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Volume 45 Issue No. 26 April 8, 2013 www.fsu.ca/interrobang/

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The boys in @TwoCrownKing have just released their new album #1604, grab it here: <http://ow.ly/jFn1f> and support local! #LdnOnt

@gsl121
Listening to James Brown and then Bruno Mars playing in the halls of #Fanshawe on CFRL. BIG smile!

@HackerStudios
Thanks Quinn, we are tool RT @QuinnLawson Extremely excited to see @hackerstudios become a big part of the entrepreneurship scene in #ldnont

@nictheyoungster
finally mastered the bus schedule and the semester is almost over. #fanshaweproblems #ldnont

@teamdinner
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@TerryAnnGuay
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@LondonOnBuzz
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must be skinny for summer chicken nuggets

@CityLightsLondon
Grickle Grass is a feel-good & unique fest in #LdnOnt. Enjoy th bands in the various rooms at The Children's Museum! <http://bit.ly/izULft>

@Jessiileigh
August 25th... Move in day holla #fanshawe

sweet tweets of the week



CREDIT: MELANIE ANDERSON

Fanshawe College President Dr. Howard Rundle (centre) chats with Daniel Tablas (left), Artem Rosnovsky (grey sweat-shirt) and Rahul Patel (right) as they present their idea for a student portal called Hourclass at the second annual Student Research and Innovation Day in early April. Students showed off their innovative ideas in industries such as technology, horticulture, environmental sustainability and more in hopes of snagging top honours (and some prize money).

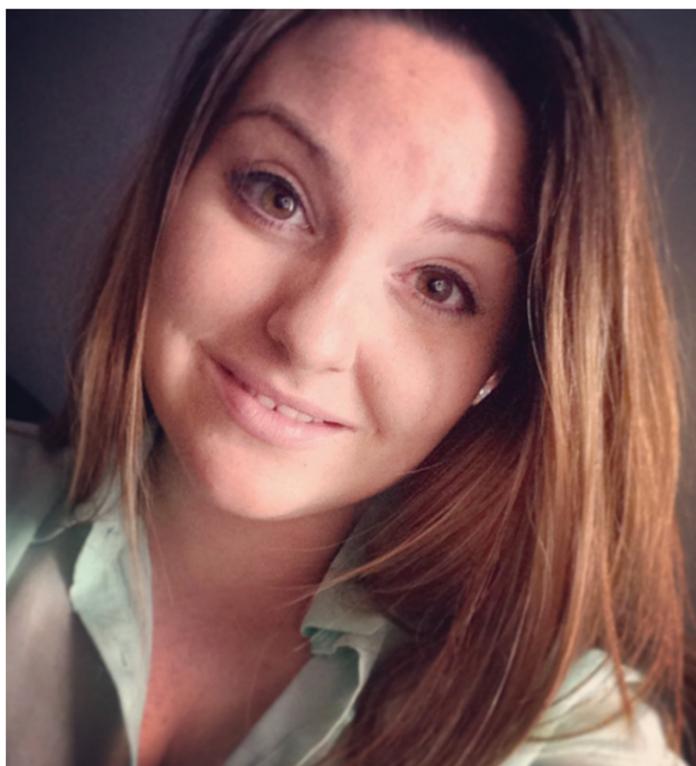
10 Things I Know About You...

You can find Burseley at the beach

Erica Bursey is just finishing up her first year of Fanshawe's Child and Youth Worker program. "I'm a 19-year-old girl from Cambridge, but I'm currently living in London. I'm going to Fanshawe to learn how to be a child and youth worker," she said. When asked to describe herself, she replied, "I'm patient and kind and I'd rather be around kids than adults. I love the beach and cannot wait for summer!"

- 1. Why are you here?**
I'd like to win tickets!!
- 2. What was your life-changing moment?**
When I got accepted to Fanshawe College.
- 3. What music are you currently listening to?**
"Thriftshop" by Mackelmore.
- 4. What is the best piece of advice you've ever received?**
Look both ways before crossing the street.
- 5. Who is your role model?**

- Mamabear.
- 6. Where in the world have you travelled?**
Newfoundland.
 - 7. What was your first job?**
Cashier at the big Z.
 - 8. What would your last meal be?**
Lobster and steak.
 - 9. What makes you uneasy?**
Bad smells, like smoke.
 - 10. What is your passion?**
I'm passionless at the moment. Do you want Fanshawe to know 10 Things About You? Just head on over to fsu.ca/interrobang and click on the 10 Things I Know About You link at the top.



CREDIT: SUBMITTED

Erica Bursey always makes time for the little ones in her life.

APRIL EVENTS

MONDAY 04-08

9 BALL POOL TOURNAMENT

5PM - THE GAMESROOM

TUESDAY 04-09

Tuesday Noon:

DEAL OR NO DEAL

12 NOON - FORWELL HALL - FREE

WEDNESDAY 04-10

First Run Film:

EVIL DEAD

Rainbow Cinemas (in Citi Plaza)
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ELECTRIC OPEN MIC NIGHT

OBS - 9PM - FREE

THURSDAY 04-11

Live Music Noon:

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12 NOON - FORWELL HALL - FREE

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FRIDAY 04-12

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OBS, 9PM DOORS, NO COVER

TUESDAY 04-16

Tuesday Noon:

ROCK, PAPER, SCISSORS

12 NOON - FORWELL HALL - FREE

WEDNESDAY 04-10

SEX TOY BINGO

OBS, 9PM DOORS, FREE

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From four wheels to two feet

PAIGE PARKER
INTERROBANG

What would it be like to die and be brought back to life? It's an inconceivable event for most of us, but this was a reality for Dalton Moss.

Dalton travelled to Chiang Rai, Thailand for his 21st birthday in 2001, when he came head to head with what would be his trying future.

"He was up in the mountains on a big motorcycle," said his mother, Eve Moss. "He had a phone call and took off his helmet ... When he was finished he didn't put his helmet back on because it wasn't raining anymore. He went around a corner, hit an army truck head-on. He hit the grill, went underneath the vehicle, and he was pretty much almost dead."

Dalton's jaw completely dislocated, and he was covered in blood from head to toe. He lied on the burning hot pavement, so hot it melted his legs through his thin pants, and yet people were mugging him. His last chance at life was left in the hands of the doctors in Thailand.

"He died, and they brought him back to life," said Eve. "They just don't give up on you; they will not let a person die!"

Dalton suffered a broken ankle and forearm, a multitude of abrasions, and severe brain injuries that cost him his memory and landed him in a coma for three months. When he finally woke up, he was like a baby – he couldn't walk, and he couldn't talk.

Dalton is now 32 but his mental age ranges daily from about 12 to 32 years old.

After six months of what seemed like endless life-threatening surgeries, Dalton and his mother returned home to British Columbia. Seeking treatment became the next hurdle. Eve describes his treatment at Langley Hospital as "abuse."

"You'd have to threaten them to get to do anything because he was getting so infected ... His trachea was green, and I basically had to go to the news media to get them to do anything. It was a living nightmare, what they did to my son, and nobody cared."

So Eve sought treatment at GF Strong Rehabilitation Centre, where Dalton began learning independence. He was released after three months, but he still had a very long way to go. Finally, the health system in B.C. forced them to move to Ontario.

"Physio was just hit and miss here and there for a few months," Eve said, "but that's no way to help anybody, you don't improve."

B.C. only produces 40 physiotherapy graduates annually, but there are 200 jobs to fill. At this point, the University of British Columbia is the only post-secondary establishment to offer a physiotherapy graduate program. Meanwhile, Ontario sees 265 physiotherapy graduates annually. But

Eve said it's not just the lack of physiotherapists in B.C. that's the problem; she felt as though they used her son as an experiment.

"Because he has such a multitude of things that are all working against each other ... they couldn't figure it out in B.C., so they were just doing it because they were getting paid for it."

The stars finally aligned for Eve and Dalton when they found treatment in London.

"The therapist watched him just for the first time and instantly she knew where all the problems were," said Eve.

Now Dalton walks with a cane, though he still struggles with balance. Until recently, government funding covered all of his treatments. Any further treatments must be paid for out of pocket because Dalton's physiotherapist said he has reached the point where he will no longer reap the benefits of physiotherapy.

Dalton was invited to a physiotherapy rehabilitation class focused on traumatic brain injury at Western University. The students could see the before and after effects of what physiotherapy can do for a person never expecting to walk again. Caroline Trajan was one of the students who attended the class.

"We all did a subjective interview, asked him about the incident. Dalton's speaking can be hard to understand, so it was a lesson to us in communicating with people with brain injuries."

Trajan's placements have opened her eyes to issues in the field.

"There's a lack of funding in a lot of areas. Physiotherapy being second tier in health care in Canada doesn't necessarily get the attention that other areas of health care do. I know that a lot of patients like Dalton get kicked off the case load, maybe prematurely, definitely while they could still benefit from the care."

Dorianne Sauve, the CEO of the Ontario Physiotherapy Association, said, "For those who have extended health benefit plans, there's lots of private clinic options out there."

Eve Moss lives solely on a disability cheque from the government to support herself and her son, and she does not have enough money to pay for private treatment.

"If I go back to the '80s, I would say that 80 per cent of physiotherapists worked in the public sector and 20 per cent worked in the private sector," said Sauve. "Now we're closer to about 50/50, if not a bit more in the private sector ... What we're looking at is whether or not the system is built and there's funding available for physiotherapists to provide services in the public sector."

It's the patients who have chronic illnesses or long-term disabilities who are the most vulnerable.

They don't often fit into the eligibility requirements. People who fall between the gaps in public funding are the ones who aren't able to pay, don't have extended health benefits, aren't covered by WSIB or insurance, and don't fall into any specific programming that are offered within the public system. These people often don't get the treatment they need.

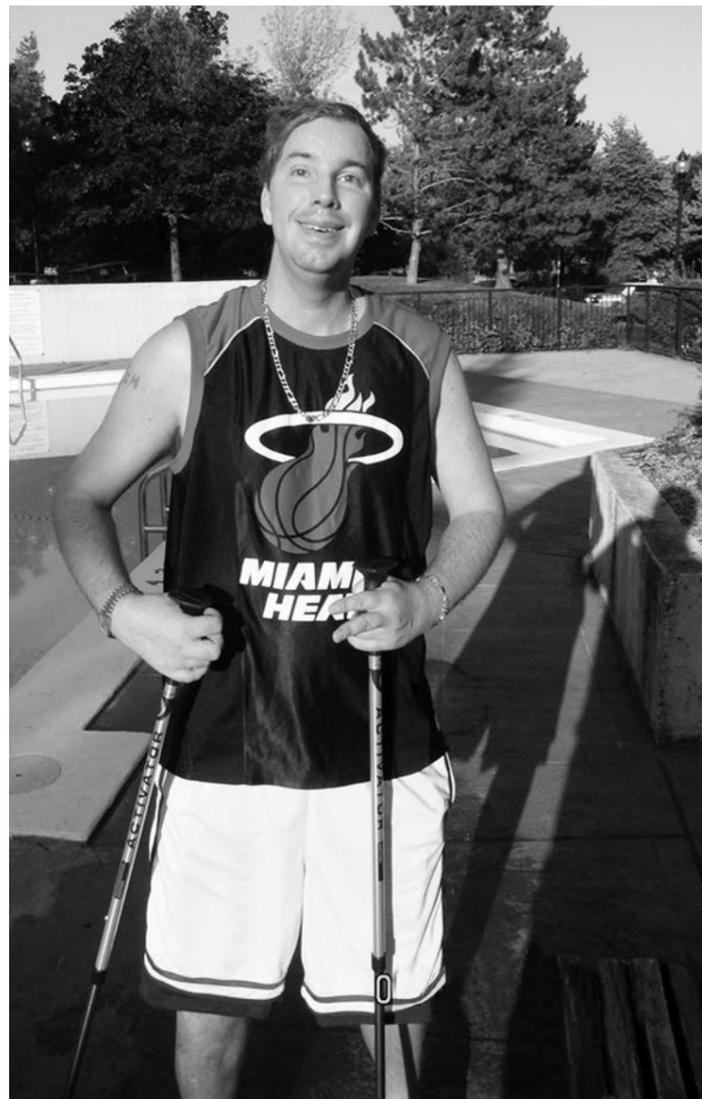
Ontario specifically faces issues related to geographical access.

"I think we're challenged in having the same access when we move away from our major centres in Ontario," said Sauve. "What we're seeing over and over again in small and medium communities is where a small reduction occurs, or someone says, 'We will no longer offer this service at this hospital site, we're only going to offer it at this other hospital site which is in another town' ... People are having a hard time navigating getting that care and oftentimes having to choose to go without because they can't afford private services."

The value of physiotherapy is huge. It can cut hospital wait times, it can help people regain independence, and it can help health care workers discover the root problems of dysfunction.

Sauve said, "It reduces a huge amount of the cost to the health care system because if someone's able to be active and mobile and out there, then they don't show back up at the hospital."

Dalton Moss is an exceptional example of the skill physiotherapists in Ontario possess. He came in a wheelchair and left on his feet.



CREDIT: EVE MOSS

Dalton Moss continues to recover from a brain injury he suffered in Thailand when his motorcycle ran into a truck head-on.

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Students participating on campus gain invaluable skills

MELANIE ANDERSON
INTERROBANG

New research published by the Higher Education Quality Council of Ontario reveals that students who participate in activities on campus are more likely to improve skills valued highly by the labour market.

Getting involved at Fanshawe can range from volunteering for various awareness week activities to being a member of student government to assisting other students in programs such as peer tutoring.

Along with working for the Student Union as a work study student, FSU President Zack Dodge started the Fanshawe Gaming League on campus.

"It allows you to take the experience you're getting in the class and apply it to a real world scenario; you're working with a team, you're organizing events, you're finding new ways to use the skillset that you've been refining in class," he said.

The HEQCO study found that students involved in activities scored significantly higher in core skills such as mobilizing innovation and change, communication, personal time management, problem solving and analytical skills – all skills that will make a difference in your future job hunt.

"A potential employer wants somebody that has engaged in their community, whether it's in a college or in the community," said FSU operations manager John Young.

He added that employers don't typically look at your grades. "Even if you get a 90, they're not looking for that; they're looking for students who are engaged."

The study, which was completed at the University of Guelph, found that students who volunteered in peer academic support programs and volunteer to help others score even higher on mobilizing innova-



CREDIT: ERIKA FAUST

Chelsea Cowling, left, and Ola Akinsara got their swag on while volunteering with the Fanshawe Student Union's Movember fundraiser for men's health. Volunteering can help take your resume to the next level in a crowded job market.

tion and change than those involved in other campus activities.

Whether you're a sports nut, computer whiz or fashion queen, find a way to use and develop your skills on campus.

"When you leave the academic environment and you're looking for a job, it shows that you're not just self-centred and just wanna get through school, but you're actually thinking of the community and the people that you can impact," said

Dodge.

Young added that students should ask themselves, "How are you going to stand out as a graduate in these economic times with 18.5 per cent unemployment in London for students?"

Look at the statistics and stand out: volunteer on campus.

For ways to get involved at Fanshawe visit: www.fanshawec.ca/firstyear/involved.



CREDIT: TORONTO STAR

Brad Duguid, minister of training, colleges and universities, announced that colleges and universities tuition increases will be capped at three per cent per year over the next four years.

Ontario tuition fees limited to three per cent increase

MELANIE ANDERSON
INTERROBANG

Good news for the "starving student" generation. The Ontario government will reduce the cap on annual tuition fee increases to three per cent on average over the next four years, down from the five per cent cap that previously made Ontario's fees the fastest-growing in Canada.

"This new tuition policy strikes a balance. We are increasing fairness and affordability for students and their families while providing institutions with the long-term financial stability needed to provide a high-quality education for our students," said Brad Duguid, Minister of Training, Colleges and Universities.

This new framework will back existing supports such as Ontario's Student Access Guarantee and the 30 per cent off Ontario Tuition Grant. The Guarantee helps institutions ensure that no qualified student is denied access to education because of limited funds that may not be fully covered by the Ontario Student Assistance Program. In

addition, the government is making changes to deferral fees to better align the timing of tuition fees with OSAP deadlines.

Duguid stated, "We will also continue to ensure that students have access to higher education based on ability to learn, not ability to pay."

The average Fanshawe student pays \$3,561.68 for tuition in their first year. That's relatively low compared to the average amount paid by Ontario undergraduate students: \$7,100.

