

Jolene Osztian, Photographer

## Valentine's Day On Campus

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Valentine's Day: a time of love, of affection, of Cupid furiously firing arrows at the hearts of his unsuspecting victims. The holiday evokes the familiar images that we associate with the day of love.

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Ah, yes Valentines Day is approaching. The day of love, as it is known, comes every February. Yet, thousands of people in a relationship often forget about it and the significance it holds towards their partner.



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# HOW TO BE ALONE WHEN EVERYBODY ELSE HAS A S/O

Maria Garcia Manzano, Assistant Editor-In-Chief

It's that time of year again. Valentine's Day is quickly approaching. I don't know about you, but as much as Valentine's day is known to be a romantic holiday and all about couples, I believe it is time to be more inclusive. Here are a couple of suggestions about how to enjoy Valentine's Day if you are alone. And remember that being single does not mean you can't celebrate single.

### \*LOVE THYSELF.

RuPaul, a famous drag queen, and moderator of the show, Drag Race has very iconic self love quotes. Here is one to keep the top of mind on Valentine's Day." When you become the image of your own imagination, it's the most powerful thing you could ever do." You don't necessarily have to have a significant other to be powerful in your own right, but what does eventually attract the right person is you recognizing your own power. Or perhaps a more iconic is "If you can't love yourself, how in the hell are you gonna find somebody else."

Valentine's Day is a good time for introspection and self-reflection. The love you receive is a direct correlation to the love you have for yourself. Take some time to exercise self-love.

### \*CHANGE YOUR PERCEPTION OF VALENTINE'S DAY IN YOUR MIND.

You are single. There is no problem with not being in a relationship and just because you are not in a relationship now doesn't mean it will be that way in the future or that it is necessarily a bad thing.

Being single is a celebratory moment and one that is often overlooked. When you are not tied to a relationship you have time to focus on yourself. In a relationship you are focused more on the needs of your partner than your own.

Take advantage of your time of being single. Enjoy it, embrace these moments, and use it to learn to be comfortable with yourself. It will make you that much more appealing and complete when you

find someone who is compliments to you.

### \*A SPA DAY IS ALWAYS A GOOD DAY.

Use Valentine's Day as a day to pamper yourself. Go and do something that feels good for you. If you aren't into spas, do some yoga, pilates, or paddleboarding (they even have classes inside if you live somewhere cold). The point is to take some time for self-care because that is symbolic of love too.

### \*WEAR SOMETHING THAT MAKES YOU FEEL GOOD.

Go ahead and turn it up a notch. It is Valentine's Day after all. Put on something that always turns heads, and which you tend to receive compliments. Wear red or a color you don't usually wear to turn it up a notch, but makes you feel your sexiest. If you have to be with someone else to dress up, well you're missing the point. Empower yourself!

### \*NETFLIX AND CHILL WITH YOUR FAVORITE BLANKET.

Find some movies that make you laugh, and help you appreciate love. Love comes in so many forms. It can be a classic romantic comedy. Pretty in Pink, Some Kind of Wonderful, and Love Actually are some classics that will make you smile, laugh, and cry (just a little bit and in a good way). But, if the drama or science fiction genre is more your thing, that's cool as well. After all, this is your Valentine's Day too!

### \*ENVISION AND THINK ABOUT WHAT TYPE OF RELATIONSHIP YOU WANT FOR YOURSELF.

Write it down and make it descriptive. And go beyond the surface things. Think about what you feel they should value, relationship with their family, approach to living life, how they will handle difficult times, etc.

Have fun with this exercise. Envisioning what you want is often the first step to attracting what you want in your life. The law of attraction and visualizing what you want is the first step to attracting compatible people into your

life. These principles apply to relationships too.

### \*USE THAT JOURNAL.

I'm not sure if you have a gratitude journal, but if you don't have one, you should get one right away. A gratitude journal is a small journal where you write down about three things each day that make you feel grateful.

