

...INTERROBANG•

Fanshawe's Student Voice

The future of medical education 4
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Western election hacked 5

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Q.O.W QUESTION OF THE WEEK

**IF YOU COULD
CHANGE ONE
THING ON
CAMPUS, WHAT
WOULD IT BE?**



Nic Cote

"More OSAP people in Financial Aid, especially in the first three weeks to avoid four-hour lineups."



Zach Jansen

"More publicity for the events going on campus, instead of just posting them on cork boards in the hallway."



Nathan Legassie

"Swipe cards do not work all the time. There is nothing worse than having to walk all around the building just to get in."



Shannon McCabe

"More colourfull walls, wider hallways, more clothes for every program and free tampons."



Harley Marshall

"Shelter for smokers!"



James Williams

"We need power outlets in the older lecture halls to plug in our laptops."



CREDIT: FSU STREET TEAM

One student was on a bead collecting mission during the Mardi Gras pub held in Forwell Hall prior to Reading Week.

10 Things I Know About You...

Dhamija loves to talk, a lot

Shivani Dhamija is in the Corporate Communication and Public Relation program. Dhamija said about herself, "I jabber a lot, which is my passion. I am a naughty kind of person who loves living life to the fullest and believes that life is full of spices."

1. Why are you here?
To learn, not just study, but also to gain real life experiences.

2. What was your life-changing moment?
When my professor said I should write to improve my writing.

3. What music are you currently listening to?
Rock.

4. What is the best piece of advice you've ever received?
Stones come in your way but you should not stop and start crying on them, instead you should learn and move forward.

5. Who is your role model?
My dad.

6. Where in the world have you travelled?
Thailand, India and now travelling Canada.

7. What was your first job?

I was working as a franchise manager for an immigration company.

8. What would your last meal be?

Puchka (an Indian dish).

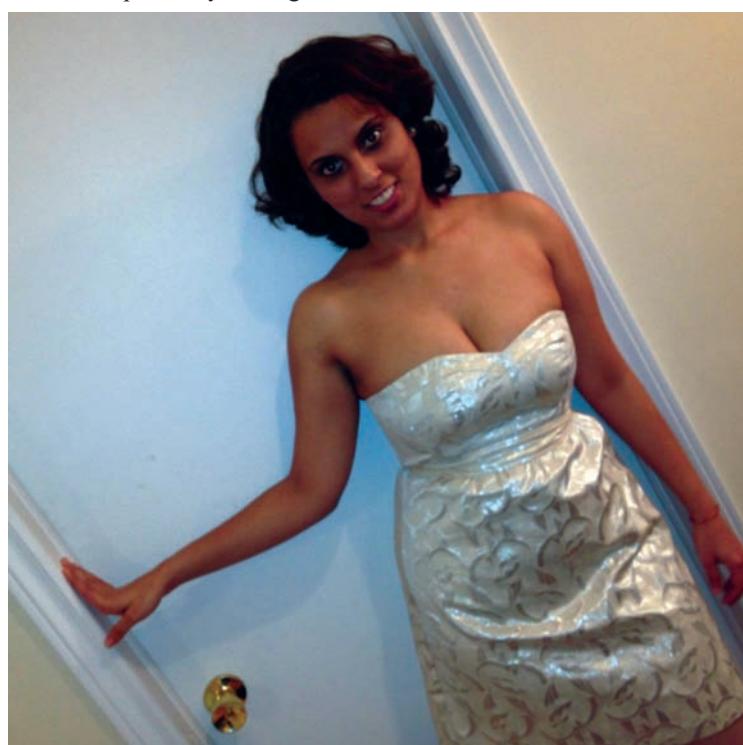
9. What makes you uneasy?

Any one sticking to me.

10. What is your passion?

I have a passion to speak in front of people as an emcee.

Do you want Fanshawe to know 10 Things About You? Just head on over to fsu.ca/interrobang and click on the 10 Things I Know About You link at the top.



CREDIT: SUBMITTED

Shivani Dhamija doesn't like to be stuck to.

MARCH EVENTS WEDNESDAY 03-07

FREE ACOUSTIC OPEN MIC NIGHT
Out Back Shack – 9:00PM

FIRST RUN FILM
PROJECT X



Rainbow Cinemas
\$3.50 STUDENTS | \$5 GUESTS

THURSDAY 03-08

BLACKLIGHT PUB



Out Back Shack – 9:30PM
\$3 ADV | \$4 DOOR

FRIDAY 03-09

FREE RESUMES AND COVER LETTERS WORKSHOP
10:00 - 11:30AM
\$10 ADV

FREE NEW MUSIC NIGHT

FEATURING: MICHAEL BERNARD FITZGERALD WITH GOODBYE SKY HARBOUR, CHASING DARWIN & TEXAS KING

Out Back Shack – 9:30PM

SUNDAY 03-11

CHILDREN'S FILM SERIES
THE LORAX



Rainbow Cinemas - Early matinee
\$2.50 STUDENTS & KIDS
\$5 GUESTS

TICKETS AVAILABLE IN ADVANCE AT THE BIZ BOOTH

KIOSK QUIZ
ELVIS HAS NOT LEFT THE BUILDING. WHERE IS HE?

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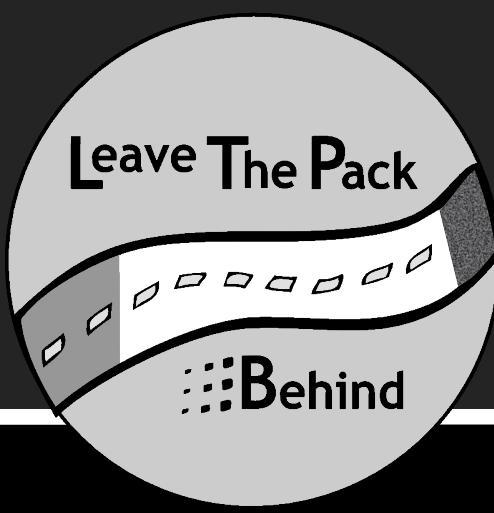
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Mannequins are valuable learning tools

ERIKA FAUST
INTERROBANG

George Smith is sick. Sick enough to land him in the hospital, covered in used tissues and attended closely by two nurses as his worried granddaughter looks on.

George can blink (and wink, if he likes you), breathe, talk, cough and moan. He has a pulse, and his bowels gurgle. He can cry, drool and pee. He can be catheterized and injected with drugs. You can even switch out his body parts to make him into a female. He cost Fanshawe over \$70,000, and he's a vital learning tool for students in programs like Nursing, Paramedic, Respiratory Therapy and more.

A few rooms on the second floor of D building resemble hospital rooms, full of gurneys and high-tech equipment. In each gurney lies a mannequin – some, like George, are high-fidelity (also called high-fidelity) and breathe, have a pulse and have advanced computerized features. Others are mid-fidelity (meaning they have vital signs, wound plates and can have IVs placed in them) and low-fi (they may be just a torso with very specific function). Fanshawe has 10 high-fi, six to eight mid-fi and four low-fi mannequins. "Depending on how much money you want to spend, you can make the mannequins as real and as close to being physiologically capable as possible," explained Carol Butler, the Coordinator for Clinical Learning and Simulation at Fanshawe.

The newest addition to the mannequin family is Noelle, a high-fidelity female mannequin. She has all of the same features as George, with one major difference: lift her gown and open her stomach and she has a uterus, complete with a mechanism that pushes a baby out to simulate a real birth.

The new Noelle replaced the older model, which Fanshawe bought five or six years ago with a simulation equipment grant from the provincial government for nursing programs at post-secondary institutions. But since then, said Butler, the technology has advanced a lot. "The (Noelle) that we had really is pretty simplistic compared to the one that we have now."

"Every year you get some equipment funds, and our older Noelle, all she can really do is give birth, and we don't do that too often during the year," she explained. "We really wanted a mannequin we could use more frequently and that we could even use as a female patient in a scenario, so she wasn't always giving birth, she could be used for other things."

The new Noelle mannequin was delivered in early February. She was purchased for around \$44,000. Like George, she has a pulse and can blink, breathe and talk. Her baby, high-tech Newborn Hal, can be born head-first or breeched (butt or feet first), and has a heartbeat. There is also a prop placenta that can be placed in the womb.

"There are lots of different programs that might use that mannequin," said Butler. Anesthesia Assistant students

may use her to practice dealing with people who have birth complications. Paramedic and Nursing students could practice birth scenarios or other clinical scenarios and Respiratory Therapy students can use her to practice working with babies and mothers, she said.

The mannequins' blinking and breathing are controlled in a back room, where someone (often one of the Clinical Learning staff) manipulates these and the mannequins' vital signs. This person also provides the mannequins' voices. "A lot of students are quite fascinated by these mannequins, because they breathe and do all these things," said Butler. "When you add the dialogue, it just makes it a much richer piece."

Butler and the other Clinical Learning and Simulation staff present the mannequins in a variety of everyday situations that the students will encounter in a clinical setting. Students are broken up into groups of four to six, with two students acting as the health care professionals (such as nurses), one student acting as a family member and one observer sitting behind a two-way mirror. "It's important to work together in that," said Butler. "A lot of times they work alone, so to work with someone else and communicate and all that, I think that's another good skill."

The scenarios, and what happens during each one, are kept confidential so the students can speak freely about what they may or may not have done. They can give and receive feedback, and it allows students to learn from their mistakes in a supportive environment, said Butler.

"Students go in and make their own decisions," said Butler. "There's no one telling them what to do." It's okay to do something wrong, she said, adding that this is the best part about doing the simulations. "You learn by doing. You learn by making mistakes and troubleshooting them and correcting them. If you can't do it, then you can't really learn it. You might learn it intellectually, but putting it all together involves more than just your mind: your body, your spirit, the whole thing. This way you can show what you've learned and you can really see what you know and what you don't."

Each simulation is videotaped, and after the scenario is played out, the students and staff have a debriefing session where they watch the tape and discuss what happened. "I think the debriefing is pretty important – more important, almost, than the scenario itself – because it's really talking about how it went and what the learning was from it," said Butler.

"They do take it seriously, and they do really like it. The evaluations for this kind of activity are always very positive," she said.

"Simulations helped my critical thinking skills and showed me the importance of my actions as well as showed me how important listening and communication are when helping clients," wrote a second-year Bachelor of Science in Nursing student on an evaluation. Other

students wrote about how valuable a learning tool the mannequins were, and that the mannequins should be used more regularly with future students.

"(Simulation is) probably one of the most active forms of learning. It engages all the senses, so it makes it most effective," Butler said. "(In simulations,

the biggest rule is to have fun ... When you have fun when you're learning, you're going to remember it better."



CREDIT: JAMES WILLIAMS

The difference in technology between the old Noelle model (left) and the new Noelle model (right) is "amazing," said Carol Butler. Since the new Noelle model contains different materials, her baby cannot be kept in her uterus as it will damage the rubber her cervix is made of.

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March on over to the workshops that will help you find a job

ERIKA FAUST
INTERROBANG

The end of the winter semester is coming up quickly – have you started on your summer job hunt or the search for the perfect post-graduation career?

Fanshawe's Career Services is putting on a number of workshops throughout March to help you out!

"(Students) should come (to the workshops) for added information, to get their questions answered, to feel more confident knowing that the information that they're marketing to employers is good, and to find out more about what Career Services can offer them while they're students," explained Liska Martindale-Dubrule, Student Services Specialist at Career Services. "I know especially with a

lot of students graduating soon, I would highly suggest getting on top of their career search now. Even though it's only (March), it's very important to get that going in hopes that maybe once they graduate, they'll walk right into their career."

To register for the following workshops, head to Career Services in D1063 or call 519-452-4294. For more information, check out the Events tab on MyFanshawe.

Resumes and Cover Letters

March 7, 6:30 to 8 p.m.
March 9, 10 to 11:30 a.m.

March 19, 2:30 to 4 p.m.

This workshop will help students create a polished and professional resume for any field of work and target resumes for a specific

position. "Most people think that a resume is a one-size-fits-all (thing), when in reality, a resume will be somewhat unique to each person, and it will be altered for specific jobs they want to apply to," said Martindale-Dubrule. A resume and cover letter workshop will also be held for international students on March 16 from 2 to 3:30 p.m. Register for that workshop at the International office in E2025.

Interview Skills

March 15, 10 to 11:30 a.m.
March 28, 2:30 to 4 p.m.

This workshop will help students prepare for a job interview, with tips on how to research a company beforehand and the kinds of questions to expect the interviewer to ask. Martindale-Dubrule said

she hopes this workshop will help to ease the anxiety that many people have when entering into an interview.

Internet Job Search

March 13, 2:30 to 4 p.m.
March 21, 6:30 to 8 p.m.

March 28, 10 to 11:30 a.m.

This workshop will explain how Career Services can help on a job hunt, which websites to use and how to use them most effectively. "Work smarter, not harder on your job search," said Martindale-Dubrule. An Internet job search workshop will also be held for international students on March 23 from 2:30 to 4 p.m. Register for this workshop at the International office in E2025.

If you can't attend one (or any) of the workshops, Martindale-

Dubrule said it's important to come see her. "I'll do one-on-one sessions with them, I will sit down with them and go through the information, even give them the handouts, as well with the resumes and cover letters to bring a copy in and have me review them. They can see me many times over." She also encouraged students who will be graduating this year to see the Career Consultant for their program to get industry-specific advice.

For more information about how Career Services can help you, visit the office in D1063 or call 519-452-4294. You can also join the Career Services Facebook group at tinyurl.com/fanshawecareerservices and follow them on Twitter @FanshaweCS.

Career Services wants to hear from you

ERIKA FAUST
INTERROBANG

Have you used Fanshawe's Career Services before? What are they doing well? What could they improve? Career Services wants your answers to these questions and more at their first-ever Career Café, being held in Forwell Hall on March 13 from 6 to 8 p.m.

"Students pay out of their tuition a fee for Career Services," said Darlene O'Neill, Assistant Manager at Career Services. "We are here to serve the students. We need to know (things like) are the students getting what they really need from us? How can we enhance our services to help make (students) more employable when they're graduating or when they're looking for part-time work? Are our workshops of the right quality? Are they on the right topics?"

Through Career Café, the staff hopes to improve and strengthen the services they offer students, such as workshops, individual career coun-

seling services and a job hunt website.

"We need to sit down and have that conversation with the students in a relaxed, casual environment," O'Neill continued. "It gives them an opportunity to influence changes that we're thinking of making in the way we run Career Services here at Fanshawe."

Career Café will be a fun and interactive evening with snacks and a bar. Each table will have a question about Career Services, and students will be provided with markers and crayons to answer each question with their own ideas and suggestions. Students will move from table to table – kind of like speed dating, joked Liska Martindale-Dubrule, Student Services Specialist at Career Services – answering each question. "We're going to have a lot of fun with it," she said.

"It's a really fun way to do a facilitation, because it's not somebody with a flipchart and marker putting

people in groups. You've got crayons and markers and placemats. There's nobody in control of it – there's not that person of power at the front who's trying to pull ideas out of a bunch of students," explained O'Neill.

"We'll try to incorporate as many of their suggestions into the way we do business so that stakeholder engagement is valuable and recognized, so the students can hear their own voices in the way that we've done our business and made our changes."

At the end of the night, gift certificates will be given out as prizes to lucky participants.

For more information about Career Café, head to Career Services in D1063 or call 519-452-4294. You can also join the Career Services Facebook group at tinyurl.com/fanshawecareerservices or connect with them on Twitter @FanshaweCS.

Understanding your mid-term grades

COURTNEY ECKER
MARKETING AND COMMUNICATIONS

Over the next few weeks, you'll receive your mid-term grades. These are different from your final grades as they provide you with either S – Satisfactory or U – Unsatisfactory. (Go to tinyurl.com/midtermsfan2012 for the official policy on mid-term grades. See section 3.7- Mid-Semester Report.)

How are the S or U grades determined?

Basically, your professor assesses how you are doing in the course – through tests, assignments, attendance levels, effort and participation – and then provides an indication of your success in completing the course.

- S means they assume if you continue to proceed as you have been, you have a good chance of succeeding in the course.

- U means you are receiving less than a C grade at the time the mid-semester grade is assigned. Statements to assist you to improve this grade will also be provided. If your attendance or assessment grades to date are not strong, you'll usually receive a U grade.

Keep in mind that mid-term grades will not be permanently retained on your records and will not display on your transcript.

So what are you supposed to do with this information?

Step 1: Check your grades.

Step 2: Determine which courses you are doing well in and which ones need a little work.

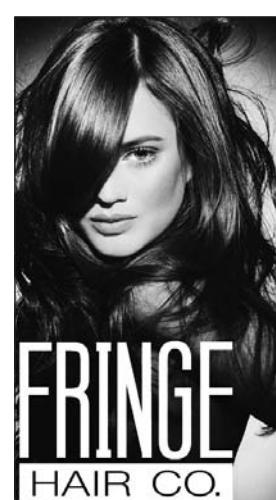
Step 3: For the courses that need work, get help. Talk to your professor to see where you can improve.

Step 4: If you have multiple U's

(two or three), expect a communication from your Student Success Advisor (SSA). Don't be afraid – they are great at identifying strategies for success in your courses.

Ultimately, we want to see you succeed. Taking the initiative to address challenges you're having now is much better than waiting until it's too late in the term. Mid-term grades are often reflective of final grades, but with a little effort now, you can make a big difference at the end of the term.

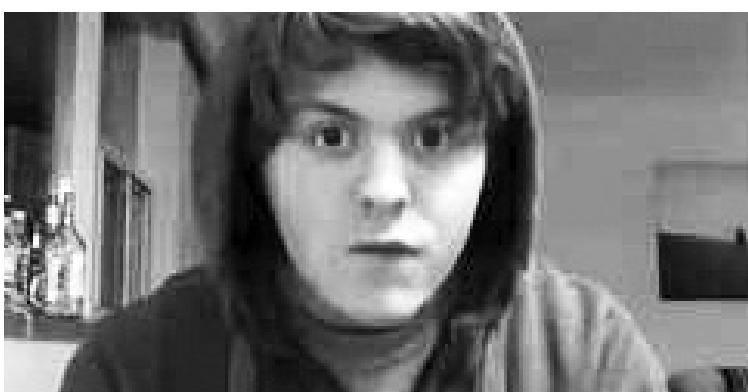
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CREDIT: LFPRESS.COM
Keith Horwood admitted to being the hacker who changed the University of Western Ontario's elections webpage

Hacked Western student election raises red flags at Fanshawe

PAIGE PARKER
INTERROBANG

Fanshawe's elections are approaching quickly this year, perhaps with more concern and anxiety than ever after the news that the student council elections at the University of Western Ontario were hacked.

Keith Horwood, a Western alumni, identified himself as the 'Western Hacker' through a YouTube video just days after the hacking occurred on February 15. According to his statement, he found a security hole on the voting website.

Horwood changed the website to say things such as "Vote for Justin Bieber for World Peace." He admitted that there was no harm intended and he did not skew the election results. Despite this, the 10,200-plus votes that were cast had to be thrown out due to the security breach.