In the 2012/13 school year, OSAP issued approximately \$1.5 billion in grants and loans to students, including granting money to cover 30 per cent of tuition to students of low and middle-income families. Over the past 10 years, investments in student assistance have resulted in more than double the students qualifying for financial aid.

Looking ahead, the MTCU will discuss changes to the structure of flat fees with colleges, universities and student groups over the next few months.



CREDIT: MELANIE ANDERSON

Fanshawe Student Union Vice President of Athletics and Residence Life Matt Stewart presents Laurie McKnight from the Canadian Cancer Society with a cheque for \$6,302. Stewart has been hard at work with his Relay for Life committee members to raise funds for the Canadian Cancer Society through the March 23 Relay.

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Abolition still relevant 150 years later, says Angela Davis

AISSA BOODHOO-LEECSMA
THE SILHOUETTE

HAMILTON (CUP) — She is a woman known for her remarkable fight against racial injustice and advocacy for political prisoners. While Angela Davis now speaks about her past reflexively, it was her discussion of abolition and its connection to current disparities that drew 800 people to a lecture in Hamilton.

Davis was invited to mark the opening of the McMaster Centre for Scholarship in the Public Interest. Henry Giroux, the centre's director, emphasized Davis' great commitment to engaged education.

"We invited Angela Davis here tonight because she has struggled greatly and with great dignity for decades to demonstrate that education is a form of political intervention," said Giroux. "She has worked in difficult and shifting circumstances to remind us of the power of education as a central element of inspired self-government."

Davis spoke for close to an hour, first sharing her own personal story. She described how she had an early exposure to activism.

She briefly discussed her now infamous early teaching career, which got her fired from UCLA, first because of her support for communism, then later for speaking out on behalf of political prisoners. Davis was later wrongfully jailed for her supposed connections

with a murder plot.

She argued that the prison-industrial complex, a notion that was central to both her own personal experience and her talk, was first exemplified in slavery in the U.S.

The talk itself was meant to mark the 150th anniversary of the Emancipation Proclamation. But Davis' aim was less commemorative and more critical of the underlying implications of the purported 'end to slavery' and its continued relevance.

"The civil rights movement was only necessary because the slave trade had not been fully abolished," she said. "As a matter of fact, what we call the civil rights movement, we should call the 20th century abolition rights movement. Because it was about abolishing the vestiges of slavery. If slavery had been abolished ... there would be no second-class citizenship."

Davis argued that slavery was neither abolished nor antiquated. She noted how the actions of the civil rights movement were framed in a narrative that attempts to showcase the U.S. as a model of democracy.

However, she asserted that the civil rights movement has been narrowly defined and restricted to instances like Martin Luther King's "I Have A Dream" speech, while suppressing activities of groups like the Black Panthers. But overall, she proclaimed that the

emphasis on a continued need and struggle for freedom was integral.

While Davis spoke knowledgeably about the pre- and post-Civil War period, she especially captured the audience's attention when she drew contemporary connections to slavery and the civil rights movement.

She used examples such as the Freedom from Apartheid Movement in South Africa, the Dalit Panthers in India and the Palestinian Freedom Riders as global movements that were inspired by the black freedom struggle.

Davis acknowledged that the current era is full of struggles that require social critique and discussion, similar to the dialogue that surrounded the civil rights movement. She urged that ideas should be fostered in the academy yet nurtured and used in practice on social issues.

She dismissed the notion that there is a "post-racial society" and the excision of poor people from public and academic consciousness. Davis stressed that critical education was key to questioning, addressing and restructuring oppressive social systems.

"The challenges of scholarship and activism are vast today ... what is most important about this era is the consciousness and interconnectedness of various struggles. We can no longer focus on a single

issue."

Julia Empey, a third-year student in English and history with a minor in religious studies, came out of the event appreciating the magnitude of Davis as a speaker. Empey also noted that the gap between scholarship and activism was still present at McMaster.

"There is a desire to see it happen in some pockets of students ... but to have that image realized is going to take a lot of work. How do

we put these ideas in action? We've been told we've been given practical tools [through our education]. But we haven't been taught how to use them."

Davis concluded her talk by using part of a lesser-known speech from M.L.K., stating that, "most of what you know about M.L.K. is, he had a dream, right? And I'm actually kind of tired of that dream."



CREDIT: MELANIE ANDERSON

Fanshawe Student Union Vice President of Athletics and Residence Life Matt Stewart presents Samantha Kohn (left) and Marina Brkjaca from the Big Brothers Big Sisters of London and Area with a cheque for \$2,000. The money was raised at the FSU's annual Charity Ball in early February. "Big Brothers Big Sisters of London and Area is incredibly grateful to the FSU and Fanshawe community," said Kohn.

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Remember when your mom used to tell you not to hold your face in grotesque positions for too long, otherwise it might stick that way? While Mom may have ever so slightly exaggerated her words of caution (though frown lines can permanently leave their mark if said facial expression is held consistently for a lengthy period of time!), one could take the essence of this warning and reasonably apply it to psychological thought patterns. In other words, “addictions” do not merely need to consist of physiological accommodations resulting from the regular ingestion of foreign substances. Certain thought patterns – particularly of the negative variety – can equally become so ingrained, so habitual, that one doesn’t even realize they’ve become “stuck” in a singular mindset, that they’ve developed “pathological” thinking. This of course brings me to our final topic of discussion for the year: psychological framing.

I recently pitched a new idea at work, an idea that is quite dear to my heart. While it was generally well received, I was provided with a decent-sized laundry list of necessary amendments before it could potentially be formally implemented. As fate would have it, I received this “lukewarm” news over the weekend, while I was vegging out watching the comedy flick, *Evan Almighty* – I’ll explain the significance of that later.

Now anyone who’s studied cinema, or even is an avid *Oscars* viewer, knows that nine times out of 10, accolades are given to dramas and tragedies over movies that tickle

your funny bone. This bias is equally perpetuated in our educational system in that, at least in my high school experience, the only taste of the world’s greatest writer we received revolved around his tales of misery, betrayal, murder and star-crossed lovers.

From an evolutionary psychology perspective, this makes sense: humans, given the treacherous situations we found ourselves in during our primitive days, needed to have a stronger awareness of negative stimuli in order to properly assess risks and, therefore, aid in our self-preservation as a species. Believe it or not, having a pessimistic and/or paranoid perspective was actually considered a valuable asset!

I suppose in order to continue to justify (at least on a subconscious level) why we rank tragedies supreme, we’ve developed complicated symbologies relating to media that assess ‘dark tales’ are somehow more illustrative of “universal” truths, wisdoms and experiences. We’ve convinced ourselves that despondent emotions and melodrama go hand in hand with the “human condition,” and that true “growth,” at least, according to the world of pop culture, can *only* occur after deep suffering or loss.

Well, I hate to offend any aspiring filmmakers or actors, but the truth of the matter is that you can learn equally valuable lessons about others and yourself from laughing just as much as you can from crying. Humans are a complicated mess of logical and illogical thoughts, actions and motives and only considering one side of the equation will NEVER give you the full picture. But I’m not here to justify my preference when it comes to cinematic experiences. Just saying...

The reason I bring up *Evan Almighty* is because this Steve Carell comedy is actually chalked full of stunning examples of “psy-

chological framing”; the most quintessential of which is evident during God’s discussion with Evan’s wife about the true meaning behind the Noah’s Ark tale. Allow me to explain:

At this point in the film, Evan’s wife (portrayed by Lauren Graham of *Gilmore Girls* fame) is feeling confused, hurt, abandoned and perhaps most importantly, unacknowledged by Evan because, despite all of the negative repercussions that are coming about as a result of his inexplicable self-proclaimed mission to build an ark, he continues to stride forward. Accordingly, Graham comes to the conclusion that the Noah story is nothing more than the tale of an individual man taking on an individual quest – perhaps because he feels he needs to “prove something,” even if it’s at the detriment of everyone else in his life. God (depicted by Morgan Freeman), however, presents a very different analysis.

Given that the crux of the Noah tale revolves around the importance of saving “two” of each species to ensure future propagation, Freeman suggests it’s actually the ultimate love story, rather than one celebrating man’s “independence” or “self-serving” motivations. His character goes on to surmise that the underlying theme above all others is actually the importance of family and companionship.

Okay, okay, so how on earth does any of this relate to my work situation? Quite simply, the above depiction demonstrates one of the most basic tenants of “psychological framing,” moreover “psychological maturity”: there’s ALWAYS more than one way of looking at a given situation. I *could* be totally bummed and feel like a failure that I essentially got a “needs improvement” stamp on my dear-to-my-heart submission that I worked my ass off on OR I *could*

acknowledge that I must have “something” if my employer was willing to take the time to provide constructive feedback so that I can improve upon the idea for future consideration.

What I’m hoping you’ll recognize from this movie critique/academic discourse/Rose’s real-life example is just how POWERFUL one’s thought processes truly are. How one is able to react to a given situation is *entirely determined* by how they’re willing or unwilling to “frame” it.

In Graham’s explanation of the Noah tale, she “thinks” (or frames) herself as helpless (i.e. it’s an independent quest in which she has no role) and therefore “becomes” just that (i.e. she’s relegated to sitting back and letting her life and family fall apart). In contrast, in Freeman’s version of the story, because companionship and the importance of being supportive toward one’s partner (even if you don’t always get where they’re coming from) is emphasized, Graham is able to regain a sense of agency and feel “important” and “essential” to her husband’s mission, even if his reasoning is beyond her.

So here’s the thing: life never goes exactly as planned. Even when you’re sure this time, things are failsafe, it’s always a smart move to have a contingency. So while you *cannot* – as much as you may like to try – control the external elements or individuals around you, you most certainly *can* take an active role in your own life. That role begins with how you think.

You can either see challenges or opportunities for growth, dismissals or lessons to be learned, failures or the beginnings of something new. The choice is yours. Don’t underestimate or take for granted your thinking power. If you want to be a success, know you already are. Until next year, my friends, keep psyching that mind of yours!

I left a tropical country for this?

VICTOR KAISAR
 INTERROBANG

When I wrote about snow a few issues ago, the first thing I expected was no snow for the past few weeks, as we are now into April. But alas, the past few weeks has been nothing but snow. But what I loved the most was the fact that it was supposed to be all gone by now. That is, if last year was anything to go by.

But no! This year there was no escaping from the “you had it easy this winter” chants from nearly everyone who lived in Canada all their life. This year, I got it all. And there was a ton of snow this year – even on the first day of spring... and the second day of spring... and the third... and the fourth. That really took the cake. Where I come from, back in India, the coldest we ever got was around six degrees, and that was at night, if we were lucky.

Isn’t it supposed to be spring by now? And isn’t spring supposed to be that time of year when all that snow melts and goes away for a good number of months? At least, that’s what movies taught me when I was growing up. Instead it seems like we’re going to go from snow one day to hot sun on the other, almost as if the weather gods flicked a switch somewhere down the line.

Don’t get me wrong, I’d take cold weather over hot, blistering weather any day. And while you look at me with scorn for picking the cold over glorious sun, hear me out. Where I come from, while winter is ‘cold’ at six degrees, in summer it tops 40 degrees. Pleasant weather? I hardly think so.

Which brings me to another point: I left a tropical country to come to Canada to freeze? Everyone back home thinks I’ve lost it. But that’s where the fun begins. Walking out in long trench coats, with a ton of clothes under that, makes it seem just like the movies. Growing up, everyone wanted to do



CREDIT: VICTOR MARIO KAISAR

Welcome to the first day of spring at Fanshawe College. Look at all that white stuff!

what they saw in the movies – hockey player, really cool superhero and so on. So why not be that guy dressed in 50 layers of clothes?

I recall a conversation with my dad when I told him, “It was warm,” when in fact it was far from being warm. I still got the same look of disdain from my dad, which to this

day makes me chuckle every time I think about it.

Was leaving home to come to Canada and to Fanshawe College worth it? You bet. I’ve had a blast every single day I’ve been here, and from the looks of it, that isn’t going to be stopping anytime soon. Old Man Winter’s been fun, especially since I’m able to poke

fun at a few of my friends in the United States who can’t handle five centimetres of snow on a single day. With one year of winter experience under my belt, I feel just a little more welcome to Canada.

But as much as I love snow, let’s be real; I could do with some warm, sunshine-filled days right about now.

Lori is the smiling face of Fanshawe

REBECCA MOLLY
INTERROBANG

When I think of who the face of Fanshawe is, I think about the first person I see when I walk into the front doors. It is the person who welcomes everyone with a smile and a sincere "How are you?" It is the person who seems to answer every question that you have at the time with no hesitation, and is always eager to elaborate if needed. It is that one desk, that one corner, that if you can navigate to it, you can get the answers to get everywhere else. By now, I'm sure that you have pinned down the Welcome Kiosk at Fanshawe College, where you will find Lori Hamilton residing from Monday to Friday, ready to welcome you with a smile and a ton of information.

Approximately 30 years ago, Hamilton began as a Graphic Design student at Fanshawe College. Following the completion of the program, Hamilton began working for the College. Over the past 26 years, she has spent her time in various faculties and departments at Fanshawe, such as Co-op and Career Services, Counselling and Accessibilities, Office of the Registrar, Daycare, and finally the Welcome Kiosk where she has resided since its opening eight years ago. At the Welcome Kiosk, Hamilton is responsible for answering any and all questions that are thrown at her by students on a regular basis, such as where is my classroom? What are some important dates to know? What are some of the college's policies and procedures? With a laugh, Hamilton commented that many times students will come by and say "This is random but..." or "You probably won't know this, but...", and more times than not, Hamilton tends to know! She attributes her vast knowledge to the opportunities she has had within the school and various faculties and teams she has been a part of within the college environment.

As I sat with Hamilton through the inter-

view, a variety of students approached the desk to simply chat and check in with her. It is clear that through her time at Fanshawe, she has built a positive rapport with many students, and is appreciated by them. One student commented that he calls Hamilton the "Yoda of the school" because she is so informative. After I observed her answer many different questions while I was there, I would have to agree!

When asked to comment on what she enjoys most about her role at Fanshawe, she couldn't help but smile when she thought about her daily interactions. Hamilton described the students at Fanshawe as "her family during the day, and sincerely appreciates the one-on-one interactions and the rapport she has an opportunity to build. Through these interactions, Hamilton said she feels like the Welcome Kiosk has "become a sense of community and comfort for students" and feels like it is a part of her job to create a familiar and comfortable place for students to go when needed.

Considering the amount of spontaneous student interaction with Hamilton, it was clear that she has made a home for herself behind that desk at Fanshawe. When asked what her favourite part of the job is, she commented that it is seeing the relief wash over students' faces when given an answer to their question or a small word of encouragement. Based upon my opportunity to observe Hamilton within her work environment, it is clear that she is the perfect woman for this job. From her warm smile to her outgoing personality and relaxing demeanour, she seems to have an answer for everything, and who wouldn't like a woman who has all the answers!

I am sure that many of you have borrowed Hamilton's stapler from time to time, or stopped to pick her brain about an aspect of Fanshawe, but I encourage you to go back and dive into a conversation with her. I guarantee that you won't regret the 10 minutes



CREDIT: REBECCA MOLLY

Lori Hamilton greets everyone at Fanshawe's Welcome Kiosk with a smile and warm hello.

out of your day that it took, and I can assure you that those 10-minute conversations is what makes Hamilton's time at Fanshawe so fulfilling and enjoyable. From the faculty to the staff and students at Fanshawe, I want to thank Hamilton for greeting each and every person in the college with a smile, and making them feel like they belong and can succeed within the college environment – you are truly an unsung hero!

Squashing the litterbug



TENSION
FRANK YEW (S.L.A.T.F.A.T.F.)

It seemed to me, upon embarking on this article, that the populace at large would recognize littering as a global issue. An Internet search for littering and the practices therein left me scratching my head. What do you suppose was the number one page that appeared for this query? One would imagine it would link to something like the **Swedish symposium on human behavior relational committee**, or something Swedish like that. Or the **American coalition of custodial enforcement** – you know those Americans and their coalitions. But no, what I got was a page from the Prince Edward Island parks association on littering in the park. This may denote the turning of a global eye on littering. Well, it is what it is, so let us use the P.E.I. parks association model of litter control as the basis for this article - here are four reasons why people litter:

1. They don't realize they are littering

This ranges from the cigarette butt flicker to the gum sticker. A carelessly tossed cigarette butt may cause a forest fire or be picked up by many of our diverse animals in the park: raccoons, squirrels, birds, street bums and young teenagers that hoard discarded butts and smoke them in a flurry in desolate underground parking lots and alleyways.