If you feel melancholy on Valentine's Day because you don't have someone special in your life, here is how a gratitude journal can help you. Pull out your gratitude journal and write down three things that you are very grateful for and why you are thankful.

Think about those things that are going well in your life or some experiences you are looking forward to having. Everyone has something for which they should be grateful.

### \*TREAT YOURSELF TO SOMETHING SPECIAL.

Don't wait for someone else to give you something which you want or deserve. If there is something that would make your heart content, go ahead and do it for yourself.

It doesn't have to be super expensive, but if there is a play you have been wanting to check out, a piece of jewelry you have been eyeing or a trip you have wanted to plan, use Valentine's Day as your inspiration.

Just because you're single doesn't mean Valentine's Day can't be celebratory for you too. Love comes in many forms and exercising self-love for yourself is one of the most important.



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# THE MUST HAVE ON VALENTINES DAY-CHOCOLATES

Donovan Hillman, Senior Advisor

That very special day is just around the corner! No, its not graduation day quite yet, its almost time for Valentines Day. Valentines Day is the time of the year we show our affection towards our significant other. It is a time of empathy, caring and love. Often, we give our partners gifts to showcase our affection and what better gift is there than homemade baking.

Whether its cookies, pies or cakes, baking your partner a treat is sure to get you points on Valentines Day. But once in a while we want those bonus points, that golden reward, and in order to get that you have to make them something special. When it comes to Valentines Day, chocolates are always a go to for many couples. However, homemade chocolates are something of a rarity and are sure to impress your partner. Below are two recipes that will teach you have to make your own homemade chocolates before the big day.

## Homemade Cherry Dips

### Ingredients

- 1/3 cup of whipping cream
- 2 tablespoons of butter
- 2 tablespoons of white sugar
- 4 ounces of semisweet chocolate, roughly two chocolate bars

olates, roughly two chocolate bars

- 1 package of cherries with stems, washed
- 6 ounces of semisweet chocolate, roughly three chocolate bars
- 2 tablespoons of shortening

### Directions:

Cherries are fantastic by themselves but if you add a layer of chocolate on top, you've got it made. This recipe is fairly easy to make and will certainly win over your sweetheart this Valentines Day.

To get started making your very own chocolate covered cherries grab a medium saucepan and bring the whipping cream, butter and white sugar to a boil.

Once this mixture starts to boil remove it from the stove top and stir in the 4 ounces of chocolate.

Transfer the mixture to a small bowl and refrigerate for 4 hours. Then take a teaspoon of the mixture and shape it around each cherry.

Refrigerate the cherries for 2 hours. Proceed to melt the 6 ounces of chocolate and shortening in the microwave.

Dip each cherry into the mixture and place them on wax paper to settle. Once settled take one and enjoy!

## Peanut Butter Delights

### Ingredients

- 1 cup of creamy peanut butter
- 1/2 cup of confectioners' sugar
- 4- 1/2 teaspoons of butter
- 1/2 teaspoon of salt
- 2 cups of chocolate chips
- 5 milk chocolate bars

### Directions:

Whoever decided that peanut butter and chocolate should go together was a genius. This Valentines Day, you can take that genius idea and use it to your advantage by making your very own homemade peanut butter cups.

To get started on this simple recipe combine 1/2 of the 1 cup of peanut butter, confectioners' sugar, butter and salt in a large bowl.

Mix well until smooth and soft. In a separate bowl combine the chocolate chips and remaining peanut butter. Take a knife and chop up each of the five chocolate bars.

Then proceed to add them into the bowl with the chocolate chips and peanut butter. Melt this mixture in the microwave until it becomes smooth.

Prepare a muffin tray by placing paper liners in the muffin cups. proceed to drop teaspoonfuls of the melted chocolate mixture into the muffin cups.

Then drop a hint of the peanut butter mixture into the muffin cups. Top it off with another teaspoonful of the chocolate mixture.

Refrigerate for at least 1 hour. Take one and enjoy!

