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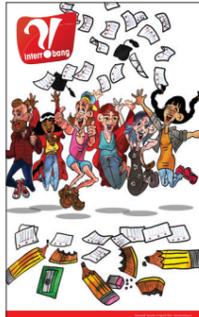
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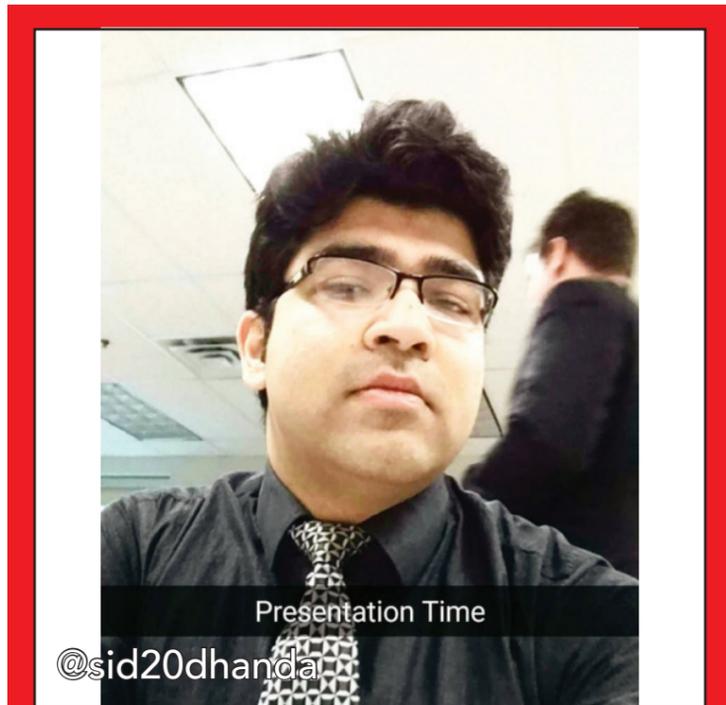
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CREDIT: KERRA SEAY

Fanshawe student Shelby McCartney Rundle can now write words of love on her body, but that wasn't always the case.

Social media trends spark eating disorders

KERRA SEAY
INTERROBANG

With yet another trending topic promoting an unhealthy obsession with being skinny, the issues surrounding eating disorders and the fixation with being thin at any cost becomes apparent.

Known as the A4 Skinny Waist Challenge or the #A4waist challenge, this fad encourages people to post pictures of themselves on social media holding a standard A4 piece of paper in front of their waist.

The point of the challenge is to prove that your waist is smaller than the width of the paper, which is only 21 centimeters wide.

According to a 2011 report from the Public Health Agency of Canada, eating disorders such as anorexia and bulimia are characterized by "an obsessive preoccupation with food and weight resulting in a serious disturbance in eating behaviour".

The most recent study investigating eating disorders found that in 2002 1.5 per cent of Canadian women between the ages of 15 to 29 were diagnosed with an eating disorder. Eating disorders do not discriminate by gender; Statistics Canada (StatsCan) reported that five to 15 per cent of eating disorder patients are male, but the numbers are so small they are difficult to track.

According to StatsCan, the causes of developing an eating disorder are unknown, though society's obsession with being thin paired with media reinforcing this idea are considered to be partially responsible.

Shelby McCartney Rundle, a Fanshawe student in the Personal Support Worker program, was 17 when she first began struggling with an eating disorder.

She said her behaviour began when she left a mental hospital to treat her mental illnesses. She would starve herself during the day at school and then come home and eat as much as she could, then purge it all.

McCartney Rundle said she was bulimic for about 18 months before she snapped out of it.

"I was so skinny you could put your hands around my waist and they would almost touch. I had doctors telling me I was going to kill myself," she said. "People would say, 'Oh my god you're so skinny,' and I would think, you don't know what I'm doing."

StatsCan reports that self-directedness, or having a clear sense of

one's self and goals, is associated with better outcomes in overcoming this mental illness. McCartney Rundle said it was her little brother who inspired her to get healthy because she didn't want him to have to go to her funeral.

"One day something clicked and I was like, you know what? I'm done. I wanted to be healthy again, I wanted to do all the stuff I used to do," McCartney Rundle said.

She said she did it by herself, and though she explicitly said she does not recommend others do this without guidance, she said she stopped taking her medication and stopped seeing her doctor. Instead she began eating healthy and worked out with her parents.

"I was just trying to do stuff that made me happy again, I wanted to be myself again."

The A4 challenge is just another fad in the line of trends known as Thinspiration, or thinspo. Thinspo is a popular tag on social media sites like Tumblr and Instagram that showcase skinny models accompanied with messages like, "Nothing tastes as good as skinny feels", "Waking up thinner is worth going to bed hungry", and "Nobody wants a fatty".

Tumblr, a blogging website owned by Yahoo, banned the use of #thinspo and made links to mental health services available to those suspected of needing help. Yahoo stated that thinspo blogs promoted self-harm, which violates its terms of service agreement.

Pro-ana and pro-mia are other terms used in the thinspiration community; ana is short for anorexia and mia is short for bulimia. Young women on social media sites use the names Ana or Mia as codes to other users to let them know they are thinspo supporters.

McCartney Rundle said blogs and photos like these are triggering for someone who has dealt with an eating disorder, but all she can do is scroll past them with the hopes that they learn the same lessons she learned.

"I need to be healthy for my family, my relationship, my career and my future. It's a lot of hard work but you just push through it," she said.

Anyone dealing with an eating disorder or another mental illness should contact Counselling and Accessibility Services in F2010 or contact the National Eating Disorder Information Centre toll free at 1-866-633-4220.



CREDIT: SECOND YEAR STUDENTS IN THE VISUAL EFFECTS AND EDITING FOR CONTEMPORARY MEDIA PROGRAM

Fanshawe's graduating Fashion Design students create beautiful collections to walk the runway during the 10th annual Unbound fashion show.

Fanshawe Fashion Design graduates take over the runway on April 9

JESSICA MILTON
INTERROBANG

The Fanshawe College Alumni Association presents the 10th annual Unbound Fashion show on Saturday, April 9. This event is an opportunity for graduating Fashion Design students to debut a unique five-look collection that they feel represents them in a creative way.

As Meredith Jones, Fashion Design professor at Fanshawe College explained, "Unbound is a New York style fashion show gala at Museum London. It is a fun atmosphere with great energy."

Prior to the fashion show there is a reception in the museum gallery with drinks and appetizers where students and people within the fashion industry have the chance to mingle, said Jones.

She continued on to say that the party does not end once the show is finished, the runway is followed by live music and a fashion shoot with the models that are wearing the winning collection.

"This year we are lucky to have Glass Face, an up and coming band who has been profiled on the CBC and who are currently enrolled in Fanshawe's Music Industry Arts program. With all the creativity, the air is buzzing with excitement."

Isn't too late to get tickets to this evening gala.

Tickets are \$45 which includes music, entertainment and appetizers. Tickets are available from the Grand Theater box office at grandtheatre.com/.

There is also a friends and family matinee. Tickets for the afternoon show are \$30 and can be purchased directly from Fashion Design students.

The Unbound show gives Fanshawe students a great opportunity to showcase their work with an upscale and exciting evening.

"We are able to profile the creativity of everyone in a special and unique way that makes Unbound so special. It an amazing experience to

have the student's designs profiled in such a professional way and is a great way to launch their career and celebrate all their hard work. When speaking with our alumni they always say the Unbound show was a highlight of their time at Fanshawe," Jones said.

As Jones explained, this gala is unlike any other. This is largely due to how much time and collaboration goes into creating the show.

"It is more than just a fashion show, it is an event, with music, short films, fashion, food and of course networking with fashion industry and local celebrities. It is art, fashion and music, what more could you ask for? Plus it is always fun to dress up for a night on the town."

Jones highlighted how there are many students from various departments that work together to create this spectacular night.

"Unbound is a very large event, it is a collaboration between many programs not just fashion design," Jones said. She said a spectrum of students in different programs help to bring the project together, from Technical Theatre providing the production expertise for runway lights and sound to MIA producing original music for the show.

New programs the show is working with this year include the hairstylist program and the Marketing program.

"It takes a village to raise a child and a lot of programs working together to produce Unbound. We are so thankful for all the talent Fanshawe has to offer!"

Perhaps the best part of the event is the opportunity it creates for graduating Fashion Design students to experience their designs walking the runway and getting feedback from judges that includes fashion designer Franco Mirabelli, Toronto Fashion Incubator's Susan Langdon and marketing guru Gail McInnes. Television personality Glen Baxter will be returning as emcee.

To mark the 10th anniversary of this event, some notable alum-

ni have been invited to share the runway with the students and their mentor, Canadian designer David Dixon.

"I am truly excited and inspired by the 2016 graduates of Fanshawe's Fashion program. Not only are we celebrating great design [that night], we are also celebrating a legacy of 10 years of great design," Dixon said.

Jones spoke of the alumni that will also be showcasing their work on the runway

"Amanda Matthews, a past grad who recently was at New York Fashion week, and Ashley Davies whose designs have been worn by Lady Gaga, are just some of our alumni who will also be featured on the runway," Jones said. "Some Londoners may not know about the secret talent we have here in London Ontario, but the Toronto industry certainly does."

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CREDIT: RANDY RISLING

Ontario government seeks to end police "carding" with the implementation of a new policy in January of 2017.

Liberal government says no to police carding

STEPHEN LEGRESLEY
INTERROBANG

Have you ever been stopped by a police officer and asked to show proof of your identification? This practice known as "carding" has been a hotly contested topic for years now; proponents of the law state it is a necessary step in order to ensure public safety and aid police during investigations, with opponents saying it violates civil liberties and disproportionately targets minority segments of the population.

In the wake of this debate, the Liberal government believes they have found a middle ground. As of Jan. 1, 2017, police and law enforcement in Ontario will no longer be allowed to perform random identification checks on the public.

Instead, the new law limits their ability to conduct these checks except in cases where it would be relevant to an ongoing investigation or where probable cause exists to allow the officer in question to believe the individual is linked to some form of criminal offense.

The law also provides new oversight in the form of special independent reviewers with the authority to conduct investigations into complaints of officer misconduct and to take disciplinary action where they deem it warranted.

The final phase of their plan involves new training and education initiatives both for current officers as well as those still in training.

This particular aspect of the reform policy will involve help from a roundtable of advisors consisting of specialists in the areas of law enforcement, civil rights and experts in both minority and youth relations.

Yasir Naqvi, the Ontario Minister of Community Safety and Correctional Services explained in a press release that this policy was a collaborative effort and will help make Ontario a safer place to live.

"This regulation delivers on our government's commitment to prohibit carding and street checks in Ontario. Our regulation reflects the public input we received from Ontarians, and our work with civil liberties, human rights, policing, legal and community partners, as well as ethnic and cultural groups. These important changes will help strengthen public accountability and foster increased public trust in police, which is essential for building a stronger, safer Ontario."

As with any politically polarizing endeavour, this policy shift has been met with mixed public reaction, from those that worry about how it will impact the ability of police to do their jobs, to those that are sceptical about the ability of officers to skirt the new regulations by way of loopholes.

Fanshawe Police Foundations student Tifani Blazevic stated, "As future police officers, we want to make sure that we don't enter in situations where public safety is at stake with our hands tied. However, we recognize how important it is to build bridges with the people we're protecting and ensure that law abiding citizens in those communities trust us and feel safe working with us to help provide everyone with a safe and secure community."

Dylan Draper, another Fanshawe student, shared a different perspective.

"As students and young people in general, we understand that police want to give us a safe province to live in, but we also want to make sure that these officers are held to proper scrutiny in how they go about doing it. This new law definitely represents a step in the right direction, but will it be as effective as the province's commitment to enforcing it."

All that seems certain at this point is that everyone on both sides of this debate will be looking closely to see how effective this new policy ends up being.

Ghomeshi verdict and the problem with reporting sexual assault

KERRA SEAY
INTERROBANG

Anger, frustration and confusion were some of the emotions felt in the wake of the verdict of Jian Ghomeshi's trial that held the attention of Canadians for months.

The former CBC radio host was charged with four counts of sexual assault and one count of overcoming resistance by choking. On March 24 he was found not guilty of all charges.

Leah Marshall, the sexual violence prevention advisor at Fanshawe, said the reaction by Canadians was so strong because so many people were invested in the outcome and were ultimately disappointed by the verdict.

"It evokes such a strong reaction because we need to be having more conversations about the stigma that surrounds sexual violence and the reactions and trauma experienced by people," she said.

According to Statistics Canada, only one in ten sexual assaults are reported to the police. The same

report said that 58 per cent of victims did not report the assault because they felt it was not "important enough".

Marshall said the Ghomeshi verdict could have a negative impact on victims reporting to police.

"Not everyone feels safe reporting, and I think we have to remember that just bringing a story forward legally isn't always the best choice for everyone... What's most important is putting the power back in the hands of the survivor to make the decision that best for them."

It is difficult to prosecute a sexual assault case because it ends up being a "he said, she said" argument. In the Ghomeshi trial his lawyer Marie Henein defended her client by tearing apart the victim's testimony, pointing out inconsistencies in their accounts.

Marshall said one of the problems associated with prosecuting a case like this is the fact that there is still a stigma around believing survivors of sexual violence.

"If we automatically believe that this isn't possible instead of going

into it saying 'I believe you' then we're already starting on the wrong foot."

The hashtag #IBelieveSurvivors arose on social media to support survivors of assault, something Marshall said may positively affect survivors coming forward with their stories.

"The social media response is starting to say 'I believe you' and just because we don't get a say in the legal verdict doesn't mean [the assault] didn't happen," she said.

Though the verdict was not what many people wanted to hear, Marshall said there is a positive outcome to this situation.

"It gives us the opportunity not for the conversation to stop, it's actually a really good opportunity to start the conversation about how we get to this point and what societal factors are contributing to this verdict," Marshall said.

If you have been a victim of a sexual assault and need help please contact Leah Marshall at Counseling and Accessibility in F2010 or at 519-452-4282.



CREDIT: KERRA SEAY

Fanshawe's R1: Falcon Residence has won the college's first ever Energy Conservation Challenge.

