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From friends to competition champs

STEPHANIE LAI
INTERROBANG

Kaytie Ayerhart and Brandon Glasser are not only from the same high school, they're also classmates and partners in all class assignments. Each is the yin to the other's yang as she's good with numbers and he's good with analysis.

The pair brought these compatible skills as Fanshawe representatives to the CPA Case Competition on March 14, which the Lawrence Kinlin School of Business hosted.

Ayerhart and Glasser ended up winning \$1,000 each and the competition, Fanshawe's second consecutive gold in the five-year existence of the competition.

"I was on cloud nine," Ayerhart said. "I've never won anything like this before."

Strangers at first, Ayerhart and Glasser met through a mutual friend and found that they not only came from the same home area – they attended the same high school.

"She knew a lot of friends I knew," Glasser said.

Though the two worked in the same large groups at first, they found that each person's skills complemented the other, and they continued to tackle every assignment as a two-person team.

"We realized that my skill base and his skill base contrasted perfectly to the point where if I can't figure out something, he probably knows it and vice versa," Ayerhart said. "That's helped us through every project. We both have the drive to make the other do work."

Glasser jokes it's a competition between them every time.

These skills translated well to the competition.



CREDIT: STEPHANIE LAI

High fives all around. Friends Brandon Glasser and Kaytie Ayerhart's combined skills led to a gold medal win at the CPA Case Competition on March 14.

"We complement each other's strengths and weaknesses so well it just clicks," Glasser said.

Glasser admits he likes to speak to large groups of people where Ayerhart battles anxiety disorders, but it's the fact that they're total opposites that Glasser loves.

"She's always been better with

the numbers, and I'm better with analysis of numbers. Even in our finance projects she deals with the number," Glasser said.

Ayerhart says that after working together for so long, Glasser knows when to jump in and save the day.

"If I'm struggling on something ... he could look over and see the

panic on my face, and he's come in a rescue me every time."

The two are finishing their final semester in the accounting program but plan to complete the Bachelor of Commerce – Accounting degree program.

The college will host the competition again in 2016.

Newfoundland takes steps towards gender-inclusion

FRANCIS SIEBERT
INTERROBANG

Memorial University in St. John's, Newfoundland and Labrador, is making one of its student residences gender-inclusive starting this summer.

The Burton's Pond apartment complex, which is a residence at MUN for upper-year students, will allow male and female students to share residence rooms.

"The students wanted it," said Brittany Lennox, Burton's Pond's representative in the MUN students' union. "Many people told me that they wanted their home to become gender-inclusive."

Prior to this, living arrangements

at all MUN residences were male- or female-only, an option that will still be available for students who want it.

Lennox says the new living arrangement is an important change for universities. Heterosexual couples and brothers and sisters who want to live together will benefit from the changes, as well as the transgender community.

"It creates a safer place for those folks to live without having to identify their gender, which can be a troublesome act for some folks," she said.

Lennox says nobody could say why students had to identify their gender when applying for residence when the university conducted a

survey.

She says the goal for next year is to make all residences on campus gender-inclusive.

"[MUN's director of student residences] said it was an inevitable change, that eventually they all would become gender-inclusive," she said. "With the amount of success that we had this year doing this, I am pretty confident that it [will] happen next year."

Living arrangements at Fanshawe are all male- or female-only.

"It tends to be the traditional approach to placing students," said Brianna Sadler, one of Fanshawe's residence life managers. "The concept of placing students in co-ed or gender-neutral suites is very new."

Sadler says while transgender people have been living in residence at Fanshawe, the college has not yet explored the idea of gender-inclusive residences because there hasn't been a demand for it.

Students who wish to live in residence with someone of a different gender are welcomed to contact Fanshawe Residence, she said.

"It's really great to see the whole Memorial University community working to create a safe place for diversity and respect folks no matter what their gender or what their sexuality is," Lennox said. "It's just becoming a safe place for everybody."

"Hopefully this can create positive change on other campuses as well."



Sweet Tweets of the Week

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

[Facebook](#)

Bailey Lowry

Back in the days of desktop computers I put tape over the ball in the mouse so that the mouse didn't work. I was a horrible prank

Lauren Leona

Me and my sister put honey on our Aunts doorknob

[Instagram](#)

selene_mayhew

I put toothpaste on my friends bagel and told her it was cream cheese. She ate it and freaked out ahaha

harryiswhite

Folded ketchup packs and put em under the toilet seat my sister was pretty upset

atolie

Shaving cream in my roomies shoes and the honey on the laundry room door knob for when she went to go clean them. Awful!!

shelbandty

Saran wrap around the toilet bowl, and baby powder in the blow dryer to my mother for both, haha

Next week:

What's your favourite board game?



Answer with a tweet using **#FSUInterrobang** by 2 p.m. on Wednesday, April 1 and you will enter a draw for a \$10 Oasis/Out Back Shack gift certificate. Must be a current Fanshawe student to win.

[#FSUInterrobang](#)

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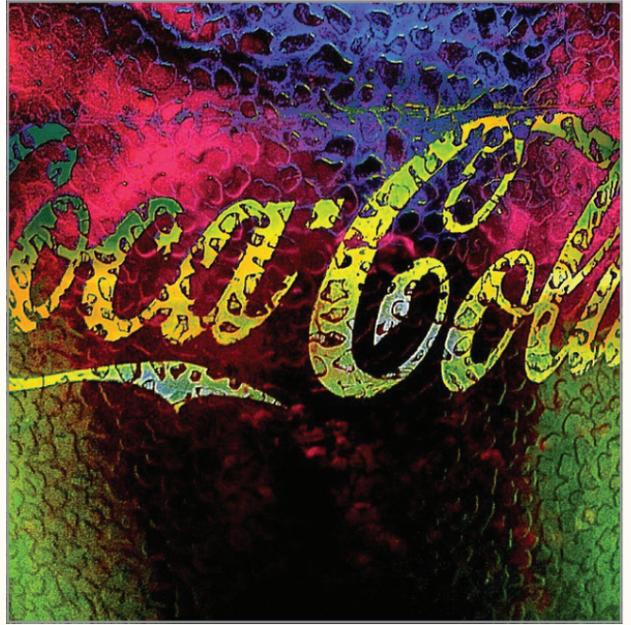
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[‡]FREE LUNCH: Contest only open to full-time Fanshawe College students. Offer consists of a \$10 gift card, given out monthly, that can only be redeemed at Oasis or The Out Back Shack during business hours at Fanshawe College in London, Ontario.



Having difficulties with a course?

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FANSHAWE



CREDIT: STEPHANIE LAI

Rumman Ullah Khan loves the cold and hopes to be in Canada for a long time.

Student wins national award and then some

STEPHANIE LAI
INTERROBANG

He's living the Canadian dream – and winning awards left, right and centre. Rumman Ullah Khan arrived to Canada in 2012 and enrolled into Fanshawe's Business Marketing program.

Khan was set with a business degree from his home country Pakistan and came to Canada to eventually pursue an MBA, so he opted to do co-op terms while at Fanshawe.

"You need really good job experience, especially in a western country like Canada or somewhere in Europe," Khan said. "You not only gain experience, you can make connections, network."

"How much I will be paid is really secondary. [The experience] is more important for me."

Khan's approach to school and co-op translates into his volunteer work.

"Volunteering is really important," he said. "You're still getting experience ... [and] it looks great on your resume."

Khan has also volunteered in the London community.

His involvement in the city and his work ethic has garnered attention. So much so, that he has received eight awards for his academic achievements and volunteer work.

Most recently, Khan was awarded the Co-op Student of the Year

award from the Canadian Association for Co-operative Education (CAFCE). The award commemorates a student who has "a significant impact in their co-op placement, high academic performance ... and making a difference in their communities."

"It's really a huge honour for me," he said. "Everything has been fantastic so far, and I could not believe ... sometimes I think I'm still in Pakistan. I'm dreaming here."

Khan says he doesn't do anything for awards.

"I have never done the volunteer work or community involvement for awards," he said. "Even if I knew, I would not have done it for the sake of awards. It makes me happy and satisfied to help people."

Khan is in Canada on his own and misses his family.

"It's not that I don't miss [them]. I am working hard to achieve my goals, and I have formed my family right here in Canada at Fanshawe, the London community," he said. "I'm so happy and satisfied."

He awaits his final grades to come in from his final exchange term in Wales before his name is put under the list of graduating students.

Khan says he will apply for a post-graduate work permit to stay in Canada for another three years at least. Then he will find a full-time job to improve his skills and gain more experience.

Minimum Wage Rate	June 1, 2014 to Sept. 30, 2015	Oct. 1, 2015 to Sept. 30, 2016
General Minimum Wage	\$11.00 per hour	\$11.25 per hour
Students under 18 who work not more than 28 hours per week when school is in session, or work during a school break or summer holidays	\$10.30 per hour	\$10.55 per hour
Liquor server	\$9.55 per hour	\$9.80 per hour
Hunting and Fishing guides	\$55.00: Rate for working less than five consecutive hours in a day \$56.30: Rate for working less than five consecutive hours in a day	\$110.00: Rate for working five or more hours in a day whether or not the hours are consecutive \$112.60: Rate for working five or more hours in a day whether or not the hours are consecutive
Homeworkers (employees doing paid work in their own home for an employer)	\$12.10 per hour	\$12.40 per hour

INFORMATION: MINISTRY OF LABOUR

Wage increase tough for food services

FRANCIS SIEBERT
INTERROBANG

The Ontario Government will be raising the general minimum wage effective October 1, 2015 from \$11 to \$11.25 per hour.

Kathleen Wynne's Liberal government will also be raising the minimum wages for students under 18, liquor servers, homeworkers and hunting and fishing guides effective this October.

"Our government has taken politics out of minimum wage increases while ensuring wages for Ontario workers keep pace with inflation and businesses have time to prepare for payroll changes," Minister of Labour Kevin Flynn said. "This puts more money in people's pockets, gives our businesses predictability and helps build a more prosperous economy, while ensuring a fair society for all."

Essex NDP MPP Taras Natyshak,

who was made Critic for Economic Development and Employment, Small Business, Infrastructure on March 20, said in a press release the increase was not good enough.

His party had previously promised increasing the minimum wage to \$12 per hour by 2016.

The main sectors employing minimum wage workers are accommodation and food, retail trade and agriculture.