Smaller animals and birds can swallow discarded gum, clogging their digestive systems causing death. Have you ever brailed your way under a table and read the bumps of someone's gum? Ever been tempted to

pop it in your mouth? Okay, secretly yes, but more often than not, nope. In fact, one may be a little irritated at feeling up your discarded wad of mucus.

2. Lack of social pressure to do the right thing

Hikers in the park may well feel at liberty to discard refuse from energy bars and bottled water. These are not natural elements in the carefully managed environment.

Just last week there were two incidents in this park that we call Fanshawe that stuck in my mind: I was right behind a guy that basketball'ed a paper ball into the air and into a bush (nice form, actually) – an arrogant, self-centred, over-confident douchebag tossing his crap onto our planet. Normally I would have said something, but this time I did not. I wonder if this makes me just as much as a douchebag as he is? Still brewing over this, I turn the corner over by the greenhouse and there was this organized pile of garbage that someone had dumped out of a parked car. I looked at this like it was the waste of some giant resource-eating animal in our park, strolling about taking a dump of garbage whenever and wherever the urge hit, and decided that that is exactly what it was.

3. People feel no sense of pride in the areas they are littering

You will find a number of designated garbage receptacles placed around the park. Please use these animal-proof bins to dispose of your garbage. Refuse left behind attracts animals, insects and those attractive skinny politically correct people who collect things in stolen shopping carts from that mall up the street. It is not advisable – it seems, to dispose of your left over Burger King meal deal by tossing it out of your car window, even if you are feeding the birds.

4. Laziness and maliciousness

According to the Environmental Education Program for the Post Endowment Fund of Prague Czech Republic, over 50 per cent of littering occurs within five meters of a garbage can! This was the second most popular page after the PEI parks association.

It is a federal offence to dump on public parkland. Penalties for dumping range from maximum fines of \$10,000 to jail terms. It may be difficult to stick the paperboy in jail after dumping the entire edition of the Sunday newspaper into a water culvert, or backup-pickup-truck-guy dumping into a field. Deliberate littering can also be a subtle thing: like those who wedge garbage into crevices and seat gaps so it will not be seen.

From a gentle stroll or relaxing picnic to a long-distance walk or heart-pumping adventure, the park provides every opportunity for enjoyment, relaxation and trees to stuff your garbage into.

My Take

Since the 1950s, our national compulsion with consumerism has increased in proportion to the decline of our national happiness (see **The Story of Stuff**). We live in a fast-paced, throw-away society. It really seems to be a matter of pride and laziness. If they won't keep it clean, why should I? Why should I say anything to someone who litters, or pick up another person's trash, or throw out my popcorn box after the movie, or blow my nose and stick it to the back of your head...

Conclusion

This park belongs to us all; please leave your campsite clean and tidy before departing.



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Good Luck!!!

on your Final Exams and Projects



Can old ways become new ways? (Part 2)



NOTES FROM DAY SEVEN
 MICHAEL VEENEMA
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Last week I said I would give the last word – my last two columns for the year – to Wendell Berry, who I believe is one of the most important writers of our time. A farmer, a theologian, a professor and an observer of our changing society, he offers fresh insights in the search for a good future. The reason his insights are fresh is that they come from the unique perspective (unique to most modern readers) of someone who loves the farm.

Why is it important to hear from someone who loves the farm? The farm not as an industry dependent on global markets, intense financing, devastatingly expensive machinery and international economic arrangements, but the farm as a family or extended family enterprise; the farm as a way of making a living that requires an understanding of animals, of the natural cycles of water, wind and temperature, of the food needs of the local community, and of the micro-ecosystems that make up fields and woodlands.

I recall once hearing Dr. Cal deWitt, a professor of Environmental Studies, speak at Western University (actually, I invited him). I am not sure if I heard it there or at another venue, but he spoke about the way a farmer he knew cared for his hogs. The farmer rejoiced in giving his animals room to wander in their pens, in providing fresh straw, and in allowing the piglets generous time with their nursing mothers. He said, “They are God’s creatures and deserve a decent life.” Amen.

This story illustrates a point that Berry makes in an essay titled “Renewing Husbandry” (husbandry is the craft of personally caring for farm animals so they will thrive over many generations and produce what we need from them). In the essay, Berry laments that our machine-based food

industry deprives food workers from feeling good about what they do and, in a completely related development, deprives them of any personal connection with the natural processes that put food on our tables and in our take-out boxes. The pig farmer above felt a connection with his animals and it made him feel good to give them a level of animal dignity. (This enjoyment of the connectedness with the sources of our food is no doubt part of what makes fishermen where I currently live very contentious when they are told to keep their boats ashore.)

Quoting Terry Cummins, Berry writes, “When you see that you’re making the (farm animals) feel good, it gives you good feeling too.” Cummins writes about the importance of being able to open the barn door for his sheep and scattering grains of corn to feed his chickens. A farmer, he notes the great satisfaction he gets from seeing his crops, animals, fields, gardens, farm buildings and farm equipment all fitting together.

Such satisfactions are being all but lost to modern farmers whose main reward comes from seeing the bottom line improve. And this may be about the only source of satisfaction still available to current Canadian farmers since the modern farm has destroyed tens of thousands of farm-based Canadian villages and has ruined relations between neighbours who are locked in a tractor-eat-tractor fight to put each other out of business. Of course, we have saved a lot of labour on the farm. But this means that people who once could have been farm owners (or farm hands) now are employed in mind-numbing assembly lines and beige office cubicles, hoping that the competition in Mexico and Nepal won’t put their bosses’ companies out of business, and if it does, that the federal government will have generated some other business opportunities abroad.

Last week I asked if the values of frugality, care for the local ecology, kindness to neighbour and other values embedded in a family farm-based economy can be recovered. Can the old ways become new ways?

It seems to me that, as with many large-

scale changes, many small decisions and changes can add up to something bigger than we could hope for. I suggest looking at two sources for inspiration: the dog and the cottage.

The dog. The other day I met a man who is still in mourning two months after losing his dog to old age. Why do so many love their dogs (or other household pets)? I think that one reason many love pets is that it connects us with the comings and goings of life. You have to feed the dog, groom the cat, and make sure there is water in the dripper for the hamster. You can hold the pet, and given a bit of time, you will learn and love its quirky ways and its need for the morning walk and for adequate health care.

Consider the cottage. People endure heavy mortgage payments, long drives and repair bills to keep their cottages. Why? Isn’t it because with the cottage comes a dream? A dream of reconnecting with woods, lakes, a few neighbours and the local racoon population. A dream of disconnecting from our disconnected world where all is machines, manufactured surfaces and manufactured images. The cottage is a place where you might plant seasonal flower beds or an occasional tree, not that you have to recreate the Babylonian Gardens, but that you have the opportunity to love what you have (rather than desire what is almost out of reach – the condition most of us are supposed to live in for the “good of the economy”).

We can’t all become family farm owners. But a few of us can. Not all will be able to love pets or make cottage values a greater part of life. But some of us can move in that direction. We can’t all support local farm markets. But more of us than presently do can. We all can’t get out of the rat race (which, as one saying wryly puts it, no one has ever won) cold turkey, but some of us can. We can’t all plant some tomatoes, potatoes and raspberry bushes, but many of us can. We can’t all begin to see the world as a place of connectedness and of God’s blessing and abundance for us all. But some of us can – maybe even all of us. Have a great summer.



London City councillor Dale Henderson’s way of reaching out to constituents is via his YouTube channel DaleTV.

Time to change the channel on DaleTV

VICTOR DE JONG
 INTERROBANG

It’s just the latest in a steady stream of embarrassing statements by Ward 9 councillor Dale Henderson, and the worst part is, he isn’t even embarrassed. At some point, between questioning whether smoking causes cancer and publicly stating that eight of the 15 city councillors are running the city, Henderson evidently stopped worrying about his re-election bid.

Councillor Henderson put on a spectacular display of questionable judgment in the aftermath of the councillor expense reports revealing his \$7,000 investment in camera equipment for his YouTube channel, DaleTV. A key element in this story is that Henderson hasn’t broken a single regulation or technically done anything wrong at all. Every city councillor has a \$15,000 expense account that is designed to help them connect with their constituents. Whether it’s hiring an assistant, compiling a mailing list or making a YouTube channel, the councillors are free to use their better judgment.

The water got murky when Councillor Henderson was asked if he would return the camera and equipment to the City upon completion of his term in office. He had no plans to do so and it would likely have remained that way if the issue hadn’t been raised a few days later in City Hall, where Mayor Joe Fontana unequivocally clarified that the technology belongs to the City of London.

The actual wrongdoing is obscure because Henderson just made a series of dumb decisions as opposed to breaking any rules. The first issue that occurred to every person under the age of 30 was the cost of his equipment. Henderson obtained one camera, lighting equipment and green screen technology that added up to about \$5,000. You’d be hard-pressed to find a high school-aged kid in the city who couldn’t put a video like this together for \$200. On top of buying professional grade equipment, Henderson also paid someone to edit his ramblings into a 10-minute semi-coherent lecture. The use of the term ‘lecture’ is deliberate, since Henderson disabled comments for his YouTube channel, preventing anyone from responding to his videos. Pretty weird, when the purpose of the channel was to connect with Londoners.

The worst part of his debacles is that Henderson has no concept of how he is influencing public perception. Council repeatedly talks about keeping post-secondary graduates in the city, yet Henderson spent the equivalent of a full year of university tuition on a project that could’ve been accomplished with a \$30 webcam. This kind of out-of-touch spending coupled with London’s unemployment rate of 9.1 per cent isn’t encouraging anyone to come to, or remain in, the Forest City.

With only 18 months left before he seeks re-election, Henderson already knows that he made a mistake, but he isn’t willing to admit it. While bragging about receiving e-mails from Londoners to congratulate him on DaleTV, he states in episode seven, “History Of London and Ways to Cure Negative Media,” that he worries he won’t be re-elected. The only thing that remains to be seen is how much more damage to City Hall’s image he can do before Londoners finally have the chance to replace him.

WHAT'S HAPPENING, LONDON?

MELANIE ANDERSON | INTERROBANG

NAME	DATE	LOCATION & WEB	ADMISSION	DESCRIPTION
 Harlem Globetrotters "You Write the Rules" World Tour	APRIL 17 @ 7PM	Budweiser Gardens 99 Dundas St. tinyurl.com/budgardens-hg2013	\$25.75 - \$114.75	Join the world-famous Harlem Globetrotters for a night filled with sports, family entertainment and audience participation. You help write the rules for the game that could affect the final outcome.
 The It Factor	APRIL 20 @ 8 AM-9PM	London Convention Centre 300 York St. fashioningchangeworld.com/it-factor	Free	Fashioning Change presents the It Factor! Participants will spend the day showing off their talents and competing for awesome prizes in front of industry professionals. Money raised by the It Factor will go to Opportunity International, a Canadian charity that helps the developing world out of poverty by stimulating small businesses and strengthening poor communities.
 Stars on Ice	APRIL 28 @ 4 PM	Budweiser Gardens 99 Dundas St. tinyurl.com/budgardens-soi2013	\$26.75 - \$121.75	If you missed the World Figure Skating Championships in London, now's your chance to see some of the world's top skaters! Watch hometown favourites Tessa Virtue and Scott Moir, 2013 World Champion Patrick Chan and 2010 Olympic Bronze Medalist Joannie Rochette, among an amazing cast of world renowned skaters.
 Hockey Night in Canada's Play On! 4-on-4 Hockey Tournament	MAY 25 - 26, REGISTER BY MAY 21	Victoria Park Corner of Wellington Street and Dufferin Avenue playon.ca/events/london	Adults, \$275/team of five	Join the world's largest street hockey festival! Each event involves closing over 1km of street, to make way for 20 to 50 separate "street rinks" with games running on each rink at all times throughout an entire weekend! Players of all ages and skill levels are welcome.
 Fringe Festival	JUNE 5 - 16	Various locations londonfringe.ca	Free	The London Fringe Festival offers unique theatre, film and visual arts events in London from our local community and across Canada.
 The London Beer & BBQ Show	JUNE 21- 22 12PM - 10:30 PM	Western Fair District - Agriplex Building 845 Florence St. westernfairdistrict.com	\$10 before June 20, \$12 at the door	Who doesn't love a cold beer while barbecuing? Sample Ontario's established culture of craft beers and local grillers and participate in the variety of sports, cooking demos and activities.
 The Oxford Renaissance Festival	JUNE 14 TO 16	Woodstock Fairgrounds 875 Nellis St. oxfordrenfest.ca	Adults: \$18.95	Feel the rush of live jousting and experience live hand-to-hand combat. This festival will bring medieval times to life with performances, musicians and jousting.
 Amazing London Race	JUNE 15	Various locations amazinglondonrace.com	Teams must raise a minimum of \$200	Just like the hit TV show, teams of two will encounter pit stops, detours and road blocks as they race across the city. Teams will travel to a minimum of 15 destinations and complete fun and challenging tasks. Money raised will go on to support the Children's Health Foundation.

Record Store Day returns



BOBBYISMS
BOBBY FOLEY

I write about random things a lot. I write a lot about random things. Some days, though, I just dive straight into it: April 20 marks the return of your favourite holiday and mine as the sixth official Record Store Day kicks off worldwide.

Endeared to music fans over the last five years, Record Store Day has been widely embraced as vinyl has made its gradual return to popularity, thanks in no small part to the rise in digital music sales and declining public interest in physical CD formats.

Digital Music News reported in January that vinyl sales in the U.S. had another record-breaking year in 2012, selling a total of 4.6 million units with a significant trend toward rock albums. That figure is an increase of more than 17 per cent over the 3.9 million units sold in 2011, better yet than the 2.8 million sold in 2010.

In 2012, the top-selling album in the U.S. was *Blunderbuss*, the debut solo album by Jack White of The White Stripes. Of course, in addition to his music career White is the founder of Third Man Records and a noted vinyl enthusiast himself – fitting, then, that in an innovative move, Record Store Day elected White as its official Ambassador 2013 to champion the occasion.

“I’m proud to help in any way I can,” White wrote on recordstore-day.com. “To invigorate whoever will listen with the idea that there is beauty and romance in the act of visiting a record shop and getting turned on to something new that could change the way they look at the world, other people, art, and ultimately, themselves.”

The appeal isn’t lost on Cursed Arrows, the Toronto duo of Ryan and Jack E Stanley. Like many



independent artists, they’ve embraced the spirit of the occasion with all of their DIY work ethic and are coordinating the release of their newest album *Sonic Union* to coincide with Record Store Day this year.

In case you missed them in town at The APK with Brews Willis and Baseball Furies in early April, Cursed Arrows recorded two songs from the coming album for the video series Southern Souls, which can be viewed on their site at cursedarrows.com or on southern-souls.ca.

You won’t find *Sonic Union* listed on the Record Store Day website officially, however thanks to distribution by Aluminum Monster Records and The Ford Plant Recording Co., you should find the album in your favourite record shop. Probably.

Be sure to browse the list of titles online, it’s tough to know what releases are going to be the most valued or sought after. Although most releases are exclusives, many are only manufactured in small numbers, like The Gaslight Anthem’s deluxe edition of *Handwritten* (800 copies) or the Dave Matthews Band’s *Live Trax Vol. 1* box set (500 copies), both of which are popular artists among

those who collect vinyl.

Even if you’re not a serious collector, it pays to do a bit of research. You may only be after one album, but London has a lot of record shops spread out across town that all open at roughly the same time, so make a call or two to improve your chances of getting what you want. Pro tip: take advantage of retailer membership programs, like that which they have at Sunrise Records. Membership gives you a discount on purchases and will get you early entrance on April 20.

For more on Record Store Day, to find your local participating stores or browse the complete official list of releases, visit recordstoreday.com and follow the conversation on Twitter @recordstoreday with the hashtag #RSD13.

And for more on the latest music news and more over the summer, consider following this column on Twitter @fsu_bobbyisms. Whether you’re graduating this summer, finishing your first year of finals, just reading this as a favour to me or anything in between, congratulations on a great year. See you next time, I’m out of words.



CREDIT: SCOTT BARBER

Pick A Piper will be at APK on April 19.