Fanshawe residences take initiative to reduce energy consumption

PATRICE MITCHELL
STUDENT SUSTAINABILITY AMBASSADOR

Fanshawe's R1: Falcon Residence has won the college's first ever Energy Conservation Challenge.

The challenge, hosted by Sustainability at Fanshawe, started out on Feb. 29, when residents returned from reading week to find their lobbies plastered with energy reduction tips.

Bulletin boards were setup in all three residence lobbies, highlighting the anticipated electricity and gas usage for the week as a benchmark to strive to stay below. Daily progress was updated both on these boards and on Sustainability at Fanshawe's Facebook page.

Electricity levels could be viewed in real time. However, the gas levels needed a day or two before they could be factored in.

From the beginning, Merlin took an early lead when only electricity rates were considered, but once the

gas levels came into play, Falcon shot into the lead and continued until March 11 when they came out on top. Peregrine maintained a strong and steady second place throughout, and all residences were seen to make considerable efforts throughout the duration of the challenge.

Altogether, by the end of the challenge, Falcon managed to reduce their energy consumption by 10,400 kilowatts per hour; there were days when they reduced almost twice as much as the other two residences.

After making simple changes like closing windows, turning off excess lights and unplugging unneeded electronics, this event engaged Fanshawe students and started a conversation about how their priorities should include sustainable practices as part of their everyday lifestyles.

For their hard work and significant impact, the winning residence is being awarded a free pizza party complete with games and prizes in their residence lounge, courtesy of

Student Life and Sustainability at Fanshawe.

Residence advisors were in charge of keeping students motivated and Nathan Gerber, the energy co-ordinator here at Fanshawe, provided data and updates to keep everyone on track. Sustainability co-ordinator Mary-Lee Townsend was the mastermind behind this initiative and continues to be instrumental in educating and empowering the Fanshawe community on the merits of developing sustainable habits on an institutional level.

Fanshawe students are encouraged in the weeks following the competition to continue to follow the guidelines set out in London Hydro's Energy Conservation Handbook. Students and faculty alike are encouraged to continue the conversation and review all the great energy conservation tips posted on the Sustainability at Fanshawe's Facebook page, tips that are also posted every Thursday at the F hallway Farmers' Market.



ABCampout head co-ordinator emphasizes importance of mental health awareness

EMILY STEWART
INTERROBANG

Colleges and universities want to make sure their students take care of their mental health. Both Western University and Fanshawe College have several events and initiatives to help students de-stress, such as therapy dogs, free massages and mental health awareness weeks.

A variety of events and awareness campaigns show that campuses are paying attention to the impact of mental illness on their students. The Canadian Mental Health Association (CMHA) said Statistics Canada found youth ages 15-24 “experience the highest incident of mental health disorders of any age group in Canada.” Young Canadians are also recognizing the statistics from firsthand accounts, and want to get involved in raising awareness.

Ben Shapiro, the head co-ordinator for the 2016 Austen Berlet Campout for Mental Health (ABCampout), got involved in spreading mental health awareness because he realized that there’s more to it than just what we see on the surface.

“After recognizing the prevalence of mental illness, especially among my peers at school, I wanted to do something,” he said. “If everyone could see how universal these issues are, we could work towards better treatment and greater acceptance.”

Shapiro added that mental health awareness affects students in particular because while there’s stress, there’s freedom as well, and “no parents checking up on us”.

All about the Austen Berlet

Campout

The ABCampout is a 24-hour long event in Victoria Park that honours the memory of Austen Berlet, who took his own life in 2009 after facing severe depression and bipolar disorder for two years. At just 16-years-old, he had a theoretical physics thesis published by the University of Texas. Berlet was also working on semi-professional skateboarding. The Phi Gamma Delta fraternity at Western University was touched by his story, and has run the event for six years.

Shapiro added that the event “is still about Austen, but this year, and the past couple of years and the future years will also be about everyone else,” as well as the prevalence and impact of mental illness.

“He could have been one of my peers, just like any of us,” Shapiro said when asked what in particular about Berlet’s story that gripped him, “Austen’s story helped me to grasp the fact that mental health issues are very real and could happen to anyone.”

Over the past two years, ABCampout has collected \$300,000. The proceeds brought in some new mental health counsellors to Western’s campus. Shapiro said he hopes money raised from this year could hire more counsellors, along with supporting mental health programs.

He said talking to people about their worries and feelings opens up your mind on mental illness. “You start to realize that everyone, or almost everyone, has issues and is dealing with stuff but no one makes it seem like they are.”



The Austen Berlet Campout in Victoria Park reflects a growth in mental health awareness events.

CREDIT: LAWWIN HADISI

Shapiro also said simply talking to your friends about how serious mental illness is, and letting them know you are here to support them is one of the best ways to raise awareness. He added that mental health awareness has grown in the past couple of years because of the amount of events surrounding it.

“I really think people are starting to become more aware of this, talk about it. We’re definitely not there yet, and we have a long way to go, but it’s a good start.”

Beyond the ABCampout

CMHA has some mental health seminars scheduled in April, after the ABCampout. They will host

“Journeys to My Authentic Self: Stories of Self-Discovery”, where people will share their experiences with mental illness and injury, along with how they coped. It will run on April 8 from 1 to 2 p.m. at the CMHA Middlesex Queens Avenue site (534 Queens Avenue, London, Ontario).

The CHMA Huron Street site (648 Huron Street, London Ontario) will also have suicide awareness seminars, where you can learn signs of suicidal distress and what to do to help. They will run on April 19 and April 23 from 9 a.m. to 1 p.m.

The same site will also have a “Mental Illness in the Workplace:

Lived Experiences and Workplace Resources” workshop on April 27, educating employers and employees about how to support those with mental illness in the workplace.

The 65th annual Mental Health Week will also take place from May 2 to 8. The CMHA is encouraging people to speak up against mental health discrimination and stigma, by using the #GETLOUD hashtag. There will also be some events across Canada to raise awareness.

So far, London and Middlesex do not have anything listed, but you can visit cmhamiddlesex.ca for more information.

Where are women in skilled trades?

JAYMIN PROULX
INTERROBANG

Women choosing to learn a skilled trade in Canada still fall way behind men choosing the same route.

According to Uniforg, women comprise of 48 per cent of the Canadian workforce, yet the Conference Board of Canada recognizes that less than three per cent of all apprentices in the construction, automotive and industry trades are women.

In the decades to come, two issues will unfold: mass retirement of baby boomers from the workforce and a need to expand the skilled labour force, which is a prime period for both men and women to consider a trade. But women often choose not to.

Why are women not going into skilled trades or apprenticeship programs? This is a challenge to answer, said Steve Crema, acting chair of the School of Transportation Technology.

“Much is not known about how younger women are introduced to the trade education. Basically, it is a matter of gender-norming that still occurs in younger ages and public schools. Societal pressure is tremendous and influential in our choices of everything including education and careers we pursue.”

Defined by Wikipedia, gender roles are sets of societal norms that

dictate what types of behaviours are deemed acceptable, appropriate or desirable for a person based on their sex and are centered on the opposing conceptions of femininity and masculinity.

The question that we ask in society is, to what extent are gender roles biological and to what extent are they socially constructed? For a young woman to enter a skilled trade, she takes on a traditionally masculine trait that twists the female construct, but women pursuing these types of careers need to be encouraged to continue.

When it comes to men, despite the relatively well paying trade industries, even they are not likely to pursue these careers, and gender norming would say these are ‘appropriate’ careers for men. One can only imagine how hard it must be for young women to pursue trade education when it is not widely promoted and societal pressure is working against them.

Karen Kloibhofer, Skilled Trades and Apprenticeship consultant at Fanshawe, said women are perhaps not going into skilled trades because they can’t see themselves in the trade. This is a gendered role that needs to change to foster larger representation of women in these jobs.

“We are seeing more and more women, and not just young women, getting into the trades and getting involved with it. There are few-

er barriers today than there were two years ago. But I think we will see more as time goes on; we had four [women] in last pre-apprentice Auto Body and we have at least that many in our co-op diploma, truck and our automotive program.”

“Barriers” is what women encounter in skilled trades. Crema stated that basic societal gender beliefs and the reinforcement of these stereotypes throughout high school make the choice of a trade careers unlikely. Also, numerous stereotypes exist about attitudes and behaviours “on the job site” that present a negative view of working conditions for women. The notion of construction workers whistling and harassing women on the street is a good example of the view that is presented to younger women and men alike. What woman would want to work that environment?

Take Crema’s advice to be strong in representing the 21st century woman in these industries.

“See yourself as having advantages when pursuing trades careers. Employers are looking for well-rounded skills, high achievement and professionalism. Develop these and you will have greater success in gaining employment,” Crema said.

Recognize that young men have viewed and experienced the same gender pressures as young women and may be operating under misconceptions of the roles of women

in trades.

In that regard, negative attitudes directed at women in skilled trades are not uncommon. Always bring behavioural concerns to your faculty members and do not tolerate any level of harassment or discomfort at work or school.

Be active in your program and participate in the Women in Technology student group through the Faculty of Technology. This group is made up of female students across the Faculty of Technology that participate in various women’s events and activities throughout the year. Earlier this month, the group hosted a trades-focused event on campus for International Women’s Day.

Vertha Coligan, the dean of the Faculty of Technology at Fanshawe, said that various associations such as the London District Construction Association are doing their part to improve the retention of women in the workplace through their group, Women in Construction.

“Getting to girls when they are younger, say between grades five to eight, is important to make them aware of all career opportunities, not just those outside of apprenticeship careers. We are doing our part through ‘Girls Exploring Technology’ initiatives like our summer camps; connections with elementary schools are also exceptionally important,” Coligan said.

Kloibhofer added that the Wom-

en’s Directorate and the Women in Trades and Technology (WITT) helps women who are low-income, no income or looking at making a change and find a good career. The Apprenticeship network in town is trying to connect employers with potential apprentices; Employment Ontario programs are also looking to support people making choices and making the connection to the world of work. Apprenticeship is one of them.

“Fanshawe is doing more in that area too, through programs like the Women’s Welding program and our Construction program that is going to have integrated aspect to it for women in carpentry,” Kloibhofer added.

Build Together is a program that helps to support women in construction trades. Women are least likely to see themselves in this trade, but this is however, a huge area of growth.

Skilled trades education and careers are not everyone’s cup of tea, but for both women and men, educating oneself with household plumbing, electricity, auto mechanics and home improvement can be a rewarding education that makes anyone more confident, capable to manage a household and can save you money in the long run. A rewarding occupation is only what you make it out to be. If you enjoy it, then so be it.

London reps react to federal budget

HAMZA TARIO
THE GAZETTE

The federal budget has drawn different reactions from various levels of government representatives in London — in particular with its effects on post-secondary students and rapid transit.

"I'm incredibly proud of this budget," said Peter Fragiskatos, Liberal Member of Parliament for London North Centre.

Fragiskatos, a rookie MP and a former faculty member at King's University College, said he met numerous students during his teaching days who were worried about debt issues.

During the budget consultation period in February, he also met with various stakeholders in London,

including the University Students' Council, who cited similar concerns about student loan repayments and youth unemployment.

The Liberal government's amendments to the Canada Student Loans Program revealed in the 2016 budget now allow post-secondary students to start paying back their loans once they have an annual income of \$25,000 as opposed to the previous limit of \$20,000.

"I think this is a policy response to what students have calling for a long time," Fragiskatos said.

Fragiskatos is also pleased with his government's investments towards infrastructure growth in the country. The Liberals have allotted \$11.9 billion towards new infrastructure investments over the next five years as part of their "Phase I of Canada's New Infrastructure Plan."

"When we invest in infrastructure, and there are various forms of infrastructure that we will be directing money towards — you're actually helping build the country up," he said.

Phil Squire, ward 6 city council-

lor, disagreed with Fragiskatos' assessment of infrastructure spending and is worried about the big deficit that the federal government is intending to run.

"I worry given the experiences in the province of Ontario that running huge deficits leads to real restraint on the ability of the government to do the things they want to do, whether it is investing in infrastructure or investing in education," he said.

The London city council is currently developing a business plan for introducing rapid transit to deal with the city's increasing transit woes.

Proposed plans, which include options such as a new rapid bus system to a light rail system, cost

“When we invest in infrastructure... you're actually helping build the country up...”

anywhere between \$340 million to over a \$1 billion, according to Squire.

The city has pledged \$125 million to the project

but provincial and federal assistance is vital for rapid transit development in London. Squire does not think the federal funding will be adequate enough to help fully fund the projects.

"There is some concern because of the amount of money that was allocated ... the kind of investment we need will not be forthcoming," he said.

"The amount of money the federal government is spending is spread out in so many different areas."

However, with the new investments in education, infrastructure and other programs such as the Canada Child Benefit, Fragiskatos believes the budget will actually help Canada move forward.

"We have an economy that is experiencing difficulty right now, we inherited a challenging economic situation but we're putting forward a bold and ambitious plan that will benefit this country," he said.



CREDIT: COURTESY OF CADILLAC FAIRVIEW CORPORATION

Several new stores will be arriving to Masonville Place including ZARA, H&M, Sport Chek / Atmosphere, Hot Topic and Disney Store

ZARA, H&M coming to Masonville as part of major redevelopment

HAMZA TARIO
THE GAZETTE

Masonville Place is getting a major uplift with a \$77 million investment in renovations and introduction of international retailers such as ZARA and H&M.

The investment is the most expensive renovation conducted at the mall since it opened its doors to the public in 1985. The new investments were announced by Cadillac Fairview, the parent company of Masonville Place.

According to Finley McEwen, senior vice-president development at Cadillac Fairview, the renovations will reinvigorate the mall and update its current retail outlets and common spaces.

The renovations will see a new centre court staircase and installation of Italian porcelain tiles and stainless steel and glass guardrails throughout the mall. The goal is to

keep the property relevant and provide customers a wonderful shopping environment, McEwen said.

The mall is being expanded into the two-level, 127,000 square feet space previously occupied by the Sears store which closed down in February 2014. The renovations and mall expansion are expected to be completed by November 2016, in time for the Christmas shopping season.

