

# THE CROWN

REDEEMER'S STUDENT VOICE SINCE 1983

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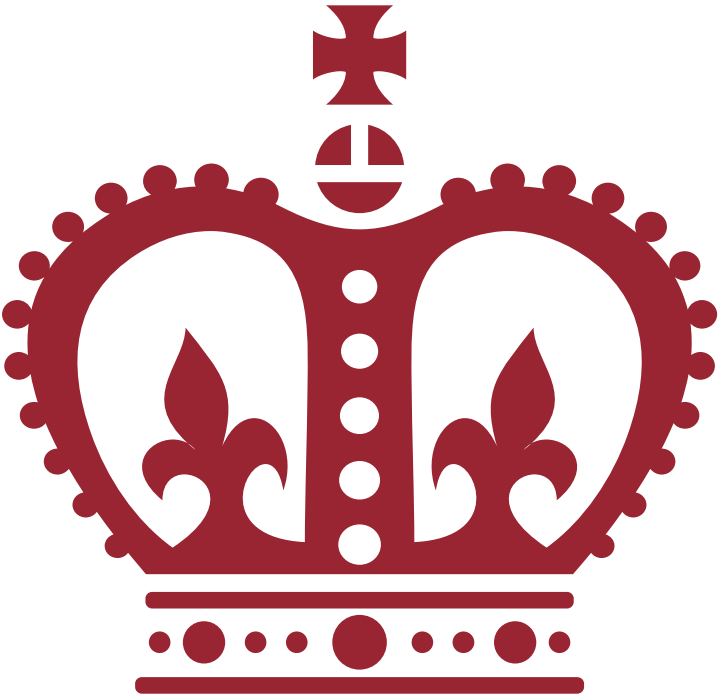
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## Letter from the Editor



It must be Buzzfeed, I have no other explanation, the reason why we have so many lists in this edition of The Crown. But for anyone who has gotten lost in the plethora of articles found on Buzzfeed you are able to relate to the addictiveness and interest that often comes with lists. While we may not be Buzzfeed, we certainly love the buzz that many of our lists have been bringing. If the lists we provide in The Crown each month are something that you enjoy, be sure to let us know at [thecrown@redeemer.ca](mailto:thecrown@redeemer.ca).

While buzz is not something that we immediately try to stir up here at The Crown we do appreciate when we hear from students through your submitted articles. Your articles are important to us and allow us to spark discussion amongst the Redeemer community. Within this issue of The Crown we have many different Redeemer voices and we are excited for you to take a look at their articles and hopefully be able to carry on some of these conversations we have been having on campus this year.

One of the ways we have been hoping to facilitate discussions is by providing a forum for them on our new website and while we had hoped to have our online presence open to the public by now, due to some significant hindrances the release date will be very shortly. In the near future we will reveal our new website to the public and we will encourage you to then carry on these conversa-

tions online as well.

This issue of The Crown should be an uplifting one as it has a light feel to it. It will provide you with some great reading between coursework and classes and would do well in the waiting room for spring. We encourage you to stay in contact with The Crown about how you feel about this issue, we have appreciated all of the feedback we have received this year.

On a final note, if you are looking for a paid position next year, The Crown is hiring and we would love to hear from you by Wednesday at 4PM if you have the intention of applying.

Enjoy and God Bless,

Brandon

## My Hair Strains Bring all the Girls to the Yard



MATTHEW BOKMA

I know what's your thinking, and you're right! I'm actually devoting an entire article to discuss the topic of shampoo. Why? Well, not only do I want students to become aware of the liberty that exists when writing for Redeemer's The Crown, but I'm also passionate about itch-free and healthy-looking hair.

For months I had an irresistible itch on two spots on my scalp. It was most likely a serious case of seborrhea—not lice. Medicated shampoo did not extinguish the anguish, and I've tried to shampoo only three or four times a week, but I quickly found out that by the end of the first day there was enough oil in my hair to wring out and run an Esso station!

In my last attempt to curb my affliction, I've decided to purchase a bottle of organic shampoo. And indeed, it was a miracle! After a few days of that lus-

cious lather, the itch was alleviated and my scalp was restored. I was so impressed with the results that I decided to do some research:

Whereas Organic shampoo is sulfate-free, most popular brands contain Sodium Laureth Sulfate. Although sulfates are the chemicals that gives your hair that feeling of cleanliness, they are nevertheless harsh cleaners that not only strips your hair of its natural oils but also accommodate toxins into your scalp (however, despite the popular clams, there is no significant evidence showing that traditional shampoos induce cancer).

Go ahead, pick up your bottle of Axe, Garnier, or Herbal Essence, and you will find the same ingredient in your dish and clothes detergents!

I concur with the poet Alexander Pope that "Beauty draws us with a single hair," and the first step toward beautiful, healthy looking hair is eliminating those harsh chemicals by switching to organic shampoo.

## Save the Date



MARCH 18 - MARCH 22 - LOVE'S LABOUR'S LOST (PLAY)

Enjoy this seldom performed comedy of battling couples is one of William Shakespeare's early comedies, believed to have been written in the mid-1590s. See what unfolds when a group of young noblemen decide to deny themselves wine, good food, sleep and the company of women to spend time in study, just as a quartet of noblewomen from a neighbouring kingdom arrive on their doorstep. Details can be found on Redeemer's website. Tickets are being sold at the box office.

MARCH 20 - 21 - OCCCR PROVINCIAL HOCKEY CHAMPIONSHIPS

After two well attended hockey games last week between your Redeemer Royals and McMaster University. The hockey team invites you to make the short drive to Brantford and support them in the OCCCR Chamionships. All of the games will be held at the Wayne Gretzky Sports Centre. This will be your last time to check out your Royals hockey team this year. Confirmed games are Thursday night at 7:30PM and Friday morning at 8:30AM. Stay tuned for updates on more game times based on how the team performs.



MARCH 21 - 22 - OCAA INDOOR SOCCER CHAMPIONSHIPS

The Last Royal's Tournament of the year starts this Friday. The Men's indoor soccer team has advanced to this provincial soccer tournament and conveniently it is being held here at Redeemer University. Be sure to watch for updates on when the men's team plays. COME OUT AND SUPPORT YOUR ROYALS!

THURSDAY MARCH 27 - 10:00PM COFFEE HOUSE

Attend this month's Coffee House, you're bound to be impressed with your colleagues' talents. If you aren't impressed then you may just be inspired and if you're not inspired then just enjoy the coffee. Monday March 31 - 8:30PM 12 Family Feud Live! Family Feud Live! is the hit audience participation stage show that gives contestants the opportunity to experience all of the same family drama from the vastly popular TV show, and even win as much as \$10,000. Complete with big laughs and big money, contestants will have an opportunity to be grouped into their new stage show "family" and compete for cash and prizes in gameplay taken directly from the Emmy award-winning TV show.

THURSDAY APRIL 3 - 10:00AM - 4:00PM RED CROSS BLOOD DONOR CLINIC AT REDEEMER

Redeemer is hosting a Canadian Blood Services donor clinic in Redeemer's Executive Dining Room on Thursday, April 3, 2014 from 10:00 am - 4:00 pm. Everyone is encouraged to give! Contact [healthcareclub@redeemer.ca](mailto:healthcareclub@redeemer.ca) to make an appointment.

APRIL 7 - 8:00 AM - TORONTO ZOO TRIP

What do you know, Redeemer is headed to the Toronto Zoo. We think you should attend. Humphrey, the polar bear cub was just recently born and can now be seen at the Toronto Zoo. He won't be small for long, this is a unique opportunity!





# THE CROWN

## 5 Things Redeemer Does Exceptionally Well

LAURA HEMING

As the cruel winter season slowly (very slowly) comes to an end, and the birds start singing their songs again at the break of dawn, and the jackets start coming on, there is a sense of happiness that almost immediately breaks loose. Like animals out of a cage, students feel a sense of newness and happiness. In the spirit of newness of life and seeing the foot of summer, there is no better time to celebrate a few of the many things that our school has excelled at and continues to excel at. Students, professors, and staff alike: in the spirit of celebrating the new and long awaited season of spring, let's look inside our institution and applaud the big things that bless us greatly.

1. The gracious and compassionate Student Life staff and chaplaincy.

There is not an abundance of universities where students can say they have a relationship with their professors and Student Life staff. The Student Life staff have excelled in the art of real relationship. Hosting people for dinner, meeting weekly with RAs and even former RAs and HAs, and mothering the well-being of students in general, Student Life seems to always put students before themselves. When there are personal issues that interfere with school, they do whatever they can to accommodate. This is incredibly counter-cultural to the universities that have a very "your issues are your issues" type of attitude. Within reach by a quick email, professors, chaplaincy, and Student Life are all ready and willing to meet to discuss more than just school itself. Stand back and think about that. How lucky are we?

2. It's really easy to get to know Professors better

Unlike other universities, there seems to be no sense of professors being the "untouchables" here. Professors are extremely down to earth and personable. Between chats after class, talking in the halls, or planning pub nights together, the professors have outdone themselves in being friendly. Always willing to meet up, even sometimes for coffee (so cool, eh?), connecting on social media etc., they are always there to crack a joke, comment on your Facebook status, or even send you interesting articles they found. Kudos, professors, for being our teachers and our friends.

3. Having a meal plan that lets us buy real food.

If you talk to anyone from another university about our unique meal plan they would think it was absurd. Instead of lining up for poutine for breakfast lunch and dinner, our food plans allow us to serve each other by cooking for one another, and eat together with food made by ourselves. Being able to eat together and try out different recipes together is something unique to Redeemer, and although there may be limitations to it, overall it is really healthy for us—healthy to be unselfish with food, to cook food in our own kitchens, and to eat as a community around a table. This is something that many people may not even do with their families.