In Horwood's YouTube confession he apologized for the harm and inconvenience he put students and candidates through. He admitted several times that he "wasn't even thinking" and he "didn't realize the magnitude" of the changes he made.

Although the hacking only lasted 10 minutes before action was taken to stop it, the results were deemed invalid and a re-election took place on February 29.

While being hacked is always a possibility, Allen Gaynor, the Fanshawe Student Union Web Facilitator said, "I believe this will be the 10th or 11th election we have done online here at Fanshawe, and we have never run

into this issue. But I always believe in being proactive, and I alter the system throughout the year to ensure greater security."

Gaynor said he holds no sympathy for the mistakes made by Horwood. "He caused harm to the current Student Council and those who are running, plus those who worked on the website. There is also going to be a financial loss as a result of this. He's an adult, he should know better."

Shortly after he hacked the database, Horwood e-mailed the Gazette, Western's student newspaper, to tell them what had happened. "I kind of just thought it would blow over after that," said Horwood.

However, that was not the case. Since Horwood committed a criminal offence, London Police intend to charge him. The investigation is ongoing and his case may go to trial.

However, while students and candidates at Fanshawe may be nervous as the elections approach, Gaynor remained confident. The Fanshawe Student Union's online ballot was custom-built and has never had a problem, "but work is always being done on it to stay ahead of the curve, and in the event that we ever were the victim of a hacker, measures have been added to ensure the integrity of the results," said Gaynor. "Students should also be aware that the Fanshawe Student Union is not storing any of their information when they vote."

Fanshawe students have from March 12 at 9 a.m. until March 15 at 2 p.m. to cast their ballots in the FSU election.

Meet Zack Dodge, candidate for FSU President



Zack Dodge

What do you like about the FSU? What would you change?

The FSU provides an outlet and opportunities for students who want to make the most of their time at Fanshawe. The FSU is always looking out for the best interest of the student population, and that is what I am all about. I would like to see in the future that all FSU mem-

bers are more visible on campus, and can become more of an approachable resource for any student concern. This means less time in the office, and more time in the halls!

What do you want to accomplish during your presidency?

During my presidency I am looking to unite the student body, and create common goals that all Fanshawe students can relate to. I am looking to promote a sense of culture, community, and appreciation for each of us that have chosen Fanshawe as our platform for success. Promoting a healthy and active lifestyle on campus means a lot to me, and this extends to physical, mental, and emotional health. We should feel proud for our peers and ourselves, this will create that sense of community that we need.

What's your definition of a successful term? What are your top three ideas and how will you accomplish them?

My success as the FSU president will be measured but the student

activity that takes place during my term. Having more students vote next year for FSU elections, and seeing more nominees would represent the impact that my term had on the student body. Three things that I want to accomplish during my term all involve the participation of the Fanshawe student population. I am looking to provoke student engagement on campus, create a stronger sense of Fanshawe pride, and make student services more available and functional. All of these ideas can be accomplished by making them more accessible, approachable, and more diverse.

Who would you vote for (not yourself) and why?

My fellow nominees are new faces in my life, so it's hard to pick and choose. The fact we have all shown interest in this position shows we have something in common. I realize that Bobby Foley dedicates his time to the Interrobang; this represents his involvement and passion for the campus. This participation to me

represents that attitude needed to be a successful leader. Good luck to all of my fellow FSU nominees!

Where can we find you on a Saturday night?

I have always been more of the stay in than go out kind of guy. Although my student budget usually has a lot to do with the staying in. On a typical Saturday night you could find me working for the FSU, driving to Cambridge to see my family, or gaming on Xbox live with all my friends. I am a passionate gamer, as video game culture was a huge component in my choice when selecting a post secondary environment.

What compelled you to get involved with the Fanshawe Student Union?

My involvement with the FSU began as a job search. I was approaching the end of my first year of Media Production, and was in need of a summer job. I always wanted to work on campus; I figured this would be a great way to jump into a deeper Fanshawe com-

munity. Over the past 2 years I have been a custodian for the FSU, and it has been the best job I have ever had. Certainly not the day-to-day work, but the people I have met have been an incredible influence on my life. Work On Campus!

With no previous experience as an FSU executive, what makes you qualified to be president?

One major responsibility of the FSU president is to be the spokes person for the FSU. Speaking and acting for all of you on behalf of Fanshawe would be the culmination of my experience on campus. I am a natural born leader, who is prepared to instill this campus with a sense of passion and enthusiasm that you have never seen. We are a community of ambitious, talented, and diverse minds, and you need a leader who sees you as those unique individuals. I will provide more than an executive agenda, I will give you a true leader who believes in you.

Meet Bobby Foley, candidate for FSU President



Bobby Foley

What do you like about the FSU? What would you change?

I like that it's so intertwined with student life around the campus, and that students have representation at such a formidable level, I feel like it encourages an equality in its relationship with the college.

That concept of students working for and with students is great, because you can relate to that person running the Biz Booth or putting posters up all over the school. I can't imagine changing it much, excepting to get students more involved with the executives on a face-to-face basis.

What do you want to accomplish during your presidency?

I feel that the relationship between the students and the FSU can be somewhat repaired — the FSU works hard for students, but I feel increasing visibility on the part of executives and offering opportunities to students to become informed about issues before the FSU and the college.

I feel that creating a strong connection between FSU executives — especially the President — and the student population will send a strong message to schools and communities throughout the Province that Fanshawe is a place where students are heard and

respected.

What's your definition of a successful term? What are your top three ideas and how will you accomplish them?

I would consider a President successful for representing the school appropriately externally while providing as full a student experience as possible internally, while hopefully also inspiring a connection between students and their school.

My top three ideas are to increase executive visibility by spending time out of the office among students on campus each week, connecting with them directly about Fanshawe issues and their needs as a student; to use social media to connect with students readily and reliably; and to visit all Fanshawe campuses to encourage a feeling of community before other colleges in Ontario.

Who would you vote for (not yourself) and why?

If I couldn't vote for myself, I

would vote for Zack Dodge. Working for Interrobang out of the Student Centre building for a couple of years now I've met Zack on a few occasions, he strikes me as a confident, level-headed guy. I like that he's been involved in the FSU for a long time and active in areas where students spend a lot of time, I feel as though he'd be well-connected to student issues.

Where can we find you on a Saturday night?

Saturdays are usually spent either indulging the music fan/writer in me at some gig here in town or at home doing project work for school. If I'm in on a Saturday night, though, I'm watching the Maple Leafs play on Hockey Night In Canada and then Saturday Night Live, they're two of the few shows I try never to miss.

What compelled you to get involved with the Fanshawe Student Union?

My story with the FSU began

simply enough, I followed up on a poster I saw advertising work study placements available at the college and began as a weekly writer for Interrobang. The environment and the staff there are engaging and inviting, and as I began to meet more of the people working for the FSU, I became more inspired over time to stay involved and invest myself further.

With no previous experience as an FSU executive, what makes you qualified to be president?

Experience as a VP executive would surely be an asset, but my plan to involve students as closely as possible would allow me to benefit from their experiences, too; I feel as though I am a strong leader, but by creating as much communication with students as possible I feel I'd be better able to make informed decisions and run the FSU with students' best interests and best advice at heart.

Meet Shallis Ryder, candidate for FSU President



Shallis Ryder

What do you like about the FSU? What would you change?

As a student at Fanshawe for the past three years, I've come to work very closely with the FSU during my time here. I really enjoy how the Fanshawe Student Union tries to bring the students together with events and fundraising activities such as Shinerama. If I became

President what I might suggest to change would be is that, student who have placements or co-operatives be allowed to still take office for positions such as a SAC Representative.

What do you want to accomplish during your presidency?

If I had the opportunity to become your President I would do my best to help students with their concerns they have expressed to me, by putting more gluten free and healthy option foods in our eateries. I would look into parking issues at Z Building. I want even more school spirit, so for our pubs, give students options for themes, and have Fanshawe swag give-aways. Have more school athletic teams, such as rugby. I would also try to lower international field placement fees. And if you are in Human Services, look into removing Paramed from our programs

What's your definition of a successful term? What are your top three ideas and how will you accomplish them?

A successful team is a group of people who can join their idea's together to make a plan of action work.

1. Z Building and Parking - I would be speaking with facilities/operations managers and get petitions signed then have the proper people advised to effect change.

2. Gluten Free - Talk to Oasis managers, give them information on where to buy gluten free products at low cost.

3. Fanshawe Athletics - We have the space, it would just be getting people to participate in a new team, contacting other school facilities in the area to set up practice/game times.

Who would you vote for (not yourself) and why?

I'm not sure what person I would vote for at this particular time because I do not know the platform that my candidates are putting forward. I would like to make an informed decision, as I hope everyone would, because the

president of the FSU effects all people in the school and it is a position not to be taken lightly.

Where can we find you on a Saturday night?

It all depends; you'll never find me in one specific place. If I have lots of homework you will be finding me in the library. If work that night you'll find me in Peregrine House Residence because I'm an Resident Advisor. I have field placement this semester so on some Saturday's I have shifts to complete. But after all is said and done and I finally have free time, you'll find me hanging with my friends at the Out Back Shack.

What compelled you to get involved with the Fanshawe Student Union?

It was my very first year at Fanshawe and my first time as an RA. I had no idea what the FSU even was. It was J.Cooper, who was the President, and during move in/Frosh week at Fanshawe he was always there. That's how I became involved. He made himself

available and got me as well as others to participate in events and helped me out when I needed something but wasn't sure what direction to go in. Ever since my first year I knew that I wanted to have your backs just like he had mine.

With no previous experience as an FSU executive, what makes you qualified to be president?

I feel I am qualified to be your president because I have been helping the FSU every year with promotion and fundraisers such as Shinerama and the Charity balls. I also attend events the FSU puts on. I have focus, organization, initiative and drive. I haven't been an executive before is because of my program placement. If I become president that is one of the things I hope to change. I know I won't be perfect and it will take time, but I will do my absolute best to make you happy and your college experience one you won't forget.

Sexual sabotage



PSYCH YOUR MIND
ROSE CORA PERRY
www.rosecoraperry.com

As a personal fitness trainer, my mom meets many “interesting” characters on a regular basis and every single one of them, inevitably, has a “story to tell.” Beyond seeking her guidance to shed unwanted pounds, her clients also frequently position her within the “therapist” role, given that body image, weight maintenance and lifestyle choice are deeply intertwined with one’s psychological state; credence to said notion can be found in the case of those afflicted with eating disorders such as anorexia nervosa or bulimia. Allow me to elaborate:

Despite the physical changes that their bodies undergo, sufferers of the aforementioned psychoses commonly report being continually plagued by distorted body image. In some cases, psychologists have noted that the extreme weight loss associated with these two disorders goes far beyond having mere self-esteem issues. Instead, highly regulating one’s sustenance intake can be seen as attempt to regain mastery over a minor “controllable” aspect of one’s life, typically brought on by an overall feeling of “loss of control,” according to Psychology Today.

Our topic for today, however, spans beyond individual attempts to “dominate” oneself. Rather, I’d like to discuss something I refer to as “sexual sabotage;” a phenomenon that occurs within romantic relations when one partner is threatened by the success of the other and attempts to botch that success, typically in a passive aggressive fashion.

For those of you unfamiliar with passive aggressive behaviour (you’re lucky, first and foremost!), in a nutshell, it can be summated as a form of “indirect” manipulation wherein “aggression” or attempts to “control” are thinly veiled under what is presented, on the surface, as “care” or “concern.” As explained in the book *The Angry Smile*, “passive aggression involves a variety of behaviours designed to get back at another person, without the other recognizing the underlying anger.” Now, the reason I opened this piece with a focus on my mom and her profession is because a story she once

relayed to me, on this very subject, has always stuck with me.

A few years ago, a well-off married woman in her early 40s hired my mom to help her get back to her ideal weight. It’s important to note that the woman’s motivation for doing so stemmed purely from personal reasons and her relationship with her husband appeared both stable and healthy.

As the months rolled on and as the woman increasingly became fitter, more confident, happier and more energized, her husband started to act very odd. Irrespective of the fact that the woman was clearly very proud of the strides she had made, his initial proclamations of support started to mutate into “I’ve always loved you just the way you are” sorts of statements. Taken on their own, these words seem nothing but romantic, sincere and very thoughtful. However, they were shortly followed by comments about how the woman should skip exercise class this or that week as, according to the husband, they just didn’t seem to have enough recreational time together anymore. The final nail in the coffin came when in order to apparently “congratulate” the woman on her weight loss success, the husband went out and bought her PRE-exercise/healthy regime favourite high-calorie, full-fat, sugar-heavy dessert item so they could both gorge out! I mean, REALLY?!

Like so many other displays of psychological immaturity we’ve covered thus far, “sexual sabotage” also stems from feelings of insecurity. In this particular case, given that the husband had a “beer belly” of his own that certainly wouldn’t be missed, it’s easy to deduce that his passive aggressive behaviours were rooted in an unconscious fear that he may lose his spouse to another mate with more desirable “physical fitness.” But, instead of going down the mature introspective path wherein he acknowledged both his own weight issues and fear of the potential consequences of his wife outshining him physically, he attempted to bring her “back down to his level.”

For many people (and I’m sure you’ve seen this even among your own group of friends), when they become attached, they begin to put less and less effort into their everyday appearance. As the popular expression states, “they,” in effect, “let themselves go.”

From an evolutionary psychological perspective, this phenomenon actually makes perfect sense. At their most basic primal



CREDIT: DB3.STB.S-MSN.COM

level, relationships are sought out for the purposes of reproduction (i.e. to carry on one’s genes). Once a desirable mate that can fulfill this role has been secured, there truly is NO need to attempt to attract others; ergo, out go the makeup and hair coiffing and in comes the muffintop!

But, of course, modern-day society, with its impossible ideals of beauty and social standards (particularly for women), adds complication to the mix. As the above story demonstrated, a desire to keep up one’s appearance may not have anything to do with pleasing one’s mate at all. And that, my friends, IS JUST FINE! It is YOUR life, after all.

What I’m trying to get at is this: in psychologically healthy and mature adult relationships, there is room for BOTH “us” activities and “his” or “her” activities; neither of which come at the expense of the other. A truly mature and well-adjusted partner is supportive, understanding and accommodating to their spouse’s needs. Above all, each partner ALWAYS maintains the “best interests” of the other in mind.

With that said, if you should find yourself in a similar situation as the husband in the above tale, perhaps having read this piece, instead of attempting to sabotage the efforts of your spouse to protect your own ego, you’ll celebrate her triumphs. An even better

case scenario? Your spouse’s desire for self-improvement ignites a spark within YOU to assess YOUR own situation and determine how YOU TOO can become the “best” possible you! Now that’s a goal worth striving for.

...INTERROBANG

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It's a Simple Plan...

VICTOR KAISAR
INTERROBANG

In the last issue, if you recall, I wrote about Canadian music. At the end of February, I was lucky enough to reward myself with a concert, my second ever: Simple Plan at the John Labatt Centre. It was money well spent. Let me be honest with you here, I hadn’t listened to much of Simple Plan prior to the show, except for the song “Perfect.” The day after the show, my iPod is full of Simple Plan songs. And then it struck me: they’re Canadian.

Pierre Bouvier, Jeff Stinco, Sébastien Lefebvre, David Desrosiers and Chuck Comeau make up this French-Canadian band that came out of Montreal. Bouvier and Comeau were part of a band Reset, as was David Desrosiers.

I had the time of my life at the show, listening to four bands, one after the other: These Kids Wear Crowns, Marianas Trench, All Time Low and of course Simple Plan. I don’t have much concert experience, but these guys from Montreal really did know how to put on a show, complete with anecdotes, beach balls and glow sticks, leaving close to 3,000 fans mesmerised.

I won’t take anything away from the other three bands that performed on that night – they were good, too – but everyone knows who the highlight of the show was. To be frank with you, I regret not learning to play



Simple Plan performed at the John Labatt Centre in London on February 20.

the guitar earlier – who knows, maybe I would have had a band that went on tours, but that is beside the point here.

I love the initiative that Simple Plan takes through the Simple Plan Foundation, “...helping young people in need, by easing their often difficult passage to adulthood and by supporting the victims of life-threatening illnesses.” That is reason enough for me, someone who isn’t from Canada, to improve the outlook I have about Canadians (and no, I’m not implying that I had a poor outlook before). The band was also recently awarded

the Allan Waters Humanitarian Award for their work through the Simple Plan Foundation.

I end with fond memories of the show from the John Labatt Centre, and now hold Simple Plan in ever higher regard. I know there are many people out there who aren’t really fond of Simple Plan, but that is their loss if you ask me. In fact, I will end by quoting one of their song’s titles that aptly sums up my feelings about the band: “Perfect.”



Why the Trinity matters



NOTES FROM DAY SEVEN
MICHAEL VEENEMA
veenema.m@gmail.com

Take your pick. There are a lot of concepts of God out there and you can choose the one that's right for you. Of course, the logic of this does not escape most of us. If there are a lot of God concepts, and if they are all quite opposed to each other (which they are), then one obvious conclusion is that none of them are true and we can jettison the whole project of deciding which God is real. None are.

However, churches all around the world claim that not only is God real, but that he can be understood and described in a way that is helpful to all people. (In other words, although we can't know everything about God by a very, very long shot, we can know enough.) The core of the Christian understanding of God is that he is three persons, three, tri-, a tri-unity or Trinity. This is why, for example, we see many churches named "Trinity." A church just down the street from me is called Trinity United. (Actually, it's closed, and although that's important, it isn't for this article.)

I think that understanding God as Trinity matters.

But just before I elaborate on that, let me dwell a little longer on my opening sentences: Yes, there are a lot of concepts of God. In competition with the understanding of Trinity, for example, the Muslim understanding is that God is radically one. The Qur'an heaps criticism on those who believe God is somehow three. Actually, the Qur'an has a notion of the Trinity that Christians find bizarre. It assumes that by "Trinity" Christians mean God, Jesus and Mary, the mother of Jesus. And Christians, along with Muslims, don't abide by that understanding

of the Trinity.

But in addition to the Muslim understanding of God as one, there are many other God options. Native spiritual leaders have ideas of God, emphasizing God as creator. Made-in-the-U.S.A. religions such as Mormonism, Scientology, Jehovah's Witnesses and many others have their own understandings of God. Celebrity spiritualites such as Oprah's have certain assumptions about God that would not necessarily fit well with the God concepts of others.

Does seeing God as Trinity, however, offer a way of cutting through the many options, ending up with one that at a deep level, "feels right" to people? I think it does.

First of all, the Trinity is a community. God is certainly one, but one what? At the risk of oversimplifying, I am going to state that God is one community. One. One community of three persons. (Some readers may want me to support what I'm saying by quoting the Bible. If you are one of those, just write me and I'll provide that. I need to keep this short.)

