makes no sense for Canada to punch them in the nose and take away their 50 per cent credit rather than nurturing them and seeking to welcome them to our midst."

McCallum has introduced his Bill C-6 to repeal the older Bill C-24 and made some liberal changes to the rules, which would make it easier for the international students to apply for citizenship in Canada.

There are four changes made to the rules as per the Bill C-6.

First, the age range for language requirement used to be 18 to 54. However, with the implication of

the Bill C-24, the age range was changed to 14 to 64.

Second, the Bill C-6 repeals the intent to reside provision, which was introduced by the previous Conservative government, since that provision created legitimate concerns of possible future citizenship revocation.

Third, the 50 per cent credit for time spent in Canada by international students is restored.

Fourth, the physical presence requirement in Canada has changed from four out of the past six years to three out of the past five years. This will allow individuals to apply for citizenship one year earlier.

McCallum has also introduced a citizenship book for aspiring citizens in English and French languages called *Discover Canada*. These books will guide the individuals through the process of applying for citizenship in Canada.

Furthermore, for the benefit of the international students, the government has committed to review Canada's Express Entry process, pledging that, "We will make changes to the Canadian Experience Class to reduce the barriers to immigration that have been im-

posed on international students."

Since the introduction of the Express Entry process to apply for permanent residency in Canada via Experience Class or any other program, every individual has to apply through this program first. All the applications are scored within the system and the applicants that have higher scores than a certain threshold receive an invitation to apply, which will then allow them to process their applications through the Experience Class.

It has not been decided exactly as to what changes would be made to the Express Entry program. However, it seems like any policy changes that would be made to open greater opportunities for permanent residency and citizenship for international students would target several different categories.

It would target immigration quotas associated with permanent residency programs relevant to international students and modifications to scoring systems in order to better recognise the experience of living, studying and working in Canada that international students bring to their Express Entry applications.



CREDIT: STEPHEN LEGRESLEY

Fanshawe students hard at work preparing film projects.

Festival to raise the curtain on London's film community.

STEPHEN LEGRESLEY
INTERROBANG

The city of London is no stranger to cinematic talent, from highly successful actors such as Ryan Gosling and Rachel McAdams, to accomplished filmmakers exemplified by Fanshawe's Academy Award winning writer/producer Paul Haggis. What organizers of the upcoming Forest City Film Festival believe London is lacking however, is a proper venue for new and aspiring filmmakers and film actors to display their work and get the professional exposure that, for most artists in this industry, can be the difference between a career in film and merely the dream of one. As the festival's artistic director Dorothy Downs said, "We have tremendous talent that comes from this region and it is time that we celebrate this."

The festival is set to run Nov. 11 to Nov. 13 at the Wolf Performance Hall in the Central Library downtown. Submissions for the event are being accepted until June 30 and must meet one or more of the

following criteria in order to be entered. One or more individuals from the London area occupying a key creative role in the making of the film, a significant amount of filming taking place within the London area or that the city itself take up a large portion of the film's narrative.

Downs explained, "It's a pretty broad canvas when you realize the number of industry people that have lived here or gone to school here. We expect to have a great line-up of films for the audiences to choose from in November."

Submitted films can be narrative or documentary-based, and prizes will be given for top selections in the areas of best short, best feature, best documentary and the audience choice award.

More than simply prize money, one of the largest potential benefits of the festival is the opportunity for students at Fanshawe to showcase their work to a larger audience and for the city itself to show what it has to offer to an industry which has seen an impressive and expansive rise in our province over the

last decade.

As Fanshawe film student Scott Week stated, "I think it's a really exciting opportunity. There's some really great talent in this city that unfortunately doesn't often get the exposure it deserves. I think this festival will be a great way to help London's filmmaking community reach a broader audience."

This is a sentiment equally shared by another of Fanshawe's film related programs, as Fanshawe Theatre Arts student Ian Taylor explained.

"It opens up a lot of doors, and regardless of whether it's paid or not, I think it benefits us and the community because it's a great chance for a larger group of people to see our work."

Those interested in submitting their work should go to forestcityfilmfest.ca or contact the festival organisers at info@forestcityfilmfest.ca for a complete list of festival rules and contest guidelines. Tickets for the event are set to go on sale in August and can be purchased through the festival's website.

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CREDIT: FRINGE FESTIVAL STAFF

The London Fringe Festival is an event that fills the streets of London with excitement; it will be taking place from May 31 to June 11.

Two is better than one

London Fringe Festival to join Old East Village and Dundas Street festivals together

EMILY STEWART
INTERROBANG

Summer is festival season, and London is rich with events. The London Fringe Festival, known for showing unique, small theatre productions and art, is one of the first things Londoners look forward to every summer.

Melissa Tipson-Mohr, the associate producer of the London Fringe Festival, said she got involved with the organization because she appreciates their work.

"They've made such an impact with the arts scene in London," she said. "It's proven itself to be something that can last." Around the same time as the London Fringe Festival, there are also some block parties. Traditionally, the Old East Village Street Festival and the Dundas Street Festival would block off different parts of Dundas on separate June weekends. Now, the London Fringe Festival is launching their own block party. Tipson-Mohr explained that they used to host the Dundas Street Festival with Our Street London, but they have gone their separate ways.

"Our Street London is taking the Dundas Street Festival and putting it in September," she said.

The London Fringe Block Party will work with the Old East Village Street Festival instead for part of their event.

The Fringe Festival also has another spin on a popular Canadian arts event after the sun goes down and the street party ends.

Nuit Blanche in London?

Most people think of Toronto when they hear Nuit Blanche. However, it's not the only city that has one. Along with the block party and plenty of theatre and artwork, London Fringe also showcases their own version of Nuit Blanche. Kathy Navackas, the executive producer of London Fringe, recognized that even local artists from the Forest City would go to the event in Toronto.

"The thought was, 'Why are

they going to Toronto to do some really cool contemporary art activities? They should be doing those in London. Let's do one here.'" She added that all of the sights at the event will all be done locally, which is a mandate for the London Fringe Festival. She also said that it will be on a smaller scale in comparison to the Toronto one.

"Unfortunately we do not have their budget, so that makes a huge difference," Navackas explained.

She said that crossovers between the Nuit Blancs in the Forest City and Toronto all depend on what is submitted.

"I'm sure there are still some local artists that do go and participate in the Toronto Nuit Blanche. We don't have that so many coming the other direction because of budget. Budget is the big problem."

Navackas explained that since it fell under the umbrella of the London Fringe Festival budget, the \$380,000 also has to go to other programs in addition to Nuit Blanche.

However, performers outside of London, either out of town, out of province or out of country, will perform shows for the theatre portion of the London Fringe Festival.

Calling all artists

London Fringe is looking for artists to apply for the London Fringe Block Party and Nuit Blanche, and Tipson-Mohr said the requirements will be different.

"The London Fringe Block Party I would say is more like a market that will have some performance aspects to it, but it's mostly for vendors who make their own goods to showcase their art and sell it," Tipson-Mohr explained. "Nuit Blanche will be a celebration of contemporary art."

The block party needs artisans, entrepreneurs and crafters who can sell their items such as artwork and jewellery. Tipson-Mohr added that musicians, especially those with more of an acoustic sound, can also apply.

She added that Nuit Blanche is

looking for different types of talent, which would be artists who have contemporary performance or interactive art pieces.

Tipson-Mohr said an artist was hired by Forest City Gallery to do sand art for the occasion during the last London Nuit Blanche.

"They actually took stencils and put sand down and would move that, kind of do that the whole day, so it was a way for the audience to watch the art kind of happen."

Print London also participated in the event, by having templates and asking people to ink the prints. Then, the prints were put together to create "a collaborative piece of artwork".

Whether you attend the London Fringe Festival, its block party, Nuit Blanche or all events, Tipson-Mohr said that you will be supporting the local arts scene.

"You really can't get a lot of those local made goods all in one place at one time, so I think it's just kind of a fun event."

Navackas added that London's Nuit Blanche is a unique gem that can be found in downtown every summer.

"There's nothing quite like the atmosphere that occurs during Nuit Blanche. There's thousands of people downtown, Dundas Street until one o'clock, two o'clock in the morning just having a wonderful time."

Mark your calendars

The deadline for the London Fringe Block Party already passed, but you can still join in on the fun. Applications for Nuit Blanche will be accepted until April 30. For more information, visit londonfringe.ca

The London Fringe Festival runs from May 31 until June 11. The London Fringe Block Party will run on June 4 from 10 a.m. to 5 p.m., from Dundas Street and Adelaide Street to Rectory Street, and from Dundas Street between Wellington Road and Talbot Street. After that, Nuit Blanche will take over from 7 p.m. to 1 a.m. on June 5.

Fanshawe welcomes Canada Read's finalist Kamal Al-Solaylee



DAN TODD
INTERROBANG

For the final lecture of Fanshawe's Letters and Arts Society Reading Series, journalist and author Kamal Al-Solaylee came to speak about his 2012 book, *Intolerance: A Memoir of Extremes* on March 17. *Intolerance* was a 2015 finalist in CBC's Canada Reads contest, of which the theme was "One book to break barriers".

Born in Yemen, and then exiled with his family to Beirut and then Cairo before finishing his PhD in England and eventually moving to Canada, Al-Solaylee wanted to give people a better understanding of the Middle East with his book.

"I want them to understand that the pictures they see of crazy people roaming around the Middle East and the Arab world do not tell the full story... It would be

kind of nice to go a little bit deeper than the headline or the 30-second news segment, and to perhaps understand that there are people just like them over there."

He feels that while his book was well received, winning the Toronto Book Award and being nominated for Canada Reads among other awards, it may not have been what people were expecting. Al-Solaylee said that people were expecting it to be a history of the Middle East as opposed to a personal story, and others were hoping for more details, but he wanted readers to be able to get through the book in a couple of sittings.

It was also difficult for him as a journalist to change the focus from other peoples' stories to his own.

"That was the hardest thing about

writing both the article that became the source for this book, *From Bikini to Burka* in *The Globe* and writing this book because I'm used to asking the questions... I've been particularly private and almost secretive about my family life, I never shared that even with close friends."

He added that he is still uncomfortable with sharing such personal details with readers that are not only Canadian, but are all over the world that will have access to the e-book, but the length of time since the book was published has made it easier for him to say that he's written about his life.

"That was the book, but that's the end of that journey now."

Al-Solaylee also had some advice for new Canadians arriving from the Middle East, saying that he would tell them that they'd arrived in one of the best countries, if not the best country in the world, and that it's a welcoming and safe place. He added that they may have to make some adjustments.

"If they want others to give them

"I want them to understand that the pictures they see of crazy people roaming around the Middle East and the Arab world do not tell the full story..."

their freedom they also have to respect other people's freedoms, and that includes gay rights, women's rights and the right of everyone to think and believe what they want to, and I know

this will get me into trouble, but to kind of leave part of the Middle East behind, and come here with an open mind and open heart."

Al-Solaylee is an associate professor of journalism at Ryerson University in Toronto, and wrote his memoir after a long time of writing theatre reviews for *The Globe* and *Mail*. He has another book of non-fiction on the way entitled *Brown*, which he describes as an exploration of what it means to be brown skinned in the world today.