"This is very much out of our control," said Gary Deline, operations manager of The Outback Shack. "There's nothing that we can do to combat this, but it is one more barrier that the hospitality or food service industry is going to have to overcome, especially with the wage increase last year, another wage increase this year and now with the province-wide smoking ban."

Deline says the minimum wage increase will not affect the number of people he employs at the restaur-

ant, which employs some students, or the hours of operation. He might have to increase prices, however.

"It's going to be a tough year for some of the food service operators in the city," he said.

The Ontario government enacted legislation last year tying minimum wage increases to the Consumer Price Index – the price of living – for the province. Minimum wage increases will be published on or before April 1 and take effect on October 1.

The province's minimum wage between 1996 and 2003 was frozen at \$6.85 per hour under Mike Harris' Progressive Conservatives. It increased annually between 2004 and 2010 under Dalton McGuinty's Liberal government.

The minimum wage was last increased in June 2014 from \$10.25 to \$11 per hour.

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CREDIT: STEPHANIE LAI

Clarisa Gallegos looks forward to using her x-ray skills in Peru to help those in need.

Toys, T-shirts and a trip to Peru

STEPHANIE LAI
INTERROBANG

Inspired by the work her late mother did, Clarisa Gallegos will be making the trek to Peru to do her part to change the world.

The misdiagnosing of her mother led her to the Medical Radiation Technology program at Fanshawe, of which she is in her third year.

"After [my mom's passing], I just wanted to be involved somehow in diagnostics," Gallegos said. "You get to work with nurses and doctors, and you want to make sure you have that good picture in order to diagnose."

Before Gallegos' mother passed away, she had been sending dentists to villages in El Salvador through her foundation Green Volunteers. When she passed, Gallegos went to El Salvador in her place.

"It was amazing the amount of people you're helping," she said. "Some of them had never had a toothbrush."

"I knew I wanted to go back and volunteer somehow."

In August, after her first year at Fanshawe, Gallegos began to research medical missions. She came across the Foundation of International Medical Relief for Children (FIMRC).

"I noticed they do work in El Salvador, and that's where I'm from, and that's where my mom had started her foundation."

Gallegos got in touch with FIM-

RC and was informed that her X-ray skills could be used in Peru and India. She says she chose Peru so she could practice her Spanish.

After doing research on institutions FIMRC works with, Gallegos found that orphanages and hospitals were in need of supplies.

In December, Gallegos conducted a toy drive in the hospital where she did her placement.

"My goal was to get a least 100 lbs. of donations," she said. "I got a lot of donations. I'm still getting donations."

"Then my concern was how am I'm going to take this."

Because of overflow from the toy drive, Gallegos needs to raise more money to pay for extra baggage. So she started selling T-shirts.

"I designed a radiology T-shirt ... I sold them to [my placement hospital]."

Gallegos ended up selling T-shirts to hospitals in Cambridge, Woodstock and most recently Strathroy.

The money she raises from T-shirt sales will help to pay for baggage but also for extra medical supplies.

"[FIMRC] sent me a [list] of hospital supplies they need, so I started buying things with the money I had raised," she said. "I'm mainly raising money to buy [supplies]."

Gallegos leaves for her month-long trip to Peru on May 20. For more information or to purchase T-shirts email her at mrtgirl2015@gmail.com.



CREDIT: COLOSSAL ORDER LTD.

London's Thames River in all its digital glory, created by Fanshawe alumna Khalid Sleiman for PC video game Cities: Skylines

Fanshawe grad makes digital replica of London

FRANCIS SIEBERT
INTERROBANG

There's a new plot of land for people playing the recently released city-building simulator PC game *Cities: Skylines*: London, Ont.

Created by Fanshawe College alumna Khalid Sleiman, who graduated from the three-year graphic design program in April 2013, the plot of land features the Thames River, major ponds such as Pond Mills, Boler Mountain, highways, plane routes, railroads, bridges and wooded areas.

The goal of the game is to build working cities by being in charge of zoning, road placement, public services and taxation. Players also have to maintain the city's budget; population health and happiness; employment; traffic flow; air, water and noise pollution; and other

factors.

The game comes with a map editor, which Sleiman, who is a Web developer and graphic designer at Campus Creative, used to create London.

"I was looking through the workshop where all the maps are, and I noticed there was one for Toronto and there was one for Grimsby, Ontario, I think, and so I decided and went out and make one of London," he said.

He didn't know how many people from London played the game, but he had spare time and wanted to try the map editor.

He found a heightmap of London on the Internet and built the plot of land based off of it.

He created a first version of the map but had some issues – the flow of the Thames wasn't strong enough.

London has different elevation points, Sleiman explained, and while the river would flow properly in one area, it would overflow in another.

"I had a really tough time with making the water right," he said.

One comment on the Reddit page of the map says that by the time the city reached a population 5,000, people were drinking sewage water.

"So accurate Thames," the person joked.

Sleiman fixed the issues and released a second version of the map. As of March 25, about 600 people have downloaded the map, he said.

Cities: Skylines was developed by Finnish developer Colossal Order and released on March 10 for Windows, OS X and Linux. The game sold 250,000 copies in the first 24 hours, according to IGN, and hold a Metacritic score of 86.

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

› Elizabeth Arden: *Self-Made Maven*

In a time when women dare not wear make-up or run their own businesses, Elizabeth daringly did both. She was not a trained chemist, yet she pioneered the concept of scientifically formulating cosmetics. She was not a business graduate, yet she created a global empire. Curiosity and drive were her teachers; the world, her classroom.

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

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CREDIT: "FRANCIS COLLINS 1" BY ADAM FAGEN ON FLICKR (CC BY-NC-SA 2.0) / DESATURATED
Francis Collins, leader of the Human Genome Project, considers himself a serious Christian.

In the space between knowledge and desire



MICHAEL VEENEMA
RUMOURS OF GRACE

Faith and science don't mix, do they? Faith is believing the unbelievable, and science is discovering what is knowable. At least, this is how many see the two. It is common for people who dismiss Christianity to claim it is a fabrication that uninformed or gullible people believe. They say that informed people, if they follow their reason, naturally reject Christianity. Those who do are sometimes called brights by their atheist cheerleaders – not without a strong trace of nose-turned-up arrogance.

Is it really true that Catholics, Protestants, Muslims, Satanists, Rastafarians, Hindus and any others who believe in God or other (usually) unseen beings are irrational and unscientific? And are people of science characteristically against faith in God? Absolutely not.

Anyone reading this can go online and discover current, prominent scientists who are also deeply faithful. Francis Collins, head of the Human Genome Project, and John Polkinghorne, physicist and Anglican priest, are two easily accessible people who write that their faith enriches their science and that their science enriches their faith.

The film *Salmon Fishing in the Yemen* was probably not made to promote Christian faith. Yet, in this scene, the alleged gap between faith and reasoned science appears to vanish. In the story, Sheik Muhammed (Amr Waked) dreams of building a waterway in Yemen and stocking it with salmon so his people can fly fish. He enlists businesswoman Harriet Chetwood-Talbot (Emily Blunt) and fish expert Dr. Alfred Jones (Ewan McGregor) to help him.

They discuss their venture over a formal dinner. The sheik claims that if the project succeeds it will be a miracle of God. Jones takes this opportunity to state that he is not a religious man, but a man of facts and figures.

The sheik does not let him get away with this. In the conversation that ensues Jones reveals that he spends dozens, sometimes even hundreds, of hours fishing before he catches anything. Muhammed points out that Jones endures wind, rain and cold even when the odds of success are low. "Why? Because you are a man of faith, Dr. Alfred. In the end you are rewarded for your faith and constancy with a fish!"

Jones disagrees, but the sheik overrides his disagreement with a toast to faith and fish. Chetwood-Talbot joins in the toast. Jones does too, but adds, "[and to] science."

The sheik though has already made his point. It turns out that Jones does not live by facts, figures and science alone. He also knows faith, although he hasn't bothered to think about it much, believing himself to be above that sort of thing. And, although faith that he will eventually catch a fish is not exactly the same as faith in God, there are plenty of similarities.

Faith involves waiting, constancy and patience. Fly fishermen have faith that if they wait long enough, a catch worth bragging about will come along. Christians have faith while they wait at times for answers to their prayers. And, while waiting for the return of Christ and the renewing of the world, they trust that those things will not be withheld forever. Those who believe in Jesus Christ have faith that in spite of the criticisms that some have lodged against the accounts of his death and resurrection, which will be celebrated this Easter holiday. They are nevertheless true, so much so that all other opposing truths will one day be revealed as shadowy, if not sinister, imposters.

These, and other similarities between faith in a catch and faith in God, suggest that many are not far from the ability to believe in God. More of us would, I think, with a little encouragement.

A final nod to the toast – and to science – from our man of facts and figures. For science too involves faith. Did Copernicus and Galileo not have faith that their painstaking observations of the stars would yield remarkable and powerful truths? And didn't Thomas Edison have faith that if he experimented long enough that he would invent a light bulb that would not explode when he turned it on and give light stronger than the gentle candlelight by which he must often have worked?

Human beings were made to live in the space between what is known and what is hoped for; between what is understood and what is desired. In that territory faith is the vehicle to carry us.

It carried Edison's team until a working light bulb was invented. It carries forward the people teaching classes, reading books and preparing for exams. And it carries people along the journey where the death and resurrection of Jesus Christ are the signposts of a new age to come that has already broken out upon the world.

Disconnect to reconnect



NAUSHEEN KUMAR
INTERROBANG

The future looks scary, but that doesn't mean you should keep holding on to your past. What you need to see is that all you've got is the present, and this is all you will ever have. The past that you're holding on to – the past you are thinking about right now – you left a long time ago. Nothing takes time if you decide soon. Stop fooling yourself. Be present in life emotionally, psychologically along with your physical presence. It's all about a journey, which can't be covered being alone.

Without freedom from the past, there is no freedom at all, because the mind is trapped in unnecessary thoughts, futile views and opinions. The mind is never new. Its innocence is being impaired. The continuation of this destruction process will ultimately lead to not only self-injury but to the ones who are around you, with you – look around once again, you might have lost them for no reason.

Sometimes it takes three months, sometimes one day. Some say one year to get over your past. None of these hold any truth.

The moment you decide to kill it, finish it, pack it and throw it away from your life, you are actually over it indelibly. It's your mind to decide. It's you. Nobody's ever going to plan your life; it's always you.

