



SEE TRAINING PAGE 3



SEE INJURIES PAGE 5



SEE STAR WARS PAGE 8

# THE CONVERGED CITIZEN



Photo by Tom Morrison

The trustees of Awesome Windsor Essex pose for a photo after a press conference at the Squirrel Cage Jan. 21.

## Organization to fund 'awesome' ideas

**Tom Morrison**  
Chief Copy Editor

Members of the newly-formed Windsor and Essex County chapter of a worldwide organization will be donating a series of \$1,000 grants throughout the year to people with awesome ideas.

Windsor is the fourteenth Canadian city to join the Awesome Foundation, which originated in Boston in 2009. The Windsor group debuted its plans at a press conference held Jan. 21 at the Squirrel Cage restaurant.

Starting in March and continuing every second month, five applicants in 2013 with an idea deemed "awesome" by the chapter's group of trustees will receive \$1,000 in cash to fund that idea. The deadline to apply for the first grant is Feb. 13.

Dean of Awesome Nicole Adan started putting the group together in October and said the trustees don't have any specific ideas in mind.

"Generally speaking, we're just looking for stuff that's going to make the community a better place," said Adan. "That can be different depending on who's presenting the idea and it can be different based on each of the trustees and what they think will be awesome."

Another way Adan said Awesome Windsor Essex is encouraging "awesomeness" is by hiding 13 pink bags containing \$13 throughout the city. The foundation will be using its @windsorawesome Twitter account to give its followers hints on the locations of these packages.

Other than Canada and the U.S., Awesome Foundation

has chapters in Brazil, Germany, Israel and Australia. Each chapter is self-funded by its trustees. The Windsor chapter is funded by Adan and 13 trustees.

Some of the projects funded in other cities include speed-gaming in Ottawa, which is similar to speed-dating, and restoring a 101-year-old electric car in Rhineback, N.Y.

Hassan Adan, husband of Nicole Adan and one of the trustees, said his advice to applicants is not to put yourself in a creative box.

"I think what we're looking for is people who believe in their idea and want to broadcast it," Hassan said. "The reason we're so different is that we're looking for something that's awesome, that we can't even think about it. You have the idea already and there's just no limitation to it."

## Canadians learning more about Idle No More

**James Zimmerman**  
Managing Editor

A new poll suggests Canadians remain unsure about ongoing aboriginal efforts to improve the relationship between First Nations and the rest of Canada.

The latest Harris-Decima telephone survey found that 40 per cent of participants said they are both familiar with and sympathetic towards the goals of the Idle No More movement that originated about two months ago.

In October four women in Saskatchewan began exchanging emails about Bill C-45, also known as the Jobs and Growth Act, 2012, which had been newly introduced in Ottawa. Jessica Gordon, Sheelah McLean, Sylvia McAdams and Nina Wilsonfeld were concerned the bill would erode indigenous rights.

They decided to organize an event in Saskatoon for Nov. 10. To help spread the word they turned to Facebook and other social media. They chose to call the page "Idle No More" as a motivational slogan.

A series of protests, teach-ins, blockades and flash mobs began in the aftermath of the federal government's decision to change oversight of waterways through Bill C-45.

Idle No More said these changes allow "for easier opening of treaty lands and territory."

Their mission statement reads, "Idle No More calls on

all people to join in a revolution which honours and fulfills Indigenous sovereignty which protects the land and water."

Using social media, the movement has since expanded into a call for ongoing mobilization of First Nations to educate themselves and others about the need for self-governance and environmental sustainability.

However, the popularity of the social media campaign is taking a downward turn. At its highest point, tweets surrounding the movement came from approximately 17,000 different sources. Recently those numbers have dropped to around 5,600. It is unclear if social media has failed to educate people about the cause at hand, said digital public affairs strategist Mark Bleviss, who compiled the data.

"I think it was largely a tool for organizing and getting information out in terms of when events were happening, sharing status updates about events. I think that a movement like Idle No More has to work harder to figure out how to communicate their concerns to the public," said Bleviss.

Almost two-thirds of participants who said they were aware of the movement's goals expressed sympathy for it, with Atlantic Canadians and British Columbians most likely to be supportive.

"This suggests to me that if Idle No More can continue to raise their profile and understanding of what they stand

# Idle No More moves to the beat of the drum

**Murad Erzinclioglu**  
Citizen Staff Reporter

Boom. Boom. Boom. The sound of native drums is echoing in communities coast to coast.

The sound of the Indigenous drumming has become synonymous with the Idle No More movement. According to the movement's website, "Idle No More urges the government of Canada to repeal all legislation which violates Treaties, Indigenous sovereignty and subsequently environmental protections of land and water." Bill C-45, an omnibus bill that affects the Indian Act, the Navigation Protection Act and the Environmental Assessment Act, is a notable concern to the movement.

Demonstrations and rallies have been going on for weeks throughout the country, some of which have taken place in Windsor. Almost all Idle No More events begin and end with traditional First Nation drum circles and the recent rallies at the University of Windsor and Ambassador Bridge were no exception.

The drums are individually hand crafted and unique unto themselves. A drum-maker uses a wooden frame, bent, carved or pieced together and covered on one or both sides. Native Canadians have used deer, moose, caribou, elk, cow and even fish skins to make drum heads. The choice of hide depends on either what is



Photo by **Murad Erzinclioglu**

*Francis Sarazin, left, and Garret Deperry lead a drum circle at the Idle No More rally held at the University of Windsor's CAW Student Centre Jan. 11. The sound of Indigenous drumming can be heard at such events from coast to coast.*

available or what a specific tradition might prescribe.

Garret Deperry, 30, is studying to become a child and youth worker. He is part of the Woodland Ojibway Nation and led the drum circle at the Idle No More rally that took place at the University of Windsor Jan. 11.

"The drum is used as the heartbeat of our nation, that's what it was given to us for. It's a way for us to join together, express ourselves, the drum plays a major role in that ... I think its plays a very big role for us because it gathers us, it brings us together," Deperry said.