4. We have the Spiritual Events bases covered.

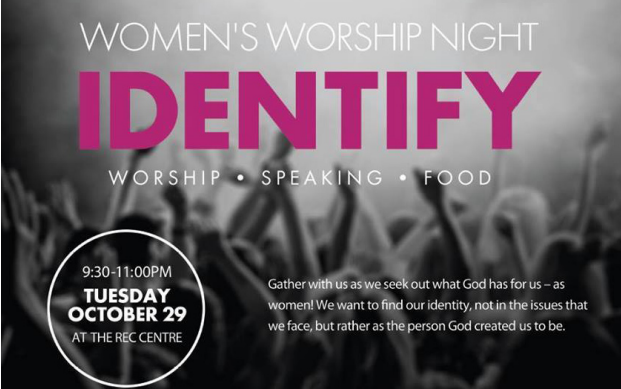
There are passionate people who run weekly activities to help us grow spiritually. Chapel: a unique worship service in the middle of the week. Wednesday Night Worship: a chance to calm down and hang out with God.

Hotspot, small groups, women's ministry Identify, and men's breakfast; we have all the bases covered. There are not many places you will find that have such variety for spiritual growth within its own walls. This may be something we take for granted, but we ought not to.

5. Promoting community (Communal)

Most people would say that Redeemer has made them extroverts by default. You are always surrounded by people you know. Within 2-3 months of coming to Redeemer, you usually know or at least recognize most people. There is a sense of family with these people around us—always someone to talk to, sit with in the library, and go to Williams with. Even the fact that our entire student body is welcomed to eat together once a week is, in itself, radical. It almost feels like summer camp. This is also true when everyone is out reading or playing volleyball on the lawn once the weather goes over 10 degrees. These are things that are so unique to Redeemer and that we would probably consider some of our best memories.

As in all things, it is easy to get caught up in the negative, to critique and criticize because it is simpler to find things wrong than it is to find things right. In the spirit of trying new things, let's challenge ourselves to look at the positive in whatever we can. Recognizing the good things in the place we are spending four crucial years of our life is a good place to start. Look around you as the flowers start blooming through the grey snow. Life is beautiful; let's start recognizing it.



## Students Speak

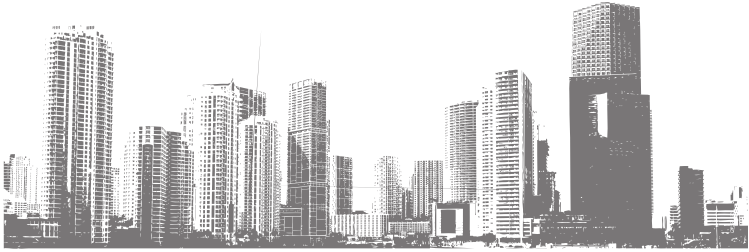
WHAT WAS THE HIGHLIGHT OF YOUR SEMESTER?

Rachel Buys: The men's rugby game—something we don't get to see often, and it was an awesome experience and a fun time. A few of us even went to go watch the all-blacks play the Canadian rugby team, which was pretty sick

Stephanie Shreuders: My highlight was my semester abroad in Ghana (photo included).

Sarah Speer: There have been many highlights for me this year but one of the best has been being an RA and getting to know first-year students and see them grow over the course of the year (photo included).

Mariah Beaudry: Working with the play this year! Hope everyone enjoys it.



## Music Notes

UPCOMING ALBUM RELEASES

- Hundredth, Resist (March 25)
- Manchester Orchestra, Cope (April 1)
- MercyMe, Welcome to the New (April 8)
- Ingrid Michaelson, Lights Out (April 15)
- Needtobreathe, Rivers in the Wasteland (April 15)

CONCERTS TO CHECK OUT

- To Our Divide and White Fire @ Freeway Café (March 20)
- The Wooden Sky @ The Casbah (March 21)
- The Monarch Project @ Baltimore House (March 27)
- Jay Malinowski @ The Casbah (April 3)
- Kashka and Delta Will @ Baltimore House (April 3)





## Stick ‘Em Up



HOLLY CZEPEK

Sticker tag: the time of year when paranoid people hide for their lives and try to avoid an extreme anxiety attack while simultaneously attempting to live a normal life as a university student. It is a time of disloyalty between once-friends, when people lock themselves in their dorms, suspicious of everyone that comes to knock while others wait outside their target’s classroom for hours waiting for the opportune time to pounce. The academic building becomes a prison, facebook profiles become identical, and paths to dorms become ambush sites. We are hindered from our normal activities, bent on deceiving others to get what we want. Are we trying to recreate those paintball episodes of Community where a school-wide war breaks out? Why don’t we just have a campus-wide food fight instead? The pain would be over a lot sooner.

Perhaps I am just bitter over my sticker-

tag experiences from last semester. After successfully participating for 2 whole days, the stress got to me when an unnamed person with malicious intent swindled his way into my dorm through an elaborate scheme to tag an unsuspecting victim in our once-peaceful living room. But nothing new here; that’s just playing the game. I came out of that week discouraged and defeated—thoroughly stickered out.

For those of you who will be playing this semester, I bid you all fun and enjoyment. It’s good that there are so many participants willing to play. We need more students involved in school events. However, in addition to sticker tag, maybe you should look into clubs and activities that promote rather than discourage meeting new people.

Don’t we all just want to feel loved? No? Just me? I’ll keep quiet then and endure another week of misery.

## “Not Again.....”

STACIE HURST

It’s that time of the semester again. Paper season is descending upon us, and no one can escape its wrath (except for maybe science majors—lucky devils). If you find yourself gleefully anticipating the prospect of losing sleep, alternating between the depths of despair and the heights of fury over Redeemer’s wireless connection (which will probably cut out right after you find the perfect spot to sit and do research), and existing for weeks under the influence of willpower and food rations that would make a military man cry (who has time to do silly things like take care of the body?), then you have my full permission to stop reading this article and return instead to handwriting your own personal copy of War and Peace, walking over a bed of hot coals, memorizing the dictionary, or whatever other activities you find sufficiently diverting. Let me know how that works out for you.

But if the aforementioned circumstances strike you as particularly grievous, take heart! You’re not alone!

For those not especially thrilled with the idea of riding through paper season on the lonely train, people at the Writing Centre are there to help you wade through the complexities of summaries, analyses, thesis statements, citation methods, report formatting, and whatever other writing ills plague you.

We’re there to help you find your direction in writing and learn how to proceed effectively through

your assignment. While we don’t proofread your assignments, we will make sure you’re confident about where to go and what to do in your paper.

Getting an appointment is easy. Just pop in the Writing Centre near room 224 and put your name down in the green appointment book on the round table just inside the door. We’re open 9-3 from Monday through Thursday, and 9-12 on Friday.

One last thing! We’re there for ANYBODY who would like our help, which means writers from varying backgrounds and skill levels.

We often work with a wide range of students, and some of them are very confident writers. While we certainly help people who find essay writing to be a regular uphill battle, sometimes we are needed simply to give polished essays a basic review for any general errors or to give a second opinion to people who are already pretty sure where they’re headed with a piece.

If you find paper writing to be a drag, don’t do it alone! Make use of what is freely available to you. And don’t worry about whether or not you “belong” in the Writing Centre.

Age, skill level, personality, program type, new writer or veteran essayist, it doesn’t make a difference. We’re here for everybody, so stop by and book your appointment!

It is, after all, our job. And we like doing it.



## Dear Deer



**WHAT ARE YOUR PREDICTIONS ABOUT WHEN SPRING WEATHER WILL COME AND STAY?**

Yes, I agree this winter has been very dreadful. By the end of the month spring is bound to come, finally. We can already see the weather getting warmer although it’s been up and down. I remember a day, just a week ago when I frolicked in a local pond and sipped from the sweet natural nectars of the river. This, my friend is a sure sign that spring is around the corner. Try and be optimistic and find happiness through warm drinks and enjoy the last few weeks of skating on the harbour front.

**WHAT ARE SOME SPRING MEALS DORMS CAN COOK UP?**

Break out the BBQ and gather up your closest friends for some good old hamburgers and hot dogs. Whip up a spinach salad with some strawberries. Use this season to your advantage and stay fresh. Go outside, enjoy the sun and have a picnic. Personally, I like to enjoy some spring rolls in the spring.

**WHAT IS THE BEST WAY TO MASTER AN EXAM IN THE GYM?**

Bring some of your favourite snacks to motivate you. Take some time doing something you enjoy or resting before you enter the gym. Try your best to focus on the task at hand to show off all your hard work. Lastly remember, you have almost crossed the finish line. Do your best and forget the rest.

**AROUND THIS TIME OF YEAR TENSIONS ARE RUNNING HIGH WITHIN DORMS, AS PEOPLE ARE MORE COMFORTABLE AROUND EACH OTHER AND MORE WILLING TO VOCALIZE THE THINGS THAT THEY DON'T LIKE. I FEEL AS THOUGH PEOPLE GET CAUGHT UP IN THE SMALL ANNOYANCES AND FORGET THE BIG PICTURE. HOW DO YOU GET PEOPLE TO STOP SWEATING THE SMALL STUFF AND START GETTING ALONG?**

Remember to enjoy the last moments that you get to share together. Go out together to a local restaurant or coffee shop to share your favourite things about each other. Don’t feel pressured to be super close with everyone but recognize that you have been placed together for a reason. Instead of getting annoyed by small things try to think of ways you can better serve one another.

**HOW DO YOU RECOMMEND STAYING STRONG IN YOUR LENTEN RESOLUTIONS?**

Ask a close friend or mentor to be your accountability partner. Post messages or reminders in your room or on your phone. Write down the reasons why you made this resolution in the first place and then meditate on how your life is different without it and how you have grown or are growing through this time of Lent. Remember to practice spiritual disciplines and keep your focus on Jesus, because that is what really matters. As for me I’m fasting from leaves. After all according to the old hymn “as I panteth for the water my soul longeth after the Lord.”