Get out of the trauma soon and if you had made the decision to live your life anew, then

make it happen. Don't wait for the new opportunities and people to be lost from your life yet again. This way, you are making the same mistakes in life – you are doing nothing new but destroying yourself for the one whom you left and left for some reason.

Go back to your thought process. Think why you decided to part your ways. Why you are in the situation you are in right now. Think. Clear your minds. Stop being stuck in life and destroying others' lives. Make up your mind as to what you want to do and take your steps forward accordingly.

Resisting change, resisting people, resisting attachments, resisting life – these are a number of things you are resisting without realizing that this is only making your life worse but nothing else. You have to disconnect from the past in order to reconnect with yourself, new people and opportunities around you.

We tend to spend more time and space in the virtual world than in the real one and this is not aiding you in anything but inching you towards the cliff. If this persists, you are bound to fall off and never come back.

Be at peace within yourself for once. Forgive, but don't forget. Either leave it completely or remain stuck with it forever. Don't keep it on the hook. See what damage you might be doing around you – although unintended. But watch for your words and actions. Realize or not – it is desperately needed. It is. Before you invite a permanent damage yet again either for yourself or someone else currently in your life and is lost forevermore.

If you can't beat 'em, try to work for them



VICTOR DE JONG
INTERROBANG

Everyone has heard the saying that the only guarantees in life are death and taxes. A cheeky quip that's been tacked on to that old adage is that at least death only happens once.

It's the time of year when, for most young adults, there's a nice little bump in disposable income thanks to the annual tax return. A couple years later, however, the majority of your tax dollars are gone for good and a substantial portion is spent on paying the salary of public sector employees.

A recent report by Ted Mallett of the Canadian Federation of Independent Business' (CFIB) found that government employees earn far more than those in the private sector. Whether it's delivering packages or driving a bus, those with a paycheque signed by taxpayers take home over \$8,000 annually on average more than their counterparts working for independent businesses. The additional income comes on top of the fact that a government can't go out of business and lays off its staff.

According to the CFIB report, the federal government would save \$20 billion per year if public employees were paid at the same rate as those in the private sector.

At the risk of overstating a point, the sheer scope of what could be accomplished with

that amount of money can hardly be exaggerated. It's enough money to fully fund the city of London for almost 20 years. It's enough to pay for the entire proposed mission to send an expedition to Mars. Three times. And \$2 billion left over for a per diem. It's enough money to warrant spending an entire paragraph trying to illustrate how much money it is.

The CFIB report should result in a concerted effort by all three levels of government to rein in the amount of their annual budget spent on salaries.

Should.

In reality, nothing of the sort will take place. Government unions have a huge advantage when it comes to collective bargaining because their boss is an elected official. Whether it's Mayor Matt Brown, Premier Kathleen Wynne or Prime Minister Stephen Harper, those with the power to limit salary expenditures are slaves to popular opinion. While it's difficult to pick any one thing that doomed former Ontario Conservative Party leader Tim Hudak's bid for the Premier's office, planning to eliminate 100,000 public sector jobs was undoubtedly a nail in the coffin.

Any politician foolish enough to threaten the size of the public sector workforce or their remuneration comes under heavy fire. The fact that one in five Canadians is considered a public employee contributes heavily to this paradigm. If you aren't employed by the government, chances are you know someone who is. So, what's your best bet to beat the system? Make government job boards a bookmark on your web browser.



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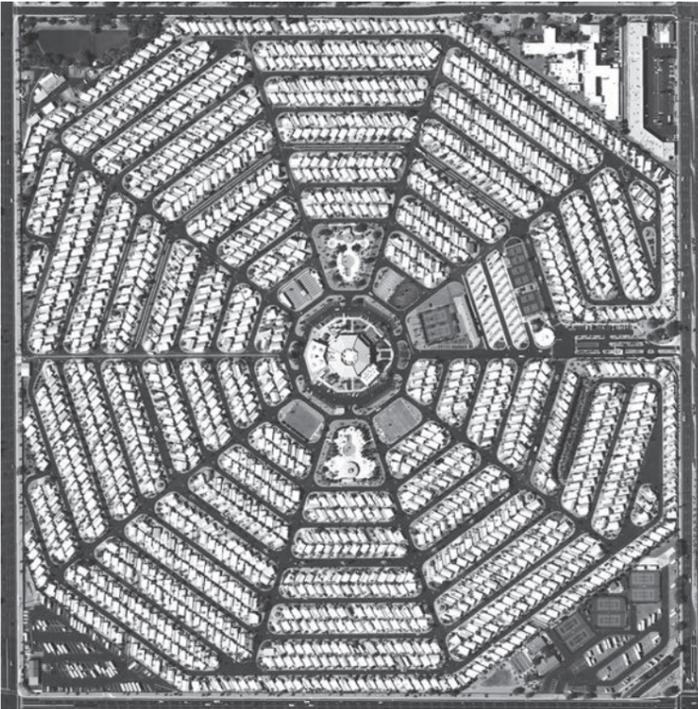
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CREDIT: MODEST MOUSE

After eight years since the release of the band's last album, Modest Mouse released *Strangers to Ourselves* in mid-March

The wait is finally over



NICK REYNO



It's been long anticipated, but it's finally here. The band Modest Mouse has been working on its sixth studio album for the past eight years – longer than most bands even exist.

The band's prolific record *Strangers to Ourselves* finally dropped March 17, and it's anything but modest.

If you've never heard of these indie-rock veterans, Arcade Fire is about as close as it gets, and even then, the comparison is quite a stretch. Unique doesn't even begin to cover this group of innovators.

Strangers to Ourselves is spread over 15 tracks and clocks in at just under an hour. For an album almost a decade in the making, you might have expected something a little more extensive. But what we have here is a textbook definition of taking quality over quantity. From its mellow introduction in "Strangers to Ourselves" to its behemoth ending in "Of Course We Know," this album takes us on one hell of a ride.

While this album is still very much a product of Modest Mouse, carrying its signature guitar bends and bah bah bahs, the composition as a whole is clean cut. While much of the older catalog captures a sense of raw emotion and minor chaos, this new collection of songs must have gone through more than 50 drafts since 2007. If this contrast is lost on you, listen to "Lounge (Closing Time)" and follow it up with the newly released "Shit in Your Cut."

On the upside, the amount of production and time spent on these tunes has created tight-knit tracks in which every note and effect comes together to create epic orchestrations. If you haven't listened to Modest Mouse before, this album is a great place to start.

Strangers to Ourselves carries two highpoints in the songs "Lampshades on Fire" and "The Ground Walks, With Time in a Box." The songs themselves are almost self-contained greatest hits albums, harnessing Brock's cryptic lyrics

and unique delivery, laced with syncopation and somewhat chaotic song structures. In almost a satirical manner, "Lampshades on Fire" opens up with the infamous bah bah bahs, but hey, they're still catchy even after six albums.

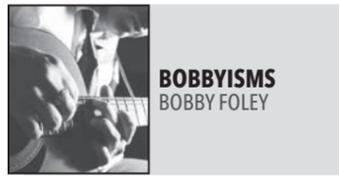
Strangers to Ourselves comes with a defining low point, however, in the song "Pistol (A. Cunanan, Miami, FL. 1996)." This song seems to be a failed attempt to rehash "Tiny Cities Made of Ashes," and everything from the lyrical complexity to the instrumental production is a complete catastrophe. This facetious post-apocalyptic techno jam about the murder of Versace is a dark scar on an otherwise terrific album. If failed experimental escapades are your thing, then you're in for a wild ride, otherwise let's just pretend this song doesn't exist.

As far as successful innovation goes, the songs "Ansel" and "Sugar Boats" take the cake. "Sugar Boats" sounds like the theme song of a carnival from hell, the kind we have nightmares about. It opens with an eerie toy piano, dubbed over quickly by tubas, which give way to a brass section. This is uncharted territory for Modest Mouse, but they utilize every new instrument beautifully. Just picture a fun house designed by Marilyn Manson, and you've got a pretty accurate representation of "Sugar Boats."

“This is uncharted territory for Modest Mouse, but they utilize every new instrument beautifully...picture a fun house designed by Marilyn Manson...”

As a whole, *Strangers to Ourselves* sounds like an album carefully articulated to please as many fans as possible. Modest Mouse didn't make this album for themselves, they made it for the fans with commercialism in mind. The only people to be let down by this album are the original fans who blared *Lonesome Crowded West* and in their cars nearly 20 years ago. Let's all hope that the next Modest Mouse album can capture some of the youthful bashfulness that was lost in *Strangers to Ourselves*.

Kitty, Daisy & Lewis return with The Third

BOBBYISMS
BOBBY FOLEY

I write about random things a lot. I write a lot about random things. Here in Canada, we're quite used to groups made up of siblings in various forms, with no end of examples throughout eras and across genres, from the Age of Electric to Men Without Hats, Nickelback to Tegan and Sara.

When you further factor in our penchant to follow the beat of our own drum and celebrate our musical diversity, it becomes easy to see just why The Third – the latest offering by offbeat English three-piece Kitty, Daisy and Lewis Durham – is poised to be embraced by Canadian audiences and a fixture of Best Of conversations at the end of the year.

Newly available this week, the album (yes, the band's third) came together on its own terms, close to home in a self-constructed studio in Camden Town. An early fan and fellow Camden native, producer Mick Jones – perhaps most notable for forming British punk outfit The Clash in 1976 – sought out an opportunity to work with the trio, who prepared to record with four months of rehearsals at home.

An album that won't be overshadowed by the intrigue that precedes it, *The Third* is much more than just a witty pop record written by capable multi-instrumentalist siblings, recorded by a Rock and Roll Hall of Fame inductee in a former dilapidated Indian restaurant. *The Third* is an engaging listen that paints a landscape of indie folk with shadows of nostalgia, reintroducing a classic touch of songwriting into a scene that has seemed largely been drenched in reverb for a few seasons.

Leading up to the album release, the band premiered a few songs from *The Third* with music videos for "Baby Bye Bye" and lead single "No Action," featuring the group's inimitable style and a penchant for dark humour. They also performed on *Album de la Semaine* on CANAL+ television in France last month that included the swinging opening track "Whenever You See Me."

Unified by the collective style and voices of the Durham siblings throughout, the album also affords them plenty of opportunity to flex their considerable songwriting muscle. Switching between musical styles as easily as they swap instruments, the three pepper each track with ghosts of eras gone by – check out the thick R&B vibe on "Feeling Of Wonder" (on which Jones performs as a guest) or the unmistakably Hendrix-tinged shuffle on "Bitchin' In The Kitchen."

