



Prepare for the Fair

The Career Fair is coming up – are you ready?

Falcons fantastic in the kitchen

Two Culinary instructors bringing home the bacon (and the gold)

Getting pumped for 2014

Tips on how to bulk up in the gym this winter perfecting your beach bod

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Quality Survey

JANUARY 15-29, 2014

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Everyone at Fanshawe will also receive the link via an email, and it is open to all students, staff and faculty at main and all area campuses.

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What have you been doing to keep warm during this cold spell? #fanshawefreezeout

Tweet winner:

Sabrina Dent
Fuzzy blankets and hot chocolate

Jessica @TechNoPrincess1
@fanshawesu keeping warm by bouncing around in the cold lol

Jordan Letkemann @jordanletkemann
@fanshawesu: Attending class. #fanshawefreezeout

Michelle Foster @MichelleFoster
@fanshawesu #fanshawefreezeout staying home and off the roads and preparing for class!

Sanny Chikutaim @Sanstorm23
@fanshawesu bunch of layers, hot baths, heater blasted and some hot chocolate #fanshawefreezeout

paulo barbosa @Barbosa93
@fanshawesu shovel snow #fanshawefreezeout

Zach @ZachHaayema
@fanshawesu moving south #fanshawefreezeout #iwish

David Busch @davebusch02
@fanshawesu been enjoying the #fanshawefreezeout by staying warm and cozy in bed and living the netflix lifestyle

Kim Lindsey
Some homemade hot cocoa, my onesie, and hanging with the roomies!

Amber Hamilton
Snuggie, hot chocolate and double socks that are soft!

Nevada Rhae Elijah-Camelo
Taylor Lautner

Breanna Hewitt
1-turned the heat up lol 2-hot bubble baths 3- snuggles with my dogs under the blankets

Melissa Fontana
cuddles, movies, and hot coffee is the way to go.

Dylan Cranstone
Big warm sweater and track pants

Kendra Dickson
eating soup

Leanna Maudsley
Embarrassing yet warm PJs, aggressively wishing for summer and drinking buckets upon buckets of hot chocolate

Joanna Bennett
Cuddling and drinking hot chocolate

Roy Juhyun Park
Heating (electric) Pads on the bed

Mohammed Ba-aqail
eating honey

Next Week's Question:

What is currently stressing you out? Tweet using #falconstressed or respond to the Note on our Facebook page (facebook.com/fanshawesu) before 2 pm on Wednesday, January 15, 2014. You'll be entered into a draw for a \$10 Out Back Shack/Oasis gift certificate. Must be a current, full-time Fanshawe student.



CREDIT: STEPHEN ECHAVIA

Technical Costume Studies student Glynis Bateson chats with Peter Devlin, president of Fanshawe College at the early January opening of Fanshawe's downtown campus, Centre for Digital and Performance Arts. The new 50,000-square-foot building is equipped with high-tech labs, classrooms and collaborative learning spaces for 400 students. The Centre is home to a number of Fanshawe's creative programs, such as 3D Animation and Character Design, Interactive Media Design and Production, Technical Costume Design and Theatre Arts.

10 Things I Know About You...

Curly hair, don't care

Dinesh Hariharan is in Fanshawe's Project Management program. When he's not getting fit at the gym or playing sports, you can probably find him hanging out with his beloved pets.

1. Why are you here?
To pursue my post-graduation cer-

tificate.
2. What was your life-changing moment?
July 1.
3. What music are you currently listening to?
The bands Green Day and Linkin Park.
4. What is the best piece of

advice you've ever received?
"Go hard or go home."
5. Who is your role model?
Jay Cutler and Sylvester Stallone.
6. Where in the world have you travelled?
Frankfurt in Germany.
7. What was your first job?
Fitness instructor!

8. What would your last meal be?
A bucket of Kentucky Fried Chicken – yum yum!
9. What makes you uneasy?
When people don't keep up their words.
10. What is your passion?
Bodybuilding.

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



CREDIT: SUBMITTED

Curly-haired Dinesh Hariharan is passionate about sports and his pets.

JANUARY EVENTS

TICKETS AVAILABLE IN ADVANCE AT THE BIZ BOOTH

MON. & TUES. JAN. 13 & 14

IMAGINUS POSTER SALE

FORWELL HALL
JAN. 13TH - 9 AM TO 8 PM
JAN. 14TH - 9 AM TO 5 PM

WED. JAN. 15 COMEDY NIGHT

BIG JAY OAKERSON
OBS | 9 PM
19+ EVENT | ALL AGES WITH FANSHAWE ID

FIRST RUN FILM

AMERICAN HUSTLE
\$4 STUDENTS | \$6 GUESTS
AT RAINBOW CINEMAS (IN CITI PLAZA)

THURS. JAN. 16 THURSDAY NOONER

TERRY GROLMAN
FORWELL HALL | NOON

CLUBS DAY

F HALLWAY | 10 AM - 2PM

TRAFFIC LIGHT PUB

OBS | 9:30 PM | FREE
19+ EVENT | ALL AGES WITH FANSHAWE ID

FRI. JAN. 17

NEW MUSIC NIGHT

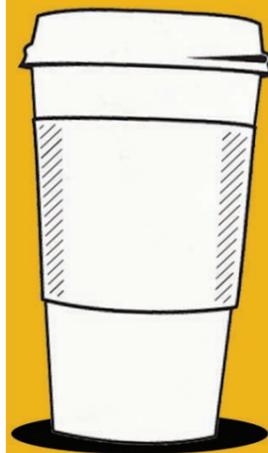
HEAVY METAL / HARDCORE NIGHT
OBS | 9 PM | FREE
19+ EVENT | ALL AGES WITH FANSHAWE ID

FANSHAWE AT THE KNIGHTS

7:30 PM | BUDWEISER GARDENS
\$18 STUDENTS | \$20 GUESTS

KIOSK QUIZ

WHERE CAN YOU FIND INFORMATION ABOUT YOUR HEALTH AND DENTAL PLAN?



Drop by the Welcome Kiosk with your answer. Five winners will be selected from correct entries and we'll notify winners by email. The Welcome Kiosk (between the Bookstore and the Library) is open all year between 8am and 4pm, Monday to Friday. **ENTER TO WIN A FREE COFFEE & DONUT!** PRIZES SPONSORED BY CHARTWELLS



CREDIT: ERIKA FAUST

A student meets with members of the London Police Services during last year's Career Fair. The 2014 Career Fair will take place on February 5 in J Gym. Students looking for career information are encouraged to attend.

Time to prepare for the Career Fair

ERIKA FAUST
INTERROBANG

Career Services' annual Career Fair is a little less than a month away, but it's never too early to get ready by perfecting your resume and cover letter, practising your elevator pitch and polishing up your networking skills.

The Career and Summer Job Fair on February 5 will see approximately 90 employers in J Gym, representing a wide range of industries. Some of the employers that have already confirmed their attendance include the City of London, several police forces (including the RCMP), the London Children's Connection, Starwood Hotels and Resorts, London Hydro, GoodLife Fitness and the Upper Thames River Conservation Authority.

Deb Bomans is spearheading the team of employees from Fanshawe's Career Services, Co-Operative Education and Community Employment Services departments who are working to put together the Career Week in early February.

"Some of [the employers] will just be looking [to hire people] for summer jobs, and probably a generic resume would be fine, but if you're really looking to establish your career, then you need to have a career-focused resume," Bomans said.

"It's all about building your relationships and making the most of that networking opportunity," she added.

To prepare for the Fair, you can head to Career Services in D1063 or attend one of their many workshops for help with your cover letter, resume and more – see the sidebar for the full list of this month's events.

The most important thing you can do is research. Check out www.fanshawec.ca/careerservices to see a list of employers who will be coming to campus on February 5. Focus on the organizations that you think look most interesting, but keep an open mind.

"I would encourage students to think outside the box," Bomans said. "Even though perhaps they're in, say, a business program, don't just think of the banks. Every place

is looking to hire HR and office admin people. Don't close the door on the options and opportunities – take advantage of having employers right here on campus, and do some networking with them."

In the next few weeks, the Career Services webpage will post a full list of organizations attending the Fair. The page will also list employer profiles, which will include some information about the company, the career opportunities they offer and what jobs they're hiring for.

The best jump-start you can make for your career while you're still in school is to attend the Career Fair and make a great impression on the people who may hire you one day. "Take the opportunity to step in and talk with employers so that when the time comes for an actual official interview you're feeling more confident and comfortable," Bomans recommended.

The Career Fair takes place in J Gym at the London campus on February 5, and there are events running throughout January to help you prepare. See below for a list of workshops and Resumania events.

Preregister for all workshops in D1063.

January 15
Resume Workshop,
D1061, 10 to 11 a.m.

January 21
Career Fair Prep Workshop,
D1061, 10 to 11 a.m.

January 22
Resumania,
Oasis, 11 a.m. to 1 p.m.

January 23
Career Fair Prep Workshop,
D1061, 12 to 1 p.m.

January 29
Resumania,
International Office E2025, 1 to 3 p.m.

January 30
Cover Letters and References
Workshop, D1061, 1 to 2 p.m.

January 31
Career Fair Prep Workshop,
D1061, 11 a.m. to 12 p.m.

February 3
International Resumania,
F Hallway, 1 to 3 p.m.

February 4
Career Fair Prep Drop-In,
D1061, 10 to 11 a.m.

OSAP changes benefit students; some schools not happy

STEPHANIE LAI
INTERROBANG

Big news for students receiving funds from the Ontario Student Assistance Program (OSAP): starting fall 2015, students will not have to pay a cent for tuition until their financial assistance is available.

As outlined in a press release dated December 5 by the Ministry of Training, Colleges and Universities, changes include:

- Tuition fees for a fall term will not be due before the beginning of August, restricting institutions from requiring tuition payments in June or July

- Students who complete their OSAP applications by the beginning of August will not have to pay their tuition before receiving their financial aid

- All students will be able to pay tuition in per-term installments without paying deferral fees or interest charges

- Colleges and universities may continue to charge a deposition on tuition, but the amount will be capped at \$500 or 10 per cent of the tuition total, whichever is greater. Institutions must use the deposits to cover the student's tuition fees

Gyula Kovacs, MTCU's senior media relations and issues co-ordinator, said these changes are ways the province is introducing a fairer way for post-secondary institutions to charge tuition and other fees.

"The changes will save students money and ensure that they are not asked to pay for tuition before their [OSAP] arrives," Kovacs wrote in



CREDIT: 123RF.COM

Changes to OSAP will put dollars in student pockets.

an email interview. "The government is ensuring consistency in how tuition is billed across the post-secondary system, creating a simpler, more transparent fee system."

Improvements to the OSAP system come about after continuous discussion with student groups, in which a number of concerns regarding tuition billing and fees were addressed, said Kovacs.

He added that improvements to Ontario's tuition framework and financial assistance system aim to make "post-secondary education accessible on the ability to learn, rather than the ability to pay."

While not having to pay tuition until financial aid is available sounds great for students, some institutions are not entirely pleased. Institutions like the University of Toronto have expressed concerns about millions of dollars lost in revenue.

To this, Kovacs countered, "The Ontario government has increased funding to post-secondary institu-

tions by 80 per cent over the past 10 years and continues to invest in post-secondary institutions through programs like the recently announced \$47.5 million Productivity and Innovation Fund and \$10 million College and Health and Sustainability Grant.

"The Ministry is committed to working collaboratively with the sector to support changes in tuition billing, however, it is asking institutions to implement these changes within their current funding allocations."

Regardless, Kovacs insists these changes are exciting for students.

"The new rules ... improve fairness, affordability and consistency," he said. "The changes will save students money ... An average student who would have opted to defer payment will save about \$50 per year, or \$200 over the course of a four-year undergraduate degree."

To learn more about OSAP and other benefits it has in store, check out osap.gov.on.ca.

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To request an information package, please send an email to cpp@nipissingu.ca or call Emily Ryan at 1-800-655-5154 and press "7"



CREDIT: CHOPPED CANADA

Beating out three other contestants, Stephanie Brewster, a chef instructor at Fanshawe, reigned as *Chopped Canada's* \$10,000 winner.

Fanshawe instructor wins *Chopped Canada*

NATALIE QUINLAN
INTERROBANG

The January 2 premiere episode of *Chopped Canada*, a nationwide culinary competition that airs on Food Network Canada, saw one of Fanshawe's very own Falcons take home the grand prize of \$10,000.

Stephanie Brewster, a chef instructor at Fanshawe College for the past 11 years, overcame stiff competition, extreme time constraints and handling unique ingredients like bone marrow before claiming her title as *Chopped Canada's* winner.

What started as an idea to motivate her own culinary students quickly turned into a realization that she, herself, would be a perfect fit for the competition.

"I put a call-out to all my old grads to tell them about the casting call, and quite a few came back to me said, 'Chef, why don't you apply? You would rock it, you should go for it,'" laughed Brewster. "At first I replied, 'Why would I ever do something like that?' but then I got thinking about it and thought, 'Well, what the heck?' I got an application form and applied!"

Brewster's initial plan to motivate her own students came full circle once she was accepted as a contestant onto the show, when her students became her primary motivators.

"All of my past students have been so supportive, and even students that I haven't spoken to in years have reached out to congratulate and support me," said Brewster. "It's very humbling because usually it's me who's very proud of my students when they go out and do their thing, and to be put into a situation where they're proud of me? Well, yeah, it's very humbling."

During the "Black Box" challenge in the show, where contestants are given a combination of unique ingredients to cook with, Brewster found herself with an appetizer consisting of potato, mac-and-cheese loaf, anchovy paste and... bone marrow. After that, it was a race against the clock.

"Basically, I knew I had to roast [the bone marrow] and I only had 20 minutes to do it, so I popped it in the oven and started processing the rest of my ingredients, but I

didn't have a game plan at first ... it just all started clicking once I started putting my pieces together."

Apart from the nerve-wracking factor of cooking on the go with uncommon ingredient combinations, Brewster also faced the intimidating thought of preparing an appetizer, entrée and dessert for some of the world's most renowned cooks, including accomplished Chef Michael Smith.

"With celebrity chefs, or anyone who's been in the business for a long time, you know their standards are high and so when you produce, it needs to be perfect, including your cooking methods and techniques," said Brewster. "I work well under pressure and in conditions like those, so yes, it's nerve-wracking, but it's very humbling to cook for professionals like those."

Brewster was also quick to realize that without the help and support of Fanshawe and its culinary program, her ranking on the show would've been much different.

"One of the judges on the show actually thought that because I've been an instructor for the past 11 years, that my practical experience would've been minimal," said Brewster. "But, in this environment, at the College, we really strive to stay current in techniques, equipment and ingredients, because we know we have to train our students properly to go out into the culinary world as it is today. So because of the College, I've been able to work and practice with some of the best equipment and products, which I definitely feel gave me an advantage."

As for the \$10,000? Brewster is excited to use the money to visit her daughters while they study in Germany.

In the meantime, Brewster continues to motivate her students to strive to create their own successes and opportunities, just as she has. Her biggest tip, though? To not be afraid.

"You need to challenge yourself on a daily basis," said Brewster. "If feel like you're limiting yourself because you have low expectations for yourself, then you'll never be able to achieve the things that you really want in life. So don't be afraid, and just go for it!"

R.A.D. training helps to cultivate confidence

ERIKA FAUST
INTERROBANG

"READY!"
"STAY BACK!"
"READY!"
"NO!"

The shouts can be heard down the hall as Spec. Const. Lisa Andersen runs practice drills with female staff and students from Fanshawe, watching carefully as they kick and punch at invisible attackers.

These women are participating in Rape Aggression Defence training with the goal that they will be able to defend themselves in some of the scariest situations imaginable.

Andersen has been teaching R.A.D. courses to Fanshawe's staff and students since September 2012. The most recent Basic course in November trained 23 women – the largest R.A.D. class ever taught on campus.