Retired teacher and artist Phylmarie Fess of the Ojibway Nation also attended the rally. She said the music doesn't only act as a tool to

draw a crowd together but in a way to honour the environment.

"One of our wonderful traditions is called an honour song. It is always so heartfelt it just reverberates (with us). When we hear the drum, this is a sacred drum, it resonates with the heartbeat of mother earth. This is why, when we hear it, we come because it resonates right through us. It's like being called," said Fess.

With the Idle No More movement going into its eighth week and House of Commons reopening Jan. 28, it's not likely that the beating of the drums will stop anytime soon.

For more information about the Idle No More movement go to [www.idlenomore.ca](http://www.idlenomore.ca).

# Outdoor patios stay open year-round

**Richard Riosa**  
Citizen Staff Reporter

Windsor businesses will now be allowed to keep outdoor patios open year-round.

Current by-laws state permits for outdoor patios are valid from March 1 until Nov. 30. Under these rules businesses are responsible for removing all fences and furniture by Nov. 30. They are also responsible for the cost of storing these items off-site as well as returning the sidewalk to a level state.

The Downtown Windsor Business Improvement Association proposed city council extend existing outdoor patio permits until Feb. 28, with 2013/2014 permits valid from March 1, 2013 until Feb. 28, 2014. This would act as a trial period for the city to assess the effects outdoor patios will have on snow removal.

Ward 6 Coun, Jo-Anne Gignac said she expects business owners to cover the cost of snow removal and upkeep within the boundaries of their outdoor patios.

"If there's any problem with the snow clearing, that's going to be the problem of the owner of the establishment," said Gignac.

Chair of the DWBIA Larry Horwitz said he hopes the proposal will draw more people to the businesses which take

advantage of year-round outdoor patios.

"There's a lot of (winter) days that are nice outside that can really use people coming downtown and sitting in the outdoor cafes with heaters and a nice environment," said Horwitz.

City Engineer Mario Sonego said this would be the first time council has allowed for the use of outdoor heaters after denying their use a few years ago. Sonego also said this proposal is for a pilot project and the effects of outdoor patios will be analyzed.

"We're going to go to the end of Feb. 28, 2014 and we'll see how the program goes and who co-operated and how it went," said Sonego.

Sonego said the success of the pilot project will help council determine whether or not to continue on with the year-round patio program.

"A lot of cities across the world open their patios in the winter months," said Horwitz. "I think it's good that we're moving in that direction and I'd like to thank council if they pass this and administration for working closely with us."

It has been noted both by Horwitz and Sonego that other BIAs within the city will be able to opt into this pilot program and it is not exclusive to the DWBIA.

City council voted unanimously in favour of the proposal Jan. 21.

FIGURING OUT FROM PAGE 1

for, their influence can only grow," said Harris-Decima chairman Allan Gregg.

Online Idle No More activity reached a peak during the Jan. 11 meeting between First Nations chiefs and Prime Minister Stephen Harper, with another bump of approximately 12,000 sources during a follow-up day of action five days later. Since then, engagement has steadily been declining, according to Blevis.

"There's a lot of production value that has to go into content and messaging these days in order to get people's attention," Blevis said. "If you can't condense your messages into their essence, they won't

have a particularly long life-span on the web."

The telephone survey of 1,000 people was carried out between Jan. 17 and 20 and has a margin of error of plus or minus 3.1 per cent, 19 times out of 20.

Those coming together under the Idle No More movement separate themselves from official First Nations leadership such as the Assembly of First Nations. Other chiefs have tried to capitalize on the publicity of the movement to force new talks with Prime Minister Steven Harper and the federal government.

Attention has been focused on Theresa Spence, chief of the Attawapiskat First Nation

in northern Ontario, who concluded a six-week hunger strike Jan. 24. The goal of Spence's protest was to gain a meeting with Harper and Gov. Gen. David Johnston to discuss how to improve living conditions on native reserves.

Substandard living conditions in Attawapiskat attracted widespread media coverage after Spence declared a state of emergency in late 2011 due to a housing crisis in the community.

Spence soon became the public face of the Idle No More movement, even though the two were never formally linked.

AFN National Chief Shawn Atleo has publicly expressed

support for Idle No More.

"Through the 'Idle No More' movement, we have seen a tremendous outpouring of energy, pride and determination by our peoples in recent weeks," Atleo said in a Jan. 3 media release. "This level of citizen and community engagement is absolutely essential to achieve the change we all want."

Harper said he believes all parties involved are expressing their rights peacefully and will continue to do so with little threat of a new Occupy movement.

"People have the right in our country to demonstrate and express their points of view peacefully as long as they

obey the law, but I think the Canadian population expects everyone will obey the law in holding such protests," he said at a Jan. 18 press conference in Oakville, Ont.

On Jan. 24, in exchange for Spence agreeing to end her protest, aboriginal leaders and opposition politicians signed a 13-point declaration setting out how they intend to move the First Nations cause forward.

Idle No More supporters are planning to keep their cause alive as well with a day of action planned for Jan. 28 when federal MPs return to the House of Commons after their Christmas break.

# Police census shows lack of diversity



Photo by Sean Previl  
Chief Al Frederick addresses the Windsor Police Services Board about issues relating to the Windsor Police Service Jan. 24 at Windsor Police Headquarters.

**Sean Previl**

Citizen Staff Reporter

Members of Windsor Police Service would like the force to become more diverse after a recent census showed it is falling short in certain demographic groups.

The inaugural workplace census was conducted by WPS's Human Rights Project team in 2012 and after receiving a 96 per cent participation rate, the organization discovered it did not have the diversity they hoped for.

The police service wants to use the results of the report to improve on the hiring process.

"We're going to look at this and take this to our recruitment process and look where we're falling short," said Inspector Rick Facciolo.