The production on *The Third* shines as brightly as the music within, actively keeping your attention without feeling like a slow or long listen. Recorded exclusively on 16-track analogue technology in a compact space – the entire setup fit into a room smaller than most rehearsal spaces, the musicians all facing one another as they worked – the album has the effect of bringing the listener into the studio with them, creating the illusion that the band is in the same room when listened at full volumes.

If you hear only one song from this record, make it the sultry show stopper throwback "Never Get Back." Well placed in sequence, this track is a gem that well illus-



CREDIT: COURTESY OF FONTANA NORTH

English siblings Kitty, Daisy and Lewis release their third album *The Third* and will stop by Toronto before jetting off to Japan and Europe.

trates the themes and styles of *The Third* with fluid skill; warm analogue overhead accompanying aching vocals; and shimmering guitar tones giving way to tender strings give this song a timeless quality, a real highlight of the record.

Kitty, Daisy and Lewis are on tour across the United States now, however, they will appear at Lee's Palace in Toronto on April 11, performing with Gemma Ray on their lone Canadian date before heading off to Japan and Europe to lead into the summer.

For more on Kitty, Daisy & Lew-

is or the band's new album *The Third*, visit kittydaisyandlewis.com or follow on Twitter @kdandl. Tickets for their gig at Lee's Palace on April 11 are \$17.50, order online from ticketfly.com. The show is 19-plus, doors at 9 p.m.

And for more on the latest in music news, album reviews and more, follow this column on Twitter @fsu_bobbyisms. Studying for exams is important but don't forget to make some time for yourself this week and support your local music scene. I'm out of words.



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CREDIT: ATAXIA

One of London's finest death metal bands Ataxia is on its way to achieving top levels with albums like *Calignious*.

Ataxia - Calignious



PRESTON LOBZUN
FROM UNDER
THE COUNTER

Marginal amounts of people can really put up with brutal technical death metal. I can see why it's not for everyone, and I am not always interested in technical elements myself when I listen to metal. I listen to it more for the intense speed, the intricate and well-composed songs and the pounding percussion that relentlessly breaks through each track.

I can say, however, that this somewhat recent Ataxia release is something I can really get into. It has all the elements previously mentioned, but there is a great emphasis on guitar solos and technically demanding performances. Again, it's not for everyone, but if you like the sounds of blast beats, shredding and inhuman vocals, then you will most likely enjoy one of London's finest metal acts.

Calignious is a pretty well-paced release. Not much time is wasted on one riff or section for too long, and that is integral to music like this. You constantly need changes and shifts in tempo or feel to not wear out the music.

This happens easily because the music doesn't have much in terms of dynamics or formulaic melody. It is probably why it's either something you really like or really hate. Death metal specifically is unique in a sense because it is ferocious organized noise and that is hard to pull off effectively. Many bands try this avenue but a lot get lost in too much repetition, boring riffs and muddy tones. Not to mention, some bands will label themselves as a death metal while playing relatively mid-tempo songs and having some sort of modern grunge vocalist moaning about trucks or his girlfriend or something.

Blasphemy.

On the topic of performance and standards, this type of music really does have some bar to live up to despite people wanting to argue otherwise. Unlike punk for example, which embraces human error and loose simplistic songs, metal – especially technical stuff like this – needs to be tight and powerful. You can't beat around the bush with your skill because most of the people listening are probably just as musically inclined as you if not better. There just simply isn't room for bands who write their riffs in 10 minutes and practice once a month while playing shows at least three times in that same month. It takes serious time and effort thus making bands like Ataxia rare.

Ataxia does well to avoid these aforementioned pitfalls by incorporating interesting progressions.

There are some few points where the music is melodic in the sense that it follows a more traditional pattern as opposed to dissonant key changes. This prominent near the end of the song "Unbalanced" with its guitar riff that climbs up some sort of scale before dropping down into the hell that Ataxia has spawned from. It's just enough to really pop out in the track, and I think that is a cool shift which kept me from skipping a song and ended up making me want to cover them in the first place.

With good engineering and song writing, the overall production of the album is top notch and the band certainly didn't compensate for anything in its performance. If I had to put it side by side with something to get some people interested in listening, I could compare it to the technicality of Cryptopsy mixed with the brutality of Cattle Decapitation.

While maybe it's not quite at that level yet, this album is certainly one of the better products our city has put out, and it does not look like the band will stop anytime soon.

You can listen to the album at ataxiacanada.bandcamp.com.

The Great Lake Swimmers' return to Forest City



JERROLD RUNDLE
INTERROBANG

Tony Dekker and Great Lake Swimmers call Toronto their home, but it seems the band always returns to the Forest City.

The group is set to release its sixth full-length album, *A Forest of Arms*, April 21. Dekker explained the band's London love.

"We recorded a large part of our third record *Ongiara* at the Aeolian Hall, in 2006," he said. "It's an excellent sounding room, and we try to play there whenever we come to town ... I really respect how the Aeolian has become woven into the fabric of the music community."

Choosing London for the start of the band's Canadian tour was an easy decision for the band, but Dekker says the Aeolian made even more sense being the first of three venues to host back-to-back shows.

"Our last show in London was sold out, so we decided to go with two shows this time around..." he said. "I can't think of a better way to kick things off. It will be the first place where we'll have our new record in hand. Coming back to the Aeolian Hall feels a lot like coming home."

But, it's not just the Aeolian connecting Great Lake Swimmers to London.

"Western is actually my alma mater, where I received an undergrad degree in English Literature," Dekker said. "Miranda, our violin player, studied music at Western for a few years as well."

Add to that the band's early work being mixed by Londoner Andy Magoffin – owner of the House of



CREDIT: MARINA MANUSHENKO

A couple members of the Great Lake Swimmers call Western their alma mater. The band will be making a return to the Aeolian April 15 and 16.

Miracles Studio.

"I guess you could say that our ties to the city are quite strong."

A Forest of Arms was made during a time when Dekker was working for the World Wildlife Fund, with the experience being a constant influence during recording.

"The [album] title ... is a line from a song on the new album ... inspired by a trip that I took with [WWF] into the Great Bear rainforest in northern B.C. to see firsthand the incredible ecosystems and way of life in that part of the country," Dekker said. "It is an area that is being threatened by the construction of the Northern Gateway pipeline, and I can say with certainty that from my perspective the pipeline is a very bad idea."

"I chose to draw upon the beauty and mysterious nature of the place for the song. It's one of the last unspoiled places of its kind in the world, and it is upon us to speak up to protect it."

The band's immense respect and love for the natural world translat-

ed into a rather different experience when working on *A Forest of Arms*, with Great Lake Swimmers getting to record several songs in the oldest natural cave system in Ontario.

"I stopped in at Tyendinaga Cavern a few summers ago out of curiosity," Dekker said. "They do a really great cave tour during the summer months, and I got to talking with them. It's quite a rarity to have caves like that in Ontario, because of the intense pressure that the glaciers had on the Canadian Shield."

"It's really all about natural acoustics, and it really doesn't get much more natural than recording in a cave below the earth's surface. It added a really dynamic sonic layer of sound and an overall intense experience to the recording process."

With the Aeolian shows coming up April 15 and 16, Dekker is nervous but excited too.

"I think it's some of our strongest work, and we're really looking forward to taking the show on the road."

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CREDIT: LIONSGATE

Insurgent stars Theo James as Four and Shailene Woodley as Tris Prior who join forces with other Divergents to fight the old and rigid faction regime.

Where do you belong?



**PAM-MARIE
GUZZO**
INTERROBANG

The sequel to *Divergent* follows Tris Prior after her escape from the rigid faction system that labelled her the enemy. Instead of leaving the city and those that have turned their backs on her, Tris and Four head back in an attempt to prevent more people dying as the search for them continues. As one convenient plot device after another keeps them alive, the two must choose between evils with no way to know which choice is right.

Starting with what *Insurgent* does well, the scenery, action sequences and stunts are all incredible, with the transition from sims to reality being almost too smooth at times. There are multiple occasions where audience members can be immersed enough to feel their breath catch as Tris Tarzans her way across the city. The strange dichotomy of ultra-modern and post-apocalyptic architecture is still there, working well to reinforce the extreme dis-

parity between those with factions and those without. Many of the strengths from the first movie, including excellent fight choreography and truly amazing cinematography, are carried to the second.

Shailene Woodley doesn't disappoint at all in her return as Tris, playing the strong, perhaps too understanding, heroine we've come to love. Theo James, as Four, does a decent job of keeping up with her. There are scenes where his character seems to fluctuate wildly, making him a bit less realistic than those around him. Kate Winslet, a personal favourite in her role as Jeanine, somehow manages to be one of the more sympathetic characters while still being wonderfully hateable. Every other character seems almost dull when compared to the two contrasting lead women, however well played they may have been.

One of the biggest problems with *Insurgent* is just how conveniently everything seems to work out to keep the plot going in the direction the author wanted. Whenever there's a real chance of things not working out, there's a convenient train or relative or strange immuni-

ty to some but not all sim serums that saves the day. Perhaps the most frustrating aspect is that Divergents can somehow enter sims for tests but are magically resistant otherwise. It's a convenient loophole that makes no sense based on the established science of the universe.

Without spoiling too much – and if you're one of those people who fear any spoilers at all, you may want to skip a few sentences – it must be said that the ending of the movie is incredibly weak. We get a lot of build-up and tension and great character development, followed by one of the most anticlimactic endings ever. While there are still two movies to go – as the third is being split into two in true Hollywood money-grabbing style – one can't help but feel incredibly disappointed by the last 20 or so minutes of the movie.

Overall, *Insurgent* is far from being a bad movie, with some amazing actresses, as well as scenery and fight choreography that do a lot to make up for the films failings. The idea behind the series is still interesting and hopefully the final instalments will go a bit further in explaining the why of it all.

Women finding a place in the music industry

JAYMIN PROULX
INTERROBANG

Women are often over-sexualized in many genres of music or marketed to be something that is not who they are or attainable for other women.

According to Holly Kruse in *Key Terms of Popular Music and Culture*, "the increased visibility of women as rock musicians – in the past they have usually been restricted to a role of pop singer – has undoubtedly helped to account for increased interest in the relationship between gender and music."

Four second-year Music Industry Arts female students, Jo Jo Worthington, Emma Elena Grace, Bailey Pelkman and Kira Longueay, spoke about their roles as artists as well as contributing to the music scene at Fanshawe College and the city.