Valentines Day is often a stressful time for couples. Worrying about how to impress your significant other can really take its toll. Luckily, with these homemade chocolate recipes you can scratch that item off the list! Who isn't impressed by homemade chocolates made with love, especially on Valentines Day? This February 14th warm up your baking skills and whip up a batch of homemade chocolates!

# MISS AMERICANA: THE REVIEW

By Mallory Johnson, Writer

Taylor Swift's new documentary first premiered at The Sundance Film Festival on January 23rd, and it dropped on Netflix worldwide on January 31st. I woke up at 6:00am, before my 8:30am class, to watch it because I couldn't wait.

It was very honest, open, and quite emotional. During the 1 hour and 25min run time, Swift discusses hard topics such as politics, women's rights, LGBT+ rights, cancer, eating disorders, stalking, sexual assault, and constant pressure. She also talks about how hard the trending hashtag "#TaylorSwiftIsOverParty" hit her and how bad it made her feel about herself. She talked about how all the public scrutiny regarding her body impacted her self image and her health. It honestly made me

cry a few times, when she talked about her mother's fight with cancer, and other poignant scenes.

Near the end of the film, she shows the process of herself writing a new song (that also came out today) titled "Only The Young", a hopeful song about young people and politics. I was surprised that it did not actually feature the song "Miss Americana and The Heartbreak Prince", which is what the documentary is named after. It did feature some of her old songs, including Tim Mcgraw, Our Song, Ready For It, You Belong With Me, and more.

It showed a few clips of her writing and recording music, specifically for her recent albums Lover and reputation. It

showed all three of her cats, which did not surprise me at all. It showed her fear and range of emotions regarding speaking out about politics, and showed how much she fights for what's right. It had some meet and greet scenes, showing how much she loves her fans.

It showed some archived concert footage, from a range of different shows. It truly felt like reading a personal diary entry - it was so honest, vulnerable, and brave. She talks about her constant need for external validation, and how it turned sour for her. I've been a fan of hers since elementary school, and this documentary truly shows why. Overall, I highly recommend watching it, even if you aren't a fan, and I give it a solid 10/10.

# VALENTINE'S VALUES?

Aidan Trembath, Reporter

Valentine's Day: a time of love, of affection, of Cupid furiously firing arrows at the hearts of his unsuspecting victims. The holiday evokes the familiar images that we associate with the day of love: the candy, the stuffed animals, the flowers, the jewellery, the typical material symbols of adoration that we extend to our significant other (or our significant self if the 14th of February turns out to be a solitary evening of self-indulgence). Fuzzy, high-school feelings abound during this time, and nothing says love more than giving a diamond ring to a loved-one that looks exactly like the shiny rock the neighbour is giving to his or her significant other.

rected towards those that harbour those genuine feelings.

But I do write for those that feel love becomes a commodity on Valentine's Day. For those people, the uneasy feeling remains of love that is forced, love that is bought, love that has to happen on a specific day; if one does not buy into the commercialization of love that Valentine's Day dictates, the alternative is the raised eyebrows of others and the incredibly irritating and frankly rude question "Don't you love them?" I cannot help but feel the hollowness of a holiday that harnesses a precious emotion as a means to sell things.



However, the question nags this Saint Valentine cynic: what aspect of a mass-produced teddy bear, which petal of a doomed, unplanted flower, and which artificial ingredient of Dollarama chocolate stores the undying heart-throbs of our love? If we are to understand these objects as serious symbolic gestures of affection, what message are we sending when the flowers die, the chocolates are no more, and the bear's industrial-sewed belly reading "Won't you be my Valentine" loses relevance the next day? Why are we fixated on the gifts of love instead of love as the gift?

This article's plea is to love as you desire, not as you feel pressured. Should not displays of affection come from one's genuine self, be expressed throughout the year instead of on one collective day of splurging, and be shown in a way that one wishes instead of a way that one feels obligated? By listening to yourself and your unique understanding of affection, love sheds the mimicry that is reinforced on Valentine's Day and restores that which gives it its sincerity and depth: individuality.