But how exactly is it helpful that God is a community? In two ways. First, God as a community supports the human experience that we are here to be community. I forget if it was Sartre or Camus who said, "Hell is other people." Perhaps he was having a bad decade or feeling mischievous. In any event, he was mistaken. Our origin is rooted in a creator who is himself a community. This is no small matter because it properly relativizes our other urges to out-compete our neighbours or leave them twisting in the wind when they get in trouble. The Trinity delegitimizes violence and means the end of war. It deeply validates the pursuit of fair and just societies. Treat everyone well. No spitting on referees. The Trinity needs to be announced to everyone.

Second, each of the three persons of the Trinity contributes to a balanced understanding of life and the world. Consider God as

Creator (or Father). To see God as Creator helps us in seeing the unity of all things living and (apparently) lifeless. There is a oneness, a unity, a continuity in the fabric of the created world. This helps us value the planetary environment and gives us the goal of caring for all the world to the best of our ability. For obvious reasons this needs to be announced in today's world.

Consider Jesus as God. This helps us work through something else. Yes, there is unity in the created world. But there is also disruption, breakdown, injustice or, in two words, sin and evil. This double-headed problem runs very deep. To address this problem, Jesus was born, actively taught, was executed and was raised from the dead (there's a lot more to this story, but again, space considerations). Jesus is God addressing an ugly situation.

All is not well with the world or with us. We need forgiveness, healing and restoration. The work of God as Jesus Christ provides a way forward where human beings can live with confidence before God, experience restoration and look forward to the day when that restoration will be complete.

Finally, consider God as Holy Spirit. This brings us into another area, the area of renewed life. While Jesus Christ carved out a path of restoration and re-union with the Creator Father, the Holy Spirit, also God, freely distributes a whole lot of good stuff. These include courage, trust, faith, hope and, above all, love. They also include healings and miracles. If you listen to the stories of Christians, you will often hear accounts of prayers being answered concretely and impressively. And you will find many instances of people living purposeful lives that spread healing and hope to those with whom they have contact. The Spirit is God without borders. He is everywhere, opening people to God and renewing life wherever God is welcomed – and even in some places where he is not.

Pardons



LAW TALK
Community Legal Services & Pro Bono Students Canada (UWO)
519-661-3352

Please note the Federal government is in the process of updating the pardon process. Please make sure to check its website, gc.ca, for up-to-date information as these changes are announced.

Even if you've been convicted of a crime and served your time, you may not have to live with the offence being viewable to others forever. You may be eligible for a pardon, sealing the conviction on your record from view indefinitely. There are many misconceptions about pardons, however, so here are a few things you should know in case you are considering applying for one.

1. Sealed, Not Destroyed

The effect of a pardon is to seal all or part of your federal criminal record from the view of others, not to destroy it. Pardoned convictions are not annulled, but rather they cannot be disclosed to others without the consent of the Minister of Public Safety. Local police forces may retain the records of your convictions that they have on file, and it would still be a lie to say to an employer or anyone else that you have never been convicted of an offence. Many countries, including the United States, do not recognize Canadian pardons, and they may still prohibit your entry due to a criminal conviction.

2. Applying for a Pardon

To apply for a pardon, you must have completed your sentence and any probation order for the crime you were convicted of. If you were convicted of a minor non-sexual offence, you can apply for a pardon after three years of finishing your sentence. If you were convicted of a major non-sexual offence or a minor sexual offence, you can apply after five years. If you were convicted of a major sexual offence or certain personal injury offences, such as manslaughter, you can apply after 10 years.

3. Denial or Revocation

If you've applied for a pardon and your application was denied, you can apply again after one year. Even if you were granted a pardon, it can be revoked if you are convicted of a minor offence, if it's determined that you are not of "good conduct" or if you made a false or deceptive statement at the time you applied. If you are convicted of a more serious offence, or new information comes to light showing you were not eligible for a pardon at the time yours was granted, your pardon will no longer have any effect.

4. Prohibition on Discrimination

While a pardon still means that you have been convicted of an offence, the Canadian Human Rights Act and the Ontario Human Rights Code prevents certain forms of discrimination against you based on a pardoned conviction. For instance, if you are applying for a job, you cannot be asked to disclose a criminal conviction for which you have been pardoned.

This column provides legal information only and is produced by the students of Community Legal Services and Pro Bono Students Canada (UWO). The information is accurate as of the date of publication. Laws change frequently so we caution readers from relying on this information if some time has passed since publication. If you need legal advice, please contact a lawyer, community legal clinic, Justice Net at 1-866-919-3219 or the Lawyer Referral Service at 1-900-565-4LRS. You can contact Community Legal Services to book an appointment to discuss your legal issue or mediation services. Please call us at 519-661-3352 with any inquiries or to book an appointment.

It's election season

Dear Editor:

With student election season ready to hit full gear I hope my fellow students take the process seriously and cast an informed vote.

V. T. R. Pole

Drummond Report: Need to Know

KIRSTEN ROSENKRANTZ
INTERROBANG

In the middle of February, the former Chief Economist for TD Bank, Don Drummond, released a 665-page, two-volume report containing 362 recommendations for how the Ontario government can balance their books. As it stands, Ontario's debt is \$215 billion and Drummond estimates that number will hit \$411 billion in five years, taking the government's deficit from the current \$16 billion to \$30 billion by 2017/18. Here are a few of the recommendations made by Drummond:

- Cap growth in primary and secondary education spending at one per cent each year to 2017/18. The current increase in primary and secondary education is three to five per cent.
- Cancel Ontario's all-day kindergarten (the province has already said they will not adopt this recommendation).
- Cap growth in post-secondary education spending (excluding training) at 1.5 per cent each year to 2017/18.
- Maintain the existing post-secondary tuition framework, which allows annual tuition increases of five per cent.
- Reshape the 30 per cent tuition grant to create more assistance for low-income students who need it most.
- Work with post-secondary institutions to reduce bargained compensation increases to align them with more recent settlements in a broader public sector. Salaries, wages

and benefits currently account for 72.2 per cent of college and university expenditures, with scholarships and bursaries at nine per cent, buildings at 6.1 per cent, interest at .5 per cent, and other at 12.2 per cent.

- Establish multi-year mandate agreements with universities and colleges that provide more differentiation and minimize duplication (e.g. not every college needs degree-granting authority).
- Create a comprehensive and enforceable credit recognition system between and among universities and colleges. This two-way credit transfer system is also required for students who go to college post-university and those who go to university post-college.
- Cap growth of health-care spending at 2.5 per cent each year to 2017/18. Health-care spending in Ontario currently rises by almost seven per cent each year.
- Increase the use of home health care in order to reduce costs (e.g. for recovery from procedures such as knee and hip surgery).
- Expand LCBO locations while folding the two Ontario Lottery and Gaming Corporation head offices into one, and close two casinos in Niagara Falls.
- Increase water bills to recover the full cost of water and wastewater services.
- Eliminate the Ontario Clean Energy Benefit, cutting the 10 per cent rebate on electricity bills.

Every vote counts... and that worries some people

VICTOR DE JONG
INTERROBANG

What if you got to the poll on Election Day and were told you were at the wrong station? How would you feel if a party representative called you at 2 a.m. to see if they could count on your vote? Both of these tactics, and more, were employed in the Federal Election last year.

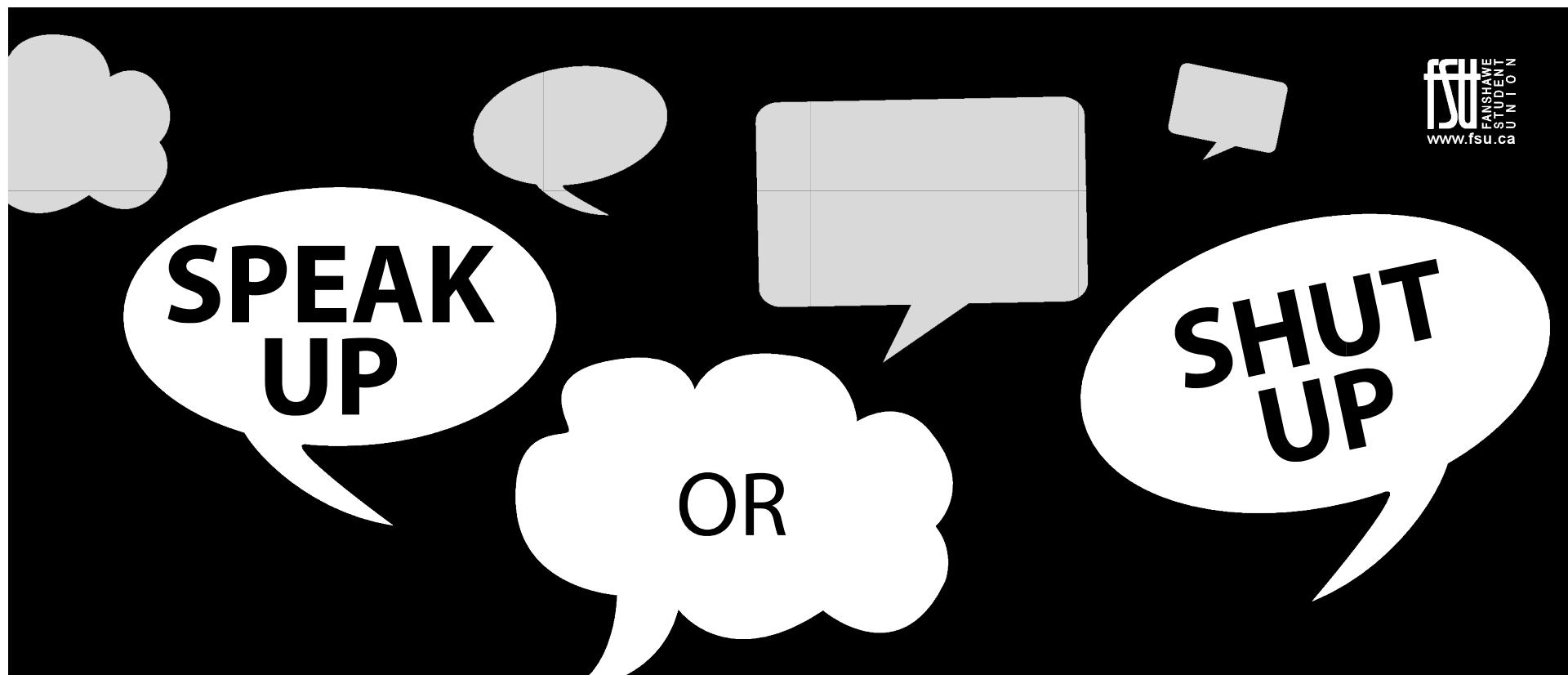
Both before and on Election Day, phone calls were made to voters in 43 RIDINGS with misleading information. Senior citizens in Guelph received phone calls directing them to alternate polling stations, when the actual polling station was located in the building. Others received calls by an individual claiming to be a Liberal staffer, or sometimes even the Liberal campaign manager, who would then go on to be deliberately rude and offensive. The goal of these calls, as it would appear, was to discourage individuals from voting against the Conservatives... or voting at all.

It's crucial to immediately recognize that no hard evidence has been found tying the Conservatives to these calls, and Stephen Harper has empathically denied any involvement. The Conservative Party is the only party to have used RackNine, the robo-calling company used in many of the incidents, for services in the past. The company itself is not involved in the investigation and has in fact been cleared of wrongdoing. The person who used the service, however, won't be so lucky.

The tactic is called "voter subversion" and isn't unheard of in past elections in the U.S.,

however there's no history of it in Canada. Companies like RackNine offer their automated calling services for a fee and they can be hired by anyone. The fact that the Conservative Party was the only one to have used this service brings out the conspiracy theorist in me. If in fact the Conservative Party were responsible, it seems to me that they'd use a company with whom they had no affiliations as opposed to using the one they'd employed to make legitimate party calls. The finger-pointing in the House of Commons is largely sensationalism as, in any government, the party in power is constantly attacked primarily for being the status quo.

While it's not clear where the blame will ultimately fall for this debacle, it's obvious that those responsible are doing everything in their power to remain anonymous. The incident brings a larger question to light, though: regardless of whether the Conservative Party was involved or not, what can be made of the evidence that suggests it benefitted them? If an individual, acting independently, commits an act that attacks the democratic process, should the party who benefits be penalized? At a time in history when technology enables individuals to take on anonymity and work undetected, it's more important than ever to be aware of politics that affect you. Even if you aren't a voter, the fact that other Canadians had their democratic voice taken from them is a blatant slap in the face to the democratic values this country was founded on.



FANSHAWE STUDENT UNION ELECTIONS

PRESIDENTS DEBATE
Monday, March 12th
Alumni Lounge - Noon

ELECTION SPEECHES
Tuesday, March 13th
Forwell Hall - Noon

Classified insight



BOBBYISMS
BOBBY FOLEY

I write about random things a lot. I write a lot about random things. Did you know that Cancer Bats snuck into London during Valentine's week to film a music video downtown? The band was shooting for their coming single "Road Sick" and came to London to film with the tank in Victoria Park.

Although passersby asked them what they were doing, the band managed to keep their identities quiet and work – one of Canada's most popular hardcore punk bands, and a moment's walk away from London Music Hall.

Fame is a funny thing, especially when it comes to the music industry. It's easier to focus on the negative than the positive – we've heard all sorts of stories about the struggle, about the long, hard road to success and the thrill inherent in making it big, but what happens after that?

Classified is a hip-hop artist from Nova Scotia who rose to success after building his name through a series of releases on his own Halflife Records imprint, one he launched to release his first LP when he was 17. His Shipwrecked Tour with Hedley saw the artist in London at the John Labatt Centre on February 29.

Prior to his visit, Classified spoke to Interrobang about the differences between his style and

process when he was an emerging artist on the east coast and now, as his 14th studio release, *Handshakes And Middle Fingers*, approaches a year old.

"It's more of an anal process now, where five to 10 years ago it'd be make a beat, write a rap, track that," he said. "Where now it's analyzing the shit out of everything. There's a beat, but could the beat be better? Could the drums be better?"

"There's the beat, the drums, bass line, pianos, so many options you can bring in. Then there's the dissolves, the bridges, the choruses, making sure the point isn't lost in the song," he continued. "Having more options definitely makes tracking a bit of a longer process nowadays."

Despite the options, Classified indicated his focus remains on quality – though he admits he might overanalyze things, he pushes for the best in himself, beginning with fleshing songs and concepts out long before the tape starts rolling.

"It's a harder process than 15 years ago, it's easy to get excited, like 'I've got something, I gotta write it down,'" he said, referring to his process of building a song. "I'm just writing ideas down, one-line song ideas or thoughts or whatever. Then when I come home I'll hit the studio, try to sit down and write everything out and come up with something."

But it's a process that works; audiences nationwide have been connecting with his lyrics for years. Canadians in any province can relate to coming from a small community and working hard on



CREDIT: DUSTIN RABIN

Classified rocked the JLC in late February and he's taking the world by storm with his LP, *Handshakes and Middle Fingers*.

something they love, concepts that Classified has seen firsthand in his travels back and forth across the country – like his current tour putting him before thousands of people in a given night.

"It blows my mind; when I was coming up in 1996 there was a crew called Hip Club Groove who were like the big Halifax crew in the 1990s," he recalled. "They were doing shows and I remember they were making like \$900 a night, and I was like, 'Dude, that's amazing, if I could ever get to that point, I'd really be doin' it.'"

To learn from Classified, finding satisfaction and longevity in your career is directly related to know-

ing yourself and constantly investing in finding your limitations and pushing past them, even if sometimes that introspection can sting a little.

"Sometimes I have a hard time listening to my old music, thinking, 'I could've done this better, could've done that better,'" he admitted. "I'm a perfectionist, a little more likely to focus on what's wrong with it rather than what's right about it. I'm always analyzing the shit out of it, and sometimes it hurts, but that's just how I make my music."

"I'm always trying to get better, it's good in that way, too – I want to make sure that the new thing I'm

doing is better than the last thing I did, so I feel like I can push myself much harder and get that much more from it."

Classified is currently on tour with Hedley, with more Ontario dates scheduled midway through March. For more information on the tour or his acclaimed LP *Handshakes And Middle Fingers*, visit classifiedofficial.com or follow him on Twitter @classified.

And for more of the latest music news, reviews, album streams and more, consider following this column on Twitter @fsu_bobbyisms or via Tumblr at bobbyisms.tumblr.com. I'm out of words.

Songs to warm your bones on a cold day

MADISON FOSTER
INTERROBANG

Winter keeps teasing us. Every time the sun breaks through and we get a taste of spring weather, it doesn't take long for the snow and gloomy winter-like weather to show its ugly face again. With March having finally arrived, it means that spring will be here before you know it, but it's not here yet. There's still some cold weather to come but can't we at least dream of the sun and warm weather?

I've put together a playlist of songs to help warm your bones and get you through the rest of winter. These songs for spring will help you feel the warmth while March goes in like a lion and out like a lamb:

1. "Rockin' Robin" by Bobby

- Day
- 2. "Go Outside" by Cults
- 3. "Our Place in the Sun" by Joel Plaskett
- 4. "Mushaboom" by Feist
- 5. "Sun Hands" by Local Natives
- 6. "Here Comes the Sun" by The Beatles
- 7. "The First Day of Spring" by Noah and the Whale
- 8. "Month of May" Arcade Fire
- 9. "Spring Fever" by Elvis Presley
- 10. "Happy Yellow Bumblebee" by Of Montreal
- 11. "In the Sun" by She & Him
- 12. "Sundress" by Ben Kweller
- 13. "Rainbow Connection" by Kermit the Frog

All songs are available on iTunes and Amazon or you can check them out on YouTube.

Join the Blood 101 Challenge!
Donate Blood – Help Save Lives!
Thursday, March 8 or Tuesday, March 27, 2012
Fanshawe College
Student Alumni Lounge
11:30 a.m. to 3:30 p.m.

Call 1 888 2 DONATE
to book an appointment.

www.blood.ca


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Damn teenagers and their TV shows and dinosaurs!

STEVE DI MAURO
INTERROBANG

It's that time of the semester when students are pulling their hair out and freaking out about mid-terms, assignments and college life in general. But there is always something to get us by, and that is a kick-ass concert. The Out Back Shack has had a couple of good shows in the past month or so, but on February 17 they had something extra-special for us. Dinosaur Bones were in the house, along with Teenage Kicks and the wildly entertaining TV Freaks. All these bands are creating a huge buzz in the indie rock scene, especially Dinosaur Bones. And I was lucky enough to witness the best show The Out Back has put on thus far.

As soon as TV Freaks started playing, it was absolutely impossible for your attention to get drawn anywhere else – especially when you have a drummer with nothing on but his boxers and a frontman who is having on-demand seizures and rolling around on stage. Their music is punk with a slice of The Hives and a touch of Comeback Kid. These guys rocked! They had so much energy, great and tight musicianship and were remarkably entertaining. They paved the way for the next band, Teenage Kicks.

Teenage Kicks are a hard-rocking melodic punk band out of Toronto and, well, let's just say these guys don't mess around when it comes to getting the job done. After seeing these boys perform once before in London at the APK, I kind of knew what to expect, which was exactly why I was so excited in hearing they were on the bill that night. These guys kind of remind me of Billy Talent meets The Tragically Hip after kidnapping Dave Grohl. They engaged the crowd throughout the set and didn't miss a note. I see great potential in those guys and look forward to seeing them in town again for a third time.