They all had a wealth of knowledge in different instruments.

Pelkman first learned piano, then picked up guitar, ukulele and flute. Grace said she didn't play instruments at first but found guitar at 15.

Longueay taught herself how to play guitar when she was 15 and also plays ukulele and bass.

Worthington – who can be seen performing on campus from time to time – says she plays the ukulele.

Before entering the Music Industry Arts program, each young woman mulled over a couple of options.

"I didn't actually know of any other programs," Pelkman said. "I know about OIART until coming to Fanshawe, but I knew MIA was a really well-rounded program."

Longueay wisely commented on her program, "You not only learn about the curriculum, you also learn a lot of life lessons working with other people, who you work well with, who you may not, taking those skills into the real world when I graduate, and I would like to get a job in engineering or producing as well as continuing with the song writing part of it."

"A lot of graduates stay in London, so networking and getting noticed by the professors and you do your best work and impress them,"

she continued. "They are active in the industry now, and they have so many connections – they can definitely help you get great jobs."

When asked about being women in a male-dominated industry, Peckman stated that confidence in yourself and trusting your skills was imperative.

"I don't think this just applies [to being a woman]," Pelkman said. "A picture came up about a female producer was working in a studio ... and that's something that you don't really see. You mostly see males. The tech side of the industry is definitely male dominated, but it doesn't mean males are better. So be confident and don't be discouraged."

Drugs and alcohol often play a role in music, but staying grounded can combat the negativity that goes with substance abuse. Longueay had observations about that.

"When you go on tour, it's not about drinking and doing drugs all night because you are just surrounded by it by your crew and your fans," she said. "It's readily available ... it's hard to say now, keep in mind it's what you love to do – it's your job. Your job isn't to get wasted every night, your job is to put on a really great rock show or whatever."

"You're there to get the crowd going, not run off stage and throw up on someone."

Finally, choices in music fluctuate with time and they all mentioned their favourite ones – some are prominent females in the industry.

Grace loves Hosiery, Noah Gunderson, Dixie Chicks and Lights.

Pelkman enjoys Jason Mraz and Cobbie Clay.

Longueay likes punk, pop, folk and the works of Dave Grohl and the Foo Fighters. She also likes Dallas Green and Taylor Swift.

Worthington finished with St. Vincent, an artist she finds inspiring.

"She's a female songwriter, an incredible guitar player and plays the best that I have ever seen. She's so unique, and she's very innovative in everything she does. She really inspires me to try to also be like that and try different things and be crazy like that."

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Eating right: Simpler than you think

KAREN NIXON-CARROLL
INTERROBANG

What makes good nutrition complicated is you and your behaviours, beliefs, lifestyle and current state of health. The world complicates it further with all its promises of this and that, and people around you may not understand or be supportive. Here are some simple nutrition rules to follow, which can help you get on to a path of a healthier lifestyle:

Eat whole foods first

This means the plant or meat/eggs as it was meant to be eaten. You can liven it up with other whole foods: herbs, spices, etc. Depending on how you feel about milk or alternatives and the products made from these, you can consider this a part of whole foods or see below. Supplements are secondary and only work well with a healthy diet. Your doctor, naturopath or dietitian can advise which ones you need based on screening – you should never take supplements unnecessarily as they can have serious side effects.

Eat as little processed foods as possible

Even whole grain or all natural versions may be missing things you need (fibre, protein) or adding in things you don't (sugar, salt) to make it taste better. Processed foods include: juice, sauce, cereal, pasta, breads, dips/condiments, etc. Basically, if it comes in a package

of some kind and has more than one ingredient, it is 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 of their volume. 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: sodium, iron, calcium and vitamins A and C. There are other vitamins and minerals that could be higher than what is listed and for this you may need to use an online source or ask the manufacturer.

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 not from concentrate and definitely no sugar. If you have to drink coffee or tea, limit the caffeinated versions to one to two cups (250 to 500 ml) and try caffeine-free herbal teas instead and switch from heavy creams, butters and sugar to small amounts of honey, lemon, low fat milk, etc. Limit alcohol to one four- to six-ounce glass a day, including wine and beer.

Eat when you are hungry

Eat small amounts and go for more if you are truly hungry. While your stomach can expand and hold



CREDIT: "FRESH PRODUCE AT THE BYWARD MARKET" BY JAMIE MCCAFFREY ON FLICKR (CC BY 2.0)

Buying fresh produce and eating whole foods are just one step to good nutrition.

as much as two to three litres of food, your satiety level can be reached with just a quarter of a litre (250 ml). If you eat on a regular schedule – within a couple hours – 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 some soup, salads, homemade granola bars, etc. Plan your grocery list for the meals you will need for that week and to get you started into the next. Make a list on your fridge of all the healthy meal options that you know how to make. Build it up to having 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 in between.

Out of sight, out of mind

Get rid of unhealthy things – don't buy them as your regular grocery shop, even for a treat. You can make treats out of healthy options and think of other ways to treat that are not junk food

If you must indulge, pick a

specific time and stick with 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 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.

Karen Nixon-Carroll is the Program Manager at Fitness 101, Fanshawe College Professor, YMCA fitness course trainer & examiner, Fanshawe FHP grad and holds many fitness certifications for personal training, group fitness and wellness. Email her at karen.carroll@fanshawec.ca.

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CREDIT: PRSPECTIV

Tropical prints are making a splash in wardrobes this spring. What's your take? Accessories available at hai-ha.ca.

Inserting tropical influences into your wardrobe



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

Anything with tropical prints can make you feel instantly happy and think of an amazing vacation in the sun. Tropical influences and prints are all the rage this season, and it makes sense since it's the perfect transitional element.

It's fun, colourful and perfect for vacation getaway outfits. Since spring is coming, it makes sense that you'd want to buy things that would suit your spring wardrobe and forget about the winter.

Palm tree leaves, florals, different tones of green with splashes of pink, orange and fruits against a crisp white canvas make for the perfect prints.

It can be easy to overdo this print, but with good styling, you can wear the separates together if the print is matching. Pairing it with other textures like crochet and lace will ooze the breezy vacation feel that you want with a tropical print.

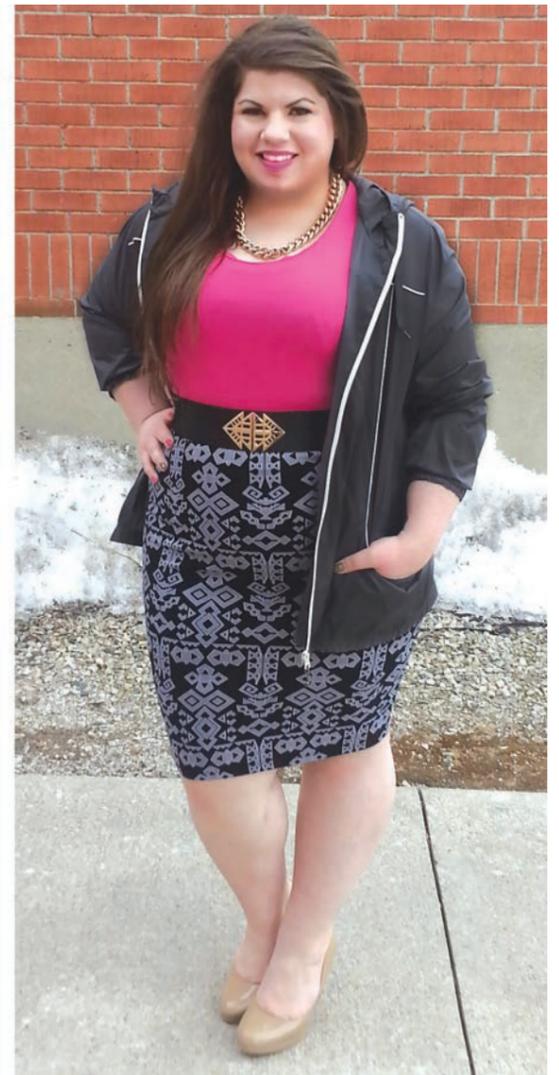
Accessories are the most important with these outfits because the weather allows you more freedom

in wearing whatever you want. You can show a little skin and wear accessories that embellish the skin like body chains or hand chains.

The best way to start styling an outfit with tropical influences is easy – pick a piece you love. It can be a pair of printed shorts, a cute top, handbag or even accessory and build your outfit around that.

In this case, the amazing shorts were the feature of the outfit. Styling it with a cream crochet crop top still looked amazing and the two neutrals don't clash. The Elyria body chain makes the outfit more interesting and less conventional than the usual beachy-looking outfits. A full set of accessories complete with hand chains and a head chain add a gypsy and glam bohemian touch that is really on-trend this season.

Tropical prints are perfect for an outfit to the beach, to grab some ice cream, frozen yogurt or even to a music festival this spring. Basically anything that is supposed to be fun, care free and any relaxing occasion is perfect for this print and trend. It can make you feel so pretty and stylish instantly, and isn't that the best when you have an outfit that makes you look and feel great for this spring?



CREDIT: LISA KELLY

From left: Frugal Fashionista shows how to style mesh, neon and sport jackets to achieve the perfect sport chic looks.

Rocking sport chic without looking like a gym rat



LISA KELLY
FRUGAL
FASHIONISTA

When you hear the term sport chic it seems like an oxymoron. It is possible to wear sporty clothing without looking like you're paying homage to Sporty Spice – although we all know there's a pair of tearaway pants hiding in the back of our closets.

Not only can this trend be incredibly sexy, it's also really comfortable, which is a total win. Sport chic has been a recurring trend throughout the past few seasons, and it was quite popular in the summer 2014 season. For the frugal fashionistas out there, this means you probably already own some sporty clothing – all you need is a simple refresh to make your current sporty threads on trend for this season. In past seasons, this trend was somewhat Olympian inspired – with looks taking inspiration from various sporting events. This season, sport chic has gone badass – with more street-inspired looks, sport chic is fit for a music festival, not a tennis match.

Try pairing one or more of these sporty pieces with chic pieces to achieve the sport chic look:

Mesh

Mesh is a great and easy way to add a sporty element to your outfit. This season, mesh is really popular, so it's easy to find almost any article of clothing with a mesh insert. It's important to remember that the idea is to look sporty without looking too overdone. If you're adding mesh to your outfit, pick one article of clothing with a mesh insert and

pair it with solid textures.