Pick A Piper prepared to impress at APK

BOBBY FOLEY
INTERROBANG

Brad Weber is a busy man; like a creative shark, it seems the more he keeps busy, the better he is able to channel creative ideas into his music, whether on drum duty for critical darling Caribou or as the mastermind of his side project Pick A Piper, who is celebrating the release of their self-titled full-length debut in 12” vinyl and digital formats on April 2 by Mint Records.

Began late in 2008 as a means to keep occupied during his downtime, Pick A Piper represents for Weber the opportunity to make music that he loves on his own terms.

“After I’d been touring with Caribou for a bit, I came home and needed a new project to get my creative urges out, get my song ideas out,” he recalled. “We slowly started with the intention of making dance music around really organic instrumentation, so we had tons of acoustic guitars, hand drums and percussion ... it wasn’t that balanced at that point, maybe, but it was us figuring out where we wanted to go with it.”

Enlisting the collaborative help of Clint Scrivener, Angus Fraser and Dan Roberts, Weber built and released a pair of EPs as far back as 2009, when the first of the tastemakers began to take notice. Years later, the timing couldn’t be more right to celebrate the fruit of that collaborative relationship.

Information on the group can be scarce at best, but the story so far is that their self-titled 2009 EP turned a few heads, earning them high praise online. When the time came for Weber to return to the road with Caribou, Pick A Piper was put on the back burner.

Now Weber and company are back with a more focused sound than that which appeared on their earlier EP and featuring guest

vocal appearances by Ruby Suns’ Ryan McPhun, Braids’ Raphaëlle Standell-Preston, Enon’s John Schmersal – who also sang vocals on the lead single “All Her Colours” – and more.

The music on this album is undeniably sharper, and benefits from the unfortunate amount of time that Weber, Scrivener, Fraser and Roberts all enjoyed away from each other – by taking an extended amount of time to complete the album around duties in other bands, the four were all able to take a figurative step back and get better organized, working slowly on this new album.

“Most of the songs started off as some little loop or beat or melody written on my laptop in a van or on a plane, heading somewhere,” Weber said, explaining that the greatest challenge he faced was finding the time to work on the material. “Over time I took those ideas to Dan and Angus and we slowly fleshed them out into full songs; we were away so much that it took us two or three years to get everything together and fully finish it.”

Considering the attention that he captivated with two EPs so far, it’s little wonder that the new full-length album has received the kind of praise that it has. Media outlets everywhere are celebrating its odd blend of organic and synthetic sounds, but none so much as Weber himself – the album release tour extends for much of the month of April, with plans for the band to head out west around the summer.

For more information on Pick A Piper or their new album, visit pickapiper.bandcamp.com or follow along on Twitter @pickapiper. Their April 19 show at The APK on is 19-plus and also features The Danks and Illity, 347 Clarence St. across from Citi Plaza. Admission is \$6, doors are at 9 p.m.

Beats keep coming with Tisk Tisk Tusk



MY 15 MINUTES WITH...
TAYLOR MARSHALL

Tisk Tisk Tusk has a solid self-titled EP out now that they hope will get them the attention they deserve. The three band members, Gianni Liolli (drums), Cole Howson (vocals/bass) and Jeff Hogg (guitar) met while studying at Fanshawe in the Music Industry Arts program from 2009 to 2011, and they all currently reside in London. I got a chance to chat with the boys to talk about their first-ever EP and their hopes for a summer tour:

Can you describe the sound of your new EP?

Liolli: “This is our first EP that we put out as a band. We are still trying to find the exact sound, but if you listen to the EP you kind of see the transition from hard rock to alternative music with an indie feel. It’s definitely an experiment. We wanted to try to see what we

could put together. We always jammed on and off, but never got anything serious going. We wrote a few good songs that we thought would hold up for an album.”

Are you guys working towards a full-length album?

Liolli: “We are hopefully going to some shows over the summer and build our live performance chops. We do have a bunch of songs that could be used on a full-length album down the road. It is something we really want to do in the future.”

Where are you planning on touring to work on those live performance chops?

Liolli: “We have played a couple house shows these past few weeks, most recently being St. Patrick’s Day. We’d like to get some stuff going late spring early summer. Our drummer is moving back down to Windsor to go back to school for a bit, so we are going to try to play off that and try and get some shows out of it. Hopefully we will expand our fan base.”

What is the fan base like here in London?



CREDIT: TISK TISK TUSK

Liolli: “We are definitely overwhelmed that we did get more support than we thought we would here. We did manage to sell quite a lot of our EPs on our bandcamp website. It’s just been overall positive feedback. We just have to keep the ball rolling.”

For more information on Tisk Tisk Tusk, visit their Facebook page at facebook.com/TiskTiskTusk or check them out on bandcamp at tisktiskusk.bandcamp.com.

Be your own CEO

PAIGE PARKER
INTERROBANG

The end of the school year brings with it the turbulence of looking for a job.

Of course we all know the basics to nail an interview: look professional, do your research about the company and ask questions. But how can you ensure you get that interview?

Ryner Stoetzer, music composer, said it's about governing yourself as if you are your own boss.

This comes from personal experience. Stoetzer used to be a professor at Fanshawe College but knew he wouldn't be fulfilled until he pursued his dream of becoming a full-time composer. Twenty years later, since he made the bold decision to start his own business, he composes music for film, television, live ballet and theatre – full time.

He said first and foremost don't act as if the universe owes you anything.

"You are fully responsible for your own success, your own forward movement, your own achievement, and you have to take full ownership of your mistakes and learn from them," he said.

"Unless you make a commitment to be a lifelong learner and create a habit pattern where you're spending at least an hour, maybe two hours a day reading and studying in your field and listening to audio books, you're not going to be able to make it because the

competition out there is already doing all of that."

Having gone to school, the assumption is that the skillset is already there. "That's not enough," he said. "You have to be a good person; you have to be someone that others can easily get along with. When you make a mistake, you have to admit it and move on and look for a solution."

He credited all of his success to one mentality he had when pursuing his career.

"The best stance you can take is being the CEO of your own company and basically the CEO of yourself, of your own body. Even if you're employed as an employee to someone else, you're still the CEO. In my case, I'm the CEO of Ryner Stoetzer, and regardless of who hires me, I am still the boss of my own brand, my own creativity, my own actions."

Once you take responsibility and see yourself as part of the organization you are engaged in, Stoetzer says you create a partnership.

"The employer takes the role of finding you a definable job that you will then do in exchange for your time, which they pay you for. And unless you act like your own CEO, I doubt that will happen in a manner that requires excellence and which is absolutely necessary to succeed.

Initiative is what it takes to get started with this mentality.

"Practicing your craft, and acting as if you have a job, brings into



Ryner Stoetzer

play all kinds of laws of the universe, laws of attraction."

Saying to yourself, "I'm going to be successful," and following through with actions that work toward your goal says to the universe that this is your path, he explained.

In turn, "that draws to you, opportunities, people, situation that allow you to further practice your craft."

This will ensure that you practice your craft on a regular basis. And "through the laws of accumulation, you become excellent at your task. And of course anyone who becomes excellent at a task eventually becomes noticed."

Finding balance in a stressful time

GABBY SCHEYEN
INTERROBANG

Being a student can be challenging at times, and whether you like to admit it or not, everyone feels pressured or stressed at one time or another.

"Many students at this time of year are concerned about what they will be doing for the summer, (asking themselves questions such as) 'Am I moving back home?' 'Am I going to be able to get all my studying done for finals?' 'Am I going to be able to get my assignments in?' It's a very naturally stressful time of the year," said Lois Wey, a member of Fanshawe's Counselling and Accessibility Services staff. It can be difficult to balance schoolwork, family time, a social life and jobs, but there are ways to keep in control of your stress levels.

First of all, make yourself aware of what it is that is causing you to feel stressed. Could it be schoolwork, a personal issue or something else entirely? Along with school pressures, there are other things that can affect students' stress levels. "There may be family relationships, dating relationships, health issues, fatigue, financial concerns," said Wey. Being aware of the stressors in your life is key to gaining control over them.

Avoiding stressful situations may not always be easy, but it is possible. If you know a situation is going to stress you out, do not put yourself in that situation. Also, try to avoid people, places and conversation topics that cause you stress, and learn how to say no to coworkers or friends – you don't want to take on more than you can handle.

Some students do quite a good job at keeping their stress levels low and their positive attitudes up. "When I begin to feel stressed, I just take a break. I know that pushing myself too much will just stress me out even more," said one first-

year university student who asked not to be identified. But not everyone can cope with his or her stressors so easily.

Many young adults feel a lot of pressure as they are growing up, maturing and figuring out who they are. As a result of this, some students may feel the need to deal with the stress in their lives in a negative way. "Sometimes people will self-medicate, they'll take prescription drugs, over-the-counter drugs, alcohol, street drugs ... Sometimes students are working harder and harder trying to make it, but actually their stress increases because they're not eating properly or sleeping properly," Wey stated.

One resource that people can turn to is iCopeU, a website that was created specifically for Fanshawe students who are seeking help. If you're dealing with depression, an eating disorder or if you simply need someone to talk to, this site is a useful tool in finding out information. Check it out at icopeu.com/Fanshawe.

"We've got all the different services in London that can be helpful for eating disorders, medical emergencies, sexual assault, domestic assault, and drug and alcohol abuse," Wey said.

The Counselling office offers same-day half hour appointments, and if you book an appointment ahead of time, it can be up to an hour long. "Any student who's having difficulty with stress can come here for counselling," said Wey.

Stress may not be preventable, but it can be made bearable. "What's positive to do during a stressful time is to get enough sleep, take care of yourself, balance your work and your fun, eat properly, don't self-medicate," Wey said. You can't simply focus on one aspect of your life. You have to make time for everything to live a happy, balanced lifestyle.

Equinox going to rock



MY 15 MINUTES WITH...
TAYLOR MARSHALL

The Baxters – Scott Thomas, vocals; Quinton Strutt and Alex Mason, guitar; Justin Lund, bass; and Taylor Lucas, drums – are a band straight out of the Music Industry Arts Program here at Fanshawe College. They are doing the program and the college proud as they are currently nominated for Best Rock Group for Scene Magazine's London Music Awards. The band also has a new full-length album in the works that is due out later this month.

Recently I got to talk to guitarist Mason and talk about what the future holds for The Baxters:

What did you guys do here at Fanshawe, and how did it influence your music?

"Everyone but me attended the Music Industry Arts program at Fanshawe, so that was definitely a big part of how we all met. It helped with our recording process and just the overall knowledge of the industry. I got to sit in on a couple classes and I believe it's definitely been a big help."

What has the touring experience been like for you all?

"We've mostly toured in London, but we did a random gig in Brantford as well as in Guelph a couple times. It's been kind of minimal, but we are looking to get out and play more places. The shows in Guelph have been great, though."

You are currently nominated



CREDIT: THE BAXTERS

The Baxters onstage at London's Call The Office.

for the Scene Magazine and New Music Fest award. What would it mean to you guys if you ended up winning both?

"I think it would be great! At this point we are just trying to get as much exposure as possible. We have been playing as much as we can in London. We are working on an album release date as well: April 20. Up until that day, I think the goal is to just try to get our name out there as much as we can. We just won the Indie Underground Music contest, so we will be getting our own podcast as well."

You mentioned your new album, Equinox. Can you just elaborate on it and explain what

listeners can expect?

"It is going to feature almost all new songs as we only have a couple we've carried over from our last EP. We are kind of heading in a new direction. The recording sessions have been kind of fragmented because we are all still in school. It's been really exciting so far, though. We are hoping to play some festivals this summer and from there do a tour sometime in the near future."

Check out the LP release party for Equinox on April 20 at Call The Office. For more info, check out www.thebaxters.bandcamp.com or Like them on Facebook at facebook.com/thebaxtersband.

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Londoner finds his niche in hip-hop

JAYMIN PROULX
INTERROBANG

London native Anthony Jackson graduated from H.B. Beal Secondary School in London with a mission: he was determined to bring his mixture of hip-hop and pop music to vie for attendees in the city. Should a recording contract come his way, he wouldn't hesitate to travel anywhere the plane takes him.

Toronto? New York? Los Angeles? Not a problem.

The tall and athletic 20-year-old is sure-footed and thoughtful about his approach to music success. He doesn't shy away from hard work in the studio or at the gym, which is somewhat of a repertoire with many mainstream hip-hop or pop acts. He also frequently posts songs on his Facebook page and uploads videos of his blend of DJing and hip-hop to his YouTube channel.

How Jackson began his music career is a funny story, so he stated.

"My mom and I left my stepdad's place, and we were sitting in the living room, talking about how we don't have much money. And we were trying to come up with ideas how we were going to make money, somehow."

"We were thinking of buying a parking lot and charging people to pay for parking passes. I never

thought about doing music until I went to Beal. I started a breakdancing group and I wrote my first song for the breakdancing group. Then I said to my mom, 'Maybe I can be a rapper?'"

His mother encouraged him and so the plan began to take off.

"Ever since then, I kept writing. I sent my first song to everyone at Beal, I performed it at prom, and everyone loved it."

Jackson uses a variety of programs to help him with beat matching that only cost him \$20.

"I usually get my beats online, mostly from a place called Topmass. To record I use a Shure mic, a tiny two-sub Behringer mixer, a MacBook with Pro Tools on it. And that's it. All my stuff comes from me making it all in my studio which I made out of my walk-in closet."

To date, Jackson has created a "hub" of his work, featuring 43 videos on his channel. "Let's Fly Away" and "In Your City" are two songs on his newly recorded CD that ignite excitement in his eyes.

"On my Facebook page, I do a 'Throwback Thursday.' I just upload an old song and tell everyone how I wrote it or what was happening when I wrote it. The other big thing I've done is do a video called, 'Let's Fly Away.'"

"Let's Fly Away" is a video discussing relationship abuse and its

debilitating effect on the victim, in particular women. Jackson references the frightening statistic that 29 per cent of Canadian women have been abused. Jackson also carefully articulated how his mother survived a harrowing ordeal with a former boyfriend, which propelled Jackson to pursue his passion, always keep his feet on the ground and maintain a strong sense of self.

"In Your City" pays homage to London, including strong and healthy friendships that have shaped Jackson, as well as giving mention to teachers at his school who believed in his abilities. One tongue-in-cheek verse in his first song is that "being so tall, he was often mistaken for a basketball player: 'You know that tall kid...that really tall kid? He must be seven feet!'" But to the coaches' dismay, basketball wasn't in his heart – it was music.

With "In Your City," Jackson also gives acknowledgement to the volunteers and employees at the Salvation Army.

Jackson is also maintaining a busy social media spotlight on his talent. Keeping current with one's social marketing is essential to maintain a footing in the music industry, but resisting oversaturation is a key tactic. He is also skilled at editing his own footage and taking his own photographs,



CREDIT: ANTHONY JACKSON

Fanshawe student Anthony Jackson is making waves in hip-hop.

which is a cost-effective way to continue his career.

Initially, Jackson was at Fanshawe taking Radio Broadcasting but decided it wasn't the right program for him, so he decided to take a general year, choosing Music Appreciation and

Experimental Music amongst other courses to cement his academic load.

Check out Jackson on YouTube at youtube.com/jackson2206, on Twitter @[tha6thjackson](https://twitter.com/tha6thjackson) and on Facebook at tinyurl.com/anthony-jackson-fb.

Cleo cracks jokes while covering the classics

ERIKA FAUST
INTERROBANG

Josephine Cleo is bringing her big voice and big personality to the stage once again in a can't-miss show.

The April 27 performance at London Music Club will be Cleo's third concert in London, but this show promises to be a little different. In celebration of Cleo's 40th birthday on April 25, she'll be singing songs that she said encompasses where a person is at 40 years old.

"Forty is the old age of youth, and fifty is the youth of old age" is a quote by author Victor Hugo that Cleo said sums up how she's feeling about her upcoming birthday. "That's exactly how I feel. I'm energetic and I'm youthful, but I'm on the other side now. You've reached the midway point, if you're so lucky as to live to 80."

Though this is a show celebrating Cleo's 40th birthday, it's really a show for everyone of any age – though it is 19-plus, as the Music Club is a licenced venue.

She plans to perform songs by well-known singers such as Frank Sinatra, Barbara Streisand and Ella Fitzgerald. "I'm heavily influenced by people such as Bette Midler and Idina Menzel and Kristin

Chenoweth," Cleo said. She will be accompanied by Zach Havens, of the band To Tell, on piano. She promises to bring the audience a night of "toe-tapping tunes, timeless classics and powerhouse show-stoppers."