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CREDIT: "FIRST MINISTERS' MEETING" BY PROVINCE OF BRITISH COLUMBIA (CC BY-NC-ND 2.0)

With Canada back in the running to get a seat on the UN Security Council, Trudeau has proven once again "Canada is back".

Trudeau attempts to distance himself from Harper's isolationism



DAN TODD
INTERROBANG

On March 16, Prime Minister Justin Trudeau announced that Canada will be running for a 2021 seat on the UN Security Council, which the country has not held since 2000. The Harper administration ran for a seat in 2010 but was denied. This announcement goes along with the new government's

theme of distancing itself from the previous one, as well as party lines like "Canada is back" signaling a shift in tone and policy.

Fanshawe Political Science professor Matt Farrell believes that Trudeau has gone out of his way to engage the dichotomy, or big difference, between himself and Harper. He cited a large state dinner and the pageantry and celebrities that went along with it, which Harper would not have held. A number of liberals believed that the Harper government losing the UN seat signaled a shift in foreign policy, and are look-

ing to get the country back on track. "Trudeau is trying to send that signal to voters and countries around the world, that 'look, while Canada may have been on an isolationist streak, now we're not. Now we're ready to play ball'," Farrell said.

He added that Harper being denied the Security Council seat may have been due to underlying issues like the UN's criticism of the Israeli government, while Harper supported them and was more critical of the Palestinian authority. What all of this comes down to is a shift in narrative while Trudeau tries to enforce the fact that Canada is doing things differently under his leadership, including engaging multilateral allies and running for a seat on the Security Council. The prime minister has also been vocal on global issues like climate change, and has attempted to talk Canada up as a country that wants to participate.

The only outlier is Trudeau's attempts to take Canada out of Iraq and Syria, but people have been re-deployed. Farrell anticipates that the prime minister will keep up with speaking on global issues and joining in where he can.

"We'll see Trudeau really sign Canada up for international initiatives. Canada's always had a reputation of being a serial international joiner because we're a small country and we can't do much on our own, so we sign up for these things... Whereas Stephen Harper kind of shifted away from that, I think we're going to see Trudeau continue to sell us as somebody that's a willing participant," Farrell said.

He also feels that there are benefits to Trudeau's charismatic media presence, in that it could improve the global community's opinion of Canada as a whole, political rhetoric and photo opportunities aside. Whether it could spill over into diplomatic or economic benefits has yet to be seen.



by Emily Hall & Aliah Johnson
1st Yr Fashion Merchandising

CREDIT: EMILY HALL & ALIAH JOHNSON

First year Fashion Merchandising students take recyclable items and create unique garments for the annual wearable art fashion show, this year's theme was Into The Wild.

Into The Wild: Art on the runway

JESSICA THOMPSON
INTERROBANG

Fanshawe's Fashion Merchandising students are given the chance to test their skills with the annual wearable art fashion show on March 30.

This year, the theme is Into The Wild.

"We are not fashion designers, we are the business of fashion and fashion merchandising," said Fashion Merchandising professor Linda Jenken. "This is a fun, creative project, it is not ready to wear, you would never see anyone on the streets with this, it is art on the runway."

Both first and second year students are involved with the show and preparation starts at the beginning of the winter semester.

"The first year students create the garments in Dynamics of Fashion, which is their inspiration and then they execute the garments in Textiles II, they cost everything out, create a mini version of the outfit and then they create the stage outfit," Jenken said.

The second year students are involved with production.

"The second year students style and work in committees, and those committees vary from merchandise and model committee, stage committee, advertising and promotion and fundraising so they are a part of putting the event together," Jenken said.

According to Jenken, the work ethic of the students this year has been outstanding.

"The 'Into The Wild' Fashion Merchandising producers are a creative and hard working group of students who are dedicated to the success of our annual show. The first year students have gone wild

with their creations using recyclable materials creating animalistic and jungle designs for the runway."

And according to second year Fashion Merchandising student Meagan Bain, the wearable art fashion show is a truly rewarding experience.

"We are making the show on our own, we have mentors and guidance from our teacher, but we are really calling a lot of the shots and making a lot of decisions... it is amazing experience."

Bain is part of the stage committee, which she admits has been a lot of work.

"For awhile we were just getting together inspirations and figuring out what we want to do," Bain said. "A lot of time was spent on the design and figuring out what materials we need and sourcing the materials and now we are rushing to make everything and get everything done."

According to Bain, the students have an extra push to work hard as the show is for charity. For eight years, the wearable art fashion show has been working with Itsy, a grassroots organization that supports families who have infants in the Neonatal Intensive Care Unit (NICU) at Children's Hospital in London, ON.

"Children are the future, students are very good when it comes to giving back and it is nice to support a charity at the grassroots level, opposed to a large charity, where 100 per cent of the money goes to the families and not to administration," Jenken said. "Laurel [the creator of Itsy] and I partnered over eight years ago and it's been great ever since."

The event will take place at the London Music Hall at 7 p.m. and is intended for all ages. Tickets are available for \$25 at the Biz Booth or in the design office at M3010.

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Taylor King purchased this red dress from Romwe.

CREDIT: AS SEEN ON ROMWE.COM (LEFT), COURTESY OF TAYLOR KING (RIGHT)

GREAT FASHION DEALS OR SCAMS?

Kerra Seay | Interrobang

The Interrobang editor and I were doing some online shopping when a Facebook ad caught her eye. A simple strappy-back black dress was retailing for \$17.99, a bargain most people could not pass up.

As she was likely fantasizing about all the places she would wear her new dress, my skeptical instinct kicked in. I've seen the same advertisements on social media websites advertising deals on clothing that couldn't possibly be true, and I had just found my opportunity to figure out if these deals were actually too good to be true.

A quick Google reverse image search gave me my answer right away. The dress that was on sale for \$17.99 on Romwe was originally sold by luxury brand REVOLVE for \$245.36.

You may be asking yourself, how is it even possible for a designer dress to end up on a website based out of China for less than 10 per cent of the original cost?

Well, my naïve little friend, the system is simple: websites gather trendy and fashionable Instagram-worthy images and post them on their site. When a customer makes an order based on the picture the item in question is replicated and the counterfeit is delivered as opposed to the product the consumer was expecting.

These counterfeit products are sold at extremely low prices because they are often made with low quality materials and with poor craftsmanship out of China.

There are many of these websites floating around the Internet selling all manner of products. Interrobang is only looking at low-cost fashion websites because the ads are almost impossible to resist for cash-strapped students.

Interrobang looked into three fashion retailers: Dresslily, Rosegal and Romwe. A quick Google search of these three retailers will bring up a torrent of five-star or one-star reviews, so we asked some Fanshawe students about their experiences with the websites.

Dresslily

Dresslily opens its company information section with a "Legal Window". Rife with spelling and grammatical errors, the Notice and Takedown Policy of Dresslily does not outright say they are taking images from other retailers, but it definitely dances around the issue.

Dresslily asks for your help in identifying potential Intellectual Property Rights (IPR) infringements, or stealing other company's images and profiting from their work. While admitting that "Dresslily does not claim to hold legal expertise on IPR matters", the website also mentions that it is the responsibility

of the intellectual property (IP) owners to protect their own IP.

Cassie Humber, a pre-health student at Fanshawe, ordered a bathing suit that took over five weeks to arrive. When it finally got here Humber said the suit was extremely small, smelled like paint and was low quality; she said the underwire came out within a few days.

"It did not fit the way it did on the model," Humber said.

Still, Humber said she would shop at Dresslily again.

"I potentially would if there was something I really, really liked and didn't need it in a rush, but I definitely wouldn't regularly order from them," Humber said.

Kaileigh Gibson, a student in the Early Childhood Education program, had a positive experience with Dresslily. She ordered a few shirts and a dress and was pleased with what she got.

"They were what I expected, they looked exactly like the pictures," Gibson said. "The only issue was the size of the shirts [which] were a bit smaller than a normal size here."

On the review website SiteJabber, Dresslily has over 2,100 one-star reviews listed and a 20 per cent approval rating. On TrustPilot, 47.1 per cent of all reviews are one-star.

Interrobang reached out to Dresslily for a comment but they did not reply in time for print.

Rosegal

Rosegal also has an IPR disclaimer; it is actually almost identical to the Dresslily Legal Window.

Fanshawe student Cheyenne Allen said she ordered from Rosegal twice and was displeased with both her orders. She said the first order was for some bathing suits that were so small they fit her five-year-old sister, and even though she gave Rosegal a second chance because she thought the first time must have been a fluke, she was just as unimpressed the second time around.

"I decided one more try couldn't hurt so I ordered two simple shirts... [I thought], how could they mess this up, right?"

Allen said it was the same problem as before. On top of that, when she tried to return the clothing and get her money back they battled her for a while before finally caving.

Allen said she would only recommend people shop at Rosegal if "they have money to throw away or children that can wear the clothes, if and when they show up."

Emily Catalano, a student in the Early Childhood Education program, had a positive experience with Rosegal. She paid \$15 for two one-size-fits-all dress-

es and other than some strings hanging off one of them (which were easily removed) she said she was extremely happy with her purchases and that she actually recommends students shop there.

Jasmine Long, a student in the Social Service Worker program, ordered a dress from Rosegal, and though it didn't meet all her expectations she was still happy with it.

"It wasn't the material I was expecting but I still liked it," Long said. "I would definitely recommend Rosegal."

Amanda Murray, a general science student, also shopped at Rosegal. She bought a dress from the website and only found out after she made the purchase that the store has received so many negative reviews. Though she was eventually pleased with her purchase she would not recommend students shop there due to shipping times.

"I wouldn't recommend it unless they're willing to wait over a month for their items to be delivered," Murray said.

Rosegal has a lower approval rating than Dresslily on SiteJabber, only scoring at 13 per cent with over 2,800 one-star reviews. It has a 3.3 out of 10 rating on TrustPilot with 57.5 per cent of all reviews at one-star.

Interrobang reached out to Rosegal for a comment and they said, "Firstly, at Rosegal our top priority is always customer satisfaction. Each time one of our customer experiences an issue, we will do our best to solve it. That said, if we have made any mistake, we will be happy to fix it."

Romwe

Of the three, Romwe was the website with consistent positive reviews from Fanshawe students. But that is not to say that the website does not face complaints.

Romwe rates considerably higher than the other two websites, boasting a 64 per cent approval rating on SiteJabber and has under 250 one-star reviews. On TrustPilot a notification announced the website suspects the page hosts fake reviews, which makes the higher approval rating suspicious.

Something appears to be "lost in translation" in Romwe's About Me section; it just seems to be a little off, but that did not stop some Fanshawe students from finding great deals.

Taylor King, an Interior Design and Decorating student, appears to be a Romwe queen. She has purchased from the website multiple times with great success. She has been disappointed by the quality of some of the articles of clothing but overall said she recommends students shop there.

"I usually shop when they have free shipping deals and then I also shop

sales so I get an originally \$30-40 item for under \$10," King said.