Facciolo said the number of women in the police service is lower than they want.

"This identifies the fact that there is an issue here with females, that we're not hiring enough," said Facciolo.

The census showed women account for over 32 per cent of the organization, yet women make up over 51 per cent of Windsor's population.

"The Human Rights Project Charter is identifying some initiatives for us to attract them, to attract females to the

profession," said Police Chief Al Frederick.

Frederick said the WPS is trying to bring in more people of different backgrounds, but the recruitment falls short because people do not follow through after showing interest. Frederick said women might also be avoiding the WPS for other reasons.

"They're entering the work force and they're seeing other opportunities that may be more conducive to them as individuals and I totally respect that," said Frederick. "But I want to make sure they realize that this is a viable option and it's a very secure option."

Facciolo said the small number of female officers is not limited to Windsor.

"Women in policing is something that is a trend across the province itself," said Facciolo. "So we use that as an example of how we're going to take this census data and then try to attract females to come to this job."

Facciolo said the WPS intends to take a census every three years and use it to inform policy.



Photo by Sandee Nho  
Windsor Regiment troops set up a tent Jan. 19 in Windsor during a preparation course for the upcoming winter exercise in February.

# Windsor Regiment participates in winter training

**Hailey Trealout**

Citizen Staff Reporter

The Windsor Regiment held an exercise at the F.A. Tilston V.C. Armoury Jan. 19 in preparation for their upcoming winter exercise in February.

The exercise is organized every year to help refresh the troops on how to function safely in extreme weather conditions. The troops were separated into teams and worked together to unload toboggans packed with necessary tools to efficiently operate in the winter. The process of setting up camp and knocking it down in a timely fashion continued over the span of a few hours.

Trooper Sarah Taylor has been with the Windsor Regiment since September 2011. She said this was her first time participating in the exercise.

"It went well," said Taylor. "I learned how to set up Arctic tents and if I didn't know how to do something I'd always ask to figure out how to do it correctly, or how to do it to begin with because I've actually never done it before."

After a break, the troops were briefed on call-signs, which are used as identifications over the communications system in their jeeps.

Cpl. Vincent Colussi partici-

pated in the exercise and said the practice for voice procedures gave every troop the chance to work through several scenarios.

"There are designated call signs for everyone that's out there," said Colussi. "They are going through the list, all reading together. Whoever has to say something, would scramble it out of order, so if they have to say a situation report they had to put it in the proper order, write it down before they say it, think about it, and then they'll say it over the radio."

The exercises were supervised by Cpl. Aaron Mascaro, one of the three senior corporals. He said teamwork and preparation were the two key points the troops focused on.

"The biggest things to remember especially with the regiment are to look after one another because it's very exhausting work," said Mascaro. "Being able to show them what I've seen, what I've learned, what works, what doesn't, and actually have them receive that and use that knowledge is a really good feeling."

The next exercise will be in Meaford, Ont. where the troops will have an opportunity to use the skills they learned.

# Windsor's real estate market booms

**Maureen Mariampillai**

Citizen Staff Reporter

The permit value of residential homes in Windsor has doubled in the last year.

According to Statistics Canada there has been a 52.9 per cent increase in value of building permits in Windsor from November 2011 to November 2012.

Windsor's chief building official, Lee Anne Doyle, said the value of construction for dwelling units doubling shows people are feeling confident enough in their jobs and the economy to invest their money in new homes and renovations.

In 2011, 256 dwelling unit permits were issued by the building department which grew to 266 in 2012. The numbers do not reflect renovations. According to Doyle, it was in the permit value of sin-

gle family dwelling units where she saw the greatest increase.

"In Windsor we've rebounded. It's a slow process but we are rebounding," said Doyle. "And that's just for residential because that's a good indicator of the confidence people have in their local economy. So that's different for the province because the province takes everything into consideration."

Matt Marchand, president and CEO of the Windsor-Essex Regional Chamber of Commerce, said the numbers are not surprising. Various programs such as the Windsor-Essex Active Retirement Community Initiative have been working towards revitalizing the market.

"We've been advocating and telling our story across Ontario about the benefits of living in the Windsor Essex

area," said Marchand. "And our latest information show that we have brought in \$220 million dollars in real estate purchases since 2010 and that includes 885 new residents."

University of Windsor economics professor Vladimir Bajic, who specializes in housing, said this could be for any number of reasons. But when existing homes are not selling, the demand for building permits will decrease.

Although Windsor is seeing an increase, according to the national statistics there has been a 17.9 per cent decrease in municipality-issued building permits worth \$6.2 billion in November 2012.

Ontario posts the largest decline in the country due to lower construction intentions for institutional buildings, residential dwellings and industrial buildings.

## High school students run for Canada



Photo by **Mandy Matthews**

Grade 12 student athlete Brandon Allen from General Amherst High School runs the Windsor and Essex County Secondary Schools Athletic Association race at Malden Park in Windsor Oct. 18. He finished second behind Kingsville's Ryan Sleiman.

**Mandy Matthews**  
Citizen Staff Reporter

In the midst of a teachers dispute that has cancelled a number of high school events, two of Windsor's top ranked runners in Ontario will not surrender their shoes.

General Amherst High School's Brandon Allen and Kingsville District High School's Ryan Sleiman will be competing Jan. 26 as a team at the North American, Central American and Caribbean cross-country championships in Mandeville, Jamaica. A first or second-place finish will qualify the duo to represent Canada at the world championships hosted in Poland this March.

This will be the second appearance at the NACAC for Sleiman, while Allen will be making his debut as a Grade 12 student.

"Right now the confidence level is definitely up and it is feeling pretty good," said Allen.

Despite winning an Ontario Federation of School Athletic Association's gold medal, Allen remained focused and qualified for the Canadian

team at the end of November. He placed sixth overall and fifth among eligible athletes in the junior men's division at the Canadian Cross Country Championships in Vancouver.