"When I started here in May 2012, they were averaging about three to five students per course," Andersen said. She attributed the course's growth to the promotion she's done on campus. "I've got posters in residence, I've got posters all over the school, I go out to speak to classes about the program, we have tables set up for rez move-in weekends – I'm really big on promoting it."

The Basic course teaches women how to protect themselves in public and at home, and reviews community resources women can

turn to for help.

"We also do the basic training, which includes strikes, kicks, chokeholds, pins, those kinds of things. It's a basic course. The Advanced course that will be in the spring builds on that foundation."

Andersen recommended the course for "any female, really. It's really applicable ... It doesn't seem to target one particular group. As a whole, women are more of a target, unfortunately. Women have become stronger over the generations in that they are more assertive nowadays."

This course aims to teach women to be even more assertive. "The more you practice, the more these techniques become second nature to you. If you're grabbed a certain way, your body reacts to it," Andersen said. "My biggest goal is to make sure that women come out and feel more empowered and know, 'I can do this. I can handle this.'"

A big part of the course is building confidence, and Andersen said she thinks most women who take the course have never hit anything before. "To hit that punching bag for the first time, they're like..." she weakly punches the air. "By the end of it, they're like, 'POW!'"

"You become very empowered, and that's the goal," Andersen said. "Someone who wants to kidnap or attack is not interested in somebody who's assertive and going to fight back ... They don't want a fight; they want someone



who's just gonna go."

Women who have already taken the course before are always welcome back – they might even see some familiar faces in their class, as Andersen said the course gets a lot of repeat takers. "We've got two [students] who have taken it three times each. They just like it for the practice – you forget things."

The next R.A.D. Basic Physical Defense course will be held towards the end of January. Graduates of the Basic course can sign up for the R.A.D. Advanced Self Defense course, which will be held late March. Go to facebook.com/FanshaweCollegeWomensSafety for updates on course schedules, course information, safety tips and a list of local resources.

For more information about the course, go to tinyurl.com/fanrad2014. Sign up for R.A.D. classes by emailing rad@fanshawec.ca or by filling out a form in D1027 or E1004.




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fsupres@fanshawec.ca  /fanshawesu



CREDIT: JOHN SING

Chef Scott Baechler proudly displays the medals he won with Team Canada at the Salon Culinaire Mondial in Basel, Switzerland in November.

Chef Baechler hungry for more

STEPHANIE LAI
INTERROBANG

When Chef Scott Baechler touched down in Basel, Switzerland back in November, he was ready to cook his heart out at the prestigious Salon Culinaire Mondial competition.

Baechler had months of practice under his belt with the rest of Team Canada, training from coast to coast. "I think the practice was probably harder than the real thing," he said.

In the end, the chefs walked away from the competition with gold in the Cold competition and silver in the Hot portion.

"We went over there, basically were awarded in reverse of what we thought we would get," said Baechler. "It's kind of interesting how it played out."

The chef was impressed by the skills of his competitors, saying the friendly Swiss put out a fantastic product, but that China "stole the show."

"That's what this show was about," he said. "It's about sizing everybody else up for the upcoming [competitions]."

While winning medals played an important role in making the experience exciting for him, Baechler almost had a tough time explaining it in words.

"Self-development was great, the experience was great, the pressure was awesome," he said. "You just can't put it into words; you just have to do it."

But other than the feeling of butterflies for a brief minute, Baechler said he eased in and felt comfortable in the kitchen during the live Hot show, where viewers and judges could see *everything*.

"Initially I was going as hard and as fast as I could," he said. "As

time went on and we got into plating, I got very complacent and very relaxed and comfortable. Even though the [viewers] were asking questions in front of me ... I was very comfortable."

All in all, Baechler was happy with the results.

"All that hard work paid off because people that are watching only see this part of it," he said. "They don't see all of the practices; they don't see the trips to Vancouver, Windsor, Toronto, Halifax."

The team has yet to debrief or communicate since, however.

"Right now there's silence in the team, and it's not in a negative sense," said Baechler. "I think we're all just resting and revising our families so they know who we are. Our first connection will probably be in March."

Till then, Baechler will be enjoying the downtime he has with his family, and said being engaged to a chef isn't easy.

"[I'm proud of] my fiancée because she puts up with me being away," he said. "Most chefs talk about their own sacrifices and I'm just as guilty as anyone else, but my own family, my new fiancée, my children who live in Toronto, they're affected by it."

With this year's show in Luxembourg looming, Team Canada will have lots to plan and prepare for.

"It was a great experience, Basel, but it's only one piece of the puzzle," he said. "It's a big four-year journey and [Luxembourg] is a serious show. I really want to represent the team well."

"I want podium, I want to be on that podium. I think we've got some work to do," he said.

Fashion students sew awesome

ERIKA FAUST
INTERROBANG

Months of preparation and hard work boiled down to six minutes of PowerPoint presentations, demonstrations and speeches, all for the chance at snagging a \$1,000 grant to bring a big idea to life.

On November 27, during the first-ever Awesome Fanshawe Students event, four groups of Fanshawe students pitched their hearts out to seven trustees from the Fanshawe Student Union, the Alumni Association and the Lawrence Kinlin School of Business.

Third-year Fashion Design student Cassie Smith walked away with the grant money, which will be used to purchase a blind hemming machine for the student-run on-campus alteration service Fashion Fits. Her pitch featured a live demonstration of a blind hem on a pair of pants, which couldn't be completed in the time it took to deliver her pitch. A blind hemming machine will allow the team of Fashion Fits students to complete blind hem projects in a fraction of the time it takes now, increasing their productivity and profits.

Smith started Fashion Fits with three classmates at the beginning of February 2013 as a fundraiser for the third-year Fashion students' annual Unbound fashion show. "The four of us who started this, because we've passed this on now, aren't going to reap the direct benefits of the grant money. But to be able to provide that for the successors [the current crop of second-year Fashion Design students] was another huge thing for us ... It's nice to be able to set people up with everything they need to be able to carry forward."

Smith was extremely proud to win the inaugural Awesome Fashion Students event. "Just to know when you've worked really hard on something and to have that recognized is always a really, really good feeling. Just to see that other people believe



CREDIT: ERIKA FAUST

Trustees and pitchers were all smiles after the first Awesome Fanshawe Students pitch night November 27. Cassie Smith (white shirt, right from centre) and her Fashion Fits colleagues Ashley Gennuso and Monica Nealis (kneeling in front) were presented with a \$1,000 grant by Awesome Fanshawe Students trustees (from left) Keir Jack, Adam Gourlay, Albert Knab, Mary Pierce, Colleen Breen, Vaughn Scriver and Allie Neeb.

in it as much as we do is a really good confirmation that this is something that's helping others."

"This has been an amazing opportunity, and it's going to make a world of difference," she added.

Mary Pierce, who represented the LKSB as a trustee for AFS, was very impressed with all four teams of pitchers' thoughtfulness and professionalism. "I thought the pitches we saw were outstanding," she said. "I thought it was extremely well done."

She said she chose Fashion Fits as the winner of the grant because it was thoughtfully considered and executable. "There was the quality of the idea, and the creativeness of the idea, and the impact the idea might have. On the other side of it, [there was] the degree to which the students had thought about how they would specifically use the funds."

"Some people had a lot of good ideas, but they hadn't really researched the executability," she continued. "You weren't completely sure that if you gave them the money that it would happen."

Awesome Fanshawe Students is slated to take place once per semester, and the next pitch night

is scheduled for March 11. If you'd like to pitch your big idea, fill out the form at fsu.ca/awesome before February 20.

Pierce offered some advice to students considering pitching their ideas to Awesome Fanshawe Students: "Seek a little bit of advice ... It's probably just a matter of talking to two or three people just to check this idea."

During your pitch, mention the fact that you've done your homework – you've priced out what the idea will cost to execute and you've spoken with people to get permission to make it happen. Now all that's left to do is get the grant money to bring the idea to life, Pierce said. "I think that was the deciding factor, when we got right down to it."

Smith stressed the importance of believing in your idea. "If you're passionate about something, pursue it – anything could happen. I never expected this to become what it was, and it's been a fantastic opportunity and experience for me. Go out, try, and give it your all. Be really passionate about it, and it will happen."

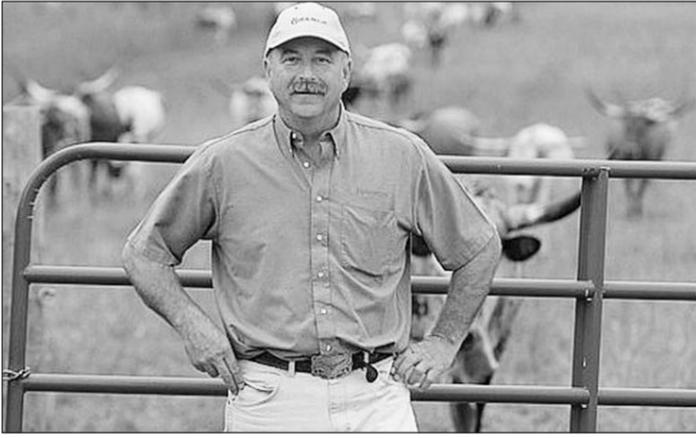
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CREDIT: YU RANCH

Bryan Gilvesy will give a talk about sustainable practices at 2 p.m. on January 16 in D1060 for Fanshawe's Sustainability Speakers Series.

A firsthand look into farming sustainability

ERIKA FAUST
INTERROBANG

"Sustainability" is a word that's being tossed around a lot these days, but what does it actually mean? How can regular people live more sustainable lives, and how can larger entities, such as farms, incorporate sustainable practices into their operations?

Bryan Gilvesy will be tackling all these questions and more when he presents as part of Fanshawe's Sustainability Speakers Series on January 16 in D1060 at 2 p.m.

Gilvesy is the proprietor of YU Ranch in Tillsonburg, Ontario. He described the ranch as a profitable enterprise, social enterprise and model for sustainable agriculture. "First and foremost, it's an operating farm that makes a living for us."

YU Ranch has broken new ground in a number of sustainable farming techniques, and other local farms are following in its footsteps.

"We've pioneered a lot of techniques around using restored native vegetative cover as part and parcel of our farming operation," said Gilvesy. The ranch uses native tallgrass prairies, an ecotype that is largely missing from this area.

"[It's] an essential ecotype for grassland birds, a lot of insects, a lot of pollinators, and some animals like badgers. They are also highly effective at sinking carbon, because they have extremely deep roots." YU Ranch uses native tallgrass in the feed for its cattle, making this environmentally beneficial biomass a practical part of the farm's operations.

Gilvesy was also proud to say that YU Ranch focuses on developing pollinator hedgerows to protect native pollinators for farmers. "They're about two kilometres of trees and shrubs that flower through the season, planted as a hedgerow for the farm. They pro-

vide a habitat for native pollinating bees and wasps and other insects and allow them to move out and pollinate field crops. Rather than eliminating any habitat for bees, we make more and understand how the farms can work in relationship with these pollinators."

When he comes to Fanshawe, Gilvesy will speak about how his ranch went from being unsustainable to one that now wins awards for its environmentally conscious practices. "The transition is important to give people a clue how they can access sustainability concepts and make them important parts of their lives." He will also lead a discussion about what sustainability is and how it can work for the average person.

"We're rethinking the existing paradigms, and for us, that has opened massive opportunities, both for our creative lives and for our business," he said. "In this is an opportunity to be creative, to carve out your own niche as a human being, and to ... control your own destiny a little bit more. Sustainability can help people define their place in the world, I think."

Join Gilvesy in D1060 on January 16 beginning at 2 p.m. For more information on YU Ranch, check out yuranch.com.

The Sustainability Speakers Series continues on February 13 in D1060 with a docu-comedy called *Your Environmental Road Trip*, in which three friends take a year-long road trip across the United States with the goal of producing zero garbage. The Series wraps up on March 6 in D1060 with a documentary entitled *Chasing Ice*, which could change the way you think about climate change. All sessions are free and open to all students, faculty and staff at Fanshawe College.

For more information, contact sustainability@fanshawec.ca.

Big plans for old books

ERIKA FAUST
INTERROBANG

Students across Ontario are saving money on textbooks while making a world of difference to a student in another country.

Textbooks for Change was born of a fundraising idea by Western University student Chris Janssen. Collecting used textbooks from students and selling them to new students at affordable rates, he raised around \$500 for Shinerama and Terry Fox in 2012.

After seeing what a major impact he'd made, Janssen decided the idea was worth growing.

Working with a friend named Patrick McNaught, Janssen collected more textbooks, planning to sell them to students at the beginning of the school year. The proceeds would be used to give microfinance loans to entrepreneurs around the world through Kiva.org. Books that didn't sell would be sent to students in need of educational material in Africa. Textbooks for Change was officially launched.

To get Textbooks for Change off the ground, Janssen received support from BizInc, a business incubator at Fanshawe and Western. "I came there with my idea and told them everything that's going on. [John Pollock] just picked my brain and asked a hundred questions, just to make sure that the plan was thorough and that everything was answered and out there."

Janssen said he would "absolutely" recommend BizInc to other student entrepreneurs. "That would be the first resource I would go to." He added that they offer

insight, connections, expertise and advice to move you much further than you could go on your own.

Operating Textbooks for Change part-time as a student, and collecting books from Western students only, Janssen and his team have since given out more than \$20,000 in microfinance loans, donated over \$2,000 to non-profits, recycled and reused about 15,000 books and sent about 15,000 books to Africa.

"We saw we had such a tremendous impact just doing it part-time at Western that if we executed it properly and reached the scale we want, we could really make an impact," Janssen said.

Now it's time to grow. "We definitely want to be across Ontario within the next two or three years and across Canada within five ... We want to give about \$1 million to microfinance loans, donate close to that to non-profits and ship a million books to Africa. That's our goal for the next five years."

Textbooks for Change represents the perfect blend of Janssen's interests. He studied Business at Western and received a certificate in Sustainability and Entrepreneurship. "I've always loved entrepreneurship, and before [Textbooks for Change], I was considering working for a non-profit. I always wanted to give back in some way, so social business is the perfect [bridge] between entrepreneurship and giving back."

Speaking only three weeks after making Textbooks for Change his full-time job, he was excited to see what the future holds. "This is throwing my whole heart into it,



CREDIT: THE LONDONER

Chris Janssen is the founder of Textbooks for Change, which sells textbooks to students at deep discounts while making a positive global impact.

right now."

Fanshawe students can help by donating their old textbooks at the bookstore in F building and the BizInc office in SUB 1035, or by holding a textbook sale. Half the proceeds from book sales are given to microfinance loans or the student club that helped raise the funds; the rest goes to Textbooks for Change to support their growth.

For more information on Textbooks for Change or to get involved, go to textbooksforchange.ca. See a full list of Textbook for Change's books for sale at tinyurl.com/tfc-amazon.

Kickstart your business with help from the people at BizInc - check that out at bizinc.ca.

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CREDIT: SCHOOLS.HWDSB.ON.CA

Fatal Vision inebriation goggles will make MADD London's driving simulation a challenge. Check it out on January 15 in Forwell Hall.

Drunk driving simulator drives message home

ERIKA FAUST
INTERROBANG

There is never an excuse for getting behind the wheel when you're inebriated. There are always other options: staying the night, taking the bus or a cab home, or calling a friend or a family member to pick you up.

Unfortunately, not all young people are getting the message.

"Young people – we're talking between the ages of 16 and 25, roughly – are a major concern for us because, unfortunately, they are overrepresented when it comes to impaired driving deaths," said Christine Taleski, director of media for Mothers Against Drunk Driving (MADD) London. "They only make up about 13 per cent of the population, but they account for one-third of all alcohol-related crash deaths [across Canada]."