The new retailers that will be opening shop in Masonville include the first ZARA store in London, H&M, Sport Chek/Atmosphere, Hot Topic, a Disney Store as well as a few restaurants.

Alongside the ongoing redevelopment project, the mall has seen recent additions to its retail outlets including Sephora, Ivivva, Lush and Saje, according to Brian O'Hoski, general manager Masonville Place.

Having a potential client base

consisting of university and college students is an attractive prospect for some of the big retailers coming to the mall.

"I think we need to think about our customer base and... some of the great tenants we were able to acquire... definitely have students at the top of their minds as well," O'Hoski said.

"Zara ... [is] such a huge international retailer and the one and only in London I think is going to be a big draw for Western particularly."

Masonville lost another big retailer after Sears when Target closed down its operations in Canada earlier in 2015 and the mall was left with a second, large unoccupied space.

McEwen said that the \$28.5 million is being invested in the former Target space for redevelopment but there are no details available yet on what is being planned for that part of the shopping mall.

Uber/taxi drama could soon come to an end

KERRA SEAY
INTERROBANG

As the Uber/taxi drama in London continues, city officials are taking steps to fix the situation.

London City Hall recently announced five possible options regarding the future of Uber in the city, each of them with varying effects on the current taxi system and Uber. These issues were discussed at a public participation meeting on March 30.

The five options for the future of Uber as reported by the London Free Press in the article "Council to weigh Uber options" by Jonathan Sher are as follows:

- Maintain the status quo and continue fining Uber drivers for breaking London by-laws and not change any regulations on taxi companies
- Force Uber drivers to follow the same regulations as traditional taxi companies
- Classify Uber as a limo service, which would not place a cap on the number of vehicles allowed

but also have stricter regulations which would mean less cars would qualify

- Create a new category with regulations decided by the city
- Allow Uber to run freely with no enforced regulations, making the company responsible for disclosing its safety features

Interrobang reached out to Uber for a comment.

"Regrettably, due to current commitments to a diverse range of on-going projects, we will be unable to work with you on this, at this time," said an Uber spokesperson.

London taxi services have been battling Uber since the company arrived in the city in July 2015.

Kayoumars Alipoor, project manager at Yellow London Taxi, spoke at the public participation meeting on behalf of the company asking for the city of London to prohibit Uber from operating until a decision has been made regarding its future.

He said Uber is not a legal company because they are not following any municipal or provincial laws.

"When it comes to the options

[proposed by city staff] the council can decide, that's not in any of my power. But when it comes to today we believe Uber has to cease and desist from operating in the city of London until such bylaws are in place that protect the client and drivers," he said.

Alipoor said London Yellow Taxi has lost between 30 to 40 per cent of profits. He added that many users support Uber because they compete against existing taxi and limo services, but Alipoor argues it isn't a fair competition at all.

"We have no problem with competition, there are [over] four taxi companies in the city... When you just come in and operate without any sort of regulations, that's not competition. That's illegal activity, which is what we have a problem with."

He said chief municipal law enforcement officer Orest Katolyk supports this decision.

London City Hall has not announced when the decision regarding the future of Uber in London will be made.

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Tinnitus, a common hearing problem among youth, precedes hearing loss

FEYISAYO VINCENT
INTERROBANG

The 2012 and 2013 Statistics Canada survey revealed that 41 per cent of Canadians aged three to 79 have experienced tinnitus while it was also estimated that 51 per cent of Canadians in the same age bracket uses earphones to listen to audio sounds.

Tinnitus is not a disease, but is a symptom of health issues usually associated with hearing. This could be due to ear trauma or an infection, cardiovascular disorders, genetic or aging-induced hearing loss, dental problems or side effects of some drugs. However, damage from loud noise is often the cause of tinnitus and hearing loss.

Aaron Austin, a first year student in general arts said that he does not experience tinnitus. He also stated that he does not use the earpiece all the time, and only uses them for receiving calls and listening to music.

However, Ruby Rabah and Kayla Williams, both first year students of Police Foundation, said that they use their earphones in the gym, on the bus or any time they can. Rabah especially expressed concern that she still hears the ringing of her lost phone.

Describing tinnitus as a perception of sound or literally ringing (buzzing or hissing) in the ear in the absence of an external cause of the sound, Gail McHardy-Leitch, audiologist at Connect Hearing in London, said it is important to understand how hearing works to understand tinnitus.

"Sound makes the eardrum vibrate sufficiently to move the three little bones in the ear, which in turn cause a wave in the cochlear fluid. The wave pushes the hair cells up against the tectorial membrane and causes them to bend, thus sending a message to the brain through the



CREDIT: KERRA SEAY

Noise-cancelling headphones, such as these, are recommended to protect your ears from tinnitus and other damage.

attached nerves," she said.

McHardy-Leitch also explained that each little hair cell in the cochlea codes for a musical tone, just like a piano, and bends in response to corresponding sounds that travel through the ear canal. Talking, slamming the door or whispering therefore stimulates a different pattern of hair cells.

"Noise or loud sounds push the hair cells too high against the top membrane and causes them to be broken, bent or damaged. Over time, the attached nerves atrophy due to loss of stimulation from the damaged hair cells, and the whole pathway up to the brain degenerates."

McHardy-Leitch compared the sound we hear during tinnitus to phantom limb syndrome. Permanently bent hair cells continuously stimulate the attached nerves to send signal to the brain when there is no sound causing them.

To prevent tinnitus, McHardy-Leitch advised that exposure to loud noise over time should be

avoided. She stressed that apart from tinnitus, high-pitched sounds such as F, S, T, TH, P and K, which are important for speech, are gradually lost as loud noise damages the cochlea.

"Resting the ear for about 48 hours helps it recover from a temporary noise damage. Using equipment that is quieter and wearing ear protection in persistently noisy environments, such as in concerts or at work, is therefore essential," she advised.

While expressing concern for road safety, McHardy-Leitch also advised that noise cancelling headphones that seal the whole outer ear are preferable to the smaller earphones. She further stressed that it is better not to listen to music in a noisy environment because we tend to turn it up louder to drown the external sounds.

"If you can hear the music from another person's earpiece, then it is too loud. Tinnitus is a warning signal to protect the ears more from damaging noise."

Second annual London Sport and Activity Expo fast approaching

MITCHELL VOLLMER
INTERROBANG

With the end of winter, so too ends the days of hibernating indoors, begging for the snow to melt and the sun to come out. Now is the time to be preparing for all of the outdoor activities that accompany summer, and a good place to start is the London Sport and Activity Expo.

The event will be hosted at the London BMO Centre, and Jordan Lopez, an official working with the event, expects this year's turnout to be an even better than the last.

"This is the second year we are hosting the expo; last year we had 100 vendors participate and saw over 1,000 people attend."

The BMO Centre is run entirely by volunteer officials, and operates at entirely no cost to any tax payers. The centre provides a variety of sports programs and unique indoor recreation for residents of London and the surrounding area to participate in.

The dome gets upwards of over 4,500 youth and adults coming in weekly to play soccer or participate in other sports and activities. With the expo, the numbers are expected

to increase even more.

The event will have a focus on local sport and fitness organizations, and will include local vendors from around London who support healthy lifestyles and health care practices. There will also be one prize provided from each vendor that attends for the opportunity of participants to win something to take home.

"In addition to the vendors, there will also be sports demonstrations on the BMO Centre turf where people can learn and participate in sports such as soccer, football, martial arts, and much more," Lopez said.

A wide assortment of different sports and activities will be introduced at the event to make sure all feel welcome to attend the free event. The BMO Centre has organized traditional and non-traditional sports activities for anyone who's interested in picking up a new sport, purchasing some new equipment or even discovering a sport they have not heard of.

A large goal inspired by the event will also be to encourage activity and play by youths in London. Through the use of demonstrations, the event hopes to inspire youth to

take multiple interests in different activities and sports. A kid's club area sporting many different activities will also help youth exploring how they can become more active.

What's more is that all funds raised from the event will go back to community athletic programs.

The Centre also hosts many indoor and outdoor leagues; for example, the London and District Youth Soccer League, South West Indoor Youth Soccer, London Ontario Soccer League and more. Men and women summer leagues are almost underway as well.

The free event will take place on Saturday, April 30 from 10 a.m. until 4 p.m., with demonstrations expected to be appearing throughout the day.

"It's definitely a great event for students as it is free and can showcase opportunities for healthy living and fitness during the summer months."

The BMO Centre is located at 295 Rectory Street and anyone with an interest for healthy living and fun activities is encouraged to attend. For more information, visit the London BMO Centre website at bmocentrelondon.com.



CREDIT: EMILY STEWART

Jumbo Video Centre carries plenty of Star Wars' merchandise, including pop figurines.

Star Wars mania continues in the Forest City

EMILY STEWART
INTERROBANG

2015 was a big year for Star Wars. The highly anticipated *Star Wars: Episode VII – The Force Awakens* was released, the first major motion picture released in the series in about a decade. The film collected around \$2.05 billion USD and five Oscar nods. Prior to its release, a plethora of Star Wars' food products, from Kraft Dinner to oranges were being sold, piggybacking on the popularity of the series. On top of all of this, popular a capella group Pentatonix performed a medley of music from the Star Wars saga at the 2015 American Music Awards.

Although the film has been long out of the theatres, that doesn't mean Star Wars mania has ended. An upcoming event at Jumbo Video Centre will reflect the Forest City's love of the galaxy far, far away.

Jumbo Video is having a release party for the Blu-ray edition of *Star Wars: The Force Awakens* on April 5. Jake Davidson, the video game and marketing manager, said that this is the first movie-centered event they've had in a while.

"Last year, we started getting into the pop culture side of things and going to the London Comic Con and bringing in that sort of product," he explained.

Davidson added that he noticed a Star Wars following in London. He said someone told him about the Unicycling Storm Trooper, who has been spotted riding around the Forest City. "There's definitely an audience here in London that really caters to Star Wars."

London's appreciation for Star Wars was also seen with the national event celebrating the franchise on May 4, 2015. Along with

wishing people "May the Fourth be with you", the Cardboard Café played music from the series while promoting Star Wars' board games and testing their knowledge at trivia. Richmond Row staple Stobies Pizza also offered free slices to anyone whose name was Luke, Carrie, Leia, Ben and even Chewbacca, Darth or Yoda.

Davidson also felt that events, like the London and Forest City Comic Cons, represent the mindset that geek and nerd cultures are becoming cool. Davidson predicts that the following will only get bigger.

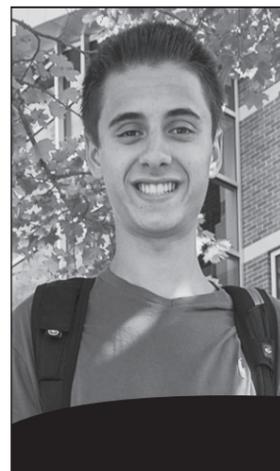
"It started off with a couple of conventions here and there spread out through North America and the early 2000s. Now, there's a convention in almost every single city," he said. "Groups of people in cities are like, 'Well, instead of travelling for three hours, I want to do one in my city'."

Cosplayers will also be singing autographs as different Star Wars characters, such as PrettyWreck Cosplay as Rey and Alex Rose Cosplay as a Twi'lek. Customers who stop by can also have a chance to take photos with some cosplayers.

There will be plenty of prizes, including a London Comic Con pass and an autographed photo from Ron Perlman. Jumbo Video will be giving away six gift cards as well ranging from \$15 to \$50. All you have to do is place a pre-order to enter.

The event will run from 9 a.m. to 6 p.m. at 1080 Adelaide Street North.

Jumbo Video also hosts gaming tournaments for all of the NHL Series, and they've hosted tournaments for FIFA, Halo and Call of Duty games. They will also host a Pokémon Tournament in anticipation of the Pokémon Sun and Moon games to be released later this year.



Got a question, concern, or comment about college policies?

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Zachary Benayon

Student Representative to the Board of Governors

The difference between success and failure is thin and covered in cheese



NICK REYNO
REYNO RAMBLINGS

As another semester comes to a close, minds begin to drift to post-exam kegers, shindigs, hoo-has and celebrations of all sorts. It has become rather difficult to focus on things like your big statistics assignment when the mind is busy putting together an LCBO shopping list.

No matter how busy we get thinking of new cocktails or inventing yet another excuse for a last extension on those final projects, I ask everyone to take a moment and think about a very serious issue spreading across our beloved city.

I generally try to keep a happy disposition when writing these articles, but alas I can no longer maintain my cheery temperament. I ask everyone to put down their books, wine glasses and/or steins to reflect soberly on this pressing topic. There's no easy way to put this so I'll just come right out and say it.

I'm here to talk to you about pizza etiquette.

Don't laugh and turn the page dear reader, for this often overlooked ritual of college interaction can be the difference between success and failure. Whether you are ordering the pizza or partaking in the breaking of breadsticks and the sharing of the eight sacred slices, there are delicate matters that must be contemplated.

If the vital task of acquiring party rations has befallen you, be sure to inquire about people's dietary restrictions. If you're on a quest calling for three or more pizzas, chances are that one or more of your followers have a significant aversion to meat. Be sure to order one vegetarian (or at least one cheese-only) pizza during your expedition. This will ease the tensions and nerves of any vegetarians lurking throughout your party.

If you worry about offending any gluten-free (G.F.) comrades, push away your doubts immediately because they will notify you long before food has been ordered. If



CREDIT: SOLISIMAGES / THINKSTOCK

Ordering pizza is an often-underestimated battle of light and darkness, a crucial escapade through the valley evil that leads to the land of cheese and dipping sauce.

you know someone for more than 15 minutes without hearing mention of their G.F. diet then chances are that they're not allergic to gluten. This particular diet is a status symbol in today's world and I think everyone would be lying if they said their G.F. friends weren't incredibly vocal about it.

On the other side of the fence, if you and your comrades lay in wait of the elusive pizza there are certain precautions you must take to traverse the pizza's arrival unscathed.

First off, be aware of how many slices your fellow partiers are taking. Be sure to match the common haul or risk being seen as a selfish and gluttonous ne'er-do-well. No one wants to see you leave the table with an entire box of pizza. You will be exiled and most likely wake up with R-rated sharpie artwork adorning the majority of your face.