Interactive Media and Design student Kaylee Frechette also shopped on Romwe.

"Just know that you're not getting the most amazing quality in the universe and make sure your sizing is right," Frechette said. "Just read the reviews on the products and listen to people."

Interrobang reached out to Romwe, and when Romwe was questioned about its practices and business model they replied, "Romwe [are] running normally, safe and secure... We choose the best e-commerce service and also guarantee secure payment processing in this industry. Some customers have some misunderstanding about our company as to different reason [sic], but we are not a scam."

But wait, there's more

Dresslily, Rosegal and Romwe are just three of the multiple websites following a similar model. Sammydress, a subsidiary of Rosegal, did not impress one Fanshawe student.

Victoria Arsenault, a Broadcast Journalism student, said her experience with Sammydress was so bad that she just threw out the shirt she ordered when it arrived.

"The material was cheap and it didn't fit at all. The size wasn't wrong or anything but it was literally made so poorly that it just didn't even fit like a normal piece of clothing. I didn't even wear it once, I literally threw it in the garbage," Arsenault said.

Thankfully she didn't invest much money in the experiment.

"I'm pretty good at spotting online scams so I just ordered one shirt for \$13 to test it out," Arsenault said. "I read a lot of bad reviews on their comment section on Facebook."

She wouldn't recommend students shop at Sammydress or ever any website that follows the same model.

"I know every so often someone gets something half decent from them but it's so hit or miss that it's just not worth the risk."

Shop smart

Though there seems to be more customers online who have had negative shopping experiences with these websites there are definitely some happy shoppers. The important thing to keep in mind when ordering from websites that follow this model is to do your research and shop smart. Some websites are more trustworthy than others, and some items of clothing may not be the best to shop online for based on your body type due to international differences in sizing.



CREDIT: FUSE / THINKSTOCK

Your old MP3 player can make all the difference to a senior citizen in long-term care.

Donate your MP3 players to retirement homes

CODY HOWE
INTERROBANG

Gone are the days of clunky MP3 players and those Walkman's where if you lost the battery cover, it was game over. However, if you end up finding one when cleaning out your attic, there is an alternative to throwing them out and it could change someone's life.

Donating your old MP3 player to a retirement home is a great way to give back to your community.

Senior citizens in long-term care facilities and retirement homes deal with daily roadblocks that many students cannot fathom: isolation, depression, confusion and memory loss are just a few of their daily struggles.

Now imagine them listening to a small device loaded up with the music that reminds them of their youth. Common sense can tell you that this idea will bring joy and happiness to the seniors listening, and science is right there to back that up. Music therapy is one of the coolest bridges of interaction between therapists and anyone who is cog-

tively impaired.

The idea that music can be used to ameliorate impairments such as dementia and anti-social personality disorder makes understanding our brains more interesting.

An Alzheimer's patient may not be able to remember a shopping list you gave them 10 minutes ago, but they can vividly tell you about their first school dance and what they listened to with positive and powerful emotions. Playing this music for them not only creates a sense of wellbeing and happiness, but could also trigger fond memories that we originally thought to be gone forever. Music is almost doing the thinking for you.

Retirement homes all around North America are finding that patients utilizing this form of therapy are sleeping through the night and finishing their meals, two of the most common setbacks. Listening to music does not have the power to cure this disease, but donating an MP3 player to help someone cope and make their day a bit brighter seems like an idea everyone should look into.

The problem with paying for post-secondary



VICTOR DE JONG
INTERROBANG

Nothing is free in life; unless you live in Newfoundland.

Last year, the Newfoundland government eliminated the "loan" portion of post-secondary school funding and turned the entire amount into a grant. In last week's issue, this segment addressed some of the issues with post-secondary education, including the fact that a distressing number of programs are essentially useless. I picked on Police Foundations as the low hanging fruit, but all you "gen-ed" students out there better get your burger-flipping skills up to date as well.

This week is about the money side of the equation. A substantial number of post-secondary students are there on borrowed money, a lot of it. Aside from crippling debt, many of these students also graduate no closer to gainful employment than they'd been before.

The Ontario Student Assistance Program (OSAP) is designed to address financial barriers, which might prevent someone from attending post-secondary education. It's a system of loans and grants that are intended to allow students who haven't saved enough money to pay for tuition and living expenses. Unfortunately, OSAP is a complicated framework of seemingly contradictory rules and regulations that leave many graduates in a precarious financial state.

The framework for determining how much money a student is eligible to receive takes their parent's income into consideration. It's the equivalent of an 18-year-old trying to get a car loan and only getting half of what they asked for because their parents have a combined annual income that is over \$80,000. It's a bizarre system, which links your loan

amount to your parent's income up until you've been out of high school for over four years. This results in students seeking a bank loan for their education if their parents are unwilling or unable to pony up the cash. Just what every student needs, another loan.

Luckily for students there's always the option of a part-time job, very part-time. Not only will a student be docked financial assistance if they work two full shifts every weekend, but they also have to calculate in advance whether this will be the case. In addition to being a bizarre kind of honour system, this clause essentially encourages students not to work too much or they'll be penalized.

The argument is that OSAP is provided so that a student can focus on their studies, and working too many hours increases the chances of them failing out of school. In reality, students who are dropping out tend to be the ones who can't be bothered to study or show up to class.

The repayment part of OSAP is a whole other can of worms. Graduating without a full-time job makes purchasing and owning a car impossible. Not owning a car can be a major barrier to obtaining employment outside of the graduate's immediate area. Combine a minimum wage job with student loans and you have a recipe for disaster. And now for the shitty part.

The Repayment Assistance Program guarantees that a graduate earning under \$1,600 a month won't have to repay their loan or accrue interest for up to five years. A full-time minimum wage job pays \$1,760 per month. Now you have a choice: you can either work a few hours less and have \$1,599 per month to live on (well below the poverty line) or you can work full-time and pay about \$300 per month on your loans bringing your income down to \$1,460 per month (way below the poverty line). Essentially you're taking home more money by working less. Thanks OSAP.

In the wake of terror – love?



MICHAEL VEENEMA
RUMOURS OF GRACE

The terrorists who just struck in Brussels may or may not have known that their attacks were carried out during the most important week of the Christian year. It was the week when churches all over the planet celebrated the death and resurrection of Jesus Christ.

Ironically, while Islamic terrorists proclaim the greatness of their god, Allah, true religious faith does not demand the killing of one's enemies. True religious faith opens the door to the possibility of being a victim, not a killer.

That is one of the key insights to be gained by reflecting on the death of Christ who died, not flinging his enemies to destruction, but accepting the death they procured for him.

The world he entered was much like ours. It might not seem like it because today we have smart phones and great health care while the people of Jesus' time had no electronics and a life expectancy of about 40 years. But it was much like ours in a more fundamental respect: it was home to powers that energized and shaped the people of the time, powers that were ready to deal death to the deserving.

Jesus would have seen the centres of those powers. He saw the military garrison in Jerusalem that was the basis for the glorified Roman terrorism that passed for government in his time. He saw the influence of wealth and knew where the one per cent lived. He had gone to their dinners and typically offended the host or other guests.

The media of his time consisted of the imperial Roman banners, the Roman edicts posted here and there and the allocation of sites where the Romans regularly crucified rebels and miscreants.

He also on many occasions stood face to face with the Jewish religious authorities; he himself as well as most of the earliest Christians were Jews. They were hostile towards him, believing that he was offering a vision of Judaism which amounted to a betrayal of the faith.

His thousands of Jewish followers disagreed, so much so that just prior to his death his enemies were looking for the first opportunity to draw his blood but had to bide their time. They had to calculate with care because, as the writer Luke puts it, the people hung on

Jesus' words (Luke, end of chapter 19).

Just prior to his death, Jesus came back to Jerusalem knowing that he was entering the dragons' den. The powers of the city would see to his death by torture. By week's end, Jesus was hunted, arrested, interrogated, tried, convicted of blasphemy and sedition, sentenced and executed.

This would have all been forgotten except for one thing. Within days of his death, he began making appearances. During the next month and half or so hundreds saw him. We ourselves would understand Jesus as just one of many failed devout Jewish leaders living in brutal times except for the fact of his resurrection from death.

So back to the terrorist bombings. The temptation is to respond with retaliation, hatred and fear. But according to Guardian columnist Bleri Lleshi we must not fight terror with more terror. He mentioned journalist Nicolas Henin, who was once captured by ISIS. But he also does not advocate retaliation. He advocates unity.

These two are not far from the truth. Christ is the most well known teacher of the rule to love even our enemies (Matthew 5). He famously stated that it is no credit to love our friends. Everyone does that. But loving the enemy, that is the real challenge. Yes, it is one that tragically has not always been met by his followers. Nevertheless the command is there, condemning those who violate it, and inspiring those who seek a new way forward.

Jesus taught in the same breath that we should pray for our enemies. Perhaps he suggested this because when someone attacks me it is hard for me act charitably toward them. But I can usually, if grudgingly, pray for the person.

A small start perhaps. But it may change my heart, my words and my actions. And as Jesus said elsewhere, from a tiny seed a great tree can grow.

It is my opinion that Muslims, including those who strap on bombs, accept Jesus as something less than I do, but still, as a prophet. Perhaps it would not hurt for those tempted to commit acts of violence in the name of Allah to give thought to the accounts of Jesus' life and teachings which predate Mohammed by 600 years.

He was more than a prophet. And what he introduced he presented for all. It is not merely a religion, it is a way of life and the only true path to hope for a breaking world.

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CREDIT: LIONSGATE (2016)

If you like little action, clichéd writing and racist undertones, this is the movie for you.

Allegiant to what?



PAM-MARIE
GUZZO
INTERROBANG

Everything has changed. The wall is open for the first time in 200 years, the Factions have been destroyed, Jeanine and the Erudite are no longer in power and a new council have taken over. Tris Prior, still recovering from her brother's betrayal, takes a back seat, finally resting after her long struggle.

Except not really. From the first moment of *Allegiant*, where the walls close on the hopeful citizens, we see that nothing has changed. An old dictator has simply been replaced with a new one, who is just as ruthless but much less intelligent. The Factions are far from gone, as some still cling to the old system and old lines of hate remain. Any character growth from the last film is undone, with everyone going back to square one.

This is a film full of terrible writing and plot holes. From magically

having enough equipment to get an extra, unexpected person over the wall to yet another big secret reveal about Tris' mom, Natalie, little in the movie makes any type of sense. The mom reveal is especially annoying as it seems like every movie they have to show something new about the woman, even if it contradicts the last big reveal and completely destroys the idea behind the big experiment.

Which brings up yet another problem *Allegiant* has, an inescapable thread of anti-intellectualism. Of course the Institute is evil because every corporation or scientific venture is. It invades privacy, practices eugenics (a practice that is linked to the forced-sterilization of minorities particularly favoured by the Nazis and bigots everywhere), kidnaps children for literally no reason and is overtly racist.