"I never thought I would come this far, really, I thought I would be at the high school level forever. It feels really great that I have made it to the international level for my country," said Allen.

Although Allen may be prepared physically, he said a mental focus is just as important. However, the cold weather in Canada makes it difficult to train for a race where temperatures run high.

Windsor Legion coach Dave Scarrow said previous athletes have been affected by the drastic weather change between the two climates. This year Scarrow has been holding more workouts on the indoor track at the St. Denis Centre at the University of Windsor.

"They are exceeding my expectations as far as the workouts go," said Scarrow.

The indoor facility is kept around 21 degrees Celsius, five degrees below the temperature they will be running on race day.

## Express drop home-and-home series to Halifax

**Brett Hedges**  
Citizen Staff Reporter

The Windsor Express lost both games of a home-and-home series to the Halifax Rainmen.

It was too little, too late for Windsor Express as they fell to the Rainmen 99-94 Jan. 18 at the WFCU Centre and then dropped a 110-82 decision Jan. 24 at the Halifax Metro Centre.

The Express were down 10 points in the final minute of the first game but clawed their way back to a three-point deficit before Halifax forward Antoine Tisby knocked down two free throws with 9.1 seconds left. Tisby finished the game with 23 points and 18 rebounds. Fellow Rainman Quinnel Brown led all scorers with 24 points, going three-for-three in three-point shooting while collecting three steals. Express head coach Bill Jones said the team didn't do a good job of rebounding.

"(Rebounding) was one of the things that we talked about at the beginning of the game," said Jones. "(Tisby) had double-figures in points and he had 18 rebounds, eight of which were offensive and he was able to get some easy baskets."

The Express had their chances to take over in a game that saw many lead changes, but were out rebounded 52-34, mostly by Tisby who was equally effective on both the offensive and defensive glass. Jones said the team's slow start was what led to their downfall against last year's runner-up.

"In my opinion it was a play-off-type game and we came out sluggish," said Jones. "We got the lead of a couple points but we just couldn't get over the hump."

Five Express players reached double figures in scoring, but none reached double figures in rebounds. Lester Prosper and Daniel Rose each had eight rebounds to go along with seven and six points, respectively.

Darren Duncan led the Express with 19 points and dished out seven assists while Stefan Bonneau chipped in with 16 points and provided tough defensive pressure that caused turnovers late in the game. Windsor's leading scorer Mike Helms was held to a quiet 11 points, shooting 2-12 from the field but knocked down all six of his free throws which helped the team's comeback.

Duncan said the team gave a valiant effort but simply came up short.

"Defensively, I thought we could have played better," said Duncan. "We missed a lot of open shots but we were right there. Today was just one of those games where we just didn't get it."

The teams met again at the Halifax Metro Centre six days later but the result was the same for the Express. Halifax outscored Windsor 34-19 in the opening quarter and led by 20 points at halftime.

Poor shooting was again a problem for the Express, as the team shot 32.5 per cent from the floor and missed 14 free throws during the game.

The Express were led offensively by Kevin Loiselle with 15 points. Prosper scored 14 points and hauled down an impressive game-high 18 rebounds. Brown again had a game-high 24 points for the Rainmen while Tisby was a lesser factor, collecting 14 points and 10 rebounds.

The Express didn't have long to rest, as they battled the Saint John Mill Rats in New Brunswick at Harbour Station Jan. 25 before heading back to Windsor to play London Jan. 27.

## NHL season officially returns

**Kenton Wolfe**  
Citizen Staff Reporter

The NHL lockout is over and it may be affecting local business.

With the signing of the Memorandum of Understanding, the new Collective Bargaining Agreement is formally ratified between the NHL owners and the NHL players association.

The NHL season is officially underway with fans everywhere flocking back to their favourite team's home opener. Thirteen games took place Jan. 19, with many teams selling out, including several Canadian markets such as Montreal, Ottawa and Vancouver.

Fans who were not lucky enough to make it to their team's rink congregated to sports bars, like the Derek

Farrugia-owned Dugout Sports Lounge in downtown Windsor. Just one week into the NHL season, Farrugia said the bar has already seen a noticeable increase in business.

"It's definitely going to affect business," said Farrugia. "It's those off nights (that it is going to affect). Weekday nights - Monday, Tuesday, Wednesday, kind of slower nights, business has been up and down. It's nice to have a couple fans who want to come out and enjoy the game at a bar."

With the rising tension between the NHL and its fans over the course of the four month lockout, several teams have started initiatives to win back some begrudged fans. The Toronto Maple Leafs handed out over 1,000 free tickets, while the Buffalo

Sabres gave free tickets to season ticket holders like Chris Brooks. Brooks owns partial season tickets.

"It's kind of (expletive) that it happened still," said Brooks. "But it won't affect my attendance ... I think we can all agree that NHL hockey is the best level of hockey in the world."

However, not all fans were willing to go back so easily. For some fans, free tickets won't be enough to win them back.

"I won't go out of my way," said sports fan Jaleel Sobers. "Nothing else will have to be on for me to watch it, maybe if Alexander Ovechkin is on. I still like basketball, football."

Though it is still unclear how many fans were lost due to the labour stoppage, business has returned to local sports bars.

# Spits blown out at home



Photo by Evan Mathias

Windsor Spitfires forward Ryan Verbeek jams away at a loose puck in front of Plymouth Whalers goalie Matt Mahala, as Whalers captain Colin MacDonald defends Jan. 24.

# Spits overcoming injuries

**Mitchell Brandner**  
Citizen Staff Reporter

most notably two of the younger players.

Sometimes opportunities arise from the most unlikely situations.

Adam Bateman and rookie Patrick Sanvido are two players who have seen an increase in their responsibilities.

The Windsor Spitfires were busy at the trade deadline this season. Two of their higher profile moves included trading captain Saverio Posa to the Guelph Storm and acquiring defenceman, and first round NHL draft pick, Slater Koekkoek

“With (Posa and Koekkoek) gone we don’t have that one defenceman that is going to be out there most of the time,” said Sanvido. “Some of us have to step up and raise our game a bit. It affects the whole defence core.”



from the Peterborough Petes.

