

THE CROWN

REDEEMER'S STUDENT VOICE SINCE 1983

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SEPTEMBER 2013

THECROWN.CA

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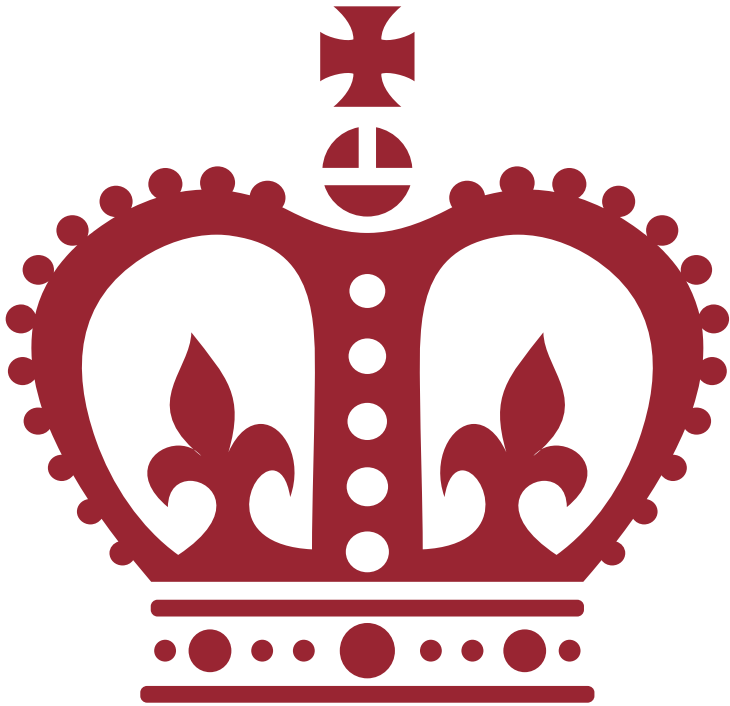
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Save the Date

24/7 Prayer Week – Sept. 25 – Oct. 2

Cross Country Redeemer Invitational – September 28

Hamilton Bulldogs Home Opener – October 11

Art Crawl – October 11

Hamilton Tiger Cats vs. Toronto Argonauts – October 14

Thanksgiving (NO CLASSES) – October 14

Coffee House – October 17

Sibling Weekend – October 18-20

Church-in-the-Box – October 20

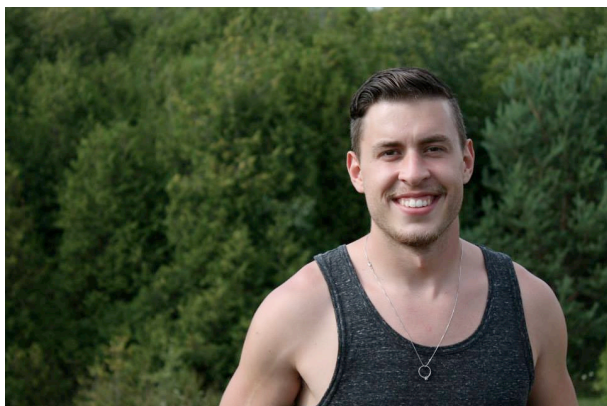
Reading Break – October 24-27

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Leditor: Frustration with New Beginnings



BRANDON RICHARDSON

In this issue of The Crown we focus on “Getting the Most out of Your Year.” At The Crown, we know what it is like to set out afresh. Sometimes starting out new can be discouraging and even frustrating. It can cause us to question our decision to get involved with the new chapter in our lives and perhaps even cause us to resent some aspects of our situation.

The Crown is not a stranger to these feelings that come with new beginnings; most of The Crown this year is comprised of new members and along with learning our new positions we stayed up until 1 a.m. last night putting the final touches on this paper. Many of us were pushed to the edge and probably questioning whether this stress would continue throughout the year. With computers freezing, production expectations bombing and new skills being developed, it would be silly to ignore the fact that The Crown has been faced with its first challenge of the year.

It would be equally as silly to only focus on the challenges we have faced thus far. With a host of new employees, The Crown has seen its greatest surge of creativity in a long time and anticipation looms within our tiny office as we look ahead to the coming year. We have plans to unroll a host of new formats for The Crown as we try to serve the Redeemer Community better. We are also attempting to create more cohesiveness within each issue of The Crown to foster a more enjoyable read for you the reader. With more ideas like this we have a lot to be excited for.

When faced with something new - a change – that brings challenges we stand at the crossroads of a decision. At these crossroads we have a choice that coincides with perspective; we can either stay the course dwelling on those negative things that create a growth of dissatisfaction in us or look to the positive and more rewarding aspects of the circumstance at hand.

Think Different, Apple’s motto, can speak a lot to this issue of choice, and for us it would mean not taking the easy route, the negative route, the route that is amplified so often in our culture. Thinking different in many ways, is something Christ has exemplified for us; “a new way to be human.” At The Crown we are excited to unroll some new initiatives later this year but this will require us to push past the challenges we have already faced. As we focus on excellence and innovation we choose to run past the hurdles that have already crept up on us. Think different this year, choose to see things from a different light as you begin your semester, it will most certainly help you as you carry on in this season that God has called you to.

As our gift to you we have attempted to tailor this issue of The Crown in a way that will help you get off to a good start this year at Redeemer.

God bless.

Humble Hero Sept 2013: Laura Carmichael



**LAURA HEMING
REPORTER**

She is the smiling face walking down the hall, chipper and genuine. She is humble and ready to talk with anyone. She is empathetic, and has the greatest heart for people, specifically the Redeemer campus. Laura Carmichael is Redeemer’s Residence Director, and one of the friendliest women you will ever meet. She is willing to help anyone at the drop of a hat. When you are having a bad day she is ready to put aside her own plans to talk with you

She makes great cookies, and always has cupboard full of tea, which speaks to her hospitality. Laura cares about her RA’s as people as well as RA’s in their job. She’s wise and invests in people fully. Her humble attitude and constant smile can light up any room. She is witty and wise and is genuine in spirit

RLF, Luke McKee said, “Laura Carmichael’s selfless attitude has been reflected clearly in the on campus community. Her tireless efforts for this community are inspiring and have made an incredible impact. Laura is a true hero in that she has dedicated herself to serving others and helping people draw closer in their relationship with Christ.

Thank you Laura for your investment in the Redeemer community, and putting your whole heart into everything you do here. The campus wouldn’t be the same without your innovative ideas and heart for genuine community. You are deeply appreciated here.

(Early Church History) “There are two EVER distinct words in Greek that read ‘tradition’ and ‘teaching’. You would have to be high on vodka not to notice the difference.” -Professor Peyton

“There must be something written on my forehead that says, ‘Hi, I’m a therapist. Come talk to me.’” -Professor Irwin

“Everyone has the right to learn something, except for Christians. We should know this stuff. It should be dyed into our bones.” -Professor Bates

“I can take some liberties because I am retired; I’ve passed my best before date.” -Professor Vriend

“We are basically going to get pregnant and give birth in one class.” -Professor Irwin

“Now who of you has ever murdered someone? Oh! Ah! Why is my hand up?!” - Professor Koyzis

p-ROFL Quotes

Proving the Existence of God: Apologetics Club

PJ BUYS

As the leader and founder of the Redeemer Christian Apologetics Club, my hope and goal in starting this club was to spark an interest for evangelism and apologetics amongst the uninformed or unaware members of the Redeemer community. I am not sure what the general thought on campus is about the club, nor am I generally concerned, but I wanted to clear something up before I launch into the material. I have come to see at Redeemer that the term ‘Apologetics’ is a big word that tends to scare a lot of people away right from the get go. I have heard people say; “I am not a philosophy major, or a thinker, and I am not good with that stuff. I don’t think I should go; it isn’t my thing.”

To quickly explain, apologetics is nothing more than giving a defence of the Christian faith using logic, reason, and/or experience. Apologetics is demonstrating the truth of Christianity and the personal God’s existence to non-believers. There are many searching people who have tough questions or personal struggles on how they can actually know that there is a God who loves them. When people have tough questions like, ‘Why is there so much suffering in the world?’ or “hasn’t science disproven the existence of God?” apologetics is the word used to describe the possible answers you would give to a non-believer. We are all apologists to some extent (or, at least we all should be).

Apologetics is not something for some Christians only, but for all believers. If we want to be faithful in our attempt to reach out to a lost world, we will naturally come against opposition. The Apologetics club is not a club where the ‘smart’ kids go, but for the average Christian who struggles and wrestles with tough questions. Like how Jesus said Christianity is for the broken and sinful, and not for the healthy and righteous (Mark 2:17), the Apologetics club is made for those of us who don’t know all the answers to tough questions.

If you want to live for Christ you will be challenged, and even persecuted. Being a good and informed apologist will help you through the challenges, persecution, and even suffering. Quickly, I will share this. My background and home life is very different than Redeemer. The hockey rink that I grew up in was very antagonistic towards Christianity or God in general. The street can also be a tough place to witness. There has been many times where I have been surrounded by gang members or hockey players that are ten times stronger than me, and the pressure was on in terms of tough questions and tension. But, you know what helped me out and continues to help me out tremendously every day when I come across situations like this? Apologetics! It is a God honouring pursuit. Apologetics will give you respect so that people will know you aren’t just a Christian because you “feel” like it is right, and you will be able to deliver the gospel across with the added power of reason behind you.