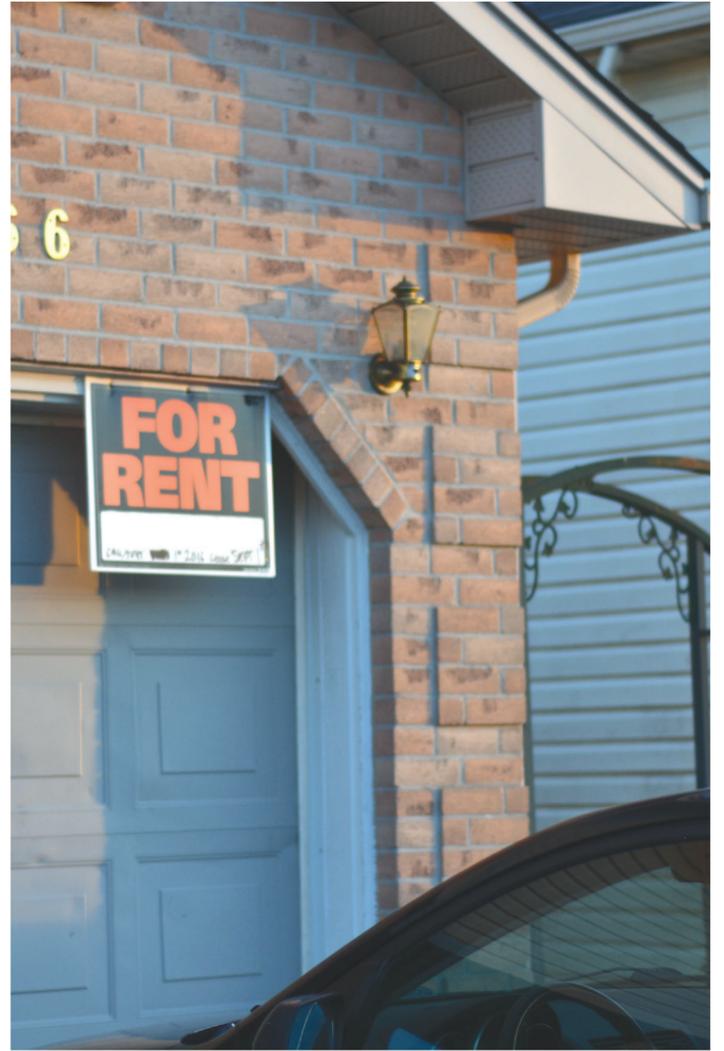
This isn't the first film in the series to play to the "smart people are inherently compassionless robots" cliché, but it certainly takes the idea a few steps further. Meanwhile, Tris gets the pleasure of finger waving and telling people off for not learn-

ing from their mistakes while seeming to almost go out of her way to not learn from her mistakes.

Some of the terrible writing might be forgivable if the film was at least shot well, but it doesn't even have that going for it. From awkward close-ups to painfully obvious green screens, it seems as though *Allegiant* lost its budget halfway through production and decided to hire some random dude off the street for all its editing and filming needs.

It would be a stretch to attach anything positive to the movie at all. For the most part, it feels as though they simply took the terrible ending of *Insurgent*, completely ignored the rest of the series and added in some poorly handled race issues for good measure. Every character, no matter how smart they're supposed to be, repeatedly makes stupid decisions that serve no purpose other than to drive the terrible plot.

Overall, *Allegiant* is the worst movie (so far) in a series that has been getting worse with each installment. At this rate, the next film will have all the quality and logic of *Troll 2*.



CREDIT: MITCH VOLLMER

"FOR RENT" signs can be seen more than ever since the school year is near its end.

The vital question on where to live

MITCHELL VOLLMER
INTERROBANG

Students are most often concerned with only a few things: what's going to be on the next test, what they are going to eat and what bus is going to take them downtown. However, there is still one crucial piece of information that can sometimes be overlooked until the last minute, and that is where they are going to live.

With the school year winding down to its final weeks, new and returning students need to be focusing on where, and with who they are going to be living. "FOR RENT" signs have begun appearing more around Fanshawe's neighbouring townhouses, and with that has signalled for students to begin planning their living expenses, which can for some be the most stressful part of a new school year.

Glenn Matthews, the housing mediation officer at Fanshawe, said that renting a home in London is a five-step process broken down to costs, roommates, accommodations, leases and lifestyles.

"You need to look at whether the place meets your basic needs in ... number of bedrooms, location, safety, etc.," Matthews said.

Generally speaking, students have a few options on where they choose to live, but one of the biggest deciding factors is on how close to the school they want to be.

"We are confident in telling students that you save about \$100 per month per bedroom if you live a 10-minute bus ride away from the College as you will pay a premium to be within walking distance of the College," said Matthews.

Taking the bus can often be a hassle and having a complicated time schedule full of breaks between classes is where living close to

school can be beneficial.

A student on a tight budget can also save money on food when given the option of running home in-between breaks to eat. However, living close to a school isn't always the best option, depending on your lifestyle.

With reference to Fanshawe's student neighbourhood, living close to the college has become a hotspot for those who love the 24-hour party lifestyle. With that, one may experience late nights full of beers and blasting rave music until the early morning sun pierces through the window. At this point, living a walking distance from the school can feel too good to be true.

This is where most will want to consider the option of a home further away from the college, which most often entails the use of a bus.

"Since a bus pass is included in the tuition, many students look along bus routes to find their housing," Matthews said.

Choosing to live further away from the college will support a relaxed lifestyle by not having to constantly worry about what party the neighbours are throwing next. This gives more options as to what surrounds them.

Living closer to downtown also gives the freedom of shopping and convenience, as well as a closer route to groceries and appliances. However, what accompanies this is the knowledge of a bus schedule or access to a car.

In the end, what a student needs to consider most is where they will feel most comfortable living and what home they feel will fit their lifestyle. However, for anyone still unsure about their living quarters, they can contact offcampushousing@fanshawec.ca with any questions they may have.

Food placement for fresh choices

KAREN NIXON-CARROLL
INTERROBANG

April is not only a great time to commit to a healthy lifestyle, it's also a great time for spring cleaning. You can combine the two and spring-clean your cupboards and fridge. I'm referring to the foods you stock up on and how you arrange them. If you want to make healthy eating easier and more convenient, then you might need to do a little re-arranging.

Pantry and cupboards

- Load your healthy whole grains (oats, barley, quinoa, brown rice, wild rice, wheat, mixed grain cereal, pilaf, etc.), dried beans, lentils and flours ground from these foods in clear containers at eye level so you are reminded to use them before using the processed versions.
- Put your whole grain pasta, rice paper, bread, all natural cereal, granola, healthy and homemade baked goods at chest to belly level. Kernels for your air-popper can go here too.
- Cans and jars can be at leg level. Check for expiration dates

often and put the items that you use the most, like oils, in front. Large items like jugs of vinegar, potatoes, bags of onion, etc., can go on the bottom shelf.

- Arrange your baking items, like honey, cane sugar, baking soda, baking powder, yeast and dried egg whites, on the top shelf or just above your head. You can also put other lightweight items, like supplements, up top.
- If you need a spot for processed foods like crackers, chips and store bought baked goods, because, let's face it, we have the occasional time where we serve this for parties, stick them up on the highest shelf possible. Out of sight, out of mind.
- Spices work well at eye level too, or try convenient spots like a drawer beside the stove or in a countertop organization system.

In your freezer

- Put frozen fruits and veggies for your smoothies, stir-fry, crock-pot meals, etc., at eye level or in the most convenient spot.
- Healthy homemade leftovers should be placed at belly level.
- Healthy convenience items and

meats should be kept in the bottom or back of freezer.

- Ice drinks and healthy homemade popsicles should be placed at the top of the door.

In your fridge

- Place nut butters, oils, juice and other condiments that don't need to be really cold on the top shelf and in the door. You could also store bread or baked goods here.
- Left overs or food you've prepped to eat in the next couple days can be placed at eye level.
- Your cold items, like meat, milk, cheese, yogurt, etc., go on the top shelf and in the door.
- Keep your veggies and fruits in separate drawers and adjust the temperature so they keep longer. Don't pack your fridge full all the time or it will have uneven temperatures throughout.
- On the table and counter place baskets or bowls of fruit, including tomatoes. Use a closed basket for onions, garlic, ginger, squash and big items like melons. It also helps to re-arrange your dishes so that it's more convenient for you to put your healthy items together.

New info sheds light on the mysterious Tully Monster



JERROLD RUNDLE
SCIENTIFIC
ADVENTURES

This week we go back to the age of dinosaurs, with new information on fossils of a so-called monster and bird legs getting a little prehistoric.

Tully Monster is explained... sort of

In 1958, Francis Tully, an amateur paleontologist searching Illinois coal pits, found thousands of the same odd creature called *Tullimonstrum gregarium* but more commonly known as the Tully Monster. It has baffled scientists since it was found, with researchers not even sure what order of the Taxonomic tree it was supposed to inhabit, only knowing it was an animal of some sort.

What made understanding the creature even more challenging was that fossils of the Tully Monster, which date back 300 million years, are only found in Illinois.

Partnering with the Field Museum of Natural History, Argonne National Laboratory and the American Museum of Natural History, Yale researchers studied over 1,200 fossil specimens that were saved in concretions, helping to preserve large portions of the creatures' soft tissues.

The team correlated anatomical data of structures found within the

Tully Monster with morphological traits of animals currently known to try and make a classification.

As a Yale press release stated, concretions are masses of hard rock that formed around the Tully Monsters as they fossilized, making it possible to study the creature in such high detail.

The team used a synchrotron, which is a type of particle accelerator that generates powerful beams of electrons. When the path of electrons is bent by sets of magnets, synchrotron light is produced which is extremely bright.

The synchrotron light was used to study the chemistry of the fossils, buried within the layers of the rock and previously unobservable through any other means.

Data from the synchrotron revealed unknown biological structures within the fossils never before viewed in any of the thousands of specimens, including gills and a flexible cartilage rod known as a notochord.

Notochords are important biologically because they allow the animal to have a semi-rigid internal structure, allowing for muscle attachment.

Both the gills and notochord were crucial in determining what modern day species might be related to the ancient animal.

While previously thought to be a type of snail or sea worm, the paper concluded that the Tully Monster was in fact a vertebrate and an early

ancestor of the lamprey.

The conclusion was due to the notochord, the position and number of fins, the presence of skull-like features called tectal cartilage, also found in lampreys, as well as several other morphological features the two shared.

Fun fact: the Tully Monster is Illinois' official state fossil.

Growing dinosaur chickens

A team of Chilean scientists, building upon research published in 2015, have been able to cause multiple species of bird embryos to grow dinosaur-shaped legs.

While it's well understood that avians evolved from tetanuran or 'stiff-tailed' dinosaurs, what isn't fully understood is how and why the various morphological changes to body structure happened, transforming the velociraptor to your everyday chicken over time.

The study not only wanted to understand the intermediate evolutionary steps that took place in bird legs, but also at what phase of development the leg bones begin to lose their ancestral shape.

The scientists used genetic modifications to a specific gene, regulating how sections of the bone, called growth plates, grew.