Bateman is in the second

After two games the unthinkable happened.

year of his Ontario Hockey League career, so that experience comes in handy with his ice time increasing. It also gives Sanvido someone he can look to for leadership.

Slater Koekkoek required season-ending shoulder surgery, leaving a hole in the Spitfires’ backend.

“I have some experience in this league so I should know what’s going on,” said Bateman. “I talk to Sanvido about what to expect and what’s going on in the league.”

“It’s a big loss,” said general manager Warren Rychel. “I think we’d be a real good team with him, it obviously hurts our chances of doing some real damage.”

The Spits were supposed to take a step back without a number one defenceman. They were supposed to struggle. Apparently nobody told them that.

Windsor rattled off four straight wins after losing Koekkoek before the streak came to a halt Jan. 24. Everybody has stepped up in the absence of Koekkoek,

The added responsibility on Sanvido and Bateman is magnified by the fact that the Spits are in the thick of a playoff race. Now is as good a time as any to show that they can handle the pressure.

“It’s exciting,” said Sanvido. “I’ve never really been in this kind of situation so it’s really exciting.”

**Mitchell Brandner**  
Citizen Staff Reporter

The Windsor Spitfires allowed 19 goals in three games this weekend.

a great effort in Sault Ste. Marie and they were rewarded with a 3-2 shootout win. Remy Giftopoulos scored his third goal as a Spitfire and Alexander Khokhlachev had the shootout winner while Jaroslav Pavelka made 32 saves.

The Spits were blown out by the Plymouth Whalers Jan. 24, snapping a four-game winning streak. Windsor was never really in the game as Plymouth took it to them right from the opening face-off. After a five goal second period, Plymouth cruised to an 8-2 victory.

The victory was just their third shootout win of the season.

The lone bright spot was a two point night for Alex Aleardi is his first game against his former team. He was the only Spitfires to finish with a positive plus-minus rating.

The Spitfires allowed eight goals for the second time in three games in an 8-4 loss to the Sudbury Wolves Jan. 27. Though the defence was solid for the first few games after Slater Koekkoek was injured, it is clear that they miss their number one defenceman. Despite losing the game, the Spitfires outshot the Wolves 47-40 and were only down by

two heading into the third period. Defenceman Nick Ebert stepped up with a three point game and star forward Khokhlachev scored a hat-trick.

After Sudbury scored a late goal, the Spits lost their cool. Rookies Patrick Sanvido was given a misconduct penalty and Ryan Verbeek was given a match penalty for intent to injure while Emerson Clark received a misconduct for abuse of the officials. The league will no doubt review the penalties and the Spitfires could be looking at a few suspensions.

Something needs to change on the Spitfires backend. The veterans need to step up and put a stop to the quickly-rising goals against.

# Lancers hang on to beat McMaster

**Kurtis Friesen**  
Citizen Staff Reporter

The University of Windsor Lancers Men’s basketball team put their number one spot on the line at the St. Denis Centre Jan. 23.

Enrico Diloreto led the team in points at the half and said this sort of comeback effort was nothing new.

The Lancers stormed out of the gate with two first quarter dunks to set the tone early. After one quarter they led 21-19. The Lancers applied the full-court press on the McMaster Marauders and forced several turnovers to increase the lead to eight by the end of the half.

“We just had to settle down,” said Diloreto. “We’ve had teams make runs at us before and we handled it well.”

In the third quarter, they led by as many as 15 points, appearing to begin to put the game out of reach, as the Marauders turned the ball over on three straight possessions early in the quarter.

The Marauders coaching staff called a timeout and pulled the team to the corner

of the floor to, not-so-quietly, let his team know they had to push harder if they were to win the game.

The timeout paid its dividends as the Marauders narrowed the deficit to just five points with about a minute left in the third quarter.

However, the Lancers would retake a nine-point lead after three quarters.

The drama continued into the fourth quarter as the Marauders would pull to within four points with 21.1 seconds left on the clock. This was the closest margin since

the first half, but the Lancers escaped with the 80-73 victory.

Lancers head coach Chris Oliver said the back-and-forth momentum is to be expected against a team like the Marauders, especially after beating them by 19 on their home court in their last meeting.

“It’s a game of runs and you’ve got to answer the runs,” said Oliver. “We know they’re going to punch back, but we should be able to withstand that and not allow it come as close as it did.”

The Lancers currently hold the first place position in the West Division and are ranked fifth in the country.

“When you’re nationally ranked, you’re going to get everyone’s best game,” said Oliver.

Lien Phillip, who led the team in scoring with 16 points, also said the team makes an effort to play aggressive and dunk as often as possible to impose their will.

At the end of the day, the Lancers came out on top and finished strong in the dying seconds.