Now, with that being said, I will give you one very easy and simple “proof” for God’s existence that you can use anywhere at any time; no matter where you find yourself. To begin, consider this situation. You are walking down the street, and you are repping a T-shirt that says “I LOVE JESUS” on the front, or, perhaps a T-Shirt that has a Christian pick up line on the front with a picture of Ryan Gosling in the background. As you are walking, a person wearing a shirt that says, “God doesn’t exist” comes up to you and says, “you’re a Christian? That is stupid. God doesn’t even exist!” After insulting your cool T-shirt, the atheist demands one simple reason why you think God exists. You are on the spot, in the street, and you don’t know what to do. Here is a simple answer that you can give that is easy to remember, and is more than just “because the Bible says so.” The proof is based on this syllogism.

- 1) Everything that begins to exist has a cause.
- 2) The universe began to exist.
- 3) Therefore, the universe has a cause.

Now, don’t worry about remembering this syllogism. It is too difficult, you will forget it, and nobody will really care either. So here is what you do. If you want to give a simple argument for God’s existence, try this. First, get a simple object around you, or point out an object within your sight. I usually go with something that I am familiar with; a hockey puck.

Now, once you have your object, you pose this. Did the object create itself, or have something or someone else that created it? Now, the obvious and clear answer is that everything around you, whether it is a ball, or a cup, did not create itself, but was created/caused by something else.

The hockey puck did not randomly come into existence all of a sudden from nowhere. The hockey puck did not create itself, nor do chairs, trees, or anything else around you. Throw that undeniable fact out there first. Then, go to step two. It is quite difficult to deny that a hockey puck is a created object. Continue the same logic through, but, in this instance, consider the entire universe. In the same way that the hockey puck was created by something or someone else and did not come into existence on its own, the universe did not come into existence on its own either, but required something or someone to create it. You see, the universe is very big, and very complicated. The universe is much more complicated than a hockey puck. So, based on your original simple point that a hockey puck does not create itself, but comes from something else, the universe as well did not create itself, but required something or someone who created it. In order for the person posing the question to you to refute your logic on the second argument about the universe, he/she must deny the logic about your first reference, which is your simple object. Unless that person can somehow demonstrate to you that it is logical to assume that objects like chairs, balls, or pucks can create themselves, you

stand in a very strong position in showing how God actually exists, and that there is something that created everything.

Step 1. Is the hockey puck self created or caused?

Step 2. The hockey puck is not self created but caused.

Step 3. Is the universe self created or caused?

Step 4. The universe is not self created but caused.

Step 5. The universe has a cause, which we call God.

Step 6. Therefore, God exists.

In order for them to deny your conclusion on step 6, they need to deny and refute your point on steps 1 and 2, which will be very difficult for them to do. So, there is your simple demonstration. Like all things that you want to do well in, you need practise. This is the same for apologetics. The more you practice the better you get. So, by using simple logic, a bit of boldness, and some practice, you can effectively prove the existence of God on the street or at home. At the end of the scenario, the atheist should take off their ‘God does not exist’ T-shirt, and join you in wearing a fresh new “I love Jesus” T-shirt as you both walk hand in hand off to the nearest church. Or, if that doesn’t happen, they might be a bit more receptive and interested about what you have to say when you then come in with the gospel. That is more likely.

A Welcome From Senate

DANICA THOMSEN

STUDENT SENATE
PRESIDENT

Hello there! My name is Danica Thomsen and I am the Student Senate President this year. I hope you are having a fantastic first month of the academic year, and that

you have a handle on things already, whether you are a new or returning student.

For those of you that don’t know, Student Senate is Redeemer’s student government organization. We are comprised of thirteen students, and act as a connection between students and administration and provide funding for a variety of clubs and activities, as well as handle the contract with the Redeemer bus system. Our vision is to glorify God through all of our actions, seeking to advance His kingdom and to promote a spirit of service within the student body. If you want to know more about us, check us out at www.redeemer.ca/senate or at facebook.com/RUCStudentSenate, or come check out our weekly meetings every Tuesday at 10pm in room 210!

This past year, Senate has been working hard on a special project, renovating the Recreation Centre! I am very excited to say it was done in my time at Redeemer, because I was told it might not be. If you haven’t been in there yet, I would encourage you to go take a look. We have made some changes to the carpet and paint, as well as leveled out

the floor and taken out part of the second floor, as well as added new windows, thanks to a generous donation from the Board of Governors. My hope is that the Rec Centre this year will become a much more utilized venue for many activities at Redeemer, and that it would be an enjoyable and efficient space for all students.

My vision for Student Senate this year is that we would be active and enthusiastic servants to the student body, being the hands and feet of Christ to you. We are here to make sure you have a lot of fun and spiritual nourishment this year, as well address any concerns you might have. I hope that you will be blessed by the events that we put on as well as the decisions that we make throughout the year. We are all approachable and here to help, and I can definitely say myself that if you have a concern, suggestion, or just need a listening ear, a high five, or even a hug, you can always approach me in the halls and I will be happy to oblige! I want you to know that we care about you personally as well as in an official capacity.

As you transition into this new year, whether you are in your first year or fifth year, I pray that we as Senate will be able to serve you well. Thank you for the opportunity to be your voice this year!



Sighing No More?

LAURA HEMING
REPORTER

Mumford and Sons have decided to take a long-winded break from the band. They announced their band hiatus in Kansas, at the end of their world tour- the tour that had made a stop in Simcoe at the end of August.

The band has no current plans of resuming any time soon- understandable considering the dramatic year that they have undergone with multiple Grammy awards and bassist Ted Dwane’s emergency brain surgery in June.

From their quick success since 2009 with the release of their first full album Sigh No More, the London band has had little time to take a significant break from touring and recording. Having been used to performing in small venues in the UK, adjusting to venues has taken a lot out of them. In a recent interview with Rolling Stone Magazine, Dwane explains this further.

“These shows take a bit more out of us. We have responsibility to be in better form. We can’t be dropping the set every 20 minutes because Marcus has tired legs.”

The ability to be full of energy and ready to engage a crowd of thousands of die-hard fans is an impressive skill that undoubtedly will drain a group. Dwane goes on to explain hopes for the time off.

“I don’t think we’ve had actually much time in the process to be with other people and living a life outside of the band. I think that’s what’s in place at the moment, to do very little – especially when it comes to Mumford & Sons.”

It looks as though the band will be backing away for a while, and taking some time for personal lives, which is a very healthy for both them as a band and for fans. This will certainly allow for the novelty of our favorite indie folk band to not wear off. In the meantime, fans eagerly will await their return as they take time to recuperate, gain some creative inspiration, and spend time doing real people things. We will be here when you’re ready. We will wait we will wait, for you Mumford and Sons.



Sub-Culture Celebration Super Crawl 2013

LAURA HEMING
REPORTER

Roads infested with thousands of people; some artists and some who wish they were. Clipboards from every which way shoved to eye level for the latest social justice mission. Tents on every square inch of the pavement -a local vendors dream weekend. Teen-agers and adults alike dressed up for this apparent hipster Halloween. This was the scene of James Street North the weekend of September 13th.

For those with a lack of interest in the art scene, Super Crawl is an annual festival that takes place on Hamilton’s most rugged and debatably most popular street. It is a time when the dozen coffee and artistic paraphernalia shops are able to attract more than their regulars, and show off the beauty of a city that many would consider dirty. It’s a time of year for those whose roots are planted in this rugged city to show off their gradual progression from the city of steel to the city that makes art out of it.

As years progress, it seems as though art begins to stretch its boundaries. From somewhat traditional things such as classic pottery made by that lady who lived in a boathouse by the Canadian coast for most her life, to that guy who went to OCAD to study modern art and decides to push the envelope with a shocking display of the human condition. Super Crawl undoubtedly was a showcase of these extremes with some mentionable pieces that were bound to catch attention. Some

sights on the memorable list include a woman who had recreated knitted versions of drawings that children had made which was creative and seldom seen. Others include a working carousel made entirely of shopping carts, a life sized spider sculpture made from masking tape, and things on the border line of art- a man covered from head to toe in sheets of paper, moving slowly down the streets, peaking in art gallery windows with a flashlight.

The music talk of the weekend included the much-anticipated performances by Wintersleep on Friday, who was able to draw a good number of fans. The real buzz however was around Saturday’s three more familiar bands. Said the Whale owned the main stage Saturday afternoon with undeniable energy and lead singers who were able to captivate the crowd with their dramatic deliverance of lyrics. Joel Plaskett, an extremely talented CBC Radio artist as always performed a tight and soulful performance. The night ended with indie pop band Passion Pit coming all the way from Massachusetts. These guys were probably to thank for the record-breaking amount of people in attendance that weekend. They were able to end the weekend with essentially hosting a street wide rave.

James Street North created a name for Hamilton, fluently showing off its unique creative character, while also displaying the day-to-day culture of the city to those who don’t have the chance to be apart of it. Despite Super Crawl’s ability to show off

it’s culture through it’s many vintage shops and wide range of food trucks, the event embodied a very exclusive populace, leaving little room for celebrating the cultural diversity of the city. For a free event, there was an obvious lack of the global culture diversity that is most definitely present during an average day’s walk down James Street North or any other busy street in the downtown core. Perhaps Hamilton may consider innovating the event by not solely celebrating one subculture, but rather incorporating the foods, the traditions and the reality of the dozens of other cultural traditions into the festival to show that it takes all kinds to make up the bizarre, cultural brilliance of Hamilton. Despite all of this, James Street was able to brilliantly draw in families, and even those without the slightest care for art, and allow them to appreciate and experience a thriving sub culture through an event that surely had made an impression.



Music Notes

This month, look out for these new album releases...