She said she tends to draw from the Broadway world. "I just like the classic voices of yesteryear: people like Judy Garland, Bette Midler, Barbara Streisand, that kind of style. I just find that that is what my voice is best suited to, that kind of classic, clean-sounding voice," she said. She's been hard at work practicing her songs for the past few weeks. "Because it's an intimate venue, I want to make sure that the songs are top-notch."

In addition to singing, Cleo will also be telling stories, a part of her show that always draws big laughs from her audiences. "After my first show, the feedback that I got was mostly about the stories that I told in between songs." People didn't always know the songs she performed, but they enjoyed the stories, she added.

"I always make a point to prepare good stories, because, for me, a show isn't just about watching somebody stand up and sing. They have to be entertaining throughout the whole thing. My show is kind

of a (combination of) excellent music and ... a humorous element, because I tell funny stories and people seem to think that I'm hilarious," she said with a giggle.

Cleo is adept at combining prepared stories with improvised jokes during her show. "It's the things that you don't prepare that are really the funniest elements, when you're just being you," she said. "You have to be able to wing it under pressure."

The show is really just meant to entertain people. "I want to give (the audience) value for their money, because people can go anywhere for entertainment; they can go to the movies, they could stay at home and watch Netflix," Cleo said. "To get people out of their houses is a big deal. I want to make sure that when they come to the show, they're ... able to forget their problems for a couple of hours and just have fun. That's what a concert and music is supposed to do: make you forget your troubles and have a good time."

Cleo hits the stage on April 27 at the London Music Club (470 Colborne St.) at 7 p.m. Tickets are available in advance on Cleo's site (josephinecleo.com) through PayPal for \$12, or at the door for \$15.



CREDIT: BLUE IRIS PHOTOGRAPHY

Josephine Cleo will perform at the London Music Club on April 27.

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This spring, try coloured, printed and deconstructed denim



MAKE THE LOOK YOUR OWN
AMY LEGGE

Everybody has a favourite pair of jeans. Some people have several. Why not? They are the most versatile wardrobe staples in your closet. Denim is having a major moment in fashion right now. This spring, take a look at your collection and switch up your go-to blues for some of-the-moment denim trends.

Before we start talking about colours, prints, fades and washes, the most important thing in a great pair of jeans is the fit. If you have ever had to lie down on your bed and hold your breath in order to zip up your skinny jeans, you know where I'm going with this. In order to be comfy and flattering (which is what jeans are for), they have to fit you right. One thing I know I'm guilty of is hanging on too long to jeans that don't fit and won't fit again. Accepting you have a problem is the first step. Realizing that just because your pant size has increased doesn't mean you can't look fab in your jeans is the ultimate goal. You will look slimmer 100 per cent of the time if you are wearing the right size than if you try to squeeze yourself into too-tight jeans. Lucky for us, relaxed fit and "boyfriend" styles are surging in popularity this spring.

Once you've made sure that you know the best size and style to flatter your body type, you can experiment with denim trends happening this season. Coloured denim is an easy way to brighten up your look. Trade in your trusty dark wash denim for a purple, pink or mint green pair. The colour palette for spring has a lot of pastels. In most cases, these light colours will function as neutrals in an outfit, so that



CREDIT: FASHION TREND GUIDE

makes dressing even easier, as you can wear any top you like.

A twist on the coloured denim trend is the *printed* denim trend. This look is a little bit trickier to pull off, because you have to be more conscious when choosing your top. It's always a good idea to go with a basic top in a plain colour when working with printed pants. Popular prints include florals, polka dots, stripes and stars. Printed jeans are a funky way to jazz up your casual look and instantly up your cute-factor.

That being said, a good ol' pair of baby blues is never out of fashion. If you want to go for a beachy, downtown cool vibe this summer, look no further than deconstructed, vintage-looking denim. These babies are worn in all the right places, carefully ripped to make it look accidental, and fit you like a glove. Whether they're full-length, cropped to the

ankle or shorts, it is this writer's opinion that it's always best to go with a more relaxed fit when choosing deconstructed denim. Let's just say that when your thigh is popping out of the holes in your super-skinny jeans, it is a less than desirable effect. Not that I've had that experience...

Now that you have a whole new wardrobe of jeans to buy, you can consider other ways to bring some denim into your life. The ever-popular jean jacket, which has stood the test of time from James Dean to Madonna to Kurt Cobain to Alexa Chung, is a must-have. Update the style for this season by looking for "moto" inspired versions. Another way to work denim into your look is through the denim shirt. Once reserved for cowboys and manual labourers, button-down denim tops are a cool and casual way to top off your look.



CREDIT: INDULGY.COM

An organized living space leads to a happy life!

It's time to clean up your year-end clutter



TURN BORING SPACES BEAUTIFUL
BRITTANY ROACH

With the school year quickly coming to an end, we students will finally have time to clean up and get organized. I know that any student, especially students in a design program, will finish the school year with plenty of paperwork and bulky assignments lying around their living spaces.

All of these projects you have laying around your home will someday be useful; you never know when you're going to need to look back at your notes from previous years for a quick review. To make your life a little easier for the next few years, it's a great idea to organize your schoolwork. Who wants stacks of old homework just lying out in the open?

A great way to start organizing your schoolwork is to sort by semester and class if you haven't already done so – sometimes we just don't have the time during the busy school months. From there you can determine what type of organizers you need, depending on your program. Some projects may simply require a few baskets or file

cabinets, while others may need bookshelves or even portfolio cases.

To maximize your organization, add labels to your projects and bundle them together. If you want to get really particular on organization, bundle them by the dates you completed them. I organized my projects into separate portfolios by semester and filed them by the date they were completed with labels of the name of the projects. This was the easiest and quickest way to find old notes for reference.

Most importantly, you need to de-clutter by throwing out or selling anything that is unwanted. If you are like me, you might find yourself rewriting your notes, so throw the old copies out! Get rid of your old textbooks – the ones you swear you will never touch again. They will just take up precious space in your home.

The key is to remember that organization is a step in the direction toward a calmer life style. Make your next school year or your future career easier by organizing your notes and projects for faster reference. Good luck to everyone on your final exams and to everyone graduating from Fanshawe College this year. Remember keep organized and stay calm!

The scents of summer 2013



BEAUTY BOY
JOSHUA R. WALLER
joshua.r.waller@gmail.com

While fragrance is a very personal thing and there are those of us who will loyally stick to our one favourite scent, it's time to find a new one for the summer of 2013. This doesn't mean you need to get rid of your absolute favourite scent, it just means you need to retire it for the summer and find something that is fresh and new! Heavier scents or deep musks that may have been worn during the winter or holiday season are now going to be a bit too much for a beach day or a summer's evening out (when that weather finally comes.)

If you do like a richer fragrance or want something that is a bit deeper for an evening without being too overpowering, Vera Wang's Lovestruck Floral Rush may be one for you to look out for. In its gorgeously designed bottle, with a large flower ornament as a lid, lies a scent with notes such as apricot blossom, white freesia and a base of sheer musk which gives the fragrance depth.

A lighter floral scent that is better worn out as an everyday fragrance is Flora by Gucci. While this perfume may be a bit more expensive, it has beautiful notes of white floral and creamy magnolia with a more earthy and woody base. This fragrance is also a bit more mature smelling compared to the Vera Wang one, which tends to be more targeted to a younger generation.

Another extremely popular scent that is out just in time for summer is Escada's Cherry in the Air. Every year since 1993, Escada has released a limited edition fragrance that usually tends to be on the floral-fruity side. This year, Cherry in the Air is exactly that; a very light fragrance with two very prominent notes of sour cherry and raspberry. What gives this fragrance its sweetness is the hint of marshmallow, and it's the note of sandalwood that gives it its floral base. If this is one you're interested in, make sure you get it right away because once it's sold out, it doesn't come back!

Jean Paul-Gaultier has once again launched a brand new edition of his iconic woman-shaped perfume bottle, *Classique Summer 2013*, except this year it's been inked up! The bottle is covered in



CREDIT: FASHIONGONEROGUE.COM

Jean-Paul Gaultier's *Classique Summer 2013* bottle design is inspired by koi and carp tattoos.

intricate and beautiful designs inspired by carp and koi tattoos (almost having an Ed Hardy feel). The fragrance's top notes are a blend of Sicilian lemon, orange blossom and tangerine, which gives it a very citrusy beginning. It then settles to hints of ylang-ylang and rose and finishes with a deep musk, amber and vanilla.

With the nicer weather (hopefully) just around the corner, start looking into your fresh new summer scent! If it is really hard to give up on your "go-to" fragrance, find out the major notes in it and find a lighter, comparable one that will be more appropriate for the summer!



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Students show off their Spring Sophistication

HAI HA NGUYEN
INTERROBANG

The spring season welcomes a sense of freshness, newness and, particularly this season, an air of sophistication. On April 19, the first-year Fashion Design students will showcase their 2013 Spring Collection at Shoppers Drug Mart Beauty Boutique at Huron and Highbury Streets (1365 Huron St.) as a Fashion Show and Gala event! The event, Spring Sophistication, focuses on dressy, coordinated separates that can be worn in the daytime as career wear and as nighttime classy pieces. Spring Sophistication is a fusion of all the inspirations, ideas, creativity and research of all the designers.

Throughout the semester, students worked together to create their final coordinated separate pieces. The process began with their personal inspirations and ideas, and then eventually worked together to refine their concept and direction. From there, they designed and created separates that their target customer would enjoy. In a creative environment, one idea can have many different variations and that will be apparent in the collections at the fashion show. The

chosen colour palettes will appeal to everyone's preferences, ranging from nudes to pastels to vibrant and vivid colours.

This exciting event is an occasion that encourages guests to dress up, get their makeup professionally applied at the gala and watch a fun fashion show that supports local design students. Guests can receive makeup and skin care advice and techniques from the top cosmeticians in The Beauty Boutique, as well as learn about all the new makeup launches and how to wear these new looks with their spring wardrobe.

The event is a perfect girls' night out. It is a great atmosphere to socialize and get updated on new fashion and make up trends before going out that night!

If you're thinking of heading out for the night, why not stop by and get your makeup done for the night with your all your friends? The Gala runs from 6:30 to 8:30 p.m. and the fashion show starts at 7 p.m. Tickets are only \$5, and each ticket is an entry into a draw to win a basket of beauty products. Come out and support Fanshawe's talented designers!

What summers are made for



McGee's Movie Moments
ALISON MCGEE
a_mcgee3@fanshaweonline.ca

Another school year has come and gone... well, for those of you who aren't taking classes during the summer semester, anyway. Even though most of you will probably find yourselves working this summer, no matter if it's a full-time job or a part-time gig somewhere, summers are made for one thing: movies.

Maybe you like to get your summer movie fix in the cool comfort of the air-conditioned theatre. There is something to be said for this. Summer is the season of blockbusters, those big-budget, high-intensity flicks that everyone goes to see over and over again. These types of movies are often best viewed up on the big screen, so take the opportunity to get the very most out of them with your litre of pop and your extra-large popcorn.

Maybe you like to spend your lazy summer days watching your favourite DVDs in bed. There can be something magical in this practice, too. Getting all cozy in your light summer lounge clothes, curling up on your couch (or better yet, in your bed), with a giant glass of lemonade or iced tea to help keep you cool. You can spend entire days this way, and sometimes it's the most relaxing thing in the world – just what you need to unwind and recharge after a hectic spring of classes, papers and exams.

But the best way, the absolute best way, to get in your summer movie viewing is in the one place you can only visit during the warmth of the season: the drive-in.

If you've never been to this most magical of cinematic places, I suggest that the very next Friday night that it's open you take your best friend or your special someone and go see what it's all about.

The drive-in brings to life the old-school feeling of what movies were like during the height of Old Hollywood. Sometimes, if you're lucky enough, they even play the classic "let's all go to the lobby" commercial featuring the singing and dancing cup and bag of popcorn.

I'm not sure what it is exactly that makes the drive-in so filled with wonder for me. Maybe it's the warmth of the summer night being so intense that all you need is a t-shirt and a pair of old ripped jean shorts to keep you comfortable. Maybe it's the altogether unique experience of pulling in, parking the car, rolling down the windows and cranking the radio, which plays the audio track on the world's tiniest radio frequency.

This summer is bound to be full of great movies. Whether you want to watch them alone or with those you love, in bed in your sweats or out at the local theatre, find a way to spend the hazy, lazy days of summer getting lost in new worlds and having glorious new adventures.

Don't break your back while you pack



MY SERIES OF UNFORTUNATE EVENTS
JENNA WANT
j_want2@fanshaweonline.ca

With the end of the school year finally here, you may be celebrating by going on a warm holiday with friends or by preparing to move home for the summer. No matter what you're up to, it's time to start packing!

Sometimes I think if I hadn't been named Jenna, I would've been given the name "Over-packer." I'm the girl who brings a suitcase and a duffel bag for a weekend getaway to Grandma's.

As soon as my empty suitcase is unzipped, my alter ego takes over. During this two-day expedition I am under the impression that I will go on a hike, go to an art gala, the gym, a royal ball, the beach, a night on the town, and a cooking lesson. Each and every one of these activities requires a different outfit and a different pair of shoes, so it's safe to say that the suitcase fills up pretty quickly between the hiking boots and the ball gown. Mind you, in reality, my weekend consists of sweatpants and apple pie in front of the TV.

I really don't know how you rational thinkers do it. It makes sense on paper: two outfits, one pair of pajamas, and the necessary toiletries. So what is it that makes it so difficult?

In my defense, accidents do happen, in which case more than two outfits are necessary. You never know when your spaghetti dinner will end up on your shirt instead of in your mouth.



CREDIT: NUBRY.COM

When you're packing up your stuff, don't think like Jenna Want – pare your items down for a much happier suitcase-cramming experience.

When it comes to packing for a longer period of time, I used to rely on the old "sit on the suitcase" technique to get me by. Fortunately, I'd like to think that I'm improving, one pair of socks at a time. My general rule of thumb for a short vacation is that if I haven't worn the item of clothing in two weeks, leave it behind.

If you're moving back to your hometown, consider doing some spring cleaning to make things a bit easier for yourself. The tie-dye

shirt you made in the fifth grade won't be missed, trust me.

My biggest piece of advice when it comes to packing is not to follow in my footsteps. Be realistic – unless you genuinely have plans to hike the Swiss Alps, leave your gear behind.

Best of luck to you all! I am writing this last sentence as I get my roommate to jump on my suitcase in attempts to zip it shut.

Have a fabulous summer, wherever you go!

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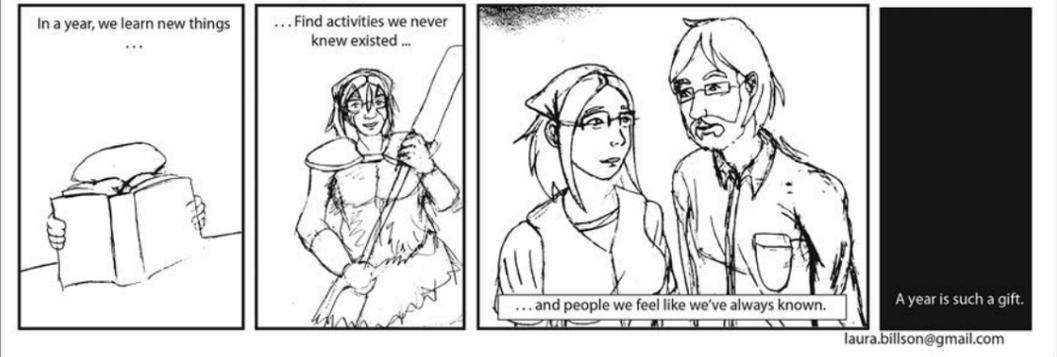
Server for The Out Back Shack

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We are hiring work study students to work full-time from May to August. Go to www.fsu.ca/jobs to apply for work study. Once qualified come to the FSU Office SC2001 with your resume. Contact: Emma Zekveld at e_zekveld@fanshawe.ca for job inquiries

NOT NEUROTYPICAL

Thank you Fanshawe for another great year.



laura.billson@gmail.com

Graphical Deviants

By: Chris Miszczak © 2013



http://www.drunkduck.com/Graphical_Deviants/

Mouthless "Just Got It Cleaned"



Created by Charles Mark Colling 2013



collingmark@gmail.com

Butt sweat n Tears by Andres Silva



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Aries (March 21 - April 19)

The moon tickles and prods your Martian side, playing on its weakness. Too much force will only get you deeper into trouble. Cool down and think about this for a while.