Secondly, if you're not a vegetarian then avoid that cheese pizza like the plague. Have a hankering for cheese? Then peel off your damned pepperoni. These poor vegetarians don't deserve to be stolen from simply for abhorring your murderous slices of pizza. You and your carnivorous clan have five piz-

zas between the seven of you, while these humble pacifists have not two pizzas to share amongst the three of them.

Last of all, eat that doughy crust before returning to the hunting grounds for fresh slices. There are starving kids in the party next door and you're here discarding perfectly good dough?

In the timeless words of the almighty Mushu, "Dishonour! Dishonour on your whole family... Dishonour on you! Dishonour on your cow..." Simply put, if you can't finish that crust then you can't have any more of the good stuff.

Well young Padawan, I'd say you're almost ready to go into the world of reckless drinking and responsible pizza consumption; but there is one last rule. This is perhaps the most grievous and sacred law of pizza. If you graduate Fanshawe with just one single scrap of knowledge, let it be this.

Thou shalt not order pineapple pizza.

If you think you have friends now, you won't after suggesting this blasphemous abomination. Your friends will disown you, your grades will slump, your program co-or-

dinator will revoke his letter of recommendation and worst of all; a self-respecting pizza chef will have to defile his kitchen while preparing this atrocity. If the nightmares of your friends aren't enough to deter you, then just think of the lifelong damage you will do to an innocent cook's psyche. You're not just hurting yourself; you're hurting your family and everyone who's ever known you. When you order pineapple pizza somewhere out there in the world a sloth falls out of a tree and dies. Do you want that kind of blood on your hands? No? Then do the right thing and keep your guilty pleasure a secret. It's for your own good.

Go now, in peace and in pizza, spreading the good word of the crust. From its warm pizza box to your welcoming home, through the grace of its cheesy bread, receive the word of the slice into your greasy hands and take with you its tasty glory.

Through thick and thin crust, its cheese-stuffed, ranch adorned, sriracha speckled goodness will be there to console you and forever burn the tongues of the impatient. Go now and bask in its awesome might.

The Pope's Easter prayer for the world



MICHAEL VEENEMA
RUMOURS OF GRACE

I am not a member of the Catholic Church. Half a millennium ago when the Catholic Church was at a low point, the people of many countries broke with Catholicism to live their faith without the supervision of the Pope and Catholic hierarchy. This is why today there are Anglican churches wherever we find the English; Lutheran churches where we find German, Danish and Swedish; Presbyterian where we find Scottish; Reformed where we find Dutch and many other branches of the Christian tree. I am somewhere in those branches.

Yet I find myself often in strong agreement with some of what comes from the Catholic community.

Take for example the Pope's Easter address given this past Easter on March 27.

Pope Francis began with a declaration. It is impossible to overstate the importance of this declaration. It is a statement about the event without which there would be no church, no Christian tradition and no movement of the people of Jesus Christ. It is the declaration that a Jewish prophet and teacher was raised from the dead.

Without the resurrection of Jesus of Nazareth, he would have disappeared into the river of history as one more failed young Jewish leader who for a time had an enormous following, but came to the same sorry end that all such leaders in his time and place could expect. He was crucified, executed by torture, by the Roman government of the day. Crucifixion was a "public service" that resulted in the deaths of literally thousands of young Jewish "offenders".

But with his resurrection from death, Jesus' teachings were vindicated, and the movement he began soon spread throughout southern Europe, the Middle East and northern Africa.

The message of Christ, though at times distorted, sometimes tragically so, is ultimately

a message of great hope.

This is why the majority of Pope Francis' Easter address was a prayer for the world. I will touch on a few of the petitions in that prayer.

The first petition, "Help us to seek you and to find you, to realize that we have a Father and are not orphans; that we can love and adore you."

The message here is that no matter who we are, we have a Creator who has made us all. Even in the depths of great unhappiness or disorientation, there is a God who has given us purpose, dignity and meaning. When we reach out for him, we will be found.

A second petition, "Help us to overcome the scourge of hunger, aggravated by conflicts and by the immense wastefulness for which we are often responsible." What if the leaders in food production and distribution, the managers of war and us, the consumers, reflected daily on this petition? Could it not have a great impact on our businesses, our support for wars and our habits of consuming food and other resources?

And a third petition, "Comfort those who have left their own lands to migrate to places offering hope for a better future and the possibility of living their lives in dignity and, not infrequently, of freely professing their faith."

Here the Pope must surely have had in mind the 60 million refugees who now inhabit our planet. He must have had in mind the reduction to second-class citizens of non-Muslim people in the Arab world (and the persecution they face). He must have had in mind the need to encourage the Western world to continue to help refugees. And he must have had in mind the need for the Middle East to help, rather than create and expel, refugees.

Francis ended his Easter address with these words, "Lord, we pray to you for all the peoples of the Earth: you who have conquered death, grant us your life, grant us your peace." A closing petition for the life of God and for the peace of God for all persons, a prayer each of us could repeat each day, one that could profoundly change us and our world for good.

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CREDIT: MITCHELL VOLLMER

Regret can turn people against themselves, but it is important to not let it get the best of you.

Understanding regret

MITCHELL VOLLMER
INTERROBANG

“I wish I had said something when it actually mattered! What was I thinking when I was doing that? How could I have thought it would be a good idea? I wish I had gone with my friends. I can’t believe I forgot my phone.”

Common and horribly real, regret is one of the strongest human characteristics and can make or break even the strongest of us. It is the feeling that can keep someone awake at night until the morning, or distract us from work and conversations. It is the critical way of thinking that creates the feeling of blame towards oneself for an unfavourable decision.

While regret is something that is unavoidable in a regular human life, it is something which can be understood, and learned from to make oneself a better human being.

A good place to start is to determine what your feelings of regret are directed at. People feel regret for a number of reasons, but affirming exactly what and where the basis of regret stems from is important. It allows your mind to not simply dwell on the regret itself, but to consider what led up to it, and understand your feelings toward the situation.

Recognizing what has happened is often the most daunting task of overcoming regret, as once the regret has been recognized, it must eventually be accepted. Yet what most people don’t understand is that acceptance does not mean letting go, or trying to for-

get, it means living while conscious of the fact that what has happened is here to stay. Something regretful should never be forgotten, yet should be remembered as a lesson. By accepting what has happened as part of your life, it teaches strength of willpower and self-acceptance.

What occurs after is completely up to your decisions and what you allow to influence you. It takes a moment to consider what led up to the regret, and what can be taken away from the moment. Recognize that there is a positive direction to be taken away from every action, and that feeling guilty about something that happened in your past won’t do any good for your future. What is best is to not let regret completely alter your future decisions, but to guide them on a more positive path.

At one point or another, everyone has experienced great feelings of regret, and although for some it may sound more difficult to accept, regret isn’t something that will go away with something as simple as the passage of time. Time may heal wounds, but truly overcoming regret is a personal endeavour, which requires an acceptance of life itself, and the knowledge and understanding that it is all a part of growing. Be grateful that there is still time to turn regret into gratitude.

Not all of your own regrets are as bad as you think they are. We are our worst critics. Regret should not pull you back, but push you forward, and be a reminder that we can work harder to achieve our goals.

Who are the Zs?

FRANKLIN TOBAR
INTERROBANG

A recent study conducted by EDUCAUSE, in the U.S., revealed that universities and colleges are not ready for an information revolution, due to slow social changes occurring within them. But they must be prepared because of a new reality.

The study stated that many new students are part of a new generation, called generation Z, which can be thought of as millennials’ little siblings or the generation that came after millennials.

In simple words, to understand who they are, while both groups are knowledgeable in information and information systems, and also in new technologies, they have one distinctive difference, due to historic chance. While many millennials migrated into the information era by choice, Zs were born into it.

The study stated that Zs are dependent on information, they take technology for granted and that staying connected is a central part of their life. Zs are also aware of what’s going on in the world, but don’t ask many questions, since they’re capable of informing themselves.

For a Z, doing is more important than knowing; learning is done by trial and error, instead of a logical and rule-based approach. They research data more than others, and don’t like to be force-fed anything. Their preference for hands-on experience is a challenge they prefer.

What type of education system would be able to provide that? How should a Zs’ po-

tential be unlocked? They possess a unique set of skills already, which were developed to survive in a seemingly chaotic ocean-like information era. And not every institution is ready for them, and will most likely fail to impress Zs, especially when it comes to information systems, which they can easily sniff when it’s not adequately utilized.

Zs would probably expect to have problems put in front of them, and to have a series of restrictions early on, so they can initiate their learning journey, and after a while as skills increase, so do the complexity of the problems they would try to solve. One might argue that in the old days, that was the way to learn, but nowadays, it seems that the methods of teaching have drifted apart from the methods of learning.

A lot of self-education is going around, and even though institutions are proud of what they offer, what they really offer for a Z are its facilities and services, or a set of experts that no other institutions have. And Zs will do their usual research, just as they always do. Probably self-educating themselves more than what educational institutions would like.

At the end, the people behind those institutions are the real assets that a Z would be interested in. The institutions would provide them with the desired hands-on experience. Nonetheless, let’s all recognize one thing that as with all generations of students, Zs will be thrown into a world filled with challenges, for which they need to be prepared. And, for now Zs are here challenging the education system; afterwards, who knows.

The politics of Rob Ford



VICTOR DE JONG
INTERROBANG

Social media has ended the careers of countless individuals over the years. From people using Twitter to acquire drugs at work, to people venting about their superiors on Facebook, there’s no shortage of cautionary tales. Internet shaming is just the latest incarnation of the traditional public shaming that used to take place in city squares. One man, however, rose above it all.

Sexual assault, drug use, public intoxication; the list of crimes that former mayor Rob Ford has been accused of befits a rock star or rapper. Ford’s death evoked a tremendous response from the community he served with complete dedication. In a day and age when public figures step down over minor infractions, Ford brazenly stayed the course to execute his vision for Toronto. The media was routinely baffled by the unwavering public support for an individual who refused to adhere to the unwritten rules of politics. Critics and opponents be damned, Rob Ford campaigned on a promise to reign in expenses, and he did just that.

As media outlets gloss over years of scathing criticism to publish sycophantic eulogies to the late mayor, they do a disservice to the man himself. The true appeal of Rob Ford was in his obvious struggle with the human condition. Ford battled addiction, obesity and a tendency to make a fool of himself at the best of times. It was difficult to look at

Ford without catching a glimpse of yourself. It may not have been a part you’re proud of, but there was something genuinely endearing about seeing Ford ride the choppy waves of his political career.

Football was a passion that transcended Ford’s time in office. He was heavily involved in a charity football foundation that aimed to get kids involved in the sport. The majority of coverage that endeavour received was when he came under fire for using his mayoral office to push for donations to the charity. It’s just one example of a man whose heart was in the right place despite a complete inability to avoid controversy.

Politicians like Prime Minister Justin Trudeau and Premier Kathleen Wynne present an incredibly censored persona of themselves. While it’s unlikely that they’re living a dual life of addiction or intrigue, it’s doubtful that they’re the same person when the cameras are turned off. That’s what Rob

Ford brought to the table: authenticity. If his darkest secrets were on the front page, people had no problem trusting him in office.

A legacy of honesty and a genuine passion for both his city and his family is something everyone can aspire to. It’s easy to judge a person, and between the celebrity pages and the scandal of the hour, the media loves to hop on board. No one was more acutely aware of their flaws or so often reminded of them than Rob Ford. What the people of Toronto understood, and what his legacy will be, is that Rob Ford passionately advocated for the best interests of the people who put him in office. It’s impossible to find fault in that.

“The true appeal of Rob Ford was in his obvious struggle with the human condition. Ford battled addiction, obesity and a tendency to make a fool of himself at the best of times.”

RIP ROB FORD



RIP
2016

I WONDER IF THERE’S CRACK IN HEAVEN?

HAVE AN OPINION? SUBMIT YOUR STORY!

LETTERS TO THE EDITOR: FSULETTERS@FANSHAWEC.CA



CREDIT: KERRA SEAY

After a long, hard workout, it is super important to get a good cool down/ stretch in and the next day it is better to engage in active rest rather than lay on the couch. A good example of active rest is going for a long walk.

How to rest your body

KAREN NIXON-CARROLL
INTERROBANG

An especially tough week, or even one day, can result in muscle soreness (the kind where you can barely move or brush your teeth). It's time to rest and rest comes in many forms.

Active rest

Whether you are just starting to exercise or you had an extra hard workout, you likely need active rest. Many people make the mistake of taking a day off on the couch or they sleep in for a couple extra hours. Keep your body on the same routine but with different activities. Try taking a long walk, a leisurely swim, doing gentle yoga, doing active housework or going on a bike ride. These are all light to moderate activities that will help prevent your muscles from seizing up. Take it easy, and keep in mind that the idea is to just move your body with dynamic range of motion exercises. By doing these activities, you'll continue to burn calories efficiently and you'll feel more prepared for a harder, effective workout the next day.

Activity change

Sometimes your body can benefit from a total change for a day or two. It can still be in the form of a tough workout, but one where the affected areas can rest. You could basically do the same activities in tip number one, but with more intensity. Instead of a muscle conditioning

focus, the goal is to focus on your cardio-respiratory system.

TLC

On the day of your hard activity, if you have any soreness or swelling of any kind, try a good long stretch, followed by rest with a cold compress. You can use a towel soaked in icy water, rung out and placed on the affected area for five minutes or so. Try incorporating a soothing heat product or service the next day. A warm, gentle massage is best, but you can also use a heating pad and gently massage yourself. For hard to reach areas like your back, try using tennis balls placed between the affected area and the wall. Move your torso around gently to help work out the kinks. If you have access to a trigger point foam roll, this can be effective too. Just don't overdo it by applying the pressure for too long or in the same area.

Bath

Finish the day with a warm tub soak in Epsom salts and some soothing essential oils such as marjoram, ginger, rosemary, lavender and chamomile. Even just 10 minutes can really help you to relax and feel rejuvenated for the next day.

Sleep

Make sure to always get a good seven to nine hours a night and preferably within the same time frame every night.