Dinosaur legs had two bones, the outer fibula and the inner tibia, which worked together to support the body's weight onto the foot, similar to human legs.

In birds, both bones are still present, but the fibula is much smaller



CREDIT: ILLUSTRATION BY SEAN MCMAHON / YALE UNIVERSITY

The Tully monster, pictured above, is theorized to have been an open ocean hunter, sometimes travelling to coastal areas.

than the tibia.

In fact, you can see this next time you eat chicken wings. The small shard that runs along the main bone of drumsticks is the fibula.

In addition to it being smaller, the fibula doesn't connect to the heel bone in modern birds whereas in dinosaur legs it did.

In the study, the gene IHH was inactivated which, when activated, would cause the end of the fibula to stop growing. This inactivation of IHH led to the increase of a gene called PTHR1P to be present at the end of the fibula, facilitating its growth into the dinosaur-like shape.

Using embryos from six different orders, the scientists determined the chicken tests to contain the closest bone formation and shape to that of dinosaur's walking limbs.

The final results led the team to propose a new hypothesis of how the fibula began to shrink through the evolutionary timescale, stating that the proximity of the bones during specific growth phases was more important than when individual sections of the fibula stopped growing.

In late 2015, the same researchers were able to cause the feet of chicken embryos to form into prehistoric dinosaur feet through genetic modification as well. In early 2015, another team was able to cause the skulls of bird embryos to form into the shape of crocodylians, which are birds' closest living dinosaur relative.

Next week we'll take a look at how bacterial photosynthesis is much older than previously thought.

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



CREDIT: JOSHUA R. WALLER

Different style of tools can drastically change the finish of your foundation.

Foundation application techniques and tools



JOSHUA R. WALLER
BEAUTY BOY

Ever wonder why foundation is just never working for you no matter how many brands you've tried? Sometimes it's not the actual foundation that could be the problem, it can be how you're applying it.

There is always the daunting question as to what is the best thing to apply your foundation with. Should you use a sponge, brush, Beauty Blender or even your own fingers? Each of these have their own pros and cons and will all achieve a different look, you just need to find which one works for you.

The most traditional way to apply your foundation is by using a brush, but with all the new advancements in cosmetics, the many types of foundation brushes can be confusing. The original flat brush is an easy way to smooth on liquid foundations, but it can sometimes cause streaking so applying with an "x" motion will give the best results.

This type of brush also makes it easy to build coverage by just using a patting motion.

Kabuki-styled synthetic brushes are an amazing way to buff on liquid, cream, mousse and powder foundations and will create an airbrushed-finish. Unlike a traditional foundation brush, you want to apply your foundation by using circular motions, as this will create a flawless complexion. One of the

downsides to this brush is that it can be hard to get into the nook and crannies of the face, depending on the size of the brush.

Another common application method is by using a sponge. Traditional sponges may seem like a quicker method, but the downsides are much greater. These sponges will consume a lot of your product by absorbing it, making you have to repurchase your foundation much more frequently. They also get dirty quickly and are almost impossible to clean, so you will also have to replace these quite often as well.

New age sponges, such as the Beauty Blender, are a whole different story. They do not absorb nearly as much foundation, are easy to clean and are reusable. These types of sponges can buff on foundation to create that airbrush finish, can be stippled to build coverage and make it extremely easy to blend.

The last and probably most controversial method is by using your hands. This method is by far the fastest and is okay to use when in a hurry, but is not the most sanitary. Using your hands can also waste a lot of product and can be messy. But after thoroughly washing your hands and using your product little by little, you can achieve a natural finish by letting your skin shine through.

Play around with different brushes, sponges, hands and even combine a few different methods. You can achieve many different finishes with the same foundation by just changing your application technique and tools.



CREDIT: SOHADISZNO / THINKSTOCK

Making your meals for the week on Sunday rather than sleeping in can help you stick to a healthy lifestyle. You can even make homemade granola bars that are yummy to snack on and prevent you from eating preservatives.

How to properly diet

KAREN NIXON-CARROLL
INTERROBANG

March was nutrition month. Good nutrition is actually simpler than you think. What makes nutrition complicated is you and your behaviours, beliefs, lifestyle and current state of health. The world complicates good nutrition further with all their promises, and people around you may not understand or be supportive. Here are some simple nutrition rules to follow that can help you get on to a path of a healthier lifestyle.

Eat whole foods first.

This means eating the natural part of the plant (vegetables, grain, fruit, oil, etc.), meat and eggs. You can liven up your diet with other whole foods, including herbs and spices. Depending on how you feel about milk or milk alternatives and the dairy products made from them, you can consider them as part of your whole foods diet or see below. Supplements are secondary and only work well with a healthy diet. Your doctor, naturopath or dietitian can advise you on which ones you need based on screening; you should never take supplements unnecessarily, as they can have serious side effects.

Eat as little healthy processed foods as possible.

Even whole grains or all natural versions of whole grains may be missing things you need (such as fibre or protein), or they may contain things you don't need (such as sugar or salt) to make it taste better. Processed foods include juice, sauce, cereal, pasta, breads, dips and condiments. Basically, if it comes in a package of some kind and has more than one ingredient, it has been processed in some way. These still have a great place in your diet but we don't always need much in terms of portions.

Read and compare nutrition labels.

Look at the ingredient list; items are listed in order based on their volume (for example if flour or sugar are listed first, that is what the majority of the product contains).

Next, look at the label. This tells you the basic information based on a certain serving size. Make sure you know how much that serving size really is. Typically, most labels only have room for certain vitamins and minerals, including sodium, iron, calcium and vitamin A and C. There are many other vitamins and minerals that could have a higher concentration than what is listed, and you may need to use an online source or ask the manufacturer.

Check out healthycanadians.gc.ca for a healthy Canadian nutrition label quiz or use the Canadian Nutrient File to help you find information not listed on the package at webprod3.hc-sc.gc.ca.

Drink water.

It's simple, you need hydration, and water is your best bet. If you have to drink juice, make sure it's 100 per cent natural (no other ingredients other than fruits or vegetables), it's not from concentrate and it doesn't contain added sugar.

If you have to drink coffee or tea, limit the caffeinated versions to one to two cups and try caffeine-free herbal teas instead and switch from heavy creams, butters and sugar to small amounts of honey, lemon and low fat milk. Limit alcohol to one four to six ounce glass a day, including wine and beer as these calories add up quick and provide little in terms of benefits.

Eat when you're hungry.

Eat small amounts. While your stomach can expand and hold as much as two to three litres of food, your satiety level can be reached with just a quarter of a litre.

If you eat on a regular schedule each day, generally you will be hungry at those same intervals. There is also no need to make yourself eat before a social gathering or going to the grocery store, unless you are truly hungry. Most people wind up eating about the same amount of food and therefore overeat. You should never eat so much that you feel sick or have to unbutton clothing around your waistline.

Plan and prep healthy meals and snacks every week.

Make healthy eating as convenient as possible, and instead of sleeping in on Sunday, get up and make soup, salads and homemade granola bars. Plan your grocery list for the meals you will need for that week and meals to get you started in the following week. Make a list on your fridge of all the healthy meal options you can cook and make something different for dinner at least every night for two weeks, at least six to seven different lunches, four to five different breakfasts and many options for snacks or to-go meals.

Out of sight, out of mind.

Get rid of unhealthy things; don't buy it on your regular grocery trip, even as a treat. You can make treats out of healthy options and think of other ways to treat yourself. Check out sparkpeople.com for 50 non-food treats.

If you must indulge, pick a specific time and stick to it.

For example, only eat a small piece of cake on birthdays. The more healthy eating you do, the less you will want unhealthy options. When you eat things in excess or too often, such as salt, sugar or fats, you crave them more. Healthy eating will help to put your hormones and cravings in balance and you'll know it's working when you find unhealthy options less desirable.

LG G5 brings innovation back to the smartphone universe

CODY HOWE
INTERROBANG

With the slowing down of Moore's Law in the smartphone industry, there has not been much innovation lately. I do not consider curved screens an innovation because that technology is more of a gimmick, like 3D TVs. They look cool at Best Buy, but there is no positive outcome of using them.

LG has come to the rescue with something innovative and useful.

The LG G series is innovative. It is the first phone to offer physical buttons on the back of the phone to avoid accidental side button pressing, and of course the first phone to offer a display beyond high definition. The LG G5 sports a flagship leading 4 gigabytes of ram, which are basically 300 mobile browsing tabs open at the same time.

The device also carries a Snapdragon 820 processor, which again is the best you can get, and its trademark quad high definition display.

It also has a dual lens camera, allowing you to take a normal 16-megapixel snapshot or a wide eight megapixel, 135-degree shot. The phone will also toggle between the two based on what you are look-



CREDIT: LG

The new LG G5 series brings technological advances to a whole 'notha level.

ing at.

This all sounds good, but the real innovation comes when you remove the bottom panel. The bottom panel of the G5 is the default module. This means, you can take it off and attach third party modules.

So far there are three modules. The first is called the LG Cam Plus, which when attached gives you a physical button camera base, like you are actually holding a digital camera. This module actually adds

more battery power to the phone. The second module is called the Hi-Fi Plus. This will turn the G5 into an audio player that makes music sound like you are actually at a concert.

Finally, and most importantly, LG will be releasing a virtual reality (VR) system to compete with Samsung's Gear VR.

At this time, the phone and modules have no pricing information, but will be released this summer.



CREDIT: NICOLETAIONESCU / ISTOCK / THINKSTOCK

Mystery shopping is a tool that organizations use to guarantee shopper satisfaction, but beware, job postings can easily be a scam.

Mystery shopping

Fairy godmother or evil stepmother?

HENCY THACKER
INTERROBANG

Mystery shopping is an opportunity to go Sherlock Holmes on a business outlet to get free stuff in return. This sounds like a win-win, especially for students who have some time to conduct research and fill out a survey answering detailed questions regarding their experience at the outlet in order to get free stuff or money in return.

In such a competitive environment, where customers have all the power to decide the future of a business, organizations seek more and more customers who would be willing to mystery shop. Today, mystery shopping is not only used as a feedback or evaluation tool, but is also used as a marketing tool.

Organizations send out mystery shopping invitations to the shoppers and they in return get free stuff for answering a few questions. This sometimes ties these customers to the organization, making them brand loyal.

However, with every fairy godmother, there is always an evil stepmother as well. With mystery shopping comes the scams that are designed to cheat the mystery shoppers.

One Fanshawe student, who wishes to remain anonymous, got an email to participate in a mystery shopping assignment for MoneyGram. The mystery shopper was drawn in with the promise of being paid \$400 when they were usually only paid around \$20 for other mystery shopping jobs.

"I got excited and took it. I received a check worth \$1600 from them... my instructions were that I was supposed to deduct my \$400 in my account, and send the rest of the money via MoneyGram to another mystery shopper. I did all of that, and submitted my report."

A week later, the mystery shopper got a call from the bank informing them that their check bounced.

"I was suddenly out of \$1100... being a student, it was very difficult to recover that loss. I informed the

authorities here, but there was little they could do, because the mystery shopper I sent money to was out of country and they had already picked up the cash."