# The Sad State of a Yes or No Vote

LUKE MCKEE

Voting has closed yet again for the election of Student Senators. I feel that we should be ashamed of the current state of student politics at Redeemer. I am not here to rant about those who hold positions in the Senate, but rather to discuss the shocking lack of political participation that exists in Redeemer University’s student community. A typical election for Student Senate tends to draw in between one hundred and two hundred students, which is approximately 16 percent of the nine hundred students registered. This in itself is shocking. Why do we as a student body not care enough about Student Senate to vote? Additionally, why do so few students run for election?

Student Senate is responsible for representing the student population to the school’s administration. They are involved in budget meetings and advocating on the students’ behalf. Yet, we as students could not be bothered to take thirty seconds to vote. This should be embarrassing to us. Political apathy is not as cool as we imagine it to be. As students, we should not feel proud of ourselves for skipping the vote. Regardless of whether it is on the federal, provincial, local, or university level, your vote is important. The student speeches and biographies that are released are useful avenues to learning more about your student senate candidates and finding out why they are fit to represent our student interests. Our Student Senate should not be reduced to a party planning committee; rather, it should be a thriving institution. Currently, our top Senate debate is whether or not to implement a mandatory yearbook charge.

The state of our student politics needs to go beyond simply electing candidates by a yes or no ballot. People can mindlessly vote yes on the ballot simply because they feel there is no other option. How much more exciting it would be if we engaged and challenged

a wide variety of candidates on policy and platform prior to the vote. If you are student who dislikes how student government exists in its current capacity, or feel you have ideas that can make a difference, then you should run for a position. If you neither voted for the candidates nor became a candidate yourself then you have no right to complain about the affairs of student government since you have not participated in it. I am not here to say that those currently in Senate are incapable of action and need to be removed. I am here to say that if you have ideas or goals that would be important to student affairs, then you should run for a position. The RUC Senate election reflects an important part of the political process that we call democracy. For RUC students, standing for election to the Senate is an opportunity that is accessible to us in ways that it is not to thousands of other students at other institutions with layers and layers of bureaucracy.

The political climate that exists now at this school should be considered unacceptable. Something needs to change. Change can start with the voting process. Take interest in it. These candidates want to work to represent you to the school’s administration; don’t you want a part in the process of selecting those people? Not only do they represent us as students, but they also manage a significant amount of money. Thousands of dollars from student tuition goes through student senate. If you are not motivated to participate because you value the democratic process, then at least take interest in what happens to the money you pay that goes to Senate.

Senate reform is another topic for debate, and is not the goal for this article. The point of this article is to encourage people to vote. We have not earned the right to talk about changing the way senate operates unless we are actively participating at the base level of involvement: voting. Voting is not a responsibility to be taken lightly; it is a privilege to be a part of the representative process that must be undertaken by the students here. You can effect change with just thirty seconds of effort.



# Write for Us! (Please?)

LAURA HEMING

We are a diverse body of Christians. We are dancers, we are singers, we are basketball players, we are social activists, we are just plain frustrated with society. We talk about our stances on issues in our political science classes, our psychology classes. We have opinions, naturally.

How cool is that? How profoundly brilliant to be surrounded by 999 (give or take) students who have these interests or deeply rooted passions that God specifically gifted them with?

That’s a part of community, isn’t it? We’re certainly not experts on everything. As we mature, we realize there is a lot more to this faith thing than we originally thought. It’s a lot more than our morning devotions and church services

(which undoubtedly are wonderful things).

It’s like our athletic department tagline says: “Everything you do...” Everything we do is somehow for the glory of God, like the labour of our hands, the social issues that anger us, the gym class we hope to teach one day everything. It’s all to give back to God what he wired within us.

Maybe you don’t read The Crown, maybe you criticize it, or maybe you wish you could write something but you just don’t have time. But here is the thing—

We have been the student voice since 1983.

Variety is good. Controversial topics, interesting things God’s been teaching you, the best pottery techniques, reasons why we need a squash team or an arena, how to make your own clothes, benefits of ice fishing... maybe we’re

scratching the bottom of the barrel, but the point is there are so many passions behind the walls of our little building, so many brilliant insights that we could be missing out on.

Allen Ginsberg says, “To gain your own voice, you have to forget about having it heard.” We get scared because we don’t think we can write very well. There is nothing to fear. You have important and valuable things to say, so let people know. As far as writing style, that is what our editors are for.

Give it a try. The more we learn, the more we grow. The more diverse we become as a body, the more beautiful our greater picture becomes.

We seriously want to hear you. Rumour has it, you have some pretty insightful things to say!



## p-ROFL

Dr. Barkman: “Have you guys heard about near-death experiences? You know that one about the little boy, with the yellow cover? Heaven is so Great, or something?”

Dr. Barkman: I just danced across the stage, didn’t I? Ta daaa!

Dr. Barkman: “Haha, you guys thought I believed in Spider-Man, didn’t you... I might believe in unicorns, but still...”

‘I feel empowered. I feel like a modern woman.’ – The Unknown Prof. (But we can only imagine a prof did say this).

Prof Michelle talking about a diaper on a stuffed rabbit:”I love that diaper, can I say that? I just love that diaper!!”



# Bizarre Names That Parents Tried To Call Their Children

KRISTIN POSTHUMUS

I’ve come to the age where many of my friends are becoming engaged or married and are starting little families of their own. Due to this, I’ve been subject to a lot of “name chatter” and, being female, I have evidently been sucked into looking at names that I myself like (not like I have been doing that for years already or anything...). That being said, I always felt a little sorry for celebrity babies who have to deal with names like Apple (Gwyneth Paltrow), Kal-El (Nicholas Cage), Audio Science (Shannyn Sossamon), Moon Unit (Frank Zappa), and Peaches Honeyblossom (Bob Geldof). Though, after looking at some of the cases below, I’m starting to think these celebrity names aren’t so bad after all!



BRFXXCXXMNPCCCCLLLMMNPRXVCLMNCKSSQLBB11116

No, my cat did not just walk across my keyboard. Swedish parents Elisabeth Hal-lin and Lasse Diding decided to name their son “Brfxxcxxmnpccclllmmnprxv-clmnckssqlbb11116” (pronounced Albin, because you know that makes total sense!) as a form of protest against Sweden’s naming law, which was enacted in 1982. Failing to register the child with a legally approved name, the couple was fined with 5000 kronor (approximately \$867.53 CAD). In response to the fine, the parents claimed that the name was a form of “artistic creation” and countered by saying they would change the name to “A.” However, the government still refused to approve the name.



AKUMA

In 1993, a Japanese parent decided that “Akuma” would be the appropriate name for his son. The term literally translates to “Devil.” I mean, I know kids can be a handful at times but this is a bit extreme don’t you think? The Japanese government agreed, stating that the name was an abuse of the parent’s right to name their child. An extensive legal battle followed until the father finally backed down, giving his son a less demonic name.



4REAL & TALULA DOES THE HULA FROM HAWAII

Yes, you read that correctly. You just can’t make this stuff up! These are just a couple of the 77+ names banned in New Zealand. The government issued a list back in 1995 that outlined appropriate names that parents could use for their children. The list banned names that included things such as royal titles, punctuation characters, symbols, and numbers/digits. In 2007, Pat and Sheena Wheaton tried to name their child “4Real.” The government declined because the name contained a digit. So naturally, the parents officially settled on “Superman” instead (while still calling the boy “4Real”). How “Superman” is seen as acceptable I have no idea! Similarly, in 2008, parents of “Talula Does The Hula From Hawaii” were ordered by the New Zealand court to change the nine-year-old’s name for fear of bullying and harassment. The parents refused and the child was taken and put under court custody due to poor parental judgment.



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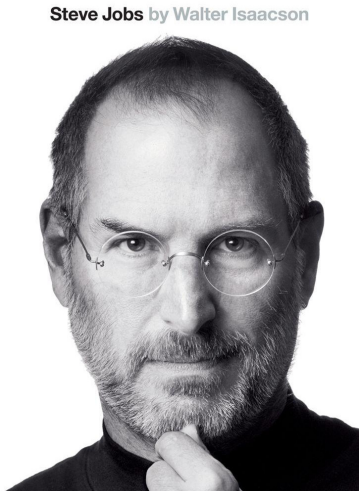
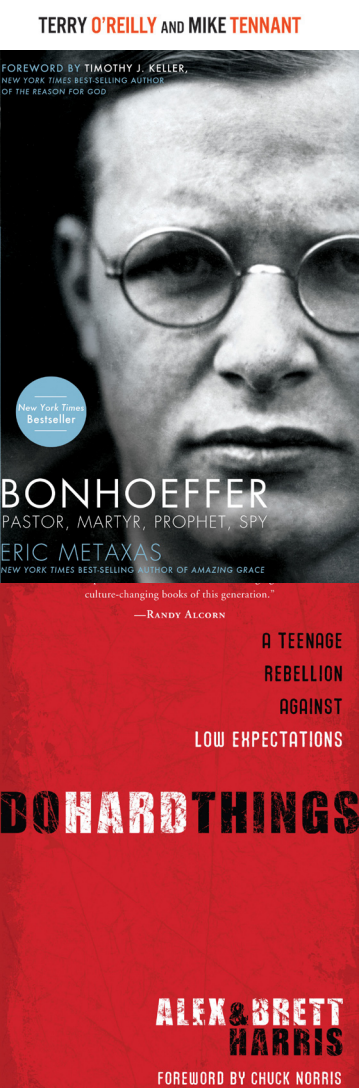
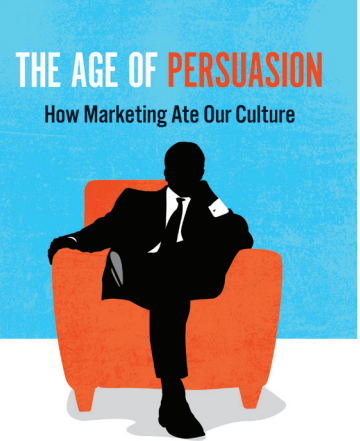
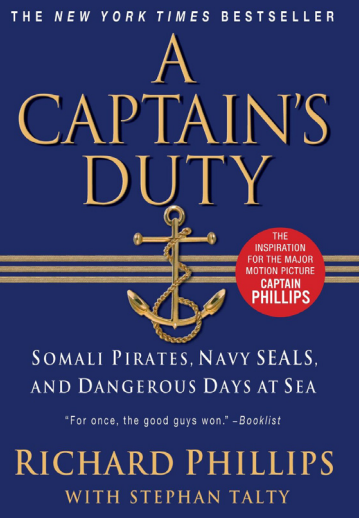
A Chinese couple wanted to name their child “@” because of the likeness to the Chinese symbol for “love him.” The Chinese government declined this request and publicized the name as a warning to China’s citizens about the consequences of bringing bizarre names into the Chinese language. Nonetheless, this isn’t the first time someone has used a symbol as a first name. Back in 1993, American singer-songwriter Prince changed his name to the unpronounceable symbol after disagreeing with his record label, Warner Bros. However, he went back to Prince after his Warner Bros contract expired back in 2000.