# Twins for a cause

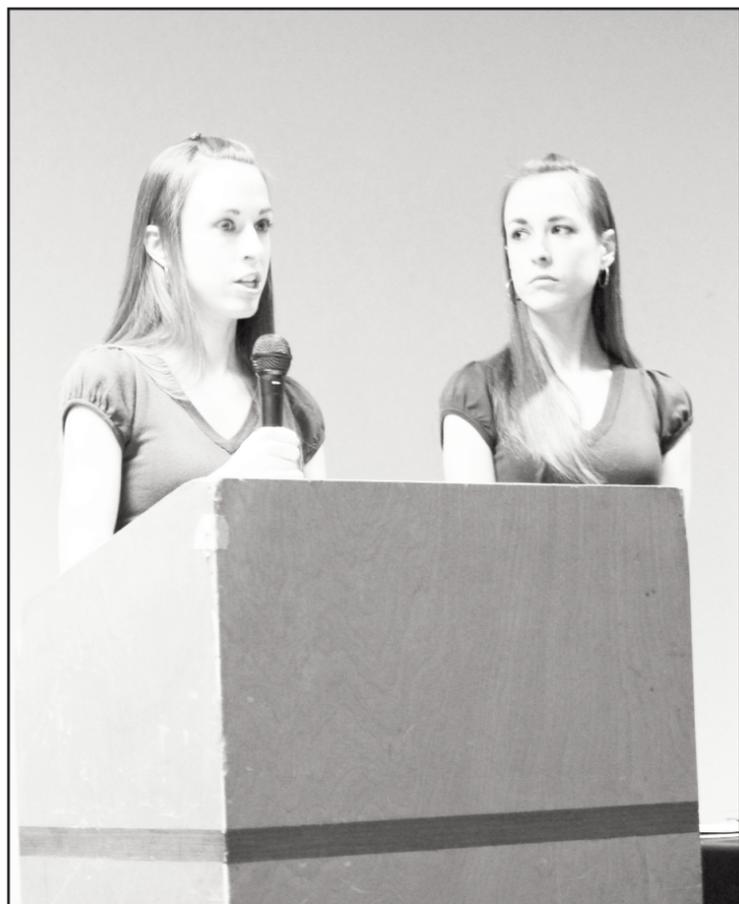


Photo By: Sandee Nho

Allison and Lauren Knight share their stories with students during Mental Health Awareness Week at the University of Windsor on Jan. 17.

**Sandee Nho**  
Citizen Staff Reporter

Identical twins are not only impressing crowds with their genetics, but also with their story.

Allison and Lauren Knight are 28-year-old identical twins from Kingsville. Their unique characteristics did not come without obstacles. Throughout

their life they have been bullied, teased and picked on. Both of them have been diagnosed with depression and obsessive compulsive disorder. After completing their history masters program at the end of 2008, the twins had plans to go to teacher's college. Since they haven't spent more than a few hours apart,

the twins weren't comfortable with the lifestyle teacher's college would offer. They began to write to express frustrations. This served as a self-soothing technique. That's when the idea of publishing a book about their personal struggles and experiences arose.

"I think we just want to get our stories out there to encourage others to feel like they can be open as well," said Lauren. "When you suffer from a mental illness it's a very isolating feeling and often times you feel like no one wants to hear about it because you don't want to drag them down."

The twins have been sharing their stories with audiences around Canada since September 2011. On Jan. 17 they shared their stories at the University of Windsor's Mental Health Awareness week where students could listen and purchase their book.

"Individually we seem like normal people but because we wear a figurative mask, we seem happy, but we're not and it's okay to address that," said Allison. "Hopefully by reaching out to others it will encourage others to do the same, or at least find some safe people to talk to and also something you can do together."

Their book *Mirror, Mirror* can be purchased through their website at [www.lauralart.net](http://www.lauralart.net).

# Don Ross blows away crowd



Photo by Adam El-baba

Don Ross performing at the Place Concorde in Forest Glade, Jan. 19.

**Adam El-baba**  
Citizen Staff Reporter

A high profile musician and two-time fingerstyle guitar champion performed at Place Concorde in Windsor Jan. 19.

Singer, songwriter and guitarist Don Ross performed with special guest Brooke Miller in Forest Glade. The night featured a combination of jazz, blues, classical and folk music Ross classifies as "Heavy Wood."

According to music networking website churchHouse, Ross is noted for his exceptional technique. He is the only person to win the U.S. National Fingerstyle Guitar Championship twice, once in 1988 and again in 1996.

"In 1988, I was so broke that I took a bus for 33 hours from Toronto to Wichita, Kan. and

arrived almost too late to compete," said Ross.

His album *Huron Street* reached ninth on the Billboard Top New Age Chart in 2001. In the liner notes to Ross' 2003 album *Robot Monster*, Bruce Cockburn wrote, "Nobody does what Don Ross does with an acoustic guitar. He takes the corners so fast you think he's going to roll, but he never loses control."

Ross has toured regularly since 1989 across Canada, the U.S., dozens of European countries, Japan, Taiwan, Russia, China, India and Australia. He has played with symphony orchestras in Canada and Germany and collaborated live and on recording with Canadian singer Andy McKee, and guitarist

SEE ROSS PAGE 8

# Understanding Post Traumatic Stress Disorder

**Haley Trealout**  
Citizen Staff Reporter

Imagine returning home and feeling that you have lost the person you once were, with no understanding of why things are different.

Wayne, who has asked his name be kept private, served with the U.S Army as a radio operator when his division was deployed to serve four months in Vietnam in 1965. Many veterans like Wayne display the diagnostic criteria for Post Traumatic Stress Disorder. Although it is a disorder that has been examined and questioned since the sixth century, nobody has been able to understand it. He said the hardest part of the war was trying to fit back into society.

"When I came back from Vietnam, I didn't know what PTSD was, we hadn't heard of it back then. I never realized what I was putting my family through at the time. You have to remember you're coming out of a war zone where the adrenaline is 100 per cent," said Wayne. "When you come back the adrenaline is stopped, I wasn't trained to stop, I was trained to keep going. They send these guys into a war-zone, when we come back, don't expect us to be the same person that went over there. You shot at people, not necessarily knowing if you injured them or killed them, but it still works on your mind."

This is no nightmare. It is a reality faced by soldiers around the world. Wayne said he learned to keep his time in Vietnam to himself to keep others from triggering a violent reaction.

Wayne's wife Trudy said her father helped her a lot throughout her marriage with Wayne after he returned home from Vietnam.

"It gets better, but it never goes away. Memories are the greatest gift we have. You can remember all the good things in your life, but you also

remember the bad, you just push them to the back but sooner or later, they're going to come back again and again," said Trudy. "You live with war your whole life. Most people just don't want to talk about it. Adjusting to life is a big step, going from one job to another, which we did, you just can't settle down."