Taurus (April 20 - May 20)

Your week should be complete, but something's missing. Follow a scent from the moment that you pick up its trail. Desire could make a fool of you if you're not careful.

Gemini (May 21 - June 20)

Longtime allies disagree with each other. Both good and bad medicine are difficult to swallow. Any steps taken now should be carefully considered in advance. Intelligence is your greatest asset.

Cancer (June 21 - July 21)

You're on the edge, and you could learn to like it here. Let yourself be passionate and creative, and everything else will take care of itself. The stars are picking up your tab this time.

Leo (July 23 - August 22)

Put on your serious face. Impersonate authority without an ounce of satire. You're genuinely curious, but only the conventional means of fact-finding carry any weight around here. Be discreet and proper.

Virgo (August 23 - Sept. 22)

Self-analysis is easy when you have nothing to lose. A stranger or acquaintance is attracted by your sense of security. It's okay to talk shop at a social event. Ask questions and really listen to the answers.

Libra (Sept. 23 - Oct. 22)

Your audience is limited and fickle. Get your story right the first time, just in case this is your only chance to tell it. It's a sad truth that many people are attracted mainly by money - or even the promise of it.

Scorpio (Oct. 23 - Nov. 21)

You're beyond pretending and posing. Your natural state could frighten off those with delicate sensibilities. Don't apologize for who you are; you're here to enjoy yourself.

Sagittarius (Nov. 22 - Dec. 21)

You're wise in a right-brained way. Parts of your brain are in full motion, parts that are usually only active when you're asleep. If you have an art, this is the perfect time to pursue it. Conversation is probably useless.

Capricorn (Dec. 22 - Jan. 19)

You're far ahead of everyone else, and they sure seem to be taking their time. For now, you like doing more than your share. Things will even out soon enough.

Aquarius (Jan. 20 - Feb. 18)

You're disappointed when a plan falls through. It's probably for the best - you need this time to chill out and marshal your forces. Patience is a welcome exercise for someone addicted to instant gratification.

Pisces (Feb. 18 - March 20)

Your channels are open. The energy is flowing again. You applaud each trick that your imagination plays on you. Your past failures weren't mistakes but merely practice for this moment.

QUIRKY FACTS

1. During the Gold Rush in 1849, some people paid as much as \$100 for a glass of water!
2. During the 1600's, boys and girls in England wore dresses until they were about seven years old.

3. Contrary to popular belief, the first ironclad warships were built by Korea in the 16th century.
4. Clocks made before 1660 had only one hand - an hour hand.
5. Cleopatra wasn't Egyptian; she was Greek.
6. Che Guevara suffered from asthma!
7. Canada's new flag, with its maple leaf design, was unfurled in

1965 in Ottawa!
8. At age 18, the Queen of England was a mechanic for the British Military.
9. Approximately 40 per cent of the U.S. paper currency in circulation was counterfeit by the end of the Civil War.
10. Ancient Romans at one time used human urine as an ingredient in their toothpaste.
11. A baboon called Jackie became a private in the South African army in World War I.
12. A B-25 bomber airplane crashed into the 79th floor of the Empire State Building on July 28, 1945.

Sudoku Puzzle

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

puzzle rating: medium

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

Across

- Result of an allergy?
- Engine
- Highest and most active volcano in Europe
- Feminine name
- Over
- Large tropical Asian tree
- Movable mechanical arm
- Chart again
- Grant of land to be held rent free (Hindi law)
- Make a mistake
- Elapse
- One ingredient found in 11 Down
- One ingredient found in 11 Down
- Colour
- Arab garment
- Cabbage cousin
- Doctrine
- One ingredient found in 11 Down
- Miners' goals
- Be in debt
- Sound of a pig
- Heals
- Drought-resistant leguminous plant
- "What ___ you doing?"
- One ingredient found in 11 Down
- Social class
- Traditional Jewish courtesy title
- At a distance
- University in Dallas, Texas
- Loose-fitting outer garments
- Warehouse's purpose
- Formerly Formosa
- Slender
- Chatter
- Basic monetary unit of Iran

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		

- One ingredient found in 11 Down
- One ingredient found in 11 Down
- Poker stake
- Inactive
- ___ the Great (grand duke of Moscow - 1462-1505)
- Editor's mark
- Takes a break
- Depend (on)
- Disobey
- Regard with deep affection
- Explosive sound made through the nose
- One ingredient found in 11 Down
- Hollow gourd used as a musical instrument
- Corpulent
- Male turkeys
- Eggs
- Snakes, for example
- Medical alternative for a laxative
- Theme of this puzzle: Oasis
- Special: ___ D "Tasty Jam" Burger
- Tidy
- Bullets
- Taverns
- Cheers at a Spanish bullfight
- Chore
- Heavily loaded
- Part of Palau
- Hit at a fly
- Insignificant
- Glide through the sky
- Electrician's necessity
- Make drunk
- Cape San ___ is located at the extreme southern tip of the Baja California peninsula, Mexico
- Strong black coffee (2 words)
- Large wild ox
- Small rich cake
- "Let's git goin'"
- Spends grudgingly
- Young nocturnal bird
- Brief
- Century plant, for one
- Semi-domestical ox used in India
- Hard dark wood
- Lala preceders
- "___ ain't a word"
- Fastens a shoelace
- Compass direction
- First modular space station

Solution on page 18

Word Search

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

Bodies of Water

(Words in parentheses not in puzzle)

- | | | |
|------------------|----------------|--------------------|
| Amazon (River) | Caspian (Sea) | Nile (River) |
| Arctic (Ocean) | Dead (Sea) | Pacific (Ocean) |
| Atlantic (Ocean) | Fundy (Bay of) | Red (River or Sea) |
| Baltic (Sea) | Huron (Lake) | Thames (River) |
| Black (Sea) | Indian (Ocean) | Ural (Ocean) |

A new sushi experience



MEL'S MUNCHIES
MEL ANDERSON
m_anderson6@fanshawec.ca

Ordering off iPads? Pretty cool, if you ask me. London's newest sushi restaurant, 168 Sushi Buffet, is a new all-you-can-eat experience.

I visited the restaurant on a Friday for lunch, and had an amazing time. My meal was a great price, \$13.95 for a weekday lunch, but going after 4 p.m. will cost you. During the week dinner service is \$21.95 and on the weekend increases to \$23.95 – pretty pricey for sushi.

The restaurant was busy on a Friday around 3 p.m., but with a 6,000 square foot building and 200 seats, they had no problem seating us with no reservation.

The iPads at each table added a modern and sleek appeal to the restaurant. Each menu item had a clear picture and descriptions, which helped us determine exactly what to order.

You use the iPad to order your meal by simply hitting the “plus” symbol and adding each item into your order list. Once we submitted our order, a message appeared on our screen: “Sit tight, your server is coming.” I found it a little bit awkward that once we submitted our order, we had to wait for our server to send it to the kitchen, so sometimes we were left waiting for a few minutes.

With inspiration from Japanese,



CREDIT: ROZIN ABBAS

168 Sushi Buffet offers a delectable variety of Japanese, Korean, Chinese and Thai food.

Chinese, Korean and Thai cuisine, there was great variety in the menu, but it was a little bit overwhelming.

In addition to sushi, the menu featured everything from Dim Sum to curry items to tempura and soups. Some of my favourite items were the steamed pork dumplings, the seaweed salad, and the chicken teriyaki.

My favourite sushi item was the green dragon roll, which features tempura shrimp inside and avocado on the top. The sushi was definitely fresh, but it was difficult to eat; it was served warm and the rice sometimes fell apart.

The portions were small, which was helpful when trying not to over-order (and get charged for

leaving too much food on your table).

The service was very fast, which also helps the all-you-can-eat experience, because you can gauge how full you're getting, and how much more to order.

If you're a sushi lover, I would definitely recommend you try out London's newest sushi addition. It's located at 660 Oxford St. W., just west of Wonderland and Oxford.

For the best value, go for lunch and go hungry!

If you have a restaurant or recipe suggestion for Mel's Munchies, email her at m_anderson6@fanshawec.ca.

My dystopia is better than your dystopia



READING BETWEEN THE LINES
ESHAAN GUPTA
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Everybody's go-to for dystopian fiction is either George Orwell's totalitarian *Nineteen Eighty-Four* or Aldous Huxley's *Brave New World*. And why not? Both are landmark science fiction novels whose words and concepts have entered our daily lexicon. *Nineteen Eighty-Four* was a critique of the government, while *Brave New World* was more or less a criticism of the carefree flapper lifestyle of the 1920s. Which book got it right? Well, really, before all that, let's dive into story behind these books.

Ironically enough, being one of the most challenged books of all time, *Nineteen Eighty-Four* takes place in a hopeless future of propaganda and potemkin wars. The government is entwined in such nefarious deeds as spying on its citizens and mercilessly torturing and brainwashing dissenters. The book's protagonist, Winston Smith, is in charge of altering historical documents to better suit the party's ever-changing manufactured story. *Nineteen Eighty-Four* tells the story of a government born out of madness and out of need, with the rest of the world already in shambles. Orwell, much like in *Animal Farm*, intended *Nineteen Eighty-Four* as a parody of Stalinism: the brazenly careless attitudes towards human feelings, the constant surveillance, the lies spread of profitable harvests in the fields, the beating down of

the human spirit to a broken husk.

Brave New World, on the other hand, was less about parodying events than painting the future based on the direction Aldous Huxley saw it going in. Promiscuity. Simplicity. A subliminally conditioned enjoyment of one's meager or fantastic life, thanks to sleep learning. Due to the real story of the book beginning around its middle, and my refusal to spoil things, let's just say the first half of the book is based around establishing and explaining the seemingly utopian society of *Brave New World*.

Of course, now that we understand that *Nineteen Eighty-Four* and *Brave New World* were very different, what can we really draw from this knowledge? Well, not much. The fact of the matter is, both books, rather than presenting opposing viewpoints, instead display ideas that more or less complement each other.

Both *Nineteen Eighty-Four* and *Brave New World* feature the censorship of works for being subversive, offensive or generally not complying with an arbitrary moral standard. While our society has not gone as far as outright government intervention on free speech, the shaming by the hands of so-called moral guardians in order to induce self-censorship is a movement gaining popularity.

The increase of surveillance into our private lives and affairs by the hands of Big-Brother-type government agencies has been accepted with normalcy. It is currently common knowledge that every email sent will likely pass through the

grubby e-hands of some Bureau agent for scrutiny of any possible terrorist activity. And not just the government, but private entities, too. With all kinds of browser cookies tracking your habit and GPS-based tracking on our phones, our lives are becoming very concurrent with *Nineteen Eighty-Four*.

Let's not forget *Brave New World* in this messy mix. While it certainly did predict the increase of sexual promiscuity (or at least the openness toward it) in both genders, in today's more sexually liberated society, we don't necessarily accept it as a bad thing. Teaching young Jimmy or Marie about STIs, pregnancy and rolling on the rubbers is the best we can do without being imposing and restrictive of freedoms. But one thing that *Brave New World* did predict that will resonate with us is the promotion of self-centred apathy. The characters of the book are tuned to not care about those perceived of as a lower class, and, in general, have no concept of family due to the society being based around manufactured humans.

There are so many more topics these books discuss that I could compare to our society, like the destruction of words, our state of constant medication... far too many for this article. I suppose the rather grim conclusion is that we're a victim of both books' evils, not one over the other.

Reading Between The Lines explores books that you may have missed out on that are worth your while. If you have a book to suggest, email Eshaan at e_gupta@fanshaweonline.ca.

BEST IN LATE NIGHT COMIC RELIEF

THE LATE LATE SHOW with Craig Ferguson

It is spring in L.A. Flowers are blooming, sundresses are coming out, and Taylor Swift is gathering up new boyfriends to last through the summer.

Even though it's warm here in L.A., people still have to wear layers - at least until their plastic surgery heals.

Today happens to be Vaffeldagen. That is Swedish for Waffle Day. Every year on March 25, the people of Sweden get out of their Volvos, turn off their ABBA CDs, and start making waffles.

Some say being a poet is a dying profession. It's like being a video store clerk, or a BlackBerry salesman, or a late-night talk-show host.



LATE NIGHT with Jimmy Fallon

A NASA official told Congress that if a meteor was on track to strike the U.S., Americans should pray. Even Pope Francis was like, “That’s your Plan A?”

There’s a growing trend of older Americans who are using marijuana in their retirement. That makes sense because old people are always talking about their joints.

I guess the marijuana trend explains why White Castle is now offering an early bird special.

A father of five has come forward to claim Saturday’s winning Powerball ticket worth \$338 million. Or as he told his five kids, “Great news. Three of you can go to college.”



JIMMY KIMMEL LIVE with Jimmy Kimmel

A chicken in China laid a giant egg. When they cracked the egg open, they found two yolks in it. Then they found, inside the egg, another egg. And when they cracked that egg open, it had another yolk in it. The chicken gave birth to a Denny’s Grand Slam breakfast.

Actress Tilda Swinton gave an unusual performance at the Museum of Modern Art this weekend. She slept in a glass box in the middle of the museum all day. If you are in New York, for \$20 you can watch Tilda Swinton sleep in a box. In L.A. you can watch Gary Busey pass out in public for free.

Personally, I rarely make good decisions, when I’m wearing a robe.



CONAN with Conan O’Brien

Passover is the time every year when I’m forced to spend eight days and eight nights writing all my own jokes.

During his trip to the Middle East, President Obama helped restore Israel’s relationship with Turkey. Now, onto the final hurdle — restoring Israel’s relationship with pork.

Some people traveled to Washington and paid as much as \$6,000 to watch the Supreme Court’s deliberations on gay marriage. Yeah, \$6,000. Maybe that’s why the Supreme Court launched its 41-city “Monsters of Gay Marriage Deliberation Tour.”

In Kentucky, a teenager was arrested for falsely yelling “Bingo” in a Bingo hall. It’s being called the first-ever arrest that actually diminished someone’s street cred.



THE TONIGHT SHOW with Jay Leno

Scientists say they are getting closer to being able to do *Jurassic Park*-style cloning of extinct species. Imagine that! Things that were thought to be extinct could be brought back from the dead. So there’s hope for NBC. It could turn around.

A 33-year-old woman in Britain claims to have an allergic reaction to exercise. She says every time she exercises, she has an allergic reaction. Actually, I have that. You know how I treat it? Pizza.

Infectious disease experts are now warning people around the world to stay away from bats. Do you have to tell people that, really? You know which bats are not dangerous? The ones the Chicago Cubs use.



THE LATE SHOW with David Letterman

A guy in Great Britain found a way to make cars run on coffee. It sounds like a great idea, right? Well, wait until you start trying to fill up the tank at Starbucks.

The new Pope worked as a bouncer in a nightclub. You don’t think of that as step No. 1 on your way to the top, do you?

The average American works six months a year for the government. Think about that. Government employees don’t even work six months a year for the government.

In New York City you can park free for as long as you like - anywhere in New York City. Don’t worry about the tickets. Mayor Bloomberg says, “It’s on me. I’ll take care of it.” Oh, April Fools!



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The Joes look to retaliate in latest blockbuster



REEL VIEWS
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G.I. Joe: Retaliation (2013)



Little boys have, for a long time, loved playing with G.I. Joes. You know, the “real American heroes.” For a shorter time, boys, girls, men and women alike have loved watching the big-screen adaptations of these quintessential childhood toys. Well, for all of you in that category you’re in luck! The newest big budget adventure of the Joes has arrived.

G.I. Joe: Retaliation is the second in the series of the childhood fantasy flicks, and this time, things are even more action-packed than before. *Retaliation* begins with the team of Joes being framed for stealing nuclear warheads from Pakistan, the aftermath of which leads to a strike to eliminate the entire team. Unfortunately, not all manage to survive and – spoiler alert! – previous headliner Duke is unceremoniously killed off. Those who survive – Roadblock, Flint and Lady Jaye – swear revenge on those who killed Duke and set out to clear the good name of the Joes. Meanwhile, Cobra is at it again

with Cobra Commander being rescued from imprisonment and an impostor being sent to impersonate the President of the United States. When Lady Jaye figures out the President is a fraud, Roadblock leads what remains of the Joes team to the only man who can help them: General Joseph Colton. From there on it’s business as usual: Joes fighting Cobra and good doing everything it can to triumph over evil.