- Said the Whale, hawaiii available September 17th
- Jack Johnson From Here to Now to You available September 17th
- Scott Orr, A Long Life available September 24th
- Kings of Leon, Mechanical Bull, available September 24th
- Justin Timberlake, The 20/20 Experience Part 2, available September 30th
- Cage the Elephant, Melophobia, available October 8th
- Paul McCartney, New, available October 15th
- The Avett Brothers, Magpie and The Dandelion, October 15th

Upcoming Concerts in Hamilton & Toronto...

- The City Harmonic with Eric Bandon and Jen Budd, September 27th, Redeemer University College
- Hollerado, October 4th, The Casbah, Hamilton
- Brad Paisley, October 17th, Copps Coleseum, Hamilton
- Born Ruffians, October 18th, Dundas Valley Montessori School, Hamilton
- Matt Mays, October 20th, The Pearl Company, Hamilton
- Iron and Wine, September 28th, The Sound Academy, Toronto
- Blitzen Trapper, October 5th, Lee’s, Toronto
- Frightened Rabbit, October 17th, Kool Haus, Toronto
- Noah and the Whale, October 19th, The Sound Academy, Toronto
- Shad, October 19th, Opera House, Toronto
- The Head and the Heart, October 31, Danforth Music Hall, Toronto

Chaplain’s Corner



Syd Hielema

THE TREE OF LIFE: A

“I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.” (John 15.5)

“Just as a body, though one, has many parts, but all its many parts form one body, so it is with Christ.” (I Cor. 12.12)

I love zoos. As a matter of fact, I find a visit to the zoo a devotional exercise. I love to stand quietly and allow my eyes to drink in the most strangely shaped animals: colourful birds, snakes that creep me out, the funniest looking penguins, well, I could go on and on. Bizarre looking creatures like the leafy sea dragon (which seem to blur the line between plant and animal) make me want to laugh

out loud and weep with wonder all at the same time.

Devotional exercise? A zoo gives me a window into the heart of God. He takes such delight in just plain wacky variety! I can hear him in Genesis 1 overlooking all that he has created and declaring his “and it is very good” while laughing out loud with joy.

Do you ever picture God like that?

And then I picture him responding in the same way as he contemplates the incredible variety of people in the kingdom of God.

Some of us are loud and bubbly; some of us are quiet ponderers.

Some of us have deep, clear convictions; some of us doubt often and are easily confused.

Some of us came to know Jesus very recently; others have known him for many years.

No matter what colour or shape our faith comes in, Scripture tells us that “The Lord your God is with you, he is might to save. He will take great delight in you, he will quiet you with his love, he will rejoice over you with singing” (Zeph. 3. 17).

Jesus tells us that he is a vine and we are branches grafted into him. Try to picture this: imagine that Jesus has a thousand different kinds of branches grafted into his vine, branches with differ-

ently coloured and shaped leaves and many kinds of tasty fruit. Botanically, of course, this is impossible. But in God’s kingdom it’s just the normal way things are.

That means that on those days when a voice tells me that I don’t belong, I must declare to that voice, “get behind me, Satan.” And on those days when I have trouble accepting you because you are different than me, I must pray, “forgive me, Lord, for judging others by my standards instead of loving them by yours.”

Students Speak: What is your Favourite Aspect of Redeemer?

Each month we ask students about an aspect of Redeemer. This month we asked: “What is your favourite aspect of Redeemer so far?” Congratulations to Rachel Buys who won this month’s \$25 gift certificate:

Rachel Buys - Luke 12:34 says, “For where your treasure is, there your heart will be also.” Redeemer has become my home, for it is where my faith soared, I discovered more of who I am, and where my hearts lies because of the amazing people. Classes, library binges, power outages and all-nighter studies are so worth it and are even made into good memories at a place like Redeemz that I love so much.

Honourable mentions:

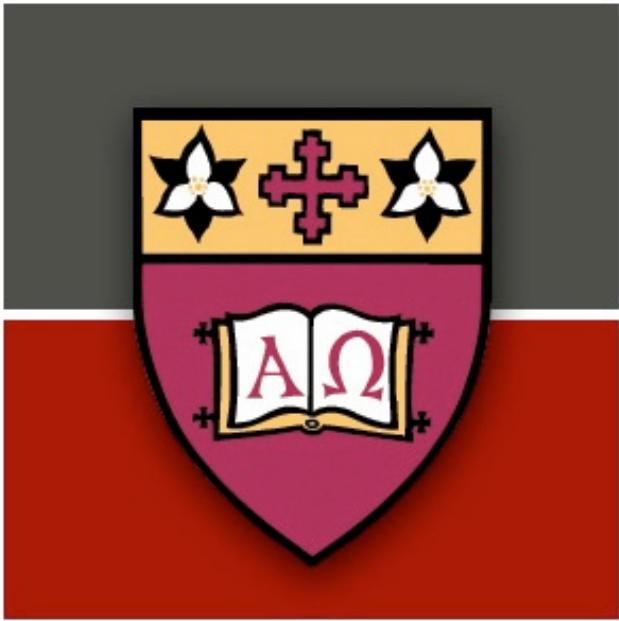
Gillian Boulton - My favorite thing about Redeemer is the closeness of students and Professors. I am able to get the help and attention that I need in order to succeed.

Bethany Frieswick - My favourite thing at Redeemer so far is my dorm mate, Sarah Lim. She says funny things like “totes” and “What’s up?!!!” in a hilarious voice. Sarah eats pizza for breakfast which is also awesome.

Kara Spoelstra - My favourite thing about Redeemer is that God is in everything here on campus. In the way professors talk to their students, how they teach, the way the custodians take the time to learn about their employees, to the way that students themselves treat each other. There is just so much of God’s love here on campus and I LOVE IT.

Rebeka Borshevsky - What attracted me into coming to Redeemer was the prospect of a Christian community. First year, it was amazing to go to school and feel like it was home; and now, in my second year, that feeling has only intensified. I love how everyone treats Redeemer not just as a school to learn in, but a place to really live--and I think those outside the school community notice that when they visit.

Allyson Reichelt - My favorite thing about Redeemer so far has been the chance to live in a Christian community where i’m surrounded by God’s love every day. Building friendships with people where we all have at least one thing in common is an amazing feeling.



Real Men Do Cry

LAURENT KOZIAK

You’ve all heard the famous quote; “You are not a real man if you cry”. This statement may be one of the biggest lies ever propagated. This most famous man in history cried and we call Him our Saviour. You’re probably wondering how I can make this statement. Well, it comes from a pretty reliable text that we Christians claim to be the truth, that being the Holy Bible. We see this when Jesus approaches Lazarus’s family and begins to weep. What I’m saying to most men who are reading this article is that you need to cry more. The manliest thing you can do when someone is suffering and tearing is to tear with them.

On TV, we have often seen famous athletes cry either when they win the championship game or when they retire. Some of the most famous athletes that we idolize and call manly have cried. Now, by saying this I am not advocating crying in every single instance or every moment however, I am saying there are times when it is appropriate to cry. Jesus is the ultimate example we look up

to. He is the Savior and the King of Kings who knew how to shed a tear when someone was suffering, as we should as well. You should not be concerned about what other people think of you or be ashamed that you are tearing. Crying is a sign of sensitivity, compassion, and a caring nature. These are manly attributes. Do you want to be a better Christ-like example and be different than most guys? This should carry on into your personal relationships.

You should go to see that romantic movie with your girlfriend or that man who writes her nice letter telling her how great she is and how thankful you are to have her in your life. Remember, we are supposed to die for our women. It says that specifically in Ephesians 5:25-27 “Husbands, love your wives, as Christ loved the church and gave himself up for her.” More evidence is found in John 11:33-36 “When Jesus saw her weeping, and the Jews who had come along with her also weeping, he was deeply moved in spirit and troubled. “Where have you laid him?” he asked.“ Come and see, Lord,” they replied. Jesus wept. Then the Jews said, “See how he loved him!”

LAUNCH Olympics

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Best of Hamilton

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OUTSIDE *redeemer* WALLS

1) Places to celebrate your birthday, celebrate the big win, or celebrate the end of your exams.



BEAN BAR (1012 KING STREET WEST)

Bean Bar is a cool, dim lit, restaurant to go for an amazing selection of desserts, full meals or just appetizers. It has a warm intimate atmosphere that is also very social, with the occasional live band, and diverse food and drink options.

EARTH TO TABLE: BREAD BAR (258 LOCKE STREET SOUTH)

Entering through a red curtain, this close quartered restaurant, not to be confused with Bean Bar will intrigue you with its creative menu items. It has excellent pizza, relatively cheap items, and is located on Locke Street so there will be lots to see after you're done eating.

3) Coffee Shops... getting beyond Starbucks.

RADIUS (151 JAMES STREET SOUTH)

This coffee shop and restaurant hybrid is a beautifully decorated, spacious area to gaze at local artwork, while catching up with your old roommate under a chandelier. With significantly friendly baristas, and a perfect view of bustling James Street South.

MY DOG JOE (1020 KING STREET WEST)

This incredibly unique coffee shop is unforgettable with its bright colors and 'mom's kitchen' vibe. My Dog Joe has a matchless drink menu and baked goods friendly towards those with specific food allergies. It is a very comfortable and cozy atmosphere, and located right by a movie theatre and Bean Bar for a whole evening of events. .

Your student card can get you a lot more than a latte at Williams before night class. It can get you a lot more than into Communal on Wednesdays. It can actually take you to independent coffee shops with a window to the hustle and bustle of a big city. It can take you to mountain peaks to hang out by a bon fire, or to an outdoor skating rink to play some hockey with the boys. There is life outside of Meadowlands. Hamilton has more to offer you than Kelsey's. Here are some cool things that card that stays in your wallet can take you when you want to get off campus and explore the city you courageously moved this fall.

2) Free fun things to do when the Rec center loses its novelty.