CHOW TOW

The Cantonese phrase literally translates to “Smelly Head.” Poor kid, as if people aren’t already self-conscious enough! Apparently this must have been quite common because, back in 2006, the Malaysian government published a list of undesirable names that were seen as unfit. Names that referenced animals, insects, fruits, vegetables, colours, royal titles (such as Duke and Duchess), Japanese cars, and even numbers (sorry, no more little “007”s allowed) are also banned from the country.

## Looking for a Book to Read?





# CAMPUS

## Top 10 Ways You Know Spring is Actually Coming

After a seemingly eternal winter, we are all resting with the hope that spring might actually show its colours in the coming weeks. We are already in the middle of March! It's time for the snow to go and spring to, well, get here ASAP! Here are some ways you know for sure that spring is coming and that winter will actually end...



10. YOU START TO SEE SHORTS COME BACK IN STYLE ON THE RACKS AT THE MALL.

Now, it's true that shorts and t-shirts start to sprout up in the stores basically immediately after Christmas but there is no doubt that these trends are in full bloom as you wander through the mall. Even just picking up something that reminds you of warm weather can help you actually believe that the snow will go someday.



8. REDEEMER STUDENTS PUT THE JACKETS AWAY.

Although this may simply be in protest, as you walk to school each day you can see many students without coats headed to the school. Coats are being put away and the pure defiance of short sleeves is coming out. If you are still bundled up on the way to school, take heart, these brave few are a reminder that spring really is around the corner.



6. SNOW FALL IS STARTING TO TURN INTO RAINFALL.

Bring out the rubber boots; with spring comes rain! With all of the snow beginning to melt around campus, there is a huge influx of puddles everywhere. Pull out the proper footwear and take a leap into puddle jumping. Make sure you grab your spring coat and umbrella since these showers are promising to bring flowers!



4. YOUR NOSE AND EYES ARE UNBELIEVABLY ITCHY (AND THEY WON'T STOP RUNNING!)

That's right, spring equals allergy season! For some who really struggle with allergies, this is the first definite sign that spring is around the corner. From the itchy, watery eyes to the runny nose, you know the true times of spring with the signs that occur in your sinuses. Go ahead and get yourself some Claritin so you can enjoy the nice weather with the rest of us.



2. PEOPLE COME OUT OF HIBERNATION.

Notice more people out for jogs lately? More people posting on healthy food options they are choosing? More people in the gym? That's right, it's time to lose the comfort food (and the extra 10 pounds) and get ready for summer. With the weather warming up, people are beginning to get antsy, and with this there seems to be more activity across campus and in the neighbourhood. Go ahead, take a walk, barbeque a burger, and sit out on your porch with your friends. Time to get out of your room (and your sweats) and enjoy the last few weeks of this school year.



9. YOUR SYLLABUS TELLS YOU THAT EXAMS ARE ALMOST HERE.

For students, exams bring with them the promise of a break and warmth. Those awful tests are coming up quick! Hopefully the sun will begin to warm us up so that we can actually sit out on our porches to get some study time in.



7. YOU ARE LOOKING FOR A SUMMER JOB.

Although this hunt is really not fun in itself, the simple title "summer job" brings with it the sound of warm weather. This job is going to start in the spring and take you into the heat of July and August. Having a tough time finding a job? Check out all of the resources Redeemer has on their websites for available positions!



5. EASTER DECORATIONS ARE EVERYWHERE.

Although we have a bit of a late Easter this year, there is no shortage of pastel colours, bunnies, and mini eggs in the stores. For Redeemer students (and Christians everywhere) Easter brings with it the promise of redemption and new life. As you look forward to Easter in this season of lent, take notice of all of the changes and promises of new life around you.



3. THE WEATHERMAN ACTUALLY HAS GOOD NEWS.

You may have noticed if you ever catch the weather report that even those reporting it looked depressed when they announced more snow. Lately, with the promise of rising temperatures, these news announcers seem much happier and more hopeful. We may even hit three degrees this week! Woohoo!



1. THE BIRDS ARE CHIRPING AND THE SUN IS SHINING.

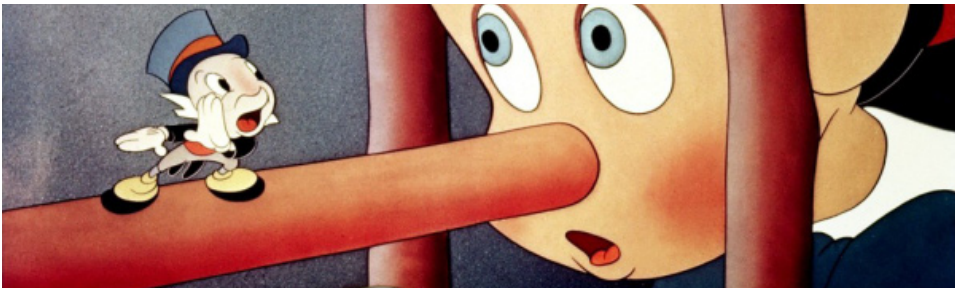
The clocks "springing ahead" are more than helpful in knowing spring is on its way. Being able to keep the blinds pulled open until almost 8pm is so refreshing! Along with the extra sunshine it seems like the birds have made it back from down south. There is a lot of chirping going on in the early mornings. All of this is a sure sign that, despite the white stuff that still sits on the ground, spring is actually on its way!



# Disney Characters That Can Be Diagnosed With Psychological Disorders

KRISTIN POSTHUMUS

We have been conditioned from the start to think of Disney tales as good moral examples for children and adults alike. They always end with a “happily ever after” and no one ever really considers the mental stability of these lovable characters. Instead, we pass off their behaviour as little quirks or idiosyncrasies that add to the characters’ charm. But after closer inspection, it’s hard to deny that some of these characters may not be “all there” as we initially thought.



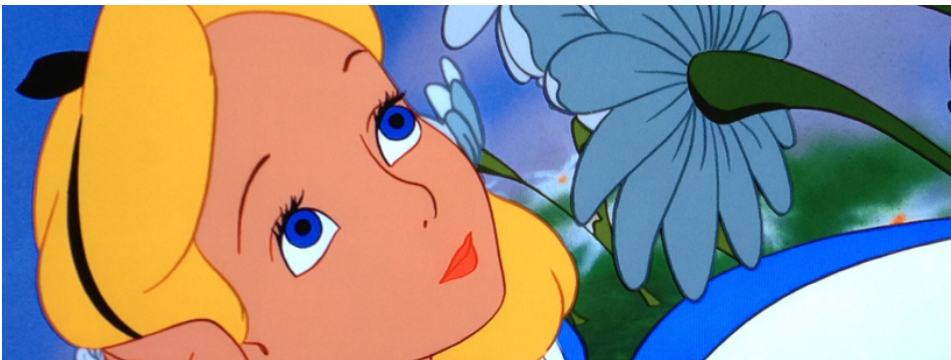
PINOCCHIO: PATHOLOGICAL LIAR & CONDUCT DISORDER

A cautionary tale for children about the consequences of lying, the original version of Pinocchio was actually completely different than Walt Disney’s 1940 film. Originally written by Italian writer Carlo Collodi, Pinocchio was portrayed as a wretched, ill-behaved boy who liked to cause mischief and mayhem. (Being a boy, I’m not all that surprised, aren’t all little boys mischievous?) However, Disney thought that people could not sympathize with Pinocchio’s cocky and inhuman personality and decided to revamp the entire story by focusing on the consequences of lying and the importance of being truthful. To make his point come across, Disney turned Pinocchio into an innocent, passive character who is quite naive about the world around him. In fact, the character of Jiminy Cricket (who in Collodi’s version had a minimal part & was killed almost instantly by Pinocchio), was created specifically as a “conscience” to steer Pinocchio away from trouble. Despite the theory of “letting your conscience be your guide,” Pinocchio ignores Jiminy in many instances and shows many signs of being a pathological liar as well as having a Conduct Disorder (CD).



WINNIE THE POOH: BINGE EATING DISORDER

The original tales of Winnie the Pooh were written by British writer A.A Milne. The characters were first introduced in the book Winnie-the-Pooh in 1926. In 1930, Stephen Slesinger bought the merchandising rights from Milne and, not long after his death, Walt Disney acquired the rights, resulting in the lovable Pooh we all know today. Now, I’m going to state the obvious here, but Winnie the Pooh has a clear honey addiction. His constant need for honey is, in fact, a key trait of a binge eating disorder. Symptoms like rapidly eating large amounts of food, stockpiling food in secret, and never feeling fully satisfied are all characteristics of the disorder. Instances of hallucinations and anxiety/stress can also be caused by Pooh’s need for a “fix” of honey.