In 1990 Francine Shapiro worked with soldiers to come up with an approach to PTSD called the Eye Movement Desensitization Reprocessing Treatment, 'Eight Phases of Treatment.' This study turned into a training process for therapists to help them better understand their trauma patients.

Susanne El-Baba is a clinical social worker. She said the information going from the traumatic environment into a person's perception is so huge that it can't be experienced in its totality, causing recollections.

"We live in a world where anything can happen to us at any time, but we don't live in that awareness, we can't and we don't want to," said El-Baba. "Once the relationship is good enough and the person trusts enough where we can use that therapeutic relationship, we can strengthen coping skills. It's not like they didn't want to cope with the event, it's that the event was too huge to cope with in one piece. After that you can gradually expose them to their trauma and help them understand what their triggers are and how to work with it. It's not just what the person experienced, it's how they perceived it and then it's how they think about it."

Though the understanding of PTSD has come a long way, the most vital issue is lack of education on the topic. With the proper understanding of PTSD, families and their loved ones can move forward, instead of being stuck alone in painful memories.

# Instill healthy eating habits at a young age

**Jessica Sternberg**  
Citizen Staff Reporter

Teaching children how to eat healthily isn't easy, but there are things you can do to make the experience fun.

Local college student Roxana Hack says it's best to start teaching children healthy eating habits as soon as possible. Children are attracted to junk food at a young age, so it's best to introduce them to healthy foods right away. Hack recommends age two, when kids start eating solid foods.

"Natural, organic foods are best," says Hack. "Anything you can grow is great for kids, even before they're born. You should eat healthy during the entire pregnancy, treat yourself every once in a while, but stay healthy for the baby. Start your child on organic foods when they can eat solid foods. This will give them good eating habits later in life."

Hack also says to make eat-

ing healthy fun, cut food into animal shapes and give them brightly colored fruits and vegetables. She says the best thing you can do is not introduce them to fast food. Make dinner at home, or if you don't have time, pick up something healthy at the grocery store instead of going to a drive thru.

"If you don't introduce them to fast food they'll be better off and less likely to become addicted later on in life," said Hack.

Jennifer Nantais, mother of two, says you should instill healthy eating habits as soon as possible. She also says it's okay to treat yourself every now and then, as long as it is in moderation.

"Moderation is the key. You need to keep your diet balanced, but a little treat now and then won't hurt you," says Nantais. She recommends fresh fruit and vegetables that are picked out of the ground, not in cans. Nantais also said

to read the labels on everything you buy and look out for sugar content.

Nantais started to teach her children to eat healthily around the time they started school. She says to start slow, not to push healthy food on them. Tell them what they are eating and the importance of the food. She says to start with a couple of healthy foods over time and make it fun for them.

"You need to allow certain foods for the kids to eat in moderation," says Nantais. "If they want chocolate, give them dark chocolate because it's healthier. Let your kids help you make healthy snacks. When they help out, they will want to eat it more because they helped make it and they will feel proud."

Nantais said as long children are taught to eat healthily and to treat themselves every once in a while they will be okay. Stay away from fast food, but don't take away all the junk food. Allow them to have a little bit, just not all the time.

# Windsorites battle weight gain

**Shaun Garrity**  
Citizen Staff Reporter

Two Windsorites credit a strict diet and countless hours at the gym for losing pounds.

In August 2011 Chantel Russette's grandfather died after a battle with diabetes. That year her grandmother's leg had to be surgically removed because of complications with diabetes.

Russette was also struggling with living a healthy lifestyle. To get in shape she would have to change her eating habits and start going to the gym on a daily basis. Her diet consisted of fruits, vegetables, protein shakes and absolutely no bread. Her main goal was to eat healthy foods six days a week and have one day where she treated herself to a sweet food of her choice.

"The human body needs to know you are not starving yourself, but at the same time

I am a woman and I do need my sweets at times," said Russette.

After learning how to keep up with her diet and working out at the gym Russette lost weight quickly. She said the gym became less strenuous and had an enjoyable atmosphere. The same year she applied at the Athletic Club in Brantford, Ont. and was hired as a membership advisor where she still works. Last year Russette weighed 230 pounds and now weighs 140 pounds.

"Being healthy is the best thing any person can do for themselves. Your body is your home so keep it clean just like you would keep your house clean because you will live in it forever," said Russette.

According to About.com carrying extra weight increases the chances of developing serious health problems such as heart disease, stroke, cer-

tain kinds of cancer and diabetes.

Josh Hatton a student at St. Clair College, lost 40 pounds over the last year and a half. During the summer of 2011 Hatton stepped on the scale and weighed in at 275 pounds.

He decided it was time to lose weight before it became a health concern. The gym was his new place to hang out. His days consisted of running and weight training every other day. As time progressed the exercises started to get easier. Hatton now weighs 235 pounds.

He continued to work hard at the gym, but on Jan. 18 was injured playing hockey and broke his left leg.

"The most difficult thing to cope with during this time of my injury is not being able to go for walks or stay active," said Hatton.

The doctors told Hatton it will take six to eight weeks to recover.

# Students get healthy



Photo By **Jamie Adams**

*St. Clair College Student Council President Keri Bagley stands in front of the information booths set up by health organizations in Windsor for St. Clair's first Health and Wellness Week Jan. 21.*

**Jamie Adams**  
Citizen Staff Reporter

Hundreds of students gathered at St. Clair College to participate in its first Health and Wellness Week.

The week focuses on physical and mental health issues. Several health organizations had presentations and set up information stations.

The week began with mental health awareness on Jan. 21, also known as Blue Monday. It is considered the most depressing day of the year for a number of reasons: the lack of upcoming holidays, paying bills, cold weather and not to mention many people consider Monday their least favourite day of the week.

Student Representative Council president Keri Bagley said everyone is affected by a mental health issue, whether it's stress, anxiety, depression or other illness. She said it's important for people to learn how to deal with it before their problems become too overwhelming.

