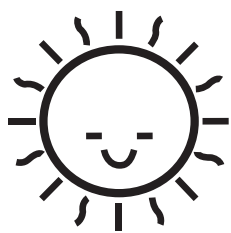




Volume 48 Issue No. 20 February 8, 2016 theinterrobang.ca



spot of delight

sexual health & recreation



LONDON'S ONLY SEX TOY SHOWROOM

426 Richmond Street (at Dundas Street) • shop online at : spotofdelight.com

see story
inside



PUBLICATIONS MANAGER

JOHN SAIDjsaid@fanshawec.ca
519.452.4430 ext. 6320

CREATIVE DIRECTOR

DARBY MOUSSEAUdmousseau@fanshawec.ca
519.452.4430 ext. 6321

GRAPHIC DESIGNER

CANDIS BROSSc_bross@fanshawec.ca
519.452.4430 ext. 6325

EDITOR

JESSICA THOMPSONjthompson2@fanshawec.ca
519.452.4430 ext. 6323

STAFF REPORTER

KERRA SEAYk_seay@fanshawec.ca
519.452.4430 ext. 6326

ADVERTISING

SARA ROACHsroach@fanshawec.ca
519.452.4430 ext. 6322

WEB FACILITATOR

ALLEN GAYNORagaynor@fanshawec.ca
519.452.4430 ext. 6324

COLUMNISTS

Roe Dunkelman, Nauman Farooq, Angela McInnes, Nick Reyno, Dan Todd, Michael Veenema, Andrew Vidler, Joshua Waller

CONTRIBUTORS

Victor De Jong, Roe Dunkelman, Carl Garnich, Pam-Marie Guzzo, Cody Howe, Bobby Foley, Kori Frederick, Jessica Klaver, Amanda Michalik, Jessica Milton, Karen Nixon-Carroll, Jaymin Proulx, Melanie Rintjema, Jerrold Rundle, Chris Russell, Emily Stewart, Hency Thacker, Dave Voyce

GRAPHIC DESIGN

Candis Bross, Jacob Brown, Vinoth Kumarathanan, Alicia Mak

COMICS

Laura Billson, Alan Dungo, Anthony Labonte, Chris Mischak, Sammy Roach, Matt Rowe, Andres Silva

LETTERS TO THE EDITOR: FSULETTERS@FANSHAWEC.CA

COVER CREDIT:
Candis Bross

College Blvd., Room SC1012, London, Ontario, N5Y 5R6 and distributed through the Fanshawe College community.

Letters to the editor are welcome. All letters are subject to editing and should be emailed. All letters must be accompanied by contact information. Letters can also be submitted online at theinterrobang.ca by following the Interrobang links.

Proud member of:

Canadian University Press (CUP), National University Wire (NUWIRE), Ontario Community Newspapers Association (OCNA)



/fsuinterrobang



@interrobang_fsu

FSU Publications Office
theinterrobang.ca
SC1012

@shelspringles

#FSUINTERROBANG
PHOTO OF THE WEEK

Want to win FREE LUNCH?†

Post your photos on Instagram† using our hashtag for your chance to win a \$10 Oasis/Out Back Shack Gift Card

†TERMS & CONDITIONS: By using the designated #FSUInterrobang hashtag you agree that we may print your content (photos, text, tweets, facebook posts, comments, etc.) By using the hashtag, you agree that your content does NOT contain: (a) copyrighted works (other than owned by you); (b) contain vulgar, pornographic, obscene or indecent behaviour or images; (c) defame or libel any third party; (d) been licensed; or (e) contain any watermarks or other notices, whether digital or otherwise. If your content not comply with these Terms & Conditions or otherwise contains prohibited or inappropriate content as determined by Interrobang Staff, in its sole discretion, it will not be shared.

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

Discover our great programs
and scholarships, talk with profs,
explore campus, and tour
our residences.For more information
call 1.800.864.2860
or 519.973.7014March 5, 2016
10AM - 4PM, UWindsor campusUniversity
of Windsor

www.uwindsor.ca

Join us for
our Spring
Open House



CREDIT: KERRA SEAY

Spiking drinks with drugs is still a problem, as one Fanshawe student experienced for herself.

Spiked drink raises serious concerns at Fanshawe

KERRA SEAY
INTERROBANG

When Dan Stranges saw his close female friend acting bizarre at a house party they attended at the end of January, he immediately knew something was wrong.

The woman, a student at Fanshawe who prefers to remain anonymous, was unable to move, talk or even complete a simple sentence. She was also vomiting and was coming in and out of consciousness.

But she doesn't actually remember any of this.

Stranges believes that his friend had her drink spiked with drugs. This is the second time since September that his same friend has displayed symptoms that led others to believe she had been drugged, but the second time was much worse.

"I remember going to the party. I probably had a couple of sips from people's drinks that they offered, and then I don't remember a whole chunk of the night," she said.

Stranges can remember a lot more about the night than his friend.

"I had to carry her, and her neck was going limp, her arms were limp, her body was not responding," Stranges said.

The woman said she goes out fairly often and has an understanding of how her body reacts to alcohol. That night she had consumed three shots before going to the house party where she then had a few sips from some drinks.

"Normally for me to get drunk I have to drink a lot, I remember everything, and I'm fine," she said. "I only had a couple of drinks and I was acting like I should have been hospitalized. It just didn't add up."

This is a typical reaction to a drug called gamma-hydroxybutyrate (GHB), more commonly known as the 'date rape drug'. According to a Government of Canada website, the drug is also referred to as liquid ecstasy, G, grievous bodily harm,

scoop and easy lay.

The drug can be easily slipped into a drink where it then dissolves and becomes odourless, colourless and tasteless, making it almost impossible to uncover. The drug is a depressant, and the sedative effects often leads to a sexual assault because it makes it difficult for a potential victim to resist an attack.

The main effects of the drug are drowsiness, euphoria, dizziness, lack of inhibition as well as short term memory loss. Some physical effects include nausea, loss of co-ordination, slowed breathing and loss of consciousness.

Stranges said he witnessed his friend experiencing many of these symptoms. Though he admits to initially hesitating, he called the paramedics to make sure she was okay out of fear for her safety.

"You don't want to let [something like this] pass by," Stranges said.

"If they weren't there I have no idea what could have happened. It makes me sick to my stomach to think about that. I'm so happy that they were there," she said about her friends. "The only reason I'm not too broken up about it is because I had my friends there to take care of me."

Leah Marshall, the sexual violence prevention advisor at Fanshawe, has been organizing awareness campaigns in order to change our culture from a culture that promotes sexual violence to a culture of consent. She said every situation is different but she hopes that by educating students and staff about how to appropriately handle a situation where sexual violence could occur, bystanders are taking charge and changing our society.

"It doesn't matter if it's a distraction or a call for help to paramedics, campus security or to another friend to help get this person out of the situation, the underlying foundational message is that we all have a role to play in supporting each other," Mar-

shall said. "It's really powerful that we see students standing up for each other and bringing in the bystander."

Spiking someone's drink is a serious offence that can lead to criminal charges. According to Canadian Criminal Law, "Everyone who administers or causes to be administered to any person or causes any person to take poison or any other destructive or noxious thing is guilty of an indictable offence and liable to imprisonment for a term not exceeding fourteen years, if he intends thereby to endanger the life of or to cause bodily harm to that person; or to imprisonment for a term not exceeding two years, if he intends thereby to aggrieve or annoy that person."

Special const. Luke Edwards from Fanshawe Security said that this is such a serious offence that it exceeds the legal limitations of Fanshawe Security.

"If something like this were to be reported to Fanshawe Security, we are mandated to report it to the London Police Service," Edwards said. "They would perform a thorough investigation and the results of that may be criminal charges."

Edwards emphasized that Fanshawe Security would assist in any ensuing police investigation.

Though Stranges' friend was not harmed, he is still upset about the situation, but warns that whoever is doing this needs to stop.

"It pisses me off to think that someone would actually do that, it's ridiculous," Stranges said. "This is just a whole new extreme. I just hope that whoever's doing this, they know that people know that this is actually being talked about."

If you suspect that you or someone you know have been drugged please contact 911 or call campus security at 519-452-4242. If you have experienced sexual violence please contact Leah Marshall at Counselling and Accessibility Services at 519 452 4282 or in F2010.



CREDIT: LAURA HOPE

Two London students were quick to initiate CPR on an unconscious woman during September homecoming festivities. Their heroism was rewarded with London Police Services Board Citizen Citations.

Fanshawe student saves life of a stranger

JESSICA MILTON
INTERROBANG

Shawn Hope and Stacia Pepper received London Police Services Board Citizen Citations last week for their life saving efforts during Western University's homecoming 2015.

Hope is a Construction Carpentry Techniques student at Fanshawe and Pepper is a student at Kings University.

For Western and Fanshawe students alike, Western's annual homecoming football game is an opportunity for celebration, with thousands of students heading out to the streets of London for a city-wide party.

For many over the age of 19 on said weekend this may include some adult beverages.

Last September's homecoming weekend however was nearly marked with tragedy when a woman who was out celebrating went into anaphylactic shock.

Having never met her, Hope and Pepper wasted no time running to her aid and initiating CPR.

Hope recalled how the woman did not appear to have a pulse and was blue in the face.

The woman's friends were distraught and screaming due to the shock of seeing her in that condition.

Officers took over performing CPR when they arrived a few minutes later. By the time paramedics arrived the woman was able to speak and explain what had happened was due to a peanut allergy from a protein bar she had been given by one of her friends.

If it wasn't for the fast acting Hope and Pepper, the woman might not have survived.

It was a coincidence that Hope got a new job a few months prior to the incident, which required him to update his CPR training.

Up until this point he had only minimal training through school and swimming lessons.

This moment has changed how Hope looks at partying.

"It really opened my eyes to how

fast stuff could really happen and you always have to be aware of the people surrounding you and the environment you are in."

He recommended knowing your limits when drinking so you can always remain in control of your body and help others who may not yet know their limits.

He recommended that anyone who finds themselves in situations like this where they witness someone who needs help "try to lend a hand. Not all situations can turn out positive, but if you are willing to try then it's better than not trying at all."

Hope is also quick to say that he "didn't lend a hand to get praised or rewarded for it. I gave CPR because it was the right thing to do to try to help save someone's life."

If anything can be learned from Hope and Pepper's heroic actions, it is that a night of fun can turn sour quickly and you never know when some CPR and first aid training may prove to be vital.

ANDROID TV BOXES

Stream thousands of TV shows and movies for FREE!

From **\$95.** **SAVE!**

1712 Dundas St. E. at Third



CREDIT: LORNE DEVARAJAN

Amol Pai was awarded a \$1,000 cheque from Leap Junction for his on-campus food delivery business idea.

Fanshawe student leaped his way to \$1,000

HENRY THACKER
INTERROBANG

Fanshawe's Amol Pai won \$1,000 at Trampoline: Launch Your Leap, a 60-second business pitch competition conducted by Leap Junction.

Leap Junction is a start-up business consulting office located at Fanshawe College. They organized a pitch competition for students in order for them to get experience pitching their business ideas in a short amount of time. The students were supposed to deliver their best business pitch in 60 seconds to articulate their business ideas. The competition was held on Jan. 27 in the Welcome Lounge at Fanshawe College.

"In today's society, 60 seconds is all the time people will give you to

grab their attention. If you cannot get them interested in 60 seconds, they are not going to be interested later," said Annette Markvoort, entrepreneurial animator at Leap Junction.

There were 12 participants in the competition with different business ideas and pitches.

Two Fanshawe College professors, Kerry Hendricks and Andre Vashist, and a Tech Alliance entrepreneurship consultant, Blake Farquharson, judged the participants.

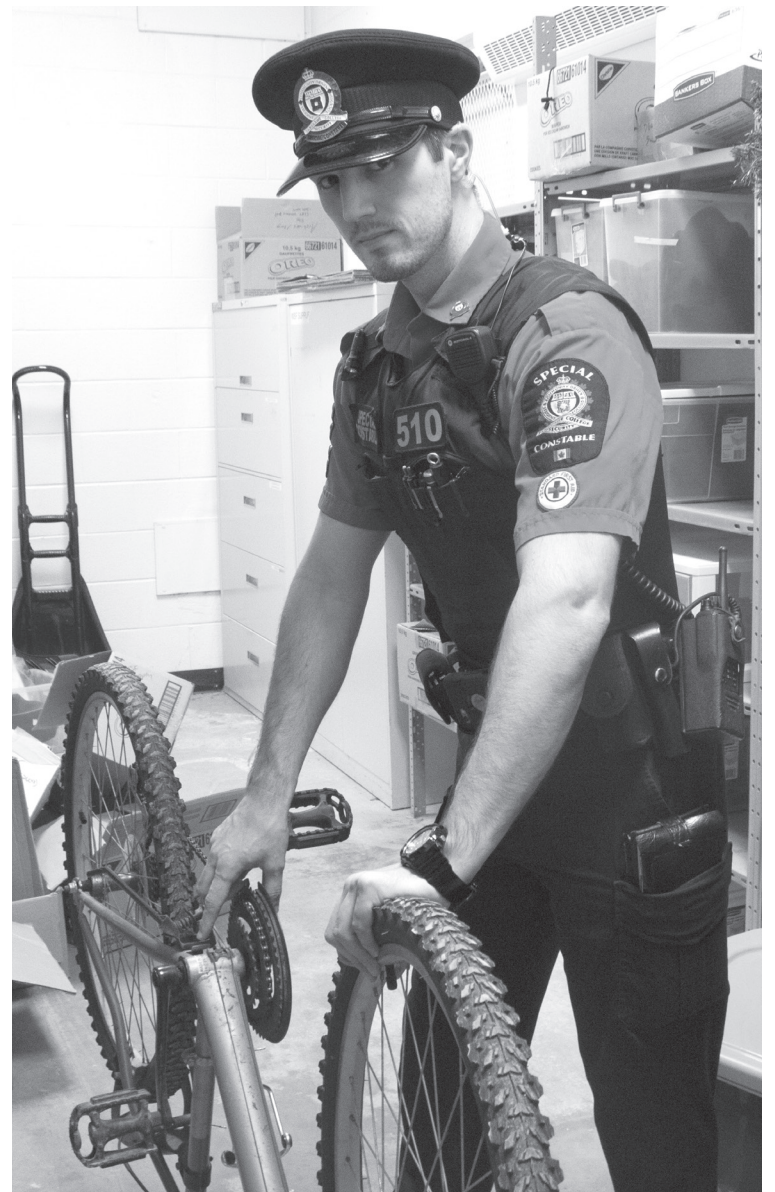
Pai, the winner of the competition, is studying Public Relations and Corporate Communications at Fanshawe College. He along with his two colleagues, Romik Vadhana and Aman Preet Singh came up with a start-up idea where they designed a website called dbeigns.

com that would allow Fanshawe students to order coffee or food from on campus restaurants, and get it delivered in class. The free delivery is made by students.

"Students spend about two to three hours every week standing in line to get a cup of coffee. This time can be utilized in a better way," said Pai.

Pai and his colleagues got inspired from the famous saying, "A stitch in time, saves nine" and built a website that conveys it. They moved past the hurdle of not being able to work due to limitation laws for international students and created more employment opportunities for themselves as well as other students.

Leap Junction rewarded Pai with a no strings attached \$1,000 cheque for winning the competition.



CREDIT: JESSICA THOMPSON

The serial number on a bike is located underneath it, as special const. Kyle Cutting shows.

Secure your valuables with Campus Security Services

CHRIS RUSSELL
INTERROBANG

Campus Security Services has launched a property registration database for valuable items intended to assist in the recovery of stolen property.

"It's open to staff, students and faculty; anybody with access to MyFanshawe can go onto our internal webpage under Campus Security Services and if you have a bicycle, cell phone, tablet, laptop - anything that would be considered personal property is eligible to be registered," said Luke Edwards, Fanshawe College's special const.