ALICE: CHEMICAL/DRUG DEPENDENCY

Alice’s Adventures in Wonderland was originally written by Charles Lutwidge Dodgson, better known by his pen name Lewis Carroll, in 1865. Throughout the years, many have questioned the story of Alice and the underlying theme of drug use. Although there has been skepticism about Lewis actually being a drug user himself, it’s evident that drug use was seen as commonplace during the 60s and 70s. In fact, a syndrome called Todd’s Syndrome is also commonly referred to as Alice in Wonderland Syndrome. The syndrome is triggered by muscimol, a psychoactive alkaloid found in mushrooms (a reoccurring symbol in Alice). It can be characterized by the distortion of human perception and is usually associated with migraines, brain tumors, and the use of psychoactive drugs.



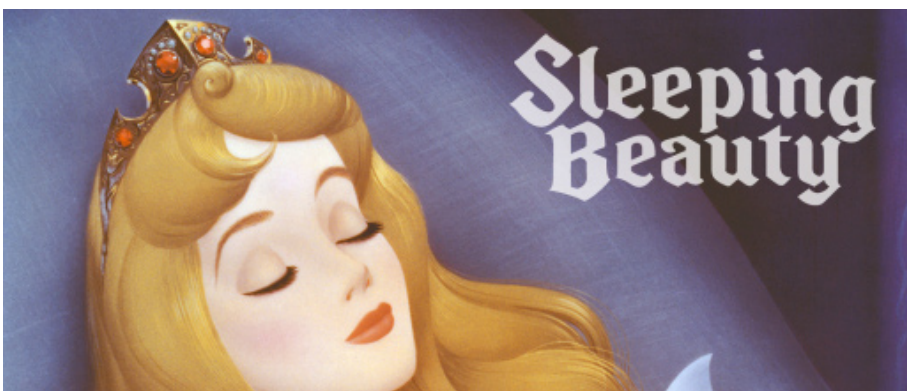
PETER PAN: GERASCOPHOBIA & NARCISSISTIC PERSONALITY DISORDER

Oh, Peter Pan, the boy who never wants to grow up. Don’t we all wish that? Originally written by J.M Barrie in the early 1900s, the character of Peter Pan was first introduced in Barrie’s book The Little White Bird and then re-introduced in Peter Pan the play, in 1904. Although the story has gone through many adaptations over the years, the character of Peter Pan has stayed pretty much the same: a rude, fearless, cocky and careless boy who holds the belief that the world revolves around him. These attributes are quite similar to those of someone with a narcissistic personality disorder. According to Merriam-Webster’s Medical Dictionary, a narcissistic personality disorder is “characterized especially by an exaggerated sense of self-importance, persistent need for admiration, lack of empathy for others, excessive pride in achievements, and snobbish, disdainful, or patronizing attitudes.” In addition, Pan also suffers from gerascophobia, an abnormal and persistent fear of growing old.



PRINCE CHARMING (SNOW WHITE): NECROPHILIA

Now bear with me on this one cause there is a reason to my madness (though I may be stretching this one a bit)! Snow White and the Seven Dwarfs was Walt Disney’s first full-length feature film. Released in 1937, the film was based off of the Grimm Brothers’ version of the fairytale. In typical Disney fashion, the gruesome fairytale was “childrenized” to some degree while keeping the main plotline intact. But no matter which way you try to twist it, kissing a dead body is just downright creepy! Necrophilia is defined as an “obsession with and usually erotic interest in or stimulation by corpses,” and it’s hard to deny that Prince Charming fits the bill. Looking at the Grimm version, it’s hard to believe that it could get any worse—but it does. Unlike the Disney version of the tale, Prince Charming never meets Snow White before her impending doom; he doesn’t even know who she is. In fact, not only are they complete strangers, when Prince Charming sees Snow in her glass coffin he practically begs the dwarfs to let him have her because he is so enchanted by her beauty that he can’t live without her.



PRINCESS AURORA: HYPERSOMNIA

The story of Sleeping Beauty is also originally a Grimm Brothers tale. Disney took a stab at an adaptation and released his version back in 1959. The basic plot of the story stayed the same; a princess is cursed to prick her finger on a spindle and fall into a deep sleep. However, there are some big differences between the versions, one of them being the amount of beauty rest the little princess got. This is where signs of a disorder come into play. Hypersomnia is defined as “the condition of sleeping for [deep] excessive periods at intervals with intervening periods of normal duration of sleeping and waking.” Now in the Disney version, Aurora sleeps for a short period of time while the fairies rush to the Forbidden Mountain to rescue Prince Philip to bring him back to the castle. However, in the Grimm tale, Princess Aurora (who is actually referred to as Briar-Rose) falls asleep for a total of 100 years! Talk about over-sleeping!





## A Thief Named Comparison

RACHEL DEBRUYN

If you have ever been to the gym or logged onto Facebook or scrolled through Pinterest or walked down the hall past that one person who seems to have been given every single human characteristic you wish you had, then you know the reality of comparison. Comparison can range from mild appreciation to raging jealousy, and it can push you to better yourself or it can completely derail your happiness. And although you may be very aware of the fact that you wish you could change your face, your body shape, your height, your public speaking skills, your social skills, and anything else you could think of, you may not be aware of what your constant self-derision is doing to you—and to others.

Theodore Roosevelt once said, “Comparison is the thief of joy.” Although comparison can be healthy (seeing the progress of others and pushing yourself in a way you would otherwise not do,) it can also mean incessant dissatisfaction. Because the truth of it is this: everyone you have ever met

and will ever meet will, without doubt, be better than you at something. Every day you are bombarded with other people who seem to be doing life so much better than you, but you have to remember that you too excel in certain areas—even areas in which you don’t appreciate excelling. As the quote by Steve Furtick goes, “The reason we struggle with insecurity is because we compare our behind-the-scenes with everyone else’s highlight reel.” You are most likely hyper-aware of every single one of your flaws. However, when you see people (especially people you don’t know that well), you don’t see those behind-the-scenes idiosyncrasies and imperfections; you see the image that they are putting forward. We are all a unique set of wonder and oddity. So when you spend your time wishing you had something you see in someone else, you allow comparison to snatch away satisfaction in the set of gifts you have already been given.

Comparison can also be considered the thief of love. When you are comparing yourself to others, you are hindering your capacity to love them. When jealousy gnaws at you,

you stop looking at a person and appreciating his or her gifts, and instead view that person as a mirror of yourself; he or she becomes the reflection you wish you had. How well can you celebrate a friend’s accomplishments when envy is simmering under the surface of your words? Do you see that person as a child of God, or as that-guy-who-can-lift-more-than-me, or that-girl-who-sings-way-better-than-me?

You are wonderfully created, and blessed with gifts and quirks. God knit you in your mother’s womb; he meticulously placed every mole and freckle. He counted out your hairs. He made you different from every other person that has ever and will ever live. His design for you is his alone, and the way he shaped you is not shaped by the mold of society; it is conducive to his plan. Don’t let comparison distract you from that reality.

## To Lament is to Reconcile

JUSTIN EISINGA

Reconciliation requires lamentation. An expression of sorrow at the ways we allow oppression to persist is an important step before true reconciliation can take place. Accordingly, this is my reconciliation lamentation...

I lament because I look out the window  
and see a world crumbling  
as crooked corporations steal sacred land.

I lament because I see people  
running from their hurts and pains  
every single day, refusing to heal  
and opposed to finding peace.

I lament because reconciliation sometimes seems like a foreign concept.

The strange thing is that I like to talk about reconciliation; I often find myself talking as if I am an expert at restoring broken relationships and making peace throughout the world. Don’t get me wrong, reconciliation and peacemaking are core values of my gospel and I often find myself surrounded by followers of Christ who seem to have these values coursing in their blood. Yet, somehow reconciliation seems foreign to my experience. It’s a word I have heard from a young age and it’s a word that usually gets me excited, but I struggle to fully comprehend what reconciliation really looks like.

Reconciliation is so foreign to me because I live in a world that seems to be spinning faster and faster each day. This culture that raised me makes slowing down and shutting off for the night a difficult thing to do. I am attached by the hip, literally and figuratively, to a (de) vice, and I am a device to an economy that never seems to stop taking, even when it seems I have nothing left to give. Our world spins faster and faster, and I know I ought to slow down, but that is not the way of the world.

How can reconciliation be possible in a world like this? We’ve been taught to keep going and to never slow down, but reconciliation and restoration require slowing down. We need to listen, and, in this context, to listen means simply to be present with the misery and sorrow of another person’s hurt, and to recognise how we (or our ancestors) are already implicit in it. This is an uncomfortable state that goes against the spinning of the world. We are comfortable taking action—offering advice, giving consolation, trying to somehow make the hurt we hear disappear. However, the kind of listening that reconciliation requires is a humble, quiet type, a type of listening that demands we shut up and slow down.

And so I lament...

I lament because I like to talk and talk and talk.  
I lament because I don’t know how to slow down.  
I lament because I can’t keep my own pride at bay.  
I lament because I live too comfortably to understand suffering.  
I lament because my privilege invisibly pushes others down.  
I lament because [corporate] colonialism persists and prospers.  
I lament because my money is stamped with the image of Caesar.  
I lament because I live, love, and breathe on stolen land.

I lament because all of these things can prevent me and many other Christians from being agents of reconciliation in our country, let alone the world. For that reason, Indigenous peoples across this land (and many other lands) continue to suffer the burden of colonialism, sexism, racism, and other forms of oppression.

I have hope that the Lord is whittling away at the logs in my eyes, slowly but surely, and that soon my lament will turn into songs of joy and celebrations of dance; but while I wait, I will choose to lament, repent, and let grace refine and reshape me into the quiet, patient and humble man I was made to be.