Another Fanshawe mystery shopper, who also wishes to remain anonymous, said they received a text message from an unknown number reading 'Become a mystery shopper and earn \$400 a week. This will not affect your current job. To apply, email your name to hr@sunlifesurvey.com'.

"I was obviously tempted. I didn't even want to verify, lest it turns out to be fake. And that thought struck me. I realised, this sounds too good to be true," they said.

A little bit of Googling uncovered the fact that there was no website called sunlifesurvey.com, and when they researched the email address they found a website full of comments from people who had been scammed by the same trap.

"They all had received similar messages and gotten scammed. I was so relieved I decided to verify before going ahead," said the mystery shopper.

Sometimes students don't lose money in mystery shopping deals; in fact, they may even receive their money or whatever else was promised to them. In trade, their personal information is stolen, and they have no idea how it will be used.

Does this mean that mystery shopping should be stopped altogether? It is an important tool required by organizations to survive in the current economy.

Therefore, to avoid such scams most companies post their mystery shopping jobs on certain websites that are verified by Google, and other shoppers as well. On the part of mystery shoppers, they can spread the scams they have come across on social media to warn other mystery shoppers.

In the moment when you have that email in your inbox and you are contemplating whether to take it or not, the key is to trust your gut. If you think, it's too good to be true, it probably is.



CREDIT: SHIRONOSOV / THINKSTOCK

To cheat or not to cheat? If you train your body to look at salad and a healthy lifestyle as a treat, you won't be as inclined to grab that bag of chips.

Cheating vs. treating

KAREN NIXON-CARROLL
INTERROBANG

Treat as a noun refers to anything that affords particular pleasure or enjoyment.

To cheat means to defraud, deceive and violate rules or regulations.

These words are commonly used by my new clients and those who have yet to make significant changes toward their health and well being. It usually takes me a while to break someone from using these words when they're talking about their diet; some are not successful, but they were not willing to change in the first place. A new acquaintance and behavioural specialist reminded me that rewarding yourself with a good treat or a special cheat is a way to avoid changing your bad behaviour. You are essentially telling yourself that all the hard work you are putting in sucks and that

at some point you'll get to reward yourself with a treat or cheat. Eventually, this is what leads to failure. Sure, maybe you can stick it out for a while and you could be better off than someone who makes no effort to eat healthy, but you'll still have all the negative side effects from your unhealthy habits.

What to do instead:

Eat healthy all the time.

It's hard at first, but you get used to saying no and people get used to offering healthy options. Of course, there are situations where you can't avoid it, like when you are invited for dinner and birthday cake and there are no or few healthy options. Choose the healthiest and fill up on that and nibble on the other stuff. It's not rude and you could argue that your host is being rude in not knowing or understanding your lifestyle choices. However, don't get defensive if someone makes fun of your choices and don't point out

unhealthy things to your host. Just politely say you really love the salad they made and can't get enough of it.

Treat wisely.

If you reread the definition of treat, you'll see that even the act of being healthy is a treat. Once you see things like your workouts, healthy cooking and eating and regular sleep as pleasurable and you begin to enjoy your lifestyle, those old unhealthy treats will actually start to seem gross.

Don't cheat. Ever.

You can modify exercises, make a conscious choice to eat healthy or not, ask for help, but don't cheat. It always ends badly at some point.

Don't set yourself up to fail. You are the only one responsible for your choices and have the power to fix them. You may need help sometimes and you can't be afraid or ashamed to ask someone you trust. You have to be willing to do everything it takes to be successful.



CREDIT: MARVEL TELEVISION/ ABC STUDIOS

Just like the first, the second season of *Daredevil* did not disappoint, but be forewarned, it is way too easy to binge-watch the entire season.

Daredevil season 2 review



ANDREW VIDLER
G33K LYFE

Minor spoilers ahead

When Netflix announced that they were partnering with Marvel to take on a set of series based on some of their grittier, lesser known properties, comic fans everywhere took notice. The streaming service had just come off strong showings with their first original series, and provided an outlet for more mature superhero stories than you find in the cinematic universe. What would remain to be seen is whether or not these characters could attract the same sort of success as their more famous counterparts.

All doubt was thrown out the window last year with the first season of *Daredevil*, delivering a dark, violent and moving tale of an almost regular man seeking to redeem his city.

Charlie Cox's take on Matt Murdock was instantly memorable, and Vincent D'Onofrio's Wilson Fisk was the most terrifying Marvel villain yet. The extended origin story

format worked as well, with the whole season serving as a slow burn to the blind lawyer finally donning his iconic devil costume.

So would the second season, which premiered on March 18, live up to the highs of what came before?

For the most part, yes it does. Compelling character drama and dual conflicts framed another intriguing and action packed season, but the big highlight was in the comic book characters that were getting their official Marvel debuts. Frank Castle, aka the Punisher, and Elektra, Murdock's former lover and deadly assassin, both appeared in Hell's Kitchen this season, and both would leave unique marks on the titular hero.

Elektra, played by French actress Elodie Yung, instantly serves to erase the memory of Jennifer Garner's godawful portrayal, displaying the proper mix of sexy and deadly that serves to draw the morally uptight lawyer so closely to her. Her portrayal is helped in no small part by her decade of karate study, it helps when the actress actually can kick the ass of most people in a room. Her appearance early in the season serves to kick off the second

big storyline of the season, which is hard to describe without entering spoiler territory.

It was the first storyline that had everyone excited however, as The Punisher made his MCU debut. One of the hardest protagonists to sell in the entire Marvel locker, the hyper-violent anti-hero needs to be equal parts evil and good. You need to somewhat root for this guy, even when he's removing faces with a shotgun. Fortunately, that aspect of the character is absolutely nailed in *Daredevil*, giving us a complex and damaged man, who may be hard to cheer for, but is easy to understand.

John Bernthal, who plays Frank Castle, is used to portraying the sort of unsavoury dude that The Punisher needs to be, and easily portrays a believable 'man on a rampage'. An inspired introductory sequence is just one of the many standout shots of the season.

While it may lack the amazing villain of last season, the extended cast of potential allies and more complex universe serves to prop up the second season, and secure the vision of Netflix's set of programs. The only downside now is that we have to wait another year to watch some more.



CREDIT: RIDOFRAZ / THINKSTOCK

Gaming is not only fun, it is also proven to have countless benefits.

How video games can help you

LAUREN PAULSEN
THE OTHER PRESS

NEW WESTMINSTER (CUP) – Countless studies have been done to determine whether video games are actually harmful, particularly to children. It has been said that playing video games can lead to violent behaviour, addiction, obesity and social isolation. Researchers are now proving that many of these beliefs are outright false. Video games can actually offer a great deal of beneficial effects to players.

Firstly, playing video games can be therapeutic. Not only can it help the average person to unwind and relax (depending on the game, of course), but it can also help people with chronic or mental illness. It has been found that when a person with an injury or other type of pain plays video games there is actually a reduction in the pain level. It allows the brain to focus on something else and essentially distracts the player. Not only that, but it also causes the brain to produce an analgesic or pain-killing response; the more immersive the game, the better this response.

Concerning mental health, playing video games has been known to help people with depression and anxiety. Just like when you exercise, dopamine is released in the brain while playing video games. This is a chemical that induces a "happy" feeling in people. It can also help boost a person's confidence, particularly when the player succeeds at a challenging task.

Another benefit that video games provide concerns the health of your body. Those games that get you active are good for exercise. But even when you are sitting and using a controller, the use of the controller actually improves your fine motor skills in your hands. This has successfully helped stroke victims regain use of their hands.

A somewhat surprising benefit of playing video games has to do with your vision. Playing fast-paced first-person shooter games is now known to improve the players "contrast sensitivity function", which is a person's ability to determine

subtle changes in brightness. This is something that is crucial when driving in the dark. Playing these types of games has also proven to be successful in treating both cataracts and the condition known as lazy eye.

Playing video games also increases the gray matter in certain parts of the brain, including those spaces used for spatial navigation, memory formation and strategic planning. A German researcher, Simone Kühn, believes that because of these findings, video games could be used to help patients with mental disorders that shrink brain matter, including schizophrenia, PTSD and Alzheimer's. It has been proven that when elderly people play puzzle games and other brainteasers, it actually slows the onset of dementia, and just playing two hours per week is enough.

The idea that playing video games creates social isolation has been proven false. Playing video games has actually been shown to improve social skills in children and they become better team players. This is because when playing multiplayer games it is necessary to act as a team. Also, many virtual social communities have popped up surrounding many different games. It turns out that most people don't actually even play alone. Over 70 per cent of gamers play with friends for a large portion of their gaming.

Other benefits gamers can gain are improved problem-solving skills and decision-making, increased cognitive flexibility, increased multi-tasking abilities and better hand-eye coordination. It also enhances creativity and a large portion of games indirectly teaches the players studious skills such as language, math and history. It even increases a person's attention span, something proven to help kids with dyslexia. After playing video games, these kids were better able to focus on reading afterwards, most likely because the fast-paced action games they had been playing require intense focus.

Video games really do have a lot to offer us. On top of everything else, they are just plain fun.



CREDIT: KERRA SEAY

Local London bands filled the halls of Fanshawe with music on St. Patrick's Day; the concerts being only one part of the special green-filled day.



CREDIT: MYTHJA / THINKSTOCK

A smoothie in the morning after a night of drinking is probably one of the best ways to get you back to your normal, peppy self.

A cure for the modern hangover

Don't let a hangover keep you from surviving your day

REBECCA PETERSON
THE OTHER PRESS

NEW WESTMINSTER (CUP) – It's been almost more than a week since St. Patrick's Day, so one can only assume we've all at least started to dry out by now.

However, holidays like St. Patrick's Day have a bad habit of bringing out the worst in us. Most days, we're responsible, put-together human beings who would never drink excessively during the week. In fact, drinking excessively is a habit most of us try to avoid in order to preserve our livers.

Still, we're human. It happens. And unless you're in that one small per cent of the population who have apparently been blessed by Dionysus, we eventually have to pay for it. However, there are steps we can take to minimize our suffering, or at least make it seem like we have our life together, even if we don't.

Obviously the best way to cure a hangover is to avoid having one in the first place. If you know you'll be drinking, take the chance to line your stomach in advance. Carbs are the key to keeping your stomach settled—potatoes are my personal preference for this task. Try to avoid dairy if you can, or light foods like salad and sushi. These tend to interact badly with copious amounts of alcohol, and will likely result in an unpleasant ending to the evening, never mind the next day.

Water is the key to smart drinking. Try your best to stick to a one-to-one ratio of drinks and water—you'll have to pee a lot, but your body will thank you. If you can, before stumbling off to sleep, force yourself to drink one or two more glasses of water. Anytime you start to feel nauseous or headachy throughout the night, drink a glass of water. The importance of staying hydrated cannot be emphasized enough. Most alcohol-induced headaches are caused by dehydration.

If, however, you forget these

steps and wake up the next morning in agony, it's not too late to salvage the day.