White trim

Monochromatic (black and white) has reappeared this season, and the colour combo is très chic. To make monochromatic look sporty, look for pieces that are black with white trim. Wrap dresses and wrap skirts showcase this look the best – the higher the slit the better.

Stripes

Stripes are already a big trend this season, but they have a sporty element to them too – think a referee's shirt. Add stripes to any element of your outfit for an instant sport chic look. You don't need to stick to black and white to get the sporty feel – try playing with colours to see what works best for your style.

Neon

When bright colours start appearing, you know spring has sprung. Just like your gym threads, the sport chic look would not be complete without a pop of neon colour. Try not to go overboard – this isn't the Rainbow Brite trend – but don't be afraid to mix neon accessories together.

Bodycon

To rock figure-flattering bodycon with a sport twist try pairing a fitted bodycon dress with light bomber jacket and a pair of strappy sandals. The boxy-ness of the jacket gives the outfit a sporty element, but the sandals maintain a chic look.

Sweatshirts/Joggers

Praise the fashion gods – comfy sweaters and joggers are actually in style. Of course, these pieces have had some serious updating since the Adidas tracksuits of the '90s. When rocking either of these pieces, the rest of your outfit needs to be as chic as possible. Trying pairing a

sweatshirt with a bold statement skirt and glam up the outfit with accessories. Don't just go for a plain grey sweatshirt – look for pieces that have detailing – and don't be afraid to rock a sweatshirt with a number or a crest. When wearing joggers, look for ones that are fitted and skinny legged. Fashion joggers come in many different textures, patterns and colours – opt for rich colours or pretty patterns for a look that's more chic than sporty. Most importantly, don't forget to add heels.

Fashion sneakers

We're not talking about Nike Frees – although a coral pair would be totally cute. To pull this look off with a pair of sneakers, they need to be somewhat embellished. You can buy sneakers that are already embellished with gold elements, or you can save money and do it yourself. Dig out a pair of old sneakers and get crafty – with spray paint, studs and some imagination, you can create the perfect pair of fashion sneakers.

It's all about the details

Sport-inspired clothing details such as zippers, hoods and drawstrings are a great way to achieve the sport chic look without looking too sporty. Pleather piping or pleather trim is also making an appearance in the sport chic trend. When adding accessories to your outfit, play up the chic elements – try a glam statement necklace or a bold bangle. Don't be afraid to add some glitz to your outfit.

As long as you make sure you're wearing more chic than sporty elements, you'll never look like you're headed for the gym. Now go forth and be comfortable – with style.

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*see page 2 for details



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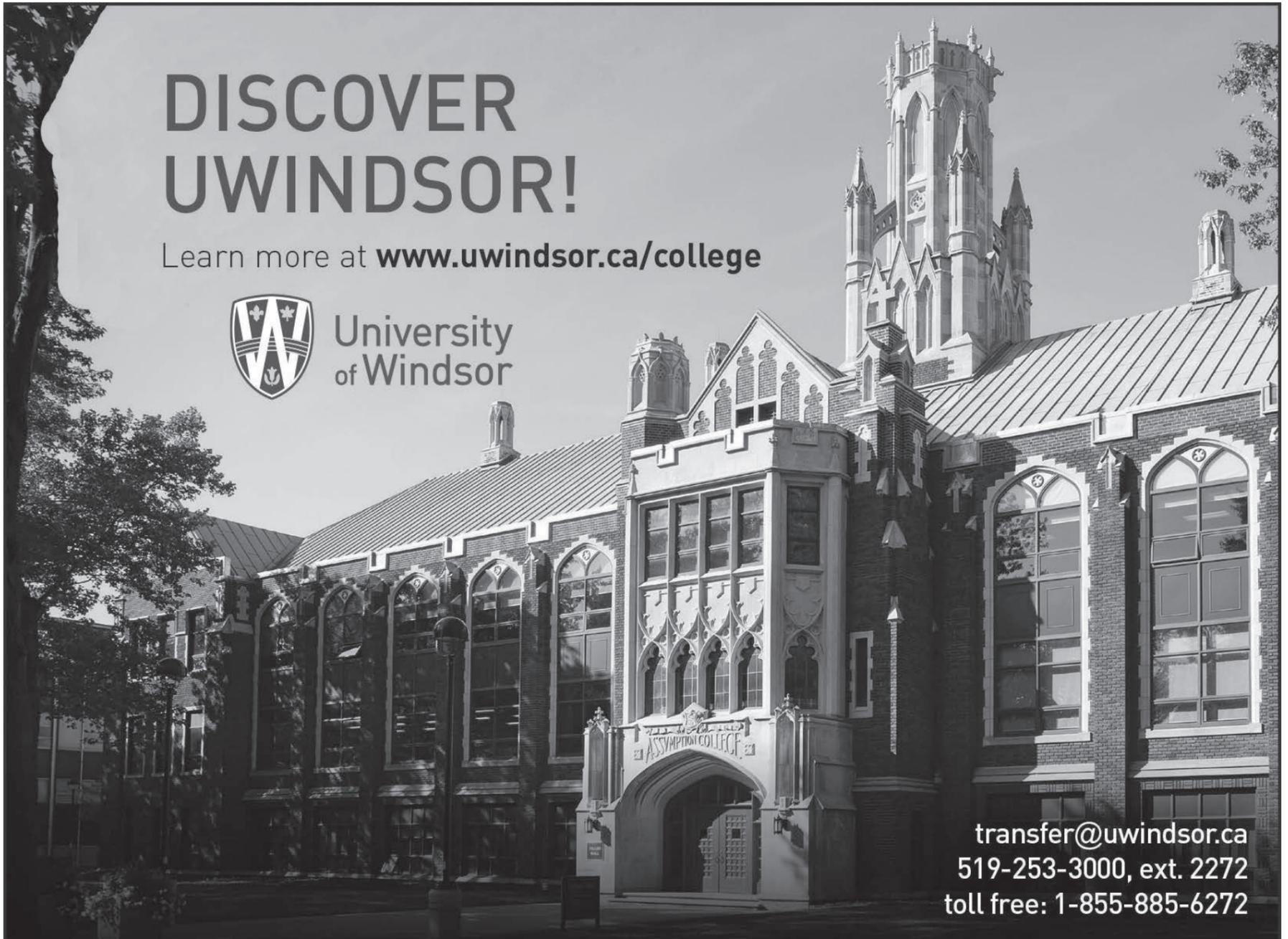


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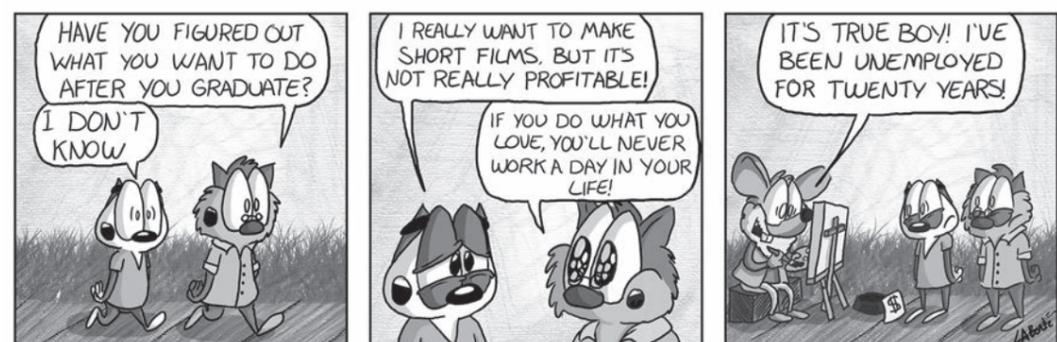
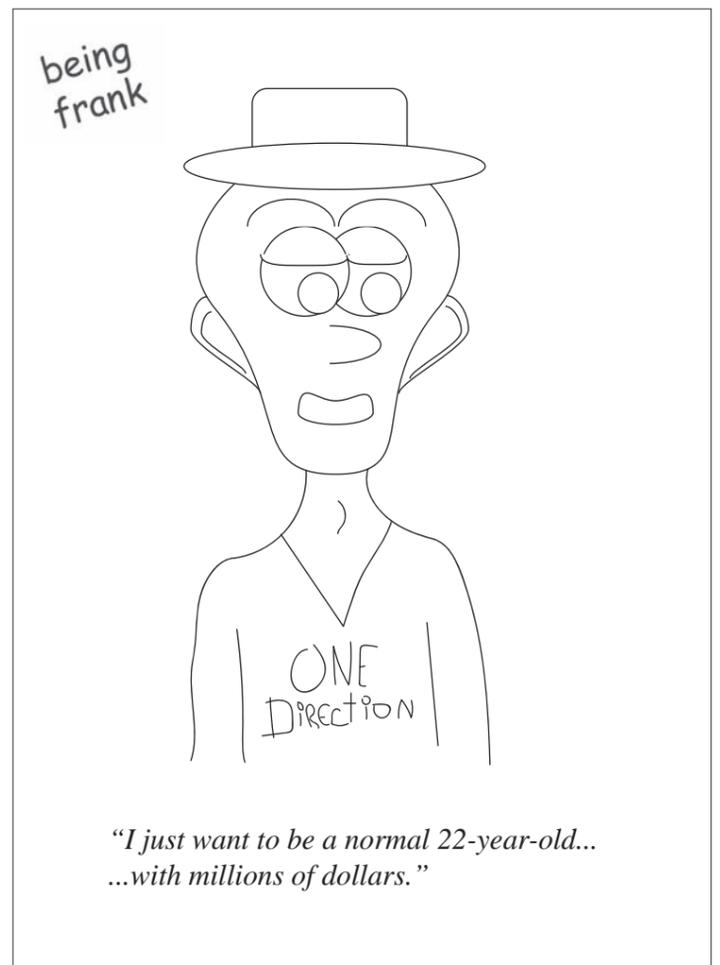
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zodiac stargazer HOROSCOPE

Aries (March 21 - April 19)

High hopes can only result in low blows. Don't ask for trouble or disappointment, because you're sure to get plenty of both. Seek comfort in a friendly embrace. By the weekend, everything will be different.

Taurus (April 20 - May 20)

Meet with your club or guild. Enjoy a healthy exchange of inside jokes and open secrets. Anywhere you go, there will be others of your kind to take care of you once you get there.

Gemini (May 21 - June 20)

Gemini is a pit bull of determination. Your problems can run, but they'll never be able to hide while you refuse to let go. Success leads to satisfaction. If popularity is involved, you'll take that as well.