To get the message across, MADD London and the London Police Service are coming to campus on January 15, teaming up with Fanshawe's Campus Security Services for a demonstration that's sure to get people talking: a driving simulation students and staff can complete while wearing Fatal Vision inebriation goggles.

"We can take sober students and we can simulate for them how different levels of impairment are actually affecting their ability to drive," Taleski explained.

"Sometimes when students have had a couple of drinks, their judgement is impaired, so they think they're safe to get behind the wheel when in fact they're not."

Spec. Const. Brent Arseneault said he thinks this event will make young people more aware of their choices. "I don't think students actually appreciate how much alcohol affects their judgement, because a person always believes that they are in control. This is a great way to show you how much control you *don't* have."

In addition to the driving simulation, which will be projected onto the big screen in Forwell Hall, staff and students will also be able to try other motor skills challenges while wearing the inebriation goggles.

Fanshawe's Campus Security has a zero tolerance approach to impaired driving. "It's not a victimless crime; it's not about losing your driver's licence," Arseneault said. "It's about taking somebody else's life unnecessarily."

Check out the impaired driving simulation on January 15 in Forwell Hall from 10 a.m. to 2 p.m.

Learn more about MADD London at maddlondon.com, and connect with them on Twitter @MADDldn.

Step up your rep with your CCR

ERIKA FAUST
INTERROBANG

Coming out of college, many people think their diploma alone represents everything they learned in the last few years. Equally as important as the hard skills learned in hours of classwork are the soft skills learned outside the classroom – creativity, communication, teamwork, leadership and more.

But those soft skills aren't easy to quantify, so how can you prove you have them to potential employers?

Look no further than Fanshawe's brand-new Co-Curricular Record.

The CCR is where students can list their involvement with on-campus activities such as clubs, volunteering, intramural or varsity sports – anything that was not done for academic credit or pay.

"Employers are looking for some sort of extra-curricular experience in a lot of cases, just to see that you are a well-rounded individual," said Robert Kitchen, senior manager of Student Academic Success Services at Fanshawe. "Those kinds of things will translate well into employment within the organization."

Sign up to create your CCR at www.fanshawec.ca/ccr. Complete your profile and select the activities you were involved in for 10 hours or more between September 2013 and April 2014. The CCR is not retroactive; you must add activities during the same academic year in which you were involved.

You will be asked to identify at least three learning outcomes – such as collaboration, interpersonal skills and professionalism –



from the activity. "The learning outcomes we chose came from a document through Guelph [University] around skills that employers are looking for from students transitioning from college to employment," said Jennifer Gillespie, campus life facilitator for Fanshawe.

When you submit your CCR, your activity listings will be forwarded to a validator for approval. According to the CCR website, a validator is "usually the College staff member or faculty member who oversees, coordinates or facilitates the activity ... and can verify the authenticity of a student request."

When your activities have been validated, you can print off your

CCR and use it in your portfolio as a complementary piece to your resume. "The two of them together shows in the classroom and out of the classroom – that holistic view of all of the learning," explained Gillespie.

Dozens of other post-secondary institutions are already on the CCR bandwagon, including Western University, Trent University and Algonquin College. Pull ahead of the job-seeker pack by getting involved on campus and establishing valuable soft-skill learning on your CCR.

For more information, check out www.fanshawec.ca/ccr. Direct questions to ccr@fanshawec.ca.

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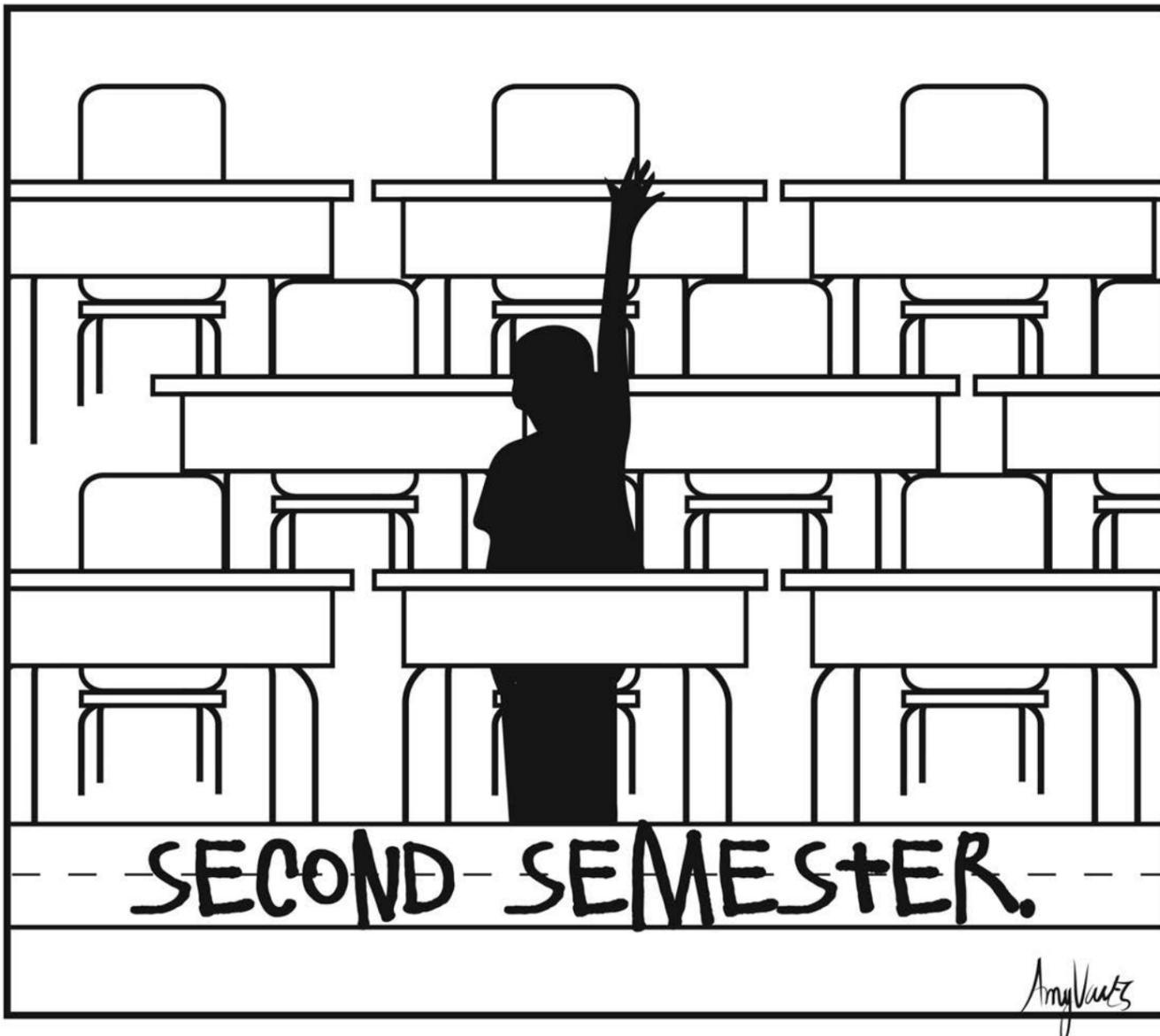
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Thanks... I guess?



FORK IN THE ROAD
 ROSE CORA PERRY
 www.rosecoraperry.com

Christmas is an “interesting” time of year. I often joke it brings out the “best” in people... of course I mean that with the sincerest level of sarcasm possible (if you don’t wanna take my word for it, just visit any mall during the last-minute holiday scramble!)

While a good majority of folks living in our neck of the woods are overjoyed at the season and are excited to share their “spirit” with all they encounter, the converse is that Christmas is rumoured to have the highest suicide rate out of any day throughout the year, not to mention many individuals go broke trying to afford gifts they feel obligated to purchase for others. There’s also the rarely acknowledged fact that not everyone celebrates the season – whether due to personal or religious beliefs – and yet rather insensitively, we shove Christmas down everyone’s throat (starting in October!) making it virtually impossible to ignore or get out of.

Yep, you guessed it. I’m one of *those* people. I’m anti-Christmas (at least the consumerist version of how the holiday is celebrated anymore) and yet year after year, despite pleading with family and friends that I’d really prefer not to partake, I’m saddled with guilt and obligatory gift-giving. But, at least my dislike of the holiday proves illustrative for this month’s debate: the topic of what is “right” and what is “wrong”?

From a psychological perspective, answering this query seems rather straightforward: if you were driven in your actions by good faith and/or led by a strong positive moral compass, then your behaviour should be perceived as in the “right.” The “should be” part of this definition, however, is where our discussion takes notice.

Is an action “right” simply because the sender of an action was motivated by positive or “generally accepted/agreed upon”

societal notions? What if, despite the sender’s motivation, the action impacts the recipient negatively? Is the action still “right”? Should the recipient be expected to see past their own personal views and consider the motivation of the sender (act graciously despite their own hurt feelings or conflicted views about receipt of the action)? Or should the sender have been more thoughtful in considering that not all recipients can be treated in the same regard with the same outcome?

Basically, what I’m getting at are the very convoluted concepts of “political correctness” and “respect for difference”: ideas one can only wrap one’s head around if one is willing and able to perceive, acknowledge and accept beliefs, ideas, lifestyles and practises that are divergent from one’s own. Perhaps another example of this sort of conflict – one that continues to leave far harsher and life-altering scars – is worth noting.

When the colonial settlers first came to Canada, they observed what they deemed “strange” and “barbaric” customs exhibited by the natives who originally inhabited our territory. In what was passed off as the social good work of “civilizing the savages,” our ancestors manage to eradicate an entire culture and history of tradition. If that wasn’t bad enough, this process frequently involved various forms of abuse, and at present, substance issues and criminal activity continue to rank high among many tribes of our nation’s original settlers, as a result.

As far as the colonials (and Mother Britain) were concerned, their actions (or at least how they were “sold” to the wider world as efforts in “civilizing” versus what they were in reality domination tactics) were “justified” and for the “greater good” of the nation. Well, I think it goes without saying that there are plenty of people – native and non-native alike – who would strongly disagree. So again, I ask you: is something “right” simply because YOU think it so OR before making that determination, does one need to consider how their action(s) will be received (which of courses changes depending upon whom is to receive said action[s])?

Buying an anti-Christmaser Christmas presents is clearly a far stretch from subscribing to ethnocentrism and all of the vile things that have been done in its name, the underlying idea however is actually the same: both actions failed to acknowledge and respect “difference.” Whether this is right or wrong – well, that’s something you’ll have to determine for yourself given that one’s morality is deeply connected to one’s socialization and self-concept.

And so, though moral ground remains an ambiguous issue, there are three notable lessons I hope you’ll grasp from this discussion:

1. Being “considerate, mature and respectful” doesn’t involve **forcing** your personal beliefs, lifestyle practises, habits or customs etc. onto others, EVEN if those things are widely accepted and practised by greater society
2. Being “considerate, mature and respectful” involves **taking into account** how your actions will affect others
3. Being “considerate, mature and respectful” involves contemplating your actions in sincerity and **determining** that you’re being driven by more than one’s own selfish desires.

All of this brings me back to my point about Christmas: one has to wonder whether gifts continue to be given to me as a non-Christmaser because said individuals want to do something “nice” for me despite my objections (perhaps they don’t take me seriously!) OR instead perhaps said individuals want to feel good about themselves by appearing generous to wider society through their participation in a widely accepted practise? There is a difference.

Irrespective of the rationale, however, to demonstrate my consideration, maturity and respect for difference, year after year I still exhibit gratitude toward the senders of these gifts. Further, I pay forward their generosity by passing on the gifts to local charitable donations. At least this way, the true “spirit” of Christmas gets to shine, if only for a moment.



CREDIT: CBC

A new home for *Hockey in Canada*

VICTOR DE JONG
 INTERROBANG

Canadian media giant Rogers Communications made a deal just before the holidays that will drastically affect the future of the Canadian Broadcasting Corporation. The highlight of the week for many Canadian hockey fans has been watching the Toronto Maple Leafs hit the ice on CBC every Saturday night. Throw in the colourful Don Cherry and his handler Ron MacLean and it made for entertaining programming – programming that brought in somewhere in the neighbourhood of \$220 million annually. All of that is coming to an end, though, in light of the 12-year, \$5.2 billion deal that saw Rogers purchase the Canadian broadcasting rights to all NHL games.

The CBC will continue broadcasting games for the next four years; they just won’t get any of the advertising revenue or have any say in the production of the broadcast. As for Don Cherry? Your guess is as good as his. The 30-year veteran of *Hockey Night in Canada* told reporters, “I have no idea what’s going on. I haven’t talked to CBC, I didn’t see the press conference, I was en route somewhere. So I’m asking you guys – do I have a job?” Whether a deliberate stab or just business, Rogers is pushing the CBC into an uncomfortable position. Losing hockey revenue will mean less money to fund programming. Unless they can do more with less, which the CBC is not renowned for, programming will suffer and lead to fewer advertisers.

The deal highlights one of the major shortfalls of the Canadian Broadcasting Corporation – one that’s also responsible for its existence: it’s paid for by the government. Rogers could convince their board of directors that a one-time cost of \$5.2 billion for the NHL broadcast rights was a good business decision. The CBC was unable to match the bid simply because of their structure. Government departments have much less budget flexibility and can’t afford to take the risks that a media conglomerate can.

Since the government’s budget is comprised of the money it makes from taxes, the reality is that *you* pay for the CBC. The logical argument as a shareholder of the CBC (meaning every Canadian taxpayer) is, “Why should we be paying our own money to televise something that Rogers is eager to provide on its own dime?”

The president of CBC Television, Hubert Lacroix, told employees that “this deal will result in job losses [but] the staffing impact would have been much greater had we lost hockey entirely, as CBC is still producing hockey.” Either Lacroix is a spin master or the internal memo went through the HR department before being sent out. His assertion that being able to advertise during the segment for the next four years is some kind of silver lining is laughable. The lack of hit shows on the CBC, or any Canadian channel, is lamented in a CBC special report titled, “Why are Canadian shows missing from TV’s new golden age?” It seems unlikely that the CBC is going to start producing high quality original content any time soon, and without hockey advertising to supplement their budget, the CBC’s days could be numbered.

Reducing child poverty



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

According to the Conference Board of Canada, our country has the third worst child poverty rate of 17 “peer countries.” These are affluent countries where there are fewer reasons for children to be poor than in, say, Liberia or Colombia.

Based on this information, we could blame political leaders for not doing more to reduce child poverty. Demanding stronger anti-poverty policies becomes even more tempting when one takes into consideration that in 1989 the House of Commons unanimously voted to end child poverty by 2000. (It is difficult to imagine any Member of Parliament voting against such a commitment and perhaps some votes were cast by members who realized that words are cheap.)

Recently many Canadians have criticized

our country’s industry minister, James Moore, for saying that the federal government will not take more responsibility with respect to child poverty. He says that it is up to the provinces to do that. On News1130.com, people have posted comments noting that we all need to be engaged in “treating each other as we would want to be treated,” and we are all “keepers of our brothers.” These quotations from the Bible are not new to many.

Moore’s comment raises the question, who should take action to end child poverty? We should ask this without falling into a common trap, the trap of blaming others without some self-examination.

And actually, we can take the question to another level: What is it each of us can do?

The federal government will likely say that the main thing it can do is to create an economy that generates new jobs. A healthy, job-creating economy makes an enormous contribution to the elimination of child (and all other kinds of) poverty. Therefore, let efforts to create good long-term jobs for Canadians receive the credit that is due.

Other levels of government also make their contributions to the creation of jobs. Besides that, there are many programs that reduce child poverty. The greatest of these is the public education system.

Families and individuals can make contributions that may be even more important. Some of my thoughts in this area come from knowing educators and from helping with a church-run children’s breakfast program in a nearby elementary school.