WATERFALLS AND TRAILS...

Watch the rushing waters, have philosophical chats, or watch the city lights from above at these natural wonders.

Webster's Falls (99 Fallsview Road)

Tiffany Falls (Just off Wilson Street East)

Sherman Falls (Old Dundas Road)

Chedoke Falls (Scenic Drive)

The Hamilton Escarpment

ART GALLERY OF HAMILTON (123 KING STREET W)

Get in free to the second floor with your student card and see a variety of classical and modern art pieces. It's a good trip for trying something different or allowing yourself to feel like you're in Paris, France.

4) Churches to check out.



PHILPOTT MEMORIAL CHURCH (84 YORK BLVD)

Philpott is a church located in the heart of downtown Hamilton, dedicated to serving its downtown neighbors pastored by Lane Fusilier. They are a Baptist church that love and encourage the involvement of its members and is very personable and welcoming. The services are held Sundays at 9:30 and 11:15.

HUGHSON STREET BAPTIST (47 SIMCOE STREET EAST)

Hughson Street Baptist is a passionate church dedicated to growing, serving and sharing and is pastored by Dwayne Cline. It holds weekly Thursday night bible studies for young adults and holds its services Sundays at 10 am



Best of Hamilton

5) Places to Serve and Volunteer.



- STREETLIGHT MINISTRIES (82 FERGUSON AVE)
- WESLEY URBAN MINISTRIES (151 QUEEN N.)
- DEEDZ (REDEEMER UNIVERSITY ON FRIDAY NIGHTS)
- HELPING HANDS STREET MISSION (349 BARTON STREET E.)
- HOMESTEAD CHRISTIAN CARE (118 WENTWORTH S.)

7) Places for Recreation and Entertainment.

NINETEENTH HOLE INDOOR GOLF CENTRE (1024 UPPER WENTWORTH)

This indoor golf centre is perfect place to keep your golf skills “up to par” even in the winter months. It is a warm place to relieve some stress when exam time comes around.

SPLITSVILLE ENTERTAINMENT (1525 STONE CHURCH RD. E)

Splitsville is an exciting, classier set bowling alley to spend your Friday night or walk over to after Spring Banquet. With a lounge, fireplaces and live entertainment this is definitely a classier joint to bowl.



6) Places to Avoid.

HESS STREET CLUBS AND BARS

You may think you’re going to a cozy classy pub, but will find yourself in a messy, classless street of trashy clubs. Even if you just want to go “dancing”, you will probably regret it, so just avoid it at all costs.

SPRINGBROOK PARTIES

If you’re a curious first year, it is not the cool place to be. There are many other, classier ways to spend your Saturday nights.

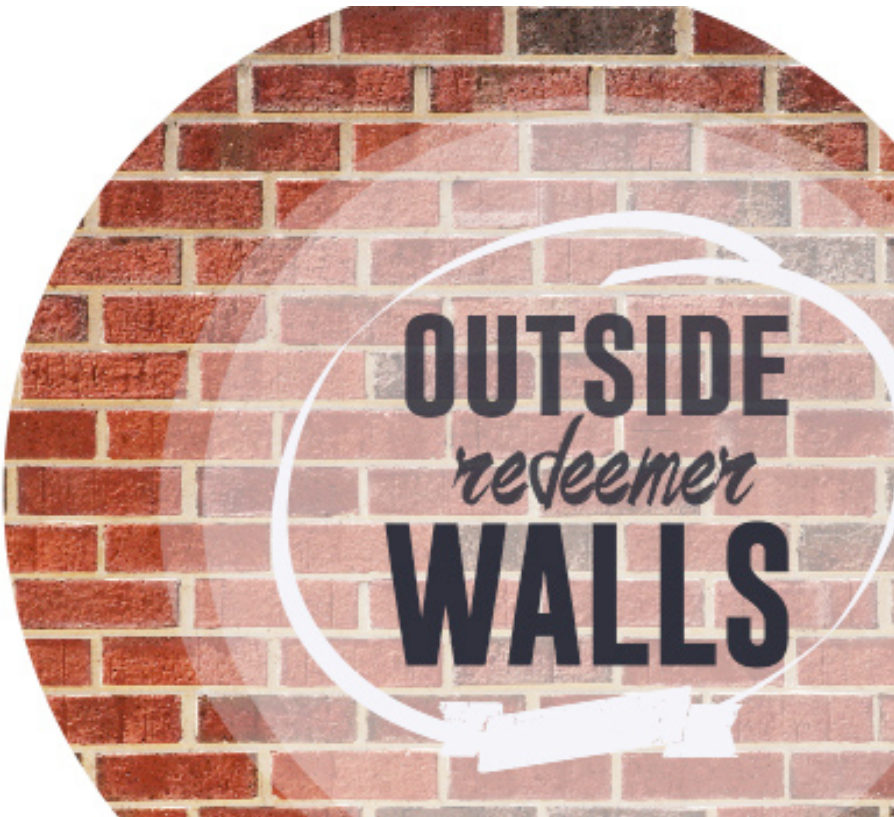


WESTDALE THEATRE (1014 KING STREET WEST)

Westdale Theatre is an old, vintage theatre with much character and definitely a more memorable place to see an independent film. It’s located right beside My Dog Joe and Bean Bar for a full date night and just a friends-hanging-out night.

CAMERON SPEEDWAY & ENTERTAINMENT (2633 UPPER JAMES ST.)

Cameron Speedway is the perfect place to relive your childhood. With activities like Go karting, Paintballing, Laser Tag and a rock wall, this is a great place to burn some energy.



A Many Littered Word

AMELIA BOWES

Human beings have never, nor will we ever, desire an island. We are relational beings, fashioned and refined for late night phone calls and hand written notes. We live, die, wait, stay, and lie awake for each other. We are made for love. However, we are also creatures of immense folly. This thing that we crave, that is in fact our only purpose; has become a form of gluttony. Rather than the driving force, love becomes a selfish sensation.

Traditionally, love has been defined as strong feelings of affection for another out of kinship or other personal ties; including

sexual attraction. However, authentic love is infinitely more. It is not only felt, but seen, heard, and proven. Love is a verb. The unfortunate result that comes from taking this concept literally however, is lust. What is initially perceived as virtuous can all too easily become consumed by the carnal.

Lust, although it can be seen as a by-product of love, is the exact opposite of love. Lust is primarily concerned with three things; the physical, the self, and the present. These priorities are not at all associated with authentic love. The line between the two becomes blurred because the physicality and momentary connection often mimic love.

There are compliments, gifts, the occasional exchanging of dreams and aspirations; but unlike real love these only serve as a means to an end. Once the bed sheets have been tangled and the sun is up, it is all over. The emotions following the event are agonizing, usually one-sided, and not at all what is expected of the definition of love.

Authentic love involves the physical but is not limited to the physical. Authentic love is making breakfast in the morning, pointing out interesting newspaper articles to each other, and will even go so far as making the bed. Authentic love would rather be wrapped in a blanket than staring at lingerie. Authentic love

thinks about family portraits and housing developments. Authentic love postpones hockey for chick flicks. It goes from a touch, to a note on the fridge, to a shared answering machine, to the very heart of life.

Romantic love is not the only place where the heart is found. Authentic love also exists in holding a door open, giving that woman at Wal-Mart with five children a straight line to the cashier, or simply smiling at that man waiting for the bus. These acts fall under the category of every day social interactions, but, as Chinese philosopher Lao Tzu states “Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness

in giving creates love”.

Love is not a single moment, but a multitude of moments. It is not what we feel, but what we do. Instead of fantasizing about pleasure and passion, we should be holding a child’s hand, doing crosswords by the fireplace, and ultimately choosing the long forgotten path.

Resisting the Red Cup

MIKE VAN EGMOND

I will preface what you are about to read with this: I’m not even close to perfect. I struggle daily with a multitude of sins that Jesus directly rebukes in the Bible. If we are serious about being individuals and a community that follows Christ and pursues holiness then this is an article worth reading or at the very least a conversation worth having.

Lets cut the crap. There are things that happen on campus and in our community that would make our mothers cringe. There are nearly weekly parties where people are provided with the environment to consume as much alcohol as they can until they can no longer think, talk, see or walk straight anymore. Yes it is here at this school, first years if you were expecting a perfect community where folks did Bible studies until curfew now you know the truth and if you’ve been around for longer I’m sure you know it too. I’m not the first one to be astute enough to realize that these extra-curricular activities don’t fit in with our mission as a Christian community but I’m going to try to take a bit of a different approach that will hopefully provide a new perspective and fuel some conversation.

I think we are closer than we think to being a community that follows Biblical ideals. What appeals to us about being drunk at a party? We want to share the experience of seeing someone throw a jar of pickles through a window because it gives us something to laugh about for the next 8 months. We want to lose enough of our inhibition to finally have an open and honest conversation with a stranger we might not even remember. We want the feeling of peace of mind you get when your halfway through your fourth beer and its that much harder to remember exactly what it was you were worried about 3 hours ago. We want the ability to blame our altered state of mind for stupid decisions instead of blaming our paper-thin character.

Like I said, we are closer than we think. It is not sinful to desire joy, honest and genuine relationships, and peace of mind or finally being free from guilt. In fact these desires probably sound surprisingly Biblical, so much so that you might be rejecting any validity in this article at all.

I might be way out in left field about this but I believe it. Our hearts are in the right place, our

desires remain the same as when we were created perfect but our free will to sin has allowed us to attempt to fulfill those desires without God. I’m not saying you won’t have fun or make a few new friends if you make the trek off campus this weekend. I’m saying there is an alternative source to find the joy, community, peace and freedom that doesn’t end when you wake up the next morning.