After registering basic personal information the webpage will "ask you to describe in detail your properties, so as an example if it's a bicycle, you're going to specify the make and model, colour of the frame, approximate value at the date of purchase and then at the bottom of the bicycle you'll find a serial number."

Serial numbers play a huge role in the usefulness of the database.

"That's how we identify [it as a] person's property. So that's the biggest thing we're emphasising with this."

Edwards also emphasized the importance of a receipt.

"If you have a receipt for your item, you can attach that receipt which obviously is further proof that the item would belong to you in the event of a recovery."

Following the submission of this form, a registration package is prepared which can be picked up at the campus security office.

"In that registration package there's going to be an asset tag; it's just a little metallic sticker...the asset tag has a specific number that's

assigned to it... that's the number that ties that piece of property to you."

And with that sticker, Edwards suggested putting it right underneath the bike where the serial number is located.

For electronics, Edwards recommended putting asset tags on the inside where the battery is.

Edwards elaborated on the relationship between serial numbers and asset tags.

"[The serial number] just better allows us to identify that as your property," Edwards said. "If you come to us and you say my cell phone has been stolen, when we go to take the incident report, if you have that serial number it makes it easy for us to upload that number onto the national database."

If the tag is on the item, it is easier to identify the object as stolen and also to identify who it rightfully belongs to.

"If there's a tag on there, we have your contact information, we give you a call, you come pick it up, and you're happy, we're happy and everyone's happy."

Music Industry Arts student Jacob Liddell expressed enthusiasm for the database.

"I think it makes sense, I think it's about time. I had a hard drive stolen at Humber last year, and I couldn't get it back at all. If there was something like this, I could possibly get it back easier," he said.

According to Edwards, the excitement shown by Liddell is mirrored in faculty, staff and students alike at Fanshawe.

"We've had a lot of community input; people have been looking for this for quite a while so we're quite pleased that we have this up and running."

2016 STUDENT COUNCIL ELECTIONS

fsu
FANSHAWE STUDENT UNION
www.fsu.ca

President
VP Athletics & Residence Life
VP Entertainment
VP External & Academic Affairs
VP Finance
VP Internal Affairs
Board of Governors

NOMINATIONS
JAN 18 – FEB 11

VOTING
MAR 7 – MAR 10

Visit **SC2001** or **fsu.ca/elections** for more information.

Finding your spot of delight

KERRA SEAY
INTERROBANG

Alone for Valentine's Day? No problem. Spot of Delight may be just the place for you.

The new sex shop, located at 426 Richmond St., features a showroom style layout with a tester for every product available for purchase on display. Co-owner Ana Brown said this is so consumers know exactly what they're getting when they make a purchase.

Brown said it's a unique experience compared to other sex shops in the city.

"Our customers tell us they feel very comfortable shopping in our store, when sometimes they haven't felt comfortable shopping at some of the other stores," Brown said.

She credits this to the open, bright and airy layout as well as the non-judgmental and informed staff. There is also no packaging on display in the store, which means there is no nudity or pornographic images.

"They told us we normalized the experience and put them at ease."

Spot of Delight stands by three core principles: being discreet, inclusive and being body safe.

When it comes to discretion, Brown said Spot of Delight can be as discreet as you want it to be. Private sessions can be booked from 9:00 a.m. until noon for anyone who is hesitant to shop at a sex store so they can come and browse the store alone.

Brown added that this is also an opportunity to schedule a fun day with friends or with a partner.

Selling products that are safe for bodies is also a priority at Spot of Delight. Brown said the store does not carry products made of potentially harmful materials or chemicals such as phalates. All of the toys available are made of silicone, steel or glass.



CREDIT: CHRIS BROWN

Spot of Delight doesn't look like your typical sex shop. Co-owner Ana Brown said they used the Apple Store as inspiration when they designed their store.

"[It puts people] at ease because they know that any product that they pick up at our store is body safe. They don't even need to look at the package to see what's in them because we've already done that for them," Brown said.

Making the store inclusive for all gender orientations, sexual orientations, kink orientations and more was also an important factor in the

development of the store. Brown said all staff take sensitivity training to ensure they use appropriate language when speaking about issues that may be sensitive to some consumers.

The store will also be hosting their first gallery event featuring the artwork of Nic DeGroot, a local live performance painter, on Feb. 12.

Spot of Delight also offers work-

shops to introduce customers to new experiences and can cost as little as \$5. The store is currently offering a Sensual Couples Valentines Workshop with a Dominatrix on Feb. 14 and a wax play workshop on Feb. 20.

Spot of Delight offers a 10 per cent student discount.

Brown said she was nervous the first time she went into a sex shop

but advises Londoners and Fanshawe students that Spot of Delight will put them at ease and make their shopping experience enjoyable.

"This isn't an activity that needs to be hidden, that's why we put [the store] on Richmond Row on a busy intersection... every other city has a sex shop right downtown, and it's a fundamental part of human nature and a fundamental part of culture."

Laci Green talks safe sex and consent

KERRA SEAY
INTERROBANG

YouTube sexpert Laci Green came to Fanshawe on Feb. 1 to present her college tour talk called 'Best Sex Ever!' Green sat down for a quick interview with Interrobang before the presentation to give a rundown of what to expect for those who missed it.

Green was brought to Fanshawe thanks to a collaboration with the Sexual Violence Prevention Committee, Campus Security Services and the Fanshawe Student Union (FSU).

Green's talk focused on anatomy, sexually transmitted infections and consent. She pulled no punches and got right into things, displaying an up-close photo of a vulva in her third slide. She said the main purpose of the talk is to, "talk about ways to safely and healthily explore your sexuality".

Green said it was due in part to her strict Mormon upbringing that inspired her to create a community where young people, particularly Americans like herself who grew up with abstinence-only sex education, can feel comfortable discussing topics surrounding their sexuality and gender expression.

"A big driver for me was making sure that people have access to accurate information about sexuality," Green said. And with recent drama surrounding funding for Planned Parenthood in the U.S., her information could not come at a better time.

Leah Marshall, the sexual violence prevention advisor at Fanshawe, was one of the people responsible for bringing Green to the college. She said the event was a huge success and that the event left her feeling extremely ecstatic.

"When I looked out in the crowd and I saw the variance in the people that attended the presentation I was really pleased," Marshall said. "This was a real coming together of all of these people that are hoping that change is possible on campus... it left me feeling very hopeful."

Green spoke openly about her experiences with masturbation, self-discovery, herpes scares and more, something she is known for doing in her YouTube videos. This is one way Green tries to demolish stigmas around talking about sex.

"We are still coming to a place where people see sexuality as a normal part of most people's lives, which is really bizarre," she said. "I think we need places to talk about it realistically and to deconstruct



CREDIT: ALLIE HIMANN

Part of Laci Green's 'Best Sex Ever!' included a demonstration on how to properly put on a condom.

some of the negative messages that we get and to feel empowered, safe, healthy and comfortable in our own bodies."

Green had one thing she wanted Fanshawe students to take away from her visit.

"Your body and your sexuality is your own. It doesn't belong to anybody but yourself, and so anytime you feel doubts or insecurities or have questions you are entitled to take ownership of your body in all forms, and that's okay."

Laci Green can be found on her YouTube channel 'Sex+' at lacigreen as well as on Facebook, Twitter and Tumblr. She also has another YouTube series produced by MTV called 'Braless' which can be found at *mtv braless*.



CREDIT: DEMAERRE / THINKSTOCK

Get your resume ready; Fanshawe's Career Fair and Summer Job Fair is an exceptional opportunity to meet prospective employers.

Fanshawe Career Fair is just around the corner

DAVE VOYCE
INTERROBANG

Fanshawe's annual Career Fair and Summer Job Fair is approaching fast. Employers will be attending the career fair to meet students face to face. This event will give students an opportunity to network with and give resumes to prospective employers, while learning more about the fields that they are interested in.

The event will be held Feb. 10 between 10 a.m and 2 p.m in Fanshawe's J-gym. This event is open to students of every program, and even faculty members.

Preparation is the key to success and the Career Services Office, at room D1063, will be holding workshops to help students every day until Feb. 9. The workshops will be specially catered to the career fair for those who wish to attend. At the workshops, students will have the opportunity to speak with career consultants, and have professional headshots taken. Students will also be given advice on how to write resumes and cover letters, and how to implement proper interview techniques.

Lisa Rusal, assistant manager at Career, Co-op and Community Employment Services at Fanshawe, emphasizes that a key component to preparing successfully is to ensure your first impression is a good one.

"If you want to catch the attention of employers at the career fair, make sure you come looking your finest," Rusal said.

Support services officer in Fanshawe's Employment and Student Entrepreneurial Services Mujgan Genc is spearheading the event and has confirmed that at least 71 employers will be attending.

Some of the high profile employers whose attendance is confirmed are TD Bank, City of London and the Royal Canadian Mounted Po-

lice. Employers from various industry sectors such as information technology, hospitality and real estate will also populate the event.

The career services website provides a full list of employers who will be attending the Career Fair and Summer Job Fair on Feb. 10, along with brief company profiles, for students who wish to tailor their resumes and cover letters to specific jobs or industries.

Fanshawe has a high success rate of graduate employment, ranking among the highest in the province at 87.5 per cent according to the 2014-2015 Key Performance Indicators published by Colleges Ontario. Not only are Fanshawe students getting hired, but they're also impressing employers. In the same report, 87.5 per cent of employers who hired Fanshawe graduates considered themselves "very satisfied".

"[Prospective employers] are hiring [Fanshawe] students, and they are keeping them, and they are coming here because they really want to hire Fanshawe students," Genc said.

Rusal encourages students to come out no matter what their interests or studies.

"If you think your sector isn't well represented, you don't know where your next job is going to come from, you meet someone from TD Bank whose husband is the HR hiring manager for the firm you really want to get connected with... you don't know who knows who," Rusal said.

There will be no registration for the students wishing to attend the career fair, however they will need to bring their student card, resumes and cover letters in order to receive the full benefits of the event.

To learn more, and for a full list of employers attending the Career Fair and Summer Job Fair on Feb. 10 be sure to check out fanshawec.ca/careerservices.



CREDIT: COURTESY OF CBC

Dragons' Den is coming to London to try and find business prospects to invest in.

Dragons' Den is coming to London

JESSICA THOMPSON
INTERROBANG

Dragons' Den is touring across Canada to find any hidden business ideas and allow that business the opportunity to find investments.

On Feb. 13, they are making a stop here in London at the Windermere Manor, 200 Collip Circle from 11 a.m. to 6 p.m.

According to Molly Middleton, senior producer for the *Dragons' Den*, the auditions will be in front of the show's producers, rather than the actual Dragons. The producers will evaluate and then will choose who will actually be pitching their idea to the Dragons in Toronto.

From all of the 37 cities, approximately 200 businesses will be chosen, according to Carly Klassen, as-

sociate producer of *Dragons' Den*.

"This is a fantastic opportunity for young and enthusiastic entrepreneurs to come down and pitch their business concept for the chance to appear on national television," said Klassen in an email.

According to the press release, the pitch should be five minutes or less, but can be at any stage of development, from just an idea to a functioning business.

"You need to know the service and product you are pitching very well. You need to be well prepared. You need to know what your value proposition is, who your customer is and what your revenue stream is, you need to be very clear on the ask," said Annette Markvoort, entrepreneurial animator at Fanshawe's Leap Junction. "You need

to be able to think quick on your feet. The Dragons' are demanding and they need to be."

And an opportunity like this is exactly what students need to get any business ideas on their feet.

"The next great idea could be right here in London, it could belong to one of our Fanshawe students," Markvoort said.

Prospective pitchers are encouraged to apply online at cbc.ca/dragonsden/auditions, but there will also be application forms at the audition.

"If you have a great idea, if think you have what it takes and are willing to do the prep work, fill in the online application; take the leap, go for it," Markvoort said. "[You never know, and the experience you gain along the entrepreneurial journey is always valuable."

Tampon Tuesday addresses an unacknowledged need

KERRA SEAY
INTERROBANG

Menstruation is a fact of life for about half of the world's population, but due to cultural taboos and stigma surrounding this perfectly normal bodily function, many disadvantaged women find themselves lacking the products they need.

Tampon Tuesday, an annual event organized by Mandi Fields, community relations co-ordinator at CTV, was created in 2009 after Fields saw a lack of feminine hygiene products available at a food bank.

She said the response over the past seven years has been extraordinary, but that does not mean the momentum should slow down.

"It's important for us to be aware of poverty in our own community. It's really easy to make a donation and walk away," Fields said. "There's something about Tampon Tuesday that really sinks in for people. It's very difficult, living in poverty and getting your period. People can't go to school or to work because they can't afford these products."

Tampons and maxi pads are often an expense that some women cannot afford. Mary Anne McDowell, the operations co-ordinator at the London Food Bank, said that thanks to Tampon Tuesday the over 2,500 women who access the food bank every month are provided the hygiene products they need.

"Before Tampon Tuesday, we weren't able to give every woman who requested either pads or tampons what they needed. Now, every woman receives a minimum of a full tampon box and a dozen pads. It's been a huge bonus for us," McDowell said.

She added that the nature of menstruation means that there's no such thing as too many maxi pads.

"There's an ongoing need. If this initiative [Tampon Tuesday] were to stop, we would end up back in a situation where we weren't able to give feminine hygiene products to everyone who requests them," she said.

Amy Romao, coordinator of Fanshawe's Sharing Shop, said an initiative they ran earlier in the year provided them with a surplus on tampons but the donation cen-

tre is lacking maxi pads. She said pads are the most used products but also the least donated. Romao urges anyone who can to donate.

"There's a great need for feminine hygiene products here at Fanshawe College," Romao said. "Perhaps people are embarrassed to bring those products in. Maybe they think it's a private issue. But it is a necessary item that women need."

Romao said about eight to 10 students access the Sharing Shop every day.

Fields said that menstruation is still shame-based but she hopes that events like Tampon Tuesday can not only provide women the support they need but can also help reduce the stigma surrounding the issue.

"It's a new day for women in terms of women's issues. The name itself of Tampon Tuesday provokes curiosity and interest. Some people don't like the name, they think it's crass. But this is about providing dignity to women in poverty."

This year's Tampon Tuesday event will be held on Feb. 9 from 5 p.m. to 7 p.m. at Jack Astor's Bar and Grill at 88 Fanshawe Park Rd E.

Ninth is better than nothing



DAN TODD
INTERROBANG

According to BMO's latest regional labour market report, Guelph is the number one city in Canada for finding a job, with London coming in ninth out of the top 10.

The study looked at annual population growth, annual employment growth, the unemployment rate and the share of the city's population with a job.

With an annual population growth of point-nine percent, and an annual employment growth of three-point-eight percent, quite a few people were surprised. Part of the city's success with its employment rate may be due to companies such as the London Help Employment Centre.

CEO of the London Employment Help Centre (LEHC) Nancy McQuillan explained how her company works.

"We assist all kinds of people entering or re-entering the work force to find and keep employment.

Many people may be entering the work force for the first time. There are a lot of people that we work with who are new Canadians."

McQuillan added that the centre has already assisted a number of Syrian refugees that have settled in London, but also works with people from the manufacturing sector who lost their jobs when companies like Kellogg's and GM closed. She also said that because of how long these people held these jobs, they have no idea how to write a proper resume or market themselves.

Lina Hernandez is the human resources and communications manager with the Cross Cultural Learner Centre in London, and said that most new Canadians find jobs in the city without much difficulty. There are a number of factors involved including their careers, goals, experience and proficiency in English.

"We know that here in Canada most immigrants have to change careers, and start new careers because of skills and different requirements of professions. Some decide to go back to school or some just decide to change their careers."

And while some opportunities are coming back to the city in the

manufacturing sector, other industries are blossoming as well.

Luke Johnson is a young professional who works as a software developer for TD Bank. He also grew up in London, and attended Fanshawe College. Five years after graduating, he said that he and his classmates found work fairly easily.