Rest is just as important as eating healthy and working out. Make sure you understand what kind of rest you need and trust that inner voice.

An abundantly better love story than *Twilight*

ANGELA MCINNES
FEAR FOR THOUGHT

It's a premise that's practically been done to death in many a medium: a misfit human finds love in the arms of a misfit monster. United by their shared weirdness as outcasts in one another's respective communities, they overcome their cultural and breeding differences because at the end of the day, love conquers all, or so goes the adage of a certain half-baked series inexplicably adored by pre-teens all over the world.

Spring, a 2015 indie romance horror science-fiction film directed by Justin Benson and Aaron Moorhead, is yet another movie to be built on that same general plot, but breathes new life into the worn human-monster-love story with intensely detailed visuals and characterizations not typically seen in the genre.

Evan Russell (Lou Taylor Pucci) is a young American man who has been dealt a bad hand. When his mother succumbs to cancer and he loses his job, he runs away to Italy for a much-needed change of scenery.

The trip kicks off to an aimless, drug addled start until he meets Louise (Nadia Hilker), a mysterious exchange student studying genetics. Drawn to her fierce intelligence and beauty, it seems that Evan may at last have found happiness. However, it's not long before Louise reveals a secret that makes their relationship anything but simple.

If *The Thing* were to merge with *Eat Pray Love*, we'd get something close to *Spring*. The cinematography, also done by Moorhead and Benson, is brightly coloured and almost dreamlike in quality as it surveys Evan and Louise's gorgeous European surroundings while monstrous transformations take place in the foreground.

Imagery of snakes and spiders juxtaposed against the backdrop of a lush fruit orchard is but one example of how the story's themes of love vs. biology and the joy of life vs. the lawlessness of death are framed throughout the telling of a tragic romance. While the sci-fi effects of the film are disturbingly constructed, the overall movie is filmed as if David Cronenberg

composed a love letter to rural Italy.

As one of the most well received horror films of 2015, *Spring* gives a gentler, more meditative alternative to preceding films that have ever contended with the difficult issue of grief and mortality. It's a uniquely poignant hybrid of horror and romance as it simultaneously looks back at Evan's personal losses and forward towards his desire to create new life with the woman he loves, even if it does mean accepting certain consequences.

In other words, *Spring* is probably the only horror I've ever seen that's liable to make even the most hard-core, gore-mongering fan shed a few tears at the end. Unlike a certain half-baked series with its own soccer-mom fan-base, this is a movie that hinges on the choice Evan makes to continue on with life even when he has no reason to keep going. It provides no easy answer to why anything in this world exists, but offers that somewhere in the frustrating mystery of it all, there can be beauty. To see something new and never done before, watch *Spring* and bring tissues.



CREDIT: JESSICA THOMPSON

Yes, candy is delicious, but swap that unhealthy garbage with dried fruit and bask in the awesomeness of natural sweetener, which won't make you feel sick after.

Foods to avoid

KAREN NIXON-CARROLL
INTERROBANG

Time to ditch the donut. There are so many rules to healthy eating which makes it easy to get overwhelmed. There's the 80:20 rule where you eat healthy 80 per cent of the time and unhealthy 20 per cent of the time, not a great idea because you can do a lot of damage eating poorly 20 per cent of the time.

Besides, how well can you really keep track of that diet? What about the infamous cheat day where you eat healthy all week and allow yourself a whole day to cheat? Again, most people have a really hard time sticking to this as they often end up cheating for more than one day or they do some serious damage on their cheat day.

Then, we are all guilty of saying, "everything in moderation", but is this the case for all foods? Are there some foods that you should just

never eat?

In an article by Dr. Mercola, on mercola.com, he explains why we should never eat donuts, soda, commercial French fries, chips and breaded, fried, non-fish seafood.

I'd like to add a few things to the list.

White flour

There is little to no nutritional value with white flour, just lots of empty calories. Instead, go for milled, whole grain flours or flours made from beans and vegetables; for example oats, brown rice, quinoa, sweet potato, garbanzo bean, almond and hemp.

Candy and marshmallows

Again, these sugary products contain empty calories and sugar that can result in acute and chronic health conditions. Instead, try nature's candy with dried fruit and dry-roasted, unsalted nuts and seeds. Add in a little touch of pure dark chocolate and you are set with

a healthy and yummy snack.

Artificial sweeteners

They have the same effect on your body as white sugar. Try using a small amount of natural sweetener, like raw honey or agave. These are typically sweeter than sugar so you only need a small amount.

Microwave popcorn

There are chemicals in this that just should not be in our diets. Purchase an air popper and add your own natural flavourings. There are many examples online of recipes to spice up the simple movie night snack.

Margarine

Even the so-called healthy varieties are not good. Instead, opt for healthy oils, such as olive or coconut oil, or sparing amounts of unsalted butter. Even better, try to enjoy some foods without the added fat, or use foods like avocado, homemade low-salt hummus and mashed hard-boiled egg.

Flying too close to the sun



**PAM-MARIE
GUZZO**
INTERROBANG

A god walks among men, toppling buildings with a look, destroying cities with a muscle flex, murdering thousands with a careless breath. Left unchecked, Superman could quickly become Earth's greatest threat. Standing up against this threat is Batman, watching from the dark alleys of Gotham as Metropolis worships its destructive idol.

Batman v Superman: Dawn of Justice is a movie that is full of problems. Some of the issues come from director Zack Snyder's desire for overly artistic perfect shots, even if those make no sense and force the actors into super uncomfortable positions.

The best example of this is the retelling of Batman's origin story. Not only is this shown twice in the movie that isn't even about Batman, but it offers nothing to the plot except to let Snyder make a neat shot with a pearl necklace and remind the audience (again, twice) that Batman's mother was Martha Wayne, something that could have been shown in two seconds with Bruce putting flowers on his mother's headstone.

All of this wasted screen time



In *Batman v Superman: Dawn of Justice*, no one is safe as two giants go head-to-head to fight for the fate of mankind.

CREDIT: WARNER BROS. ENTERTAINMENT INC. (2016)

could have been put to far better use. Instead of showing us a plot everyone and their newborn baby knows, the writers could have included a scene that explains how Lex Luthor knows who Batman and Superman really are, or his motivation for wanting to kill Superman at all. Even better would be if they found the time to actually say the name of one of their leads, Diana Prince (aka Wonder Woman, played

by Gal Gadot).

The lack of a name for Diana is depressing, and completely typical of a movie that reduces the previously awesome Lois Lane to nothing more than a damsel in distress. There are only three women in the entire movie (well, three that aren't immediately murdered), two of whom are only used as bait for Superman and none of whom speak to another woman once in the entire

151-minute runtime.

The hardest part of this is that none of the many problems with the movie are on the actors. Ben Affleck, finally getting to be Batman after years of pining for a decent superhero roll, does a genuinely amazing job in both of his rolls. Henry Cavill is an uninteresting, but consistent, Superman. Gal Gadot is a total badass even without a name and Jesse Eisenberg makes

an alarmingly convincing sociopath (even if he occasionally seems to be channelling Jim Carrey's Riddler).

Batman v Superman: Dawn of Justice is a movie that was full of amazing potential, but suffered the fatal flaws of terrible writing and awful direction. The acting, costume design, music and scenery were all fantastic, but fail to make up for the many plot holes and clichés that curse this film.

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Get a new wardrobe on a budget

KORI FREDERICK
INTERROBANG

For many students, as spring comes, we decide it's time to re-vamp our wardrobe. Unfortunately, a fancy new wardrobe can come at quite a cost.

A great way to get a new look on a budget is by heading to your local thrift store and searching the racks for something good. As great as thrift stores can be, there can also be a lot of not-so-great clothes to sift through. It can be a daunting task to search the many racks before you find a few viable pieces. So here are a few tips for the next time you decide to venture in to a thrift store.

First you need to know what you are looking for.

Most thrift stores are packed to the brim with everything from clothing to household items. There may seem to be endless rows of shirts, pants, skirts and everything in between. If you try to look at everything, you are going to get overwhelmed and frustrated quickly.

This is why before you make a trip to the store, make a list of what kinds of things you are actually looking for. Narrow it down to the types of clothes or colours you are looking for.

Most thrift stores organize their items by type of clothing and colour. If you know what you are looking for, you can take more time looking in that particular section rather than

just wandering the racks.

Next, once you've found something you like, check the original tags. There are lots of high-end items that make their way into the stores, but there are also lots of lower scale items.

There is nothing wrong with items from stores like Walmart or Giant Tiger, but often these items are priced closely to their original sale value. This means that for a few dollars more you could probably purchase the item brand new.

Instead, try and look for the best deal you can by checking the tags.

Before you put an item in your cart make sure to check and re-check the item. Make sure to look the item over from top to bottom, inside and out.

Whenever you are purchasing something that has been previously loved, you want to make sure that it is still in good condition. Not everything that you find in the stores is going to be in the greatest condition. Be sure to check the seams to see if there are any holes or threads coming loose. Also be sure to keep your eye out for stains anywhere on the piece of clothing.

Lastly, as you make your way to the checkout, be sure to know how much everything will cost. An article by the Huffington Post suggests that when you are going to a thrift store you should always have a budget in mind. Sometimes it can be easy to get carried away



CREDIT: KERRA SEAY

Thrift shopping can be a great way to get a new look and not completely destroy your wallet; follow these tips to have a successful shopping trip.

with all the low priced items. However, all those \$5 items can add up quickly and you may be in for a surprise once all your items have been rung through the check out. So figure out your budget, then add up the cost of all your items prior to making a purchase. This way, if you are over your set budget, you can narrow down your items before you check out.

Thrift stores can be a great way to spruce up your wardrobe; it can also be a tiresome and frustrating challenge to look through everything in the store. Remember to have an idea of what you want before going, so that you can narrow down what racks you are going to go through. Check the items over by looking at the original tags, and look for signs of wear, like stains or

holes. Lastly, since many students find themselves on a strict budget throughout the year, don't let the budget fly out the window when you enter the thrift store.

Going to the thrift store can be frustrating, or it can be as much fun as Macklemore makes it look, so give yourself lots of time and bring some friends and make a fun day out of it.

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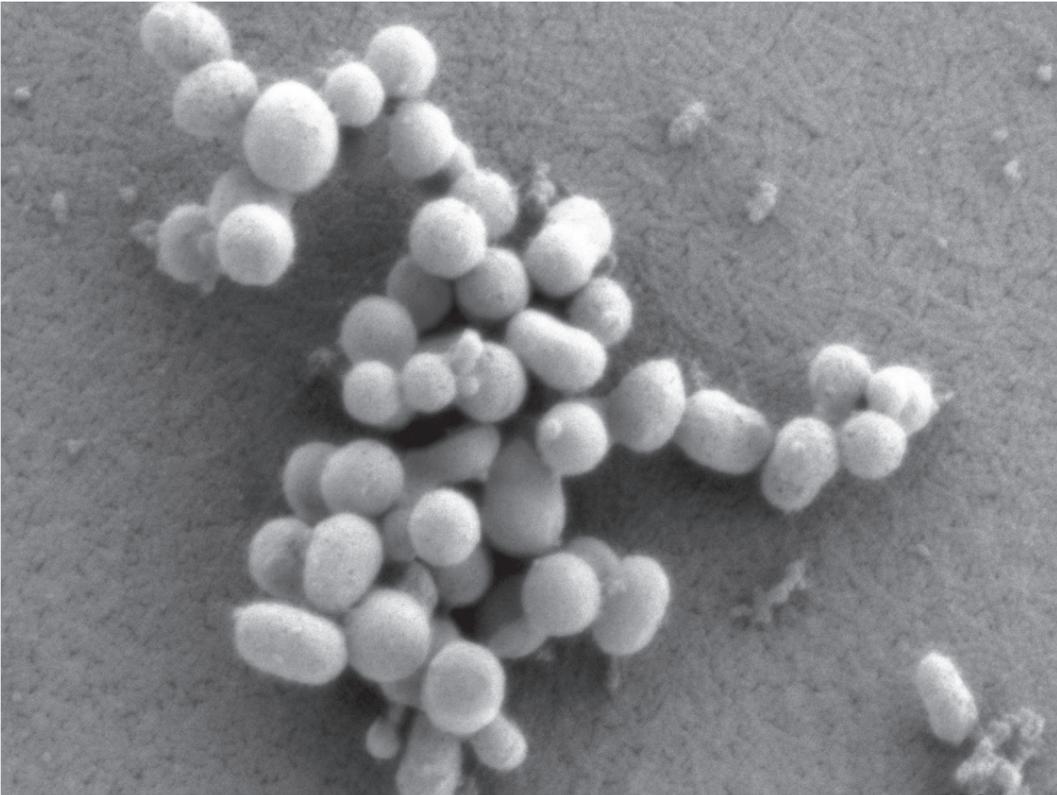
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CREDIT: ELECTRON MICROGRAPHS BY TOM DEERINCK AND MARK ELLISMAN OF NATIONAL CENTER FOR MICROSCOPY AND IMAGING RESEARCH AT THE UNIVERSITY OF CALIFORNIA AT SAN DIEGO
Seen above, Syn 1.0 was the first organism to be created with a synthetic genome back in 2010 by the Venter Institute. The recently created Syn 3.0 has over 400 fewer genes than its predecessor.

Creating life and exploring our genetic past



JERROLD RUNDLE
SCIENTIFIC
ADVENTURES

For my final entry in Scientific Adventures we'll be taking a look at the origins of ancient bacterial photosynthesis, as well as the smallest synthetic organisms ever made.

The origins of photosynthesis explored

A Colombian researcher in England has been able to determine a timeline for the beginnings of bacterial photosynthesis, the process by which energy is created through sunlight and elements from the environment.

The paper looked at a specific enzyme called BchF, only found in bacteria that can synthesize bacteriochlorophyll a, one of eight types of pigments, which some bacteria can harness for photosynthesis.

Enzymes are special proteins, acting as catalysts for reactions happening to the cell.

Photosynthesis uses light photons to begin an electrochemical process, using carbon dioxide and water as fuel, to produce energy and oxygen. Some bacteria do not produce oxygen as a by-product though being separated into groups called bacteriochlorophylls by the wavelength of light they use to produce energy.