This view may be an intensely unpopular one. Saint Valentine has his holiday's roots planted deep into the consciousness of our culture. For many, the holiday is meaningful. A stuffed bear with a heart may be precisely what a person loves to collect, and this article is not di-

# TWO LOVERS ON A BRIDGE

And there we were like two lovers on a bridge

Everything else was a just a blur

Even after all the grime

The moments were enriched

It was never about that

Never about us atop the ridge

Nor all those morning chats

It was all about a ray of hope

And the memories blissed

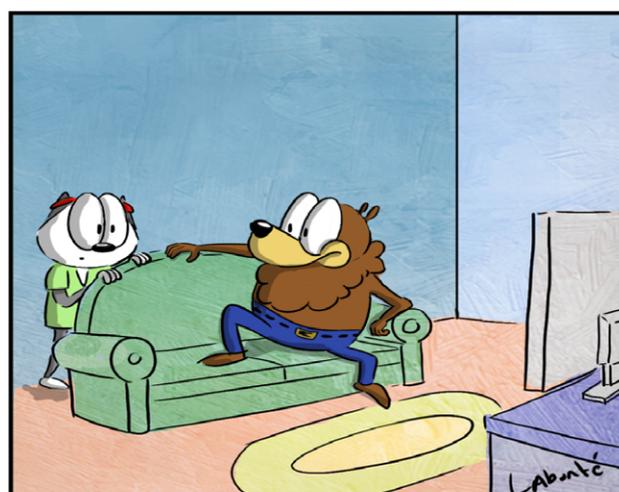
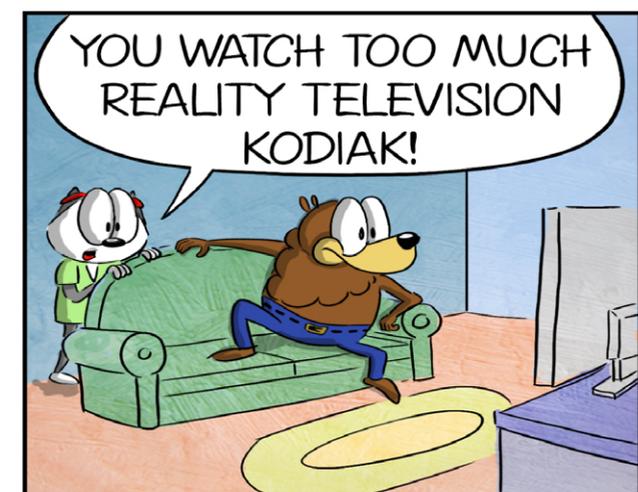
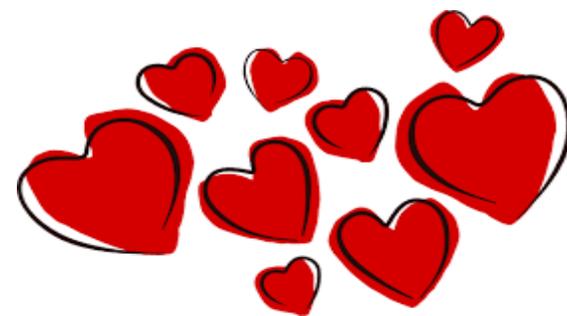
-N.M.

# THIS JOURNEY

*Having you in my life  
Has made everyday special,  
I smile when I have you close  
And treasure each and every moment.*

*My love, just take my hand  
So we can walk together  
This journey that we are on  
May climb hills, valleys and mountains  
But once we're home  
We're safe and sound  
And together we'll be forever.*