"The software development field is in fairly high demand... You have to be a little less picky staying in London because the job market isn't quite as large as Toronto or bigger cities like that, but everyone was able to find jobs right out of college."

While he enjoys working there, he has also noticed people's tendency to leave the city once they're finished school.

"I find there's a real gap of young professionals in London. Once people graduate from Western or Fanshawe they seem to move away to other cities, so there's a real lack of people in my age group, which is kind of uncomfortable."

He added that London is a good city to settle down in.

Over all, London's job prospects bode well for people both who grew up here and new citizens alike.



CREDIT: DANNY BAILEY / THINKSTOCK

The red light camera program has been introduced to promote a safer driving community in London. The program will begin in 2017.

London approves red light camera program

CLAIR BARAGAR
THE GAZETTE

London is cracking down on dangerous driving with the introduction of a red light cameras program. The program was approved with a 14-1 vote at a council meeting on Tuesday.

According to Ward 12 city councillor Harold Usher, this \$3.8-million initiative is intended to improve the safety of over 20 different intersections throughout the city, some of which may be close to campus.

Up to 10 cameras are to be con-

spicuously installed at different intersections on a rotating schedule, ready to capture the licence plate of any vehicle that proceeds to cross the white line after the light has turned red.

Usher said on-road safety is a growing concern for London.

"Some accidents are not fatal, but they are disastrous, and we certainly want to curtail that [through this program]," Usher said. "I just hope that people are going to be a little bit more alert, and that goes for everyone."

The cameras will be in use by 2017.



CREDIT: MADSCI / THINKSTOCK

The legalization of marijuana was a Liberal Party campaign promise; falling to number six on the list of to do's, Canadian's could see the legalization and regulation of weed in the near future.

High times are coming to Canada



JESSICA KLAVER
INTERROBANG

The legalization of marijuana was one of the Liberal Party's campaign promises that helped propel them to a majority government, and work is now under way to make it easier to access the recreational drug.

Prime Minister Justin Trudeau appointed Scarborough Southwest MP Bill Blair to head the process of legalization. Blair used to be the Toronto police chief and is currently the parliamentary secretary to the Justice Minister.

The Liberal campaign promise was "to ensure that we keep marijuana out of the hands of children, and the profits out of the hands of

criminals, we will legalize, regulate and restrict access to marijuana," as stated on the government's website.

There has been discussion about using the LCBO to regulate and distribute marijuana, which is likely to be more costly than the price consumers are paying for it now.

Some sources are suggesting that the federal government use the model that is already in place by allowing medical marijuana dispensaries to expand and sell it or ship it to consumers directly.

Meanwhile, others are stating that they should not expand a failing system.

"People want to buy it from stores, like everything else. Particularly plants, this is something you like to smell, look at, before you purchase. It's like tomatoes. You want to see the quality before

you spend your money," Vancouver lawyer Kirk Tousaw told the Globe and Mail.

In the mandate letter to the Minister of Justice and Attorney General of Canada Jody Wilson-Raybould, legalization and regulation of marijuana came sixth on the list after an inquiry into the murdered and missing indigenous women and the "criminal justice system and sentencing" reform.

It does not look as though this will happen any time soon as both of these two issues are time consuming and require a lot of focus.

However, this doesn't slow down the chatter about the topic.

According to Macleans, Blair is hoping to have more information about the initial steps to share with the public within the next few weeks.



CREDIT: IGNITE LONDON

Ignite London aims to encourage public speaking to raise awareness, educate, stimulate and inspire interested individuals involved in the London community.

Igniting London's spark

KERRA SEAY
INTERROBANG

Ignite London, a Ted-Talk style presentation, will be held at the Aeolian on Feb. 10.

Jeremy Masurkevitch, the administrative coordinator for the Aeolian, said the intention of the free event is to bring together creative Londoners and to start interesting dialogues on a variety of topics.

"Ignite London is... built to encourage public speaking to raise awareness, educate, stimulate and inspire interested individuals involved in the London community," Masurkevitch said.

Participants in Ignite London are given five minutes to speak on any subject that they are passionate about. According to their website, the organizers will give the MC permission to use a giant cane to drag anyone offstage who goes over the time limit.

Presenters can accompany their

talk with a maximum 20-slide slideshow to enhance their presentation. Eight speakers are signed up for this presentation.

The deadline to apply to be a speaker at the Feb. 10 event has passed, but that does not mean you cannot attend as a guest.

Masurkevitch said some of the themes of Ignite events have been education, politics, social issues, relaxation techniques, lucid dreaming and more. The Feb. 10 event will not be themed, and instead will open the doors to Londoners to speak on any topic that interests them, as long as the talk is not for self-promotion.

Masurkevitch encourages everyone to come check out the event.

"Individuals of all ages should come out if they are interested in their community, meeting like-minded individuals, discussing new ideas, making contacts in the community and enjoying an entertaining evening," Masurkevitch said.



CREDIT: OLYA_STECKEL / ISTOCK EDITORIAL / THINKSTOCK

Donald Trump attempts to make himself a friend of the American Evangelical Right and fails miserably.

What Donald Trump teaches us about American religion



MICHAEL VEENEMA
RUMOURS OF GRACE

The United States of America is a big country and like Canada its population is diverse. Also like Canada, throughout its history it has rejected strong ties between the government and the church. The government of the U. S. from the moment the country was founded has not aligned itself with any one church.

Canada has followed the same path. This is not to say that the relationship between Christian faith and government in that country is identical to what we see in Canada. But there is a core similarity in that both nations value the freedom of the individual when it comes to questions about God.

Because of the high value we assign to the individual conscience concerning God and faith, in both countries there is a great diversity of churches. In our country, one can get a taste for this diversity by simply driving around any Canadian town. If you keep your eyes open you will readily find churches with labels such as Baptist, Catholic, Reformed, Anglican, Lutheran, Pentecostal, Community and others.

We can get a good sense of the diversity of churches in the U.S. by reading articles posted by Americans who keep one eye on that country's political life and the other on their churches. One of those writers is Rachel Held Evans.

Evans recently posted an article about Donald Trump's attempts to make himself a friend of the American Evangelical Right. By "evangelical", I mean those within the Christian tradition who focus a great deal on Jesus saving us from our sins. And by "right", I mean those Evangelicals who are unhappy with the growing influence of a left leaning agenda for their country. That agenda includes: a growing acceptance of LGBTQ people, the assumption that science, not the Bible, tells us how the universe works and a commitment to social justice through government policy.

Trump's most public attempt to get the approval of the Evangelical Right was his speaking at an institution that symbolizes so much of what that brand of Evangelicalism stands for, Liberty University in Lynchburg, Virginia. That university was founded by one of the Right's most famous champions, the late Jerry Falwell.

In an insightful blog posting, Evans takes Donald Trump to task for trying to present himself to the Evangelical Right as a Christian believer. During his speech at Liberty, Trump mispronounced the name of a well known portion of the Bible. Not a big deal admittedly; however, it is part of a bigger picture.

According to Evans, Trump appeared total-

ly ignorant of basic Christian ethics, which are presented in the teachings of Christ. She writes that he bragged about his extramarital affairs. He is ready to exclude refugees from his country based on their religion (Islam) and sometimes on their nationality (Syrian for example). He is callous about bombing civilians in order to get terrorists. He demeans African-Americans as well as Mexicans. Worst of all he says that he does not ask God for forgiveness because he doesn't need it.

The thing that really grates, however, is that Liberty University, and others in the Evangelical Right camp, appeared to take no notice of the contradictions between these Trumpisms and the teachings of their own leader, Christ.

The Evangelical Right is a minority in the overall religious landscape of the United States, albeit, a vocal one, which does not necessarily mean that it is a powerful minority. Most Christians in that country, as in our own, are more thoughtful in their politics and believe that political leaders succeed in putting into practice the teachings of Jesus as they relate to public life.

Strangely, Donald Trump himself stumbled into a church service where the speaker that morning happened to be preaching on such teachings.

As Evans tells it, the preacher, the Rev. Dr. Pamela Saturnia of First Presbyterian Church of Muscatine, Iowa, spoke on the importance of humility.

Furthermore she spoke about Jesus' announcement that he had come to bring good news to the poor.

Right on sister, although I hasten to add that Jesus came for the rich too and the middle class.

Trump apparently questioned whether the minister's choice of Bible readings had been chosen with him in mind. As Evans points out that this was not the case, those Bible passages are part of a three-year cycle of Sunday readings.

If you or I had visited any Catholic, Anglican, Presbyterian, Lutheran or Baptist Church the Sunday Trump visited First Presbyterian in Muscatine, chances are we would have heard the same passages read and spoken about.

All of this goes to show that the religious scene in the United States, like ours, is not a simple one and that there is no need to worry that most Christian believers do not think carefully about their faith and what it means in the public sphere. If you would like more assurances on this score, I would recommend visiting an Anglican, Presbyterian or Catholic Church this coming weekend.

On any Sunday in almost any church you are extremely likely to hear something that will make you wiser, smarter, and more compassionate. I like to think that even Trump got infected with some of the wisdom and grace of God as he heard Rev. Saturnia's message.

Those were the dates

Six reasons why you need to change your outlook of dating

ELLIOT CHAN
THE OTHER PRESS

NEW WESTMINSTER (CUP) – It's been years since I've dated. If you dropped me back into the dating scene, I wouldn't turn cool, confident, and desirable; I would become feral, become the creepy guy at the club, or become a loner who waits around until one of my other single friends calls me up to hang out. That's because the term "dating" is scary.

I don't know how to date. I never did. I never had an online dating profile or anything like that. I don't believe dating, in the traditional dinner and a movie sense, is the way to meet people. At least, it shouldn't be the origin of a relationship. Dating is like gambling. You are betting on a person, on a night, or on an event to turn out in your favour—which is selfish. Dating can be any activity, but dating itself should be invisible. It shouldn't be quantified (ex. first date, second date, etc.).

Because of conventional thinking, dating garnered this negative connotation and it plants a bad seed in our minds, psyching us out. In this article, I'll look at six different ways to look at dating that will give you a more positive outlook on your prospective love.

1) A relationship is a friendship, so start with a friendship. If you are having trouble even getting your friends to hang out with you, you need to re-evaluate. There is nothing wrong with hanging out with a friend. Having someone loyal—even if they have put you in the friend zone—helps people understand you. Don't look for a spouse, look for a friend.

2) New experiences offer new opportunities. Do what you want to do and invite people who want to join you. Don't make plans

around people; make plans for you. If someone wants to join you, they are more than welcome, but regardless, you will have an experience. If you go alone, you might even meet someone along the way.

3) Learn something and work together. Take a class or invest yourself in a project. A relationship is all about learning and collaborating together. By participating in an educational experience with someone, you can determine whether you can function together.

4) Find an anchor. Don't be persistent; be steady. Romantic comedies have ruined many people's understanding of romance. The never-say-die attitude is poison in a sprouting relationship. Romance, after all, is not something you commit 100 per cent of your life to. You have to steady your own ship before other people will hop on. Get an education.

Get a job. Move out of your parents'. Focus on more than romance. If you are unrelenting with finding dates, you are merely pushing people onto your sinking vessel.

5) Be vulnerable. So often dating can seem like a job in-

terview where we try to look our best. It's not a job interview. You won't lose anything for being genuine. Obviously, don't end up weeping over your ex, but open up your world and be open-minded when your date does the same.

6) Make plans. "Life is what happens when you're busy making other plans," a quote by John Lennon. You can tell if you've found the one if the two of you are able to follow through with the plans you've made. Mortgage, marriage, vacations or mundane things like a trip to the supermarket—these are the plans you'll make while growing old together. A date is really just a plan that you kept, and it's not so scary.



HAVE AN OPINION? SUBMIT YOUR STORY!
LETTERS TO THE EDITOR: FSULETTERS@FANSHAWEC.CA



CREDIT: JAYMIN PROULX

Music therapy brings something different to the hospital environment, and according to Karina Charczuk, it helps patients cope.

The healing power of music

JAYMIN PROULX
INTERROBANG

Have you downloaded any music lately? Played guitar? Attended a Zumba class?

Music may provide more benefits than we realize and impact our lives more than we know.

Though it keeps us connected to pop culture and is easily accessible by way of Internet, television or radio, music can also provide great benefits to heal the mind and body.

Patients with mental illness, dementia, Alzheimer's or those with migraines have been seen to substantially recover with music. Methods include listening to relaxing music while colouring, playing a musical instrument, singing and relaxing or meditating while listening to calming sounds. In addition, patients also receive a great deal of enthusiasm when playing a musical instrument in a group setting or singing in a choir.

Karina Charczuk, a music therapist at the Children's Hospital at the London Health Sciences Centre said the whole point of music therapy is to bring something different to the hospital environment and to help patients cope with all the medical procedures they are experiencing.

"It's not necessarily meant to replace those medical procedures, but to help cope and compliment the treatment," Charczuk said.

Charczuk explained in the case of infants, research shows when a pre-term infant, or an infant born before the 37-week gestation age, is exposed to music therapy, they don't need as much sedation when it comes to procedures.

The same can be explained with pediatric patients. As a result, music therapy can replace the need for medical intervention, like sedatives, and thereby complement other methods of treatment.

"We work with premature infants up to individuals in old-age, with all different types of diagnoses," Charczuk said. "I've personally worked in pediatrics and also with adults with mental health diagnoses, adults with drug and alcohol addiction and abuse, teens with acquired brain injury and with autism."

And according to Charczuk, music therapy helps no matter what the age of the patient.

"Live music has shown to be more beneficial than recorded music, when provided by a music ther-

apist. It has been shown to regulate heart rate, regulate breathing rate and increase non-nutritive sucking [in infants]. That's something you want to see from an infant, that they are actually feeding from their mother."

According to Charczuk, it increases the sucking rate and helps the bonding experience with the infant and caregiver.

Studies show that "kangaroo care", the skin-on-skin contact that is encouraged between a caregiver and their infant, and music therapy combined, have shown to be more beneficial than just "kangaroo care" alone. That skin-on-skin contact reassures the baby and gets the infant to hear the mother's voice. When the mother is relaxed, the baby relaxes as well.

In terms of the brain, neuroscientist Dr. Daniel Levitin, in his book *This is Your Brain on Music: A Science Of A Human Obsession*, wrote that Harvard neuroscientist Gottfried Schlaug found "musicians tended to have larger cerebellums than non-musicians, and an increased concentration of grey matter."

"Grey matter is that part of the brain that contains cell bodies, axons and dendrites, and is understood to be responsible for information processing, as opposed to white matter, which is responsible for information transmission," Levitin wrote.

The cerebellum is in the back of the brain and is important in motor control. Its function is to coordinate and regulate muscular activity.

In *Healing at the Speed of Sound*, by Don Campbell and Alex Doman, researchers observed "that merely listening to upbeat music in a style one likes causes the blood vessels to expand (thus increasing blood flow), improves breathing patterns and spurs increased production of endorphins, thus decreasing stress and creating overall feelings of well-being."

On a different level, it also can have an opposite effect. Listening to music one doesn't like causes the blood vessels to constrict, breathing to quicken and feelings of stress to increase.

"Prolonged exposure to unpleasant music or noise can negatively affect the immune system, speed the aging process, increase levels of anxiety and depression, contribute to infertility and impotence and increase the risk for heart attack

and stroke," wrote Campbell and Dorman.

With regards to therapy, Charczuk said that the beauty of music is that it is a non-verbal way to express how you are feeling.

"Teens don't always like to talk about how they are feeling, or someone who is going through talk therapy with a psychiatrist or psychologist, they are always talking about how they are feeling and working through things. Music is that other modality that they can express themselves and tell you without telling you directly how they are feeling."

A few methods that music therapists use with that type of population is a lot instrumental improvisation, no set song, just playing a beat that everyone can participate in.

"Someone creates a beat and you play off that beat. You get the expression of what a person is feeling through their playing because if you have no guide, you fall on different ways of inspiration or methods of playing on how you feel."