Churches, schools and other institutions that serve children can partner together to feed children, or help in other ways. Food banks can provide food for the families of kids who are having trouble making ends meet. Organizations such as Habitat for Humanity can continue to make homes available to families who would not be able to pay a conventional bank mortgage.

The Habitat example brings me to my last point. One of the greatest things we can do to reduce child poverty is to teach responsibility. Habitat does that. One does not simply receive the home. The recipient helps workers build it and then repays an interest-free

loan.

Children too must be taught by parents and guardians to take responsibility for their financial and physical needs. Here is where a service like a breakfast program needs a community of responsible parents to make it work well. Children who are in genuine need should receive help. But the parents of children who are not in need should be making sure that their children do not accept food meant for those who arrive at school hungry.

An educator told me that her high school provides a food pantry for students in that situation. However, some students take advantage of the pantry for trivial reasons. A student only has to say, “I’m hungry,” to be given a box of crackers or cookies to eat in the resource room. A good portion of the requests come from students who live in affluent families.

Child poverty is an issue of responsibility. We all need to take responsibility to help those who need food, financial help, and mental and physical health care – especially when those in need are children. At the same time, we all need to teach and model responsible behaviour for the children coming up behind us. If they do not receive encouragement and instruction to be responsible, child poverty will cycle onward. If we do what we can toward those ends, we might find ourselves somewhere above 15th place next time the Conference Board of Canada examines international child poverty statistics.

Can you feel it?



ARTiculation
AMY VAN ES

Tortured political prisoners
Pedophiles
Tsunamis
Mayors doing drugs
African children starving
Photoshopped women

Before I’ve even had my morning tea, I’ve been exposed to all of these things. Modern media is rooted in the mastery of the manipulation of human emotion. It’s harnessed the ability to dictate how you’re going to feel at many moments throughout the day.

But media isn’t the only thing that infuses emotion into our day. There are also stories told to us by friends, relationship problems, bullying, babies being born, eating good food, job promotions. We go from feeling angry to sad to happy to fearful to empowered, depending on what is being presented to us.

The list of things that affect our emotions is literally endless, yet at the same time we’re exposed to all of the emotion of our lives, we’re also ironically expected to hide it. When a friend starts crying to you

because of something her boyfriend said to her, she apologizes for crying and says she knows she’s being ridiculous. When a man talks to his friends about something he’s struggling with, he’s less masculine.

We’re expected to go through the motions of our daily obligations without impediment. We complete our assignments, meet with friends for coffee, work part-time jobs, cook dinner, pay our rent, all while constantly being loaded on with emotional baggage. If you put on a tough face like you’re encouraged to, it isn’t long before you’re walking around tired and stressed, and when you see a picture of a dog missing a leg, you lose your shit in the cafeteria. You’re a blubbling puddle of tears on the floor and you have no idea why.

It is imperative that people find an outlet to express themselves in our emotionally suppressive society. Many turn to art.

Artists are notoriously emotional – particularly sensitive receptors to the drama of modern life. We’re the ones who take in all of these things like everyone else, but our dams aren’t as sturdy, and we burst.

As I’ve written before, there are many different types of artists. And all of these many types of artists create in their own, unique way. But as varied as creativity is, I believe there to be a succession of nearly mandatory events in the creation process

that string us together like beads in a necklace. The first of which is Emotion.

Emotion is the most powerful catalyst for creation because, naturally, it is the things we care about and are affected by most that we cannot ignore and push to the side for long. They’re the things we end up acting upon. It’s even the reason many of us are enrolled in the programs we’re in: you had a sick grandmother so you’re becoming a Registered Nurse; you have little cousins you like to take care of so you’re in Youth and Child Worker; you loved shop class in high school because of your awesome teacher so you’re in Carpentry. Artists work the same way. We are exposed to something and are so overwhelmed with passion that we decide something needs to be said about it.

And so we turn to our blank canvas and begin to select mediums – colours, paper, pencils – instruments to create our message. Choice is something that overwhelms artists as they’re creating, and it feels so good to be able to choose what you’re going to say and how you’re going to say it, without the boundaries of having to worry about what your friends are going to think.

You may not have a choice to be inundated with all of the emotion in your life, but you do have one in regards to how you choose to handle it.

What does the future look like?

JACOB MATTINSON
INTERROBANG

Each week I do my best to share a positive and uplifting story with you my fellow Fanshawe students. However, this week there has been something heavy on my mind and I think it is something worthy of being discussed. The questions that have been plaguing my mind are: Is the future grim for young Canadians? How important is it that we stay the course and receive a marketable education?

Many of us are in school because we have particular interests and passions, and a desire to do something we love, but let’s be honest, a vital aspect of receiving an education is that at the end of it all we’d like to have a high-paying career. It is my belief that now more than ever we need to stick to our goals and work hard, because if we don’t, the future may not be as bright as we all hope.

It doesn’t take an expert in economics to

understand that the long list of jobs being lost in the Canadian work force is a terrible thing for many individuals and families. For example, in June 2012, the once world-renowned Canadian tech company Research In Motion announced another cutback of staff, resulting in a loss of 5,000 jobs. Coming from Waterloo myself, I witnessed firsthand the devastation of many friends whose families felt hopeless as a result.

Recently, right here at home in London, the 89-year-old Kellogg factory is slated to shut down at the end of this year, resulting in more than 500 jobs lost. Again, the hopes of those hard-working, dedicated Canadian workers are likely being shattered.

Most recently (and perhaps most scary of all), the unionized and government-owned corporation Canada Post announced changes that CBC News projects will result in about 8,000 jobs being eliminated. As a young Canadian with many years of hard work ahead of me, this news is quite scary and dis-

heartening.

Unfortunately, the picture painted is undeniably sobering to those of us looking toward the future. I do not think, however, that it means it is time to give up. Now more than ever we need to stick to our schooling and build a resume that makes us more marketable and enables us to stand out from the crowd. We face a reality in which education is becoming less an option for success and more a necessity if we want a fighting chance in the increasingly competitive Canadian marketplace.

This semester, keep in mind how important your education actually is and work your butt off to get the most out of it. I’m not saying to live in constant state of fear and pessimism, but I am saying that it is not going to be easy when we move on to the next step in our journey. Work hard, keep your head up and don’t give up on your education!



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Gambino raises the bar for music in 2014



BOBBYISMS
BOBBY FOLEY

I write about random things a lot. I write a lot about random things. In years past, I've taken the opportunity in this first column of a new year to look ahead to some of the more notable albums on their way toward release, but I confess to being distracted lately: a lull in sales in the last quarter of 2013 has induced an alarming number of press coverage foretelling the end of the full-length album format as we know it.

"The album is dying in front of our very eyes," wrote music industry analyst Bob Lefsetz in his Lefsetz Letter on October 30. In a world in which attention spans are shorter than ever and the listening public outgrows a hit radio single in a couple of weeks, he wrote, "No one wants album tracks anymore. Not unless they're every bit as satisfying as the hit."

His widely quoted newsletter spawned articles far and wide with headlines like "Is the album dead?" in publications from Rolling Stone to the Toronto Star. As proof of his argument, Lefsetz cited a slump in U.S. music sales that saw Katy Perry's latest album *Prism* debut with under 300K units sold, the same week that saw Miley Cyrus only sell some 45K copies of her much-hyped album *Bangerz*.

Make no mistake, the industry isn't afraid of the change – if anything, the trend comes as a result of the average listener having more freedom in choosing how they consume music. But the general appetite for popular music has become so voracious that a full-length album and the traditional timeline that accompanies it are becoming more and more obsolete, and faster than ever before.

Take for example the latest album by Arcade Fire – when they premiered their single "Reflektor" with its groundbreaking video, they captured the attention of the whole world. And most recently they've struck up a lot of discussion by suggesting that fans who attend their shows this year do so in formal attire to contribute to the overall atmosphere of the event.

Now a couple of months later, the video and the hype that did much to bring the band to the forefront of music headlines for a couple of weeks has simmered and the dust has settled. When it's all said and done, *Reflektor* is a good album that offers few other surprises, unless the band has further tricks waiting to be unveiled.

Which raises a different question entirely: are artists making enough of a statement with their craft? Suppose the "rethink" that Lefsetz calls for shouldn't only occur on the side of record labels and organizations, but also on the side of the artist releasing the music. Is the statement in question worth much of our time?

Although it was released too late to appear on anyone's end-of-year lists, Childish Gambino's latest album *Because The Internet* is sure to be on a lot of people's minds this year. A powerful concept record that throws the listener into a strange world without explanation, the album alone is only a part of the larger picture.

In actuality, *Because The Internet* is a soundtrack to a 70-plus page screenplay, and intended to be experienced while reading through the story. Featured online at becauseinter.net, the script is posted with other (soundless) multimedia elements that propel the overall story, offering a unique bilateral context to the album.

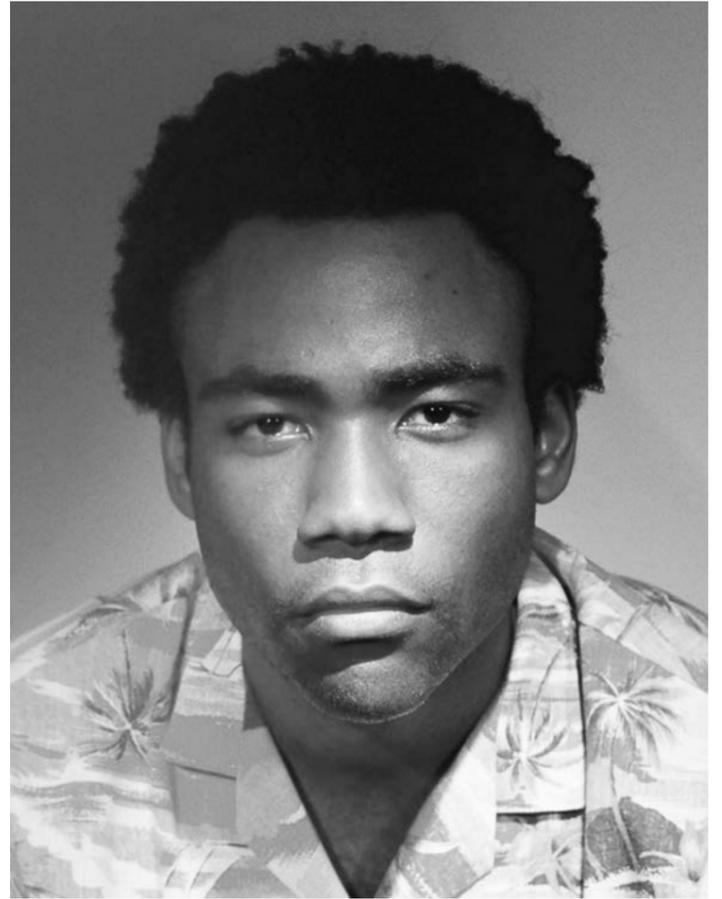
Gambino has long tried to separate the proverbial church and state of his career – while his alter-ego Donald Glover is best known for his comedy and acting on hit shows like *Community* and

writing on *30 Rock*, his music has provided much more insight to the man behind the laughter. His 2013 short film *Clapping For The Wrong Reasons* addressed his frustration; employing a 'day in the life' style of storytelling, viewers are offered a glimpse into Gambino's life when the TV cameras are off.

Initial reviews of *Because The Internet* praised it for being Gambino's most honest work to date, but likely read too much context from the short film as a prequel. Allmusic.com posted a generally favourable review by David Jeffries, who described the album as "an indulgent kaleidoscope of studio tricks and celebrity problems," noting at one point that "Gambino often frames his angst and anger with the burden of being born rich (something he mentions quite often on the album)," suggesting that he missed the point entirely.

Released on December 10, *Because The Internet* caps off a year in which hip-hop's heavyweights came out swinging – Eminem, Jay-Z and Kanye West (whose album *Yeezus* topped year-end lists more than any other record this year) all released acclaimed albums in 2013, and further, all turned to veteran producer Rick Rubin to fine-tune their albums before release. And although he worked with something in mind to prove, Gambino took the idea of a concept record to another level and created something truly unique.

But back to business – if you're hungry for new music, you'll be happy to know that this month



CREDIT: CHILDISH GAMBINO

Childish Gambino's *Because The Internet* is worth a listen.

sees the release of highly anticipated albums by Bruce Springsteen (*High Hopes*, January 14) and Against Me! (*Transgender Dysphoria Blues*, January 21), while February will see the release of the new crowd-funded studio album by The Presidents Of The United States Of America.

For more of the latest music news, previews and even upcoming album releases, consider following this column on Twitter @fsu_bobbyisms. Happy new year! Be sure to check out the latest exclusive concerts and events here on campus at fsu.ca, I'm out of words.



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Style up your home for 2014 with some colour



TURN BORING SPACES BEAUTIFUL
BRITTANY ROACH

This is the time where last year's trends go out of style and new ones arise. Designers and decorators are ranting and raving about the do's and don't's for 2014, so let's start off the New Year right by knowing the latest trends!

Two of the most important trends to know for 2014 are the colour of the year and the look of the year. As students, some of us want our homes to be in style but only can do so with a lower budget. This week, I will explain the latest trends and tips on how to style up your home in the least expensive way for 2014.

Last year's Emerald Green has been kicked to the curb, so it's time to make some room for 2014's colour of the year: Pantone's Radiant Orchid. It's a dramatic change to go from bold emerald green to soft and calming orchid,

and it can be expensive to make such a big change in your living space.

The most inexpensive way to keep your home trendy with the colour of the year is to add subtle accents of this colour. Painting is too expensive (and in rez is a big no-no), and small touches such as accent pillows, vases, picture frames and throws are the simplest ways to add a little 2014 style to your home. If you are in love with this colour, you can always purchase artwork and area rugs with colour in it. Keeping up with 2014's colour of the year is easier than you thought!

According to Canada's magazine House & Home, the look for 2014 is "relaxed refinement." This look is all about saying no to neutral colours and contemporary furniture and yes to bold colours, pattern, and organic-feeling furniture. Relaxed refinement is about being daring with choosing a variety of bold colours and textures, a look that will leave a lasting impression. This style is about having organic feeling furniture, and no, this is not

about the material used. The organic feel is about having furniture that has more natural curves than contemporary boxy and square shapes that are commonly used today.

Students wanting to keep up with the style of the year may find it difficult because buying new furniture is expensive. Like keeping up with the colour of the year, you can use those same simple tips, buying less expensive items such as accent pillows, throws, vases, area rugs and artwork. Instead of having these accents with the one colour, Radiant Orchid, buy these pieces in a variety of bold colours and patterns.

It is the time of year when we say goodbye to old, outdated trends and hello to the newest trend of 2014. Knowing the colour of the year and the style of the year is a step in the right direction to having a trendy home for 2014. Student or not, keeping up with these trends is easier than you think!

Wishing you all the best and style for 2014!



CREDIT: PANTONE.COM



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CREDIT: HAI HA NGUYEN

Top: Forever21.com; Pants, Earrings and hat: NastyGal.com; Necklaces, bracelet and boots: Aldoshoes.com

Cozy, comfortable and still chic



THE SHOPPING BAG
HAI HA NGUYEN
hhnguyen.77@gmail.com

In a perfect world, all fashionable pieces are always comfortable, but in real life, that's not always the case. The thing that's probably stopping you from wearing your favourite pair of heels is they're five inches high – totally unrealistic to walk around in for eight hours (for most of us, anyway) and entirely unsuitable for our Canadian winters.

Putting comfort before style can be tough, too. Maybe what's stopping you from wearing your coziest sweater is that you've had it for years; now that it's riddled with holes, you don't want to risk looking more shabby than shabby chic. Perhaps you don't want to wear a hat now because it ruins your hair, but it is definitely necessary for these wintery conditions. And how about accessories – these could be the furthest things from your mind since you have to wear your giant winter jacket anyway.

Well, here is a solution to your fashion winter blues, where you can dress stylishly without sacrificing comfort for the rest of winter!