-Anonymous

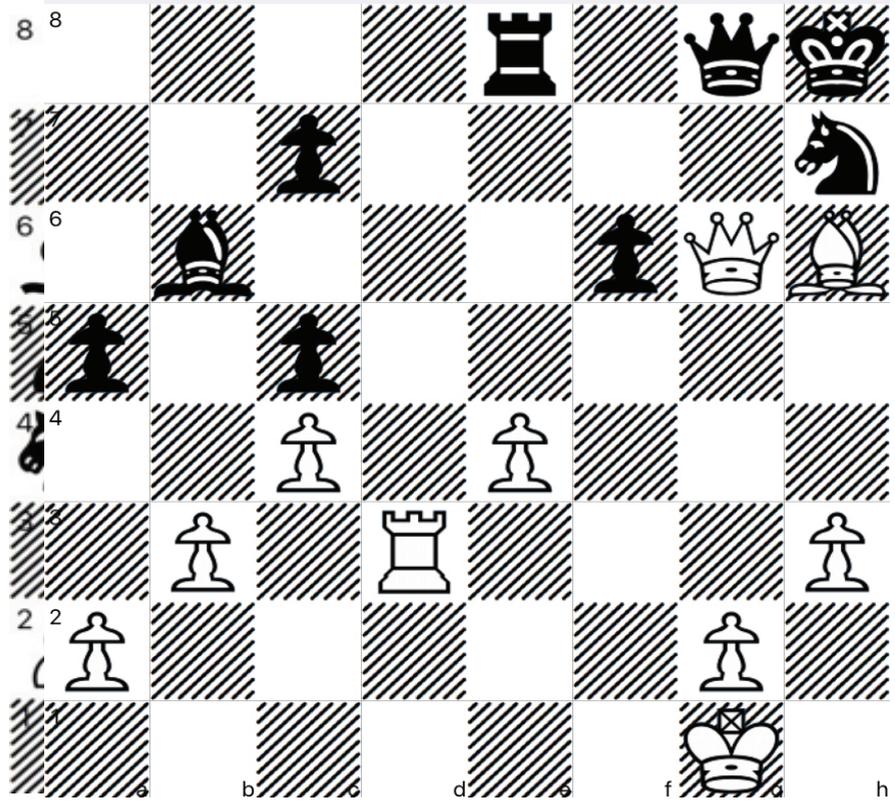


Anthony Labonte, Artist

@FilbertCartoons

### CHESS PUZZLE

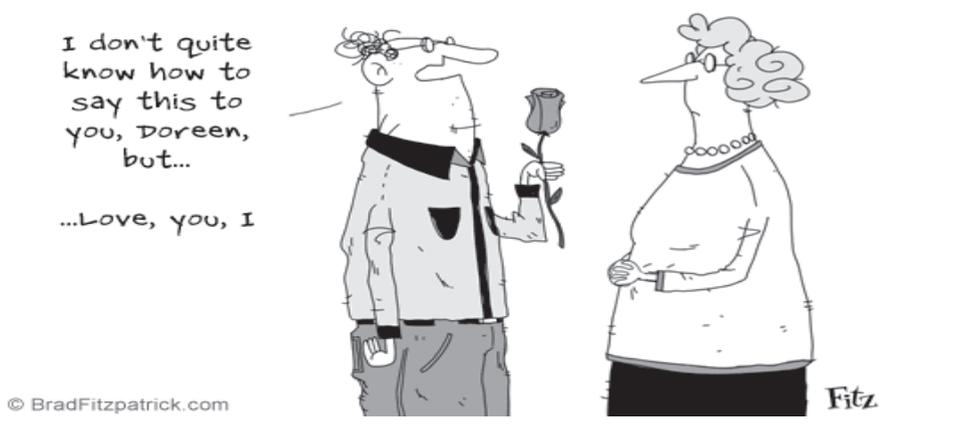
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**M. Carlsen V. T. Radjabov**  
Wijk aan Zee (2015)  
White To Play



Tyler Clarke, Artist



SPEED DATING: ROUND ONE



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## WE WILL ROCK YOU: THE REVIEW

By Mallory Johnson, Writer

On Sunday, January 26th, I went to the show We Will Rock You at the Keystone Center in Brandon. I went to the show with my mom Kathy, sister Morgan, friends Brittany and Anna, and Brittany's parents. We had a BLAST - it's safe to say that we were rocked. The show blurred the lines between a musical and a concert. It was a musical with an entirely original futuristic storyline, set to Queen music. I was surprised that the storyline wasn't like the movie Bohemian Rhapsody - I was expecting the story of the band Queen. The actual plot was more like a futuristic Footloose, where all music was "made on computers" and using real instruments was banned. The main characters Galileo Fivero and Scaramouche (puns from the song Bohemian Rhapsody, of course) figured out ways to play the classic rock music. I really liked the set design, there were a ton of moving pieces and it really tied the show together.