The paper used data gathered from RefSeq, an online library for genes and proteins, using BchF as a key to sift through the complete genomes from several phyla of bacteria that used chlorophyll a as their photosynthetic pigment.

Genes are long strands of DNA, a double helix structure that's made up of specific chemicals called base pairs, which code into proteins and amino acids inside the cell, tiny building blocks and machines that help the cell function in everyday life.

Scientists are able to create a general timeline of when and how bacterial evolution occurred by studying both living creatures and the fossil record, while using physical characteristics as well as complete genomic sequencing, which is much more accurate and an increasingly common option today due to

its relatively low cost to run to determine a family tree of genes.

Scientists have been able to match gene sequences to when they appeared in the evolutionary timescale, effectively creating a timescale of which species transferred or caused mutations to specific genes, and when they occurred over the history of life on Earth.

By showing that the BchF enzyme is used exclusively to produce bacteriochlorophyll a, and is only found in bacteria that use the bacteriochlorophyll a pigment for photosynthesis, the researcher strongly suggested that this was the first form of photosynthesis to occur all of life on Earth.

The study also revealed that there were two different forms of BchF, and that the older version has limited to a single phyla, a type of green sulphur bacteria named Chlorobi.

While Chlorobi might have the earliest signs of BchF, it isn't the earliest case of photosynthesis, as BchF was found to be an evolutionary split, meaning that some other species had to have the rudimentary ability to perform this task as well.

The article also found out that while Chlorobi shared a possible photosynthetic ancestor with non-photosynthetic bacteria, this lack of photosynthetic food production was a trait obtained at a later point.

Due to this information the paper concluded that non-oxygen producing photosynthesis was most likely an early trait of nearly all bacteria, but that the information discovered currently led to more evolutionary questions than answers on the origins of photosynthesis in bacteria.

The article was also the first time a comprehensive look into the genetic history of non-oxygen producing photosynthesis.

Synthesized bacterium has fewest genes of any

Californian researchers have synthesized an organism with the smallest number of genes currently known to keep a creature alive, naming it Syn 3.0.

According to the study, the *Mycoplasma mycoides* bacterium was stripped of almost half its original 901 genes, with the researchers only needing 473 total genes to get the synthetic organism living,

while giving it a genome "smaller than that of any autonomously replicating cell found in nature". The genetic matter was transferred into an empty *Mycoplasma capricolum* cell, allowing the genome to have a similar environment for a positive outcome.

To put that in perspective, humans hold over 22,000 genes in their DNA, though the record holder is the freshwater flea *Daphnia pulex*, at over 23,000 genes.

The successful results built on both a 1999 paper where the team was able to determine that *M. genitalium*, which has the smallest natural genome, had redundant non-functioning genes, and a 2010 paper in which they were able to artificially replicate the complete genome of *M. mycoides*, placing it within the cell membrane of a similar species.

By synthesizing their DNA fragments, the team was able to create an entire artificial genome. Science News reported this process of building the genomes base components was different from how other teams have tried to achieve similar results, who instead began with stripping away unnecessary genes.

But while not all of these genes inside Syn 3.0 are what the researchers would have initially considered necessary, they certainly aren't junk either.

When the researchers tried to create a genome without inserting the genes they didn't understand the function of, the initial tests all ended in failure.

It wasn't until the 149 genes were added back into the genome, that the team found out 70 of the genes worked in conjunction with the ones whose function was already known, but in ways still not fully understood.

That still leaves 79 genes needing to be studied to fully comprehend their function in creating a living genome.

The paper also noted that while more genes could probably be removed, it would begin to affect the growth rate, leading to a nonviable laboratory model.

If you're looking to learn about more scientific adventures, go to sciencenews.org or sciencedaily.com, and have a great summer Fanshawe.



CREDIT: ANTONIO_DIAZ / THINKSTOCK

Getting fit takes persistence and motivation, both of which are easy to attain but more difficult to maintain.

How to get fit

KAREN NIXON-CARROLL
INTERROBANG

So, I hear you want to get in shape and I am here to help:

You need help. More people achieve long-term success after learning from an expert or someone with more experience. Just be careful who you choose.

Have a big goal. Once you have a goal, make a road map or calendar of smaller goals or milestones that are more achievable. Your end goal will never change but may be altered, and the small goals need to be re-assessed regularly as they may change.

Be positive about changes. If you don't feel good about your workout or if your diet is too complicated, change it or change your attitude.

Support is great, but don't count on it. You might be the only one in your house or group of friends willing to make changes, so don't get upset when they're not willing to join you. You also have to have willpower to resist the temptations that others put on you. You may lose some friends and relationships may become strained at times, but eventually things work out for the best.

Take it one step at a time and don't beat yourself up for mis-

takes. Use them to motivate you to do better that day and the next.

Try this:

Set one

Jog or shuffle back and forth for two minutes

50 wide/plié squats

30 wide push-ups (as many as you can from your toes then drop to knees)

40 alternating reverse lunges
20 dips (at home use a low chair or coffee table)

Set two

100 jump jacks

50 standard squats (feet shoulder width apart)

30 push-ups (hands shoulder width apart)

40 alternating front lunges
20 dips with an alternating leg raise as you bend your elbows

Set three

50 knee strike and sidekicks
30 narrow pushups (thumbs together or an inch apart)

40 scissor jump lunges
20 dips with scissor kick

Make sure to warm up gradually, with dynamic movements for about three to five minutes. Rest or perform dynamic stretches for a minute or two minutes maximum between sets. Do a full body stretch at the end, holding each stretch for 20 to 30 seconds.

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Uncharted to unearth one last treasure



ANDREW VIDLER
G33K LYFE

May 10 is going to be a bitter-sweet day for long-time PlayStation gamers, promising a day of triumph with the melancholy feeling of something wonderful coming to an end. That's the day that Uncharted 4: A Thief's End is set to see a worldwide release, capping off the much acclaimed and much beloved saga of globe-trotting adventurer Nathan Drake.

When Naughty Dog, developers of powerhouse titles Crash Bandicoot and Jak and Daxter, announced their first attempt at a less cartoonish, more reality-driven title in 2007, the industry cast an interested eye toward what the studio was going to come up with. What they delivered was a stylish, fun and engaging romp through a series of action-packed set pieces clearly inspired by the Indiana Jones films.

At the centre of the title was a star in the making, a sly, ambitious treasure hunter, who was a relatable 'everyman' that stood out among the crowd of muscle-bound meat sacks that made up gaming's protagonist quotient at the time. Nathan Drake's wisecracks, selfish-but-caring personality and lack of control over his circumstances turned him into AAA gaming's most bankable star almost



CREDIT: NAUGHTY DOG

Uncharted 4: A Thief's End brings fan favourite's Nathan Drake out of his happy marriage and into a crazy adventure.

overnight.

The series' status as one of gaming's sleekest franchise's was solidified with the release of a sequel in 2009 and a third title in 2011, with each title garnering critical and consumer acclaim, and scooping up a long list of Game of the Year awards.

Gamers have taken Drake through a checklist of unlikely situations, from surviving a plane crash in the

desert, to shooting crossbows at the Guardians of Shangri La, with frequent stops for expansive gun battles with pirates, mercenaries and members of shadowy societies.

Now, with the considerable power of the PlayStation 4 at their disposal, Naughty Dog is dragging their hero out of his happy marriage and into yet another globe-spanning adventure, this time accompanied by a brother we were never told

about. What has been shown of the gameplay so far is quite frankly jaw dropping, though that shouldn't be a surprise from a studio of such pedigree. The amount of detail and attention put into each and every inch of the game environment is a true statement of intent for what the new generation of consoles are truly capable of. It looks like the game that we were all picturing when we bought our PS4's two years ago.

Story details have been sparse, though all signs are pointing to the normally cheery series taking a dark turn, as this has been confirmed to be the final title of the series. Fans around the world will be crossing their fingers that the normally unflappable Drake comes out of the series alive, but no matter what, the journey is going to be something that is not to be missed.

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An impressionistic search for lost time

Knight of Cups is another one of Terrence Malick's cinematic reveries

ELIJAH BUKREEV
THE CONCORDIAN

MONTREAL (CUP) – In his last few films, Terrence Malick has come close to fulfilling the whole potential of cinema as the sum of all previously existing art forms. His films are carried by music, and indeed they flow along with it. The camera waltzes through space, images flash by as though notes in a symphony. Editing is Malick's paintbrush—over the years, the American director has collected a massive repertoire of cinematic visions, and he has worked patiently to assemble them into feature-length works of modern impressionism.

The theme of *Knight of Cups* is set in its opening lines, which tell the story of a young prince who is sent by his father to look for a pearl, but loses his way and drinks himself into a deep sleep. Rick (Christian Bale) is, in a sense, this prince—a Los Angeles screenwriter who wanders through the city and various love relationships like a lost soul, always searching, always trying to understand what he's after. He rarely speaks, and the conversations of others are usually muted or half-heard. The lines that matter are read as voice-over—everything else is dust, to be washed away by time.

Unlike *To the Wonder*, Malick's previous film, which was distinct for its apparent attempt to reconstruct memories, *Knight of Cups* is more clearly set in the present. Shot partially on GoPro cameras, it is more intrusive, sometimes close to 3-D in the way it invites you into its image, while maintaining



CREDIT: DOGWOOD FILMS & WAYPOINT ENTERTAINMENT

Christian Bale isn't seen as a star, but as a man, no more significant than any other.

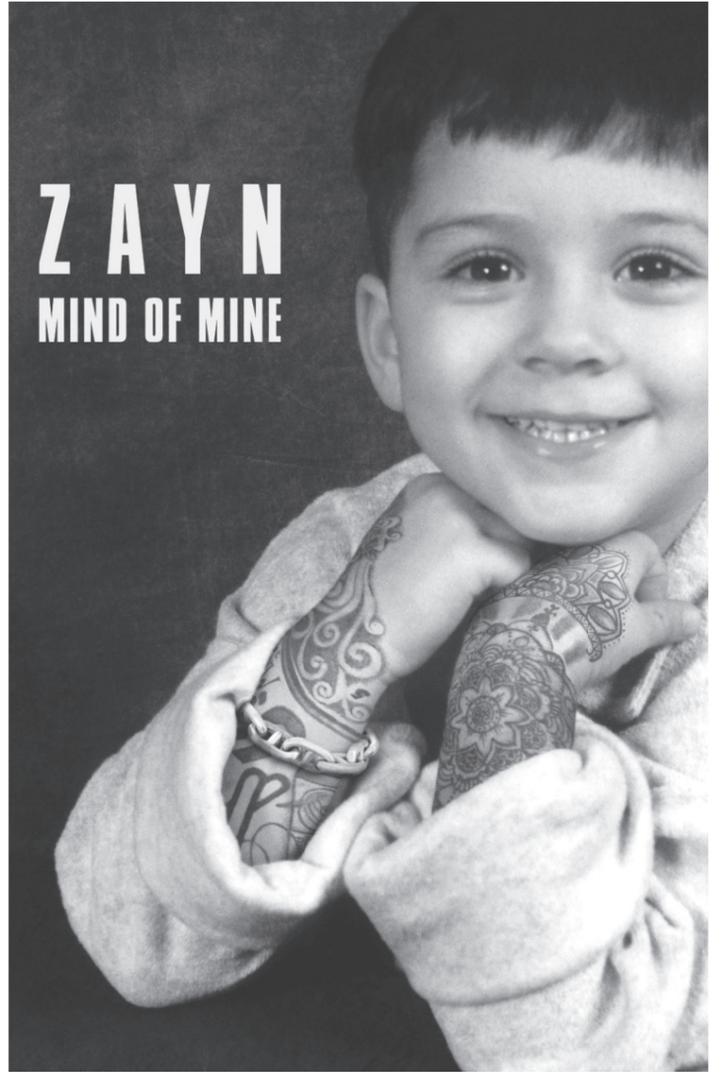
the dreamlike tone of its predecessor. Despite its hopeful finale, it is drenched in a sense of loss, as if it had lived through millions of years and gone all the way back to craft this diary of days forgotten.

You cannot watch *Knight of Cups* as you watch all other films—you will have to surrender yourself to it. Cinema is usually expected, if not required, to entertain, but why must that be the case? You wouldn't sit down in an art gallery and complain about it having no plot. You wouldn't complain about a symphony's lack of discernible purpose. But if a film is made without a script, then there will always be someone to label it as empty.

Complaining that a Malick film has no plot is like saying the Mona Lisa could use some lipstick. Malick stopped using scripts because he had no purpose for them anymore. He relinquished himself from the constraints of storytelling,

achieving a liberating sense of freedom and grace through cinematic movement. To see his films is to experience the world anew. Someday they might be studied to understand what it must have meant, beyond all political, social or even openly artistic implications, to simply be alive in our day and age.

There is no doubt that Malick has alienated many viewers with his approach. Some say his films are not made for everyone, but I truly believe that they are—it just turns out not everyone is made for them. There couldn't have been more than 10 people at the screening I attended, and there was still one who walked out. There will always be some to walk out, in any group. In some groups, it might be the whole group. That's fine. *Knight of Cups*, as all Malick films, exists outside of time. It has conquered time and put it in a bottle. It will never get old. It can afford to wait.



CREDIT: RCA RECORDS

It is hard to remember Zayn as being one of the innocent One Direction members with his new album *Mind of Mine*, but I don't think anyone minds.

Zayn Malik, definitively alright on his own

JANOAH WILLISIE
THE FULCRUM

OTTAWA (CUP) – Exactly one year after Zayn Malik released a statement saying he was leaving One Direction in order to “be a normal 22-year-old who is able to relax and have some private time out of the spotlight,” he released his first solo album *Mind of Mine*.

Mind of Mine is far from the toe-tapping, innocent and catchy music One Direction has been producing since Malik left. The 18-track album, which came out March 25, is a different sound from the almost-bubble gum pop music that made Malik famous and instead falls into the R&B genre, taking his talents in a new direction.