And last but not least in this night of great music was Dinosaur Bones. I have waited a while to get an opportunity to see them in action after having the pleasure of listening to their amazing single "NYE" on the radio countless times. Dinosaur Bones have been creating quite a buzz in the indie scene. I've missed so many opportunities to see them, so as soon as I heard they were coming to Fanshawe, I was completely stoked. They were the perfect addition to the mix of the rock salad to end the night off, as they are more of an experimental melodic rock band. I got lost in their unique sound as soon as they started, it was so soothing and yet rocking. Their songs have so many layers and such depth to them that they surprise you every time you think you have them figured out.

After the show, I was lucky enough to get an interview with the bassist Branko Seckic and frontman Ben Fox of Dinosaur Bones. They were really humble and cool dudes to talk to. Here's what they had to say.

Where did the name Dinosaur Bones come from?

"I saw it in a dream, lit up in big bright lights, like that scene in *Boogie Nights*. I knew it had to be."

How long have you guys known each other and how did the band form?

"We've known each other a good long time. Most of us played music together as far back as early high school. And then there's Josh. Not really sure where he came from. He just showed up on our doorstep one day, down on his luck with a twinkle in his eye. 'Can we keep him?' the little ones asked. 'Yes we can.' And boy, could he play guitar."

Who are your influences in helping creating the unique sound that is Dinosaur Bones?

"Influences creep in in so many different ways. Sometimes they slap you in the face, then they're gone before you know what happened. Other times they slip into your bed without you noticing, and before you know it they've moved in for good. And all of them influence you in one way or another, whether you're conscious of it or not. There are too many bands we love and too many albums that come and go (and some that come and stay) that catch our ear and make us stop and take notice. It's impossible to list them. That being said, I'm on a serious post-Beatles John Lennon kick right now. And the new Real Estate record is really great. It's like a frosty glass of lemonade."

How would you describe your sound to someone who hasn't heard you before?

"To be honest, I'd really rather just put a CD in someone's hand and say, 'Here, listen,' and let them figure it out, rather than try to paint some vague picture of our sound in a sentence. But I'll try: moody, melodic indie rock."

How did it feel when you heard yourselves on the radio for the first time?

"It was a pretty exciting feeling, knowing all the hard work that had gone in and seeing it finally get off the ground a little bit. It's like a parent watching their child take its first steps. A pretty insignificant milestone in the grand scheme of things, since that baby is surely going to come crashing back down on its face at SOME point, but an exhilarating moment nonetheless."

And how did you guys dig Fanshawe/London? Come back!

"The Fanshawe staff are always really good to us. We're always happy to come back."

For those of you who are interested in checking out some up and coming fresh blood in the indie music scene, keep an eye for all three of these bands and check out their websites to see when you can catch them in London and your hometown. Show some love for our Canadians: Dinosaur Bones myspace.com/dinosaurbonesband; Teenage Kicks myspace.com/teenagekicksteenagekicks; and TV Freaks teeveefreakzz.bandcamp.com.



Tyga impresses with his new album *Careless World*.

CREDIT: SWEETLYRICS.COM

Rap rookie impresses with new team



IT'S A WRAP
STUART GOODEN
twitter: @StuGooden



Young Money Cash Money Records, headed by Lil' Wayne and Birdman, continued its dominance in the rap industry when associate rapper Tyga dropped his very highly anticipated album in late February. *Careless World: Rise of the Last King* is Tyga's rookie album with the record company, after being featured for the past three years on other Young Money artists' songs as well as the group's debut album *We Are Young Money* back in 2009.

Young Money Cash Money thrives in its reputation of making a lot of money, rapping about it, and then making even more money rapping about it. Tyga's album stays true to the team motto. *Careless World: Rise of the Last King* features a hefty 21-track set, and the iTunes version includes 23. My first impression was probably what you're thinking of right now: another over-produced album padded with mediocre songs and

interludes to increase the wow factor. Save for three interludes that really add zero value and could easily have been thrown out the door, every song had its place and resulted in a pretty solid record that many expected it to be.

"Kings & Queens," featuring Wale and Nas, is the lyrical beast of a song that you would have expected, simply because Nas is featured. Nas can take any mediocre song and make it a classic, but here he doesn't have to. All three rappers showed up, delivering 20 bars each of rap excellence. The chorus isn't overdone, while the beat, produced by the relatively unknown Arthur McArthur, is simple yet perfect for a lyrical heavy track. A rap fan's dream come true.

"Let It Show" includes the increasingly popular J. Cole. The song is the perfect example of the album's major flaw: Tyga's lyrical inconsistency. The verses really have no meaning, and at times don't even rhyme. The intent listener will notice a real lack of effort by Tyga in writing this one. That being said, every other part of the song is fantastic. J. Cole's verse, the beat produced by Cool and Dre, and the well-done chorus all save the track and turn what would be a mediocre song into a good one by disguising the poor

lyrical output from Tyga. If not for these deeds of salvation, this would have been a guaranteed quick-skip song.

"Lil' Homie" features and was produced by one of the best in hip-hop in Pharrell, and he doesn't disappoint. Tyga steps his game up a bit in this one, but is elevated by a vintage Pharrell beat that I instantly fell in love with. Like most of his songs, Pharrell sings in the chorus, but doesn't do any damage by accentuating the singing voice that he thinks he has, but really doesn't. It's my favourite song on the record.

Honorable mentions: "I'm Gone" with Big Sean, "This is Like" featuring Robin Thicke and "Still Got It" with Drake on the iTunes Store bonus version.

With featured artists such as Nas, Pharrell and Drake among others, and an underrated production cast, it would have been very difficult for *Careless World: Rise of the Last King* to be a bad album. The rookie does a decent job, but was given a huge alley-oop being helped immensely by the associated talent. The album is still a solid attempt at the hoop, but comes up short of a slam-dunk. Okay, enough of the basketball analogies. The album is admirable and worth a good listen.

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The Dangerous Summer will be performing at the London Music Hall on April 4.

CREDIT: THEDANGEROUSUMMER.NET

The Dangerous Summer coming to London



MY 15 MINUTES WITH...
TAYLOR MARSHALL

The Dangerous Summer has done very well in the last couple years. They have released two EPs and two full studio albums, and all four received rave reviews from fans and music insiders. As A.J. Perdomo (lead vocals, bass), Cody Payne (guitar, backup vocals), Bryan Czap (guitar) and Tyler Minsberg (drums) prepare to venture out on a cross-Canada tour with the band Ten Second Epic, they'll make their first-ever stop right here in London, Ontario on April 4 at the London Music Hall. I got the chance to talk to Perdomo about touring and his personal thoughts on playing shows on the other side of the world.

Before your first studio album, you opened for a lot of bands such as Mayday Parade. How did it feel to have the roles reversed when you were on your first headlining tour and had bands like The Morning Of and Action Item open for you?

"It was pretty awesome. I think one of the big differences between headlining and supporting is you play millions of your own songs, and I think going in to headlining, we were kind of nervous at first, but it felt so good to be able to play songs for our own fans instead of trying to get fans from another band. We love headlining and have been doing it a few times just to do a little something for our own fans."

What was it like to play at festivals such as The Bamboozle in 2009 and to be on the 2011 Warped Tour?

"It was amazing! One of my life goals was to play at Warped Tour, so it was unbelievable. We had the best summer ever and met so many awesome bands and awesome people. I think that's one of the best things about playing festivals: you get to play alongside a lot of different artists that you wouldn't normally play with."

With that, which do you personally prefer: festivals or concerts?

"I definitely prefer festivals because it's kind of like a party environment meets a show environment, which is kind of cool."

Did you do any sightseeing while touring in the U.K.?

"We did a little bit of sightseeing. I liked Scotland because when you get there it's such a different area and there is really nothing like it here in North America. I got to see all the castles and stuff and they just blew my mind."

You've done a cross-Canada tour that included a stop in Toronto. Will this be your first time playing a show here in London, Ontario?

"We have never been out there yet. It's hard to say because I don't really know what the area is like. But I'm really excited to reach the fans that don't go to Toronto. We have such a fun time when we play shows in Toronto, but it will be kind of nice to meet some of the people who wouldn't normally drive out to Toronto."

For more information on The Dangerous Summer, visit hopelessrecords.com and thedangeroussummer.net. To get tickets for their April 4 show at the London Music Hall, check out londonmusichall.com.

The Artist takes top honour at Oscars



REEL VIEWS
ALISON MCGEE
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Every so often the Academy of Motion Picture Arts and Sciences gets it right. They did so recently when choosing *The Hurt Locker*, one of the most powerful war films in cinematic history, over the supremely popular *Avatar*, and this year they've done it again.

Oftentimes it seems like members of the Academy forget that they are tasked with determining the best achievements in cinema, not declaring the highest grossing sequel of the season. The Oscars

are, for many filmmakers, the highest achievements to strive for and it makes true cinephiles, like myself, ecstatic when the Academy honours those who have done great things for the world of cinema.

At this year's Oscar ceremony, the host fell flat; he was tired and overdone. Billy Crystal is a funny man, but we've all seen him host the Oscars before. The awards, though, this year they were really something special.

For the full list of winners, visit oscars.com/nominees.

It is a great honour for *The Artist* to be chosen as this year's best film, and it is well deserved. Aside from its classic old-Hollywood charm, *The Artist* has a powerful

message about the progress of the film industry and it obviously was heard loud and clear.

Other highlights from the awards included proud Canadian Christopher Plummer becoming the oldest recipient of an Oscar, "Man or Muppet" making *Flight of the Concords* and *Lord of the Rings* actor Bret McKenzie an Oscar winner and the contemporary Iranian film *A Separation* taking top foreign language honours.

Well done, Academy; I applaud you. For any of you keeping score out there this year, I only nailed down eight. I'm sorry Mr. Scorsese; I grossly underestimated you and your little film called *Hugo*.

Becoming a karaoke star

MADISON FOSTER
INTERROBANG

Deep down, we all want to be rock stars; we want to own the stage, microphone in hand, with adoring fans dancing at our feet. If you're like me and can't play any instruments, it makes satisfying the need to rock a little harder than originally thought. Thankfully, with the help of the Japanese art of karaoke, all these rock star dreams can (kind of) come true.

I'm sure most of the people at Fanshawe are aware of what karaoke is, whether you've taken part yourself or stumbled upon it not realizing it was going on. For those unaware of this pastime, karaoke (meaning empty orchestra) involves a recorded version of a popular song without vocals and the song's lyrics displayed on a screen to be sung.

So how do you become a karaoke star? Most people think that in order to be good at karaoke, you need to be good at singing, which is not true at all. Follow these easy steps and you too can own the stage as a karaoke god.

Find the karaoke bar that's right for you

London is full of karaoke, you just need to find the right place to go – a place that makes you feel at ease. For some people that might mean a regular spot for them and their friends with a karaoke night. For instance, if you find yourself becoming a regular at Wink's, then you can check out their Sunday night karaoke. For others, it might depend on the night of the week that works best for you. Pick a night and find out where you can take part in this activity. Unfortunately there is no full list of places in London with karaoke, but keep your eye peeled and the best place for you will make itself known. Not comfortable in a group setting yet? Remember that rooms are available to rent at both Star Karaoke (120 York St.) and Poachers Arms (171 Queens Ave.) any night of the week.

Get a posse together

They say your friends are your biggest fans – use that to your advantage. Bring a group of friends

with you on your outing. They don't even have to sing (the fewer people who sing, the less time you have to wait for your turn), but they should enjoy watching. When you're surrounded by familiar faces, you'll be more likely to drop your guard and feel more comfortable cutting loose, resulting in a more enjoyable performance. Plus, if these people are your true friends, they will cheer you on, and, if the song is right, dance. When this happens, more people throughout the bar will feel more inclined to cheer and clap, creating more fans for you.

Practice makes perfect

Want to kill it at karaoke? Practice, practice, practice. Make a list of songs you want to sing (you can search through the karaoke song book at the bar for different gems in between turns to see what's available) and practice them at home. You can find videos of songs with lyrics or karaoke versions of songs on YouTube to sing along with, and there are more than a handful of websites with lyrics to almost every song. Like I said before, you don't need to be a great singer to be good at karaoke, but if you know the rhythm of the song well enough and have an idea of what the lyrics are, it'll impress your viewers.

Pick a crowd-pleaser

If you want to get people's attention, choose a song everyone enjoys. Whether it's a classic pop hit or a powerful love ballad, if you sing a popular jam, people will be more likely to react to it. Danceable tunes always go over well at any karaoke night. If you're not afraid to shake it while on stage, people will be more willing to join you on the dance floor. Ballads are also good, but only if sung as a novelty. If someone wanted to listen to a serious rendition of "Hello," they'd listen to Lionel Ritchie's greatest hit. But if you make it your own and have fun with it, people will clap along and, in some cases, slow dance.

So there you go. I hope these tips help you on your way to karaoke stardom. Just remember to have fun and make the most of it and your fans will love you.

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Cats & Dogs (2001)



I am not what you would call an animal lover. Oh sure, I do think that Animal of The Muppets is the greatest drummer of all time. I am a big fan of pro wrestling legend George "The Animal" Steele. And of course I am moved by the musical stylings of 1960s British act The Animals. But proper animals, like cats and dogs, I am not such a fan of. I guess I just don't see the point in becoming emotionally invested in something that will, at best, learn to return a ball to you or defecate in a box.

What I am a big fan of is what comes up first when you type "cats and dogs" into Google. No, it is not a pet store, or some bizarre fetish website. Instead, you will find a link to the IMDB entry for a fantastic 2001 film titled, you guessed it, *Cats & Dogs*.

Unlike the rather pedestrian pets that I previously expressed my disinterest in, the canines and felines featured in this film are spectacular. Writers John Requa and Glenn Ficarra, who have teamed up to give us such rubbish as *Bad Santa* and *I Love You Phillip Morris*, showed that they do have some talent for writing when they penned this action-packed comedy.

In *Cats & Dogs*, we learn that

these quadrupedal beasts are not helpless creatures relying on their human counterparts to provide their every need. Rather, they are extremely intelligent animals, while humans, in fact, are oblivious buffoons.

The cats and dogs in this film are engaged in a high stakes game of cat and mouse. An evil cat named Mr. Tinkles (voiced by Sean Hayes of *Will and Grace*) has hatched a fiendish plot to make people allergic to dogs, thereby making cats the dominant family pet. But a brave group of dog secret agents, voiced by the likes of Alec Baldwin, Tobey Maguire and Charlton Heston, are prepared to sniff asses and take names to ensure this doesn't come to pass.

The voice work in *Cats & Dogs* is terrific. In addition to the aforementioned actors, we also get Susan Sarandon, Jon Lovitz and Michael Clarke Duncan lending their golden tones to this picture. The dogs and cats do an excellent job moving their mouths in synch with the voices. As do co-stars Jeff Goldblum and Elizabeth Perkins.

So while real cats and dogs may rank high in my list of pet peeves, the same cannot be said about this sensational motion picture. *Cats & Dogs* is the type of film that upon completion compels you to stand up and give it a round of applause... or should I say a round of a-paws. Thankfully this film franchise was not spayed or neutered, and a sequel, *Cats & Dogs: The Revenge of Kitty Galore*, was unleashed in 2010. Keep reading the Interrobang for my review of that film, coming up sometime in the next decade.

This one's not worth the money



REEL VIEWS
ALISON MCGEE
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One For The Money (2012)



When you think of Katherine Heigl, you probably think of a cute, romantic comedy that's charming though a little cheesy. What you probably don't think of is horrible fake Italian/New Jersey accent, ludicrously unrealistic situations and a mix of overacting and no acting at all. Unfortunately, the latter is what you get with Heigl's latest flick, *One For The Money*.

Based on author Janet Evanovich's popular series of Stephanie Plum novels, *One For The Money* tells the story of how down-on-her-luck Stephanie got her start in bounty hunting. Living in New Jersey, after having lost her job as a lingerie saleswoman, Stephanie is in desperate need of some fast cash, so she turns to her cousin Vinnie for a job at his bounty hunting company. After learning that one of the men who jilted her in high school has a significant price on his head, Stephanie decides to do whatever it takes to bring in Joe Morelli. Things become more difficult than Stephanie had bargained for, though, as Joe, an undercover cop who's been charged with murder and is now hiding out, is tangled up in a complex web of lies, thugs,



KATHERINE HEIGL

CREDIT: GRIZZLYBOMB.COM

Save your money – *One For The Money* is definitely one to skip.

corruption and death.

At a glance, the cast of *One For The Money* seems quite strong, but first impressions can be deceiving. Katherine Heigl, who fans will remember from *Grey's Anatomy* and a recent slew of rom-coms, is certainly typecast, but it happens that she is quite good at what she does. Unfortunately, *One For The Money* takes her too far out of her comfort zone and forces her to don a fake accent and face completely unrealistic situations. Not surprisingly, Heigl falls flat.

Another actor who should bring some talent to the film is Jason O'Mara, yet he too falls flat. Nothing is wrong with his acting per se, it's more of a problem that although he is one of the main characters in the flick, he goes largely unnoticed.

Indeed the only actor who stands

out in *One For The Money* in a good way is John Leguizamo, who brings back the creepy villainy he was known for during his days on *Miami Vice*. The remainder of the flick's cast falls well under the radar.

The acting in *One For The Money* is atrocious and the storyline is completely unbelievable. When you throw a character into a life-threatening situation and she has no visible reaction to that and instead just shrugs it off, the audience doesn't have a hope of being drawn into the film's reality. The point of watching a movie is to get lost for a while in another world, to be entertained. *One For The Money* does neither of these things and has virtually nothing to offer viewers. Save your money, this one is definitely not worth it.

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ENTRIES DUE MARCH 23/2012



This satire's no sham



CHECK IT OUT
CAROLYN SULLIVAN

Not spent from skimming saucy fiction over Reading Week? Looking for a quickie to liven up the daily grind? Look no further than Fielding's *Shamela*. This satire's got it all: burlesque humour, a big Booby and a censored author, with the added distinction of parodying the popular chick lit of the time, *Pamela*. Now, wtf was *Pamela*?

Cringes.

In the roughest terms, *Pamela* was *Twilight* for the 18th century. In *Pamela*, a serving-girl attracts the unwanted attention of a man of higher social status who wants to get into her drawers. In our 21st century world, though most class differences are eradicated, there still exists a kind of hierarchy based on looks and intellect. Ergo, Bella attracts the attention of a super-smart, century-old vampire (the lucky bitch!). *Pamela* features a girl of such dubious attraction as to make a rich and powerful man abduct her (seriously, would he really need to go to all the trouble?), and Bella, though presented as the girl-next-door, manages to

lead on both a vamp and a werewolf. Pamela is angst-ridden over the inequalities present in her relationship with her master, Bella... ah, need I say more?

But if *Pamela* was *Twilight*, *Shamela* was *Vampires Suck*.