Perfect for a school outfit, lunch outing or a last-minute dinner with your friends, this street fashion-inspired ensemble gives off a cool and relaxed vibe. An oversized long-sleeved shirt is perfect to start off with; since it can be worn with many things, it makes a great essential for your closet. It is paired with a burgundy-purple pair of stretchy skinny jeans with a unique plastic finishing that adds some funky texture to the look. An orange Brian Lichtenberg "Homies" beanie is a trendy addition. Layering two great chain necklaces together for added texture around the neck and bracelets for the wrists are a must to dress up an oversized shirt. To complement the spike, chain and gold detailing

of the necklaces accessorize with a black and gold spike pair of stud earrings. Lastly, the ankle bootie with a thick, chunky heel is essential for this season. They're amazingly comfortable with a great insole if you're not used to wearing heels!

1. Oversized Shirt: A super relaxed fit shirt that is a great length for pairing with jeans or tights – an awesome start for a fashionable ensemble. (Forever 21, \$21.80)

2. Burgundy Jeans: This stretchy pair of skinnies adds depth and texture to complement the plain black oversized shirt. (NastyGal, \$92)

3. Brian Lichtenberg Beanie: Popularized by street fashion bloggers, this is a classic piece in winter wear that got a trendy street fashion makeover! (NastyGal, \$50)

4. Gold Accessories: The thick sleek chain in contrast to the spikes and loop chains add some different elements to the outfit. Paired with a thick gold bracelet with a leather band and dainty spike stud earrings are all the fun details make will make the outfit look trendy. (Necklaces: Aldoshoes.com, \$12; Bracelet: Aldoshoes.com, \$15; Earrings: NastyGal, \$10)

5. Ankle Boots: These two-textured ankle booties complete the outfit while keeping the cool, relaxed and trendy theme. The almond toe flatters many people and the height of the boot makes it easy to pair with many other outfits. (Aldoshoes.com, \$112)

This street fashion-inspired comfy outfit can be changed with different accessories each time to update the look while maintaining the comfort of the silhouette.

Hai Ha Nguyen loves to discover the new trends in street fashion, accessories and styling. Follow her on Instagram at [instagram.com/misshaihanguyen](https://www.instagram.com/misshaihanguyen) for the trendiest pieces this season! If you have a suggestion or feedback for her column, send her an email at hhnguyen.77@gmail.com.

Getting back into the groove

PRESTON LOBZUN
INTERROBANG

In a way, the start of a new school term signifies a new step forward in life. When you enter a new year, there is a sort of excitement to go back and get into the routine – the first couple months seem like you're at your peak in terms of organization and initiative.

However, winter can be different. In the weeks you have off, you have some time to recharge your batteries, but this can be difficult as the Christmas break seems to end sooner than you expect. Below is a list of some things I do to ensure that I can get back in the school routine painlessly.

Maintain a sleep schedule: Staying up late has its perks over break periods, but can be disastrous to your psyche when you return. Your body gets used to waking up at noon or later, so when the time comes to rise up at 8 a.m. for your first class, dragging yourself to it feels like carrying a ton of bricks. If you can, ease yourself into a decent schedule a week or so before.

Start organizing early: Prepare whatever tools you use in class a couple days beforehand. Make use of a planner or calendar if you haven't yet – it's worth it.

Eat right: Buy some decent food for the week. I like pizza as much as the next guy, but living off junk food isn't going to make your first weeks back very pleasant. Fruits and vegetables will do more good for your body than a Big Mac.

Review, then review again: If you're continuing classes from the



CREDIT: TEACHHUB.COM

Starting the semester by making a commitment to being organized can help you avoid feeling stressed out and overwhelmed later on.

previous semester, try to go over some stuff before your first class back. It can be tedious, but you'll be off to a better start than most, and professors will take notice.

Learn your way around: For first-years, especially Gen. Ed. courses, the school can seem like a big maze. If possible, see if you can find some time to check where your classes are. If you have a school map, you can even do this at home to get a rough idea of where you need to go. It beats that brief but super awkward moment of being late and having an entire lec-

ture hall glare at you.

Think about your drink: Don't get hammered before the first day. The first day back during the winter term is definitely not something to get stoked on.

Some of these may seem like no-brainers, but I think we could all use a reminder to keep ourselves in check. Maintaining this initiative may be a story for a different day, but for the first week back, try to put in the effort for your own sake.

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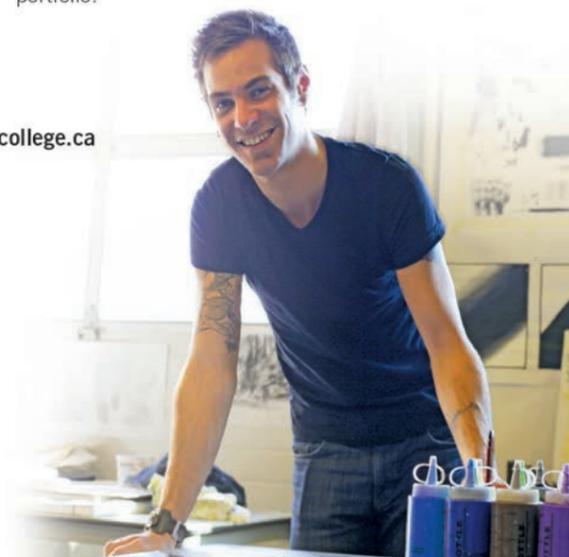
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Lectures inform on nature in our city

STEPHANIE LAI
INTERROBANG

Nature London is reprising its Nature in the City lecture series, which will run for six weeks starting January 14.

The series, now in its ninth year, will touch on topics that range from climate change to small animals that live in and around Forest City.

Nature in the City is cosponsored by the London Public Library and Nature London, which Pat Tripp, organizer and Nature London member, described as a “naturalist organization who are concerned about nature and its preservation.”

Climate change is a topic Tripp said she thinks will be of particular interest to the student demographic. “It’s a concern for us all,” she said. “It’s the contemplation of one’s future, and we’re not sure what’s cooking in the score.”

Lecturers are mostly local volunteers. “We’re very grateful for that,” Tripp said. “They really appreciate the large audiences we can provide for them.”

This year, Tripp said she hopes to bring in large audiences once again. “We’re hoping for lots of people to come out, and the end result we hope – and this is an act of faith – is growing awareness of the importance of conservation issues in this community and

broader world.”

The yearlong planning process includes an evaluation where Nature London surveys the population on suggestions for future lectures. “We also keep our ears to the ground for good speakers ... We work really hard at getting interesting speakers,” said Tripp.

All this in effort to educate the public so humans and animals can live in harmony.

“We’re all part of the same habitat,” said Tripp. “If one critter fails, it might be an indicator that we’re all in trouble.”

“It’s hope that there’s natural areas in the city, and they are often under attack. We have to keep people aware of the importance of the nature among us so we can continue taking nice walks in natural areas and keep that in the political agenda.”

Each lecture will take place Tuesdays from 7:30 to 8:30 p.m. Wolf Performance Hall at the London Public Library, free of charge.

January 14: The Canada Goose

This remarkable bird is making a comeback. Though frequently thought of as a nuisance, Chris Sharp will talk about how to co-exist with the nation’s feathered friends.

January 21: Brainy Insects

Western University biologist Jeremy McNeal presents evidence of how



CREDIT: HILTONPOND.ORG

The Nature in the City lecture series offers a unique perspective on the wildlife, such as voles, living in the Forest City.

insects are outwitting humans.

January 28: Climate Change

Get educated on how climate leads to increase in severe weather events with Gordon McBean.

February 4: Urban Forests

Forester Bruce McGauley will introduce Londoners to our leafy neighbours and how trees survive in urban settings.

February 11: Small Mammals

Alison Lake of Pinery Provincial Park will reveal the world of mice, shrews,

moles and voles in her talk about our furry friends.

February 18: Backyard Biodiversity

Gardening with native plants is what Western biologist Nina Zitani will be speaking about on this day.

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2013 and 2014 in a nutshell



Cinema Connoisseur
ALLEN GAYNOR
www.cinemaconn.com

Happy New Year, #Fanshawe! My New Year's resolution was to use more hashtags in #everyday sentences, and I #plan to stick to it.

This week I'll be taking a look at the top movie-related stories of 2013, and also taking a look ahead to what Hollywood has in store for all of us this year. By the way, there is no truth to the rumour that I had to resort to this look forward/look back article because I drank too much eggnog at Christmas and tried to heat up a waffle in my DVD player.

The death of Paul Walker

On November 30, 2013, Paul Walker, perhaps best known for his work in the *Fast and Furious* films, perished in a car crash. One of the hardest things I ever had to do was tell my children that Walker had passed away. "Who is he? Is he in our family?" asked my five-year-old daughter. "Yes, he is in all of our families," I replied, fighting back the tears.

I wasn't the only one in mourning. Millions took to social media to express their sorrow. Not everyone appreciated this, however.

Some said that thousands of children die every week around the globe, and no one thinks to tweet about them. Well, that is a tragedy, however, could thousands of children have shined so brightly co-starring with Vin Diesel and The Rock? I think not. You could probably only fit like 12 of them in one of those cars.

I urge you all to not make the mistake of waiting until your favourite movie star has passed away before you take to social media to express your love for them. Get on Twitter or Facebook right now and tell Jason Statham how he brightens your day. Let Milla Jovovich know how much she means to you. Tell Ashton Kutcher that he completes you.

Les Schtroumpfs triumph

Les Schtroumpfs 2, a Belgian film about little blue creatures who come to Earth to engage in zany shenanigans with Neil Patrick Harris was a surprise hit at the box office, generating nearly \$350 million worldwide. That total should grow even bigger with Oscar season approaching. Like a Schtroumpf, I will be feeling awfully blue if this little film doesn't pick up some major awards in the coming months.

Sharknado causes a big storm

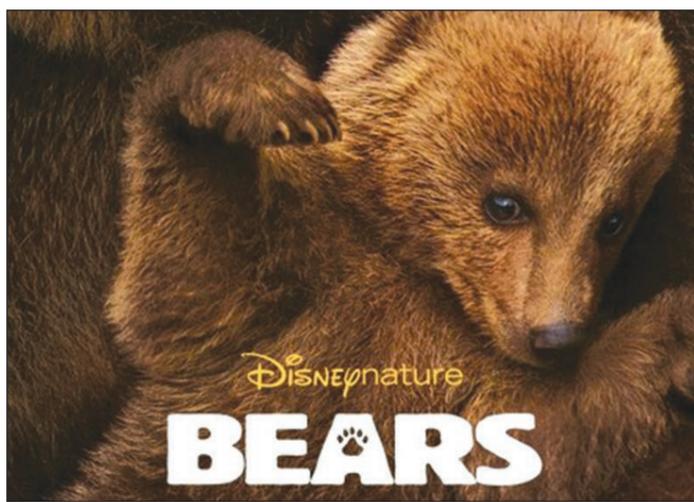
July 11, 2013 is a day that will go down in annals of history. The

landmark film *Sharknado*, about tornadoes that lift sharks out of the water right into the streets of Los Angeles premiered on the SciFi channel in the U.S. on that date, causing a social media stir that basically shut down the Internet due to the high volume of enthusiastic tweets. BlackBerry still hasn't recovered as a result. If you have been living under a rock, and didn't see *Sharknado* – well, first of all, why would you live under a rock? I can't think of a less comfortable place to take up residence. But if you are steadfast in your desire to live under a rock, then make sure that rock has Internet access, and get on Netflix, which is streaming the film. You will need to be all caught up by July of this year, when *Sharknado 2: The Second One* debuts.

What to look forward to in 2014

As great as 2013 was, 2014 is set to make it look like a steaming pile of rubbish! Over 10,000 movies will be released, and only 9,500 of them are pornographic. Here are some of the most anticipated offerings:

Noah: Just in time for Easter, theatres will be flooded with customers due to the release of Darren Aronofsky's take on the classic tale of Noah. Russell Crowe stars as Noah, and this reviewer's all-time favourite actress Jennifer



CREDIT: DISNEYNATURE

Bears is sure to be a growly good time.

Connelly stars as his wife. Is it a sin to be aroused during a film based on the Bible?

Bears: Arriving in theatres this April is the Disney Nature documentary *Bears*, which tells the tale of two mother bears who try to teach life lessons to their young cubs. The entire main cast is comprised of real live bears. Apparently Jason Bateman wasn't available. I for one can bear-ly contain my excitement. Is it a sin to be aroused during a film about bears?

Expendables 3: Sylvester Stallone, Jason Statham, Arnold

Schwarzenegger and the gang return, and this time the testosterone level gets kicked up several more notches. Joining the cast are Wesley Snipes, Mel Gibson, Harrison Ford, Antonio Banderas and *Frasier* star Kelsey Grammer. I grew a beard just thinking about this film.

Also expected to do fairly well at the box office are *The Amazing Spider-Man 2*, *X-Men: Days of Future Past*, *Transformers 4: Age of Extinction*, *Dawn of the Planet of the Apes*, *The LEGO Movie* and *Captain America: The Winter Soldier*.

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CREDIT: UNITED FILM DISTRIBUTION

The grandfather of sketch comedy films is as crude as it is funny.

Comedy anthology: When sketches enter cinema



REEL LIFE
ESHAAN GUPTA
e.gupta@fanshaweonline.ca

Remember *Movie 43*? Or, rather, remember trying to forget *Movie 43*? A jumbled mess of a film that thought extreme juvenility without a punchline could still be funny, *Movie 43* was a series of unconnected skits that formed no narrative. Although a rather unusual gimmick, the premise of an entirely sketch-based movie with no underlying narrative or connections (save for running gags) is hardly anything new within mainstream Hollywood. In fact, you'll find *Movie 43*'s predecessors that inspired it to be a lot of more successful at being funny (and better at being genuinely risqué).

It all began in earnest with the Zucker Brothers' *Kentucky Fried Movie*. Much like *Movie 43*, it too was a series of unrelated, pop-culture mocking sketches tied together only with a few running jokes. And it was funny. *KFM* spoofed everything that was right (but largely wrong) with the 1970s, an embarrassing decade most would rather forget. Everything from the oil crisis to the overabundance of schlocky exploitation and kung fu movies is spoofed (in the movie's finest moment, a 20-minute long parody of Bruce Lee's *Enter the Dragon* called *A Fistful of Yen* will leave you confused and amused) in an unrelentingly funny manner.

This being the '70s, before the rise of Reaganistic conservative values, there is a LOT of nudity in *Kentucky Fried Movie*... some of it bordering softcore pornography. Don't let that dissuade you from watching it (who am I kidding, you're probably hooked on the idea already) but just... don't watch it with your parents. It probably will help greatly to have a decent knowledge of everything

'70s, but barring even that, the movie is still hugely entertaining and a welcome addition to any party, simply for its absurdist sense of humour.

KFM was a smash hit that recouped its miniscule budget and much more, launching the career of the Zucker brothers and leading them to create well-loved (and notably less raunchy) comedy classics like *Airplane!* (with the deadpan of the great Leslie Nielsen) and the *Naked Gun* movies. However, *KFM*'s success didn't exactly popularize comedic anthology films as a whole.

Paving the way in this rather sparse genre was the spiritual sequel *Amazon Women on the Moon*, which featured the return of John Landis (who had since made *Thriller* and *An American Werewolf in London*). Where *KFM* was largely a parody of '70s pop-culture, *AWotM* hits a bit closer to our modern sensibilities with its parodying of low-rent cable TV staples: inane infomercials, public domain movies from '40s and '50s and zero-budget TV documentaries with inane subject matter. While not quite holding a candle to *KFM*, *AWotM* still stands the test of time as a funny movie for those who catch the references, and perhaps a snort or two of amusement for those who don't.