Cancer (June 21 - July 22)

The atmosphere is thick and challenging when you're in the middle of everything. Stay positive. Don't cave in to stress. Be aware that you have a life outside of the current dilemma.

Leo (July 23 - August 22)

Your resources are more limited than you care to show. Try earning instead of buying your way into someone's good graces. A prospective lover will like you better if you show vulnerability.

Virgo (August 23 - Sept. 22)

All questions of sportsmanship and strategy aside, you just like winning. Experts have a great day, whether their field is commerce, education or administration. Art is more about process than accident.

Libra (Sept. 23 - Oct. 22)

Your work ethic is strong. Adversity only makes you try harder. You keep moving to stay awake, but the motion is productive rather than aimless. Someone is watching, hopefully with a benign gaze.

Scorpio (Oct. 23 - Nov. 21)

You can handle needless complexity, but you don't especially trust it. Route all contracts through the legal department. Use your time profitably while waiting for the last word.

Sagittarius (Nov. 22 - Dec. 21)

Just the facts, please. It's time to try out those cost-cutting measures that looked so good on paper. Emotions may be valid, but they're not exactly welcome here.

Capricorn (Dec. 22 - Jan. 19)

Capricorn's feet are firmly planted in the old world and the new. Sound principles and fresh technology are yours for the asking. Private and public figures are at the height of their powers.

Aquarius (Jan. 20 - Feb. 18)

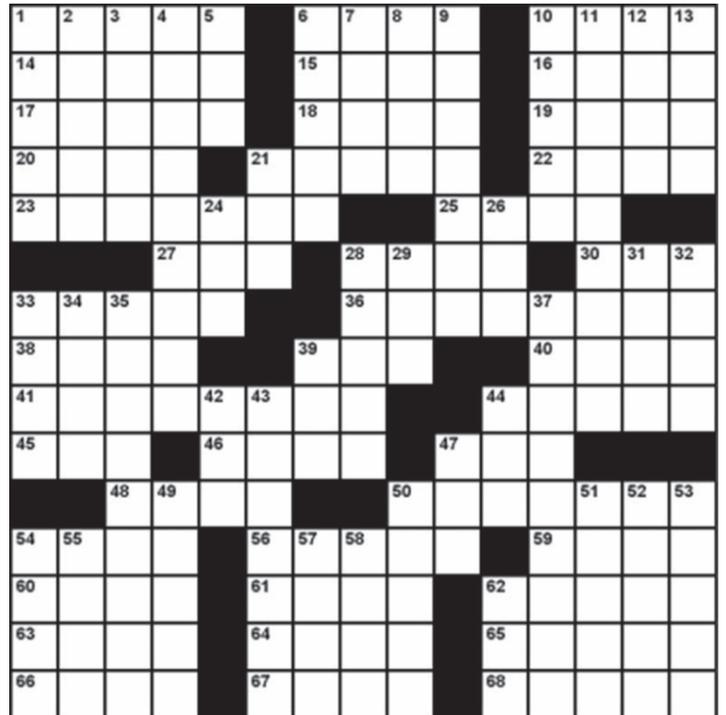
Calm down and let steadier hands take the wheel. Capricorns will drive you crazy with their demands unless you find some way to filter them. Translators may succeed when words fail others.

Pisces (Feb. 18 - March 20)

You have a good feeling about where events are going, even if it's not yet in writing. Let others show off their official talents before you join them in stranger realms. Choose associates before you choose friends.

Across

- Cook wear?
- Sources of college funding?
- Headline from a recent issue of Interrobang: "Itsy, preemies supported by fashion ___"
- Can't get enough of
- Crude group?
- For some it's minimum
- Batch composition
- Where the Nobel Peace Prize is awarded
- Green land?
- Kuwaiti VIP
- Fuss in front of the mirror
- Headline from a recent issue of Interrobang: "___ with a heart of gold"
- Gives comfort to
- No-frills beds
- Bit in a horse's mouth?
- Headline from a recent issue of Interrobang: "Research centre to ___ doors 2016"
- Boxer's foot?
- Headline from a recent issue of Interrobang: "Gazette moves to on-line, decreases ___ days"
- Headline from a recent issue of Interrobang: "___ centre to open doors 2016"
- Obedied a court order?
- Need a lift?
- Swinger?
- Made up of loosely linked incidents
- Meeting for Romeo and Juliet
- Buddhist discipline
- Headline from a recent issue of Interrobang: "Fanshawe decorated ___ two silvers, one bronze"
- Headline from a recent issue of Interrobang: "FSU's newest pres on ___ block"
- Vein material?
- Wealthy king of Lydia



- Place to see gowns and tuxes
- Bride's bounty
- Tom Clancy's "Every ___ Tiger"
- Hamlet's word of regret
- Beach ball?
- Matched up an old flame?
- Neil Simon's "___ in Yonkers"
- Latin 101 verb
- Short stanza concluding a poem
- What we all want to pay?
- University division (abbr.)
- Rolling musician?
- Headline from a recent issue of Interrobang: "Fanshawe decorated with two silvers, ___ bronze"
- Spinach like plant
- Takedown unit?
- "Hamlet" has five
- Put an edge on
- Headline from a recent issue of Interrobang: "___ with a heart of gold"
- A kid might skip it
- Thin, translucent sheets of mica
- Arbitrator's goal
- Be on one's rocker?
- Hooter
- Wasted time
- Even if, briefly
- Do a judge's work
- Kilns
- Dressing container
- One discharged from the Navy?
- Headline from a recent issue of Interrobang: "Meet your 2015 Fanshawe Student ___ Candidates"
- Impressionist composer Erik
- It may be unmitigated
- Vera's partner?
- Yorkshire river
- Worker with a buzz
- Legal matter

Down

- Crowning points
- Headline from a recent issue of Interrobang: "___ code for Comic-con available"
- One thing on top of another?
- Hints
- Possibly pleasing figure?
- Way-out swingers?
- Spot for the masses?
- Take out of context?
- Torch bearers
- Took the series without a loss
- It may be applied after teasing
- "Revenge of the Nerds" character
- "Pee-___ Big Adventure" (1985 film)
- Rub the right way?
- Receiver of donations?

Solution on page 18

QUIRKY FACTS

- "Monowi" is a town in Nebraska that has a population of 1; the Mayor pays taxes to herself.
- The University of Victoria states on their website that the course in the science of Batman uses Batman as a "metaphor for the

- ultimate in human conditioning," amongst other things.
- There's a restaurant in Albuquerque called Tim's Place that serves breakfast, lunch, and hugs - and it's owned by a man with Down's Syndrome.
- In 2012, a national survey found that 51 per cent of people thought stormy weather affected cloud computing.
- The shortest war on record was fought between Zanzibar and England in 1896. Zanzibar surrendered after 38 minutes.
- The tallest wave in history was

- the 1958 Lituya Bay megatsunami, reaching a height of 1,720 feet (524 meters).
- The world's officially recognized steepest street is Baldwin Street, with a 35 per cent gradient, in Dunedin, New Zealand.
- We are born with 350 bones, and die with 206.
- Curvy hips indicate smart women who will deliver intelligent children.

- Farts have been clocked at a speed of 10 feet per second.
- If you are bitten by a poisonous snake, and fail to receive medical attention, you still have a 50 per cent chance of survival.

- The idea of left brain (logical) and right brain (creative) has no basis in neuroscience and is in fact a myth.

- Pain travels through the body at 350 feet per second!

- Every month, about nine out of 10 American children visit a McDonald's restaurant.

- Gloucestershire airport in England used to blast Tina Turner songs on the runways to scare birds away.

- Historically, sweat has been an active ingredient in perfume and love potions.

- In Utah, it is illegal to swear in front of a dead person.

- In 1974, canned food from a boat that sank in 1865 was tested by chemists and was found to be still safe to eat.

- The microwave was invented after a researcher walked by a radar tube and a chocolate bar melted in his pocket.

- Chanel Tapper, a student from California, USA, has the world's longest tongue, measuring 9.75 cm (3.8 inches), from tip to top lip!

- The most popular Campbell's Soup in Hong Kong is watercress and duck gizzard.

Sudoku Puzzle

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

puzzle rating: hard

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

Word Search

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

Capitals in South America

(Words in parentheses not in puzzle)

- | | | |
|--------------|------------|------------|
| Asunción | Cayenne | Paramaribo |
| Bogotá | Georgetown | Quito |
| Brasília | La Paz | Santiago |
| Buenos Aires | Lima | Stanley |
| Caracas | Montevideo | Sucre |



This photo demonstrates a shallow depth of field and how it brings out textures in the husk.

CREDIT: ALLISON PEARCE

Understanding the aperture mode



ALLISON PEARCE
INTERROBANG

Any beginner photographer who has ever purchased different lenses for their camera has probably encountered the tantalizing question of why a 50mm f/1.4 lens is much pricier than a 50mm f/1.8. But why? What does it mean when a lens is fast? Why does the speed of a lens even matter? Why is a faster lens more desirable?

The speed of a lens refers to how large the hole in the lens can open. The opening is called the aperture, and it is measured in f-stops that usually range from f/1.4 (a large opening) to f/22 (a small opening) depending on the lens. Some may even be faster or slower. Aperture is measured by speed, because it is referring to how quickly a large amount of light can hit the sensor.

Shooting at a low f/stop of around f/1.8 allows your shutter to operate quickly because the large opening allows a lot of light to hit the sensor very fast. This means that your camera can use a much quicker shutter speed to shoot your image. A fast shutter speed is advantageous, because it reduces the risk of a blurry image from handshake.

A “fast” lens, which is a lens that offers an aperture of f/2.8 or less, can also be advantageous over another lens with a smaller aperture because it allows for a shallow depth of field. A shallow depth of field, which you can achieve when you “stop down” or make the opening of your lens smaller, allows your entire image to be sharp and in focus. This is fantastic for nature shots and scenic imagery. Understanding which f/stop to use when

allows you to have much more creative control for your images.

Now, you may be asking, what is a stop? Well, a stop is the size of the opening. Stopping down means making the opening in your lens smaller. The smaller the opening, the higher your f/number.

Modern cameras use a standardized f-stop scale, which is: f/1, f/1.4, f/2, f/2.8, f/4, f/5.6, f/8, f/11, f/16, f/22 and so forth.