If no one actually has conclusive proof of who wrote *Shamela*, it's in the way that no one 'knows' who knocked over the trashcan when the family dog is giving you big, soulful eyes with the lid hanging round his neck. There was really only one culprit: Henry Fielding.

Richardson, the author of *Pamela*, despised Fielding. The feeling was mutual. Richardson was a political brown-noser. He published his writing at his own expense and pompously added 'letters of commendation' from 'anonymous writers' (i.e. his friends, his wife, himself) to the beginning of his works. It's a bit like giving your telephone number as a reference for a job, then pretending to be your former boss when a potential employer calls. Don't try this at home, kids.

Richardson's resume also distinguished him as a writer of love letters for girls in his neighbourhood, and the hand behind numerous anonymous letters used to upbraid the women in his community of immoral conduct, from gossip to giddiness. Scary as this might sound, he had grounds for brag-

ging. In lower-class communities, most people were illiterate and wrote out model letters from 'copybooks' for long-distance communication. So imagine your old lady spends most of her time in brawls and brothels (actually, don't imagine that, eww). She scribbles out a random letter she herself can't read, enduring you to be polite and mannerly, and attend to the preservation of your eternal soul, yada, yada. You open it, and... what the h-

Control the copybooks, and you controlled the moral education of their readers. Richardson himself wrote such copybooks and acted on their ethical potential, a move that was not at all resented by his purchasers. A moral education was a social education, and lower class women who wanted to advance via the marriage market exploited copybooks and tales such as *Pamela* as how-to guides for catching and keeping the perfect money-man. And if Richardson was blind to this aspect of his work, well, Fielding was all too happy to point it out.

If Richardson was an effeminate, pompous git, Fielding was a tough-talking smartass who couldn't keep his mouth shut. His plays pissed off the government of his time so much that he was singlehandedly responsible for The Theatrical Licensing Act of 1737; any plays

had to gain the Lord Chamberlain's approval. Given the backlog of bureaucratic B.S. the Chamberlain had to wallow through, not many plays got approval, condemning the public to watching reruns of Shakespeare for the next half-century and putting Fielding out of a job. Happily for us, he turned to satirizing *Pamela*.

Did the original *Pamela* faint upon being kissed? Seriously, she was just faking it. Did she really leave her doors unlocked and dress half-naked while in fear of deflowering? It was really just a plot between her and her mother's friend so that the rich Squire Booby could see her "pretty, little, white, round, panting ----." (Eighteenth century censorship turns every bawdy book into fill-in-the-blanks, so you don't even need to buy crosswords for the next roadtrip! How cool is that?) Did Booby *really* not back off after she clawed him up for catching her in bed? Yeah, well, their hands, "on neither side, were idle in the scuffle."

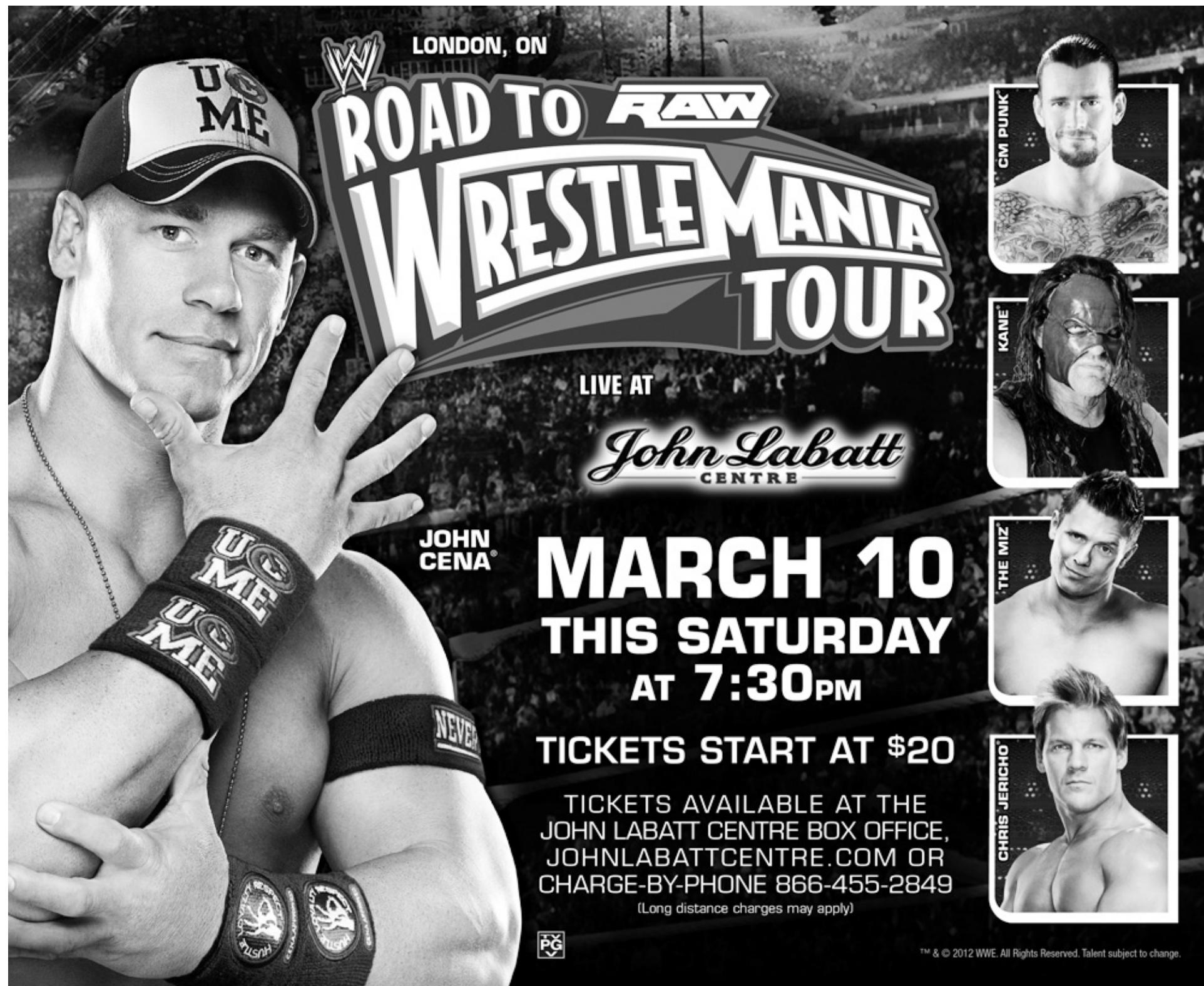
As for the ludicrous stratagems Booby resorts to for stalking Pamela, well, he was an idiot after all, and Pamela's willing to go along with it to get him to the altar. Why else wouldn't she recognize him cross-dressing as the maid to get in her bed? Sex is a marketable commodity. Prostitution is a short-

term cash exchange, while the longer courtship of Booby and Pamela/Shamela constitutes the negotiation of a business agreement. Marriage is a long-term investment, wherein children and advanced social status represent dividends.

Have we really changed since the 1700s? Control over mutual finances is generally more of an equitable arrangement than when women weren't allowed to own property. Our relatively comfortable financial situations in Canada, coupled with the rising global population, enable us to view marriage more as a romantic act than as a financial partnership or an agreement on reproduction. The advances in women's rights and law enforcement enable more personal freedoms for both genders to seek out companionship without the formalized agreements of marriage.

Still, in a way, all social interaction constitutes an exchange of expectations and acts, of pleasure given and received, an ongoing intercourse in goods, or signs, or words. Touching, huh? So take out a book and a date, and give tongue to *Shamela*.

Just don't forget to tell me what happens next.



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Dropping a relationship often comes with many different phony excuses.

CREDIT: GIRLSGUIDETO.COM

It's not you, it's me



LOVE, LUST & LIES
PATRICIA CIFANI
asklovelustlies@gmail.com

We all make excuses at some point in our lives, why we're late for work, why we didn't finish that 20-page paper or why we didn't apply for that job. It's not unusual for us to do it in our personal lives as well; the biggest excuses we make is why we don't want to be in relationship.

Here are four popular excuses we've all heard or used to end a relationship.

It's not you, it's me: Women use this line more than men. It's usually because women don't want to hurt people's feelings, so they pretend it's their fault the relationship is not working. Women will exaggerate flaws they have and convince you it has nothing to do with you. In reality, 99 per cent of the time it actually has everything to do with you, and nothing to do with them. They just wanted to let you down easy.

I'm not looking for a relationship: This is the most common

excuse people give for not wanting to commit to a relationship, which usually translates to "I just don't want to be in a relationship with you." I'm not going to lie; I may have used this once or twice when I didn't see any kind of future with someone. Let's just say karma's a bitch, because for every person I've said that to, I've had two more say the same thing to me. The funny thing is, even though I know what that really means, I believe them every time. Then, not even a month after we end things, they have a girlfriend. Have you ever seen that movie *Good Luck Chuck*? Everyone Chuck sleeps with gets married to the next guy they meet. I feel like Chuck sometimes because every guy who uses that "I'm not ready for a relationship" line ends up in a serious relationship with the girl right after me. I know so many people who fall victim to this exact line and will agree to casually date that person until they leave them for someone they want to date.

I just got out of a serious relationship: People who just get out of a relationship aren't necessarily looking to jump right back into the commitment game. They want to

enjoy the single life, doing things for themselves, a.k.a. the "selfish stage." There's nothing wrong with wanting to be selfish once in a while, in fact, I would say it could be good for you. If you hear this excuse, I would suggest running in the opposite direction, because they will use this as a reason to treat you like garbage. If they really wanted to be with you, they would be.

I'm too busy, I have no time: Being in school this is probably the line students use most – they just have no time. Between work and school, they have no free time for a relationship and the best they could ever offer you is a booty call every time they decide to take a break from school and go out and party. The truth is if someone really cared about you and wanted to be with you, they would make time to see you. It may not be as often as you want, but they would still make an effort.

There are more reasons why people don't want to be in a relationship, but to me these are all excuses. If someone wanted to be with you, they would be. I'm not saying it will always work out, but it doesn't mean you shouldn't try.

A caveat on negativity



LONG DISTANCE LOVE
ALISON MCGEE
a_mcgee3@fanshawecollege.ca

Usually I would start this column off with a general struggle pertaining to the unique type of relationships that are carried out from afar, and then follow up with some tips on how to overcome that struggle. This week I have a different idea in mind. I have no specific tips for how to avoid this particular struggle, but instead I offer a warning.

Negativity can be a disease, spreading from person to person, taking an otherwise healthy (read happy) individual and turn them into a sad, sickly shadow of their former vibrant self. Negativity can be found everywhere in today's society, especially if you know where to look for it. It can strike you when you least expect it and can decimate even the best of moods in one fell swoop.

Sometimes the negativity you need to fight can be found in those closest to you. This type of negativity can be easier to deal with than you may think. Although the source is closest to you, it is easier to believe in the good intentions behind whatever may be said. If a family member says to you, "You might have to give up your career for this relationship," you know that even though the words may sting, they come from a place of caring. If family and friends attempt to infect your life with their concerns and their negativity, all you need to do is address the problem, offer them your thoughts and ask that it not be brought up again.

The more dangerous kind of negativity is found in complete strangers – those who don't know the first thing about you, your situation or your relationship. These are the types of people who often take to the Internet to air their grievances and can infect you with the most fatal type of negativity. When you read a story online

Stay positive, and don't allow yourself to become infected with anyone else's negativity.

Chequing accounts comparison for students



TALKING CASH
JEREMY WALL

I hate bank fees. Does that even need to be stated? I can't imagine someone claiming they love bank fees. Well, actually, that's wrong. The banks probably love them.

But aside from the banks, I don't think anyone likes bank fees. The kind of fees I'm talking about are chequing account fees, like being charged \$10 each month to maintain your account, or being charged \$2.50 or whatever on each debit transaction when you go over your monthly transaction limit. Stuff like that. I hate it. I loathe the idea of seeing the total amount of money I've paid in bank fees over the course of my lifetime because it makes me wonder about all the other great things I could have done with that money.

If you're a savvy shopper, though, you can find a chequing account that will minimize fees and still offer decent service. The account I use is PC Financial's No Fee Bank Account. I've talked to a few different people about PC Financial. Some people love them, some hate them. I can't speak to any of their products besides the chequing account, but if you're looking for a virtually free bank account, I think this is the place to start.

The advantages of the account include no monthly fee and no transaction fees. That's huge. It's hard to find a bank that won't charge people to have a chequing account. PC Financial, in fact, pays interest on money you have sitting in your account. The interest rate is laughably low (for example, 0.05 per cent on a balance of \$1,000 or less), but getting paid pennies (or fractions of pennies) is still better than paying dollars to the bank. They also offer free cheques.

Cheques aren't so useful these days, but if you need to get some for whatever reason, they can be quite expensive, so having that option for free is great.

The disadvantage to PC Financial is that they are essentially an online bank. They have telephone support and those pavilions in Loblaws grocery stores where you can talk to a customer service rep, but they have no physical branches. They're basically a discount subsidiary of CIBC. That is not exactly what they are, but it kind of feels that way. I think most younger people don't use bank tellers that much and do a ton of Internet and telephone banking, so I don't think this is a big deal for the college crowd. But if you do like having a physical branch where you can bank with an actual person, then PC Financial might not be right for you.

If you're a student, something you ought to consider is having a student account set up by whoever you bank with. Nearly all of the banks will waive monthly and transaction fees on chequing accounts for students – all you have to do is go into a branch and tell them you want to convert your account to a student account and show them your student card. I have an account with CIBC and this took five minutes.

So, as a student, you have some more free banking options compared to others. When you graduate, though, and if you don't mind doing nearly all of your banking online, then PC Financial might be a good place to look for low-cost banking. Another alternative is ICICI, a bank from India that offers low-cost Internet banking in Canada that is competitive with what PC Financial offers.

Jeremy Wall is studying Professional Financial Services at Fanshawe College. He holds an Honours Bachelor of Arts from the University of Western Ontario.

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Drinking culture on campus



HEALTH, BODY AND FITNESS
Rebecca Grieb

Every year students live up their reputation by out-drinking each other at parties, clubs, and campus events. No doubt drinking alcohol is a social activity that many students associate with having fun, but there are concerns to be thinking about when it comes to alcohol and the student lifestyle.

After chatting with a few students around campus about their drinking habits, some common answers I received about why they do it is because drinking is social. Sounds simple enough... except for that the majority of these students would tell me about how expensive it is and how they often feel like crap the next morning. Drinking gives many students the courage to approach that cute girl or guy across the room and to "let loose" for a night out. As fun as a night out on the town can be, excessive drinking can also have harmful effects on the body.

Fact: Up to one in five students saves their daily calories for alcohol (according to a study by the University of Missouri). When I was in high school, I was friends with a girl who suffered from an eating disorder. In grade nine at the age of 15, she was drinking heavily about four nights a week and refused to eat during those days. She consumed her daily calories in alcohol, and suffered from what we have come to know as "drunkorexia."

There is no doubt that the culture of drinking on campus is a social one. What is worrying is that students are unaware of that effect that alcohol has on the body. I decided to talk with Karen McGregor, the Executive Director



CREDIT: GETTY IMAGES

Drinks or dinner? That's the choice a growing number of students are making. As many as one in five students are saving their calories for alcohol. The phenomenon is being called "drunkorexia."

of Hope's Garden, an eating disorders support and resource centre located in London. I wanted to know more about the link between alcohol abuse and eating disorders in order to educate myself and other students about what we can do to help people like my friend from high school to overcome this substance abuse.

Is there a direct connection between drinking heavily and eating disorders? An eating disorder is a clinical mental disorder and is a very complicated illness. "Generally it is a combination of multiple underlying contributing factors that lead to the development of an eating disorder," said McGregor. "These contributing factors include familial, psychological, societal, as well as media, peers and there can even be a genetic component."

The most thought-provoking part about my talk with McGregor was when she told me that eating disorders develop as a way to cope with stress – "an unhealthy coping skill, if you will," she offered. Students are constantly under

stress from work, school and their personal lives, and trying to keep up with the social culture on campus only fuels the fire. "Out of all mental illnesses, eating disorders have the highest mortality rate," said McGregor. Drinking could be a method used by many to cover up stress factors and to gain more control in one's life. "It has become socially acceptable to talk badly about our bodies and use harmful measures to control one's weight," McGregor noted.

Every student deserves time to socialize with friends and head out for a night on the town. However, it is important to eat proper meals every day and to take realistic and healthy measures such as a well-proportioned diet and exercising regularly if you wish to lose weight. Your body will thank you for the food, and your self-esteem will thank you for taking care of your body.

Hope's Garden is a support centre for self-admitted individuals, not a treatment centre. For more information, visit hopesgarden.org or call 519-434-7721.



CREDIT: HOLISTICFORDOGS.COM

Garlic won't do anything for your breath, but it does help your immune system.

Foods to boost your immune system



HEALTH, BODY AND FITNESS
Rebecca Grieb

In the height of cold and flu season, we are constantly made aware of the importance of proper hand-washing, coughing into our elbows and not going to work sick.

However, you are what you eat, right? A healthy, well-balanced diet can go a long way, and there are some delicious – and nutritious – foods that you may want to incorporate into your diet to help strengthen your immune defences. Here are my top five food recommendations to help you kiss cold and flu season goodbye this winter:

Oranges: Citrus fruits are high in vitamin C, which increases the body's production of white blood cells.

When Mom says to drink that glass of OJ when you're under the weather, it would be a wise decision to listen.

Yogurt: It will help you maintain a healthy balance of good bac-

teria in your gut, acting as a delicious probiotic boost. Try topping it off with some granola and fresh berries for an extra powerful antioxidant boost.

Broccoli: A true superfood, it is packed with vitamin A, which helps to fight infections and destroy bacteria. Try other dark green, leafy veggies as well, such as spinach and kale, for an extra good-for-you energy boost.

Beans: High in fibre and anti-inflammatory protein, beans are well known for strengthening immune systems. Try lima beans and kidney beans to receive the maximum amount of fibre for your body.

Garlic: It may not be a breath-booster, but it does contribute to a healthy immune system. Garlic is known to fight off viral, bacterial and fungal infections due to its strong antioxidant powers.

With winter in full swing and spring just around the corner, be sure to load up on vitamin-packed, antioxidant superfoods – no one wants to head toward the end of the school year with cold and flu symptoms!



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CAREER CORNER
Susan Coyne
Career Services
Consultant
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Job interviews are stressful to everyone, no doubt about it. I've often said that if you aren't at least a little bit nervous about an interview, then you should be nervous about why you aren't. To help alleviate your nervousness prior to the interview, you can research the company, review the job posting or job description and practice your answers to typical interview questions.

One of the most frequently asked questions, and most challenging for some to answer, is "What are your strengths and weaknesses?" The two tend to go hand in hand, and rarely is one the question asked without the other. So, how do you answer a question like that?

There is no better way to make a good first impression than to be given a chance to state your strengths. As mentioned earlier, it is important to know what the needed skills are to be successful in the job you are interviewing for so you can tailor your answers to include those strengths.