There have been comedy anthology movies since the aforementioned, some good (*The Onion Movie*), some terrible (*ShamWow! Vince's Underground Comedy Movie*), all viewable at your discretion. But don't let the awful side of the genre turn you away from the good it has to offer. At the very least, sketches blown up to a movie format will guarantee some form of quality and production value, maybe even attract some talent (*Gremlins*' own Joe Dante at the director's seat of *AWotM*), and that will likely elicit some amusement from you, for the right or wrong reasons.



CREDIT: NBC

Fans of NBC's cult hit *Community* are pleased that the fifth season is going back to the show's wacky roots.

Greendale now better than ever after facing foreclosure



G33K LYFE
ANDREW VIDLER

In the summer of 2010, my roommate and I were sitting around when he suggested that we check out a show that he had heard of but didn't know anything about it. The show had Chevy Chase in it, so we sat down to watch *Community* for the first time. By the time the credits rolled at the end of the second episode, juxtaposed over two of the characters rapping in nonsensical Spanish, I had been completely sucked in by this bizarre show set at the world's worst community college.

Hailing from the bizarre mind of former *Sarah Silverman Program* cocreator Dan Harmon, *Community* relied on a mix of quick-fire pop culture references, genre spoofs and a very self-aware brand of humour. This meta humour was personified in the television-loving, socially awkward character Abed Nadir (played by Danny Pudi), who quickly became a fan favourite and a standout among a strong ensemble cast including *The Soup* host Joel McHale in the lead role as sarcastic former lawyer Jeff Winger. The show's early episodes received critical praise for everyone from the writers to the cast.

Despite its early promise, the show began suffering a decline in viewing numbers, partly due to the rise of streaming video and torrent downloading among the target demographic, and halfway through the third season, the show was put on hiatus when the network shuffled their lineup in the new year. It was an odd sort of déjà vu for NBC viewers, as the fate of the program echoed that of another critically praised cult favourite, *Chuck*, which aired on the network from 2007 to 2011. When *Chuck* had been set for cancellation at the conclusion of its second season, the fans rallied behind the program, eventually showing enough interest and passion for the show that Subway, a sponsor of the show, ended up covering a large portion

of the remaining seasons. (Also, if you haven't seen *Chuck*, go watch it immediately!)

Citing the success of *Chuck*'s fans, *Community* supporters took to the Internet, supporting the program on social media and attempting to convince the network to return it to the airwaves, which it eventually would in May 2012. As the third season came to an end, fans were left with no word on a fourth, and Harmon and his writers crafted an episode that easily could have been a series finale if the higher-ups were to decide to move on to other things. Fans' fears were quelled a couple weeks later when NBC ordered a half-season for the following year, but with one condition: Harmon would not be returning as showrunner. Fans' primary worry was that, by losing Harmon, the show would lose the distinct tone and charm that his wacky, perfectionist mind brought to it.

When *Community* returned for a fourth season, despite the new writers' efforts to retain the spirit

of the show, it fell a little flat, with many people in agreement that the fourth season marked the lowest point of the series.

After such a disappointing debut from the new showrunners, most fans were happy to let the show suffer the inevitable cancellation that had been hovering over it for years. However the network had other things in mind, and made what is surely the best received writing announcement in television: they had set aside their differences with Harmon and he would be returning, along with the show, for a fifth season.

Premiering in early January, *Community*'s fifth season immediately felt like its bizarre, hilarious, yet slightly inaccessible self, and kept the trend in the following episodes, showing great promise for the show's future. Catch *Community* on NBC or CityTV on Thursdays at 8 p.m. You can watch up to season four of *Community* on Netflix Canada.



After more than 15 years living in Asia, Pamela and Jesper Andersen came back to Canada. In 2009, Elgin County's natural beauty, community feeling and business-friendly mindset provided the Andersens with an ideal location to establish LAVENDER SENSE Farm, Boutique and Retreat.

LAVENDER SENSE is a premier grower and marketer of fine lavender, essential oils and exquisite lavender products. This creative and thriving agri-tourism destination is in the sensory trade - their business is about 'well-being, romance and fine living' and welcomes thousands of visitors each season.



CREDIT: SHELF ABUSE

"Go up, baldhead!" said the guards. And then he shanked them with a screwdriver.

Movie games that don't suck



GAMING THE SYSTEM
ESHAAN GUPTA
e.gupta@fanshawecollege.ca

It's capitalism at its worst, a true exploitation of the faithful: the movie game.

Almost inevitably, a successful movie is trailed with merchandise, the most gregariously sinful and wasteful of which is the attempted adaptation of silver screen magic into a shoddy interactive experience for all to (not) enjoy.

Luckily, like most things consistently terrible, there are a few bucks to the trend. Games that are worth checking out for the fact that they're not only playable, but outright fun, despite being merchandise for a film, do exist.

GoldenEye 007 (N64)

I'm only mentioning this first to get it out of the way. Yes, heralded as the king of doing movie games right, playing *GoldenEye* will probably make you want to watch the movie, and vice versa. The multiplayer is fun, too. Just don't expect others in the room to let you live if you pick Oddjob.

The Chronicles of Riddick: Escape from Butcher Bay (Xbox, PC)

Vin Diesel fans celebrate, I have given this swan song of movie gaming a rightful place on this list. Serving as a story prequel to the 1999 space horror film *Pitch Black*, its core mechanic is simple: you are a bald, goggled man who sneaks in the shadows and stabs people with makeshift shivs. But *Escape from Butcher Bay's* greatness comes from not just the fact that Vin Diesel himself voiced the titular Riddick, but from the mind-blowingly awesome graphics and art design the game throws at the player. Set in an oppressive prison planet, you play out Baldy McStabstab's escape with some cool first-person shooting and stealth thrown in the mix. This game is a definite must-play for fans of stealth, action and Vin Diesel.

Spider-Man 2 (PS2, Xbox)

The world's first open-world *Spiderman* game came, surprisingly enough, in the form of a movie

tie-in that came out alongside the Sam Raimi superhero classic *Spider-Man 2*. It was *Grand Theft Spider* for most players, opting instead to swing around the expansive city completely unlocked for the player's exploration. Although the tie-in for the follow up *Spider-Man 3* was a bit lacking gameplay-wise, despite having an even larger rendition of New York City, it's worth checking out as well.

Toy Story 2 (PS1, PC, N64)

There were plenty of games before this platformer that attempted to shrink down the player to the size of a toy and level the playing field accordingly, one of those of course being the tie-in game for the original *Toy Story*. However, with their 2D side-scrolling nature, any semblance of exploring a regular world from a tiny perspective was lost in linear level design. *Toy Story 2* blew all those games out of the water with its massive (for the PS1 era, anyway) open-ended levels. Familiar locations like Andy's home can all be explored as Buzz Lightyear. You'll likely end up ignoring objectives in favour of wasting hours just finding literal nooks and crannies. It's a lot of fun despite its age.

Aladdin (Genesis, PC)

First, do yourself a favour and ignore the Super Nintendo version. It's not a *bad* game, but it's a different game entirely from the Genesis/MS-DOS version, one that is poorer in spirit. The Genesis port of *Aladdin* is, frankly, a beautiful game, with incredibly fluid character animations created from scanned hand-made cels drawn by the movie's artists themselves. Even the eye candy aside, it's a genuinely fun lightly challenging 2D platformer that's worth checking out.

The Lion King (Genesis, PC)

Being future king of the jungle is no easy task. This game is *hard*. Studies show the average player goes from bobbing their heads to the game's melodious translation of the film's various music numbers to screaming at the screen in the span of one and a half levels, or 7.53 minutes. The ass-kickingly difficult platforming in *The Lion King* likely raised a whole generation of kids into a masochistic lifestyle.

Introduction to the Residential Tenancies Act



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

Renting and leasing property raises a lot of questions. Can your landlord enter your unit without permission? Can your tenant just walk away from his lease? Do you need a written agreement? And what are the proper steps to take if the landlord or tenant wants to end the lease?

Where To Find The Rules

The first place to look is Ontario's *Residential Tenancies Act (RTA)* which sets out the rules for landlords and tenants. It only affects residential tenancies and not commercial ones. Landlords and tenants of houses, apartments and condominiums are covered by the *RTA*. If you are a tenant or a landlord of a space being used for a business, you should look at the *Commercial Tenancies Act*.

The *RTA* doesn't cover all kinds of tenants. It does not apply to people who share a bathroom or a kitchen with the building's owner or a member of the owner's immediate family. The general provisions are available for most types of residential tenancies, but there are also special provisions for people who live in social housing, care homes and mobile home parks.

If the *RTA* doesn't provide the rights that you need, it's possible that the answers are in another law.

For example, if you live in co-operative housing, the *RTA* doesn't cover you, but the *Co-Operative Corporations Act* does.

What Types Of Rules Exist?

Looking over the *RTA* won't necessarily answer all of your questions, but it will probably help you start. It contains:

- Rules about how the lease works and whether it has to be in writing. Usually a verbal lease can be binding, but the landlord must provide certain information in writing.

- Rules about when a landlord can enter a unit. Usually, this is acceptable only in an emergency, after proper notice has been given, or when the tenant clearly says this is okay.

- Rules about how evictions work. The landlord must give a Notice of Termination as well as apply to the Landlord and Tenant Board.

- Rules about rent increases and decreases. Usually, the rent may only increase once per year, and the provincial government sets the rate. If the landlord makes major repairs, an application can be made to increase the rent. Rent may decrease after an order has expired, or if the property taxes decrease significantly.

- Rules about notice for the tenant ending the lease. For most monthly tenants, at least 60 days' written notice is required.

- Rules about paying for repairs. Usually routine repairs are the responsibility of the landlord, but

the tenant must pay for any damage caused by intentional or careless acts.

- Rules about deposits. A landlord may ask for a deposit equal to one rental period, and a key or card access deposit. Most other charges are illegal, and those deposits cannot be used to cover damages.

- Rules about changing the locks. The landlord is able to change the locks but must supply new keys to the tenant. The tenant must ask permission before changing the locks.

These and many more issues are covered in the *Residential Tenancies Act*.

For more information on tenant rights and rental housing laws, and to find application forms to enforce your rights, visit the Landlord and Tenant Board website atlb.gov.on.ca or call them at 1-888-332-3234.

This column is brought to you by Community Law School (Sarnia-Lambton) Inc., and Community Legal Services and Pro Bono Students Canada at Western University. It provides legal information only. The information is accurate as of the date of publication. Laws change frequently so we caution readers from relying on this information if some time has passed since publication. If you need specific legal advice please contact a lawyer, your community legal clinic, Justice Net at 1-866-919-3219 or the Law Society Referral Service at 1-800-268-8326.

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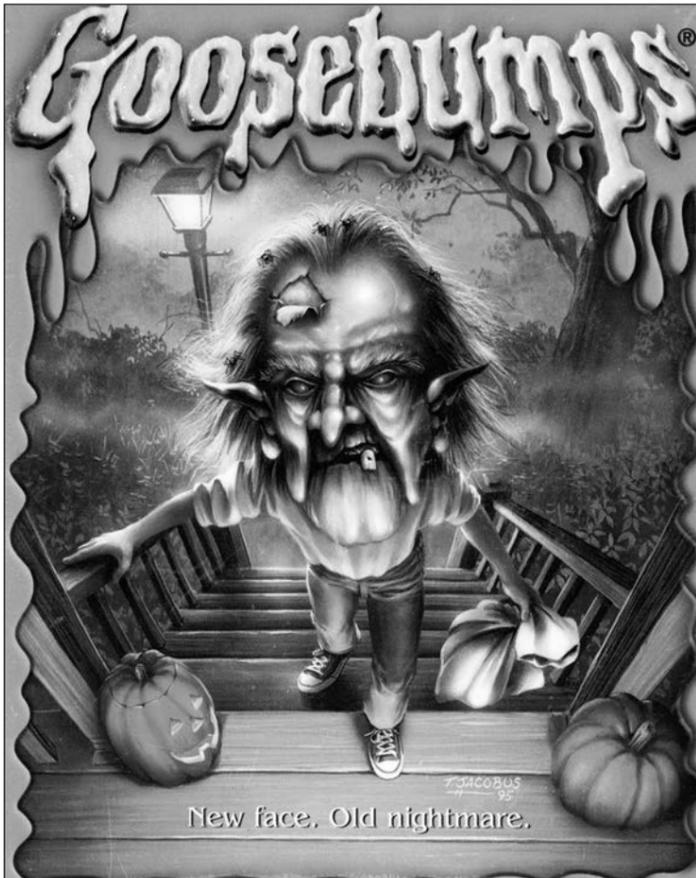
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CREDIT: GOOSEBUMPS

They may not give you goosebumps anymore, but *Goosebumps* books are still fun to read.

Kids books you shouldn't feel ashamed to read



READING BETWEEN THE LINES
ESHAAN GUPTA
e.gupta@fanshaweonline.ca

Okay, so maybe feeling your ears turn red and your cheeks flush when you sit in the library straining to read the latest *Thomas the Tank Engine and Friends* picture book is natural, but some titles transcend age quite seamlessly.

Whether it's our all-grown-up ability to see subtext within the contents of young readers' books, or maybe just the amusement drawn from camp value, picking up and being hooked on these books shouldn't be a source of embarrassment to you.

The *Goosebumps* series by R.L. Stine

R.L. Stine (yes that is his real name) created an entire generation's source of reading list-approved scares. Though the series may be waning a bit in popularity with the current generation of kids, it's enjoying a resurgence in popularity with its original, now adult, audience. And why not? The numerous volumes of the *Goosebumps* catalogue pack more than their fair share of trite, eye-rolling, "oh, brother" moments, but, begrudgingly, most will admit that the series had some creative premises and genuinely creepy moments that should still raise a few hairs on your neck.

Anything by Gordon Korman

This Canuck's long line of boyhood adventure stories are a throwback to the days of being 12, when adult freedom meant playing video games as late as you wanted while chowing down on the opposite of what the doctor ordered, instead of becoming bill-shucking, tax-paying miserable zombies. The *MacDonald Hall* series offers a cast of amusing young lads in a boarding school, following their misadventures. *No Coins, Please* is

the story of a young boy on a field trip, and his goal to milk the gullible of their money through harmless schemes. Either way, the general idea behind the breadth of Korman's writing is that the average 12-year-old boy is a lot smarter than one might assume.

Holes by Louis Sachar

You've either read this book in eighth grade, or seen the movie starring that kid from *Even Stevens* who definitely did not act in anything since, nope, nothing at all. *Holes* tucked a decent number of awards under its belt, and for good reason. The book, in reality, is a prison novel. Hell, the unfortunate (and cursed by a gypsy generations ago) protagonist, Stanley Yelnats, is shipped off to a reform camp for wayward youth that's ruled by a tyrannical witch of a warden. The book carries a surprising amount of solid storytelling under its hood, despite its slightly clumsy handling of anti-racism. You'll definitely appreciate the darker aspects of the narrative, which, unlike most kids' books, gives zero guarantee that the characters will get out of harm's way. It's a great way to kill an afternoon; if it doesn't give you a rush of nostalgia, the better qualities of the book will definitely do more than placate you.

Love You Forever by Robert Munsch

Actually, you know what, stay the hell away from this book. What's disguised as a sentimental story for young 'uns is actually a nefarious tool designed to guarantee any adult of sound mind and body to be reduced to a sobbing, wailing, miserable mess in the course of 30 pages. It's a wallop of an emotional punch.

Reading Between The Lines explores books that you may have missed out on that are worth your while. If you have a book to suggest, email Eshaan at e.gupta@fanshaweonline.ca.

New year, new costs: Budgeting for 2014

JACOB MATTINSON
INTERROBANG

Ring in the New Year can be lots of fun, and it brings with it the excitement of a new semester, new classes, new goals and resolutions, and of course, that pesky financial burden. Maybe you're caught in the infamous wait for your OSAP loan to hit your bank account, or perhaps you're working your butt off before the semester gets busy so you can save up for some fun in a few months.