I really liked the main female character (Scaramouche), her character was funny, pretty, and the woman playing her had killer vocals. Throughout the story, there were a TON of pop culture references and puns - Britney Spears, Taylor Swift, Gangnam Style, and a bunch more. Another major part of the show that I liked was

how fitting and appropriate the costumes were - they seemed like they were straight out of a futuristic space movie. Something I noticed right off the bat, in the opening number, they changed some of the words in Radio Gaga to better fit the storyline. There was a common theme of "The Bohemian Life," and every time it was mentioned, it reminded me of the song "La Vie Boheme" from Rent (my favourite musical). I suspect that this is what the musical Jagged Little Pill is like - uses the artists music, separate storyline entirely. Something that surprised me, is that in Act 2 there were even some sex jokes! It became a total party at the end - the actors encouraged the audience to rock out - I even saw two people with lighters in the air (when everyone else used phone flashlights!) There was an encore of Bohemian Rhapsody, which was a blast. A major part of the plot was anarchy and anti-conformism, which was a surprise to me, but I loved it because it's also a major theme in Rent.

There was a great mix of older and younger people in the audience which I loved. Overall, seeing this show made me want to listen to rock music again - I give it a 10/10 stars.



Photo Credits: Mallory Johnson, Writer



Photo Credits: Mallory Johnson, Writer

## GOD IS AN ASTRONAUT AFTER EXPLOSIONS IN THE SKY, AND THIS WILL DESTROY YOU

N. Monk, Post-Rock Enthusiast



Photo Credits: Google Images

“It seems music is the only language we all understand.”

Whether it is in a coffee shop, a club or in one’s own home. Music is prevalent everywhere. One thing though, after years of talking to people about music, I noticed a lot of people tend to listen to the same songs and artists repeatedly while never really listening to anything new. Some people only restrict their music taste to a localized part of the world. It is for these reasons I decided I was going to listen to pretty much every post-rock band in existence. A new band every day.

Why post-rock though? I chose this because it remains as not a popular music genre in the world, and because I was born with hearing difficulties, music than had lyrics never really suited me as much because I could never perfectly make out the lyrics. However, I could always hear the music in the background. Post-rock tended to not have any lyrics, which was more suited for me.

Surprisingly, after listening to over hundreds of these kinds of bands, it changed my perception of a lot of things. Every day, I never knew if I were going to find the most beautiful music I would ever hear, or the worst possible thing one could hear. Likewise, every day of life begins to feel like that. We never really know whether the next day is going to be good or bad. Thus, by doing this I became more open minded.

Whether I can remember every single one is not important. I can remember the ones that really stuck out to me, but at the same time I can just as easily remember the ones that were just so bad, I wish I could forget them.

One of my only real disappointments however is that some of these bands I thought were brilliant (like Endless Dive, Maven, or When Waves Collide) and yet so unknown and underrated, kind of like Max Euwe in the chess world. Some of them just had a tragic end (Turing Machine, Caspian etc.) where the band member(s) die in a tragic accident and the bands are unable to create new music, or at least music like they once did, and they definitely should have gotten more recognition for their experimentation in music than they got. That feeling is like the Van Gogh or the Zdzislaw Bekinski story. I think they were some of the best painters and yet they were not considered the “great” painters we know now. I

certainly think a lot of people would agree some musicians now days are just a little too overrated.

A couple bands stuck out to me and is now my favourites. Especially “Her’s”. I would have never discovered these bands if I was not willing to listen to new bands. After listening to so many I began to notice a pattern in the names, and in a dream the name of my band if I were to have one would be “Pure Water Dead Sky”. Here is a long list of bands people should be aware of.