# “A Trip Down the Hall”

STACIE HURST

The past few weeks have been kind of hectic. I quit my job, got a new one, terminated my lease, signed another one, rethought my plans for next year, rethought my plans for life, and spent the weekend in the emergency room while my mom had surgery. And I almost missed my bus on presentation day. And it was cold. Where—I rather poetically wondered—was the sun? As I was walking into school with my sisters one day, I saw Katelyn. Tall, with dark, curly hair and a perpetual smile, she said hello in that wispy, other-worldly voice of hers, teasing my sisters and I for looking so cute walking side-by-side. Katelyn and I used to work out in the gym last semester. She taught me how to use the equipment and we mutually encouraged each other to keep going (well, in truth, she was always encouraging me.) Moving down the hall, we came across Bethany, an unpredictable mixture of child-like enthusiasm and open-hearted friendliness. Today Bethany was holding a giant, see-through umbrella with numerous strands of light blue streamers hanging over the edges. She was, in her estimation—and I quite agreed—a jelly fish, and I thought she ought to win some kind of campus award for her costume. Then there’s Naomi. Short, friendly, and easy-going, Naomi says things are “grand” when the rest of us would simply call them “great.” I think that’s grand. Later, I run into Sheri (who wants to know if I’ll join her in the mature student lounge because nobody else is there and it’s actually quiet!), Liz (who wants to know how my day is and if my little sister is planning on going to the gym later, because if so, then she’ll join her for a run), and Jean-Pierre (who I never really talk to, but he looks exactly like an authentic French waiter, and has a way of being in everybody’s classes). Jasmine’s a little further down; we compare notes about the latest history book we have to read (the first part’s a little dull, but it picks up after the guy gets poisoned). On Wednesdays I’m sure to run into Alisha, the world’s sweetest cafeteria worker and unofficial councillor who always helps me and my sister find gluten-free options during communal meals. And then there’s Rachel from my British Lit class last semester, who has really stylish bangs and always smiles at me, and the bookstore ladies whose names I will never know but they write the cutest advertisements for their week-long sales!, and the IT guy who makes every computer upgrade sound like Armageddon. (I’ve never seen the IT guy personally, but I am assured that he exists. Sources place his location somewhere deep within the library’s interior.) Jamin’s behind the counter at Refresh, which is good because I hear a really well-made Jamin sandwich (he has his own sandwich!) is hard to come by. I hope I have my own sandwich one day..... Dr. Bowen passes me in the hall, smiling. How clever of Redeemer to procure an authentically British person to teach authentic British literature! Having thoroughly enjoyed her class last semester (The British Novel), I personally approve of this. Others pass me in the hall and I feel sure I’ve seen most of them before. I know some of their names, but sometimes I just know their faces. Regardless, today I realize I’m a part of something—a stream of people flowing in and out of classrooms, down the halls, in and out of doors, and around the campus. The past few weeks have been a little stressful. But today I’m feeling different, and I think—rather poetically—that the sun’s beginning to come out.



# Just Remember: My Perspective on Mental Illness and its Stigma

AMELIA BOWES

What I am about to express here has taken up a big chunk of my heart for about two years. When I started my first year of university, I was looking forward to making new friends, going to bed whenever I felt like it, and blossoming into the sophisticated member of society I was destined to be. Instead, there were days I skipped class and any form of socialization in favour of ruminating over every possible thought I had to the point of vomiting. I was sad, anxious, and the fact that what I was feeling was literally debilitating left no doubt in my mind that I was sick. Now, the reaction that one normally expects when they are sick—care, compassion, and concern—is not what I received. I instead felt looked down upon, misunderstood, and in some cases outright ignored. My depression and anxiety did not manifest themselves in physical ways, which meant my torment was primarily mental. What I was experiencing was stigma. Mental illness, just like any other illness, is a diagnosable condition that requires treatment and medical care. And,

just like any other illness, the person dealing with it often has no control over its symptoms. However, the pain that mental illness causes is not tangible or easy to see, and therefore people often do not know how to react, and become frightened. This then creates the label of “you are your illness” which quickly translates into lay man’s terms of “crazy” and “psycho.” Obviously, this causes the mentally ill person to feel isolated and unloved, and can unfortunately even lead to suicide. What is to be done about this? Well, the most important thing to realize when someone close to you is suffering from a mental illness is that they have not suddenly transformed into someone or something else. If a person has a broken leg or the flu, they don’t suddenly become “the cripple” or “the bacteria infested hotbed” do they? No. They are sick; it is really just as simple as that. If someone in my school community had recognized me as Amelia instead of just “depression,” my recovery probably would have been a bit less painful. That being said though, I don’t mean that you are supposed to “fix” your loved one. This may sound cliché

but “I love you, you’re going to get through this” says much more than any pep talk or amateur diagnosis. All that really matters is you being there, and recognizing that this person’s dreams, passions, and memories are still there; they just need to find their way back to them. I guess the point that I am really trying to drive home with this is to remember. Remember that we as human beings are multi-faceted, and not one of us is defined by one thing. Remember that your best friend who has just been diagnosed with generalized anxiety disorder is still the person you talked for two hours on the phone with after your first kiss in middle school. Your neighbour who has been hospitalized for schizophrenia still paid you to pull weeds out of their front garden when you were eleven. Your first grade teacher who is having a nervous breakdown still gave you half an hour longer for snack time in the afternoon. Remember. Remember, and love



# Christians in Multi-Level Markets

JOEL VOTH



What is a Multi-Level Market and should Christians be embracing this Marketing strategy?

Multi-Level marketing is a business model in which a distributing network is needed to build and help the business grow. Many Christians are being faced with the opportunity of joining these businesses. These businesses are claiming financial freedom, financial security, and a purpose to life. Christians that are joining are trying to sell and convince other of this liberating financial freedom but in reality they are trapping themselves. These companies promise financial security for you and for your future. However they are enslaving you and trapping you. There is only one place to put your trust in for the future and that is God.

There are four main principles of a Multi-Level Market that makes this market strategy possible are. The first one is greed, the second is a desire to accumulate wealth and earthly possessions, thirdly a system that is run completely off of the drive of greed, and lastly a mindset that encourages you to view every friend or family member as a possible sale. It should be very clear to Christians that these four main principles are unethical and wrong. However Multi-Level Companies often appear to be the means that the Lord is providing for his People who are finding themselves in financial trouble. God wants his children to prosper and be blessed, however looking at these four main principles and you will have to decide what God’s will is for you. When a Multi-Level sales representative meets with you they do not immediately try to sell you a product. Instead they use a tool to convert you, the same tool that worked on them, and that is the tool of greed. They will talk to

you and ask you questions whether you have a stable job and whether you can pay bills. They talk to you about what you want to buy and collect. What earthly possessions that you can build up on earth. They make you think about what you could have but at that time what you do not have. The most powerful thing that drives the concept of a Multi-Level Market is greed. James 4:2 “You adulterers and adulteresses, do you not know that friendship with the world is to make enemies with God? Whoever therefore will be a friend of the world is an enemy of God” The way this market succeeds is the desire to make money fast and easily. There is no such thing as easily made money, so this should be a huge warning sign that there is something very wrong. The company will tell grand stories how someone made over a million dollars in a short few years. No legitimate company can promise you those gains with no special gift or abilities. Proverbs. 28:20 “A faithful man will abound with blessings, but he who hastens to be rich will not go unpunished”

A good product does not need something like Multi-Level Market, but greedy men and women need a Multi-level Market. Financial debt is a huge responsibility that people carry and a lot of students who carry it as well. When we are under pressure financial or not. We need to turn to Jesus for strength and not for a quick fix to the issue. We need to put our trust in our Lord and savior. Please be very careful and cautious in choosing what companies you join. Before jumping into anything pray for guidance and wisdom. Deuteronomy 31:6 “Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you.”



# Malaysian Flight 370: Who’s to Blame?

MATTHEW BOKMA

“All right, good night,” were the last words spoken by co-pilot Kuala before the crucial signalling system of the Boeing 777-200 had stopped transmitting signals. Carrying 227 passengers and 12 crew members, the Malaysian Flight 370 lost contact with air traffic control about 40 minutes after take-off on March 8.

The question everyone is asking concerns the cause of the communication malfunction and the plane’s misdirection. Officials speculate that it is either a technical malfunction or a terrorist hijacking, and that there are few reasons for why the pilots were likely to be involved.

First, when asked whether the communication was cut off before the co-pilot’s last words, the Malaysian defence minister Hishammuddin Hussein remarked: “Yes, it was disabled before.”

Second, the sheer complexity of the feat suggests that experienced pilots must have been involved. The flight path was diverted thousands of miles from its planned route with a

duration of four hours. Furthermore, given the dramatic ascent to 43,100 feet along with a sharp, uneven decline to an altitude of 23,00 feet, it is likely that in order to perform such manoeuvres, a deliberate act on behalf of aviation professionals occurred. Professor Turkoglu, a senior lecturer in aeronautical engineering at City University London, states the following: “It is extremely difficult for an aircraft to physically, however heavy it might be, to free fall.”

Third, it is unlikely that the pilots could have missed the warning signals that indicate the communication malfunction. “I think they would certainly notice it,” Professor Turkoglu remarks, “if the Acars [Aircraft Communications Addressing and Reporting System] systems failure or downgrading would be alerted, the crew would be alerted.”

Evidence is not sufficient to determine whether or not the pilots’ involvement was performed willingly or under coercion. Given the sequence of events, they cannot rule out the opinion that the pilots disabled the Acars and diverted the flight-path deliberately. However, if the pilots were to be coerced by terrorists, than it must be assumed that the terrorists hijacked the plane in a remarkable time of 26

minutes of flight.

The FBI investigated two Iranian suspects who were travelling on the plane with stolen passports. However after a number of investigations into the lives of these two men which including extensive interviews with their respective family members, the FBI have concluded that the suspects are more likely to be smugglers—not terrorists.