I might not always live it out but I believe that God doesn’t instruct us to flee from sin because its more fun and fulfilling than what He has to offer. He teaches us to flee from sin because He wants to see individuals and communities thrive through real friendships and genuinely uniting shared experiences. God does everything he can to teach us how to experience these things in the Bible the easy way, instead of us figuring out how much damage can be done we try to learn it ourselves the hard way.



Monthly Spotlight on Redeemer’s Clubs: Deedz!

If you haven’t heard of Deedz then you are really missing out. Deedz is a club that puts the needs of others at the forefront. Every Friday night a group of Redeemer students head downtown Hamilton to share God’s love, give out hot chocolate and are given the opportunity to engage in conversation. They really have a heart for people who may need a hot drink or warm smile to carry them into the next day. If you have ever participated in Deedz you will know full well that the conversations and opportunities you have to bless others actually impact you so deeply! If you want to participate, meet outside of Aug hall at 5:30pm on Friday. Bring your student card for the bus and make sure you dress warm! Take the opportunity to get involved in your city and help others in the process



10 Things I wish I knew in First Year...



1. YOU DON'T NEED TO READ ALL OF YOUR READINGS

If you are glancing over the Crown as a break in between your hours of HIS-101 and BIO-101 readings then you already have a problem! This isn't to say that the readings listed on your syllabus do not matter... they definitely do! But one thing that any fourth year could tell you is this – it really isn't possible to go through every reading for every class. If you try to strive for this far reaching goal you will find yourself compromising on many areas of your life. University life is all about balance. Take the time to figure out which readings are important, find out which readings interest you and stick to those.



2. YOU DON'T NEED TO FIND YOUR SIGNIFICANT OTHER TODAY (OR TOMORROW, OR IN THE NEXT 4 YEARS!)

Some people have heard the myth that you come to Redeemer to get your 'MRS' or 'MR'. There is a common thought that if you are going to a Christian university you are bound to find your husband or wife within the first few months. You picture yourself flirting in first year, committing in second year, putting a ring on it in third, and enjoying those lovely independent apartments by fourth! Don't fall into this mindset. If you are single – love it! The right guy or girl will come along in due time but in these first few months of living away from home, meeting new people, and juggling school, take some time to focus on yourself... the rest will take care of itself!

3. DOWNTOWN HAMILTON ISN'T EVIL

Some students find themselves staying within the 5km radius of Meadowlands for their entire first year. On Friday nights they consistently find themselves at Kelsey's for wings followed by a movie at the theatre. Every coffee date takes them to Starbucks down the road. Now, these things aren't bad but don't wait until fourth year to learn that there is more out there! Downtown Hamilton has so much to offer. From the art culture, to music, cultural diversity and even opportunities to help the less fortunate... it is worth making use of that bus pass you spend so much money on and venture out!

4. CORE CLASSES DON'T LAST FOREVER (AND YOU MIGHT ACTUALLY LIKE THEM!)

One of the biggest things first year students struggle with at Redeemer is those early morning core classes where you continually ask yourself why you, as a biology major, are sitting in and English lit class. This concept of the benefits of a Liberal Arts and Science university doesn't quite reach you as you are spending hours on your psychology intro course readings. But one thing to remember is that these classes don't last forever and you might find that they actually help you with your major! By gaining a broader world-view you'll start to see how taking theatre can help you in your social work presentations or how history gives you greater insight into religion. There is a reason we have to take them so stay positive as you drag yourself to class!

5. YOU WILL ADJUST FROM BEING AWAY FROM HOME

You've made it through Launch and you are beginning to settle into the reality of living away from home. By now, you may have had your first fight with your dorm, have gotten sick of eating some of the food from the caf and you are counting down the days until you get to see your parents at Thanksgiving. In reality, things probably aren't nearly this bad but no matter how you are feeling about moving out or how many hours away you are from friends and family, you will find that this awesome community Redeemer boasts will truly become like family.



6. GET TO KNOW YOUR PROFESSORS

Put your hand up! One of the amazing things about going to a small Christian university is that you have the huge advantage of getting to know your very wise and very helpful professors. One of the best ways to do this is to participate in your classes. Redeemer profs have an open door policy and are accessible whether looking for help in your classes or advice on vocational plans... they are your best resource! By engaging in your work you may even land a job as a TA in your major in later years. The professors at Redeemer are fantastic – don't miss out on your chance to know them.



7. YOU WON'T MISS OUT BY HAVING A CURFEW (BUT YOU WILL IF YOU DON'T!)

Nothing good happens after the sun goes down (except sleep that is). Although some of you may feel the restrictions of a curfew, this is really beneficial. By having to be home, quiet down and get some rest, you'll find yourself better off in all areas. You won't be out at 3am to make those dumb decisions that you will regret. You won't sleep through all of your 8am classes because you just can't drag yourself out of bed. You will probably even find yourself setting restrictions similar to this when you don't even have to in upper years!

8. YOU WILL MAKE FRIENDS OUTSIDE OF YOUR DORM

If you feel like you don't know anyone except the 7 people you live with, don't worry about it. It is totally normal to quickly bond and hang out with those people. You do see them everyday, eat together, cook together, and take time to do devos together – you should be close with them! But, if you are feeling a little antsy to get to know other people, don't worry, this will come! The best thing you can do is talk to people in your classes, join a club or even just plan a dorm dinner with a random dorm! If you get involved with something that interests you, you are bound to find like-minded people. Most fourth years will tell you that although they are still friends with the people they lived with in first year, their closest friends are the people they met elsewhere.

9. CHAPEL, ALTHOUGH IMPORTANT, DOES NOT REPLACE CHURCH FOR THE WEEK

Taking an hour every Wednesday morning to gather corporately and worship with your fellow peers and professors is fantastic. This isn't an opportunity that you find everywhere so take advantage of attending Chapel. It will give you a chance to slow down and focus on what really matters amongst all of the busyness. Although this is great, it does not and should not replace getting connected in a local church congregation. There are many ways to get to church (shuttles or those lucky friends who have cars) and many churches offer a variety of service times (some even on Saturday nights!). You are going to spend the next four years here and it is important to find a support system and a place to discover more of God outside of Redeemer's campus. Talk to our chaplain, Syd Hielema, if you need some direction on where to go!

10. TIME FLIES SO ENJOY EVERY MOMENT!

If you talk to any fourth year around Redeemer, probably any of them would say that they have no idea how these years have flown by so quickly. There is a bit of sadness in the idea that in April they will be headed out of Redeemer's doors and into, well, who knows what!? These years of sitting on your porch worshipping God in the middle of the night, having all of your closest friends moments away, learning new and diverse things on a daily basis and being in an environment that loves God so deeply will go by much too quickly. Take in the moments, don't stress over the exams, be social and learn more about who you are so you are ready when you find yourself in the same spot, just four short years from now.



The views presented do not necessarily represent the opinions of The Crown staff or the broader Redeemer community

Each "Letter to the Editor" intended for publication by its writer should be printed, providing that (a) there is space available, (b) that the letter does not contain erroneous or slanderous material, and (c) that the editor-in-chief does not deem the letter to be offensive to the Redeemer community. Letters may be edited for brevity and clarity.

Micah 2.0

BRANDON RICHARDSON

We had a chance to sit down with Redeemer’s new Activities and Orientation Coordinator, James Cuthbert to welcome him to Redeemer and allow the student body to get to know him better.

WHERE DID YOU GROW UP?

I was born in Brigden Ontario a town of about 512, known mostly for the Brigden Fair but at the age of 5 we moved to London, Ontario and then lived there for 20 years.

WHAT IS ONE CHILDHOOD MOMENT YOU HOLD ONTO DEARLY?

In 2000 right before I started high school my family took a vacation to Vancouver and also travelled through Portland and Collorado. There were 7 or 8 of us in a Safari van, depending on whether my grandma was with us. That was certainly a highlight form my childhood.

WHAT SECONDARY SCHOOL DID YOU ATTEND?

Sir Wilfrid Laurier in London Ontario, a public School of about 1200.

WHAT POST-SECONDARY SCHOOL DID YOU ATTEND?

Redeemer University from 2005-2009.

DO YOU HAVE ANY FUTURE PLAN?

Well, I’m getting married in a week and a half so figuring out life being married is on the list. My fiancé works at Columbia international college with students and I’ve found myself in this position doing something very similar. It seems our lives have been led to student development but I will have to continue to see where God leads us.

WHAT IS YOUR FAVOURITE HOBBY, BESIDES WORKING AT REDEEMER?

I really enjoy Outdoor activities, I like to head down to the Adirondacks in New York State which is basically the Algonquin park of New York State. One of my life goals is to complete the 46 peaks that are over 4000 ft. in the Adirondacks. To date I’ve completed 7 peaks over the course of three trips.

HOW WOULD YOU DESCRIBE YOUR ROLE WITH STUDENT LIFE?

My main responsibilities would include activities and orientation. Activities provide students with different places to interact with each other and give them experiences they wouldn’t normally have on their own. Some people living in Canada have never been to Niagara falls so that activity gives them a chance to see different places. This is the same for the ROM, Raptors, Canada’s wonderland and other activities. Orientation [on the other hand] helps students to feel welcome and have a sense of belonging while feeling that they are fully a part of the community at Redeemer.

WHAT ARE SOME OF YOUR HOPES/DREAMS/GOALS FOR THIS UPCOMING YEAR?

To see the Redeemer community built stronger and more supportive of each other. When people come on the campus I would like them to feel welcomed and sense unity. [This means], to see Jesus become the center of all that we do here at Redeemer.

MICAH IS WHAT WE MIGHT CALL A KEY STONE IN THE FOUNDATION OF THIS SCHOOL, HOW DOES IT FEEL TO STEP INTO HIS SHOES?