Song sharing is another method music therapists like Charczuk use to help patients. Charczuk asks patients to play a song that they are really drawn to, talk about the lyrics and from the lyric analysis, she can see why that song is important to that person. Overall, this encourages open discussions about the patient's feelings.

Campbell and Dorman explained that group music sessions involving any instrument and bodily movement display one of music's most important qualities as a tool for rehabilitation. They illustrated in their book that playing music is so pleasurable that individuals are happy to engage in it for hours, days and months on end.

As a result, Campbell and Dorman concluded that doctors are finally learning what primitive healers have known for centuries.

"By using music, voice and rhythm to reach a part of themselves where they can no longer be afraid, patients can bring themselves back toward health."

What's another way to beat stress and meet people? Join a drumming circle. Fanshawe College has drumming circles on campus and these can be effective in helping people cope with stress from school. Drumming circles can also help those with neuromuscular disorders control their physical movements. Visit F2010 for more information.



CREDIT: NINTENDO

Throughout the years, the Zelda franchise has given their main character, Link, many companions, but which one is the best?

It's dangerous to go alone. Take us!



ANDREW VIDLER
G33K LYFE

Ever since Nintendo's iconic Legend of Zelda franchise made the move to three dimensions with Ocarina of Time in 1998, Link, and by extension the player, has never been left to undertake their adventure on their own. That title, and the four successive console games that have followed each have introduced a unique companion with their own personalities and their own charms, and each are as unique as the game they feature in.

But which one was the best? Who was the most useful? Who was the most annoying? Having devoted more time to the Zelda franchise than is likely healthy over the years, I have come up with the answer to those questions. Without further ado, here is the ranking of the five Zelda companions in the 3D games.

5. Tatli (*Majora's Mask*)

Poor Tatli. Separated from her brother, abandoned by her former friend is firmly rooted to the bottom of this list. Beginning the game as an antagonist, Tatli the fairy would reluctantly join up with Link shortly after aiding in the kidnapping of his horse and his transformation at the hands of Skull Kid. She would eventually come around, aiding Link in saving the world and earning herself some redemption. The second consecutive fairy companion, Tatli suffers from an unoriginal design and the lofty standards set by her predecessor, though she does stand out by actively disliking Link for a good portion of the game.

4. The King of Red Lions (*The Wind Waker*)

Sailing a vast ocean in a sailboat that doesn't even have the deck space for a chair sounds like one of the loneliest experiences that one could have. Fortunately for Link, the tiny sailboat that is his only transportation doubles as a travelling companion. After plucking the hero out of the ocean, he successfully guides the young hero on his quest to save his sister; it is revealed that the elderly vessel is none other than the last king of Hyrule. Throughout the quest he would serve as a translator of ancient languages, moral support and of course, a sailboat. His highness would end the game making the ultimate sacrifice, sadly leaving the boat's figurehead just that.

3. Fi (*Skyward Sword*)

Chronologically the companion

to the first Link, Fi is also the most recently created companion in the franchise. A friendly, analytical and coldly logical spirit, Fi makes herself known to Link shortly after the disappearance of Zelda, setting him along the adventure that would eventually shape the history, and the land, of Hyrule. Living in the hero's sword, she dispenses advice, analysis and occasionally offers dismal odds of success, all while totally misunderstanding the actions and motivations of those who don't live in swords. Interestingly enough, Fi could be considered to only recurring companion in the series. She resides in the Master Sword, forged throughout the course of the game, technically making her the silent companion to every incarnation of Link that has taken up the legendary blade.

2. Navi (*Ocarina of Time*)

Ask any gamer to name the most irritating vocal clip in video games, and nine out of 10 will mention Navi. The original fairy companion, Navi is a chipper, enthusiastic young fairy who is sent to travel with Link throughout his most iconic journey. Following Link back and forth through time, she is always at his side and ready to give advice when called upon, even if she does get a little annoying when you wander off of your main quest. Her status as the first companion in *Zelda* games, and the iconic nature of the game she features in would have been enough to put her high up on this list, but in the end that piercing, shrill voice is what she will always be remembered by.

1. Midna (*The Twilight Princess*)

Standing proudly on the top of the companion pile lays Midna, an impish little goblin with a terrifying amount of magical power at her disposal. Literally emerging from the darkest corner of the darkest cell, her initial motivations seem anything but benign as she orders around a wolf-shaped Link in a quid pro quo arrangement. Want to find your friends? She'll help you, but only if you help her gather ancient magic. However, as is revealed later in the game, she is not truly what she seems, in either personality or form. Midna in fact is the titular character of the game, the exiled princess of the twilight realm, cursed and cast out by the same man now threatening Hyrule. The only companion with a proper story arc, Midna eventually proves herself to be just as brave and heroic as her partner, and the best companion to Link in franchise history.



Produce is a plenty at Fanshawe's Farmers' Market. Mavarick Farms stops by every Thursday in F-hallway from 9 a.m. to 4 p.m. to sell students fresh food.

The cold never bothered them anyway

How farmers markets' adapt to the winter

EMILY STEWART
INTERROBANG

Summer and fall are the seasons we think of when we think about fresh fruits and vegetables. Whether we want a sweet strawberry, juicy tomato or crunchy asparagus, we'll grab it during the time of year we know that produce is in season. However, when winter comes, we may not think as much about how we can scoop up fresh produce made by local and provincial farmers.

Regardless of the season, farmers are busy working all year long, and farmers' markets have learned to adapt to the winter season.

How do you grow your plants?
The Covent Garden Market is running a Winter Indoor Farmers' Market for the first time ever from Jan. 16 to March 19, Saturdays from 9 a.m. until 1 p.m. About 12 of the vendors are participating, with about 30 during the outdoor farmers' market.

"In the past, everybody's ready to take a few months off, but this year, there was real interest in continuing," said Christine Sheer, the farmers' market manager.

She explained they need more farmers than other vendors, such as chocolate and soap businesses, for the "producer-based market", so she had to make sure they would have enough farmers on board. Sheer said production is about the same for the farmers participating.

"The meat farmers for instance, at the farmers' market they sell their meat frozen anyway," she explained.

Sheer said the produce farmer at the Winter Indoor Farmers' Market sells root vegetables that he keeps in storage, and salad greens that he grows in hoop houses.

She explained the ones taking a break from the market make seasonal food.

"My husband is a farmer, and he grows a wide variety of vegetables, but we don't have hoop houses, so we don't have the capacity to do the winter market."

Sheer said she was nervous about starting the Winter Indoor Farmers' Market, but calls it a "happy little success story" with returning customers, live music and cooking classes.

Other businesses have also been working around the chilly weather.

Craig Turner has operated Turner's Farm Market with his wife and family since 1995, and works at the Western Fair Farmers' Market. He said it's tough to find and grow

good quality produce at reasonable prices in the winter. Turner added much of the produce, especially greens, are imported from California and Florida.

"A lot of products cannot be grown in greenhouses simply because they need bees for pollination," Turner explained, adding that there needs to be wind for pollination to occur.

He said during the winter, you must think about vegetables that can be grown in greenhouses, such as hydroponic lettuce, turnips, beets and light greens. However, he said the production costs of greenhouse grown fruits and vegetables would not make them ready to be sold at the supermarket.

"We've tried to grow strawberries in a greenhouse, and what it would cost us is somewhere around \$8 to \$10 per quart to produce those," Turner explained. "To make a reasonable profit on them, you would have to sell them for somewhere between \$12 to \$15 a quart, and that's just not what the consumer will pay for a product like that."

However, he said the flower supplier has talked to him about using strawberry plants to sell the berries at \$4 to \$5 a quart.

On the other hand, George Maravick, a Leamington Farmer, uses a greenhouse to grow peppers, tomatoes and cucumbers. His farm brings fresh produce to Fanshawe College students and staff. Walking by the tables, there are still fresh, colourful fruits and vegetables that are ready to eat for sale.

"It's pretty much the same growing procedure, except the product is much healthier from the closed environment," he explained. "It doesn't get any acid rain or any pollution."

Maravick added there are few fertilizers and chemicals used on the produce, so "it's almost classified as organic" because they are able to avoid an insect infestation by using sticky 3M tape to catch them. He also said the water they use to feed the plants is the same drinking water from the Leamington water treatment plant.

He said they picked the apples and pears at the end of October and beginning of November and keeps the fruits in storage.

The prices are the same year round as well. Maravick said it's to make sure students are able to afford fresh produce, but he understands that people often raise the prices during the winter to compensate with the higher production prices.

When is the best season to buy fresh produce?

Maravick said most of their produce is good enough to eat all year round, since it's grown in a greenhouse. However, there is an exception with blueberries, strawberries and raspberries.

"It's strictly summertime," he said, adding pears and apples are the safest bet for winter storage.

Turner recommends buying local produce from August to October. "That's when the farms are at their best of producing the product," he said, adding that Ontario grown fruits and vegetables have their best prices during that time.

"Don't get me wrong, right now a lot of the local product is still on the shelves, like carrots, beets, potatoes, onions and mushrooms. There are a lot of products that are produced or have been produced in Ontario that are still at a very reasonable price," he said, adding the carrots they are selling now are at the same price and quality they were at that time. He said to buy cauliflower, broccoli, peppers and tomatoes and root vegetables in the fall.

Turner noticed that there are customers expressing their concern over the higher price tags on imported greens, brussel sprouts, beans, cauliflower and broccoli because the value of the U.S. dollar is greater than our weak loonie. He added production shortages in California and Florida, who send the produce to Canada, also contribute to a more expensive grocery bill.

However, he said, "The people that are growing those products here in Ontario are able to store them in a way that their nutrients and their quality is maintained over long periods of time."

Turner said that while selling produce at their Western Fair Farmers' and Artisans' Market stand, they suggest that their customers buy homegrown produce, and added the business has been successful because of that. They also recommend purchasing produce in August and September, so it can be eaten and enjoyed all year round.

"A lot of people have thanked us for that," Turner said.

When to shop

Mavarick Farms stops by Fanshawe College on Thursdays in F-hallway from 9 a.m. to 4 p.m.

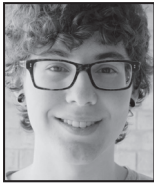
The Covent Garden Market runs their Winter Indoors Farmers' Market from 9 a.m. to 1 p.m.

The Western Fair Farmers' and Artisans' Market runs on Saturdays from 8 a.m. to 3 p.m.



Bloc Party's latest release delves into electronica but doesn't take enough risks for a big pay off.

Bye bye Bloc Party



NICK REYNO
WRECKORD REVIEWS



The prominence of EDM (electronic dance music) has had an interesting influence on the music industry. Whether we look at country, rock, blues or metal, everyone seems to be hopping on the bandwagon and adding electronic elements to their repertoire.

Some artists, like Tegan and Sara, have made the transition effortlessly while other acts, such as Bloc Party, have blundered around and missed the mark. Bloc Party is the British indie-rock band that brought us early hits such as "Helicopter" and "Banquet".

Though they may have peaked in 2005, Bloc Party stuck around with a moderate collection of albums and EPs. Now, about a decade later, we see the release of their fifth and hopefully last studio album, *Hymns*. This record was released Jan. 29 and probably won't be remembered by the time this is published.

When buying an indie-rock album we can generally be sure of two things: trashy guitar riffs and raw upbeat lyrics, but with *Hymns* we get a gratuitous pile of neither.

This album is not a Bloc Party release, this is just lead vocalist Kele and his friends in the studio. If you haven't yet listened to Kele's solo album, *Trick*, find a good subwoofer and blast the album because it's a far more rewarding experience than *Hymns* will ever be.

While I would have played Bloc Party's earlier releases *Silent Army* and *Intimacy* when I wanted to add excitement to my road trip, the only thing *Hymns* is good for is ruining a sunny day. Although the album starts off somewhat upbeat, the cringe-worthy synths and ominous pads easily overshadow the excitement. By the third song "So Real", Kele's sad croaking and morbid crooning have taken away any vigor *Hymns* might have still held.

Even the song's mildly indie-influenced guitar hook has sad and sparse overtones.

If it weren't for the driving drums behind every drab reverb-drenched track on *Hymns*, I might have fallen asleep before "The Good News". This song is the outlier of the album, featuring a catchy slide-guitar and falsetto back-up vocals that bring a happy disposition to the depressing lyrics peppered throughout the tune.

"The Good News" elevates *Hymns* just enough to make the drop to "Fortress" all the more disappointing. This sparse song is driven by nothing but Kele's high crooning melodies. Even the drums have been replaced with barren electronic beats here. "Fortress" barely holds itself together amidst the boundless swirling ambience.

At least with Kele's solo material we are treated to a colourful montage of vocal styles and interesting textures. Neither the solo album *Trick* nor the band effort *Hymns* are all too memorable, but at least *Trick* is inspired. It has a unique quality that keeps it novel, while *Hymns* seems to only dabble in a mellowed-out personality crisis.

Half of *Hymns* sounds like tracks that were cut from *Trick* and the other half sounds like sad, disinterested attempts at earlier works.

If it weren't for the morose lyrical content and sad undertones of Kele's vocals, a couple of these songs might have come close to capturing the upbeat essence they strived for. It's clear that Kele has taken creative control over this project and driven it far from the original vision, into a hazy and uncertain future. Perhaps the mellow direction would have revitalized the band's popularity, if it contained any nuance of a memorable moment.

As it stands, the only thing on *Hymns* that I remember is the atrocity of "The Good News", and the sour taste that the closing song, "Living Lux" leaves in my mouth.

If by some miracle, you listened to *Hymns* and want more, go find a copy of *Trick*. I have to warn you though, listening to *Trick* will completely ruin Bloc Party's sad attempt at alternative electronic hangover music.

When the storm rages, who will answer the call?



**PAM-MARIE
GUZZO**
INTERROBANG

The storm blows in. Quiet at first. Small snowflakes you can catch on your tongue. But the quiet doesn't last. The winds pick up, the blizzard takes hold and you can hear the crashing seas from miles away. It is then, as you desperately attempt to tie down fishing boats that you hear the word, a second oil tanker, the Pendleton, ripped in half by the storm, with no help coming.

In *The Finest Hours*, a United States Coast Guardsman, played by Chris Pine, does his best to follow orders with his three, somewhat reluctant companions, as the Pendleton's disliked engineer, played by Casey Affleck, struggles to keep floating long enough for help to come. The plot occasionally heads back to shore to focus on Pine's girlfriend, but the true action is at sea.

There are several things the movie does well. The intensity of the storm and the urgency of the rescue mission both come across well in almost every moment. Great effort was clearly made to try and stay true to the incredible truth of events, even as improbable as those events are. Both Pine and Affleck play their parts with an amazing amount of dedication. Impressively, Pine doesn't express his inner Kirk even once in the course of the film.



With little hope and great courage, two men in different places struggle to save the lives of many.

CREDIT: DISNEY ENTERPRISES, INC. (2016)

The "almost" in the previous paragraph is where the problems start. While those scenes taking place on the Pendleton and on Pine's tiny rescue boat are extremely well done, the film has a bad habit of flipping, often in the middle of extremely intense scenes, to the shore. There we follow the panic of the girlfriend Miriam Webber, played by Holliday Granger.

It's often difficult to include im-

portant information that isn't part of the action, but *The Finest Hours* makes these transitions especially frustrating and tedious. Instead of waiting for a natural lull in the action, the director appears to have decided that awkward cliff-hangers are the way to go. So many times Affleck's character is about to do something extremely important, or something happens on the ship, and before that action is resolved

the scene cuts away, destroying the dramatic tension the movie works so hard to build.

This is especially infuriating because the movie is, otherwise, excellent. Sure, some of the CG should have been done with models for greater realism, and yes, the musical score does repeat the same two notes from "My Heart Will Go On", but these are minor issues, although reminding the audience of one of

the best boat-sinking movies of all time may have been a poor judgement call by the composer.