There's a strong bass presence in all the tracks, but the tempo is slow, almost sensual, Malik's attempt to show he has grown up since his departure from the group. The vocals are hardly catchy enough to sing along to and since all the tracks have similar tempos and tones they blend together seamlessly, making it difficult to differentiate them or pick out any standout hits.

The second track on the album, “Pillow Talk”, is Malik's first solo single, which was released back in January. The track hit number one on both the U.S. and Canada Billboard Hot 100, giving fans a taste of the album and success it's sure to gain in the public eye—no matter how it's received by critics.

Although it's one of the more upbeat tracks on the album, it's still quite soft and sensual, describing love, sex and passion. The music video, featuring Malik's girlfriend, model Gigi Hadid, is darker than anything One Direction has done with its artistic effects and cuts, and its sexual imagery. The track

has also been released as a remix featuring rapper Lil Wayne, further distancing Malik from his pop roots.

The remainder of the tracks on the album are a mix of soul and R&B, and all focus on falling in or out of love. If you're looking for a taste of the album without having to listen to the whole thing, there are a few tracks worth checking out.

The seventh track, entitled “Intermission: Flower” is heavily inspired by traditional Urdu music, paying a homage to Malik's Pakistani heritage, and performed in Urdu as well, making it a unique experiment that Malik pulls off flawlessly.

“Fool For You” is a refreshingly simple ballad after some heavy R&B tracks. It's a pretty standard love song, and almost seems out of place on the album, featuring lyrics like “I'm a fool for you and the things, the things you do”.

Malik definitely proves his vocal abilities and diversity on the album, as he branches out from the pop genre in which One Direction solidly planted themselves. The album also shows off Malik's songwriting ability, with him contributing to every track on the album, something he rarely did when part of the boyband.

When the album ends, you aren't left with the innocent, lovey dovey feeling that One Direction's songs left behind. Rather, it's a loose and relaxed feeling, but one that is painfully unmemorable. Malik is clearly trying to define himself as a more R&B-influenced artist than during his One Direction days, and *Mind of Mine* does a good job of this, but whether he's going to be successful in his new direction is yet to be seen.



CREDIT: DHAIRYA SHAH

This baby lion, as well as many other wild animals filled Forwell Hall on March 24 at Fanshawe's event Jungle Cat World.

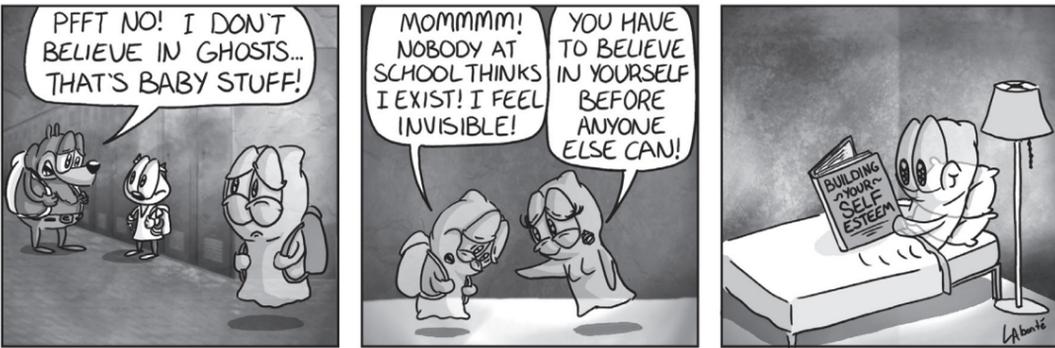
Butt sweat n Tears by Andres Silva



Freshman Fifteen

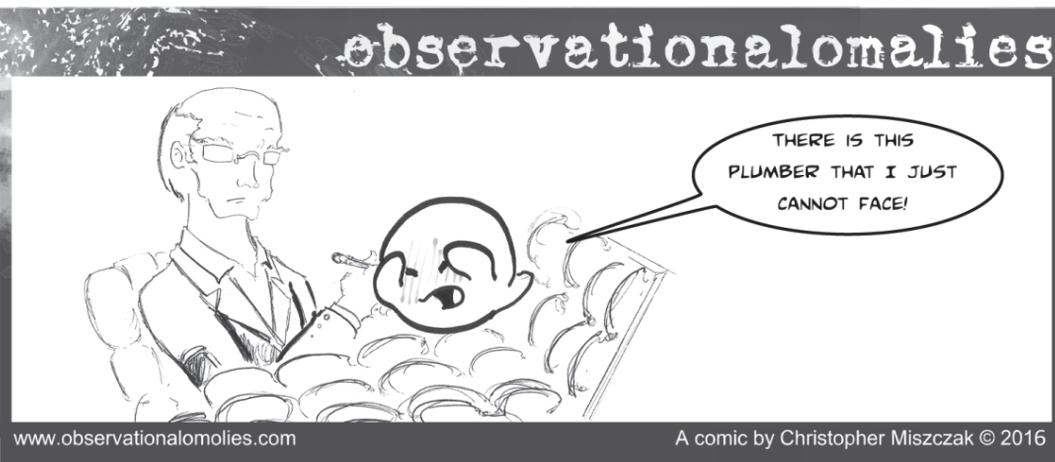


By Alan Dungo



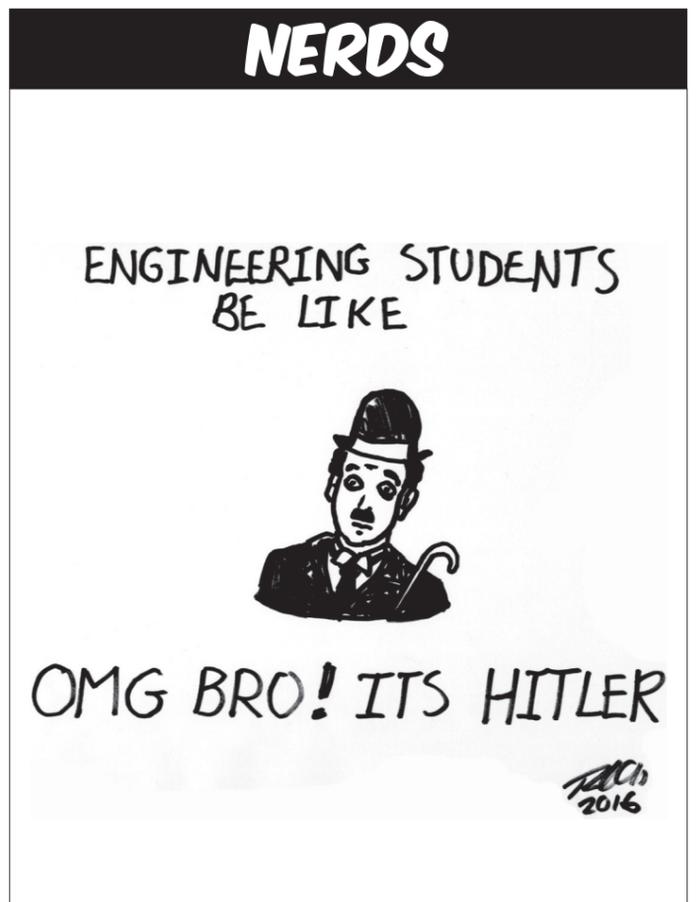
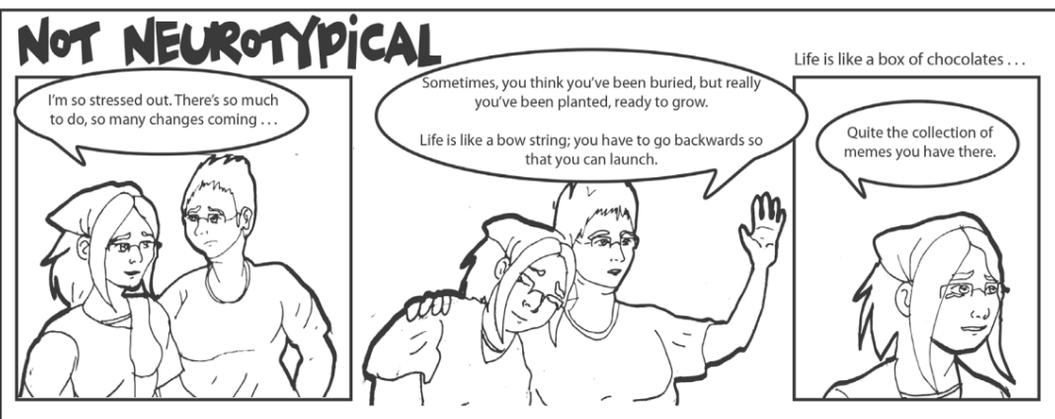
By: L. A. Bonté

For more comics and animations visit FilbertCartoons.com



www.observationalomolies.com

A comic by Christopher Mischczak © 2016



zodiac stargazer HOROSCOPE

Aries (March 21 - April 19)

Give the gift of yourself to someone who could really use what you have to offer. You have too much vigor and cheer for one person, so you might as well spread it around. The feeling is more important than the style.

Taurus (April 20 - May 20)

Set the moral tone in a group that's looking for direction. Taurus isn't afraid of wildness, but certain laws must be observed for the sake of order and safety. There are many ways to have fun.

Gemini (May 21 - June 20)

You want to make changes where none are necessary. Discuss matters that show your brilliance rather than the gaps in your knowledge. The word of a friend or partner should be good enough for you.

Cancer (June 21 - July 21)

There are some doors that you shouldn't open. Cancer does their best while maintaining certain illusions. If your date stands you

up, enjoy a meal and movie alone among kindly strangers.

Leo (July 23 - August 22)

You're ready for a rousing week of shopping, decorating and partying. Critical eyes have no business sneaking into the festivities. Friendly people make for friendly times. Live your life with grace and joy.

Virgo (August 23 - Sept. 22)

Let go of all that extra stress. In case you haven't noticed, your influence is no longer needed. Events are happening more or less as planned. Enjoying yourself is easy once you try.

Libra (Sept. 23 - Oct. 22)

Libra bonds with those who recognize the humour of the situation. Common interests suggest a promising future. Your suitors would do well to understand that 'not now' has a different meaning than 'no.'

Scorpio (Oct. 23 - Nov. 21)

Sometimes you like to forget individuality and become one with the crowd. Cheap thrills and shared

amusement dominate Scorpio's week. Let someone talk you into what you wanted to do anyway.

Sagittarius (Nov. 22 - Dec. 21)

By now you understand that your outlook shapes the world around you. Sagittarius is a font of wisdom and laughter. Your home is a favourite destination for people who need their batteries recharged.

Capricorn (Dec. 22 - Jan. 19)

Jupiter and Saturn load you up with logistics and responsibilities. Friends want you to come out and play, but that will probably have to wait. Hard work reveals a new range of great things that could happen.

Aquarius (Jan. 20 - Feb. 18)

The dam bursts. Unimaginable glories are flooding through the breach. These are the days for which Aquarius has waited so hungrily. Get out there and start filling up your empty vessels.

Pisces (Feb. 18 - March 20)

You may know the answer, but not everybody recognizes your voice. For better or worse, your social position is obvious. Just remember that everyone's heart is the same shape.

Word Search: End of Term

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

Achievement	Diploma	Semester
Break	Elective	Studying
Calendar	Exams	Summer
Certificate	Graduation	Transcript
Credit	Internship	Workshop

Crossword Puzzle: High Honours

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					

68. One hanging by a thread?
69. III, in Rome
70. "Song of the South" appellation
71. Roosevelt and Kennedy
- Down**
1. Scattered
2. Anoint, archaically
3. Untainted by corruption
4. Some notes
5. Figures on the ceiling of la Cappella Sistina
6. Old atlas initials
7. Observe Yom Kippur
8. Jazz pianist Ahmad
9. Wife of Muhammad
10. Prescription, for short
11. Rider of the war horse Babieca
12. Hides from Indians, maybe?
13. One of ____
18. First name in aviation
22. Only deer in which both sexes have antlers
25. Abbreviation for the listless?
26. Some shoe widths
28. Attire for attorneys?
30. Calendar abbreviation
31. "Zip-a-Dee-Doo- ____"
33. Buzzes, say
34. Drag through the mud
36. Dust, vacuum, do windows, etc.
37. Wallach of "The Misfits"
38. The Cardinals, on scoreboards
41. Medical student course (Abbr.)
44. Last item bagged, often (Abbr.)
48. Onetime Ebert partner
50. Something to pass at a fund-raiser
51. Placement for Kathy Griffin
52. More anomalous
53. Composed, as an email
54. Remove gradually
55. Egypt's Sadat
57. Basketball Hall-of-Famer Dan
58. Banana skins
62. Start of a Jewish holiday?
64. Clerical vestment
65. GPS suggestion (Abbr.)

- Across**
1. Does a Latin dance
7. "If you're ever in ____, here I am"
11. When a plane is due in, for short
14. Tearjerkers?
15. Digs of "Rent"
16. Albanian money
17. Kudos for Mickey Rooney?
19. Inflation statistic (abbr.)
20. "Family Ties" mother
21. Genetic substances
22. Hernando's hundred
23. Mountain ____
24. Kudos for Frankenstein's monster?
27. Recipient of much 2010s humanitarian aid
29. ____ Lingus
30. Like much of Horace's poetry
32. "MASH" star
35. "Stoutly-built" Dickens villain
39. Women's suffrage leader Carrie Chapman ____
40. 2010 Nobel Mario Vargas ____
42. Wallop
43. "His/her" alternative
45. Where many games can be viewed
46. Eye, in Nice
47. Text-scanning technology, briefly
49. Scarf down
51. Kudos for E.T.?
56. Turning point?
59. Ones in charge (abbr.)
60. Coastal fish consumers
61. Jagged, as a leaf's edge
63. Wedding words
64. Kudos for Alexandro Volta?
66. Put in position, as a broken bone
67. Queen who fell for Zeus' swan song?

68. One hanging by a thread?
69. III, in Rome
70. "Song of the South" appellation
71. Roosevelt and Kennedy
- Down**
1. Scattered
2. Anoint, archaically
3. Untainted by corruption
4. Some notes
5. Figures on the ceiling of la Cappella Sistina
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54. Remove gradually
55. Egypt's Sadat
57. Basketball Hall-of-Famer Dan
58. Banana skins
62. Start of a Jewish holiday?
64. Clerical vestment
65. GPS suggestion (Abbr.)