This time around, the casting choices for the Joes are being switched up a little bit as some familiar faces leave the series to make way for some big guns. Within the first few minutes of the flick, series star up to this point Channing Tatum, as Duke, is offed. Thankfully, he dies a glorious soldier’s death, however it seems strange to kill off the star of the previous installment at the very beginning of the flick.

Coming in to replace Tatum as the leader of the Joes is Dwayne “The Rock” Johnson as Roadblock. Everyone knows that The Rock, as he is so endearingly called in the world of action movies, is a professional wrestler who has made a real name for himself as an action star. As usual, Johnson gives a performance that is all adrenaline-filled, all action-packed, all the time. Johnson is actually quite perfect for this role, given that he is playing the toughest of the tough soldiers.

Also joining the cast this time



CREDIT: SKYDANCE PRODUCTIONS

Dwayne “The Rock” Johnson stars in *G.I. Joe: Retaliation* as Roadblock.

around is the pinnacle of Hollywood action stars himself, Bruce Willis. Willis brings to life the hard-ass General Joseph Colton. Bruce Willis is... well, he is Bruce Willis. He is exactly what you would expect of him in this role: hard, intense and willing to do whatever it takes to get the job done. Much like Johnson is, Willis is also perfect for this type of role in this type of movie.

Rounding out the cast are Adrienne Palicki as Lady Jayne, Luke Bracey as Cobra Commander, Lee Byung-hun as Storm Shadow and Ray Park as Snake Eyes.

Filmed and projected in 3D, *G.I. Joe: Retaliation* gives a new dimension to the action-filled favourite. Even though some people are admittedly not fans of the new technology, it has to be said

that flicks like *Retaliation* are really what 3D is made for. It’s fun really to see something so reminiscent of your childhood brought to life not only on a giant screen but also in the third dimension.

If you lived for your G.I. Joes when you were little, or if you even still have some kicking around now, head to the theatre and check out *G.I. Joe: Retaliation*. You won’t be disappointed.

Roller Derby film never goes off track



Cinema Connoisseur
ALLEN GAYNOR
www.cinemaconn.com

Blood on the Flat Track: Rise of the Rat City Rollergirls (2007)



This has to be the greatest time of the year for sports fans. The Major League Baseball season kicks off in early April. The NHL playoffs usually begin around this time. There is the continuation of March Madness. But, most importantly, it is the time of year when many roller derby leagues start their seasons.

Originally gaining a huge following in the 1940s, the mostly female sport has experienced a revival in recent years. It is even under consideration to become a medal sport in the 2020 Summer Olympics. This is great news; for while, I have always had the utmost respect for the athletes involved, many have viewed it as fringe sport. Yes, some have thrown it in the same category as jousting, dwarf tossing and hide and seek. I don’t like to brag, but I am quite the hide and seek player. I once hid behind a sack of potatoes for 45 minutes before the other players gave up. So if roller derby gets accepted into the Olympics, I feel hide and seek has an outside shot as well, and I could do Canada proud.

The 2007 documentary *Blood on the Flat Track: Rise of the Rat City Rollergirls* puts the fledging sport under the microscope, and introduces us to the colourful athletes that make up the game. The Rat City Rollergirls league is based out of Seattle, and began to draw huge crowds in their first two years – no wonder, with a roster of competitors with monikers such as: Punchin’ Judy, Cybil Unrest, Bruise Lee, Ann Munition, Pia Mess, Blonde an’ Bitchin’, Darth Skater, Jowanna Ass Kickin’ and Payne Gretzky.

The women of the Rat City Rollergirls are tough and fast as anyone who has knowledge of the sport would expect. The one thing I didn’t know is how many different hats (or helmets) the competitors must wear. Not only are they the featured talent, but they take care of many of the behind the scenes tasks. Putting together the programs, booking venues and assembling the track are just a few of the jobs these women take on. You wouldn’t catch athletes from some of the other major sports getting their hands dirty like this. I’d like to see LeBron James try to use Microsoft Publisher to design an advertisement for a Miami Heat game. Baseball star Alex Rodriguez may have plowed many fields, but he’d be hopeless trying to mow the grass at Yankee stadium.

Not only do the women have to manage many different aspects of the sport, but they also have a lot of other things on their plate. You might be surprised to learn that multimillion-dollar roller derby contracts do not exist. So these



CREDIT: MONGREL MEDIA

Roller girl Basket Casey is out for blood.

women have to juggle their derby responsibilities, their day jobs, relationships, and sometimes their children. Incidentally, child juggling is also one of the sports being considered for Olympic inclusion in 2020.

Hopefully if the inclusion in the Olympics does happen, the deserving women of roller derby will be given more coverage by the major sports media outlets. It is really in a unique position, being perhaps the only female dominated sport. Unless you consider wet t-shirt contests a sport. And I do. Major

sports media outlets don’t want to cover that, either, no matter how many professionally written letters I pen.

Blood on the Flat Track: Rise of the Rat City Rollergirls is a terrific documentary that will give you a whole new appreciation for the stars of a quickly rising sport. It really showcases the camaraderie that exists between the athletes (even those on rival teams), and the bumps and bruises that these women endure. It will all be worth it though once Syphilis Diller, Wikibleedia and Susan B. Agony

become household names.

It has been another great year writing for the Interrobang. I especially want to thank whoever it is that updates the Interrobang’s website... perhaps it is the day job of a roller derby girl? Hope everyone has a nice summer. You can read all the reviews I have written from my decades-long career as a film reviewer at cinemaconn.com. You can also follow me on Twitter (@cinemaconn), where I will now be reviewing films in 140 characters or less... in haiku form.



CREDIT: THRILLER: A CRUEL PICTURE

Swedish actress Christina Lindberg is a Swedish journalist known internationally for her work as an actress and glamour model in the late 1960s and early 1970s. She starred in such titles as *Thriller – A Cruel Picture*, *Anita: Swedish Nymphet*, *Exponerad*, *Rötmånad* and *Love in 3-D* among other titles, and will be on hand for a screening of one of her films and signing autographs while being followed by a Swedish documentary crew.

Sex, blood and videotape: Shock Stock returns to London

ANDREW VIDLER
INTERROBANG

From April 12 to 14, London will be hosting fans of horror and sleaze from all over North America for the third annual Shock Stock Subculture Weekend Celebration and VHS Tape Swap. This horror convention was started in 2011 by Jake Windatt of Grimbrothers Entertainment and James 'Weird James' Bialkowsky of Vagrancy Films, a former FM96 radio personality. The only one of its kind in Ontario, Shock Stock celebrates all things horror, sleaze and exploitation, providing horror fans an environment that is specifically tailored to their interests.

While covering multiple genres from comics to sci-fi to Japanese animation as vendors during the annual FanExpo convention in Toronto, Windatt and Bialkowsky realized that the horror genre was quickly becoming overshadowed by more popular attractions and an overabundance of genres.

"Over the years, we and lots of others worked extremely hard to bring in exciting guests so we can celebrate and pay respects to them," explained Windatt, "but they've become lost among the big 'flavour of the month' attractions such as *The Walking Dead* and *Game of Thrones*." Unsatisfied with the exposure that they were bringing their genre, the pair decided to break away from the larger convention in order to, as Windatt put it, "deliver the show for the guy who doesn't fit in at the 'big' events."

As a self-proclaimed lover of all things old school, preferring the use of a typewriter instead of a computer, Windatt's convention reflects his preferences. "We don't want to bring in the same people that you would see at the bigger conventions," explained Windatt. "We've decided to focus more on horror and exploitation, in the style of the grindhouse movies of the 1970s." Grindhouse films are traditionally associated with over-

the-top violence, low budgets and themes designed to shock the audience. This focus away from the mainstream productions also presents an opportunity for those filmmakers who still use the traditional 35mm film to showcase their work.

Attached to Shock Stock event is the annual VHS tape swap, where collectors and vendors can buy, sell or exchange their classic and rare videotapes. According to Windatt, the collectors market for VHS tapes has seen a large resurgence in the last five years, and shows no sign of slowing. "We initially brought tapes to FanExpo to see how they would sell, and we noticed a large demand, especially on more underground titles that were impossible to find in another format, so when we left we made it a part of our show." Windatt credited the tape swap as "creating a strong sense of community in a short period of time" at Shock Stock.

Major events at this year's convention include a screening of *The Rocky Horror Picture Show* at the Rainbow Cinemas hosted by actress Patricia Quinn, the premiere of *The Ghostkeepers*, by Canadian director Anthony D.P. Mann, and an after-hours screening room at the Station Park Hotel. Scheduled guests include zombie artist Rob Sachetto, *American Horror Story: Asylum* actress Naomi Grossman and the first-ever Canadian appearance of Swedish horror icon, Christina Lindberg. The actress is hosting a gala screening of one of her classic films, and will be bringing with her a two person documentary crew from Swedish network SVT. There will also be a series of autograph sessions, film trailers, Q&As and vendors for fans to explore.

Shock Stock is being held April 12 to 14 at Centennial Hall, 550 Wellington St. A full event schedule, guest list and ticket information is available at grimbrothers.com.



CREDIT: THE BALCONIES

(From left) Samar Almadhoun, Danny Klapak, Danielle Schnekenburger and Lacey LaRose present their project, "Assessment of Soluble and Slow-Release Fertilizer Regimes on Geranium Growth," at the Student Research and Innovation Day in early April. The team of Bachelor of Applied Biotechnology students studied soil used by Horticulture students to grow geraniums as part of their program. Based on the group's findings, the Horticulture students have switched soils to one that requires less work and is more environmentally friendly.

I survived brain surgery ... now what?

KATELYN CULLUM
THE CORD

WATERLOO (CUP) — "I never thought this would happen to me." Those are the words out of everyone's mouth after they have gone through something bad. No one expects it, no one is prepared for it and no one knows how to deal with it.

Unfortunately, I spoke those choice words at the beginning of October, when I woke up in an Intensive Care Unit (ICU) from a medically induced coma due to my brain surgery.

Loaded sentence, eh?

I wish I could follow it up with a wicked story that makes me seem cool and dangerous, but this all happened because I went with my friend to get a piercing and fainted because I saw him flinch.

I ended up with staples in the back of my head because I had cut it open and was transferred to Hamilton General Hospital so my brain could be monitored. This was because I had an epidural hematoma, which is an accumulation of blood between the inside of my skull and outer covering of my brain.

I was admitted on a Monday and the following Saturday I was rushed into emergency surgery that required the removal of a portion of my skull because I had a seizure since my brain was swollen and bleeding.

Fortunately, I don't remember any of this and woke up in the ICU about three days later.

This story isn't intended to make you feel sorry for me, that is the last thing I want. But I do want to talk about this because I know that other young people have experienced a brain injury similar to mine and I want to express how difficult it is to get back into the swing of things, especially school, when you're hit with such an event.

"It goes without saying, there is a lot going on in the brain," said Jayar La Fontaine, the acquired brain injury system navigator at the Community Head Injury Resource Services. It's a complicated organ and damaging it can result in serious consequences and obstacles.

I don't consider this a burden; I won't say that I'm glad this happened to me but I'm a firm believer in the common phrase that "everything happens for a reason."

This injury brought old people into my life again, because they were concerned about me. It brought new people into my life because they had to take care of me for two weeks in the hospital. It also made me realize just how lucky I am to have such wonderful people and amazing friendships in my life.

To all my friends reading this, I'm talking about you, so pat yourself on the back. Apparently the first thing I asked about when I woke up (aside from making my dad promise to buy me the new iPhone 5. Yes, I'm a brat) was school. I don't know if that makes me a dork or just makes me worrisome, but it was a thought that was constantly on my mind.

Being a fourth-year history student, foregoing the semester was not something I could afford. But at the same time, I knew the obstacles I'd be facing.

Catching up on missed seminar readings was something I feared but wanted to conquer. Thankfully, I have three amazing professors that were completely understanding and willing to work with me to succeed this semester.

That is essentially where the easiness ends.

Because my brain is still swollen from the surgery, the front part is pushing on my eyes and making my vision unfocused. My eyes are essentially back to normal now but after I got discharged I was seeing double, even triple.

So now that I'll forever be under the label of "brain injury girl," I don't know how to continue my life.

For me, the hardest part of this whole thing has been taking the severity of my injury seriously because I don't remember any of it. So when I tell people about the fact that I had brain surgery, I can't help but laugh.

I'm not laughing at my injuries, I know they are real and life threatening and I appreciate all the work my doctors did to keep me alive.

But try saying "I had brain surgery" out loud, it feels weird right? Especially as a university student.

When asked how to take preventive measures in regards to brain injuries, Azim Ahmed, communications and fund development officer at the Ontario Brain Injury Association (OBIA) stressed that "the most important thing is being aware of what's around you."

He went on to say that obviously it's impossible to prevent accidents from happening, but being aware of your surroundings and being logical in common situations, like "when riding a bike, obviously helmets are important," is smart. Fontaine added that you should "really think about the risks you are taking."

Another thing I've found difficult with this whole situation is that, since a brain injury is internal and the only thing that tells people I have one is my hidden scars and the shaved part of my head, most people don't believe it.

According to the OBIA, brain injuries are the number one killer and disabler of people under 44. So clearly, we need to be more aware of internal injuries. They're real and they happen to students.

Especially since young people are so active, brain injuries during sports are common. According to the OBIA, one in five sport-related injuries are brain injuries.

So the next time you see someone acting out, don't be so quick to judge. Don't assume that they are just being dumb and remember that they could have a story like mine and just didn't get as lucky.

One in 26 Canadians are living with an acquired brain injury, according to OBIA.

Within the next hour, six Canadians will suffer from a brain injury. Whether that is from fainting in a piercing shop, or in another accident, it is a common occurrence.

As the OBIA stated on their website, an acquired brain injury is 15 times more common than a spinal cord injury, 30 times more common than breast cancer and 400 times more common than HIV/AIDS.

FIND YOUR SUMMER SPORTS LEAGUE

MELANIE ANDERSON | INTERROBANG

NAME	LOCATION INFO	DESCRIPTION
Forest City Sport and Social Club (various sports)	Various locations May to September fcssc.ca	This club offers several co-ed summer sports leagues: floor hockey, basketball, dodgeball, soccer, flag football, ultimate frisbee (five-on-five), softball, beach volleyball recreational, and beach volleyball intermediate. It's a fun league with no referees. Register with a team, a few friends, or as an individual.
Summer Indoor Soccer	BMO Centre 295 Rectory St. \$135/player, minimum of 10 players on each team bmocentreondon.com	BMO Centre offers co-ed and women's soccer leagues, and participants can sign up as team or individually. Registration is open and players interested are asked to drop off, mail or fill out a form in person at the BMO Centre.
Four-On-Four 4 Hockey	Western Fair 316 Rectory St. Starts: May 4 \$1,560 per team, \$150 for individual www.westernfairdistrict.com/sports/leagues/4_on_4	Eight games are played in this 18-plus league, and men and women are welcome.
JFFHL - Summer Hockey Fun League	Western Fair Arena 316 Rectory St. Thursdays from 7 to 10 p.m. \$225 before April 15, \$245 after jffhl.com	With 12-game seasons, this league defines itself as organized shinny. A computer program scrambles the roster for every game and creates a personalized schedule for each players based on their availability. Men and women are welcome.
Ball Hockey International	BHI London: 17 Clarke Rd. For 12-game season: \$1,728.57 per team, \$157.14 per player For eight-game season: \$1,190.48 per team, \$100 per player bhilondon.goalline.ca	BHI offers leagues for teens, men, women, 30-plus and co-ed. Payments are due before the first game of the season.
North London Optimist Community Centre (Tennis)	1345 Cheapside St. For court rates and availability, call 519-661-2500 ext. 5198 www.london.ca/d.aspx?s=/Community_Centres/nloncc.htm	If you're looking to play tennis close to campus, check out the North London Optimist Centre. They offer three tennis courts on a rental, drop-in, or pre-booked basis. Courts are booked for a minimum of one hour, on the half-hour.
London Football League	St. George's Rugby Club 4308 Dundas St East Saturdays and Sundays between 9 a.m. - 1 p.m. Team registration is \$830 + referee fees based on number of games. Registration ends June 1. Email londonfl@gmail.com for registration details. Men's season begins in mid-June, while the women typically begin play in August.	The London Football League is a seven-on-seven touch football league. There are competitive and recreational divisions. New players are always welcome and can be placed on teams. Email londonfl@gmail.com. Registration details will be finalized and posted to www.londonfl.com by April 15.