Her’s, Caspian, When Waves Collide, Maven, April Rain, David Maxim Micic, Turing Machine, Maybeshewill, Tarentel, Escape From 1984, Endless Dive, City of The Sun, We Lost The Sea, Followed by Ghosts, Glasgow Coma Scale, Hammock, If These Trees Could Talk, Jakob, Joy Wants Eternity, The Last Sighs of the Wind, Meniscus, Moonlit Sailor, Naxatras, Oh Hiroshima, Once Upon a Winter, Far Behind the Sun, The End of The Ocean, Do Make Say Think, The Best Pessimist, Bark Psychosis, And So I Watch You From Afar, Oceansize, Set Fire to Flames, Shadow Universe, Signal Hill, sleepmakeswaves, This Makes Us Human, This Patch of The Sky, Whale Fall, We Came From The North, Silent Whale Becomes a Dream, MONO, and so forth.

## BAKE A CAKE FOR YOUR VALENTINE

Donovan Hillman, Senior Advisor

Ah, yes Valentines Day is approaching. The day of love, as it is known, comes every February. Yet, thousands of people in a relationship often forget about it and the significance it holds towards their partner. Soon shops and stores will be crammed with people trying to buy gifts to impress their significant other. However, the best gifts are homemade, not some artificial, store bought product.

Your partner will no doubt see a homemade gift in a different light. They will see the time, effort and energy you put it into it as a sign of your affection towards them. When it comes to homemade Valentines Day gifts, nothing beats a fresh baked cake. Mixed with love and baked to perfection, a Valentines Day cake shows that you not only remembered this special day but care enough to throw on your oven mitts and make them something special. Below are two of my favourite Valentines Day cake recipes.

### Italian Love Cake

#### Ingredients

- 1 package of chocolate cake mix
- 4 cups of ricotta cheese
- 1 cup of sugar
- 1 teaspoon of vanilla extract
- 4 eggs
- 1 package of instant chocolate pudding mix
- 1 cup of white milk
- 1 container of cool whip

#### Directions:

To get started making your own Italian Love cake preheat the oven to 350 F.

Then grease a 9 x 13 inch pan with butter or shortening.

Proceed to prepare the cake mix as directed on the box. Chances are you will need some additional eggs and milk.

Once this is completed pour this batter into the prepared baking pan.

In a large bowl combine the ricotta cheese, sugar, vanilla extract and eggs.

Blend well and then spread over the top of the cake batter.

Bake for 90 minutes and let cool. Meanwhile blend the pudding mix together with the white milk.

Once the cake is cool spread this mixture over the cake. Serve with cool whip and enjoy!



Photo Credits: Google Images

# VALENTINES DAY DATE IDEAS

Maria Garcia Manzano, Assitant Editor-in-Chief

**V**alentine's Day: perhaps the most overrated holiday that, for some reason, everyone seems to get the most stressed out about. Do you have plans? Do you have a significant other? What are you getting them? All these questions – no matter whether you're single, interested or all tied up with a significant other – always seem to stress us out in the weeks leading to Valentine's Day. So, as a closeted romantic, I'm here to help you. I have thought of a few date ideas that you might fall back on if you have nothing thought of for that special someone on this stressful "holiday."

## Share A Sweet Treat Together

Recreate that swooning and romantic scene from basically every Rom-Com where two people share a banana split or drink out of a milkshake from two straws. Just getting dessert to share is a cute date idea that if you have

nothing else planned would make for a romantic getaway from your everyday lives.

## Prepare Dinner for Your S/O

If your significant other is stuck in class all day and you have some extra time on your hands, prepare a delicious dinner for them. Don't worry if you are not a great chef and don't try to go all out it is the thought that counts.

- Prepare some Kraft Mac n' Cheese or Ramen Noodles with a twist by adding some extra ingredients like veggies, chicken or other sauces.