Overall, *The Finest Hours* is an excellent story told well. Yes, the movie is far from perfect, but most of the problems are minor annoyances rather than plot-breaking failures. For those looking for an intense disaster movie with a romantic subplot (à la *Armageddon*), look no further.

YOUR STORY™

SEE THEIRS.
SHARE YOURS.

WIN*

1 OF 3 PRIZES OF 1,000
FANSHAWE BUCKS!

fanshawec.ca/yourstory



FANSHAWE

*See fanshawec.ca/contest for full details

Unraveling *Pacific Myth* with Protest The Hero



BOBBY FOLEY
BOBBYISMS

I write about random things a lot. I write a lot about random things. For our Nov. 16 issue of Interrobang, we offered a look at *Pacific Myth*, the new subscription-based EP from Canadian metal group Protest The Hero.

Like a kind of digital record club, the band, including guitarists Luke Hoskin and Tim MacMillar, vocalist Rody Walker, drummer Mike Ieradi and bassist Cam McLellan, challenged themselves to record and release a new song through Bandcamp.com on the 15th of each month from October 2015 to March 2016.

For a one-time \$12 subscription fee, fans would receive a download of the new song each month, including instrumental versions in MP3, exclusive digital artwork and even sheet music among many other perks.

The project began back in October with “Ragged Tooth” and has been gaining momentum through the release of “Cataract” a few weeks ago, the fourth installment in the series.

Months after our initial coverage, we reconnected with guitarist Tim MacMillar to follow up on how the EP has been progressing and what the band has learned along the way.

“This project has definitely been a challenge, but I think it’s helped us keep on track and set deadlines for ourselves to get music out to [subscribers] sooner,” MacMillar explained, speaking by phone during his dinner break from recording.

“It did kind of catch up with us, where we felt we were a little under the gun, but it’s good pressure that forces us to get down to work.”

“Our writing method has evolved, and challenging ourselves to work inside this framework has really helped,” he continued. “It taught us a lot about ourselves, our writing and our chemistry as a band and it was a perfect way to buy us a little time and not keep people hanging for too long before we dive into whatever is next.”

Monday, Feb. 15 sees the release of the fifth track in the series, and fans have been growing increasingly excited with each new song, thanks in no small part to incredible updates and exclusives from the band along the way.

Their frequent posts offer peeks into their progress in the studio, exclusive merchandise based on *Pacific Myth* single album art, and even instrumental play, through videos on guitar and drums. Check out MacMillar shred through “Ragged Tooth” while being fed slices of homemade pizza, or check out drummer Ieradi as he tears through “Cold Water” (including a picture-in-picture shot of his foot pedal work).



CREDIT: CHRIS PREYSER

Protest The Hero committed to releasing a new song on the 15th of each month from October until March of 2016. The degree to which they’ve embraced their subscribers and shortened the process of writing and delivering music is astounding, not many bands could’ve done the same.

Not only does *Pacific Myth* see Protest The Hero at their best, it sets a high bar for artists to follow down the road. Sure, they flex considerable musical muscle throughout, but they’re also the perfect blend of engaging and entertaining, and the degree to which they’ve embraced their subscribers and shortened the process of writing and delivering music is astounding. At another time or with another band, this would have turned out differently.

There is no firm date yet planned, however according to MacMillar, *Pacific Myth* will get a physical release later in 2016. Though through a stroke of irony, producing the EP in physical formats will usher back in the sort of waiting period that first inspired them to explore a more direct method of releasing

music to fans.

For subscribers, the experience has truly been one of a kind. Along with all of the perks that they offered, the band posted an update early in January asking for suggestions for the last song of the series. Fans left comments including musical styles and instruments they appreciated in the band’s work, feedback that could influence the big finish when the last song of the EP is released next month.

“All of the people that have subscribed have definitely helped us and motivated us to keep going, so we tried to give them as much for their value as we can,” MacMillar explained. “We feel indebted to them and try to give them as much extra and behind-the-scenes stuff as possible, I hope it’s been a good

balance.”

For more on Protest The Hero or their *Pacific Myth* subscription EP, visit protestthehero.ca or follow @protestthehero on Twitter and Instagram. Just finding out about this project now? It’s not too late to subscribe through Bandcamp, and when you do all the music and media released so far will be added to your collection right away, including much more not covered above.

And for more of the latest music news, album streams and gigs coming to London, add @fsu_bobbyisms to your Twitter timeline. Do you watch the JUNO Awards in the spring? The annual celebration of Canadian music just announced this year’s nominees last week; see where your favourite artists stand at junoawards.ca. I’m out of words.



PATHWAYS FAIR

THURSDAY, FEBRUARY 11, 2016
10 a.m. - 2 p.m. | F Hallway & Forwell Hall

**CONTINUE YOUR
FANSHAWE EDUCATION
WITH PATHWAYS TO:**

**DIPLOMAS
BACHELOR DEGREES
GRADUATE AND PROFESSIONAL STUDIES**

SPEAK ABOUT PARTNERSHIPS AND TRANSFERS WITH REPS FROM:

Algoma University
Barclay & Knap Educational Services
Brescia University College
Brock University
Cambrian College
Centennial College
Conestoga College
Cork Institute of Technology
Durham College
Georgian College
Humber College
Huron University College

Institute of Technology, Sligo & Carlow - Ireland
King's University College
KOM Consultants
Lakehead University
Lambton College
Limerick Institute of Technology
McMaster University
Mohawk College
Niagara College
Nipissing University
Royal Roads University
Seneca College

Sheridan College
University of Guelph
University of Guelph - Humber
University of New Brunswick
University of Ontario Institute of Technology
University of Waterloo
University of Windsor
University of the West of England Bristol
Western University
York University
Wilfred Laurier University

YOUR STORY™ CONTINUES... fanshawec.ca/pathways

Calculus origins 1500 years older than originally believed



JERROLD RUNDLE
INTERROBANG

The world is shaken up by Britain's new "okay" on human embryo testing, while the roots of calculus are revealed to be much older than earlier thought in this week's romp through the scientific world.

Ancient civilization created pre-calculus 1500 years earlier than previously thought

A German astrophysicist researching Babylonian texts relating to the orbit of Jupiter has found that the ancient civilization was using a preform of calculus to more accurately track the gas giants' path through the night sky.

The texts were written in cuneiform, an advanced written language used between 3500 BCE and 100 CE that relied on a triangular stylus impressing between 600 and 1,000 different symbols into soft clay pucks. The clay would harden into small handheld tablets, which there are now hundreds of thousands of them still preserved.

Mathieu Ossendrijver translated four tablets from between 350 and 50 BCE and found that the ancient astronomers were using motion-velocity graphs to track the movement of the solar system's largest planet.

A basic understanding about calculus is that it's used to calculate the area under a curve. The area un-

der a straight line is easy, but with a curve, there ends up being an approximation. The closer the approximation can get, the more accurate the value.

An early tool in calculus was called the trapezoid rule, where the curve is broken into multiple columns, or trapezoids, between a set number of points on the curve, with the area of each trapezoid approximated, and then added together.

The system was originally thought to have originated in 14th century Europe, but Ossendrijver's research has shown that ancient humans were thinking with a greater degree of abstract and geometric mathematics than previously thought.

It's already known that the Babylonian civilization, which at its oldest dates back almost 5,000 years, excelled at mathematics and astronomy. They are credited with the creation of the astronomical and astrological zodiac and the concept of a 360-degree circle.

With the newly translated tablets though, history books now have quite a bit of catching up to do.

Genetic editing of human embryos 'okayed' in Britain

The British Human Fertilisation and Embryology Authority (HFEA) has granted the "okay" for a team of scientists at the Francis Crick Institute in London, England, to begin genetic editing of human embryos, a first in the country, and in a world precedent becoming the first regulatory body to approve the experiments.



CREDIT: LOUVRE

Cuneiform tablets like this were Babylonians equivalent of paper. Babylonians were actually the first civilization to use calculus.

Last year, researchers in China used the now-famous clustered regularly-interspaced short palindromic repeats (CRISPR) editing gene to perform modification on non-viable embryos. They corrected a congenital eye deformity, but with biotech regulation in world's most populous country being murky, it was unknown if the project was approved by any oversight committee.

Multiple anti-gene modification and religious groups worried about the possibility of "designer humans" have begun to raise alarm over the move, but the HFEA has already given the public assurances that it will be illegal to implant the genetically altered embryos back

into a female.

The project, headed by developmental biologist Kathy Niakan, is looking into which genes are specifically responsible for maintaining a healthy embryo, and the link between malfunctioning genes and miscarriages.

The research hopes to more fully understand what genes are working at specific stages of embryo growth, and how to increase in vitro fertilization (IVF) success rates.

The embryos will be studied for seven days, reaching around 200 to 300 cells large and called a blastocyst. The embryos will then be destroyed after the study ensuring no ethical breaches.

The embryos are sourced from patients who voluntarily gave up unneeded embryos after undergoing IVF, a process where eggs are removed from the ovaries, and then manually fertilized in a laboratory, and finally inserted into the lining of the uterus.

IVF is used for couples with infertility issues who still want to conceive, and is relatively common, having first been successfully used to produce a child in 1978.

Next week we'll look at an interstellar gas cloud headed towards the Milky Way Galaxy, and give a shout out to NASA's Opportunity probe, trudging along the Martian landscape for the past 12 years.

Full-time or part-time Support staff – if we do the same job, we should get the same pay.

THAT'S WORTH SIGNING UP FOR.


#Sign up

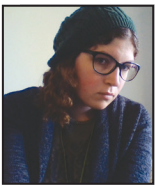


Equal pay for equal work at collegeworkers.org

If you work part-time for Fanshawe College, or worked during this academic year, email brenda@collegeworkers.org for more information.

 **OPSEU SEFPO**

Damsels without distress



**PAM-MARIE
GUZZO**
INTERROBANG

Valentine's Day is finally here. That day when we celebrate how awesome women are and shower appreciation on all our female friends. In honour of this most made-up of holidays taking place on Feb. 14 we remember some of our favourite females.

Real women with real strength Malala Yousafzai (1997 - present)

Since she was only 11-years-old, Malala Yousafzai, now 18, has been fighting for her right to education and equal treatment in her home country of Pakistan. After surviving a devastating attack on her way to school in 2012 where she was shot in the head, Yousafzai moved to England where she remains a vocal activist, winning a Nobel Peace Prize for her amazing efforts. Last summer she opened a school for Syrian refugee girls in Lebanon, and she recently published a memoir called *I Am Malala: The Story of the Girl Who Stood Up for Education and was Shot by the Taliban*.

Nichelle Nichols (1932 - present)

Best known for her role as Lieutenant Uhura in the original Star Trek television series, Nichelle Nichols was one of the first African-American women on television and participated in the first interracial kiss in American television history. Along with opening doors for African-American actresses, she also worked alongside NASA for years, helping to recruit women and other minority groups as engineers and astronauts.

Grace Hopper (1906 - 1992)

Rear Admiral "Amazing Grace"



CREDIT: ILLUSTRATION BY CANDIS BROSS

Ms. Marvel by G Willow Wilson and Adrian Alphona recently won the prestigious Angoulême Award for Best Series in France and it's clear why the series won. Marvel editor Sana Amanat, told Late Night host Seth Meyers what Kamala Khan would say to Donald Trump if they ever crossed paths, saying "she'd probably remind him that his grandfather was an immigrant ... Then she'd probably fly off with the Avengers and save the world from actual bad guys and prove him wrong about who Muslims really are."

Hopper was a mathematician and programmer in the United States Navy Reserve, responsible for much of the theory behind modern programming languages. She remained in the military until she was made to retire at the age of 79, after which she spent her time giving speeches on the history of computing and encouraging adolescents to learn and experiment. Since her death in 1992, multiple conferences and awards have been named in her honour. A documentary about her life, titled *Born with Curiosity: The*

Grace Hopper Story, is set to come out in 2016.

Hatshepsut (1507 BCE - 1458 BCE)

Ruling from around 1473 to 1458 BCE, Hatshepsut is commonly thought of as being one of the most successful pharaohs in all of Egyptian history. She expanded international trade and brought peace to a region that had been wracked by war for years. The prosperity of her reign translated into some of the greatest architectural achievements in all of Egypt, including additions

to the Temple of Karnak and a great mortuary temple that rivalled the Parthenon, which was built almost 1,000 years later.

Jane Austen (1775 - 1817)

Author of *Emma*, *Pride and Prejudice* and *Persuasion*, Jane Austen's literary genius is easy to recognize, as is her caustic wit. Mixing humour with scathing societal commentary, Austen was able to address many of the issues of her day, including the lesser position of intelligent women. Thanks to the education and support provided by her father, as her family was only able to afford a few years of boarding school, Austen was encouraged to experiment with writing beyond what would normally be allowed. Sadly, many of her novels had to be published anonymously and it wasn't until long after her death in 1817 that she was recognized for her work.

Amazing heroines from fiction Ms. Marvel (Kamala Khan)

Kamala Khan has only been around since 2013, but already has made a great impact on the world of comic books. With a healing factor and the ability to change shape, Khan, as the superhero Ms. Marvel, balances being a Pakistani-American Muslim teenager with beating up villains. When teamed up with Wolverine it was Khan who took the lead, and Marvel has already announced a future for her in *The Avengers*. Unfortunately, it will likely be a while before we get to see her on the big screen as part of the cinematic universe.

Hermione Granger

Intelligent, determined and incredibly talented, many of us have watched Hermione Granger grow from a weird know-it-all to a force to be reckoned with. Played by Emma Watson, a strong feminist in her own right, Granger saves Harry Potter from untold danger on a number of occasions. By far the most capable of the main trio, she faces peril repeatedly with bravery and strength, sacrificing everything for the greater good. In the end, it's Hermione who goes the furthest to save humanity while asking for nei-

ther praise nor recognition.

Claire Dearing (Jurassic World)

It takes a lot to run a theme park and oversee corporate interests, even more so when that park is full of dinosaurs that have a history of breaking out of their enclosures and killing the guests you're trying so hard to please. Claire Dearing manages it all, however, only losing her cool when a plethora of arrogant men undermine her every decision. What's surprising is not her ability to save the day while rocking some unbreakable heels, but the fact that she didn't turn the dinos loose on her aggravating boss years earlier.

Princess Merida

Clever and stubborn, Princess Merida is a recent Disney princess who excels at archery and horsemanship. While her equally proud mother, Queen Elinor, rules from behind her large and outspoken father, Merida does what she can to take her life into her own hands, defying the patriarchal standards of medieval Scotland. Appearing before *Frozen*'s Elsa, Merida is rare in not ending up tangled with some boy by the end of her movie. Instead, she saves her mother from a terrible curse and helps defeat her father's long-time nemesis, Mor'du.

Zoë Washburne

As first mate on the ship *Serenity*, Zoë Washburne is the tough backbone for the whole crew. With her military background and talent with firearms, Washburne saves the entire crew on multiple occasions and even faces down the notorious and terrifying Adela Niska with a calm and stoic demeanour. Although she usually obeys her captain, she's more than willing to fight for the things she believes in. Washburne balances deadlines with femininity, managing to be both warrior and wife with no sense of compromise in either role.

These women, real or fictional, show that one can be incredibly strong and brave regardless of gender, race or religion. All it takes is a willingness to stand up for yourself and your beliefs, regardless of what society may say.

Kids' Tickets \$15!

Ages 2-12. Limit of four (4) kids' tickets with purchase of a full-price adult ticket. Restrictions, exclusions and additional charges may apply. Subject to availability.

BUDWEISER GARDENS FEB. 27 & 28

Buy Tickets:
BudweiserGardens.com
866-455-2849
Venue Box Office

MONSTER JAM

MONSTERJAMCANADA.CA

Competitors shown are subject to change. © 2015 Feld Motor Sports, Inc.

POWER COUPLES

RULING MODERN COMICS

Jerrold Rundle | Interrobang

Throughout the ages there have always been power couples, Lois Lane and Clark Kent (Superman), Susan Storm and Reed Richards (Fantastic 4), not to mention the infamy of Jean Grey and Scott Summers' (X-Men) multiple relationships; super powered partnerships have graced the pages of comics for decades.