There are three key components of a hangover cure: hydration, electrolytes and carbs. The water, as mentioned above, will help with both headaches and nausea, and will flush any remaining toxins from your body throughout the day. Electrolytes help regulate this hydration. Consuming anything high in electrolytes such as salts and potassium will also help to replace vitamins and minerals lost while drinking. Carbs will settle your stomach and absorb toxins, giving you a steadier mind and body to carry you through the day.

In practice, here are some easily accessible hangover-curing breakfast options:

- A fruit smoothie, a bottle of water and two hash browns
- A banana, two slices of toast with a nut spread and a mug of green tea
- A package of dried fruit, a cup of coffee, water and a breakfast sandwich

Though it might seem healthy to reach for breakfast options like yogurt and eggs, dairy and egg products are not always easily metabolized by the body and can serve to upset your stomach more. As well, it's often suggested that the best cure for a hangover is another drink in the morning, which I strongly advise against. At best, it will just mask the symptoms that will likely come back to bite you later in the day. At worst, it's habit-forming. In either case, it will not help. Hangovers occur because your body is in need; strangely enough, the body doesn't appreciate being dehydrated and flooded with toxins. Adding more alcohol to the mix will only make things worse.

We all overreach ourselves sometimes. Keep yourselves safe, have fun and remember to drink if not responsibly, then at least with a glass of water close at hand.



CREDIT: PARAMOUNT PICTURES

With only three characters to bring the movie along, this movie had every opportunity to disappoint, but it didn't and is definitely worth the watch.

Two guys, a girl and a bomb shelter

10 Cloverfield Lane film review'

MIKE LEMIEUX
THE OTHER PRESS



NEW WESTMINSTER (CUP) – In 2008, Paramount Pictures released *Cloverfield*, a big-budget found-footage monster movie that was developed under much secrecy. Rumours circulated for months leading up to release that producer J.J. Abrams' studio was making a new Voltron or even Godzilla movie, creating a feverish anticipation among audiences eager to find out just what the hell *Cloverfield* was.

Earlier this year, Paramount and J.J. Abrams tried to recapture this magic by releasing trailers for *10 Cloverfield Lane* without ever formally announcing the film. Filmed secretly under a codename, no parties involved would even confirm whether the film was connected to *Cloverfield* or not. Paramount's under-marketing of *10 Cloverfield*

Lane works heavily in its advantage, creating an air of mystery around the movie.

Similar to the plot of Stephen King's *Misery*, the protagonist Michelle (Mary Elizabeth Winstead) finds herself captive in an underground bunker following an accident. Her captor, Howard (John Goodman), tells her that an apocalyptic event has taken place and that they are possibly the last people alive. Michelle, Howard and bunker-mate Emmett (John Gallagher Jr.) try to live peacefully together as they unravel more about the mysteries surrounding the event and each other.

By the nature of the film being primarily set in a small environment with only three characters, quite a bit of the movie hinges on their performances. Winstead does well to carry the movie as the central character, and Gallagher provides quite a few laughs amidst the tense dialogue.

John Goodman, however, gives

the standout performance here. His cold stares, terrifying rants and generally creepy mannerisms will leave you going back and forth on whether Howard is a tragic hero or a damaged antagonist. Each of his scenes will have you sitting on the edge of your seat with sweaty palms. All three actors work well together to create a gripping and memorable experience.

With little direct story connection to the original *Cloverfield* viewers won't have to worry about being caught up with any sort of overarching plot. While stylistically different in many ways, the themes of *Cloverfield* carry over with an exploration of life in the wake of disaster and how it can change a person.

All in all, *10 Cloverfield Lane* is a solid thriller. It provides the audience with an anxiety-inducing web of mystery and provokes questions you'll be thinking about long after you've left the theatre.



CREDIT: KERRA SEAY

Leah Marshall, the sexual assault prevention advisor at Fanshawe, hosts her St. Patrick's Day themed awareness campaign to drive home the fact that consent is still required even on holidays devoted to drunken escapades. The campaign was called You Can't Get Lucky Without Consent.



Freshman Fifteen



By Alan Dungo



By: L. A. Bonté

For more comics and animations visit FilbertCartoons.com



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Aries (March 21 - April 19)

You like a joke, but not if it's at your expense. Aries is on dangerous ground when the Moon is in Capricorn. Think twice before speaking, and then seriously consider remaining silent.

Taurus (April 20 - May 20)

An innocent comment stands out during a lull in conversation. Taurus must now apologize, explain or give further proof. You have a good chance at turning momentary attention into lasting popularity.

Gemini (May 21 - June 20)

Wisdom without communication won't get you far. The local weather must be truly phenomenal if distant people are going to care about it. The mathematics of change come easily to Gemini.

Cancer (June 21 - July 22)

Your heart's truth will shape everything that passes through your hands for the rest of this week. Cancer is vibrant, sensual and exciting company. Anyone who needs a sec-

ond chance with you is free to start over.

Leo (July 23 - August 22)

Ask questions, whether to satisfy your curiosity or to make others think about what they're saying. If you hit a nerve, press harder. You can rouse rabble with the best of them when the occasion demands it.

Virgo (August 23 - Sept. 22)

You're all business, and business is excellent. Everyone walks away from the deal enriched. Don't worry about any personal details that you may be overlooking — they'll still be there when you're done.

Libra (Sept. 23 - Oct. 22)

Excellence matters to Libra, even if it's just a routine gig to others. Your time and energy are more important than your money. Somehow and some way, this will count in the end.

Scorpio (Oct. 23 - Nov. 21)

You like to know what the limits are so that you can cheerfully ignore and transcend them. You're in

your prime when the Moon comes to Capricorn. It's time to discard the stale and embrace the fresh.

Sagittarius (Nov. 22 - Dec. 21)

Self-expression comes out in more subtle ways. Others might notice the wrong thing about you, but that's to be expected. Misunderstood geniuses have every right to feel smug.

Capricorn (Dec. 22 - Jan. 19)

You're detached enough from your passions that you can see where they lead. For Capricorn, this is the time of reasonable decisions and rich consequences. An organized mind is capable of great things.

Aquarius (Jan. 20 - Feb. 18)

Be ready to serve. The world around you has many needs, and you can fill more than you realize. At the same time, monitor your personal energy level. Fatigue could make you vulnerable.

Pisces (Feb. 18 - March 20)

Mysterious cosmic forces have a familiar feeling. Pisces functions beautifully in several worlds at once. With the right equipment, you could actually work miracles.

Word Search: Netflix

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

Atelier	Hemlock Grove	Master of None
Bloodline	House of Cards	Narcos
Dinotux	Jessica Jones	Popples
Flaked	Longmire	Richie Rich
Fuller House	Marco Polo	The Killing

Crossword Puzzle: Ways to Say Thank You

1	2	3	4	5	6	7	8	9	10	11	12	13		
14				15				16						
17				18				19						
20				21				22						
23						24								
25	26	27				28		29	30	31	32			
33	34	35	36			37		38		39				
40				41				42	43					
44						45	46			47				
48						49		50		51				
52						53				54	55	56	57	58
59	60	61	62					63	64					
65						66				67				
68						69				70				
71						72				73				

- Shinto temple gateway
- "Everything ___ place"
- Cupcake words, in "Alice in Wonderland"
- Dutch painter Jan
- "The Way You Look Tonight" composer
- Medical suffix
- Pretenses
- Sicilia, per esempio
- Not believe in spirits?
- Foil component
- Farming-related
- Radiohead frontman Yorke
- Ophthalmic swelling
- FUSS
- "___ mein holder Abendstern," Wagner aria
- Mercedes models
- Furniture hardwood
- Prefix with pad
- Not give ___ (be indifferent)
- Traditionalists' opposite, briefly
- Shape (up)
- A.S.A.P., in the E.R.
- Très
- Ronald who created Willy Wonka
- Give ___ to (approve)
- Nickname for a seven-time N.B.A. All-Star
- Ring alternatives
- Montr,al's ___ des Soeurs
- 500, e.g.
- Speaker's place
- Sporting goods chain with the slogan "Get outside yourself"
- Figure in the high 60s
- Priests who teach the dharma
- ___ poco (soon)
- George of "Just Shoot Me!"
- "Die Fledermaus" maid
- Thickness measures
- Japanese noodle
- Member of the singing Winans family
- Relative of a haddock
- French "her"
- Bates's "Misery" co-star

- Across**
- Makes ends meet?
 - Diplomat Annan
 - With 14 Across theme of this puzzle
 - Go ___ length
 - Those, in Toledo
 - Five after three?
 - Formal ceremony
 - Like un millonario
 - The youngest Jetson
 - A way to say "Thank you"
 - "Where should ___ the check?"
 - Joint groove
 - Bone
 - Onetime U.N. leader
 - Pop
 - In case
 - Word on mail from Spain
 - With 42 Across, A way to say "Thank you"
 - See 40 Across
- Down**
- ... old woman who lived in ___
 - Heat meas.
 - ___ dixit
 - Cry when rubbing it in
 - Big name in PCs
 - Nav. leader
 - Title woman in a "Paint Your Wagon" song
 - A way to say "Thank you"
 - Creative thoughts
 - ___ land
 - Buy-now-pay-later arrangement
 - Social contract theorist John
 - Pac-12 team
 - ___ Sea (shrinking body of water)
 - Blades that sound like an allergic reaction
 - Spotted
 - Ace pitcher's reward?

Sudoku Puzzle

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

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 on page 19**

Cryptogram

" _____ ,
 "UDIG' EE KTRI COKV SHUD
 _____ ."
 USIEAI ETOAIZ TQ CLIQX."

Clue: T = O

Question: You tell a programmer to run to the store and pick up a loaf of bread. If they have eggs, get a dozen. What happens?

Solution on page 19

Notes:

TEXT
FSU 71441

TEXT FSU
TO 71441
for your
chance **WIN!!**

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LARP

Pick up your sword and hit the ground swingin'

Andrew Vidler
Interrobang

fantasy
genre in
the mainstream
eye, with the community
showing an ever growing level of
diversity among its members.

The drums are beating and the ground shakes beneath the footsteps of 100 charging soldiers. War has begun and the battlefield has moved to London.

Live-action role playing, or LARPing as it's more commonly called, gives fantasy enthusiasts and RPG fans alike a chance to escape the boundaries of their tabletop or video games, and experience the adventures for themselves.

At the heart of the LARP community is Underworld, a Canadian-founded community that has united hundreds of players across the country and beyond under one common purpose.

"The owners have created an entire universe that all of the chapters run in, we all serve as a country, we're Ralinwood," said London chapter founder Morgaine Halpin. "There's a plot and rules that we all have to follow."

A quick glance at the community's Wikipedia page shows over 30 races, some familiar sounding and some distinctly original, each with their own sprawling histories, customs and places in the universe. Choosing your race is only one step as you enter into the world, as new players are welcome to choose and establish their own place in the story.

Those new players have been arriving, with Halpin crediting rising numbers to the rising popularity of the

From a distance, most LARP plots resemble something ripped straight out of Lord of the Rings, and while elves, orcs and dwarves are counted among the crowds, old fantasy tropes are being used by modern creative minds to create something unique. As any fantasy fan will tell you, there isn't a lot of originality left with which to craft a universe, especially as it grows more popular.