For the average student, January is a month of extreme budgeting cost-cutting, yet I'm not sure that many of us have ever actually been formally taught any sort of budgeting techniques (unless maybe you're in the Accounting program). Here are a few simple but effective things that can be done to help you get through those financially tight times:

Track your spending. This first step is so important if you want to understand where your money is going. If you want to be able to create a budget, you need to know what you're buying. If you bank online, you'll be able to see what every swipe of that debit card has cost you and where it went. Don't forget to account for credit cards and cash (cash is the hardest thing to track and the easiest way to forget where the money's gone!)

Cut off the fat. Once you start digging into the nitty gritty, you'll see exactly what you bought that you didn't need. I think you'll be surprised how much money trickles away from unnecessary spending. It doesn't have to be big things; in fact, it's usually the

smaller purchases that add up – a quick coffee at Tim's, something from the cafeteria for lunch, a snack from the variety store.

It's easy to spend a few bucks here and there because it seems small, but over a month, you'll end up spending a few hundred bucks on insignificant stuff. It's definitely not easy to cut out the extra unnecessary spending; it takes a little time and a lot of effort and self-control. If you always eat at school, my first suggestion would be starting bringing your lunch. Each week, create a grocery list using flyers to find the best prices. Almost every local grocery store price matches, so if you see something on sale at a different store, bring the flyer with you and show the cashier at checkout!

Categorize your spending. Write out a list of expenses and allot an amount needed for each category. First sit down and figure out exactly how much money you have and will make. For those of you on OSAP who only have one chunk of money to work with over a four-month time period, you would likely organize your envelopes to account for expenses from January to April. If you're working to pay your way through school, you would base your system on when you get paid (weekly, bi-weekly, or monthly).

For the month of January you will have X dollars to work with. Now categorize your spending: rent, groceries, transportation, bills (cellphone, cable, hydro, gas, etc.). This is a really simple but effective way to keep track of spending and

making sure that you're not going over your budget to. If you can, set aside some fun money for new clothes or a night out.

Budgeting can be rough starting out, but it does become more instinctual the more you do it. You will learn what your weaknesses are and what you find really difficult to control. For example, when my wife and I sat down and did our budget, we realized we were spending way too much on Tim Horton's. Now we each get a set amount on a Tim's card at the beginning of each month, and it helps us to stay on track and not over-spend. We also set up a "savings" account which we use purely for groceries. At the beginning of each month, we transfer over a certain amount of money and that is all we have for the month. It forces us to be more aware and less haphazard about what we're buying.

Of course sometimes things happen and we totally blow the budget in one way or another, but the important thing is not to just let everything go after that. Work with what you have and be smart about what you don't need versus what you absolutely do need.

As students, there are always going to be certain times of the year that are just much harder financially, and unfortunately January is one of them. Check out websites like mrsjanuary.com and smartcanucks.com for further help with your finances. Good luck and happy budgeting!

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NOT NEUROTYPICAL

Jawn! JAWWWWWWWWWWWN.



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BUS STOP



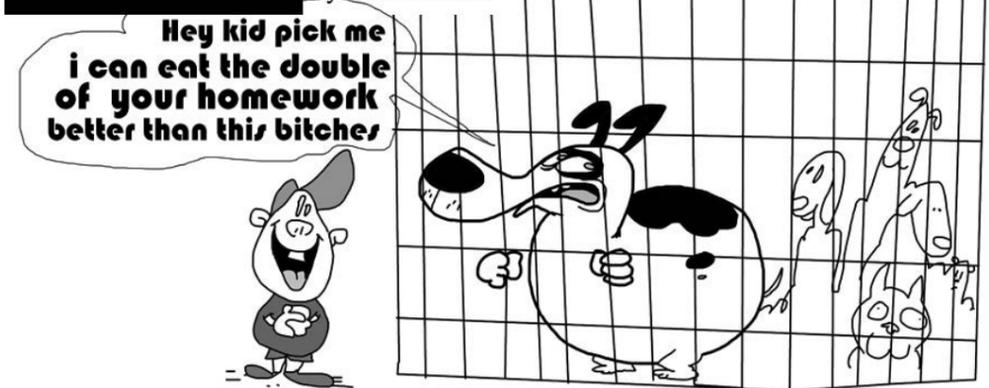
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www.observationalomalies.com

A comic by Christopher Mischczak © 2013

Butt sweat n Tears by Andres Silva



NERDS



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February 3rd to February 7th, 2014

Fanshawe College and the Student Union need 10 -15 outgoing students . . . to help with the administration of the KPI Student Satisfaction Survey.

If you have any questions please call 519-452-4430, ext. 4690. If you wish to apply please email Institutional Research at cspicer@fanshawec.ca.

Training and surveys are paid. Students wishing to work during the survey period must attend the training session.

Training Sessions TBA.

Please apply before January 17th

zodiac stargazer HOROSCOPE

Aries (March 21 - April 19)

Even if you have to work this weekend, it feels a lot like playing. Aries is driven by ambition and elevated by festivity. Childhood is still with you, no matter what your age.

Taurus (April 20 - May 20)

Be strong when your strength is tested. Assertive neighbours or strangers seem determined to wreck your week. You can learn many things by watching others make fools of themselves.

Gemini (May 21 - June 20)

Be friendly to attract similar vibes from others. Differences can be a source of pleasure rather than suspicion. If you wait too long for who or what you want, someone else might get there ahead of you.

Cancer (June 21 - July 22)

You don't need to go far for a good time. It would be wise, however, to watch where you spend your money. Perfection or totality cost more than Cancer's current balance in their cosmic checking account.

Leo (July 23 - August 22)

The weekend belongs to Leo. You may be too hot for anyone who isn't a Fire Sign, but that shouldn't stop you. Bask in the glorious light and heat that the moon generates when it comes to your Sign.

Virgo (August 23 - Sept. 22)

Virgo moves into a time of plenty when they would be happier with austerity. Words are powerful tools for you. Raise your voice to be heard above all the noise.

Libra (Sept. 23 - Oct. 22)

You want to explain something that can't be defined. Just savor the experience as it unfolds. Libra can charm anyone these days, and it's a skill that you should put to your advantage.

Scorpio (Oct. 23 - Nov. 21)

Scorpio is in danger of driving off their supporters in an ill-timed fit of pique. Instead of complaining, focus on your reasons for being thankful. You have much more than you realize.

Sagittarius (Nov. 22 - Dec. 21)

All your guesses are accurate and profitable. Go beyond the corridors of efficiency into the realm of vision. When you act out of love, everything is sure to come out for the best.

Capricorn (Dec. 22 - Jan. 19)

Limit your confessions to people that you trust. A messenger shows you the silver lining to a relentless cloudscape. As long as you appear to be strong, trouble will keep its distance.

Aquarius (Jan. 20 - Feb. 18)

Negotiate as if your future depended on it. Aquarius looks at the deal from every angle, seeking the best way in. Be careful about letting your process or your genius get the upper hand. This is a limited offer.

Pisces (Feb. 18 - March 20)

Pisces is full of advice and opinions. As long as you're not concerned about triviality, this should be a great weekend. Open yourself up to the opportunities before you.

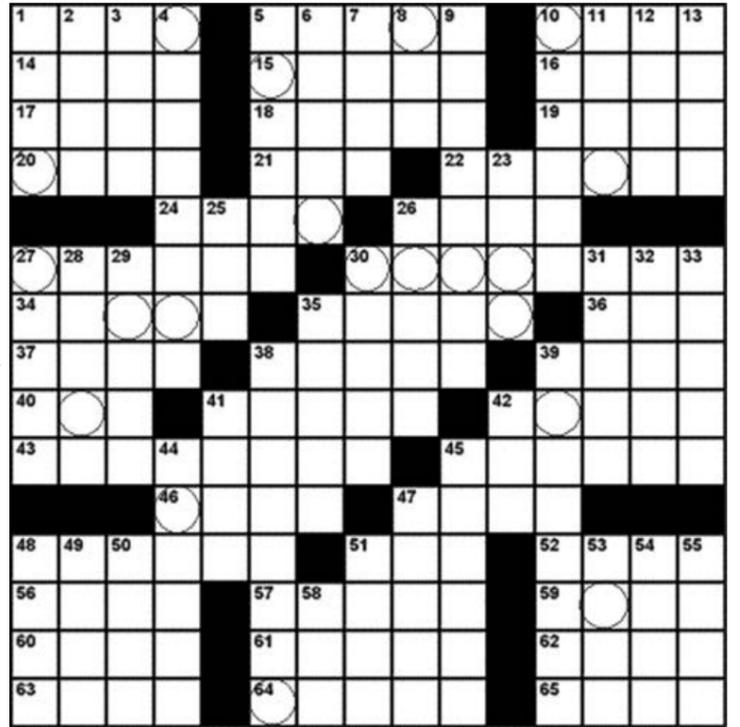
After the puzzle has been correctly solved the letters in the circles when read from left to right across each row will spell a special message or word.

Across

- Cleanse
- Bristles
- Made an earnest appeal
- Poker stake
- Tranquility
- Assistant
- Rural street
- One of the four chief archangels in Jewish apocryphal writings
- Roman loose-fitting garment
- Yin's partner
- Unit of wire measurement
- Acquire
- Fencing sword
- Group of three
- Past tense of 1 Across
- Having a strong emotional longing
- ___ John: sang Candle in the Wind at Princess Diana's funeral
- Untidy
- Follows cee
- Hit hard
- Protein sources
- Run with long bounding strides
- Musical tone of G
- Hurls many small objects at
- Hawaiian dances
- Lists one by one
- Annoy
- Church recess
- ___ Dillon: Star of Gunsmoke
- Make a rushing sound
- Involuntary muscle twitch
- Supreme Catholic court
- Inheritor
- Taken ___ (surprised)
- Actor Alda
- All (comb. form)
- Pertaining to a specific area

- Military armored vehicle
- Inquires
- Woodworker's tool
- Follows d
- On one's guard
- Water buffalo
- Masculine nickname
- Nocturnal insect-eating mammal
- Scorned
- Spooky
- Kite attachment
- High card
- Marine plant
- Regular customer of a particular store
- Wild animal
- Rim
- Term of affection
- well-ventilated
- Writer's implement
- Exams
- West German
- Mete out
- Robbed
- The Winding Stair' poet
- Objects of worship
- India's neighbour
- Birds that make a gaggle
- Confused fight
- Military dining room (2 words)
- Purify by expiratory sacrifice
- Apple seeds
- Head covering
- New Zealand Polynesians
- Rooster's neck feathers
- Book of the Bible
- Command to a horse to stop
- Fixes the edge of a dress
- Sound of a pig
- Adroitness in dealing with others
- ___ V: king of Norway 1957-1991
- Sharp taste
- Egyptian cross
- Large snake

Solution on page 22



- Down**
- On one's guard
 - Water buffalo
 - Masculine nickname
 - Nocturnal insect-eating mammal
 - Scorned
 - Spooky
 - Kite attachment
 - High card
 - Marine plant
 - Regular customer of a particular store
 - Wild animal
 - Rim
 - Term of affection
 - well-ventilated
 - Writer's implement
 - Exams
 - West German
 - Mete out

QUIRKY FACTS

- Blue eyes are a genetic mutation. Before the mutation occurred, all humans had brown eyes.
- The Guinness Book of Records was originally published by Guinness Breweries as a reference for settling bar arguments.

- Ants have graveyards.
- You can't tickle yourself.
- The first South Park episode was made with construction paper. It took three months to make.
- An average heart beats 100,000 times a day, pumping some 2,000 gallons of blood through its chambers. Over a 70-year life span, that adds up to more than 2.5 billion heartbeats.
- A lump of pure gold the size of a matchbox can be flattened into a sheet the size of a tennis court.

Sudoku Puzzle

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

puzzle rating: medium

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

Word Search

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

Poker terms

(Words in parentheses not in puzzle)

- | | | |
|-------|----------|------------|
| Ante | Check | Pot Odds |
| Bet | Draw | River |
| Bluff | Fish | Satellite |
| Board | Flop | Tournament |
| Call | Freeroll | Variance |





CREDIT: STOCK PHOTO

Don't be a Flu-ey Franny – take steps to avoid illness during this sickly season.

Be cool – avoid the cold

STUART GOODEN
INTERROBANG

Winter is upon us, which means we have the perennial pleasure of dealing with terrible temperatures, slippery sidewalks, and blustery blizzards. For some it's a burden, for others it's a blessing in disguise. It gives people a reason to wear that \$400 Canada Goose jacket and grab a toboggan, skis or a snowboard and seek some thrills on the hills.

But one thing that isn't fun when the weather is below zero is catching the cold virus, the flu, or God forbid, pneumonia.

Tristan Squire-Smith is manager of the Infectious Disease Control team at the Middlesex-London Health Unit. He said that everything you may have learned about avoiding getting and transmitting the cold back in elementary school shouldn't be forgotten.

"[There are] really simple things that anyone can do to keep themselves healthy, whether it's from the flu, stomach bugs, or the common cold, is really just washing your hands," Squire-Smith said. "The other thing too is observing good hygiene in terms of coughing and sneezing. I think we all grew up coughing and sneezing into our hands, when in fact we're not encouraging people to do that. We're asking people to cough into their sleeve."

The one good thing about contracting the common cold (there's one that exists?), is that it's easy to

tell if you've contracted it, and not the flu. The difference between the two is indeed white and black, so knowing the symptoms of each could save you from worrying if you need to totally shut out the outside world because you've gotten influenza.

"I think we can all relate to having had colds. You know, sniffles, sneezing, maybe a cough. Influenza – or commonly known as the flu – is much more different, because it's much more severe. So if you've had the flu, you know it. Having the flu is typically highlighted with severe symptoms such as a higher fever, fatigue and muscle aches, and just being incapable of doing anything. When you've had the flu, it feels like you've been hit by a truck."

When asked if getting the flu shot gives you the flu, which seems to be a common belief, Squire-Smith was quick to dismiss the notion. "It is a myth," he stated. "You can't catch the flu from the flu shot. The flu shot is absolutely a safe vaccine, there's no live virus in the flu shot. And the flu shot remains the best defense from getting the flu."

Wintertime can be curse and a blessing. Although it gives to the holiday season, it also marks the start of the flu season, so it's important to defend yourself. For a schedule of flu shot clinics by the Middlesex-London Health Unit, visit healthunit.com.

The Middlesex-London Health Unit website offers these tips for reducing your risk of illness:

Get the flu shot early: The influenza vaccine is about 70 to 90 per cent effective in preventing illness caused by influenza in healthy adults.

Protection from the vaccine develops around two weeks after receiving it, and it may last up to one year. The vaccine will not protect against colds and other respiratory illnesses that may be mistaken for influenza.

Clean your hands with soap or alcohol-based sanitizer: This is the most important thing you can do to prevent illness. Hands should be cleaned after handling tissues, blowing your nose, shaking hands, touching objects around you and before preparing and eating food.

Clean surfaces: Frequently clean and disinfect surfaces that are touched a lot like doorknobs, keyboards, counter tops, sink taps, etc.

Cover your cough: Coughing and sneezing can spread germs to others. Cough or sneeze into a tissue and throw it away. If you don't have a tissue, cough or sneeze into your sleeve. Always clean your hands after coughing or sneezing.

Stay home if you feel sick: Sick people who go to work, school and other public places can spread their illnesses to others. Staying home when you are ill is important to help reduce the spread of influenza. You can return to work or school one day after you are symptom free.

BEST IN LATE NIGHT COMIC RELIEF

THE LATE LATE SHOW with Craig Ferguson

It's cold. Here in Los Angeles, the temperature dropped down to 73. As if the rest of the country needs more reasons to hate us.