But these are the known couples, the duos we all see and hear about in movies. What about comics today? Even with the rather accurate view that the industry disdains major change, modern comics are actually bucking those trends. So what's going on in the super hero love game? Be warned, MEGA SPOILERS are involved in the following paragraphs.



Alana and Marko

Where to start? It's a forbidden love, one told countless times, pretty much a goddamned Romeo and Juliet. Alana, a soldier-turned-prison guard in a totally messed up interstellar war between hi-tech winged humans from Landfall and magically enabled horned humans from its moon Wreath, while Marko is one of those prisoners Alana's tasked with patrolling. It's a lot of political baggage from the start.

The actual comic is about their child, Hazel. The pair had to go on the lam with the newborn, being hunted across the universe by bounty hunters with a lying cat and interstellar governments, all out for the child's head. Why? The idea that two warring interstellar bodies can find common ground, let alone having their citizens love each other is unfathomable. It's a wild ride with a TV head robot prince playing porn on his screen and a spider-bodied woman out to collect the prize on young Hazel and her parent's heads.



Midnighter and Apollo

The modern day take on the superman/batman duo, this couple has been out kicking super villains to the curb since Warren Ellis created The Weatherman in 1998. Though the two originally came from a twisted experimental team and were the only survivors, eventually they found love and got married, adopting daughter Jenny Quantum, the clone of their original team leader Jenny Sparks.

Both Midnighter and Apollo were brought into DC's publishing initiative, The New 52, as a non-couple, although they eventually discovered their mutual attraction for one another by the series' end. More recently, Midnighter was written as a single, sexually open crime fighter, even taking time to use the gay dating app Scuff. Unfortunately, this means Apollo and Midnighter are no longer married, at least for now.

Kate Kane and Renee Montoya

Imagine being a detective and knowing the love of your life is out making your job quite a bit easier, but doing so illegally, by being the best vigilante possible? For Renee, a former Gotham detective who eventually resigned due to the corruption plaguing the Gotham, this is a reality.

Eventually she became The Question, taking the name after the original vigilantes death, but during that time she also developed a serious relationship with Kate Kane (Batwoman). Readers might find it ironic that Batwoman, who was eventually written as a lesbian, originally appeared in Detective Comics in 1956 to dispel the rumours that Batman and Robin were gay.

Since then she's become one of DC's more controversial characters, in part due to the series behind-the-scenes drama. Despite DC nixing the wedding due to the belief that super heroes shouldn't have happy personal lives, the series has been the recipient of several praises for its accurate portrayal of a lesbian relationship, though it's currently shelved.



Scott Pilgrim and Ramona Flowers

Scott Pilgrim vs. the World is about a total slacker/ indie bassist having to defeat seven, technically eight, evil exes in order to date Ramona Flowers, a rollerblading parcel delivery girl who travels through subspace bridges inside Scott's dreams. Set in real-world Toronto, readers are treated to a race through Honest Ed's, brawling under the backdrop on Castle Loma, and an indie music show at Lee's Palace. After fixing major relationship screw-ups, Scott goes on to defeat DJ's, a Bollywood dancing villain and a giant crystal preservation machine. In the series ending, Ramona and Scott hold hands and step into a new life and subspace bridges together.

Clones New-Father John and Parabalani "Greenknife" John

Beginning in a bathhouse for leaders of the Terran Empire, the pairing of Greenknife, simply named a Parabalani (or pleasure caste) and New-Father John, a newly awakened leader caste clone, is a violent one. Greenknife saves New-Father John's life, earning his name in the process. The whole comic is confusing, strange and visually stunning. After Greenknife saves New-Father from the alien assassin, the two stay together throughout the remainder of Prophet until New-Father John's stomach-churning, cosmos-changing death in the series' final arc.

In later scenes, a malevolent sonic force from before the universe's creation uses their relationship to gain access into Parabalani John's mind, willing the young clone to believe his partner is still alive, almost dooming the young clone and his teammate in the process.

This only scratches the surface of relationships in comics today. While the Big Two are getting their acts together over 15 years, Image, Dark Horse and indie publishers worldwide have been at it much longer, depicting real and honest relationships for decades, although to be fair, some credit has to go to Marvel. After all, Marvel did write the trans-species pairing of robotic entity the Vision and reality warping Scarlet Witch back in the '70s, even giving the super villain-fighting couple children of their own to love and care for, Marvel's version of the nuclear family.



CREDIT: CANDIS BROSS

Give yourself a gift you truly deserve this Valentine's Day by gifting yourself out of an unhealthy relationship.

Gifting yourself a breakup on Valentine's



If you find yourself in the unenviable position of having a significant other that you're not so fond of anymore, and Valentine's Day is looming, there is a simple method to both tell your significant other (SO) how you feel and not be the asshole that didn't get them a gift.

Instead of getting them nothing and dropping a clichéd holiday breakup, apply some creativity and get them something terrible. Something so bad that they will probably just conduct the breakup for you. You will still be an asshole, but you can be smugly satisfied with your own cleverness.

What do you get for the person whom you don't want to spend another minute with? Unsurprisingly, there are numerous items you can purchase or big gestures you can make that will say, "Get out of my life" to the one you used to love.

First off, it's going to have to be cheap. After all, if you don't want to spend more time with them, odds are that your desire to spend more money on them is going to be around the same level. That brings us to the cheapest, most basic terrible gift there is: absolutely nothing.

Unfortunately, getting absolutely nothing is off the table, unless you possess a flair for the dramatic.

The only way it will be acceptable is if the gift of nothing is wrapped up with absolute care, preferably in the largest, yet plainest box you can find.

You can bet that your SO's face is

going to light up like the sun when they see you walk in with that giant box with its kickass bow, and the brighter that smile shines, the harder it will fall once they open it to discover a big black void of disappointment. It's guaranteed to have twice the effectiveness of simply not getting a gift and sure to start a devastating argument.

Of course there are costly options, and if you don't mind putting money into what is essentially a breakup and a story you can chuckle to yourself later. If you've spent a long enough time with them you know what it is they adore, and conversely what it is that they can't stand; what better gift to give than something they will absolutely despise?

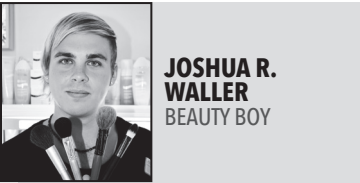
Did you guys watch *Game of Thrones* together? Get them the flag of the Boltons, because no self-respecting fan would hang that in their home. Do they have a particular loathing for *The Big Bang Theory*? Buy them several shirts that say, "Bazinga" on them and watch your SO utter a far more effective expletive on their way to breaking up with you.

There are infinite possibilities if you want to break up with someone with a Valentine's Day gift:

- Make a mix tape full of breakup songs.
- Get them pants that they are clearly too fat for.
- Go all out and buy a gym membership if you really want to lavish them with a pricey gift that will deal a blow to their self-esteem.

Just play to the knowledge that you've gained throughout your relationship, twist it for evil and you will walk away on Feb. 15 a happy single.

Sealed with a kiss



As Valentine's Day is right around the corner, it's time to make sure your lip game is strong. The last thing you want is your precious lipsticks, lip liners and lip glosses to transfer onto others.

This year make sure your lips are perfectly primed, lined and set for a completely kiss proof lip.

An essential step to have longwearing lipstick is to have primed lips.

Lise Watier has recently launched their Magnifix Lips Smoothing Long-Lasting Primer that just glides onto the lips without leaving any residue or unwanted colour. It will not only help make your lips look fuller, it will also help any lipstick have a longer wear. Other brands such as Lancôme and Guerlain make excellent lip primers as well.

After your lips are primed, it is important to use a waterproof lip liner. Once you have chosen a complimentary-coloured lip liner for your lipstick, you want to make sure you not only outline your lips but also completely fill them in as well. This will help give a bolder colour and will make your lips look more plump and will also give your lipstick a better hold.

Once your lips are primed and lined, it is now time to chose your favourite lip colour. When choosing a lipstick it is important to know that different textures will have different wearability.

If the lipstick is really creamy or has a glossy finish, it will most likely require many touch ups as it tends to move or smudge once applied to the lips, though primers and lip liners will help reduce this.



CREDIT: SOUP_STUDIO / THINKSTOCK

As the day of love rolls around, make sure to top your look off with a lipstick that won't smudge and will hold throughout your romantic evening.

If you chose a matte lipstick, it should hold throughout your entire night especially if you used a primer and lip liner because it has less oil, so it doesn't move as much on the lips.

If you don't like using lipsticks, you can use a liquid lipstick that has a matte finish. Stila and Jeffree Star Cosmetics both make incredible liquid lipsticks that have a long wear.

For extra precaution, you can top everything off with a lip sealer. Anna Sui's Lip Colour Top Coat is a lightweight, translucent gel that glides onto any type of lipstick giving it a waterproof hold without adding any weight to your lips. Since it is translucent, it doesn't alter

your lipstick's colour.

Smashbox has also just launched their Insta-Matte Lipstick Transformer that is not only a top coat for your lipstick, it will also transform any creamy lipstick into a matte finish.

Gently tap the product on top of your lipstick until a matte look is achieved. This is the perfect solution to transform your favourite lip colour that may smudge easily, into one that has a long hold.

This Valentine's Day make sure you are prepared with a perfect lip colour that is completely kiss proof. Prime, line and set with a topcoat to have a lip colour that won't smudge and will require minimal touch ups throughout your romantic evening.

How to handle a breakup in five easy steps



Ah, February, the most depressing month of the year. Some would argue that post-holiday malaise renders January more deserving of the title, but according to statistics released by world dating site AnastasiaDate.com, February is in fact the cardinal season of dumping and being dumped for one in 10 Americans, out of a sampling of 2000 people.

Perhaps the pressures of Valentine's Day prompts couples to re-evaluate their level of commitment, or maybe the spirit of the New Year jump starts the need to start over. Whatever the reason, breakups can be horrendous events for both the dumper and dumpee. Should you find yourself suddenly single this month, here is my own patented guide, based on what is assuredly a wealth of personal experience, to help you cope.

1. Disconnect

Back in my day, a breakup meant turning off the fire alarms, revving up the flame-thrower and sipping on a glass of \$8 wine while warming yourself by the blazing Kodak's in the kitchen sink.

Today, social media makes it difficult to purge yourself of the past when you need to move on. Deleting old pictures may seem extreme, but what's crazier is leaving them

for the world (read: potential new partners) to see.

Would you leave a picture of your ex hanging in your bedroom? Begin the necessary grieving process by taking those pictures and other reminders down.

2. Feel the awful searing pain

Feel it and feel it now, in the privacy of your own home, either alone or surrounded by family and friends.

Don't feel the pain at work. Don't feel it when you're driving. Don't feel it at school.

The pain of a breakup can be incredibly distracting and put an unnecessary strain on important areas of your life, so rip off that Band-Aid and feel the pain when you can and as soon as you can. The only thing worse than breaking up is letting priorities slip because of a breakup.

3. Treat yourself

To everything and anything that will make you feel healthy and happy. This should be practiced inside and outside of relationships, but the great thing (yes, great) about breakups is that they serve as a reminder to pay attention to yourself and your needs.

Rehashing the holes of an old relationship can only get you so far; focusing on yourself and your eternal awesomeness will get you way, way farther.

4. Get some perspective

Breakups are not a sign of inadequacy, but simply the result of

change and personal growth on both ends.

Growing never stops, and with a population of seven billion, you're more than likely to find a better-suited partner in due time.

Meanwhile, this is a great opportunity to evaluate how you've grown since you were last single. Think of this as a vital checking point. And remember, breakups happen to everyone, so don't you dare be too hard on your lovely, human self.

5. Take your time

After ice cream, movies, pep talks and whatever else you may need, all that's left to do is move forward.

Never wait until your next relationship for life to "begin again". Now that you're single, focus on your career, hobbies and friends; in other words, focus on all the things that make you, you.

The ideal partner will see you for who you are and love you for it, so the best way to attract them is by putting yourself first. The time you spend with yourself is the time you spend doing your favourite things, so enjoy every second and make it last.

In the end, breakups should be seen as milestones akin to losing first teeth and graduating high school, painful and scary, yes, but ultimately an exciting chance to meet and embrace who you are turning out to be.

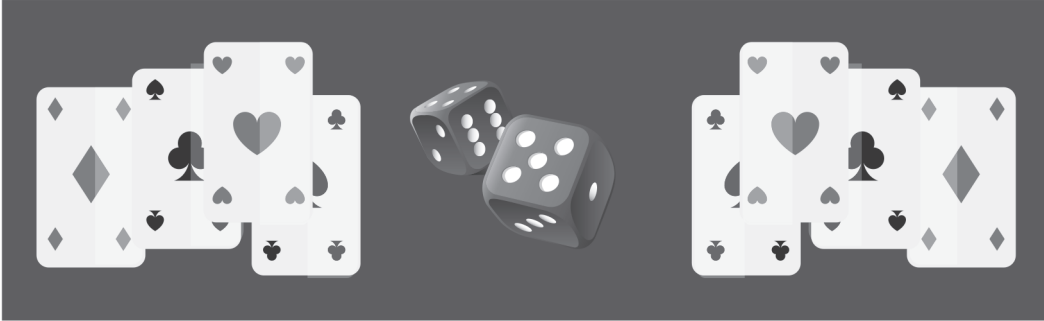
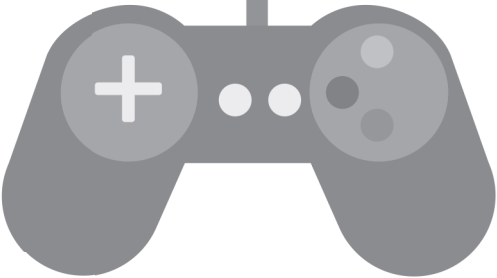


Andrew Vidler | Interrobang

So it's Valentine's Day, and you find yourself without one of those girlfriends you've heard so much about. It's not a big deal though, because there is a new holiday on Feb. 14, one devoted to hanging with your buddies and having a good time. It's Palentine's Day. How does one celebrate Palentine's Day you may ask? Firstly, and the only absolute necessity, you need some pals. One will do, but the day is better celebrated as part of a group. After that, the night is open to whatever you and your buddies feel like getting up to. There really are limitless options that you can take.

Palentine's night out

Don't want to stay inside? Move your Palentine's celebrations out on the town for a few pints with your friends. Find a pub quiz night and put your combined knowledge of obscure trivia to use for a prize. Hit up a pub with a live band playing, find the best whisky in town or simply sit down and enjoy the company of some friends. For some extra co-ordination, pull a Barney Stinson and toss on some suits to hit the town in style. For those who don't feel like spending their night on the town sitting around a table, grab your mates and hit up a club with a dance floor and a good DJ. Head to the bar, grab some drinks and wingman your friends, because the clubs will be full, and out there will be some ladies in the same boat as you (Galentine's Day?) that just might like what they see. If you really want to pull a peacocking move, pool your resources, grab yourself a booth and a couple bottles and find yourself someone to join you on the couch for some... conversation.



Custom Palentine's

These are just ideas; you and your buddies know what you guys like to do when you hang out, and this is honestly just another excuse to do that. Go snowboarding, play some winter football or just sit around, drink and hang out. That's the beauty of Palentine's Day, you don't even need the excuse to celebrate it.

Gamer edition

Canadian winters kind of suck and there's a pretty strong chance that you're going to want to keep your celebrations indoors. Why not mold your evening around that most classic of buddy pastimes: trying to beat each other at some video games. Put a case of beer on ice, grab some controllers and pop in your competitive title of choice. Palentine's classics include Super Smash Bros, Mortal Kombat and any number of racing and sports games for the fans in your group. If you wish to raise the stakes, toss in a terrible wager for the loser in order to maximize involvement. I can guarantee none of your buddies wants to shave off his lovingly grown beard. A gamer's Palentine's isn't limited to video games either. Set up a poker night, bust out a co-op board game or irreparably damage your friendships in a game of Monopoly.