Although, according to Professor Turkoglu, “there is an argument that something, somebody, who has the expertise, had something planned,” Malaysian authorities have not singled out either the crew, pilots, engineers, or any of the passengers as being responsible.

Regarding the location of the plane, “the whole world is looking for it,” says CNN headlines. Currently, 11 countries are scoping out approximately 10,000 miles in diameter—an area spanning a vast area that includes the Indian Ocean and the terrain of Central Asia. According to Cmdr. William Marks, a spokesman for the United States navy Seventh Fleet, the search is “like looking for a person somewhere between New York and California. It’s that big.”



# Bursting the “Redeemer Bubble”



JARRAD SAARLOS

During my time at Redeemer, I have come across a number of myths and stereotypes about Christian higher education. Some are relatively harmless, such as the notion of a Dutch Reformed school, the constant discussion of worldview in class, as well as countless games of Euchre, Dutch Blitz, and Settlers. But perhaps one of the most vexing myths I’ve come across is the perception that Redeemer students are helplessly caught inside a Christian “bubble” which has disabled us from interacting with the culture around us. Many believe that this “Redeemer Bubble” has sheltered us and hampered our apologetic efforts within our culture. I have heard countless times in discussions around campus that living within an atmosphere such as this has caused us to grow complacent and comfortable. We are quick to blame Redeemer for failing to challenge us in our Christian walk and nurturing this feeling in us.

However, I believe that it is actually the other way around and that we are instead using this misconception as a

means of justifying our own complacency. We are content to sit on the sidelines and complain, but we fail to recognize that we ourselves are a large part of it. Rather than throwing the blame on Redeemer and the apparent Christian “bubble,” we should rightfully take some of the responsibility ourselves. We have been given plenty of opportunities while on campus to participate in our culture (the Apologetics Club, Deedz, and various inner-city mission trips to name a few), and we so often fail to recognize their efforts in a manner that they deserve.

Redeemer has blessed us enormously as a place that we can use as our landing ground. Here, we have the opportunity to widen our views rather than narrow them. In all of our classes, we are challenged to look outside of the box and to understand views other than our own. In doing so, we are preparing ourselves to experience the real world while still having a place where we can openly discuss our faith and have the opportunity to go deeper into what it truly means to be a Christian in a secular world. Having a Christian perspective on various disciplines is encouraged and nurtured, giving us the foundations we need to encounter

our mission field.

As Christians, we are constantly given the chance to interact with the culture around us. It is highly improbable for Christians to live without encountering any non-Christians. My time at Redeemer has widened my worldview and given me the experience of learning the views of many while still having a grounded faith. The opportunities are out there, we just need to go seek them. This is where our mission lies.

Redeemer’s mission statement is: “To be internationally engaged as an excellent liberal arts & sciences university that is unabashedly Christ-centred and prepares students to reflect a distinctive worldview in any vocation and place they are called.” Our instructors and extra-curricular activities have provided the framework; now the choice is ours to take that knowledge and experience and further His kingdom, or sit on the sidelines and blame our “bubble” for not giving us proper exposure. It is our choice to make.

# AOTM: Sleepbot

JORDON BOKMA

Getting your eight hours of sleep every night? Let’s not kid ourselves. University students get on average 7 hours or less. With exams coming up, sleep is more crucial than ever. I present “Sleepbot.” Sleepbot is an app that will monitor your sleep patterns, keeping track of your REM (Rapid Eye Movement) cycle. It’s a stage of sleep that is deeply necessary for you to wake up restful. Don’t get me wrong when I say that the number of hours of sleep count, but another factor in a goodnight’s rest is the quality of your sleep cycles. Sleepbot (along with a slew of other apps) have a smart alarm clock feature that will sound off just as you are about to exit REM sleep. Studies have shown that waking up in the middle of REM sleep can cause grogginess and fatigue throughout the day. How does it do this? You simply place your phone on your bed (plugged in so it won’t die), and go to sleep. It will track motion and even record your mumbling if you sleep talk. Aside from being useful, you will get a kick out of your midnight antics. Do yourself a favour and try it out. As for me, it replaced my alarm clock on my phone. Try it out on both iOS and Android.







# Thank you from the Hockey Team

BRANDON RICHARDSON

The Redeemer Royals men’s hockey team took on the McMaster Marauders in a double header last week (Thursday and Friday), the games drew many fans from Redeemer and lived up to their hype. The Royals lost their first match up and won their second. This was the second set of match-ups between the two teams this year; the rivalry was certainly evident as both teams came out hard.

McMaster was clearly the better team in the first game in this ‘Battle for the Mountain’ series as they quickly went up on the Royals 3-1 before the second period was over. This was the first game of the season that the team had played in front of its home crowd and the nervousness was evident throughout the entire game. For a while it seemed that the Royals might make a game of it but after the Marauder’s netted a few more, leaving the Royal’s at a 6-3 deficit, the

team seemed to give up hope. A last minute decision to pull the goalie resulted in a 7-3 final in favour of McMaster.

Clearly determined to reflect the success the Royal’s hockey team had experienced all year, the Royals came out stronger in the second match up on the Friday night. Not only did the team look less sloppy but they began playing as a team. In contrast to the previous night, rather than the Royals playing catch up, the Marauders were the ones chasing for the win. Once again the ‘Loyal Royals’ showed up in packs encouraging the team as they outplayed the Marauders all game. Due to a few sloppy shifts in the third period the Marauders were able to make their way back into the game as they tied it up 4-4. This is how the game ended but the Royals were able to prove what they set out to do; they too are reflective of the Royal success we have seen all year across Redeemer sports.

Honourable mentions in the men’s hockey game are owed

to the big saves of Justin Scholman and William Faber; often their stops were the game savers (literally). Strong defense was seen by the young pairing of Brad Kerkhof and Kurtis Devries while the offensive prowess of defense Wayne Otten was a continual threat to the Marauders. Lewis Tuininga, Andrew Bradica and Josh Elgeti were able to also add to the offensive strength of the Royals. The men’s hockey team would like to thank all of the fans who attended the games it meant a lot to our team and also showed the McMaster team the strength behind our Athletic program, consistent support. The result of a very successful season has now left the Royals ranked 4th overall going into the final OCCCR provincial hockey championships. The tournament runs this Thursday to Friday in Brantford at the Wayne Gretzky Sports Centre. The hockey team would love to invite you to make the short 20 min drive to support us in our final tournament of the year, stay tuned for updates posted around the school.



PETER REID

Redeemer’s Owen Kurvits finished in 4th place on March 1st at the 2013-2014 CCAA National Badminton Championships. Kurvits advanced to the CCAA Bronze Medal Match but fell to Humber College’s Ryan Chow 2-0.

The Royals tied for their best finishes ever at a National Championship and it was their first appearance at a Championship in Badminton. Kurvits was in the running to secure Redeemer’s first CCAA medal in the school’s history but Chow was looking for payback from the OCAA Provincial Championship, in which Kurvits defeated him in the gold medal match.

Game scores were 21-18 and 21-13.

Kurvits advanced to the National Championships by winning Redeemer’s first ever Gold medal at the Provincial Championships in February.

Kurvits moved on to the CCAA Bronze medal match after finishing 2-3 in the round robin portion of the event and in 4th place overall. Kurvits matched up against the #1 seed Lei Chen from Alberta in the semi-final and was defeated 2-0 (21-17, 21-13) dropping Owen into the Bronze Medal Match.

Redeemer Royals head coach and OCAA Coach of the Year Benno Kurvits commented, “We have no regrets. Owen played really well today. Ryan (Chow) just found a way to play better.”

Redeemer’s other top finish at a National Championship belongs to Cross Country runner Jakob VanDorp. VanDorp had a 4th-place finish at the Cross Country National Championships. The 2013-2014 CCAA Badminton Championships are being held in Alberta and hosted by NAIT College. Full Standings, schedules, and up-to-date scores can be found at <http://www.ccaa.ca/results-standings-s15585>

# Men’s Indoor Team Advances

PETER REID

The Redeemer Royals Men’s Indoor Soccer team has qualified for the OCAA Provincial Championships. The Royals went 1-1-1 in their 3 Regional Championship games which slotted them in 2nd place overall in their very tough pool. The OCAA Provincial Championships are being hosted by Redeemer University College on March 21-22.

The Royals fell to St. Clair in their first game of the day 3-1. In their second match, Redeemer came back from a 1-0 deficit to win against Fanshawe College 2-1. In their third and final game, the Royals tied the George Brown Huskies 1-1.

St. Clair College finished 1st in the pool and will also advance to the Provincial Championships.

The Lady Royals finished their day with a 2-2 tie against the Durham Lords but failed to advance to this years Provincial Championships. The Royals lost their first match 1-0 against the St. Clair Saints and their second match to the Centennial Colts 3-0.

The Centennial Colts finished 1st in the pool with St. Clair finishing 2nd. Both teams advance to the Championships.

The 8 teams participating in the Men’s Championships are the Sheridan Bruins, Humber Hawks, Redeemer Royals, Seneca Sting, Georgian Grizzlies, Centennial Colts, St. Clair Saints, and Conestoga Condors.

The 8 teams participating in the Women’s Championships are the Humber Hawks, Fanshawe Falcons, St. Clair Saints, Sheridan Bruins, Georgian Grizzlies, Seneca Sting, Centennial Colts, and Conestoga Condors.







## EYES WIDE SHUT



SYD HIELEMA

“A man was going down from Jerusalem to Jericho, when he was attacked by robbers. They stripped him of his clothes, beat him and went away, leaving him half dead. A priest happened to be going down the same road, and when he saw the man, he passed by on the other side. So too, a Levite, when he came to the place and saw him, passed by on the other side. But a Samaritan, as he traveled, came where the man was; and when he saw him, he took pity on him. He went to him and bandaged his wounds, pouring on oil and wine. Then he put the man on his own donkey, brought him to an inn and took care of him” (Luke 10: 30-34).