LARP societies set themselves apart by melding these common elements into something unique, and then cultivating a sense of community and participation around them. The depth and importance of plot can also vary from group to group; some such as Underworld make use of crafted and modified stories, while some simply set out with a basic mentality of, "That's the enemy, get them!"

The tale of Underworld is as sprawling and complex as any high fantasy tome, with a multitude of religions, races and deities that new players can choose to occupy, worship and fight for as they choose. Familiar species such as dwarves and several variations of elves rub shoulders with Ainotaurs, the aptly named Avians (a race of bird-people), and of course a variety of human cultures including the Tiefanese, Berphauntian and Einher.

"When I first started it was mostly cosplayers and hard-core RPG fans," Halpin said. "Now people are joining just out of curiosity. They're LARPing just for the sake of it."

While joining a battlefield full of armoured warriors may seem like a daunting prospect, Ralinwood is a welcoming place for players of all levels of LARPing interest. A quick jaunt to their website provides information ranging from how to make your first sword, to how to establish your character into the existing plot.

"We always welcome new players," Halpin said. "They're actually able to participate in their first battle free, so they can see if they [are] interested in coming back."

Haplin and her husband Anthony were crucial in bringing Underworld to London, helping to found the local chapter and running it from the beginning.

"We'd been playing for years at Jericho, the Toronto branch for a couple of years when I was told there was interest in a

London chapter," she said.

Initially recruited to help a few interested people get the chapter off the ground, Haplin soon found herself spearheading the project on her own.

"The other guy involved just sort of vanished after we had met for the first time," she said. "The interest was still there."

With interest still strong, those in charge turned to her in order to bring Ralinwood to life.

"We started off with maybe 12 people or so, but last summer we managed to bring almost 100 to one of our London-based battles."

Monthly local events, plus an annual battle in Toronto between all Underworld nations, offers participants a multitude of events to join in with as they please. The LARP community around Underworld prides itself on giving fans plenty of opportunity to get as involved as they want.

With an ever-growing population, dozens of new warriors a year and several new countries set to be founded, Underworld has fast become one of the premier live action roleplaying organizations in North America and beyond.

Grab your swords and arm up, because Ralinwood needs you.



CREDIT: NAUMAN FAROOQ

If you're looking for a technological wonder car that amazes people for its futuristic looks, drivetrain and by the way it drives, this is the car for you.

Turning heads in the 2016 BMW i8

NAUMAN FAROOQ
MOTORING

Earlier this month, BMW celebrated their 100th birthday. I thought this would be the best time to feature what I think is the best vehicle this German company has ever made; the i8 plug-in hybrid sports car.

The i8 offers everything you'd want from an exotic sports car. If you're the type who is into posing, nothing gets the attention out on the road quite like the i8. This vehicle turns more heads than Gigi Hadid.

Open its swan-wing doors and you're greeted by a civilized interior that offers all the technology one expects from a luxury car. If you want a great sound system, along with the best navigation system, space, comfort, etc., the i8 has plenty to offer in all those areas.

If you're looking for a vehicle to deliver large packages in, the i8 is not the car for you. However, if you're looking for a technological wonder car that amazes people for its futuristic looks, drivetrain and the way it drives, then keep reading because this is where the i8 really shines.

BMW has shown in the past that it doesn't quite care to follow what others are doing; they like doing things their own way.

In the last few years, Ferrari, Porsche and McLaren have produced plug-in hybrid supercars that cost well over \$1-million and feature massive engines with little electric assistance; BMW took an entirely different approach.

First of all, the i8 doesn't cost millions of dollars to buy; in fact, its base price is far more reasonable at \$150,000. Sure, that is still a lot of money to spend on a car for most of us, but the i8 is far more attainable than the LaFerrari, 918 Spyder

and P1.

Part of the reason why the i8 is not nearly as expensive as the other plug-in hybrid performance cars is because BMW used a far more economical drivetrain. Rather than having your hybrid supercar use twin-turbo V8s or V12 gas engines, the i8 makes do with a three-cylinder gas engine.

It is a 1.5 litre motor that is turbo-charged, essentially the same motor you'll find in a 2016 MINI Cooper.

Powering the front wheels are two electric motors that combine to give 131 horsepower. When the i8's lithium-ion battery pack is charged up, you can drive this car purely in electric mode for about 24 kilometres. For an actual economy number, I averaged 6.0 litres per 100 kilometres in my test during a cold week. Furthermore, the battery pack gets charged up every time the car is braking or even coasting, and if you're cruising around in "Sport" mode, that also charges the batteries.

On top of all this, there is a six-horsepower, electric motor mounted to the gasoline engine in the back that fills in for any gaps in power delivery. As a result, the i8, despite having only a reasonable combined power output of 362 horsepower and 420 pounds per foot of torque, performs better than many vehicles with much more power.

It comes down to how the system is tuned and how it all translates when you put your foot down.

I was skeptical before I jumped in as to how good the i8 can be; after all, I'm usually all for simple, lightweight sports cars that have lots of go power.

But when you have the i8 in "Sport" mode, are on a deserted stretch of tarmac and you decide to put your foot down, you'll discover that it performs every bit as well as

you'd want a car that looks like this to. In fact, it performed better than I expected; it even sounds amazing.

It is not a car for the numbers however, because they'll say that other \$150,000 sports cars can cover the sprinter from zero to 100 kilometres per hour faster than 4.4 seconds, and have top speeds far north of 250 kilometres per hour. But, the i8 isn't for them; it is for those who appreciate smart engineering solutions.

Hybrids and plug-in hybrid vehicles have generally been slow and heavy. BMW went around that issue by making the i8 mostly out of carbon-fibre and plastics; this ensures that not only will the car will be rigid, but it is also light.

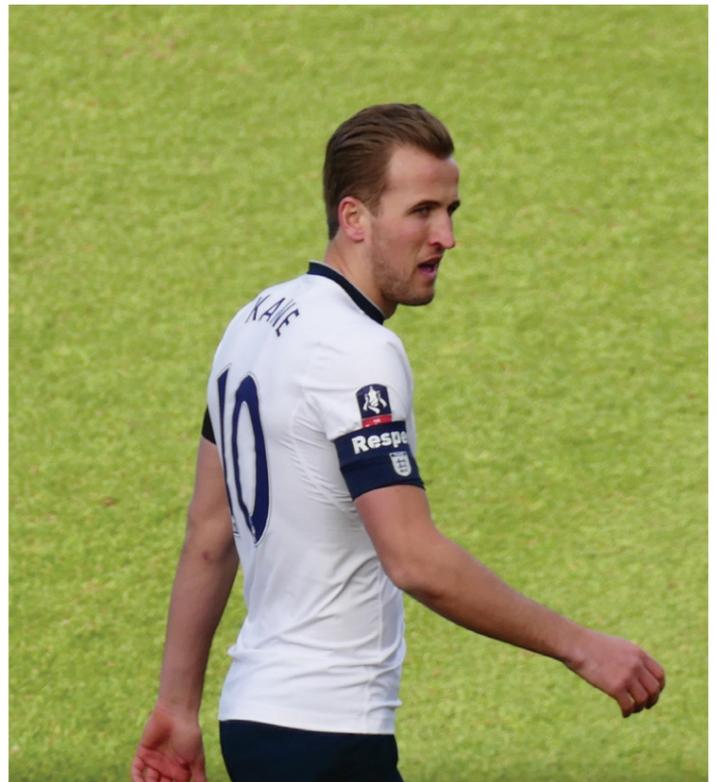
It is cheaper to fit a car with lead-acid battery packs, but they weigh a lot more, and don't deliver the electric range a lithium-ion battery pack does; hence the i8 uses the latter.

A key feature of any sports car is its ability to handle corners like it's on rails. Typically you'll achieve that by fitting the car with heavy springs and dampers, and tires as wide as garden rollers.

BMW had other ideas. Since the chassis is so rigid, the i8 doesn't need stiff suspension, so it rides well. Since it is light and has intelligent all-wheel drive, the i8 doesn't need big tires to help it handle. This car flows through the bends due to its clever set up using 215/45 R20 tires in the front and 245/40 R20 tires in the rear.

BMW also somehow managed to give electric power steering system lots of feel.

The i8 is an incredible machine and is easily the greatest vehicle built by one of the best auto manufacturers on the planet. Happy 100th birthday BMW, I can't wait to see what you come up with next.



CREDIT: "HARRY KANE" BY ENVIRO WARRIOR ON FLICKR (CC BY-SA 2.0)

Harry Kane became the first to reach the 20-goal mark this season. The feat also makes him just the fifth Englishman to score 20+ goals in consecutive Premier League seasons.

Twists and turns in week 31



ANDREW VIDLER
PREMIER LEAGUE
PONDERINGS

As we inch closer to the conclusion of this most unpredictable of Premier League seasons, clubs are finding themselves more and more desperate to claim what is left of the points available. Some are fighting for the title, some for Europe and others for their status in the top flight.

With crucial matches all over the table, week 31 gave us some more talking points.

Starting at the top of the table, Leicester City's incredible run continued, as they extended their lead to eight points, courtesy of a 1-0 win away at a Crystal Palace team that has yet to win a match in the calendar year. Riyad Mahrez was the scorer as the Algerian midfielder netted the 16th goal of his breakout season, and kept his team firmly in control of the title race. Their lead would be cut back to five points as Tottenham Hotspur comprehensively beat Bournemouth 3-0 the following day, with Harry Kane becoming the first to reach the 20 goal mark this season. The feat also makes him just the fifth Englishman to score 20+ goals in consecutive Premier League seasons.

Manchester City's outside hope of regaining the title seems all but lost, and they now find themselves facing a battle just to stay in the Champions League places. They lost the Manchester derby by a single goal, scored by Manchester

United's 18-year-old Marcus Rashford, who continues to take advantage of his run in the first team. The win conversely gives a real boost to United's top four prospects.

Southampton also boosted their European push at the expense of a rival with a 3-2 win against Liverpool after being 2-0 down. Half-time substitute Sadio Mané missed a penalty but scored a double to lead his team to a memorable victory.

At the bottom of the table Norwich City clawed themselves out of the relegation zone with a win against West Brom, adding more drama than ever to the North-West derby that was the centrepiece of the weekend. Newcastle United vs. Sunderland is always an ill-tempered, scrappy affair, but with both clubs battling for survival there was more riding on the game than just local bragging rights.

A win for Newcastle would see them leapfrog their old rivals and out of danger, while a win for Sunderland would see them put distance between them and the drop zone. In the end a 1-1 draw would be fought out, leaving both clubs in the bottom three.

It seems inevitable that there will be a new name on the Premier League trophy, neither Leicester nor Tottenham have ever won, and now we are looking at a real chance of both Northern clubs dropping out of the league. Most clubs only have seven more games to make this season a success, and they promise to deliver just as many ups and downs as those that have come this year. The league is more exciting than ever.

Cryptogram Solution: They'll come back with twelve leaves of bread.

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

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



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