CREDIT: RANGE ROVER

I look inside the 2013 Range Rover.

Supercharged up for summer



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Over the last few years, whenever anyone would ask me about my favourite SUV, I would without hesitation say the big Range Rover Supercharged.

No other SUV felt as good as the Range Rover Supercharged, nothing looked better, and nothing came even close to matching its interior.

In short, it is the ultimate truck, and it may even be the ultimate luxury vehicle. However, it does have a rather bad reputation for reliability.

When Land Rover started work on the 2013 model of the Range Rover, the first thing they say they tackled was its reliability issues. I hope they have accomplished this, and I hope this new vehicle will never be found on the side of the road, with steam spewing from its owner's ears.

I lived with this new Range Rover Supercharged for a week, a week that saw me put roughly 1,300 kms on it, and thankfully nothing broke or stopped working. So maybe this new Range Rover is as reliable as its maker suggests it is.

The other issue people had with the Range Rover, especially ones equipped with the supercharged motor, was with its fuel economy. The reason for its thirst was not only its massive 5.0-litre supercharged V8 motor (which produces 510hp and 461lb/ft of torque), but also its weight. So Land Rover went about to make their behemoth lighter. Now the Range Rover has a new aluminum chassis, which, along with other weight-saving measures, has reduced its weight by 318kg over the old model (its curb weight, however, is still a hefty 2,330kg). Lighter weight equals less strain on the motor, which means it works less hard and drinks less fuel. Add to that a new eight-speed automatic transmission (previously was a six-speed box), and that should help save some fuel as well. I averaged 14.2 litres/100km,

which is quite incredible for a vehicle like this. However, it will only drink premium fuel, and since I had to do a lot of driving, it was really thirsty, which meant that I was left almost bankrupt.

At least I was travelling in style.

The Range Rover has always been a classy and elegant vehicle to travel in, and the new one is no exception. It is still as impressive to behold as it always was, and the sleek new design might even win some new fans.

Step inside, and while the interior is not radically new, it does have some neat new features, such as the flush centre console and a rotating knob for selecting gears (which first appeared in sister company Jaguar's products back in 2010).

The best feature in this interior is the seats. Very few vehicles have seats as good as the ones in the Range Rover. I had spent a long day just driving this vehicle, and the seats never gave me any discomfort. If you spend a lot of time on the road, this is the vehicle for you.

If you like your SUV to also act like a hot rod, then again, you will like this truck. Thanks to its supercharged motor, the Range Rover accelerates like a sports car. The sprint from zero to 100 km/h takes just 5.4 seconds, and when equipped with the 22-inch wheel and tire sport package, the top speed for this vehicle is 250 km/h (225 km/h in standard trim).

The ultimate SUV remains the ultimate, at least in my books. If you want one as much as I do, then I hope your bank account is healthier than mine. Base price for the Range Rover Supercharged is \$114,750.

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Why America's pastime trumps Canada's bloodsport

MICHAEL SCOULAR
THE CASCADE

ABBOTSFORD (CUP) — When William Faulkner wrote of the “pattern, design almost beautiful” of hockey, “that second before ... (disintegration) and dissolve,” not only was his a perfect picture of the spectatorship of a sport, but the volatility of being in love with one.

Choosing Faulkner as a go-to hockey quote over any of the thousands of faces that have appeared over the years on The Sports Network, Canadian Broadcasting Corporation or voices on the radio, is probably the obvious undergraduate thing to do. It's an outsider perspective of something that opens up re-evaluation. It's a moving away from expected authorities to the period after growing up with a sport — being impressed by family tradition, national identity, what's “in” at school. It's now about choosing interests, values, reasons of our own. We begin to try to rationalize what we like and face rejecting the rest — either that or ignore the questions of why we watch.

Hockey is said to be free, not bound to the rigidity of plays like football and baseball, more chaotic and physical than basketball. Yet it falls, through strategies, through this lack of form, into the most basic, uninteresting structures of power play formations, passing lanes and endless rotation.

From the 12 years I followed hockey closely, the hundreds of games and memorized names and tendencies didn't add up to a single team but patterns of play that could be, yes, almost beautiful in their conforming (the Sedins doing what they do) or breaking (to the point where “broken play leading to a goal” is a pattern in itself). But that also gives the dekes and garbage goals and glove saves of highlight reels a predictability — it's been seen before. Hockey lives in the replay, it can't be caught fully the first time, and so much of it then depends on television direction.

Already much hockey strategy has the objective of stifling creativity, so perhaps it's fitting there's often nothing that even approaches an attempt to convey the speed and attractive qualities of the game as seen on television. Distant pans cut to behind-the-glass bodychecks, while the only moving camera tracking a breakout defenceman. In the one situation when it would better to see the ice in its entirety, the television camera restricts vision, keeps the game conventional, closed-in and stale.

The biggest push away from hockey is in its culture. The sport Faulkner praises for the “excitement of speed and grace,” “not

from the crude impact of a heavier fist” if it exists, is rarely described in similar terms. The argument surrounding fighting, of pacifists and those flipping between the game and Ultimate Fighting Championship, is not something that can be resolved, but can it be enough to say that hockey fighting doesn't even stand up on merits of being a “good” fight?

It's marked by overextending and blindly swinging and grabbing and awkwardly falling, not as something more realistic and messy, but staged and pointless. In the same way, none of the all-too-frequently life-altering injuries could be said to come from a result of a “good” hit. The physicality of hockey is more closely associated with sounds, with selective memory, than with the actual sloppy, childish menace of the thing itself. And this is praised and valued.

To compare baseball to hockey is to risk that same mentality — that one is tougher, that the athletes of one sport aren't even athletes. It's a mixture of defensiveness from fans of a less popular sport and false bravado. But this relies on another television twisting — the knowledge of the sport through highlight reels. The emphasis of home runs and diving catches, although exciting, falls into that same trap of predictability and replay. Where baseball lives is in between, the so-called “boring” parts where “nothing's happening.”

Baseball broadcasts aren't groundbreaking, but they don't have the problem of failing to show — everything is before and visible, the pitcher-catcher-batter relation clearly defined and observable. When runners reach

base, the imperfect but still effective solution of splitting the screen, showing multiple perspectives, with base-running coaches in the background, cuts to managerial direction and the different plate positions all held on the screen until the last possible second, when the pitch is released, the early jump of a stealing runner or stop at the realization of a strikeout just registering at the corner of the frame.

A friend that helped re-introduce me to baseball offered one observation that also helped when it comes to season and game length: with a game every day, there is less dwelling on the past, an allowance for losses because every team will with such a packed schedule.

What it also means is just more to watch — there are those that try to see everything, but the overabundance means that there's the routine of there always being a game on, to turn on for a few innings as inoffensive backdrop for an evening of trying-to-but-not doing homework.

Baseball extends through days, timeslots and pre-conceptions. Surely the greatest experience of watching hockey is playoff overtime when the game doesn't end until a goal, with no commercials to interrupt. With baseball, there is the possibility for this with every game.

Every half-inning is defined this way; it could be over in regular 1-2-3 fashion, or take an hour, with nothing to break in and advertise. Sure, there's always the signage in sight, and required broadcaster mention, but it's a pleasant feature, and better yet an outcome of the eternal possibility in baseball — a sport unrestricted by time, where victory is always an open chance.

Visit fsu.ca/contest for prizes!!!

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Seven Fanshawe students receive highest CCAA honour

MELANIE ANDERSON
INTERROBANG

Seven Fanshawe College students will be honoured with the Canadian Collegiate Athletic Association's (CCAA) most prestigious award.

The SIRC-CCAA Academic All Canadian Award recognizes students with high achievement in sport as well as academics. Honourees must attain academic honours (above a 3.5 GPA) at their institution in addition to having a high level of athletic achievement.

Falcon athletes who are receiving the awards are Felicia Mazerolle (basketball), Clint Smith (cross country), Nicole McDonald (soccer), Stephanie Bignell (volleyball) and three players from the women's curling team: Shannon Kee, Jordan Ariss, and Kaitlyn Knipe.

Fanshawe athletic director Nathan McFadden pointed out that many of the players are national champions. "There's three of them that are from our women's curling team, which is also our national

championship team, so that's a great honour for them to have that individual and team success, in addition to their academics."

McFadden added that the same holds true for Clint Smith. "He was a national silver medalist and also a national champion with the men's cross country team."

With seven honourees, Fanshawe finished atop the Ontario Colleges Athletic Association and tied for second in all of Canada. Fanshawe tied with the University of British Columbia

Okanagan and has only one fewer honouree than Vancouver Island University.

McFadden was thrilled with Fanshawe's accomplishment. "Our athletic department encompasses a lot more than just athletics because we're constantly supporting our student athletes on the academic side as well... To be able to lead Ontario is a really high honour for our college and our institution, something that we are extremely proud of as both a college and as an athletic department."

Despite the work and support of coaches, staff, family and friends, McFadden credited the athletes themselves for the accomplishment. "At the end of the day, they're the ones who put the work in, in the classroom and on the playing surface to achieve that honour."

To view all SIRC-CCAA Academic All Canadian Award winners, visit <http://tinyurl.com/SIRC-CCAA>.



CREDIT: MLSSOCCER.COM

TFC's fortune looks to have turned as the club has a few good pieces to work around.

A promising new look for TFC



FANSHAWE FC
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Toronto FC started their season with four points from their first four games in a valiant effort to stay with the rest of Major League Soccer as the season is into its earliest stages. This year's team looks like a promising group of players, as we have already seen some flashes of brilliance from these men so far.

The defence has been as solid as experts promised with the arrival of centre-back-turned-coach Ryan Nelsen.

Danny Califf and captain Darren O'Dea have formed one of the best centre-back tandems in the league – a tough task, considering TFC struggled in the defensive end last season.

The left and right backs haven't seen much change. Ashtone Morgan and Richard Eckersley return with pace and sensible attacking runs to help complement the midfield. However, they are shallow in these areas. Darrell Russell started over a tired Morgan when they played the Los Angeles Galaxy on March 30. He proved over the 90 minutes (especially the final minute, when his costly header gifted possession and a late equalizer for the Galaxy) that this back four isn't much deeper than that.

The midfield has seen a major overhaul for the better, as TFC looks to move the ball about the pitch, something they haven't done in a long time. John Bostock and Hogan Ephraim give the midfield technical skill, allowing the group

to properly develop plays instead of just seeing a dump and chase style of play.

Although we haven't seen the two properly link up just yet, similar skills from an already settled Luis Silva have already done the trick. Winger Reggie Lambe is also performing well (leaving the nickname 'Reggie Goat' behind), as the five-man midfield has allowed for him to play a limited role, letting him use his speed and cut down his touches on the ball.

The two central midfielders, however, have been awful so far. Terry Dunfield and Jeremy Hall both should not be playing at this level, as neither of them can properly stop or create plays. Hall, usually a defender, can barely control the ball and pass it before he is shut down. Meanwhile, Dunfield has always been a liability defensively, taking awful challenges and leaving his backs vulnerable.

Finally, the strikers have been fabulous. My apologies, the striker has been fabulous. Welsh native Robbie Earnshaw is a former Cardiff City man. He has played as the lone striker and is averaging a goal a game after four games. Being that lone man up top, he is really given licence to pounce on sleepy defencemen and create chances.

Earnshaw has already become a BMO Field legend with his first four goals, all created by him. Whether it's catching a defense with a slow pass or a penalty, this man is proving well worth every penny he is paid.

There are a lot of positives with this TFC squad this year as they look toward the summer. Only time will tell if they can step the pace up and find themselves in playoff contention by autumn.

"Professional" doesn't always mean right



FUN AND FITNESS
RICK MELO
melo_rick@hotmail.com

It is snowing as I write this. I hope that by the time you read this, it will be sunny again. Last year we got it really good and the sun was blasting full force by the time St. Patrick's Day came around. Actually, I think we got it a little too good because this year's weather seems to be a complete yo-yo of a tease in terms of sun and cold. Back to reality, I guess, and back to the indoor routines for a little while longer for most of us.

A group of friends and I had a bit of a roundtable discussion after a recent weekend spent indoors. We were joined by a couple of other resistance training enthusiasts who also had some opinions. One of them happened to be a female bodybuilder who is very well respected in the community with several accomplishments. Somehow we got into a discussion about biceps and bicep training. She started explaining that in

order to increase the size of the bicep belly, you have to do exercises that hyperextend the bicep. Basically, she was suggesting that stretching the bicep with extreme force will create a bigger surface area so that you actually have more bicep to work with (the more bicep you start off with, the more bicep you have to stimulate growth through weight training resulting in bigger arms).

It instantly got awkward because anyone who has a basic knowledge of the human anatomy knows that you simply work with the body and genetic gifts that your parents gave you. Absolutely everyone can improve their body composition, and to be more specific to this particular discussion, everyone can increase and tone their arms. However, our bicep belly lengths are already individually predetermined and the larger they are the greater capacity you have to get "bigger" arms. This applies to the rest of our body parts as well. For example, the higher your calves attach on your legs, the lower your potential for growth is compared to that of a person of similar proportion who has calves that attach

much lower on their legs. When you think about it, it makes complete sense; the larger muscle bellied calves simply have much more room to grow from weight training.

The point is, this bodybuilder is completely off her rocker into believing you can hyperextend your muscle bellies in such away. More important, it doesn't take a genius to figure out that HYPERextending anything is NOT a good idea and will eventually lead to serious injury. She is simply another case of an individual with great genetics for body building, but has chosen to believe some very incorrect information.

So, if you don't take anything from this article, at least leave with this: STAY IN SCHOOL, KIDS. But on a serious note, don't just listen to everything that someone has to say just because they may appear to be a "pro" in the topic of conversation. If something seems "off," listen to your gut! Do some of your own personal research and gather more opinions to formulate your own conclusion. In the meantime, I need to end this week's article because I have several sets of bicep hyperextensions to do!



CREDIT: FANSHAWE ATHLETICS

Fanshawe Falcons women's hockey team captains Brittany Tiseo, Kelsey Fox, Carly Parker and Laura Doherty accept the challenge cup from St. Lawrence-Cornwall following the Ontario Colleges Committee on Campus Recreation final last month.

FRIDAY APRIL 12TH
MIA PRESENTS

RLMDL · THE BAXTERS
 THE HEDGEROW · DEAD IN THE SCENE
 AND MORE!

OUT BACK SHACK · 9PM DOORS · NO COVER



WED ★ APR ★ 10TH
9 PM DOORS
OUT BACK SHACK
 SIGN UP SHEET AVAILABLE @ 8 PM

BRING YOUR OWN GUITARS, STICKS AND PATCH CORDS.
 DRUMS, BASS AMP AND ONE GUITAR AMP PROVIDED.




EVIL DEAD 2 SHOW TIMES

WED. APR. 10TH

AT RAINBOW CINEMAS (IN CITI PLAZA)
\$3.50 STUDENTS | \$5 GUESTS
 TICKETS AND INFORMATION AVAILABLE AT THE BIZ BOOTH

12PM

Forwell Hall Sign up on the spot FREE!
TUESDAY APR. 9TH

DEAL OF NO DEAL

WIN \$1000!!

TUESDAY APRIL 16TH



PAPER ROCK SCISSORS CONTEST

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 FREE TO SIGN UP

MONDAY APRIL 8 *Green Power*

FSU is bullfrog powered. 

Information ~ Games ~ Prizes

TUESDAY APRIL 9 *Go Green*

Outspokin Cycle Activities.

WEDNESDAY APRIL 10 *Green Garbage*

Bring your e-waste to Forwell.
 Speaker Rick Vandersluis, VP Try Recycling.



THURSDAY APRIL 11

Buy Green

Story of Stuff Movie, 12noon, Forwell.
 CAMPUS CLEAN UP 5pm Oasis 

FRIDAY APRIL 12 

Eat Green

Urban Farming Performance Demonstration. **Bike Giveaway!**
 2pm ▶ For Get Caught Recycling



ENVIRONMENTAL WEEK

For more information contact: Jason King, VP Internal Affairs 519-453-3720 ext234 fsuinternal@fanshawec.ca

FORWELL HALL 10AM- 2PM EACH DAY