“I’m too busy doing God’s work for God to do His work in me” (attributed to Bill Hybels). Sometimes “religion” can be the enemy of “faith.” Sometimes; but we need to be careful when we try to understand this. (Many of you are familiar with Jefferson Bethke who spoke on campus last fall and became famous with his “spoken word” on the “Jesus vs. religion” theme: <https://www.youtube.com/watch?v=1IAhDGYlpqY>)

What’s the difference between religion and faith?

True faith opens our eyes to see the heart of God, and this seeing leads to a surrendered life shaped by the Father’s heartbeat.

Religion is the necessary and crucial effort to give shape to that heartbeat, shape that includes doctrines, lifestyle guidelines, and community structures (like churches and Christian universities). Religion is a servant that supports the surrendered life of faith. But sometimes religious practices become masters that enslave instead of servants that liberate. True faith opens our eyes to see the world as our Father sees it. When religion acts as a master, it blinds us, so that we walk with “eyes wide shut.”

That’s what happened to the priest and the Levite in the well-known Good Samaritan parable. They were important people who carried on crucial religious duties. They knew that if they touched a dead body, the law would disqualify them from carrying out

their responsibilities until they had carried out complex cleansing rituals. They didn’t know if the man on the road was dead or alive, but finding out would require touching him, and that was too risky. So they gave him a wide berth.

They walked with eyes wide shut, blinded because they idolized religious practice. Last night at Church in the Box Jane Sinden reflected on some of the blind spots in her life that she came to recognize and repent of: athletic performance, physical appearance, clothing, and more. Her testimony reminded us that not only religious practices can serve as blinding idols in our lives, but many others things can as well.

Lent is a good time for self-examination: invite the Lord to reveal your blind spots to you, just as David did: “Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting” (Ps. 139: 23-24).

## I was a Mediocre Christian and this is why I grew to Love my Faith

ERIKA WEBER

If you haven’t read the blog article “I was a Hardcore Christian and this is Why I Lost my Faith” by Jessie Golem, I suggest you do. If you are even remotely serious about defending your faith, this article is a great sample of the world’s ideology. For those who haven’t heard of this article, it has been published in a number of online newspapers and the writer has been interviewed on a Victoria, BC, radio station. This shows how deeply the world thrives on the deceit of Satan. In essence, the writer, a young woman I had coffee with a little over a year ago, writes about being raised in a Christian school and church, her witness to the hypocrisy in many churches, and the experience of deep pain in her life through abuse and intolerance. She concludes that God either has abandoned her, or that He does not exist—the latter being easier to swallow, for her.

Golem claims that if God is good, why didn’t He swoop in and save the day when she was being assaulted, or why didn’t he cleanse the church of sinners? The answer is because He loves us. Crazy, right? To love means to desire the good of another. Since we were made to love, the height of our being is when we freely love, when we choose another over ourselves, by an act of the will. Is love love without freedom? Absolutely not; then it is robotic slavery. We, as a species, chose to deny Him, to take our own way.

“The church is for hypocrites;” my youth pastor said these words as we discussed what Golem had written. (If you

have read the article, this is the same guitar-strumming youth pastor who went to school singing feel-good Christian songs.) As we mulled over the words he had just declared, it was clear that the Church is not for those who are already righteous, those who are already cleansed of sin, those whose ways are completely straight. NO. The Church is for those who fall daily, who need redemption from their current sinfulness, who are broken in the very depths of their being. Why would anyone go to Church if they were already perfect?

“Time doesn’t heal, Jesus does.” I sat in that church staring at this young woman who was bravely speaking of when her father died in her arms. She spoke these words over us: “time doesn’t heal, Jesus does.” This woman had experienced such deep grief, yet had turned to the arms of Christ.

As a Catholic who has witnessed the hypocrisy in the church, and as a member of the broken body of Christ where I mourn my sister’s eating disorder and suicidal depression, where I hold the hand of my Agnostic brother, where I look in the eyes of my porn-addicted friend, where I fight daily for the three hundred children who were ripped to pieces by abortion today, how could I not lose my faith? The answer is because of love. Love is seen in four ways: to give and to be given, to accept and to be accepted, to know and to be known, and to forgive and to be forgiven. God

gave us the gift of freedom, the ability to choose and reject Him, and it is in that gift, that love, that He finds His greatest joys and His deepest sorrows. The very fact that we, as a species, can love primarily blows my mind to pieces, and then reassures me of my deepest convictions. The holy people of this world have experienced the deepest kinds of pain, rejection, and sorrow. What have they done in the face of this? Been convinced that God mustn’t love them? Decided that God does not exist? Turned to their self for help out of their distress? No, the holy people of this world have turned to God in their brokenness and asked for His help. Yet, they did not stop there. No, they continued and were more dedicated than ever to bringing the Gospel to the world and to fighting for the Kingdom of Mercy.

One drop of Jesus blood could have saved him from an eternity of pain, despair, and loneliness. Is Hitler in Heaven? This I do not know, but I do know that it is not impossible. It would have taken only one drop in the ocean of mercy to cleanse his sin, though.

That same young woman mentioned above who had lost her father declared over us; “when I thought God wasn’t there, when I felt alone, abandoned, when I felt like God wasn’t speaking to me, He was quietly answering my prayers, I just couldn’t hear Him over the sound of my own fear.”



# THE CROWN

## Chunky Monkey Smoothie



EMMA RICHARDSON

Although the name insinuates that this smoothie is anything but good for you, the truth is the exact opposite! If you are looking for a post-workout smoothie that fills you up and is packed with protein, I highly recommend you try the Chunky Monkey! It tastes like a banana split with chocolate ice cream and peanuts on top; now who doesn't want that!? This is quick and easy to make—a perfect breakfast, lunch, or afternoon pick me up!

Ingredients

- 1 banana
- 1 tbsp peanut butter
- 1 cup chocolate milk
- 1 cup ice

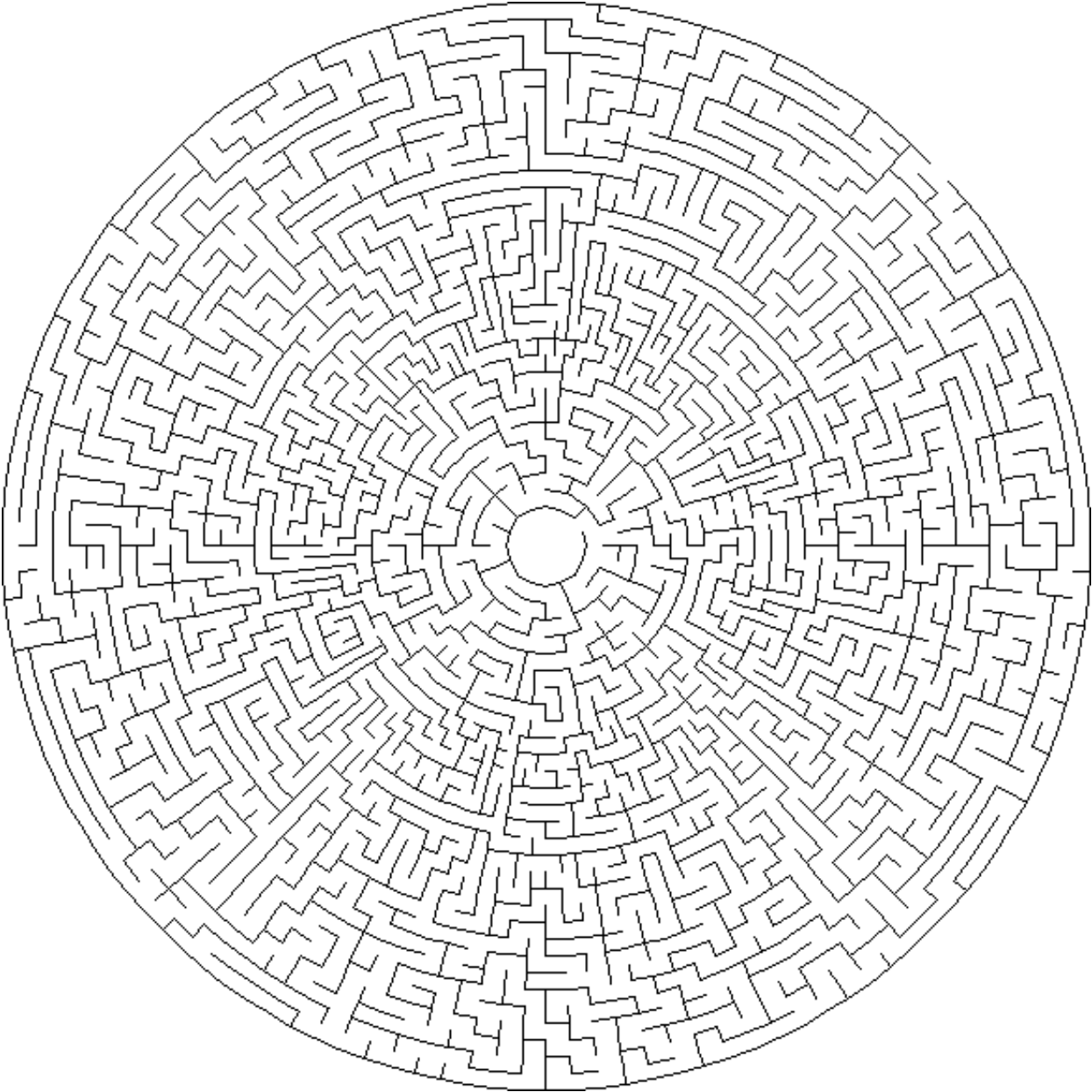
Simply throw all of the ingredients into your blender and mix for about thirty seconds. This recipe makes enough for two people so you can share with a friend! If you want added protein, try adding some protein powder to the mix. Enjoy this (alongside exercise) and you'll be anything but a chunky monkey.

Enjoy!

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