Most cameras also allow the option to use increments in between stops. When you go down a stop – such as going from f/5.6 to f/8 – the lens is letting in only half of the light it was before. The same goes for when you open up your lens a stop – you’re allowing double the amount of light through your lens. This is why your shutter speed is faster when shooting with your lens wide open – a lot more light is being captured by the sensor a lot quicker and vice versa with a closed down lens.

Tax season made simple



JESSICA KLAVER
INTERROBANG

It’s that time of year again – tax time. Personally, I enjoy this annual task. Either I get a chunk of money back or I get a lesson in what went wrong with my finances last year. Sure, one of those is more fun than the other, but they are both valuable. Below is some information that you need to consider before you file your tax return.

Get organized

There is nothing more frustrating than filing your taxes early and then receiving a slip in the mail a week later that you should have filed as well. You can prevent this by knowing what forms and slips you can expect to receive. For all of us students, we will receive a T2202A, which is for the tuition that we have paid. You may also receive a T4A if you were awarded a scholarship or bursary, a T4 if you were employed at all during the year 2014 or a T5 if you had or have any investments. I like to check my personalized account on the Canada Revenue Agency website (cra-arc.gc.ca) for the list of slips that I will be receiving.

You may also have medical receipts from 2014 that you want to include. If you do, my recommendation is to bring them to a professional and have them check to see if you have met the threshold amount to reduce your income. These receipts could be from out-of-pocket dental expenses, prescription medications or even prescription glasses. You need to have the receipt in order to claim these items.

Determine your approach

Are you financially or technically savvy? It is pretty easy to file your own taxes online, and in most cases, it’s completely free. If this option sounds enticing to you check out H&R Block at hrblock.ca or Turbo Tax at turbotax.ca. They both have user-friendly software to make filing your taxes online a breeze.

If you have a more complicated situation or want your return immediately, you will want to go to a professional to have them file your taxes for you. If you go to H&R Block you can opt to receive your money right away via a prepaid Visa card or a cheque. H&R Block’s filing fee for students is \$39.99, and the company also has a promotion on right now where it will give you a free SPC card for filing your taxes with the company. Be sure to bring a piece of government-issued photo ID and your social insurance number with you before April 30 to get your taxes in on time.

Returns

Now that you have your income tax refund back from the government, put the money to work for you. It is money that you weren’t expecting to get and you can make the most of it by putting it into a Tax Free Savings Account or another investment that will yield high-interest rates. This will create a nice amount of money that you can fall back on in case of a financial struggle or emergency.

Don’t put it off until last minute. Learn to enjoy having your finances assessed and accept any lessons that may come your way. You will be better off in the future for it. When you take care of your money, your money will take care of you.

Interested in Summer Employment? Fanshawe Athletics is Hiring!

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J 1034

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

A	P	R	O	N	D	A	D	S	S	H	O	W
C	R	A	V	E	O	P	E	C	W	A	G	E
M	O	T	E	T	O	S	L	O	E	I	R	E
E	M	I	R	P	R	E	E	N	P	R	E	S
S	O	O	T	H	E	S	C	O	T	S		
			O	A	T	O	P	E	N	P	A	W
P	R	I	N	T	R	E	S	E	A	R	C	H
R	O	S	E	S	A	G				G	A	T
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L	E	S	S			D	E	P	T		S	T



It's no supercar, but it's close. The Lexus RC 350 is a fraction of the cost and drives like a winner.

CREDIT: NAUMAN FAROOQ

The best non-supercar Lexus to get your hands on

NAUMAN FAROOQ
MOTORING

Since the birth of the Lexus brand in 1989, the Japanese luxury auto, which is owned by Toyota, has enjoyed a reputation of making comfortable and reliable vehicles. However, it also has a reputation for making boring vehicles that only appeal to those who don't find driving exciting.

So, Lexus spent a lot of years developing a supercar, which resulted in the LFA that was released in 2011. It wasn't going to be a car you'd see on every street corner, however, mainly because it costs more than \$400,000.

But I'm not too glum for not having driven the LFA because of the car I drove for a week. The car you see here today is the 2015 Lexus RC coupe, and it is in some ways the spiritual successor to the LFA. It might not be as hardcore as the LFA, but it is the first new coupe by Lexus since the company stopped making its much-loved V10 supercar.

As you can tell by its styling, the RC surely has been inspired by the LFA – the flared fenders and the aggressive tail is supercar-like. I love the looks of the RC coupe, especially when one is outfitted with its optional F Sport pack. This package completes the looks of the RC, but it is much more than just aesthetics. The F Sport also adds adaptive variable suspension so you can have a comfy ride one minute and a firm ride when you're having fun on winding roads.

The F Sport package also gives

you LFA-inspired instrumentation, which has a main screen that reveals more information. The dashboard alone is enough to opt for the F Sport package. Couple that with aluminum pedals and a few more goodies, and you'll run out of excuses not to tick the F Sport options box.

There are more options to go through. Let's start with the engine. You can either have a 3.5 litre V6, or a 5.0 litre V8 in the model simply called RC F, but I'll concentrate on the RC 350 F Sport.

This model can be had in either rear-wheel drive or all-wheel drive (AWD) layout. There are some differences between these two layouts, apart from the obvious. The rear-drive model gets an eight-speed automatic and four-wheel steering. The all-wheel drive model gets a six-speed auto box and a conventional steering system. Not having driven the rear-drive model, I can't comment on which layout is better, but I will say that the all-wheel drive model was a delight to drive. Even on cold, slippery roads it offered tons of grip and the shift speed for the six-speed box is quicker than I expected.

It gets better.

Put it in Sport mode and the car feels sharper with your inputs, and the noise it makes when you open the throttle will make car fans smile. This is a fun car to drive, and it made me smile every single time I took it out, regardless of the duration of the drive.

It is quick too. Make use of all its 307 hp and 277 lb-ft of torque, and you'll sprint from 0 to 100 km/h in

six seconds. If you start enjoying too much, your fuel economy will suffer, hence I averaged 13.4 L/100 km on a cold week with a car fitted with winter tires. Lexus claims the AWD model can average 11.0 L/100 km on a combined city and highway cycle – a test probably done in the summer. I also hardly ever drove it in the Eco mode, which also probably hurt my numbers.

OK, so far we've covered lots of things that are good about the RC 350 AWD F Sport, but are there any flaws? Two come to mind quickly.

First, even though it is a two-plus-two coupe, there is little room in the back seats for any normal-sized humans. It's best to use these back seats to toss your groceries. Secondly, the touch-pad style controller for the infotainment system is painfully irritating to use and should not be fiddled with when you're on the move. This touch-pad also decided to freeze one morning and didn't work at all. However, the next time I started the car, all was OK.

Apart from the se niggles, I loved my time with this latest coupe from Lexus. It covers distances with ease and is a pleasure to drive. In short, it does what I want a luxury coupe to do, and it does it well. On top of it all, it isn't even extremely expensive, with prices starting from \$54,000. The well-equipped tester costs \$63,278, which is a lot less than I expected it to be.

I like the 2015 Lexus RC 350 AWD F Sport so much that if I had to live with one car for the next 12 months, I'd want this one.



CREDIT: MARK GIORDANO BY SARAH A. ON FLICKR (CC BY-NC-ND 2.0)

Mark Giordano is the most underrated defenseman in the league and captaining the Calgary Flames to the playoffs for the first time in five years.

Fresh faces heading to NHL playoffs

JOEL LUXFORD
INTERROBANG

Ever since the NHL implemented the salary cap system in 2005, it has pushed for league-wide parity. This year, we are seeing it in full force.

While some teams have taken the approach to tank for a higher draft pick (ahem, Leafs, Oilers), we are seeing a greater number of teams compete for playoff spots that had no business doing so based on pre-season projections.

Teams like the Florida Panthers, Calgary Flames and Nashville Predators have all overcome expert predictions of failure to put themselves in the playoff conversation.

As a result, two of the NHL's most successful teams, the Los Angeles Kings and Boston Bruins, are currently on the cusp of missing the playoffs for the first time in six and eight years respectively.

Let's take a look at some Canadian teams that have come seemingly out of nowhere for a chance to compete for Lord Stanley's Cup:

Calgary Flames

The Flames have been hockey's Cinderella-team all season long. Captained by one of the most underrated defensemen in the game, Mark Giordano, who is out for the remainder of the season, the Flames are looking to end a five-year playoff drought.

A big reason for Calgary's success this season can be credited to the emergence of center Sean Monahan and winger Johnny Gaudreau. In particular, Monahan has taken a giant step forward in terms of responsibility on the ice where he is frequently lined up against the opposition's top two lines. Meanwhile, Gaudreau has emerged as legitimate top six talent who has adapted to the rigors of an NHL season despite his 5 ft. 9 in., 160-pound frame.

The Flames will have its defensive depth tested in the playoffs with the loss of Giordano, but the

combination of Kris Russell, Dennis Wideman and Chatham-born T.J. Brodie will surely be up to the task.

Ottawa Senators

A glorious debut by Andrew Hammond – affectionately dubbed The Hamburglar – has vaulted the Ottawa Senators into playoff contention. Currently the hottest team in the NHL, Ottawa is in a tight playoff battle with the Boston Bruins and Florida Panthers for the final wildcard spot in the Eastern Conference.

Aside from Hammond, Ottawa can thank their captain, Erik Karlsson, along with youngsters Mark Stone and Mike Hoffman for their success this season.

With six of their final seven games coming against teams that have already locked up playoff spots, the Sens are looking to reach the playoffs after missing the dance last year. A few more lights out performances from Hammond might do the trick.

Winnipeg Jets

The Jets have overcome a season of adversity to put themselves right in the thick of a playoff spot. After having sustained injuries to four of their top six defensemen, Winnipeg is starting to get healthy and find their team identity.

Trade deadline acquisition Tyler Myers and standout defenseman Dustin Byfuglien have been instrumental to the Jets recent success. Whether or not they can contend in the playoffs will depend on the goalie tandem of Michael Hutchinson and Ondrej Pavelec.

The final two weeks of the NHL regular season will be full of drama and suspense as multiple teams fight for the remaining wildcard spots.

Students should check out Monday Night Hockey at the Out Back Shack for an important game between the Los Angeles Kings and the Chicago Blackhawks. The event includes a chance to win NHL and London Knights jerseys.

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Emma Elena Grace

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WHILE SUPPLIES LAST

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with Special Guest Andrew Barr




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FURIOUS 7
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