The weakness part of the question presents more of a challenge. The good news is that an interview is not a confessional. After all, you are there to sell yourself to the prospective employer, not confess to past sins or indiscretions. Therefore, the best approach is to answer the weakness question honestly in a way that makes you look positive. Come up with a situation or problem you had at work but don't pick a scenario so serious that it will disqualify you from the competition. Briefly mention one weakness and show how you have learned from the experience or what you have done to change. It's also a good idea to have a back-up answer in case you get asked to provide another example.

Avoid the over-used response that "My problem is that I'm a workaholic. I spend a lot of time at work making sure I do my job right." I'm sure interviewers have heard this response before and if the question is really worth asking, they will probe for a further response.

Most employers are looking for honesty out of this question, as the responses are generally quite insightful. They want to find out what kind of person you are, whether you are shy, timid, cocky, arrogant or even a liar.

If you can, be sure to cite a corrected weakness or a lesson learned from your weakness. Always provide concrete examples of what you're doing to fix the problem, the progress you've made and how these improvements will help the employer. In order to answer the strengths and weakness question well, you really need to practice prior to the interview. At the same time, make sure your answer doesn't sound too rehearsed.

In the end, it isn't your mistakes and weaknesses that matter the most. It is whether or not you are aware of your weakness, understand its potential impact on others and that you are willing to work to improve yourself. Your ability to handle this question confidently and effectively can send a powerful message to potential employers about your real strengths.

Need assistance? Drop by the Career Services office in Room D1063. The Career Services staff are available to assist you on an individual basis. Visit the office to arrange an appointment or call 519-452-4294. Check out www.fanshawec.ca/careerservices for student and graduate job listings. Join the Career Services Facebook group at tinyurl.com/fanshawecareerservices.



More madness

STEVE DI MAURO
INTERROBANG

There once was a tournament that was held by a man named Calypso, a tournament that required bloodthirsty, destructive, apocalyptic vehicles to battle each other to the death for glory and personal rewards given by Calypso. This event has been called *Twisted Metal*.

The event first took place on November 5, 1995 when the game was released for the PlayStation. It took the gaming community by surprise as it was the first game ever to incorporate fast-paced driving with third-person action shooting. It was also the first game to include one of PlayStation's iconic characters, Sweet Tooth.

Each character in the game's story mode had his or her unique quests or stories as to why they entered Calypso's tournament. The stories often included graphic and horrific content, which wasn't too pleasant for younger kids. (Yeah, I was definitely one of those kids that had to hide these kinds of games from my mother – I was so bad.) Four *Twisted Metal* games were released in four years, while the PlayStation was the leading console in the market in the '90s. The game spawned a whole new genre in the gaming world, inspiring the likes of *Vigilante 8*, *Full Auto* and more. The next few years saw the release of *Twisted Metal: Black* (2001) for the PlayStation 2 and *Twisted Metal: Head-On* (2005) for the PlayStation Portable.

Now, over a decade and a half since Calypso's tournament first made an appearance on consoles, it's back with *Twisted Metal*. For many fans, this has been the most anticipated game since it was first announced back at the E3 conference in 2010. The game has been in the works for three years, and it's here at last! Let the games begin!

Presentation

I'm going to start off with the bad in this review just so I can get it over with and savour the sweeteness of the rest. The game loses points in presentation for the lack of characters' stories to play in the campaign. Going from being able to play through every character's campaign in previous games to only having the option of playing through three in this one is a real letdown. The other thing is the game's poorly done dialogue. The game features really cool *Sin City*-style cutscenes, which make for a rather gruesome but yet satisfying experiences, but the dialogue ruins it. The poor acting is to be expected in a game such as this, but at least they could give us some good quality dialogue when the acting is done off-screen.

Graphics

The biggest source of excitement and curiosity for me when the game got announced was to see how *Twisted Metal* would look on the PS3, and man oh man, does she ever look sweet! From great car



CREDIT: AT7ADDAK.COM
Sweet Tooth is back with a whole new bag of violent tricks.

models and details to vibrant maps to the kick-ass special effects during the cutscenes, *Twisted* gains some points back from its lack of presentation. It's always gratifying to see a missile shooting from your car going 250 mph and watching your victim explode. Don't get me wrong, this isn't *Skyrim* by any means, but it definitely works for what the game is.

Sound

Twisted Metal games have always been known for their rocking soundtracks that boost the player's adrenaline. With tunes from Rob Zombie, Iggy Pop, Wolfmother and more, the soundtrack will get you pumped up, and the psychotic, heavy *Twisted Metal* theme song is freaking sweet! The sound effects like the car smashes, explosions, guns, steering and so on are bang-on and really bring out the game's impact.

Gameplay

And here it is, the main course: the gameplay. This is the meat and potatoes, folks; this is what this game is and always has been about.

Twisted Metal is downright fun! The controls have a little bit of a learning curve to them, but once mastered, you're just racing around, "pwning noobs." The game makes up for its lack of extra features with its gameplay. The campaign is short yet satisfying with its over-the-top objectives and interesting though frustrating boss battles. Online play features various maps and gameplay modes, such as the popular Team Death match, and features a reward system that can net you sweet upgrades. There are also the good old-fashioned split-screen four-player LAN matches.

Verdict

As a longtime fan of the franchise, I have been waiting over a decade for this game to come back into my life. It is so refreshing as a gamer to see a game that was so awesome from the '90s come back and still rock in the gaming wars of today. For those who are looking to step out of the world of *Skyrim* to get behind the wheels and blow shit up, Sweet Tooth's got you covered. I give this game 4.5 Sweet Tooth heads out of 5.

A Vita-l new handheld gaming console

MARK ABDEL
INTERROBANG

Sony has just released its second handheld gaming device, the PlayStation Vita. This has been one of the most anticipated launches in the gaming world and I personally couldn't wait to get my hands on one.

On launch day I was probably one of the first to get one in the city, but unfortunately they're not good to go right out of the box. You will have to buy a memory card, which are priced from \$20 to \$100. The Vita comes with only a charger/USB cable and a bunch of booklets.

At first glance, the Vita looks very similar to the earlier PlayStation Portable, also known as the PSP. A closer look will reveal that the Vita is a lot bigger than the PSP. The Vita has a five-inch OLED touch-screen, an innovative touch-sensitive area on the back of the device and a long-anticipated feature: dual analog sticks just like console controllers have. These features will surely close the gap between home and portable gaming, which is exactly what Sony intended for the Vita to accomplish. The Vita and the PlayStation 3 can share a game in the sense that one can play a game on the PS3, sync with the Vita and continue playing with it from where you left off.

The PlayStation Vita features an entirely new user interface, which can be compared to the Nintendo Wii's channel setup. The Vita's home screen has around 10 of these 'buttons' on each page, and more can be downloaded at the PlayStation Store. A cool feature of the touch-screen is that instead



CREDIT: MASHABLE.COM

The new PlayStation Vita is looking to revolutionize the gaming experience with dual analog sticks, front and rear multi-touch pads, motion sensors and front and rear cameras.

of traditional methods of closing a page, you actually peel it away like a sticker.

Something I found surprising is that the device takes cartridges like a Nintendo portable gaming system. The cartridges are flash memory and come preloaded with games. One can also download the game from the PlayStation Store, but without a built in hard drive, space is very limited.

The PlayStation Vita is almost too big to fit into a pocket and is definitely too bulky to be carried comfortably. Compared to the iPhone 4S, it is about 50 per cent heavier, and it is a lot bigger in overall size. I would recommend the carrying case for those who plan to use it regularly on the go. The carrying case actually doubles as a stand for convenient video viewing.

After playing with this thing for

about a week, I would probably have to say I have mixed feelings about it. It is an extremely powerful gaming system, packed with features and future potential. The PSP did not compare to it in that sense, but even the PSP was a little big for portable gaming and the Vita is just a lot bigger than that. I would have to recommend the Vita for those who plan to use it at home or those who don't mind the extra hassle of carrying it. Personally I am happy with my Vita, and I look forward to seeing my favourite console games 'Vita-lized.'

Specs

CPU: 4-core processor
Storage Capacity: PS Vita memory card in 4, 8, 16 or 43 GB
Memory: 512 MB RAM
Graphics: 4-core

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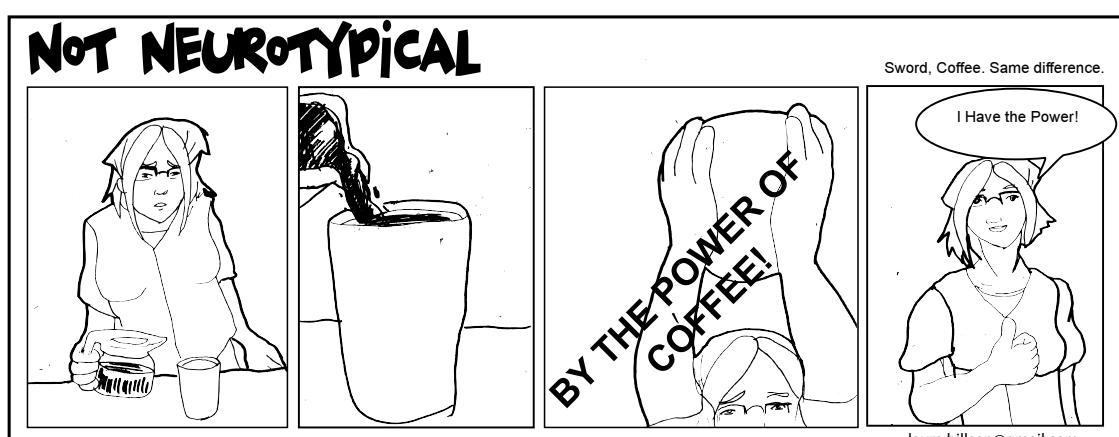
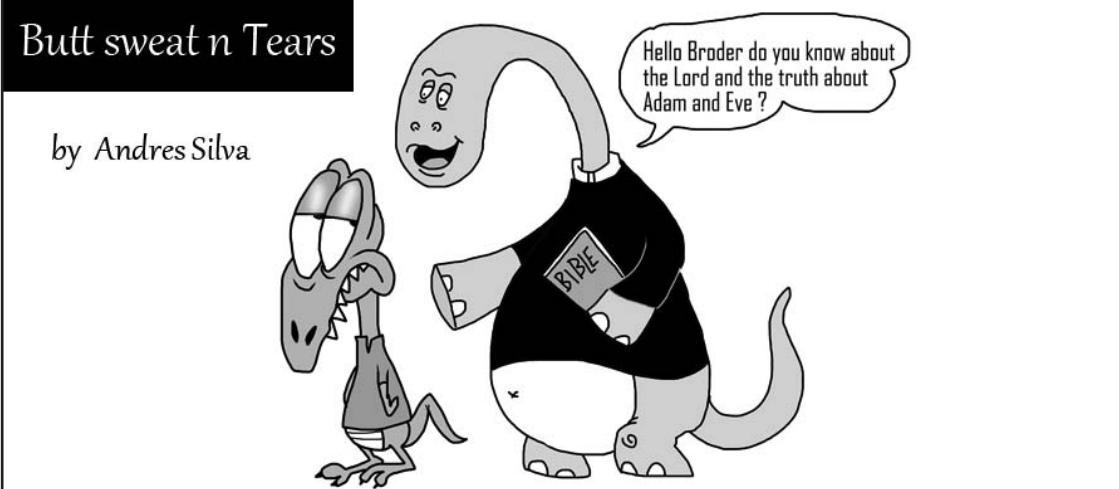
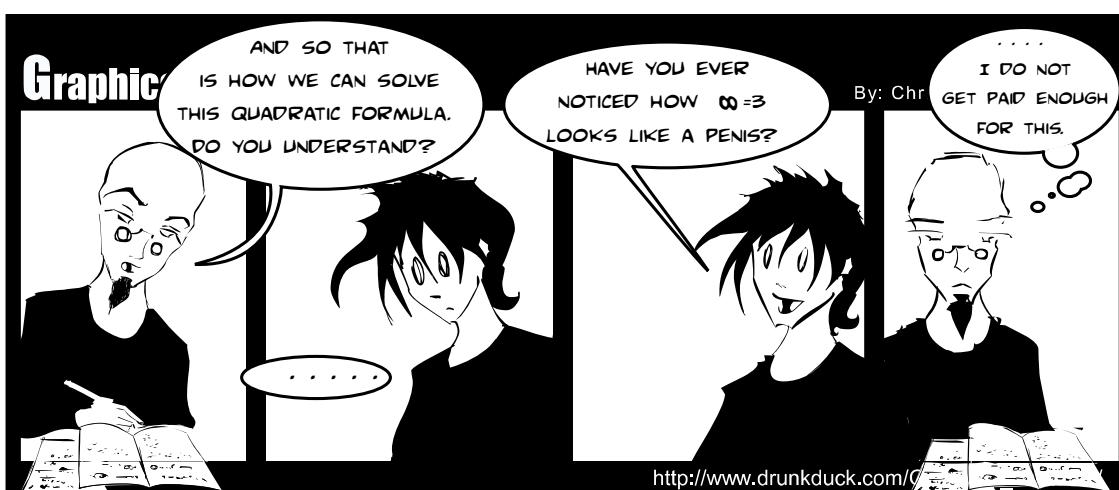
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BEST IN LATE NIGHT COMIC RELIEF

LATE NIGHT with Jimmy Fallon

Happy Birthday to Justin Bieber, who turns 18 years old this week. You can tell he's growing up because today he took down all his Justin Bieber posters.

Bill Nye the Science Guy is suing his ex-girlfriend for more than \$50,000 in legal bills. Legal experts were shocked — they were like, "Bill Nye the Science Guy had a girlfriend?"

There was apparently an electrical fire today at Fenway Park, home of the Boston Red Sox. It was weird — instead of calling 911, Boston fans just heckled the fire until it left.

Paris Hilton just released a music video for her new song, "Drunk Text." So, look out, Adele!



THE TONIGHT SHOW with Jay Leno

Congratulations to *The Artist*. It won the best picture Oscar. Some critics believe this will bring back silent films. Before we bring back silent films, let's try to bring back silent audiences.

Due to the rising price of oil and gas, the Obama administration announced today they are considering dipping into our national strategic re-election reserves. I mean, I'm sorry — strategic oil reserves.

Kid Rock has formally endorsed Mitt Romney. Doesn't Kid Rock look like the guy that Mitt Romney's neighborhood watch group would call the cops on?

Some sad news. Venezuelan President Hugo Chavez is in good condition after major surgery.



THE LATE SHOW with David Letterman

Rick Santorum now says he's against separation of church and state. But he's not against separation of sweaters and sleeves.

A crazy billionaire is going to give Newt Gingrich \$100 million. Gingrich is so excited. He said, "Wow, now I can come pretty close to settling up my bill at Tiffany's."

Lindsay Lohan is making a new movie. They're saying now that Lindsay Lohan is probably the most talented actress of her generation currently on probation.

Rick Santorum is saying the kids that go to college are snobs. Rick Santorum has a new program for children. It's called Every Child Left Behind.



THE LATE LATE SHOW with Craig Ferguson

Forty million people watched the Academy Awards last night. To give you an idea how many that is, take the number of people who saw *The Artist* and add 40 million.

It was revealed that Lady Gaga has a role in the movie *Men in Black 3*. She's a creepy alien who can only breathe through her tentacles. I don't know what she is playing in the movie.

Dutch scientists say they've created artificial meat from stem cells, and in about eight months they'll have a complete hamburger patty. When I first heard this, I was shocked. There are Dutch scientists? It's got to be uncomfortable working in a lab with those giant wooden shoes on.



CONAN with Conan O'Brien

The house in Pakistan where Osama bin Laden was killed has been demolished. But not before each member of SEAL Team 6 was allowed to bring one date there.

The CEO of Pizza Hut said that when he was in college, he used to bring his dates to Pizza Hut. When asked where he brought them on the second date, he said there were no second dates.

Mitt Romney has accused Rick Santorum of saying outrageous things just so Santorum can appeal to the most extreme voters. Santorum denied this and said, "That's exactly the kind of misrepresentation I'd expect from gay abortion doctor Mitt Romney."



JIMMY KIMMEL LIVE with Jimmy Kimmel

Last night Oprah was here. After the show Oprah opened a bottle of tequila and gave everyone a shot. The only shots I ever imagined I'd get from Oprah were coming out of a gun.

People are talking about Angelina Jolie's dress, which showed off none of one leg and all of the other leg. She's very thin. Uggie the dog from the *The Artist* was behind her on the red carpet. He didn't know whether to hump her leg or bury it.

There's an event being held in New York over the weekend by a group that's working to get yoga as an Olympic sport. NBC is pulling out all the stops to get us to not watch the Olympics, aren't they?



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Aries (March 21 - April 19)

Pretending leads to real belief. You're able to convince yourself into a different way of thinking. Friends, through justification and selective examples, steer you toward what might well be the truth.

Taurus (April 20 - May 20)

Relax and create. If you're alone, find someone to whom you can show off. Partnership is all about give and take. Combine your individual best into something mutually better.

Gemini (May 21 - June 20)

Wind up your business and get ready for what could be a great weekend. Your brilliance overwhelms associates who can barely follow you. Remember your friends and treat them well.

Cancer (June 21 - July 22)

Cancer isn't very effective right now. It doesn't help your mood to know that someone is giving you false directions. Get to the bottom of a problem, but try not to sink any deeper than that.

Leo (July 23 - August 22)

Network and experiment. When you put your feelings on the line, they'll be recognized and reciprocated. Leo has an impulse toward bright colours and major keys. Your style holds true in any medium.

Virgo (August 23 - Sept. 22)

Being refused only makes you try harder. There's always a new angle or combination that will be different in your hands. Valuable allies appear in unexpected places.

Libra (Sept. 23 - Oct. 22)

Social and business events happen exactly as planned. Realize your goals by making them appear as accidents. Libra hates to make a fuss, but he or she won't complain about being the centre of attention.

Scorpio (Oct. 23 - Nov. 21)

Inertia makes you slow and apathetic. You want to care, but it's hard to find a reason. For now, Scorpio should probably just go with someone else's program. Try to finish the week without giving too much away.

Sagittarius (Nov. 22 - Dec. 21)

Archers in the legal profession are clear and authoritative. Wishful thinking is indistinguishable from the truth. A group is united by the destination toward which it travels.

Capricorn (Dec. 22 - Jan. 19)

Withdraw from a group that doesn't appreciate you. Go your own way, or round up a team of Capricorn sympathizers. Spend as little as you can. The best deals have yet to hit the market.

Aquarius (Jan. 20 - Feb. 18)

The personal and political either intersect or run closely parallel. Aquarius is attracted to familiar elements in a new individual or enterprise. You're especially lucky and adventurous if a Sagittarian is around.

Pisces (Feb. 18 - March 20)

Ignorance is no excuse. As soon as you see a shortcoming, find a way to improve it. A mentor will be ideal if there's anyone with the time to teach. You may need to raise yourself on your own terms.

2. Floccinaucinihilipilification, the declaration of an item being useless, is the longest non-medical term in the English language.
3. The word "clitoris" comes from the Greek word meaning "side of a hill."