"It's been more apparent, not just on this campus, but across Ontario, the need for a Health and Wellness Week," said Bagley. "A lot of people are dealing with physical health issues as well as mental health issues, so it's something that affects all of us and something that we definitely need to pay more attention to and inform people about."

One of the organizations attending the Health and Wellness Week is Neighbours,

Friends and Families, a public education campaign raising awareness about relationship abuse. Community coordinator Debra Fowler spoke to students in the morning and afternoon and had a booth set up for the duration of the week.

"The college student is at that age where they're learning to date and sometimes they get into unhealthy situations and they're not always sure what to do about it," said Fowler. "When you ask people in the class if they know somebody who's in an unhealthy, abusive relationship, I would say three quarters of the class raised their hand. It's something that's going on in the population and it's just about getting the information out there."

Other organizations attending the Health and Wellness Week include City of Windsor 211, Hiatus House, Bulimia Nervosa Association, Sunparlor Pregnancy, Pathway to Potential and counsellors from St. Clair.

Nick McEachrane is a Protection, Security and Investigation student who attended the Health and Wellness Week.

"I think it's good because a lot of people have problems with their own health and may not even realize it," said McEachrane. "This week is good for them to learn about things affecting them or their peers."

The Health and Wellness campaign is planned to continue every October and January.

## Disney prepares new Star Wars trilogy



Photo by Chris Mailloux

Shawn Cousineau, owner of Rogues Gallery Comics, stands next to his life size statue of Yoda inside his shop Jan 18.

**Chris Mailloux**  
Citizen Staff Reporter

The executives at Disney are preparing to make a sequel trilogy to the original Star Wars films.

The announcement of a new trilogy brings the possibility of new merchandise which may help increase sales for local stores by giving them new products to sell. Star Wars has always had a large market when it comes to merchandising with products like Lego, clothing, video games, posters, comic books and action figures. Shawn Cousineau, owner of Rogues Gallery Comics, is a fan of Star Wars and said he likes the idea of a new trilogy.

"I have high hopes. When I was a kid I was always told that there were going to be nine films, I'd like to see what I was promised when I was 12," said Cousineau.

Cousineau has a life-size statue of the character Yoda on display in his shop and owns an actual storm trooper suit. While the new trilogy has been announced, a director has yet to be chosen for the new films. Cousineau said he

would like to see Spielberg direct the next trilogy and Disney owning Lucasfilm could be the best thing for Star Wars. Cousineau also said Disney is smart enough to focus on the merchandising while leaving the films to the creative people.

"They've had Marvel now for the last four years and Marvel has done nothing but improve," said Cousineau.

James Tracey is a student at the University of Windsor who is currently studying Communication, Media and Film.

"I really think they (Disney) know how to handle a large marketable franchise like Star Wars," said Tracey.

Tracey said he grew up watching the original trilogy with his dad and still holds it close to his heart. Disney announced that the first film of the trilogy, Episode VII, is scheduled for release in 2015. Tracey also said he would want to see a director like J.J. Abrams or Brad Bird direct the new trilogy.

"Honestly, I'll just settle for anyone who has a passion for the series like I do," said Tracey.

## Wedding show delights couples ready to wed



Photo by Sean Previl

A model walks across the runway during the Wedding Show Extravaganza bridal fashion show at the Giovanni Caboto Club Jan. 19 in Windsor.

**Sean Previl**  
Citizen Staff Reporter

Windsor brides preparing for their weddings found help from a local wedding show.

The Giovanni Caboto Club hosted the Wedding Show Extravaganza Jan. 19-20 to give couples ideas in planning their weddings.

The show started 26 years ago when Nancy Campana, owner of Nouveau Event Planning, wanted to bring a wedding show to Windsor.

"At the time I was starting another business that I wanted to get into a wedding show in Windsor and there wasn't a large scale wedding show," said Campana.

Campana said the show is a great way to help make weddings easier on couples.

"Couples getting married can come through this show and see 200 exhibitors and get their planning done in one weekend," said Campana

Some of the vendors said

the show is good because of the area it serves.

"I think they're very proud of their communities and they would rather I give business to someone in their community than a grocery store or some chain," said Chantal Bechard, owner of Windsor Pastry Boutique.

Many vendors were in attendance and Michael Poirier of Circle-Box Video said he came to this show this year because of how well known it is.

"I've been told it's the biggest one and so last year I did a couple of the other ones and so I decided this year I'd book with this one," said Poirier.

Jocelyn Levesque and Zach Cranny, a couple who attended the event, said they went because their friends recommended the show.

"It was requested to us by a lot of people we know who have been married before," said Jocelyne Levesque. "They just said it would be nice to come and get some ideas."

Campana said the wedding show brings in vendors for couples with various price points to help with the various types of weddings people are considering.

Wedding Shows Windsor returns to the city in September for the Fall Wedding Event.

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ROSS FROM PAGE 6



*Please recycle this newspaper!*

Brooke Miller.

"A lot of audiences in Europe are more reserved and focused on you throughout the performance," said Miller.

"Italian audiences are much more reserved and vocal. But the United Kingdom and Canadian audiences just feel like home," said Miller.

He has composed scores for television, radio and film and does production and recording engineering for a variety of other musicians. Ross also plays electric guitar, slide dobro and lapsteel guitar, piano, keyboards, bass guitar and drums.

The night was sponsored by

Radiant Maiden Tattoo Shop, Tecumseh Music Centre, Riverside Guitar Shop, The Lesson Lounge, Villains Beastro, Molson/Coors Brewery and churchHouse.

Kevin Blondin, an organizer for churchHouse, works with a team bringing performances from local and national artists to Windsor and Essex County. churchHouse also works closely with artists and bands to create intimate and personalized custom productions.

"The Windsor music scene is blowing up with one great band after another emerging. And (churchHouse) is more than happy to work with all of them," said Blondin.

Ross will be playing Jan. 25 in Winnipeg and Jan. 27 in