Everyone says, “Oh! You’re the new Micah.” Micah started here in 2006 which was my second or third year in university and even within those two years he had already made a big impact on this campus so it is a big role to fill. Part of that is just keeping these posters up (laughs). Micah actually said to me, “How do you feel about these posters? You can take them down, but I would still like to keep them.” So, I was coaching with him this summer and I told him I took the posters down. I could just see in his face - the hurt and disappointment - like something in him had just died. I then told him I was kidding. He emailed me later and said he was so happy I left them up. Actually, they are helpful for ideas. But yes, it has been great to take over for someone who has been established and already has things lined up while also having my own freedom.

WHAT DO YOU THINK OF

THE LEAFS?

During university, my ability to watch them was very limited. So during that span of the Leafs being terrible I didn’t watch them a whole lot; I’ve just begun watching the Leafs again.

THOUGHTS ON MILEY CYRUS?

I can’t think of a song since “Party in the USA”, if that was her.

HOW ABOUT SYRIA?

It’s interesting to see and think of how things are written and the perspectives that are taken. It’s interesting to see how Westerners report on what is happening [but] I feel that I’m not educated enough to have a strong opinion on [Syria]. My thoughts and prayers are with the people [in Syria] and those working towards peace.

IF YOU COULD CHANGE ONE THING AT REDEEMER WHAT WOULD IT BE?

I would have a second gym that is solely dedicated to intramural and drop in sports.

HOW DO YOU FEEL LAUNCH WENT THIS YEAR?

I think launch went really well; there was great participation. We had a good team of mission control and launch leaders which brought the passion and the energy to the [different] groups. One of the things that Micah said before he left was that he has been trying to get President

Krygsman into the mud pit. He said to me, “If you don’t do anything, other than get the president in the mud pit, you’ll make me happy.” We were able to get a staff team together to kick off the mud pit, which included president Krygsman.

DID YOU WIN?

Yea we won; it was a good lesson for mission control. This was a warm-up for president Krygsman, [the teachers] didn’t get too muddy so hopefully they will think that’s how it goes and come back next year.

AND FINALLY, ANY ADVICE FOR FIRST-YEAR STUDENTS?

First year is often fun but can [also] be overwhelming. For me, I wasn’t too involved in many things and that’s okay. Sometimes it takes time to warm up to your new environment, most people do. When I’ve talked to Micah he said that he was a little timid to everything that was new [when first coming to Redeemer] but he later became a key part in this community. Stick with it and try to make the most of your experience here at Redeemer.



Moments of Purpose

ANTHONY RAMUSCAK

Although I was a LAUNCH leader for the Light Blue team, I wasn't able to either attend the opening LAUNCH ceremony, or partake in the fun of the LAUNCH Olympics due to getting stuck in the elevator because my chair at the time malfunctioned. This in itself was a good half hour 1 on 1 time with God,

I would prefer being locked in the prayer room, but the elevator is just as good. Missing out on the Olympics because the weather infringed on my plans and something about a power wheelchair and water doesn't go well together.

Despite this, I was able to go on the food drive collection in the nearby area in my simple loaner power wheelchair. The Food

Drive was in a word beautiful. I went on a shorter route. When getting back to campus, I sat at the side looking as all the food bags just kept on pouring from hand to hand into the truck in somewhat of an assembly line. As I watched this, my heart delved into prayer thanking God for this wonder – praising God for the generous hearts of the community! I was holding back the tears of joy.

I may be in a wheelchair limited as to what I can do and help out with. There comes a point every year where I ask myself "What am I doing here?" I sometimes think that I can only do so much in a wheelchair. Then I go on the food drive, help pointing out food bags on the house porches like a sniff dog at the airport, and hand out thank you cards they don't. When I go back to campus and

sit by the food truck- that is when the Holy Spirit tugs on my heart and says, "That is why you come back year after year. To see my blessings flow to those I called you for."

Apps: PHONE for Google Voice & GTalk

JORDAN BOKMA

Imagine yourself as a first year student, or maybe you are. You have just left your parents to brave the campus life at Redeemer. Even though calling your parents isn't at the top of your list, it stays in the back of your mind, pestering you to give your parents a ring. You come up with excuses not to call them. "I don't have a long distance package on my phone..." "It's a hassle using Skype..." "Facebook stalking will have to be the best way for my parents to find out about my

life..." What if you found a free app that could use Wifi to call home with little hassle? The answer to this problem is PHONE for Google Voice & GTalk.

This app is a must for any student who doesn't have a free, reliable long distance calling service. Best of all, it's mobile, allowing you to call from apple and android phones without chewing up your calling minutes. Google Voice uses VOIP (Voice-Over-Internet-Protocol). This service is essentially using an Internet connection to place a call. PHONE for Google Voice & GTalk works with Wifi and

data connections. This app does not require that the recipient of the phone call have PHONE for Google Voice & GTalk installed as well. Instead, any landline (excluding some 1-800 services) and cell phones can be reached with the calling feature. With Google services such as contacts from Google+ integrated into the app, users can expect Google's integrated services in the palm of their hand. Within a matter of a few screens, a call can be placed for free from your phone without using the phone's minutes.

There are a few drawbacks to the app, however. Latency issues are

present. A slight lag is noticeable, possibly affecting the flow of a conversation. Furthermore, there is no way to purchase a premium version and remove the ads. A Gmail account is also required (but who doesn't have a Gmail account these days?). The final and biggest drawback of students using this app at Redeemer is in the realm of Wifi. Because of dead spots in the school, call reception and clarity is compromised.

In the end, if you can manage a reliable wireless connection, the service that Google provides should be on par with an

actual phone call. By using VOIP, students can make their long distance phone calls, without being shortchanged by a cell company that charges high long distance rates.



Starting the Year Right: Health

JORDAN MILLER

Welcome back, or welcome for the first time, Redeemer students. It's that time of the year; Pull the sweats out of the bottom of the dresser, head to Bulk Barn to load up on chocolate covered almonds and Dino-sours, prepare for 8 months of sedentary student life. It's justifiable, it's a right of passage, the freshmen-15 has been a legit phenomenon since the birth of post-secondary education, hundreds of years ago. Keep the ball rolling! Right? Or should this be the year that you make those changes? Should it be the year you implement lifestyle patterns that promote long-term physical and mental health? Your response may be "But Jordan, how do I do that?" to which I will respond, "Keep reading, you might just learn something!"

My name is Jordan Miller and for the last 4.5 years, I have helped out Redeemer Royals and the Loyal Royal faithful alike, as a practicing Certified Athletic Therapist, taking care of muscle skeletal injuries and minor neurological conditions. I have been asked to continue contributing to the Crown after writing articles

during the second semester last year, and I am excited to be back, ranting and raving about health. So, to officially start this year off right, the question becomes, what can you do to be healthy?

Eat right – There is no secret diet that works. The best way to eat right is to follow Canada's food guide and use a balanced approach. Eat everything in moderation, cut down unhealthy snacks and sugary drinks, when studying use snacks such as fruits and vegetables, crackers and cheese, and trail mix instead of straight sugar.

Exercise – Make it your goal to spend a minimum of 4 hours per week between 60% and 80% of your max heart rate (to calculate: 220 – your age x .06 à 220 – your age x .08). The more diverse the exercise, the better, try a new intramural on campus, go for a run, a bike ride and a work-out in the gym all in the same week. The key to compliance is that you do not push too hard too fast and lose all desire to continue, and the more variations of exercise you use, the lower the chance of getting "burned out".

Cut back on caffeine, stay hydrated – The "quick fix" of drowsiness is something you can do without. To stay awake: stay hydrated, eat foods with natural sugars like apples and mangos, and exercise regularly for a boost in energy levels. Caffeine will dehydrate you and will inevitably lead to an energy crash. Drink lots of water and maintain hydration levels, every vital organ system in your body relies on water to one extent or another so give it something to work with!

Evaluate your ergonomics – Study habits can make or break your year from a health perspective. Many of you are planning on spending hundreds of hours over the next 8 months studying, so do it well! Always study at a desk using a chair with good back support, avoid leaning over your work and slumping your shoulders forward, NEVER study on your bed or lying on a couch. Posture is life-long battle which gets much easier if you start at a younger age, practice sitting straight up with your shoulders pulled back and your chin tucked-in now, and you will be sending me a thank you letter when/if someday you are work-

ing 40 hours a week at a desk.

Understanding this article is pretty simplistic and the majority of you are thinking, "this guy is just a poor mans Hal Johnson and Joanne McLeod, "Body Break" commercials already taught me all of this!" I had a professor in my undergrad who used to say "Repetition is the key to learning, repetition is the key to learning, repetition is the key to learning," and I have remembered that for 8 years. One of the biggest issues with living a healthy lifestyle, isn't information distribution, it is making a commitment and following through, so make this year different. Use your roommates, friends, professors, parents, or pets, as accountability enforcers. Work together with someone you can rely on to get you out the door on lazy days and someone who you can handle exercising with for an hour without getting into a showdown throw-down with. Treat your body as the gift from our wonderful God that it is, and pray for His help on days where motivation just isn't there.

If you have any questions at all, please come find me and I would

be happy to help you out any way that I can. I believe all of you can do this, and I am ALWAYS happy to share the knowledge I have been blessed to receive and retain over the years (even if my face and demeanor don't always scream, "came talk to me! I want to be your friend").

And until the next time we see you, keep fit, and have fun! Playing of catchy jingle in the background... Talk to you soon, Go Royals!

Jordan Miller

Athletic Therapist

Redeemer University College

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Men’s Soccer First Win

On an evening where ever minute of play seemed to be in doubt due to the forecast above, the Royals were able to weather the storm and grab their first win of the season in dramatic fashion.