4. The Danish word for condom is svangerskabsforebyggendemidel.

5. The onion is named after the Latin word unio meaning large

Across

1. Wash
5. Car rental agency
9. Characterized by corruption
14. Tel __ (Israel's capital)
15. Blood conveyor
16. Escape from
17. Ivy, for one
18. One of the Great Lakes
19. Parts of churches
20. Those who regard with deep affection
22. Obvious
24. Animal doctor (informal)
25. Stand up
26. Removed one's hat as a courtesy
30. Alcoholic spirits
34. Management of a business (informal)
35. Near the end (2 words)(abbr.)
38. One book out of a set (abbr.)
39. Cleansing agent
40. Rescued
41. Make different
42. Make a mistake
43. Polite form of address in India
44. Eat a morsel
45. Complain
46. Soldier of a light cavalry regiment
47. On the left (comb. form)
48. Covered vehicle
49. Strew
50. Income tax crime
51. Caesar's 3
52. Derisive smile
53. Deer's flesh as food
54. Escaped from
55. Hub of a wheel
56. Port in Yemen
57. For fear that
58. Level
59. Brilliantly coloured
60. Flower containers
61. Add beauty to
62. Designating a high-quality
63. Japanese porcelain
64. Mouth part
65. Fermented beverage, low in alcohol
66. Artery
67. More cunning
68. Sound of contentment

5. Affirmed
6. Russian measure of length
7. Caesar's 3
8. Derisive smile
9. Deer's flesh as food
10. Escaped from
11. Hub of a wheel
12. Port in Yemen
13. For fear that
14. Level
15. Brilliantly coloured
16. Flower containers
17. Add beauty to
18. Designating a high-quality
19. Japanese porcelain
20. Mouth part
21. Fermented beverage, low in alcohol
22. Artery
23. More cunning
24. Sound of contentment

36. 503 plus 7 Down
37. Month (abbr.)
38. Healing ointment
39. Vessel
40. Bubbles over
41. Sandwich fish
42. River of the Czech republic
43. Babbles
44. Large musical instrument
45. Relaxes in a mindless manner
46. Male deer
47. Carbonated drink
48. Seed covering
49. Footwear
50. Poetic foot
51. Above
52. Roman emperor
53. Urban street (abbr.)

Solution on page 22

pearl.

6. There was no punctuation until the 15th century.

7. The word pornography comes from the Greek meaning the "writings of prostitutes."

8. The word taxi is spelled the same in English, German, French, Swedish, Spanish and Portuguese.

9. The word "set" has more definitions than any other word in the English language.

10. The phrase "rule of thumb" is derived from an old English law which stated that you couldn't beat your wife with anything wider than your thumb.

11. The dot over the letter i is called a tittle.

12. The Chinese ideogram for trouble depicts two women living under one roof.

13. Q is the only letter in the alphabet that does not appear in the name of any of the United States.

14. More people in China speak English than in the United States.

15. In England, in the 1880's, "pants" was considered a dirty word.

16. French was the official language of England for over 600 years.

17. Ernest Vincent Wright wrote a novel, *Gadsby*, which contains over 50,000 words -- none of them with the letter E!

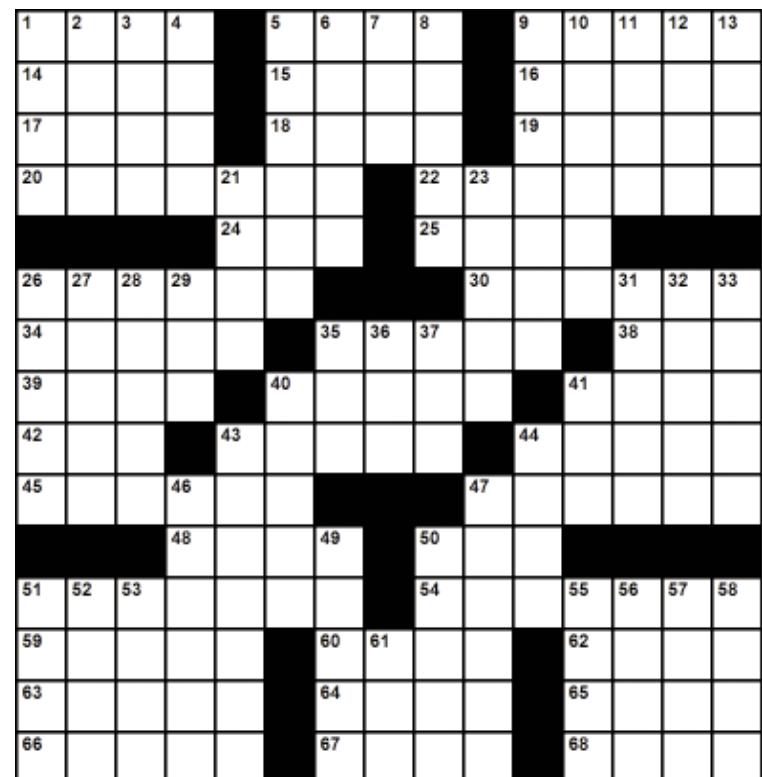
18. Beelzebub is Hebrew for "Lord of the Flies."

19. Vodka is Russian for "little water."

20. Crayola is a French word that means "Oily chalk."

21. Canada is an Indian word meaning "Big Village."

22. There are around 41,806 different spoken languages in the world today.

**Word Search****Environmentally conscience**

(Words in parentheses not in puzzle)

- | | | |
|--------------------|----------------------|----------------------|
| Blue (Planet) | (Forever) Green | (Living With) Ed |
| (Captain) Planet | Free (Willy) | Nature |
| Crocodile (Hunter) | (The Greatest) Good | (Once Upon a) Forest |
| Dolphin (Cove) | Hoot | (Planet) Earth |
| FernGully | (Inconvenient) Truth | Wild (Kingdom) |

Sudoku Puzzle

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

puzzle rating: medium

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

KIOSK QUIZ ANSWER

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Fanshawe curling claims two silver medals and one bronze

HANNAH LECTOR
INTERROBANG

February 19 marked the end of the four-day 2012 OCAA Curling Championships hosted by Sault College in Sault Ste. Marie. This championship was the 45th year collegiate curlers have competed for a provincial title. Twenty-five teams representing 11 programs came together at the Soo Curlers Club to compete.

In the mixed division, Seneca College beat St. Clair College 8-3, setting up a rematch with Fanshawe College. The gold medal match was tight until the third end, when Seneca took five points, racing to a 9-2 victory in six ends and successfully defending their OCAA title. Fanshawe emerged with a silver medal and three all-star players: Peter Van Strein (lead), Cody Heyens (third) and Jordan Ariss (skip).

In the women's division semi-final, Humber College beat Fanshawe 8-0, taking them to the gold medal game where they were defeated 7-5 by Sault. In the bronze medal game, Fanshawe stole three points in the final two



CREDIT: OCAA.COM

The OCAA Curling Championships were held in Sault Ste. Marie February 19. Fanshawe's men's and mixed team won silver medals, while the women's team brought home a bronze medal.

ends, defeating Seneca College and claiming the bronze medal. Fanshawe's only women's division all-star was Cassie Savage (third).

The men's division saw an exciting finish to the gold medal game between Sault College and undefeated Fanshawe College. The

game came down to the last two rocks in the eighth end, but ultimately saw Sault defeat Fanshawe 7-5. Fleming College Peterborough brought home the bronze medal, and Fanshawe took the silver, with two all-star players: D. J. Ronaldson (third) and Chris Jay (skip).

Blue Jays aren't feeling blue about upcoming season

JEREMY WALL
INTERROBANG

As spring training approaches, there has been some talk in Toronto Blue Jays baseball about the team making the playoffs in 2012. The last time the Blue Jays made the playoffs was in 1993, the second half of their back-to-back World Series victories. The team, which went 81-81 last season, is looking improved over the summer and should be even better than last season, although cynical Blue Jays fans have heard this all before.

What's different going into the 2012 season is the addition of another wild-card playoff spot. What will happen is that an additional wild-card team from each league will make the playoffs. The two wild-card teams will play one another in a one-game playoff, with the winner going on to play in the post-season tournament. Essentially, there is just one additional playoff game being added, but it makes the post-season race a bit more exciting in baseball, as right now only eight of MLB's 30 teams make the playoffs, compared to 16 of 30 in the NHL.

Blue Jays President Paul Beeston recently predicted that Toronto could make the playoffs for three of the next five seasons. That's a tad optimistic, to put it mildly, but if five of 15 teams in the American League make the playoffs and the Jays field a competitive roster, then their odds of ending a 19-year playoff drought significantly increase.

The key, of course, is fielding a competitive roster. Beeston might have a good reason to be optimistic, although the team is far from perfect. The two key players for Toronto will be Jose Bautista



CREDIT: MAJOR LEAGUE BASEBALL

The Toronto Blue Jays are optimistic that the 2012 baseball season could lead to a return to the post season and a chance at the World Series title.

and Brett Lawrie. No surprise there. Bautista is one of the best all-around hitters in baseball, being able to hit for average and for power. Lawrie will be entering his first full season with the Blue Jays, and it will be exciting to see what he's capable of throughout the whole year.

As usual, though, the Jays' bats are great, but pitching is a question mark. Ricky Romero is a great staff ace, and Henderson Alvarez looked great in a cameo appearance with the team late in the season, but beyond those two the rotation is weak, and the bullpen has a lot of new faces. There is room for someone to step up, such as a

breakout performance from a key pitcher or maybe a great closer, and it could make the difference between Toronto being a .500 ball club and being a playoff club.

No matter how the 2012 season ends, it's going to be exciting. The Blue Jays have been rebuilding over the past couple of seasons, and we've seen a lot of old hands leave and new hands brought in. The Jays are now on the upswing of their rebuilding program, as the team seems largely reconstructed and they have the chance to build on their surprising performance in 2011. How much they improve this year, though, remains unknown.



CREDIT: FLUXREGINA.BLOGSPOT.COM

Pushing your body too hard can lead to workout exhaustion.

The body's three stages of workout stress



FUN AND FITNESS
RICK MELO
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General adaptation syndrome is a nice way of describing how your body responds to stress of a training exercise. As you stress your body, it goes through three different stages: the alarm stage, the resistance stage and the exhaustion stage.

When a new stress is placed on your body, such as that from starting a training regimen for the first time, your body will naturally go through an alarm stage. You experience high levels of soreness accompanied by decreased levels of performance. If you're thinking to yourself, "I know what he's talking about, it's that brand new pain that hurts like a bitch a day or two after I work out!" then you're absolutely right. It is unfortunately also one of the biggest reasons why newcomers completely abandon training in the early going, something we see far too often.

However, for those of you who stick to it and fight through the initial soreness, congratulations, you are now entering the resistance stage! This is where your body adapts neuromuscularly and biochemically to the stress it has been put under and becomes better prepared to deal with that particular stress. If another lightbulb went off in your head again and you're thinking, "Is he talking about when my body isn't nearly as sore two weeks after starting my training

program?" then you're right again. I find this to be one of the things that trainers most often fail to educate their clients about. They don't take the time to explain this resistance phase and newcomers develop these concerns that that initial soreness from hell will be a continuous plague over their bodies. I don't think anyone would want to train hard if that were the case. None of us would be able to get out of our beds without agonizing pain for as long as we hit the gym! So if you only take one thing away from this article, make sure it's this piece of underrated but very important information about the body's resistance capability.

Lastly, if you expose yourself to TOO much stress for TOO long a period, your body will enter the exhaustion stage. Your adaptations that you worked so hard for will begin to plateau and actually reverse. This can result from either a lack of training variety or too much training stress. If you're thinking about those idiots that spend over two hours a day, six to seven days week hitting the weights like it's their job, then you now have a mental picture of what NOT to do.

Like anything else in life, we typically go through stages or steps in order to achieve a certain goal. Physical activity, exercise and training are no exceptions to the rule. So remember, you will be ALARMED, but be consistent and your body will RESIST. And whatever you do, do not over-train or you will EXHAUST yourself – sometimes less is more.

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So what's the deal with Jeremy Lin?

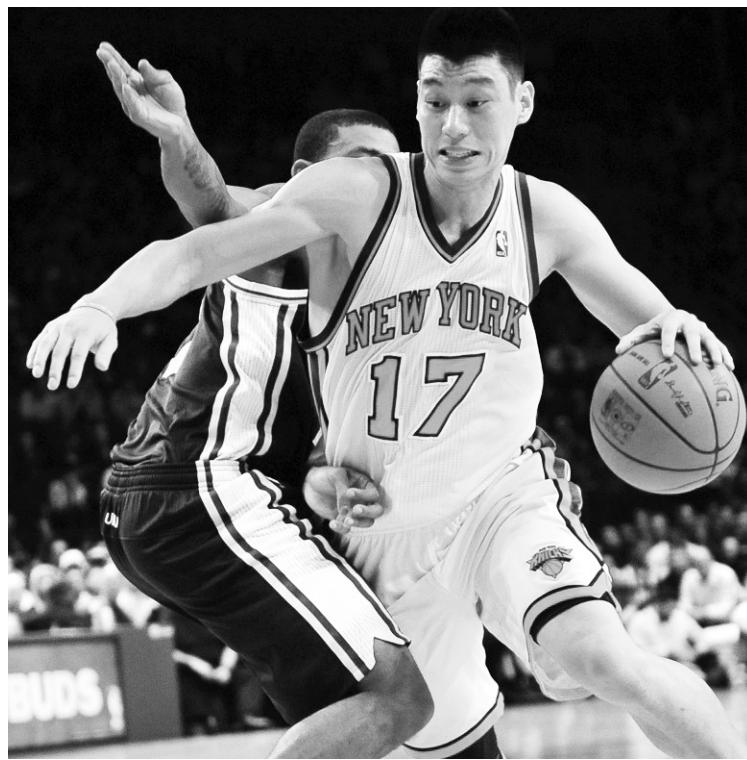


NBA WATCH
VICTOR KAISAR
twitter: @supermario_47

'Linsanity' is sweeping the nation. New York Knicks guard Jeremy Lin is something of a surprise package in the NBA so far. He's the first Harvard product to join the NBA since 1953/54 and was signed by the Knicks as an emergency backup at guard after he was cut from the rosters of both the Golden State Warriors and the Houston Rockets.

"(Jeremy Lin) has been an unheralded prospect, a hometown sensation, a scrutinized ethnic symbol and a basketball curiosity, at once intriguing and underestimated and ultimately discarded," wrote Howard Beck in The New York Times. But what is it that makes Lin the phenomenon that he is turning out to be? His story is a remarkable one, owing to the fact that he is the first American player of Chinese or Taiwanese descent. Lin is a Harvard alumnus, but unlike most superstars who end up in the NBA, he went to university without any athletic scholarship.

Lin has already been given his own nickname: "Linsanity." Coincidentally or not, that word has a lot of similarity with



CREDIT: GETTY IMAGES

Linsanity is sweeping the nation.

"Vinsanity," the nickname given to Vince Carter. Looking at Lin's stats for the month of February, he's scored more than 20 points on nine occasions, his best being 38 points against the L.A. Lakers on February 10. Lin's sudden outburst of form in the month of February was reason enough to earn him a

call up to the 2012 NBA All-Star Rising Stars Challenge held in Orlando. The Knicks are 8-3 since Lin became their starting point guard, a run that includes wins over the Lakers and Dallas. Lin was also the reason why the Knicks beat the Toronto Raptors as he scored a last-second three-

pointer. He's already appeared on the cover of Sports Illustrated for two consecutive weeks and even made the cover of Time. "He's legit," Chicago Bulls Assistant Coach Rick Brunson told the N.Y. Daily News. "That kid can play." Lin, however, had a quiet game during the All-Star Weekend, scoring only two points, but that won't in any way subdue his already growing fame.

"I am definitely surprised that people are still talking about Linsanity or whatever," said Lin during a news conference. "I think, hopefully, as the season progresses it will go from that to New York Knicks. And hopefully the Knicks can win basketball games and we can make a good push after the All-Star break and people will start talking about the Knicks and not necessarily me." Lin is trying his best to avoid the media's attention from distracting him when it comes to playing the game. The New York Knicks are, in my books, still a work in progress, despite featuring the likes of Carmelo Anthony and Amar'e Stoudemire, but with the potential that's on the roster, the team could be major contenders in future seasons.

I came across a hilarious article the other day. Lin is now an ice cream flavour. Don't you find that strange? The ingredients include

vanilla frozen yogurt and lychee honey swirls, though the sports blog Deadspin claims that the flavour previously included bits of fortune cookie. It's been confirmed that the fortune cookie bits will be replaced by bits of waffle cones after allegations of racial insensitivity spread amongst critics. What annoys me is the fact that the flavour is reportedly only on sale in Boston because I would love to sample this new 'Linsane' flavour.

Whatever the future of this massive bandwagon, Lin's rapid rise to success will go down as one of sports' 'fairy tale' success stories. It will be interesting to see whether all the media attention he's receiving will affect his game, but one thing is certain (and I know it's clichéd): it's been a "Linsane" season so far.

Ball Hockey Standings

Group One

Team	W	L	T	Pts
A-Style	3	0	0	6
CMY	3	1	0	6
Brazzars	1	0	0	2
BSTL	1	1	0	2
Abousment Park	1	1	0	2
Individuals	1	1	0	2
Dirty Mike & Boys	1	2	0	2
Masters with Sticks	1	2	0	2

Group Two

Team	W	L	T	Pts
Happy Gilmour	4	1	0	8
Hat Trick Slayers	2	0	1	5
Team Barsouth	2	1	0	4
Clam Divers	2	1	0	4
Fan. Maple Queefs	2	1	0	4
Bardown	2	2	0	4
Beer For Cheer	1	2	1	3
Loan Sharks	1	1	0	2
Steve	0	3	0	0
Muffin Stuffers	0	3	0	0

Group Three

Team	W	L	T	Pts
Bangers	4	0	0	8
Creamery Kings	3	0	0	6
Multiple Scoregas..	3	1	0	6
Al Bundy Runners	2	2	0	4
Zambonners	1	1	0	2
Hand Nail ...	1	2	0	2
Down To Puck	1	2	0	2
FHP	1	2	0	2
Mic Sock	0	3	0	0
Rec N Check	0	2	0	0

Group Four

Team	W	L	T	Pts
Greasy Burgs	3	0	0	6
Closest Monster	3	1	0	6
Baby Shakers	3	1	0	6
Irrelevent Leaf	3	1	0	6
Shooting Blanks	2	2	0	4
J-Row The Boys	2	1	0	4
FXC	1	2	0	2
Sons of Sandor	0	3	0	0
African National...	0	3	0	0
MIA Clippers	0	3	0	0

Group Five

Team	W	L	T	Pts
Fan Moose Knuck..	3	0	0	6
Goodfellas	3	0	0	6
Burt Nichols	2	0	0	4
Sick Toe Drag	2	0	0	4
Hot Fuzz	1	1	0	2
MOJO	1	1	0	2
The Bob Ross Exp.	0	3	0	0
HAF	0	3	0	0

Group Six

Team	W	L	T	Pts
Cole World	4	0	0	8
The Grongers	3	0	0	6
TBA	3	1	0	6
Easton Infection	2	1	0	4
Masterfaders	1	2	0	2
Fanshawe Flyers	1	2	0	2
The Blazers	1	3	0	2
Toe Draggers	0	3	0	0
Balls So Hard	0	3	0	0



CREDIT: ACURA

The new Acura TSX is one car that will leave you smiling every time you drive it.