Sudoku Puzzle

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

Puzzle rating: Very hard

Fill in the grid so that every row, every column and every 3x3 grid contains the digits 1 through 9. That means no number is repeated in any column, row or box. **Solution on page 19**

Cryptogram

" _____
"LWJXI QW SBWD
_____, _____."
EZEH'S CWS XNNXDQ."

Clue: E = D

Question: Why did the programmer quit their job?

Solution on page 19

Notes:

TEXT FSU 71441

TEXT FSU TO 71441
for your chance WIN!!

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Space of a minivan, appearance of an SUV, introducing the 2016 Ford Explorer

NAUMAN FAROOQ
MOTORING

The 2016 model of the Ford Explorer is not an all-new vehicle. However, it is a heavily revised version of the model that went on sale back in 2011.

For 2016, the sheet metal has been revised. Park the 2016 model next to a 2011 model, and you'll see that the two vehicles are related in size and appearance; the latest model seems a bit more aggressive, more like an SUV and less like a tall wagon.

Open the door, and you're greeted with an interior that is familiar, only improved in certain areas. Gone are those silly soft touch buttons, replaced by proper buttons and knobs. The layout is clean and intuitive, just how it should be.

Just like the previous model, one of the best features about the 2016 Explorer is interior space. There is lots of room front and back, and even decent space for adults in the third row. If you have the need of a minivan in your life but want something with more style and capability, then this Explorer might be ideal for you.

Speaking of capability, the 2016 Explorers are available with strong engines. The base motor is a normally aspirated 3.5 litre V6 that is good for 290 horsepower and 255 pounds per foot of torque. Next step up is the smaller turbocharged 2.3 litre I4 motor that develops 280 horsepower, but 310 pounds per foot of torque. My recent tester had the top-trim motor, which is a twin-turbocharged 3.5 litre V6 that produces 365 horsepower and 350 pounds per foot of torque.



CREDIT: NAUMAN FAROOQ

If you can get over the expensive fuel economy, the 2016 Ford Explorer is definitely worth the purchase.

While the base and mid-trim models come with front-wheel drive as standard, with all-wheel drive as an option, the top trim motor is only available with all-wheel drive. In each Explorer, power is fed to the wheels via a six-speed automatic, which features Select-Shift, a feature that allows you to play with gear ratios.

During my week-long test, I hardly ever felt the need to play with the gearbox because I found the vehicle to be quick enough on its own. Ford's EcoBoost motors are phenomenal performance engines, and no matter which vehicle these engines are fitted to, it'll turn them into speed machines. However, as I've also mentioned in the past, these motors are less about 'eco' and more about 'boost'. As a result, I averaged 14.9 litres per 100 kilometres during my test week, which is quite poor even for a vehicle this size.

If the fuel economy numbers are something you can live with than you should seriously consider the new Explorer, especially with its

top motor, because from a driving point of view, this vehicle is hard to beat.

The ride and handling is much better than you'd expect from a big SUV, and the cabin is extremely quiet, an area where Ford is leading the pack these days.

Couple that with plenty of gadgets that are not just for entertainment, like the available navigation and rear seat DVD system, but also gadgets that can save your life, such as adaptive cruise control and blind spot monitoring, and what you have is a complete vehicle that the whole family can appreciate.

Prices are not bad either, starting at \$33,499. However, that can climb quite quickly, and my nearly loaded tester stickered at about \$63,000, and there are some that are worth even more than that.

If you had asked me before I spent any time with it if an Explorer can be worth over \$60,000, I'd have said no. After driving it though, I say, if you're not a badge snob, it is worth every penny.

Nail biter of a first round of playoffs, Knights vs. Owen Sound

ROEE DUNKELMAN
INTERROBANG

Over 9,000 electrified fans filled the Budweiser Gardens March 25th, as the London Knights squared off against the Owen Sound Attack for game one of the 2016 OHL Playoffs.

As the Knights have defeated the Attack on four out of their six encounters during the regular season, the London team looked to continue their stride as game one ensued. After a slow start, the London Knights outperformed the Otters on all fronts, defeating Owen Sound 4-1 and taking a playoff series lead of 1-0.

On Friday's contest both teams got off to a slow start, as each team only managed to register one shot on net halfway through the first. With a scoreless first period behind them, Knights' Max Jones looked to spark his team offensively by scoring his first playoff goal of the post season, assisted by Christian Dvorak and Aiden Jamieson.

Adding to the deficit was Cliff Pu, Aaron Berisha and Mitchell Marner, adding an empty netter of his own as the third period wended down. Although the Attack were able to slip one past Knight's goaltender Tyler Parsons on a third-period power play opportunity, his 24-save night proved to be the factor in the Knight's first win of their playoff run.

Parsons recognizes his need to rise to the occasion with playoffs in mind and understand his role of

being "the backbone of the team".

Coming out of Friday's game with a 4-1 victory, the Knights hoped to take advantage of home ice for a second time for game two, which was played the next day. Although the Knights were able to widely outplay Owen Sound in game one, game two proved to demonstrate the Attack's tenacity to even out the series.

Much like game one, game two was off to a slow start as the first goal of the game came 17 minutes into second period, courtesy of Owen Sound's Josh Sterk. With little time remaining in the second, the Knights were determined to even out the score heading into the third. With a few seconds left in the period, Jones came extremely close to accomplishing that as he wired a shot right off the cross bar, deflecting wide. Unable to net it, the Knights headed into the third trailing the Attack by one goal.

In the third period, the Knights had several opportunities to tie, yet were unable to capitalize due to the defensive effort of Owen Sound's goalie. Attack goaltender Michael McNiven shutout the Knights completely, registering 23 saves on 23 shots.

With a power play in motion already, the Knights pulled their goalie for a 6-on-4 man advantage with three minutes remaining in regulation. While having a few quick chances early in the power play, the Attack were ultimately able to fend

off the Knights defensively, further icing the game as Attack's Kevin Hancock flipped the puck down the length of the ice into the empty net, making it 2-0.

On March 28, the Knights headed to Owen Sound for game three of the playoffs. Fortunately for the London unit, their 5-1 victory against the Attack has reestablished their position as the series leaders, as it now stands at two games to one in favour of the Knights.

Parsons reflected on his experience so far against the Attack, and admitted that this team isn't the same one they were able to defeat so easily during the regular season. "It's playoff hockey, so every team ups their game. They're playing a lot better and it's why we need to come out and play even better ourselves."

Furthermore, from a goalie's perspective Parsons acknowledges that the defensive efforts of the Knights is what will ultimately give them the competitive advantage.

"Defense wins games. So we just got to start with our defense and our forwards will do their thing afterwards."

With a few games left in this round, coach Hunter encourages his Knights to constantly be "competing and battling" as a lot is at stake for both these two teams. As the Knights aim to end the series against Owen Sound at home, they will need to harness Hunter's advice looking forward to the next game.



CREDIT: "WEST HAM UNITED VS MANCHESTER CITY" BY JOSHJDSS ON FLICKR (CC BY 2.0)

Like many of the crazy things that have happened this season of the Premier League, West Ham United have beaten all odds and sit only one point behind the top four teams in the league.

What's in store for the Premier League



ANDREW VIDLER
PREMIER LEAGUE
PONDERINGS

seasons.

West Ham United will be in Europe

Another club famous for its inconsistency, West Ham United, like Leicester, are making a mockery of what was expected from them this year. A new manager in Slavin Bilic seemed like a pairing that would take time to come to fruition, instead the Croatian has seemingly transformed the club. Consistently taking points off of challengers of a higher calibre, West Ham have only lost six matches this year, and currently sit just one point behind the top four. Even if they are unable to maintain their push for the Champion's League spots, the Europa league beckons for a team that is starting to look like the real deal.

The North goes down

A couple of weeks ago, I wrote that the winner between Sunderland and Newcastle United would stay up, and the loser would go down. Instead, the two Northern clubs played out a 1-1 draw, trapping both in the relegation places. With a lack of quality and consistency surrounding both clubs, one would be hard pressed to give either club a vote of confidence in their survival bids. If both clubs were to go down, it would be the first year without a club from the north of England in more than a decade. The Premier League would lose one of its most heated rivalries, and football in the north could be dealt a crippling blow, and if the clubs are to avoid the drop, something drastic will have to change, and soon.

It's that sad time of the year again. That time when my yearlong coverage of England's top flight of football comes to an end with plenty of drama left to unfold. Each team in the league has at least seven remaining matches to play, giving them 21 points each left to gather. With so much football left to go, the clubs all have chances to drastically change their fortunes, and it's near impossible to predict what's going to happen in the games to come. But I'm still going to try.

There will be a new champion

Since the league's formation in 1992, there have only been five clubs that have come out of a season as the number one team in England. At the end of this year though, we will see a sixth Premier League champion. Both Leicester City and Tottenham Hotspur are still within touching distance of the title, and both would make a worthy champion off the back of their performances this year. If Leicester is able to maintain the form that has only seen them lose three times all season and see out their lead, it will be one of the greatest team turnarounds in sports history. If Spurs manage to overtake them, it will be a justification for the development of a long-term footballing project, as their young team has been steadily improving over the last several

Fanshawe's women's curling wins silver at CCAA Championships

JESSICA THOMPSON
INTERROBANG

After four days of a hard fought battle at the Canadian Collegiate Athletic Association (CCAA) Championships, Fanshawe's women's curling team came second and the men's team fifth.

The final game for the women was against the Seneca Sting who not only finished first in the round robin, but also beat Fanshawe in the Ontario Collegiate Athletic Association (OCAA) Championships.

It was evident as the game began that neither team wanted to give away any ground early as neither team managed to get on the scoreboard in the first two ends.

It was in the third and fourth where the Sting managed to take the lead by six and leave Fanshawe with nothing. Although the Falcons managed to get a few, the score ended at 8-4 and the women were awarded a silver medal.

"There is no shame in losing to them they are an excellent team and a lot of credits to our girls who fought bitterly to the end of that game... I am really proud of all the efforts that the women's team put in and finishing second in the country is a tremendous accomplishment," said head coach Barry Westman.

Although the men's team was not able to make it to a medal round, Westman said their work ethic was the best he has seen in awhile.

"The men's team were the medal winners at the provincial level so there were some expectations [for nationals] and the group of guys on



CREDIT: JASON YOUNG

Fanshawe's women's curling team won a silver medal at the CCAA Championships, losing to the Seneca Sting 8-4 in the finals.

that team worked harder than anybody that I have ever seen to try and prepare for an event."

According to Westman, the team was in a good position on Friday, but then ran into some extremely talented teams that were able to come out a little hotter than the Falcons.

The men's team ended up coming out one shot short of a win in the tie breaking game that would have

moved them to a medal round.

And even though the championships were hosted in London, which gave both teams a bit to the tournament, the teams deserved their spot according to Westman.

"Both teams earned their way to the Championships; they both belonged there."

According to Westman, the fact that the championships were hosted

at home made the event a little more pleasant.

"This is our first time having it on home turf so that was really nice way to be involved with the event from a host perspective, which game us an advantage that sometimes we were able to take advantage of and sometimes we weren't."

And coming off a season like this, Westman looks optimistically

towards next year and knows what each team has to do to develop the skills needed to compete at a national level.

"Having that experience and having this success we know what we need to do to get ready to take another run at this and that is definitively the goal for next year."



CREDIT: JASON YOUNG

Barry Westman, the head coach of Fanshawe's curling team has been named the CCAA Coach of the Year, taking both his men and women's teams to nationals. The women's team came second in Canada and the men's team came fifth.

"You don't coach for individual awards, but it is nice when you get them," Westman said.

According to Westman, the coaching title is even more honourable because it is voted on by your peers and with curling, even when on a different team, is a collaborative effort.

"You coach with the other team, with the other coach, we work together, we are very collaborative, to be recognized from that group it is special and I do appreciate their recognition."

INTERESTED IN SUMMER EMPLOYMENT? FANSHAWE ATHLETICS IS HIRING!

Full-Time Positions, May 2nd - Aug 12th (35 hours/week)

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

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Applications due April 15th

Must be returning to school in Fall 2016

Bring resume and cover letter to Athletics J1034 - Attention Tammy Drury

www.fanshawec.ca/athletics
J1034 | 519-452-4202



Cryptogram Solution: Because they didn't get arrays.

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

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



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 10AM - 2PM | FORWELL HALL

FREE VIDEO GAMES

COMICS, MOVIES, POSTERS, TOYS, POP VINYLs

COMIC BOOK ARTISTS

COSPLAY

fsu FANSHAWE STUDENT UNION www.fsu.ca



KARAOKE NIGHT
 TUES APRIL 5TH 8 PM
 THE OUT BACK SHACK

OUT BACK SHACK
 7PM

THURSDAY NIGHT HOCKEY

.49¢ WINGS WIN NHL APPAREL!

fsu FANSHAWE STUDENT UNION www.fsu.ca

TUESDAY COMEDY NOONER

EVERY **TUESDAY** IN FORWELL HALL
 FREE COFFEE AND TEA COURTESY OF **Sobeys**
WHILE SUPPLIES LAST Better food for all.

APRIL 5
Patrick Haye



fsu FANSHAWE STUDENT UNION www.fsu.ca

At Rainbow Cinemas (in Citi Plaza)

first run FILMS

Batman v Superman: Dawn of Justice

\$4 STUDENTS
 \$6 GUESTS

Wednesday April 6th

TICKETS AT THE BIZ BOOTH

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SEX TOY BINGO

4	WITH YOUR HOST	BEEF	73
WEDNESDAY	APR 13		
NO	50	70	

8PM OBS

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ENTER ON THE SPOT

SPONSORED BY **Scotiabank**

DEAL OR NO DEAL

THURSDAY, APRIL 14TH
NOON | FORWELL HALL

CHANCE TO WIN UP TO \$1000.00

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OUT BACK SHACK | 8PM DOORS
COMEDY NIGHT
 19+ EVENT | ALL AGES WITH FANSHAWE ID

WEDNESDAY, APRIL 6
FSU.CA/EVENTS | FREE



JEFF LEESON

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