The men’s game began with dark clouds above, scattered showers and the risk of thunder and lightning. However, it was under these conditions that the Royals seemed to grab the spark they needed to put in a full 90 minute performance in a 2-1 victory over the Niagara Knights.

Niagara grabbed an early lead in the 22nd minute when Kyle Sheppard scored on a questionable free kick just outside the 18 yard box. For the second straight game the Royals went down early 1-0 on an early goal.

With the storm picking up, the game was then forced into a 15 minute delay while a pocket of lightning passed by the field.

When the teams returned to play, the Royals proved determined to not let the match get away from them. Redeemer continued to push offensively and were rewarded in the 32nd minute when Lewis Tuininga buried his 2nd of the season to tie the game at 1 goal a piece.

The goal by Redeemer seemed to be the turning point in the game as the Royals began to apply a sustained amount of pressure on the Niagara defense. Redeemer had Niagara on their toes with a few chances tight inside the 6 yard box, a great opportunity in the 43rd minute on a bouncing ball close to goal, and a great save by Niagara’s goalie on an outside shot by Jordan Bokma late in the 1st half. Both teams entered halftime with 1 goal each to show for their efforts.

A red card issued in the 64th minute to Niagara’s Erik Greiner, after receiving his second yellow card of the match, gave the Roy-

als another outburst of offensive opportunities. The Royals were finally rewarded with a goal in the 85th minute when Redeemer’s Josh Elgeti jumped on a rebound. Niagara’s goalie made an initial save on an outside shot from beyond the 18 yard box but couldn’t recover quickly enough to grab the rebound.

The Royals held on for the 2-1 win.

Assistant Coach Tim Selles mentioned that the team showed a lot of improvement from the first game of the season. “We put a lot more pressure on their players”, said Selles, “we didn’t give them as much time with the ball and we are pretty happy to walk away here with the win”.

For the coaching staff it was their first win since taking the reins of the men’s soccer program. “It was exciting”, said Selles, “we were biting our nails a bit on the sideline but we are happy

with the effort and hope to keep improving. We hope to be able to get some of our guys healed now as we look forward to Fanshawe on Saturday”.

The Royals record improves to 1-1. The team now turns their attention to the road as they will travel for the first time this season. The Royals have a stop in London at Fanshawe College on Saturday at 2:00PM.



iOS 7 Review

ANDREW TOSLAND

On September 18th Apple released the newest version of its mobile software, iOS 7. The new operating system brings a number of new features, most notably a newly designed interface created by Industrial Designer Jony Ive. Ive has thus far been known for his minimalist hardware designs - reducing the artistic expression to its elemental forms. These designs have shaped Apple’s products for over a decade, from iPads to iMacs. Following an executive shuffle in February he was promoted to design of both hardware and software, iOS 7 is the first release showing his influence.

The largest change is found in how the new system looks. Gone are the metaphoric views of leather, linen, and torn pages, in their place users will find a bright, flat interface. The new look has become polarizing to users, some love the new look, and others are feeling that Apple has lost its innovative strategy. Personally I think that although the new look is a drastic change, after a few months of use most people will find that the older style belongs in the past. Although the minimalistic interface can be confusing at times, if you have any experience working with the old system, you will find that learning how to use the new version is simple and familiar. Also, many features are much easier, take for example the new camera interface which features a larger button to take pictures, and a much cleaner screen to view your pictures. These simplified processes are found in many

places, all of which lead to a great experience completing many common tasks.

Although the main focus of iOS 7 has been focused on the new look, there are also some new features to be found as well. Control center is a new addition that will be familiar to many Android users. A simple swipe up from the bottom of the screen brings a new window into view allowing the user to quickly change settings, such as turning WIFI on and off. Users can also control music from this setting and access applications quickly, such as the calculator and a flashlight. Although Android users have had this feature for a number of years, it’s still nice to be able access these tasks quickly on the iPhone.

Another new feature is the “Today” pane of the notification centre. From this you can quickly gather information for the day such as the current and expected weather, calendar events for the day, and a summary of your events for tomorrow. Although the addition is simple I have found it to be great in everyday usage. No longer do you need to check multiple applications to answer a few simple questions, such as whether you remembered to set an alarm for the next morning, just slide down from the top and check your summary for tomorrow.

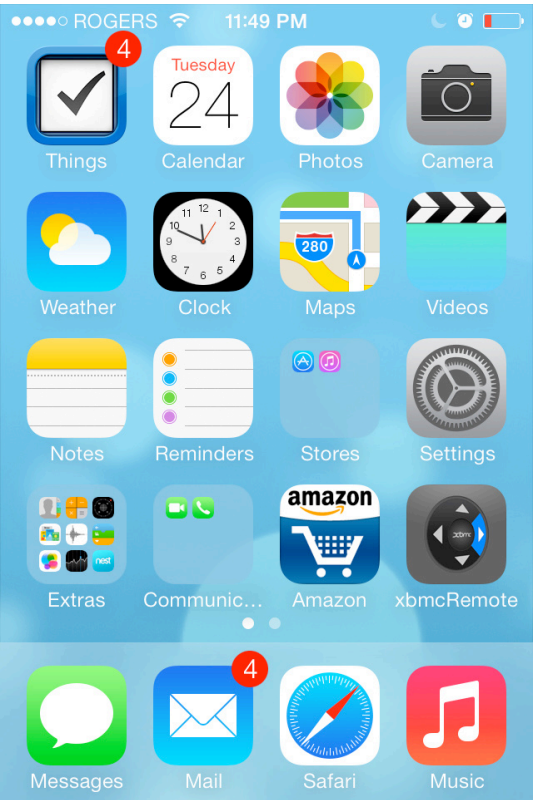
The new software also brings automatic updating to applications. No longer will users have to navigate to the App Store to update their copy of Angry Birds, when the update is available, the update will be installed. This change will also benefit developers who

have long had users complaining of bugs when the solution is to simply do a quick update and use the latest version. The only caveat comes in the rare chance that a developer creates an update that has a critical bug, in this case the developer will need to work quickly to update the application to a working version and hope that the majority of the users do not notice. These occurrences are rare, but have happened to a few high profile companies such as Google. In addition to automatic updating developers also have a new set of designs to work with in creating their applications, as a result many popular applications look right at home on iOS 7 with bright colors and simplified controls. Some of the notable applications include Facebook, Evernote, Nike+, and ebay. As noted above, users will find these changes automatically on their iPhones as applications are updated.

iOS 7 also brings the start of a new transition for iPhone and iPads in support for 64 bit processors. Starting with the iPhone 5s (and likely the new iPads next month) iOS will run completely as a 64 bit operating system, supporting the commonly found 32 bit applications, and new 64 bit applications. To reduce confusion application developers will be able to create applications that will work flawlessly on both systems, removing the need for users to think about the process at all. This transition was a shock to reports attending Apple’s event last week. Many questioned the need to transition to the next generation of software before the hardware even requires it, as the most common benefit of 64 bit hardware and

software is the ability to address more then 4 gigabytes of RAM. However a review of Apple’s history in transitioning their computers to the 64 bit platform shows that they move early and smoothly, so the endusers will not even need to think about the change at all, it just works.

iOS 7 is available now for the iPhone 4 and later, iPad 2 and later, and the iPad mini. It can be installed by connecting to iTunes or on the device by selecting “Software Updates” under General Settings. iOS 7 is the most impressive change to the iPhone in years and I strongly recommend that users give it a thorough consideration



Kierkegaardian Reflections: Education as a Call to Action and Creative Expression

MATTHEW BOKMA

Education is a luxury. Perhaps the reader might respond to this by saying “I already knew that! I live in a warm-welcoming community, my professors are easy-going, Jesus loves me, and acquiring a B- on my assignments is relatively easy!” For good or for ill this is probably true. But this so-called “knowledge” is probably nothing more than the feeling of comfortable living—it is not conceptual knowledge that directs the feelings toward further action. Simply put, education anticipates action. Our comfort lies in the fact that we don’t have to punch in at 8am and physically labour until 5pm. We have the opportunity not simply to strengthen our muscles or tune our fine-motor controls, but to deepen our minds for the sake of a different bred of actions: to write, to speak, to become cultured, to inspire, and perhaps to change the world.

Our development of the notion of education must be accompanied by Christ’s maxim: “the one who has been entrusted with

much, much more will be asked.” Our capacity to be educated—to reason, work, communicate... etc.—implicitly demands the will to do these things in order to perform our respective duties. Our education opens doorways of opportunities, thereby rendering ourselves responsible to enter one.

It is important to note that the one who enters a doorway of opportunity enters as a whole person—they act as a whole person. It follows, therefore, that we must be educated as a whole person. A common misconception that freshmen have is the idea that their education is exhausted by the courses that their institution offers. No, education is first and foremost the student’s initiative, and the professors are limited to the role of mere motivational speakers. The professors don’t provide you an education, you provide yourself with an education. Furthermore, a student’s education is not limited to a particular discipline like psychology or philosophy; rather, the student is fundamentally an interdisciplinarian. There is a radical unity underlying every academic discipline, and it is the

student responsibility to discover this interdisciplinary unity. By doing so, her education becomes intimately tied up with who she is, for she possesses the locus of integration. And this unity will manifest itself in every task, ranging from the most mundane to the most profound.

However, as Kierkegaard observes, as soon as we are aware of the fact that our whole person is involved in something that anticipates action, we are struck with anxiety. Before the vast abyss of potential opportunities, we are almost as indecisive as a woman before her wardrobe. The anxiety we feel before the face of our possibility—our freedom—nullifies the will and suppresses one’s individuality. Given the fact that not only our education but the possible actions anticipated by that education are a constant reality, anxiety becomes a necessary component of the human condition. So the following question remains: how are we supposed to act despite our anxiety?