New vs. old: The Acura TSX



MOTORING
NAUMAN FAROOQ
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There are good cars, and then there are not-so-good cars. The original Acura TSX was neither of those: it was a great car.

I loved the willingness of its engine, and I also loved the way it handled. It was a proper driver's car and the sort of car that would put a smile on my face every single time I drove it.

It was not only a blast to drive; it was also practical, comfortable, fuel-efficient and good-looking.

When I first drove its replacement model in 2009, I felt it lacked on more than a few of those things

I just mentioned about the old one.

For a kick-off, I was not a fan of this new car's styling. The overall styling is fine, but I really did not like its stubby nose. The styling has not improved over the last few years, but it has grown on me.

The interior was and is brilliant. However, I do feel the centre of the dash is too busy with all the buttons, and the navigation screen always seem to get washed out by sunlight.

I also thought the old TSX had better storage areas in the cabin, while the new car has more space for passengers.

However, as all my regular readers know, I can forgive a car for all its foibles if it turns out to be a great car to drive.

Let's start with the engine. It has a naturally aspirated, 2.4-litre,

four-cylinder VTEC engine that produces 201 hp. That power is fed to the front wheels via either a six-speed manual transmission (as in my last test car) or a five-speed automatic with steering wheel mounted paddle shifters (as in my most recent TSX tester).

This engine, when mated to a manual gearbox feels sluggish and unrewarding. Mated to the automatic, however, the engine's character feels completely different. The automatic version feels sharp and quick, just what a TSX should feel like. I loved it.

So while it might still not be as much of a driver's car as the original TSX, it is still more than satisfying enough. Acura enthusiasts might think this model is too soft, but for everyone else, it is a thoroughly impressive car to haul you

and your family around.

It's easy on your wallet when it comes to running costs. I averaged 9.4 litres/100km in my week, and given the amount of time I spent driving in town and stuck in heavy traffic, that is truly brilliant.

What it isn't is cheap to buy. Base model starts at \$31,890. That sounds like a lot for a car with a four-cylinder engine (a V6 model is also available, which is priced from \$41,890), but when you spend a decent amount of time with it, you'll quickly understand why I like it so much and why it's worth its asking price.

If you're in the market for a nice, luxury family car, put the TSX towards the top of your list.

Shaping up for Wrestlemania and other news



THE HEEL TURN
SCOTT STRINGLE
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The Wrestlemania 28 card is slowly taking shape and it looks like it may be somewhat decent. Quality is highly important, as they are coming off an Elimination Chamber pay-per-view that left a lot to be desired. No championship titles changed hands, Natalya was subjected to another backstage skit involving the same grade-school humour and Santino was given a spot in the Smackdown Elimination Chamber match for some reason. It would have made a lot more sense to include Mark Henry in this match, as he has recent history with both Daniel Bryan and the Big Show. Plus it would have been extremely entertaining to see Henry send more opponents to the Hall of Pain.

Perhaps they are planning on pushing Santino as a serious wrestler. If that's the case, then the comedy needs to be dropped. No more cobra finisher, no goofy effeminate powerwalk and certainly no more trombone celebrations. If they can change it up so that Santino is actually taking care of business inside the ring, as opposed to goofing off backstage, then he just may be deserving of a push. Unfortunately, his silly gimmick may be around for awhile, as he was repeatedly referred to as "the sentimental favourite" during his Elimination Chamber appearance.

The Celtic Warrior Sheamus has made brutally clear his intentions concerning which championship belt he will be going after at Wrestlemania. He made his choice known by attacking Daniel Bryan after Bryan successfully retained his championship. This should prove to be a clash of styles, as Sheamus is more of a brute strength brawler compared to Bryan's more technically based ring style.

There was an interesting twist in the feud between Triple H and the Undertaker. Their Wrestlemania rematch is now booked as a Hell in a Cell match. This brings a fresh new angle to the situation, as the two have never gone face to face in such a sadistic and barbaric environment. The sheer carnage of such a match may very well cause the end of Taker's career and may also lead to Hunter's retirement as an active competitor.

The match that could possibly steal the spotlight from the Cena/Rock bout is the showdown between CM Punk and Chris Jericho. Both men are highly talented wrestlers and have tremendous amounts of charisma, so much so that when either of them

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

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

Free agency preview



NFL CZAR
JUSTIN VANDERZWAN

have a microphone, you definitely do not want to miss what they have to say. Their feud is not just about the WWE championship, though; it's about who really is the best wrestler in the world. This will be an exciting fight, and when the dust clears we will see who truly deserves the above-mentioned moniker.

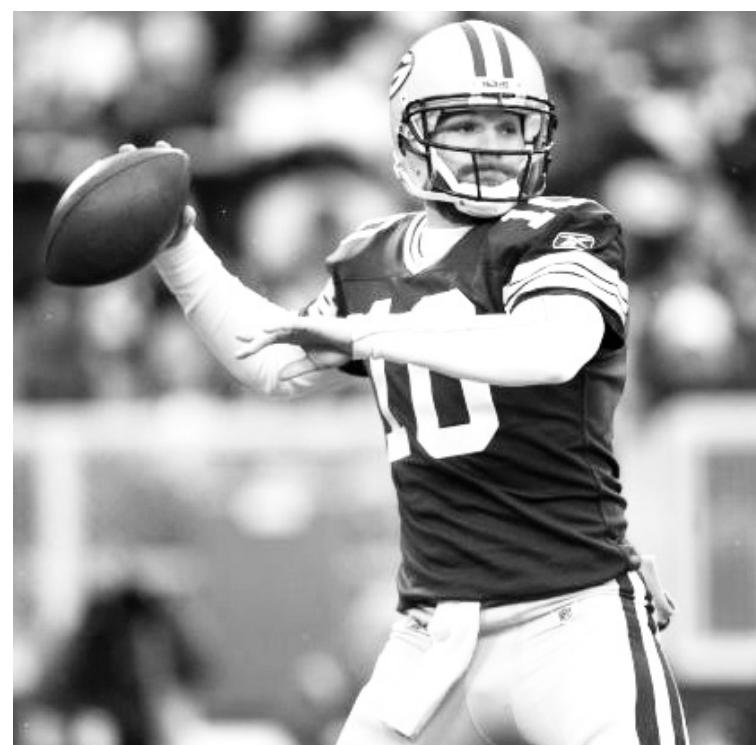
Former WWE superstar Ron Simmons, more famously known as Farooq of the APA, is the latest inductee into the WWE Hall of Fame. Simmons' wrestling career came on the heels of a career in football, and he wrestled for years in the NWA and WCW before arriving in the WWF and forming the Acolyte Protection Agency with John Bradshaw Layfield. This is the stage of his career that fans will likely remember forever, due to the two men's storyline reputations as hard-drinking, hard-fighting mercenaries who would take on any job if the price was right. Simmons' induction is the third so far this year, after the Four Horsemen and Edge, and if there is any justice, Macho Man Randy Savage's name will be one of the next to receive the honour.

Brian Kendrick, who hasn't been on TV since November, was believed to have been released from his TNA contract, as his photo had been removed from the roster on the Impact website. A source with TNA recently confirmed that Kendrick has indeed parted ways with the company. This is very unfortunate timing, as the X-Division is already short-handed with Jesse Sorensen being out indefinitely with his neck injury. There are basically only six men left to carry the division: Austin Aries, Zema Ion, Alex Shelley, Shannon Moore, Kid Kash and Anthony Neese. It's been said that Kendrick's current gimmick wasn't catching on with the fans. If that's all it was, then hopefully the door is open for him to return in the future with something that will capture the fans' interest. There's nothing worse than when a talent division starts losing competitors.

A.J. Styles is competing down at the TV title level for some reason. This makes little sense as Styles is undoubtedly the face of TNA, or at least should be pushed as such. He certainly deserves to be in the main event championship picture a lot more than Jeff Hardy does. Perhaps wrestling Robbie E for the TV strap is merely a stop on the road to the Heavyweight Championship. If so, why was Hardy not made to fight his way from the bottom? The Charismatic Enigma was thrown right back into contendership fairly quickly upon his return, but what little time he has spent trying to atone for his mistakes last year has not been long enough in my opinion.

Brandon Carr: While most experts would say that wide receiver Dwayne Bowe is the Kansas City Chiefs' most important free agent, I would disagree. Cornerback Brandon Carr has developed into one of the best cover corners in the AFC. I expect the Chiefs to re-sign Bowe, which leaves less cap room to sign Carr as well. I think in the right scheme, Carr could shore up an already stout defence or help bring one over the hump into the elite level. Possible suitors: Houston, Dallas, Detroit

Matt Flynn: Oh boy, did this guy make an impression. After backing up Aaron Rodgers for several years, Flynn is ready to step out of Green Bay and start for someone. However, was his six-touchdown explosion against Detroit an example of his real talent, or a lack of talent in the Detroit defence? Whatever team gets Flynn will surely be taking a risk, as unproven QBs who have few games on their resume tend to



CREDIT: CBSSPORTS.COM

Soon-to-be free agent Green Bay quarterback Matt Flynn will be in demand for quarterback-starved teams.

struggle in their first season as a regular (that's you, Kevin Kolb). Possible Suitors: Seattle, Miami, Jacksonville

Of course, these three aren't the only interesting names out there. You have Terrell Owens looking for a home and Randy Moss wanting to "Pull a Favre" (come out of retirement, clever right?). You also have the potential of Peyton Manning being released, and Drew Brees is currently without a contract in New Orleans (chances are he re-signs, though). So, as you see, when free agency starts in March, there should be a lot of great storylines to watch.

Getting the draft right



NFL CZAR
JUSTIN VANDERZWAN

Year after year, season after season we deal with the same scenarios around this time of year. Between free agency and the draft, the NFL's offseason certainly doesn't lack for excitement. However, the million-dollar question is always: who will be the first overall pick in the draft, and how will that player work out?

As we move past the NFL Combine, there were a number of players who stepped out from the pack and established themselves as legitimate first-rounders. But, for the sake of this article, I am going to take a look at the two players who will likely be the first two picked in April.

Andrew Luck, Quarterback from Stanford: The consensus number-one pick even a year ago, Luck will almost certainly be an Indianapolis Colt come April. However, I am not sure I agree with this pick. If you read my column regularly, you will know I disagree with the Colts as far as the Peyton Manning situation goes. Luck will be a good quarterback in the NFL, but I think he will require a bit of seasoning first. The prob-



CREDIT: GRIDIRONFANS.COM

Baylor quarterback Robert Griffin III is projected to be the second player taken in the upcoming NFL draft, but should he be number one?

lem with this is that Luck has gone on record saying he wants to start right away. Luck had a very impressive performance at the Combine, showing impressive speed and athleticism.

Robert Griffin III, Quarterback from Baylor: The winner of the 2011 Heisman trophy is the most interesting prospect since Cam Newton. Okay, I do realize Newton came out last year, but RG3 has made quite an impression on scouts and analysts alike. He led Baylor to an impressive season last year, and he has the athletic ability to start right away in the NFL. He ran the fastest 40-yard dash among QBs at the combine, but his size (6'2 3/8")

may seriously hurt his case to be an elite NFL quarterback. Small QBs have had success in the past (namely Drew Brees), but it is certainly more difficult. The general consensus is that either the Browns or the Redskins will trade up to the number-two position in the draft to land this guy, so he will have a lot to live up to.

The Colts will take one of these guys with the top pick, and they need to hope they are worth the pick (and the massive contract). For every Peyton Manning, there is a Ryan Leaf, and you can never really tell until they hit the field in September. The evaluation process will continue for the next month, so enjoy the ride.



CREDIT: GETTY IMAGES
AC Milan and Arsenal took on each other in the first leg of their round of 16 European Champions League tilt on February 15. But what does it all mean?

Understanding football leagues and tournaments



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To North American sports fans, soccer league and tournament formats are strange. However, once they understand how the game is played, they can better appreciate every game. Here is a runthrough of the league and tournament structures in football.

The leagues of European football work differently from the way North American leagues do. Leagues have anywhere from 12 to 24 teams in them and work on a balanced schedule; everyone plays each other an equal number of times, home and away. Each nation has a 'football pyramid,' where all of the country's leagues are tied together and stacked on top of each other. They are tied together by promotion and relegation. When you finish last in a league, there is no draft pick. You get demoted to the league below, forced to play in a lower tier in the football pyramid. Usually the bottom three teams of the league get dropped down, while the top three in the league above get pushed up.

The European Champions League is in its final playoff stage. Clubs will play two games in a matchup – this is called a two-leg playoff. They play home and home, then tally up the total amount of goals out of both games to find the winner. That's why drawing a team away from home is such a massive result, because on the return leg all they need to do is win by one goal. This is the same for most tournaments, with the final only being one match, and occurring at a neutral venue.

The tournaments in football run through the normal league season.

The top teams in the domestic leagues get put into continental tournaments like the European Champions League or the North American Champions League, for example. The European Champions League (ECL) is happening now, and is arguably the most popular competition in the world because it has the best clubs in the world playing in it.

In England, the top four teams in the Premier League advance to the ECL, while the fifth-place and winner of the Football Association Challenge Cup (FA Cup) and League Cup get spots in the Europa League (the Europa League is like the ECL, but with worse teams). Domestically, every country also has a cup tournament. In England, the FA Cup features almost every senior club in the country and Wales. Over 750 teams entered the competition two years ago – anywhere from the top teams to amateur sides. To put it into perspective, it's like every hockey team in Canada and the United States taking part in a playoff tournament for a chance to win a cup. Tournament match days are usually mid-week, while league games occur on the weekends.

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Who's in and who's out of OHL playoffs



AROUND THE OHL
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Roughly 10 games are left for most teams in the OHL. Some teams are aren't mathematically in playoffs but realistically they are. On the other side of things, there are teams that are on the bubble – teams that are currently a few points out of eighth place or a few points into playoffs, one last month of OHL hockey.

Eastern

6. Mississauga (63 points)
7. Oshawa (60 points)
8. Peterborough (59 points)
9. Belleville (59 points)
10. Kingston (44 points)

This will be an exciting race until the bitter end that will leave the ninth-place team heartbroken.

First, Kingston is out, it isn't realistic for them, but they will play the role of the "spoiler" and they may or may not be the reason for other teams in the East for making the playoffs.

Mississauga and Oshawa are in. I'm picking Oshawa for sixth place leaving Mississauga in seventh by the end of the year. Why Oshawa? They are finally playing defence, and that is exactly what they will need if the Generals are going to be having the best-of-seven against Brampton.

Now the golden question: who gets the last playoff place? Belleville is the answer. Peterborough is a young team that made some smart moves at the trade deadline to pick up young prospects. Belleville is a strong

defensive team and that is exactly what gets the Bulls into the playoffs.



CREDIT: YAHOO.SPORTS.CA

London may be expecting to see Jack Campbell and the Sault Ste. Marie Greyhounds in the playoffs.

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Western

6. Saginaw (62 points)
7. Windsor (58 points)
8. Guelph (55 points)
9. Sault Ste. Marie (54 points)
10. Erie (23 points)

This is really a race of three between Windsor, Sault Ste. Marie and Guelph.

Erie is out – they are in their rebuild year, no question they are out. On the other side, sitting comfortably in sixth place, is Saginaw with 61 points. This is a team that really turned it on in the second half of the season. Windsor is a team that can beat any team when they are on their game, but their main problem is their consistency; if they can win a couple in a row in playoffs, they are going to turn

some heads.

Who is going to get the eighth and final playoff spot? Only one point separates Guelph and Sault Ste. Marie. For the rivalry purpose, I would like to see a London vs. Sault Ste. Marie best-of-seven, but the offensive force that Guelph has makes me believe that they should be considered for that final playoff spot. It's Sault Ste. Marie for the final spot, and Jack Campbell, Greyhounds goalie, is going to be what pushes them to a playoff spot, Guelph just doesn't have enough depth defensively for a real consideration for the playoffs.

London, get ready to welcome the Sault Ste. Marie Greyhounds for the first round of playoffs this year. I'm sure we will welcome Nick Cousins of the 'Hounds back to the John Labatt Centre.

INTRAMURAL GAME SCHEDULE MARCH 1 – MARCH 8TH



BALL HOCKEY

DATE	TIME	GYM	TEAM
Mar 5	12pm	3	Sons of Sander VS Closet Monster
Mar 5	1pm	3	Cole World VS Toe Draggers
Mar 5	1pm	2	Mojo VS Sick Toe Drag
Mar 5	2pm	2	Happy Gilmour VS Steve
Mar 5	2pm	3	BSTL VS Masters with stick
Mar 5	3pm	3	Beer for cheer VS Bardwan
Mar 5	4pm	2	Master Faders VS The Grongers
Mar 6	11am	3	A-style VS Individuals
Mar 6	12pm	3	Bangers VS Creamery Kings
Mar 6	12pm	2	Hat Trick Slayers VS Loan Sharks
Mar 6	1pm	3	MIA Clippers VS Sons of Sanders
Mar 6	2pm	3	Easton Infection VS TBS

3 ON 3 BASKETBALL

DATE	TIME	GYM	TEAM
Mar 5	12pm	2	GTL VS Fanshawe Thunder
Mar 5	1pm	1	Cole World VS Nothing But Nets
Mar 5	3pm	2	Tebow Swag VS FNC Basket Brawlers
Mar 6	4pm	2	Killers VS Fanshawe Thunder
Mar 7	11am	3	Killers VS Vaughan
Mar 8	2pm	1	GTL VS FNC Basket Brawlers
Mar 8	4pm	2	Individuals VS Nothing But Nets
Mar 8	4pm	2	Tebow Swag VS Cole World

MEN'S INDOOR SOCCER

DATE	TIME	GYM	TEAM
Mar 5	2pm	1	Real Madrid VS Team Soccer
Mar 5	3pm	1	Individuals VS No Names
Mar 5	4pm	1	Iyad Yam VS Colom Sia
Mar 5	4pm	3	TBA VS Hedgins
Mar 6	4pm	1	Phantom Power VS Swag
Mar 6	5pm	2	Yalla FC VS Undecided
Mar 7	1pm	1	Dutch Rutter VS Low Cash Flow
Mar 7	5pm	2	Undecided VS OOO
Mar 7	12pm	1	Team Soccer VS Red White, Black

WOMEN'S INDOOR SOCCER

Mar 5	12pm	Gym 1
		Individuals
		VS Rude Girls
Mar 6	1pm	Gym 1
		Rude Girls
		VS Kick Balls

Mar 7	2pm	Gym 1
		Kick Balls
		VS Urbanettes
Mar 8	4pm	Gym 1
		Urbanettes
		VS Ballin Ballers



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