When I break up it's only to make up



Even the best relationships can be complicated, messy and frustrating. Breaking up and making up is part of the natural insane flow of our romantic lives, and often music is the only thing that helps.

Nick Reyno | Interrobang

Valentine's Day isn't always about sunshine and daisies. Just because companies demand that you buy chocolates and cards to show your love doesn't mean that you two are actually in love. On the contrary, you may be on the verge of breaking up and that's perfectly okay - as long as you have the right music to get you through it.

"You Keep Me Hangin' On"

The Supremes

Perhaps you've seen this coming, with all the ignored texts, the infrequent phone calls and the cancelled plans, it's time to cut yourself free. Being with them is only hurting you, and you deserve someone who's not simply going to string you along until they're bored.

"On To The Next One"

Jay-Z feat. Swizz Beatz

That's the final straw. You need to stand your ground and be firm with them. You need to make it clear that you're moving on to bigger and better things, and you need a powerful anthemic tune to help you into that mindset. Jay Z wrote this song for you.

"Love Will Tear Us Apart"

Joy Division

Love is the ultimate double-edged sword. The things that made you fall in love with your significant other slowly become the same things that push you apart. Life is about change, and sometimes the things that need changing are the people you're with.

"I Hate Everything About You"

Three Days Grace

At one point in life, everyone gets that one ex we can't seem to let go of. After all the fights, the scars, the anger and the hatred, we still love them deep down. Damn it does that ever make a person angry.

"Fuck You"

CeeLo Green

There comes a time when simply leaving them isn't enough. They've cheated and lied and wronged you beyond any sensible form of closure and now it's time to tie

Pam-Marie Guzzo | Interrobang

So you've just broken up, and now you've realized your horrible mistake. Luckily, many musicians have done the exact same thing and wrote songs about it that you can use to correct the situation.

"Here Without You"

3 Doors Down

It's been days or weeks since you last saw them, but you can't help dreaming of that face, those arms, that special smile. You finally have them alone for one last conversation, and no song speaks to the longing in your heart like this one.

"Shut Up + Dance"

Walk the Moon

Don't look back at the problems of the past, just shut up and dance your issues away. Remember that look that brought you together in the first place, and all those good moments that made your relationship work in the first place.

"Say Something"

A Great Big World feat. Christina Aguilera

That last moment before they turn away, that desperate unsaid second. This is the song that begs for that last word that can undo any argument. Sometimes we all need to swallow our pride for the things that are more important.

"My Life Would Suck Without You"

Kelly Clarkson

Yeah, your recent ex was a bit of a terrible person, so let's be honest- everyone is sometimes. The only thing that matters is how crappy things would be without them, so you might as well stop fighting it and take them back.

"I Never Told You"

Colbie Caillat

Sometimes a break-up doesn't happen because of what you say. Instead, it's the

them to a barge, set it on fire and serenade them as they drift into the sunset. Perhaps you can even get some friends together and fire arrows at their fading silhouette.

"Before He Cheats"

Carrie Underwood

While I can't condone tire slashing and window smashing, this is a far safer alternative to setting your ex on fire and serenading them. Put on your game face and go teach them a lesson they won't soon forget.

"Bye Bye Bye"

***NSYNC**

If music has been a critical part of your relationship, then you best have a song cued up for the ending. *NSYNC is about as irrelevant nowadays as your ex will be in about three seconds. Walk out that door with sass and style and never look back.

"Irreplaceable"

Beyoncé

They may think they're hot shit, but they've got another thing coming. You're the best thing to happen to them since sliced bread, and now you've got a long list of people waiting to take their place. Strut your stuff (throw their's in the garbage) and hit the town.

"Float On"

Modest Mouse

From a chaotic and broken band comes a rare instance of hope and optimism. Likewise, you need to look through the gloomy clouds for that ray of sunlight that is your bright and brilliant future. Things will be all right as you keep drifting towards better days.

"Amadeus"

Jojo Worthington

Just because you're ready to say goodbye and move on doesn't mean you're not allowed to miss them. Everything in your life has made you who you are in this moment, and if you try to push that aside then you'll be pushing aside part of what makes you so special.

words you never say that lead to the loss of someone you care for. It may not be too late to tell them all the things you never could.

"The Good Left Undone"

Rise Against

You can't sleep without sleeping in their arms, feeling lost at sea when they're so far away. All you need is them to call your name and let you know it's safe to return home, where all is good and the storms have passed.

"Broken"

Seether feat. Amy Lee

A desperate cry from a broken heart. All you want is to take the pain of the moment away and correct the growing chasm between you and go back to a time before you gave up the fight. You were stronger together; all you have to do is learn to be there again.

"Austin"

Blake Shelton

It's been years and you just need to know if they still think of you as you think of them. That call may be devastating, but it'll keep the unknown from eating at your soul.

"Till the Whiskey's Gone"

Crystal Bowersox

For when you don't want to make it easy for them. Buy a bottle of whiskey and remind them that there's no one quite like you in their life. With an odd mix of optimism and intoxication, nothing is impossible.

"Oh! Darling"

The Beatles

When you need a way to say how hurt you are while still begging for your love to never leave you, let The Beatles do your talking for you. Just remind them you'll never hurt them or let them down, as long as they keep you in their lives.

BREAKING UP
MAKING UP



CREDIT: IVASHPHOTOGRAPHY / THINKSTOCK

Breakups are hard no matter how you do them, but for the sake of both parties, try to do it in person.

Breaking up the break-up



CARL GARNICH
INTERROBANG

Everyone has experienced the tough realization that all good things must come to an end. One way people commonly learn this is during a break-up with their significant other.

Sexologist Dr. Lindsey Doe explains in her YouTube video “How to Break Up with Someone the RIGHT Way” the steps you should take before initiating the break-up.

“Ask yourself what you need ... do you need space, support, a party, a lawyer?” Doe said. “Put these things in place before so you are prepared to say goodbye and not while you’re in the midst of it.”

There are many different options you can choose from if you decide to end a relationship. It is important to remember that the option you choose may not be the best route for your partner.

The options a person could choose from include:

- Speaking in person
- Using Skype or FaceTime
- Using a telephone
- Text messaging
- Messaging on social media platforms such as Facebook, Twitter or Snapchat
- Sending an email
- Mailing a letter

When it comes to breaking up in person, Ashley Oremán, a writer for Women’s Health, quotes Dr. Brandy Engler, author of *The Men On My Couch*, in her article “The Best Way To Break Up With Someone”.

“Meet with your partner face to face. Yes, it will be hard, but it will also be worth it,” Engler said. “By doing it in person, it helps you both process why the breakup is happening and have a direct conversation about why you’re leaving. Make plans with your partner to talk in a private area, like [their] place, where you’re both able to express your emotions freely.”

Skype and FaceTime allow people to have an experience similar to the in person discussion, however, using these services allow the partner to end the call randomly, which would prevent you from getting closure. This option is useful for long-distance relationships.

Using a telephone follows suit with Skype and FaceTime. If you cannot get to the person, this may be the only option you have to talk with them directly. This situation can occur if a partner suspects a break up and does not want to see their significant other.

When it comes to messaging someone by text, social media, email or by sending them a letter, Oremán quotes Rachel Sussman, relationship therapist LCSW and author of *The Breakup Bible: The Smart Woman’s Guide to Healing from a Breakup or Divorce*.

“It is a really bad idea to break up via [messaging],” Sussman said. “Besides making you seem really cold and uncaring, a breakup text doesn’t give the other person a chance to ask questions, hear your tone of voice or see how difficult it is for you to dump them.”

Regardless of what you say and how you say it, Engler believes it is important to keep it concrete.

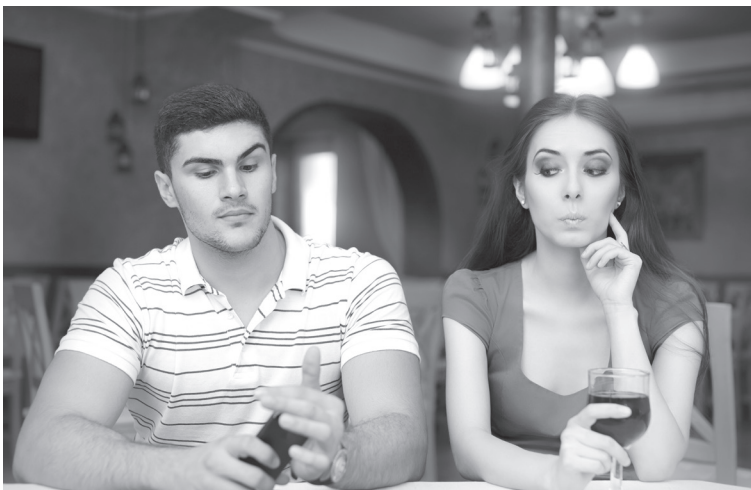
“When it comes to getting down to the nitty gritty, it’s key to be decisive and get to the point,” Engler said. “When you don’t express that you’re serious about ending things, it gives the other person hope that you will change your mind or stay together longer to work on things.”

Once the reasons for the break up have been stated, Sussman recommended keeping the conversation short.

“After you’ve hashed things out, you’re going to need an exit strategy because these conversations tend to go in circles,” Sussman said. “This helps keep you both from getting frustrated and gets the healing process started quicker.”

If you do not think that your partner is the right person for you or that you should not be dating someone at this point in your life, think about your relationship and communicate with your partner.

When a relationship comes to an end, it is important to remember the words of American author Lurlene McDaniell, “With every end comes a new beginning.”



CREDIT: NICOLETAIONESCU / THINKSTOCK

Spotting lies in person is only possible around 55% of the time. Spotting a lie in text is nearly impossible.

Deciphering lies in a digital world

DAVE VOYCE
INTERROBANG

As communication relies more and more on technology and the written word, it has become difficult to interpret fact from fiction. Between satirical news sites like The Onion, the lack of emotional clarity in text messages and the brevity of tweets, it can be hard to know what anyone is actually saying.

Reading important text and news critically has always been a crucial skill, emphasized in most post secondary programs as a foundation for success, but how well do we actually discern fact from fiction in text?

According to Dr. Victoria Rubin’s presentation, *Language of Deception: Looking at Tell-Tale Signs of Lying*, we aren’t that good at it. The latest figure claims that the average person can discern a lie from the truth only 54 per cent to 58 per cent of the time; odds not much better than chance.

“Lie spotting is a skill, which requires quite a bit of training, quite a bit of expertise, quite a bit of experience,” Rubin said.

While some techniques that rely on visual queues are efficient, others are not.

Part of the reason we are so bad at determining a lie when speaking with someone is that we often rely on misinformation: trying to detect a lie based on a lie.

Commonly believed indicators of lying, such as a person touching their nose, have little to no empirical evidence to back them up. Some of these techniques are purported via much of mainstream media.

In Timothy Levin’s paper *The Impact of Lie to Me on Viewers Actual Ability to Detect Deception*, he stated, “*Lie to Me* [a popular television show] viewers were no better at distinguishing truths from lies, but were more likely than control participants to misidentify honest interviewees as deceptive. Watching *Lie to Me* decreases truth bias thereby increasing suspicion of others while at the same time reducing deception detection ability.”

Beyond the inaccuracy of certain methods, Rubin’s research has also found that actively looking for visual clues is a distraction, and limits our ability to find the truth.

However, there are some proven indicators that someone is lying.

When people lie they tend not to refer to themselves. Words like “I”, “me” and “my” are almost completely omitted, while collective pronouns such as “us” and “we”, and third person pronouns such

as “he”, “she” and “they” will be overwhelmingly substituted. Liars refrain from putting themselves at the centre of the story.

Word count and specificity are also good metrics for deriving truth. When a person is lying about facts, they talk less and in generalities. However, due to the brevity of the liars’ responses, it will often elicit further questions, resulting in the liar saying more than someone telling the truth, but in shorter sentences. This is true both in person and in text.

For example, if someone were asking their friend where they have been, a lie may be: “I was exercising”, potentially spurring the question: “where were you exercising?” and so on. This line of questioning would create a higher overall word count than if one responded, “I was at the park doing yoga”.

This can be difficult with text messages, one of the more common forms of communication. Text messages tend to encourage short, concise responses, which is perhaps why we have such a hard time deciphering the real meaning behind a text.

According to the research of Jeff Hancock, a common form of lying within the realm of social text media is what he calls “butler lies”. These lies are characterized by “managing the entry and exit of social interactions”.

According to Hancock, such lies are fairly innocuous such as, “Anyway I have to go do homework,” when in fact the liar in question is not doing homework.

Rubin said, “In some talks I heard by Jeff Hancock, he blames the necessity to lie directly on the unrealistic expectations of being constantly reachable.”

It would seem that these butler lies are becoming the norm, but may be ultimately harmless. “I think that we are all re-negotiating the norms of politeness and social interaction,” Rubin said.

While we may tell butler lies more often than we’re aware of, Rubin purports that the “digital footprint” of traceable text media inhibits us from telling grandiose lies that would have greater impact.

“Interacting ‘on record’ (such as texting) may make us think of our own ‘personal legacy’ perhaps more carefully as opposed to speaking ‘off record,’” Rubin said.

Whether our lies are necessary and innocuous, or voluntary and detrimental it seems we all do it, and are relatively unaware of when it’s being done to us.

Butt sweat n Tears by Andres Silva

By: L. A. Bonté

For more comics and animations visit FilbertCartoons.com

Freshman Fifteen

By Alan Dungo

observationalomalies

There are two basic necessities for every college student

COFFEE AND PIZZA...

NOW THE REAL QUESTION IS HOW TO COMBINE THEM?

www.observationalomalies.com

A comic by Christopher Miszczak © 2016

NOT NEUROTYPICAL

Unleash the beast

Woot. GTA V. I can't wait to go parasailing with you guys. Maybe we can play some darts?

Oh no! I ran over a pedestrian!

Relax. This is GTA V. You're supposed to run pedestrians over.

Alright M*****. Let's do this job. Got a new SMG to test out.

A few hours later ...

MIKAILA PERRINO - THE DAGLIGTALE

YOUNG PEOPLE NEVER VOTE! TAKE THE TIME TO CARE ABOUT YOUR COUNTRY!

YEAH, I WAS ALREADY ON MY WAY....

YOUNG PEOPLE SHOULDN'T BE ALLOWED TO VOTE! YOU'RE A BUNCH OF NINCOMPOOPS! YOU DON'T CARE ABOUT YOUR COUNTRY!

AHH! WHAT THE HELL?! MAKE UP YOUR MIND!

GOODE & EVIL

HEY PHIL. DID YOU KNOW THERE IS AN AVIATION COURSE HERE?

NO?

YEAH, PEOPLE ACTUALLY PAY TO LEARN HOW TO FLY.

JUST A FEW MORE FEATHERS AN YOU'RE SET.

MR

tiny whales

@SammyRoach5

king > missed connections

timmy's last wed

hey i saw u at the timmy's on york st last wed we made eye contact and i think we could have a real connection txt me and tell me what i was wearing and maybe we could meet at the timmy's again for coffee or something my numb

tinywhalescomic.tumblr.com

Sammy Roach 2016

The Unfortunate Commute

Just a guy... trying to make it to a place.

Paige Winkle

It printed out blank...

STILL BLANK?!

None of that Dr. Who nonsense!!!

...Like many readers of this comic...

I DON'T WATCH THAT. SHOW

CREDIT: PAIGE WINKLE / THE DIALOG

zodiacstargazerHOROSCOPE

Aries (March 21 - April 19)
You're at your most generous when there's nothing to lose. These next few days has Fire Signs walking on air. You've never been this ready for a new beginning.

Taurus (April 20 - May 20)
You want praise, but you'll settle for respect. Show your trustworthiness to attract other reliable people. Thanks to a Sagittarius influence, Taurus is a good judge of character right now.