- Grab some fresh garlic bread at your local grocery store or some cheese and crackers.

- Set the table nicely with plates, forks, napkins and maybe some flowers and candles.

## Have A Cookie Decorating Contest

Go to the store. Buy some plain

sugar cookies, pink, red, white frosting, sprinkles and whatever else you can find and have a cookie decorating contest. While you'll have fun making the cookies you also get to eat your creations at the end.

## Give Each Other Massages

If you've got yourself someone to share this Valentine's Day with, maybe try to show them how special they are by bringing the spa to them and treating them to a nice and relaxing massage. You can pamper each other with massages, and it will be even better than paying for one.

## Do A Local Food Tour

Create your own food tour your loved one. Brandon offers some great little places that are worthy of a food tour. Make a list of all the restaurants, cafes or spots to grab a treat and create a schedule for the day. Some restaurants you might consider are Chez Angela's, Wayback Burger, Komfort

Kitchen, Mum's Restaurant, etc. The list is endless go and discover the various cuisines Brandon has to offer. Make sure you stop at each one and try something off the menu. This will be a fun way to experience new restaurants while having your s/o there with you.

## Go Ice Skating

There are a lot of options to go skating in Brandon. The oval, which is all light up with Christmas lights and therefore an incredibly romantic setting. There are also plenty of community arenas to go to. Skating is a fun way to spend quality time with your significant other. This date also does not have to end with the skating as you can grab a hot chocolate or coffee after to continue to spend time with your loved one.

# BAKE A CAKE FOR YOUR VALENTINE CONT.

Donovan Hillman, Senior Advisor

## STRAWBERRY WHITE CHOCOLATE CAKE

### Ingredients

- 3 cups of white flour
- 2 1/2 teaspoons of baking powder
- 2 cups of white sugar
- 1 cup of butter
- 1 package of strawberry jello, prepared
- 4 eggs
- 1 cup of white milk
- 1 teaspoon of vanilla extract
- 1 cup of strawberries
- 1/2 cup of cream cheese
- 1/2 cup of white chocolate
- 3 tablespoons of whipping cream
- 4 cups of confectioners' sugar

### Directions

If you are wanting to make the ultimate cake for your partner this Valentines Day then look no further. This recipe will certainly take time, but the end result is priceless.

To get started preheat your oven to 350 F. Then grease two 9-inch round cake pans with butter or shortening and line them with wax paper.

In a large bowl mix the flour and baking powder together.

Then in a separate bowl beat the white sugar, butter and strawberry jello together.

Once this mixture becomes fluffy and smooth add in the eggs one at a time.

Beat well then add in the white milk. Proceed to combine the flour mixture with the sugar mixture mixing lightly. Stir in the vanilla extract.

Then proceed to cut and wash the strawberries. Place the strawberries into a blender and mash them up.

Once mashed pour the strawberries into the cake batter. Spread the batter into the pans and bake for 30 minutes.

Allow each cake to cool. In a saucepan stir in the cream cheese, white chocolate and whipping cream together over high heat, stirring frequently.

In five minutes remove from heat and add in the confectioners' sugar. Mix until a frosting forms.

Proceed to icing both cakes and cut into pieces. Cut, serve and enjoy!

You now have two recipes in your possession that will blow your partners expectations away. Whether you choose the Italian Love cake or the White Chocolate Strawberry cake, you're sure to have a Valentines Day you won't forget.

It also never hurts to get a little practice in before the big day. In order to bake that cake just right, try a practice round tonight and enjoy some freshly baked chocolaty cake!

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# THE QUILL

## CLASSIFIEDS

We hope you enjoyed this issue and that you either have a wonderful date with your s/o on this Valentines Day or that you take a chance and ask out someone. And if you spent it alone, we hope you have a great time as well!

**Answer for Noah's Chess Composition- White Move! from Issue 19:**

Answer: 1. Bg7+ Qxg7 2. Qxe8+ With a winning advantage due to two extra pawns, and blacks bishop being trapped on b6.

**We want you!**

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