First and foremost, it is important to become aware of our

condition. We are fundamentally free, and that every action is performed by a particular individual. It is the individual “I” or “you” who act. Every action implies a statement: “I am the force that displaces objects, I move mountains, and by doing so I exert my individuality—I am the actor who stands above [those who Kierkegaard calls] the crowd of spectators.” The student needs to become aware that she is free and possesses the strength to carry out her responsibilities. And by doing so she becomes somebody, as opposed to her peers who are accustomed to a life of apathy and negligence.

Second, education provides an opportunity to be creative. And it is through creativity that a student is able to express her own individuality. The psychoanalyst Otto Rank encourages those with anxiety and various insecurities to channel their psychic energy into creative expressions. If energy is invested into, say, a presentation or reflection paper, such artistic expression will inevitably reflect the totality of who the student is, thereby exemplifying authenticity. This point cannot be stressed enough:

unless the student exerts herself as an individual through creativity, even if she is an ‘A’ student, her work will probably not be noticed. Anyone can give the professors what they ask for if they simply memorize some facts and hand in their homework on time. But to be noticed, one must participate and eventually contribute something new to the university’s Grand Discussion concerning the nature of Truth itself.

What we have done thus far is traced the contours of what it means to have an education.

It is more than just luxury; it provides one with the opportunity to act as a particular individual, to stand above the masses, and to exert oneself creatively and holistically. Embedded in our human condition is freedom to harness our psychic energy and to channel it toward our personal development. Therefore, let us not squander our abilities to do so, surrender our resources to the devil and rob Christ’s investments—your individuality.



Brandon’s Beefs

BRANDON RICHARDSONS

It’s sad when Miley Cyrus trends above Syria. As thousands die in Syria due our continent largely focused on the shocking performance of the now famous “twerker,” Miley Cyrus. Our North American Culture thrives on entertainment, even at the cost of ignoring the world’s groanings. Our attention to the pains in this world should not have an expiry date equal to the time period between CNN’s major headlines.

I am just as guilty of ignoring, or being “too busy” to pray for those affected by turmoil around the world as most. This does not excuse our ignorance, and I believe that it is expected of us to not only take notice of the oppressed but also act in any way we can. In many of these global instances it may mean that we spend some time in prayer for those who are being silenced.



Recipe of the Month: Pumpkin Spice Cookies



EMMA RICHARDSON

As the leaves change colour and the temperature drops, it is easy to tell that fall is in our midst! This is the perfect time of year to heat up the oven and pull out the flour. From lattes to pies, pumpkin is everywhere! Here the best and easiest pumpkin spice cookie recipe that you can make this season.

Ingredients:

- 2 1/2 cups all-purpose flour
- 1 tsp baking powder
- 1 tsp baking soda
- 2 tsp cinnamon

- 1 tsp pumpkin pie spice
 - 1/2 tsp salt
 - 1/2 cup soft butter
 - 1 1/2 cups white sugar
 - 1 cup canned pumpkin puree (not pumpkin pie filling!)
 - 1 egg
 - 1 tsp vanilla extract
- Icing:
- 3 tbsp butter
 - 1 1/2 c. icing sugar
 - 1 1/2 tbsp milk
 - 1/2 tsp vanilla

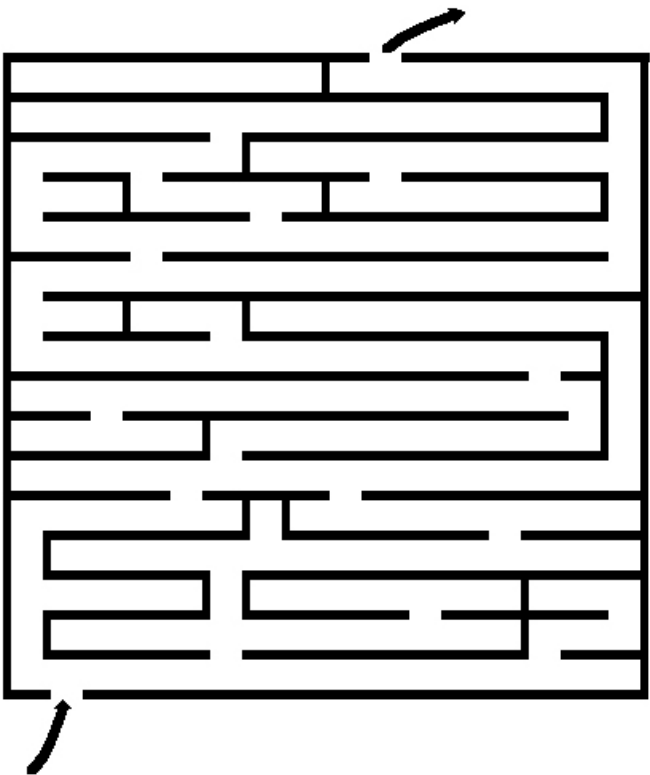
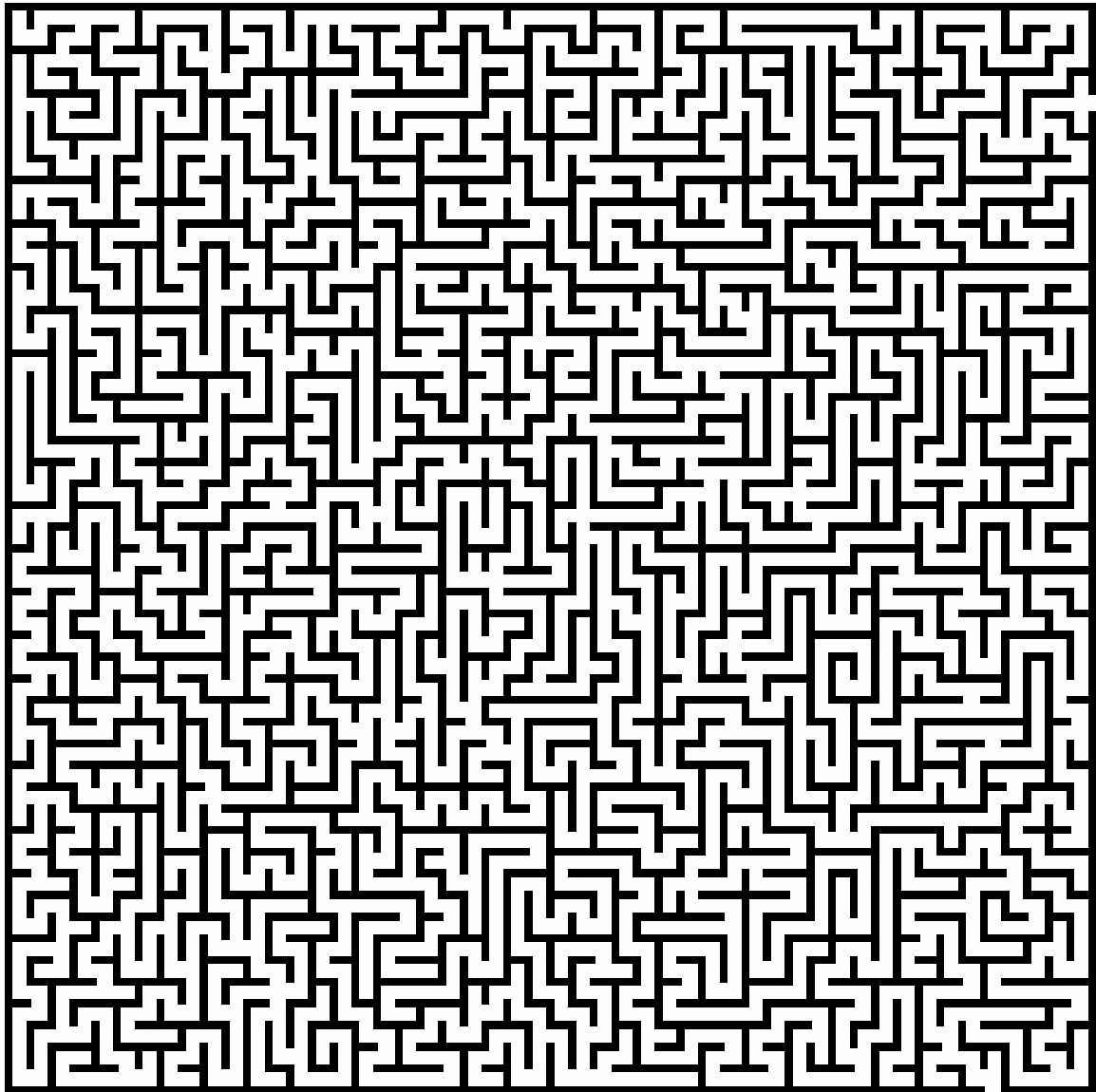
- 1) Preheat oven to 350 degrees
- 2) In a small mixing bowl, combine flour, baking powder, baking soda, cinnamon, pumpkin pie spice, and salt; set aside.
- 3) In a medium mixing bowl, cream together butter and sugar
- 4) Add pumpkin, egg, and vanilla to butter/egg mixture and beat until creamy
- 5) Mix in dry ingredients
- 6) Drop teaspoon size onto greased cookie sheet, flattening slightly
- 7) Bake for 15 to 20 minutes

- 8) Cool before icing
- To make icing:
- Combine all ingredients in medium bowl. Using a hand mixer, beat on low speed for 30 seconds and then 2 minutes on medium. Drizzle over cooled cookies with fork.
- I recommend making a double batch to share!

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