Gemini (May 21 - June 20)
Newcomers who admit their ignorance are more likely to learn something. How will great minds know that they think alike if they never talk to each other? You could meet someone this week who will play a major role the rest of this year.

Cancer (June 21 - July 22)
Is it popularity or notoriety? Many people have heard your name by now, but you're not sure that you like the context. If you need to vanish for a while, this is the perfect

time.

Leo (July 23 - August 22)
Leo's offer is irresistible. Your heart sings a sweet song, equal parts yearning and satisfaction. This weekend's dinner guest could easily end up staying for brunch the next day.

Virgo (August 23 - Sept. 22)
A delicious stream of wickedness could be eroding your self-control. You may be able to think of a million excuses for yielding to temptation, but not a single good reason. Stay focused. There will be other times to play.

Libra (Sept. 23 - Oct. 22)
The Universe rewards you for being such a nice person. Take your shining example on the road for others to consider how their own lives might improve. If you still need a date for this weekend, you'll find one easily.

Scorpio (Oct. 23 - Nov. 21)
Inspiration may be the spark that starts you up, but you need a different kind of fuel to keep running.

Deal only in the hard currency of reality. Others may resent having their bubble burst, but it's not your problem.

Sagittarius (Nov. 22 - Dec. 21)
Now that Valentine's Day is approaching, Sagittarius can pull out all the stops. This party is yours, along with the town that hosts it. A cheerful, vaguely imperial attitude brings you everything that you deserve.

Capricorn (Dec. 22 - Jan. 19)
Capricorn, as usual, is the designated driver for this weekend's adventures. Your discipline is impressive, but don't be so hard on yourself. Nobody will mind if you let your hair down.

Aquarius (Jan. 20 - Feb. 18)
Quickly and dramatically, Aquarius cuts his or her ties with a liar. Shared values determine the company that you keep. As far as you're concerned, the new you starts right this second.

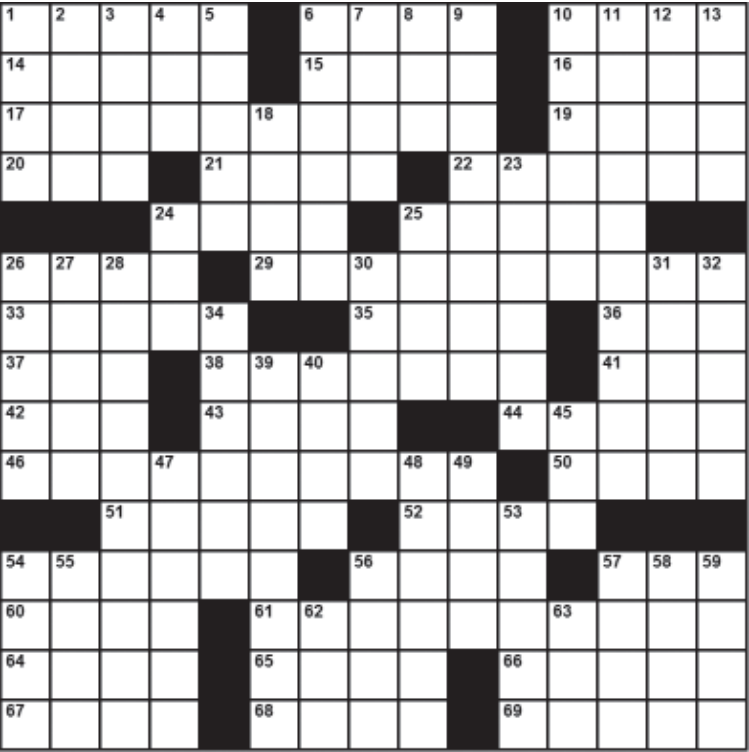
Pisces (Feb. 18 - March 20)
You've had your fun. Now you're ready to move ahead. Pisces is likely to welcome the weekend alone or in a small, select group. You might even go to bed early and give yourself a long, fresh rest.

Word Search

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

| | | |
|-----------|------------|------------|
| Admire | Crush | Gift |
| Bouquet | Cupid | Plushies |
| Candy | Date | Romance |
| Cards | Flirt | Serenade |
| Chocolate | Friendship | Sweetheart |

Crossword Puzzle: Rogue Orchestra



- Across**
- 1. Courtroom event
 - 6. ___ lamp
 - 10. One that gets a leg up?
 - 14. Baseball Hall-of-Famer Combs
 - 15. DeeJay Don
 - 16. Adopted son of Claudius
 - 17. A bogus instrumental composition?
 - 19. Competed
 - 20. F.I.C.A. funds it
 - 21. Teacher of Heifetz
 - 22. African antelopes
 - 24. "Major" animal
 - 25. At full speed
 - 26. "American ___"
 - 29. Faux pas musical wind instruments performing in 17 Across?
 - 33. Kind of cycle
 - 35. Target of a military press
 - 36. A foot wide?
 - 37. Kamoze of reggae
 - 38. Fine furs
 - 41. Seventh-century date
 - 42. "I'll take that as ___"
 - 43. After-dinner selection
 - 44. Be theatrical
 - 46. A web-footed swimming bird directing 17 Across?
 - 50. Roswell sightings
 - 51. Hindu queen
 - 52. Jupiter, e.g.
 - 54. Garden decorations
 - 56. Nervous twitches
 - 57. Art Ross Trophy org.
 - 60. Seat of Allen County, Kan.
 - 61. A stand-by performer for 17 Across?
 - 64. Lux. neighbour
 - 65. At one time, at one time

- 66. Set, as a price
 - 67. Sum, ___, fui
 - 68. Bribes
 - 69. "Ick!"
- Down**
- 1. "___ of the D'Urbervilles"
 - 2. Beams
 - 3. "___ la Douce" (1963 film)
 - 4. Mont Blanc, e.g.
 - 5. "The Merry Widow" composer
 - 6. One-dimensional
 - 7. Gulf V.I.P.
 - 8. Saturn model
 - 9. Call up
 - 10. To no avail
 - 11. Lack
 - 12. Angry
 - 13. Lays down the lawn
 - 18. Boot
 - 23. Noted Chinese philosopher
 - 24. Diminutive suffix
 - 25. "I'll second that"
 - 26. ___ artery
 - 27. "Beats me!"
 - 28. Deli offerings
 - 30. Horace, for one
 - 31. Odd-numbered page
 - 32. Graf rival
 - 34. Adjust, in a way
 - 39. Breaks
 - 40. Construct
 - 45. Greek letters
 - 47. Kind of control
 - 48. Keats and others
 - 49. Geom. shape
 - 53. By way of
 - 54. Bronx cheer
 - 55. Denials
 - 56. Cookbook abbr.
 - 57. Pitcher nicknamed "The Tornado" who threw no-hitters in 1996 and 2001
 - 58. Works in the garden
 - 59. Former Fords
 - 62. Tail: Prefix
 - 63. Besmirsch
- Solution on page 22**

Sudoku Puzzle

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

Puzzle rating: Hard
Fill in the grid so that every row, every column and every 3x3 grid contains the digits 1 through 9. That means no number is repeated in any column, row or box. **Solution on page 22**

Cryptogram

“ ___ ___ __ ___ ___
“BVT WDU SV RVK ZBJPI
___ ___ ___ ___ ___?
J HDP IJHI ZBJA CKHILZ?”

Clue: S = D
Question: What did grandpa say before he kicked the bucket?
Solution on page 22
Notes:

TEXT
FSU 71441

TEXT FSU
TO 71441
for your chance
WIN!!

fsu
FANSHAWE
STUDENT
www.fsu.ca

www.fsu.ca/contest



FANSHAWE COLLEGE ATHLETICS

SATURDAY FEB. 13

VOLLEYBALL
vs. Humber Hawks
Women @ 1 p.m., Men @ 3 p.m.

BASKETBALL
vs. Cambrian Golden Shield
Women @ 6 p.m., Men @ 8 p.m.

SUNDAY FEB. 14

BASKETBALL
vs. Cambrian Golden Shield
Women @ 1 p.m., Men @ 3 p.m.
FREE ADMISSION

www.fanshawec.ca/athletics

J1034 | 519-452-4202

CREDIT: DAN TODD

Although it is still early in the season, the London Lightning appears to have the record and the lineup to make it into the playoffs.

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

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



CREDIT: NAUMAN FAROOQ

With a low price, appearance and easy-to-drive features, this truck has everything a driver could ask for, except for the way it drinks gas.

Finally, a pick-up that is fun to drive

NAUMAN FAROOQ
MOTORING

The Ford F-150 has been the best selling vehicle in North America since well before I was born, and I'm quite old now.

The reason for its selling power has been one of constant evolution. Ford hasn't just been standing around and watching what others are doing, they've been innovating to keep the F-150 ahead of the competition.

Their current base spec motor is in a class of its own, and that's the vehicle I tested.

Ford was the first company to offer a mass-produced turbocharged pickup truck when it introduced a 3.5 litres EcoBoost motor in the F-150 a number of years ago. Now, they're the first to offer a base engine in the base F-150 a new 2.7-litre EcoBoost motor and, in my opinion, this is the best motor I've ever experienced in any pickup truck.

This new motor features two turbochargers, which give it 325 horsepower and 375 pound per foot of torque. The turbochargers spool up quickly, and shoot you down the road at speeds you just don't expect from a big pickup truck. This is a satisfying vehicle to drive.

There are other advantages to the smaller, turbocharged motor as well, since this engine is lighter than any other motor offered by Ford for the F-150, the power to weight ratio puts it quite close to that of the larger, more powerful versions of this vehicle.

It can tow and haul like a big engine truck also, pulling 8,400 pounds and is also able to carry another 2,160 pounds in its truck bed.

So, it seems like it is a win-win for this 2.7-litre EcoBoost F-150. Almost, but it's not perfect.

This motor is less about Eco, and more about Boost. That was reflected in my fuel economy. On the highway, I was guzzling about 11.7 litres per 100 kilometres, but in the city, my average had fallen down to 17.5 litres per 100 kilometres. My 300-kilometres city and highway combined average was 14.8 litres per 100 kilometres, which in today's world, is quite high.

For a 4x4 version like my tester, Ford says it can achieve a combined of 12.1 litres per 100 kilometres.

I am actually fine with its thirst because this motor is always willing to get up and hurl you down the road.

This truck is fun to drive and I can't think of many other pickups

that are. Think of it as a sports truck that can also do some tough work.

My only other complaint with it, from a driving perspective, was with its four-wheel drive system. Put it in 4H (four-wheel drive high) and not only does the vehicle sound coarse, but the steering feels restrictive. For 99 per cent of the time, I just kept it in two-wheel drive mode.

An area where the F-150 really excels in is comfort. This is a quiet vehicle, which makes highway travel quite relaxing. It is also spacious and has lots of storage spaces for all the things you'd likely want to carry in a vehicle. It is an easy vehicle to live with for the most part, though parking it is a bit of a pain.

It looks good as well. The F-150 might be a common sight, but it can still catch others' attention.

The best part is the price. The base, 2016 F-150 is yours from \$25,299. My tester was well equipped, so was worth quite a bit more, but the important thing is, thanks to a low starting price, you can choose how to dress up your truck, and give it the things you want.

Thanks to this new, base motor, the F-150 will remain the best selling vehicle, for the foreseeable future.



CREDIT: JASON YOUNG

The women's volleyball team stand together as they listen to 'O Canada'. The team is in second place in the OCAA West Division with a record of 11-4 at the time of print.



MEN'S BASKETBALL OCAA West Division Standings

| Team | GP | PTS | FOR | AGA. |
|-----------|----|-----|------|------|
| Mohawk | 14 | 24 | 1307 | 1097 |
| Sheridan | 15 | 24 | 1277 | 1080 |
| Humber | 15 | 24 | 1229 | 1018 |
| Niagara | 14 | 20 | 1221 | 1102 |
| Lambton | 13 | 16 | 1120 | 1014 |
| St. Clair | 13 | 10 | 1045 | 1099 |
| Sault | 13 | 8 | 820 | 933 |
| Redeemer | 14 | 8 | 1194 | 1240 |
| Cambrian | 13 | 2 | 802 | 1266 |
| Fanshawe | 14 | 0 | 994 | 1160 |

MEN'S VOLLEYBALL OCAA West Division Standings

| Team | GP | PTS | FOR | AGA. |
|-----------|----|-----|-----|------|
| Fanshawe | 15 | 26 | 41 | 10 |
| Mohawk | 15 | 22 | 38 | 14 |
| Niagara | 14 | 22 | 37 | 15 |
| Redeemer | 14 | 20 | 32 | 18 |
| Sheridan | 15 | 20 | 36 | 17 |
| Humber | 14 | 18 | 28 | 21 |
| St. Clair | 14 | 8 | 17 | 35 |
| Conestoga | 14 | 6 | 11 | 34 |
| Boreal | 15 | 4 | 7 | 39 |
| Cambrian | 15 | 0 | 1 | 45 |

WOMEN'S BASKETBALL OCAA West Division Standings

| Team | GP | PTS | FOR | AGA. |
|-----------|----|-----|------|------|
| Humber | 15 | 30 | 1212 | 733 |
| Mohawk | 14 | 22 | 1058 | 723 |
| Fanshawe | 14 | 20 | 925 | 711 |
| St. Clair | 13 | 18 | 899 | 708 |
| Niagara | 14 | 16 | 991 | 746 |
| Lambton | 13 | 14 | 878 | 909 |
| Redeemer | 14 | 10 | 936 | 965 |
| Sault | 13 | 6 | 608 | 938 |
| Sheridan | 15 | 4 | 692 | 987 |
| Cambrian | 13 | 0 | 462 | 1241 |

WOMEN'S VOLLEYBALL OCAA West Division Standings

| Team | GP | PTS | FOR | AGA. |
|-----------|----|-----|-----|------|
| Humber | 14 | 28 | 42 | 4 |
| Fanshawe | 15 | 22 | 36 | 17 |
| Niagara | 14 | 18 | 30 | 21 |
| St. Clair | 15 | 18 | 31 | 25 |
| Redeemer | 14 | 16 | 31 | 22 |
| Cambrian | 15 | 16 | 31 | 22 |
| Sheridan | 15 | 14 | 29 | 29 |
| Mohawk | 15 | 12 | 20 | 31 |
| Conestoga | 14 | 2 | 10 | 39 |
| Boreal | 15 | 0 | 1 | 45 |

FOOD, DRINKS
and **FREE**
TAROT
READINGS



**MARDI
GRAS**
PARTY

FEB 9
FORWELL HALL
12PM - 2PM

hosted by
Lucas DiPasquale

FEBRUARY 9, 2016

OPEN MIC

OBS
8PM

FSU.CA/EVENTS | FREE





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

**COMEDY RECORDS
PRESENTS**

DANIEL WOODROW
NICK REYNOLDSON
TIM GOLDEN
GARRETT JAMIESON

**WEDNESDAY,
FEBRUARY 10**



PRIDE + PREJUDICE + ZOMBIES

**\$4 Students
\$6 Guests**
At Rainbow Cinemas

Wednesday FEB. 10th

TICKETS AT THE BIZ BOOTH

OUT BACK SHACK
7PM



**THURSDAY
NIGHT HOCKEY**

.49¢ WINGS WIN NHL APPAREL!





**KARAOKE
NIGHT**

TUES FEB 16 8PM

THE OUT BACK SHACK

FANSHAWE AT THE
KNIGHTS



 VS 

Tickets available at the Biz Booth

FRIDAY FEBRUARY 12TH
Budweiser Gardens | 7:30pm | \$18 for students/\$20 for guests

SEX TOY

BINGO

4

WITH

YOUR

HOST

BEEF

73

WED

NES

DAY

FEB

17

26

NO

50

IN

DOORS
OPEN
@8PM

IN **OBS**

NO COVER

19+ ALL AGES WITH VALID FANSHAWE ID