It's so cold that in Georgia, Honey Boo Boo actually wore shoes. In Maine, lobsters were throwing themselves into boiling pots. In Chicago, people were wearing deep-dish pizzas on their feet.

China became the third nation to land on the moon. NASA issued a statement: "Sending stuff to the moon is so 1960s. Call us when you get to Mars."

I'm happy for China. Sending a rover to the moon is really impressive. These days our government can't even get a website to work.



CONAN with Conan O'Brien

Due to inflation, a cup of coffee in Russia costs \$8.30. In other words, they now have Starbucks in Russia.

The Supreme Court has halted gay marriages in Utah. The Supreme Court said that in Utah marriage is still a sacred bond between a man and his six wives.

An entrepreneur has made a device that can prevent the NSA from spying on you by blocking your laptop's camera. This new high-tech device is called a small piece of tape.

Scientists are testing out a new drone that would replace lifeguards. Here's how it works: If you're drowning, the drone would fly out and drop a bomb on you.



LATE NIGHT with Jimmy Fallon

Documents leaked by Edward Snowden show that the NSA actually spied on people while they played the video game World of Warcraft. I don't know - to me it sounds like some NSA agents had to think quick when they got caught playing World of Warcraft at work.

President Vladimir Putin says people will be allowed to protest the Winter Olympics as long as they stay in a designated protesting zone. When they asked where the zone is located Putin said, "Poland."

A study found that parents who only have daughters are more likely to be Republican, which I guess explains why my Dad registered as Republican when he saw me throw a football.



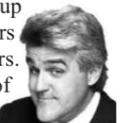
THE TONIGHT SHOW with Jay Leno

Kanye West said he wants to be the "Obama of clothing." To achieve his goal, he's designing fashions that nobody wants and offering them on a website that doesn't work.

My New Year's resolution is that I'm going to take more time off this year. Actually, it wasn't my resolution, but I'm going to do it anyway.

Actor Steven Seagal says that he is considering running for governor of Arizona. It's looking pretty good. They said if the election were held today he would actually beat Dolph Lundgren.

According to CNN, 200,000 Americans are signed up for a one-way trip to Mars to colonize Mars. Unfortunately, none of them are Kardashians.



JIMMY KIMMEL LIVE with Jimmy Kimmel

With the wind chill, it got down to 63 below zero in parts of Montana. At that temperature, if you remove your hat your thoughts will actually freeze inside your brain.

There is a new baby product that's causing controversy. It is a newborn-to-toddler activity seat. It is a baby seat with a built-in iPad holder. Since when are we giving iPads to infants? When did that happen?

I didn't make a formal resolution for New Year's. What I do, I look for small areas in which I can improve. I find none and then I go back to eating full jars of peanut butter in the middle of the night. My New Year's resolution is "Keep up the good work, Jim."



THE LATE SHOW with David Letterman

Be very careful with this cold weather. Why is it so cold now? It's that chill, that blast of cold air that's still coming off Michelle Obama.

In New York City, crime has gone down. Also 2013 had one of the lowest murder rates ever. You know why? It's because they killed the guy who keeps the murder records.

Pope Francis has been named Time magazine's Person of the Year. Also congratulations to *Big Bang Theory's* Jim Parsons. He was named Parsons of the Year. Also congratulations to Iranian President Hasan Rouhani. He was named Persian of the Year. And for the third year in a row, congratulations to cyanide, named Poison of the Year.



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Harder, better, faster, stronger

STUART GOODEN
INTERROBANG

The new year is upon us. It's the time to make up a list of self-improving resolutions that many intend to see through for the entire year, but inevitably end up giving up on sometime before then. To see your hopes for the year come true, you need to be dedicated.

At the top of many people's to-do list is hitting the gym to improve their health. If that resolution is topping your list, I commend you on taking up the challenge to change your physique, but you should know before you start pumping iron that going to the gym to build muscle is more than just something you do a couple times a week. It's a lifestyle, and you're not going to achieve your goals by simply going to the gym on a regular basis.

The most important thing to maintain when trying to get big and buff is your diet – proper nutrition plays a huge part in building muscle. You need to make sure you're eating the right foods, and specifically, getting macronutrients. There are three macronutrients that our body needs: protein, carbohydrates and healthy fats.

We all know eating right is crucial for good health, but watching what you eat is especially true for bodybuilders. Kim Crowther is a local nutritionist at EatRite Nutrition Services, and she explained that for someone looking to get ripped and put on size, the three macronutrients are all too important. "Carbohydrates, lipids or fats, and protein are energy-yielding substances that the body uses for the growth, maintenance, and repair of its tissues," she explained. "Every food is made up of a varying ratio of these three macronutrients, along with varying amounts of water, vitamins and minerals."

The basic point behind building muscle goes something like this: you work hard to tear muscle tissue down so that it repairs itself bigger than before. This is why protein is most commonly used after work-

outs, and it's something you should undoubtedly add to your repertoire. "Protein, which is comprised of amino acids, contributes the building blocks for muscle. However, the belief that more protein is better for muscle building is not necessarily true," Crowther said. "Contrary to popular opinion, a person cannot grow muscle simply by overeating protein. Lean tissue such as muscle develops in response to a stimulus such as hormones or physical activity."

The general rule of thumb is about 0.8 grams of protein per kilogram of body weight. However, Crowther said that people looking to add lean muscle mass to their frame could do with more. "When building muscle, protein needs can go up to 1.4 to 1.8 grams per kilogram of body weight per day," she said. "But research shows eating more protein than this amount doesn't have a benefit. Remember, we need carbohydrates and fat to assist with muscle building, as these macronutrients are needed to fuel the muscles during activity and are needed for your body to store extra energy."

If you read that last part correctly, you did come across the description that fat is indeed needed to help build muscle. Yes, that's right, fat. But as with carbohydrates, not all fats are created equal. "Healthy fat" isn't an oxymoron; it exists, and it is needed for the maintenance of good health. Good fats are "monounsaturated, polyunsaturated and omega-3 fats. In general, unsaturated fats assist with lowering bad our cholesterol, and can increase our good cholesterol," Crowther said. "Omega-3 fatty acids assist with lowering triglycerides (a type of fat found in the blood), reduce stickiness of blood cells (making it less likely to clot), reduce blood pressure, and reduce inflammation. Remember, even good fats should be used in moderation. Whether or not it's 'good' or 'bad' fat, if your body doesn't need the energy, it will be stored for later."

Examples of food with healthy



CREDIT: DAILYHIIT.COM

Lifting weights combined with the proper nutrition will help build muscle.

fats include nuts, avocado, seafood and olive oil.

As previously noted, carbohydrates aren't all the same either. "Good carbs (are) low glycemic index, complex carbohydrates, or polysaccharides. These include starches and fibres," Crowther stated. "These are more difficult to digest, as they consist of giant molecules. Fibres are not digested by human digestive enzymes, and are useful in adding bulk to stool, making us feel full for a longer period of time, and assist with blood sugar and cholesterol control."

Foods that contain 'good carbs' that you may want to look for the next time you're in the grocery store are sweet potatoes, brown rice, whole grain breads and cereals, and whole fruits.

But don't just take the expert's word for it (well, essentially you

could), but from someone who's actually seen a difference in their physique once they cleaned up their nutrition the right way to go along with working out.

Nick Lockhart is a personal trainer who started working out four years ago and has transformed an average frame into a hefty 215-pound muscular physique. He said he wouldn't have achieved his goals if not for proper nutrition. "The body I have is mainly due to macronutrients," he said. "When you're training, it's basically 80 per cent nutrition, and 20 per cent what you do in the gym. The gym is the easier part; the nutrition is the harder part."

He said that the best way to get your nutrition is through actually eating food instead of swallowing supplement powders. Supplementation may be sometimes taken too far by

people trying to gain muscle. Powders are meant to supplement your diet, as the word suggests, not anchor it. "If you can, it's better to get them through whole foods first off, because the macronutrient content is greater than supplementation," Lockhart explained. "The only reason I would recommend supplementation is basically if you're short on time; a shake would be easier to get what you need."

Improving your body isn't easy, but is a worthwhile and an incredibly rewarding experience. It requires discipline and dedication, but if you can nail down the right diet and pair it with your workouts, you shouldn't have any trouble getting that beach bod for the summertime.



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Sheridan

Kia hopes to make mid-sized sedan its forte



MOTORING
NAUMAN FAROOQ
naumanf1@yahoo.com

Thanks to the downwards economy this past year, the compact car segment has had probably its best year ever. Instead of buying mid-sized sedans like the Nissan Altima and the Honda Accord, people bought cheaper cars like the Hyundai Elantra and the Mazda3.

Now Kia wants to get a big piece of this action with their new Forte sedan. Does it have what it takes to win people over?

From a styling point, yes. All new Kias are designed by a man who used to draw Audis for a living, and it shows. The new designs are fresh and exciting, and the Forte is no exception. From just about any angle, this new Forte looks attractive. I especially like the new belt line design, which starts from the A-pillar and goes to the very back of the car.

The interior is less exciting to behold, but at least it is very functional. All the switches are in the right spots, and the quality of fit and finish is just fine. I particularly like features such as its optional heated steering wheel, makes commuting in the winter a lot nicer.

What really impressed me about the Forte was how comfortable the seats are, even on a long trip, and how well insulated it is, so it makes for a quiet companion.

It is not very frugal, though, as I averaged just 8.8 litres/100km with this vehicle, which is well behind its competition. Still, based on comfort and features, the Forte is a



CREDIT: NAUMAN FAROOQ

Nauman Farooq took the Forte for a spin in Phoenix, Arizona during Kia's launch of the vehicle.

very good choice.

You get a choice with the engines, too. The base model gets a 1.8-litre inline four-cylinder motor that produces 148 hp. My tester had the upgraded motor, which is a 2.0-litre, gasoline direct injected, inline four-cylinder motor that produces 173 hp. Either motor can be had with either a six-speed manual or a six-speed automatic transmission. Power is sent to the front wheels only.

As with most cars in this segment, driver enjoyment takes a back seat – just drive a Toyota Corolla and you'll know what I mean. But the 2014 Forte is quite enjoyable. Sure, it won't handle like a Jaguar, but it handles very well for a car in this segment and the steering is nicely weighted (you can also change the steering feel by pressing a button, an idea I might have given Kia).

My only slight gripe with this car are the brakes, they really need to be stronger. They work fine, but would have liked a bit more aggression from them. Just in case you don't stop in time, there are six airbags to cushion your crash, though I hope none of them are ever put to use.

Now for the best bit of news: the price. You can get into a 2014 Kia Forte sedan for as little as \$15,995. My top spec model with heated seats, heated steering wheel, automatic gearbox, and sunroof did push the price tag to a whopping \$26,195. That is a lot of money for a compact car, but if you look at it as a junior luxury vehicle, it starts to make some sense.

If you're looking for a car in this segment in the New Year, do go for a drive in this new Forte sedan, I am sure you'll be plenty impressed.

New year, new resolutions



FUN & FITNESS
KAREN NIXON-CARROLL

The word "resolution" means "a formal expression of opinion or intention made, usually after voting," according to Dictionary.com. Therefore, if you are one of the many people who make New Year's resolutions, do you make this decision after voting out other possibilities? More importantly, once the decision is made, do you stick to it until you reach the end result? Choosing a goal and sticking to it takes willpower and determination.

Many of you might choose to make a resolution involving fitness. Here are my tips to make sure you make the right choice and help

you see it through to the end:

1. Start with why: Why is this goal so important to you, and why will it have a positive impact on your life? An example of a well thought out resolution is: I want to run a half marathon in under two hours to beat my previous time. It will give me the confidence to go for a full marathon.

2. Make it S.M.A.R.T.: What is the **Specific** goal? How will you **Measure** the progress? Is it **Attainable** given your abilities and time frame? Is it **Realistic**? What is the **Timeframe** and when is the check-in point?

3. Have a structure or a concrete plan to follow. Write it down. I find that using a calendar is best. Try setting up reminders for yourself on your phone or check-in points on your wall calendar.

4. Do it with a buddy. Your

buddy doesn't have to have the exact same goal as you, but if you have similar interests, you can encourage each other and make each other accountable.

5. Get help. If you choose something you've never done before or never had success at, try enlisting the help of an expert. People love to share their wisdom and experiences and feel good when they have helped someone out. For resolutions in fitness, a personal trainer can help you from beginning to end.

January is a tough time for all; the weather is typically cold and snowy here and the hours of daylight are short. For students, it means starting a new set of classes and that alone can be overwhelming. Having something else to focus on that is fun and rewarding can bring a healthy balance to life at Fanshawe College. Choose your resolutions wisely and let them be a way to relieve stress from your busy school and work life. Happy 2014!

Karen Nixon-Carroll is the Program Manager at Fitness 101, Fanshawe College Professor, YMCA fitness course trainer and examiner, Fanshawe FHP grad and holds many fitness certifications for personal training, group fitness and wellness. Email her at karen.carroll@fanshawec.ca.

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CREDIT: STOCK

Nutritionally, vitamin water isn't much different from soda pop.

Vitamin water not as vital as you might think



HEALTH HABIT OF THE WEEK
Fitness and Health Promotion students

Q. Is vitamin water better than regular water?

A. Unfortunately, vitamin water is not better than regular water. First of all, let's point out the ingredients: #1: water, #2: sugar!

To put things in perspective, let's compare a bottle of vitamin water to a bottle of Coke: Vitamin water = 125 calories, 33g of sugar; Coke = 110 calories, 30g of sugar. Shocking, isn't it?

We're not saying that you should consume Coke as a beverage instead, it is just that similarly,

you are getting sugar and calories from both drinks! Remember, adding vitamins to this beverage does no actual harm, it just tricks consumers into thinking that the beverage is "healthy."

Do yourself a favour and drink regular water. Not only will you avoid the sugar crash later, but you will keep your body hydrated, allowing you to perform your daily tasks more efficiently. If you want something sweet to drink, try adding lemon or lime to your water.

The key message: DRINK REGULAR WATER! It's nutritious, delicious and, best of all, it's free!

Submitted by Lauren B., Shenleighanne D., Daniel D., Luke G. and Tara M.



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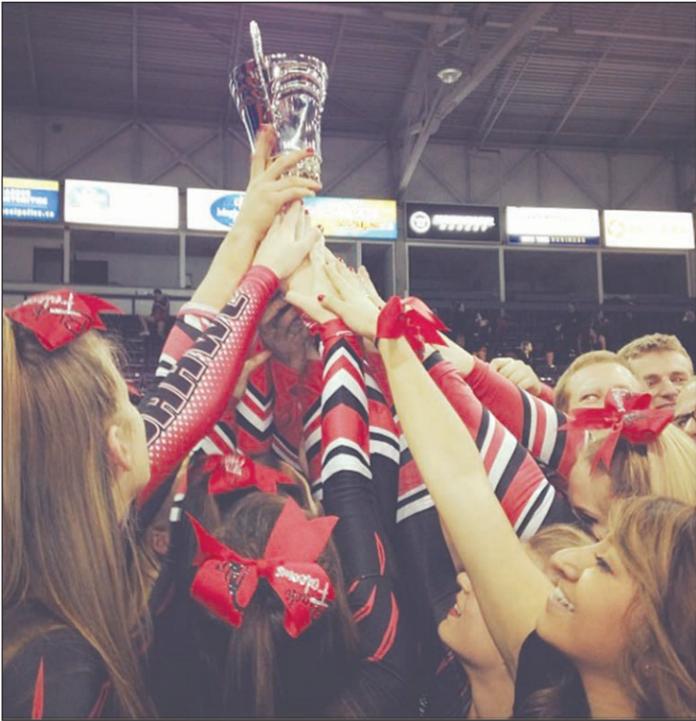
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CREDIT: THE BLACK FALCONS

The Fanshawe Black Falcons celebrated their seventh national power cheerleading championship in eight years when they defeated Humber at the end of November 2013.

Black Falcons rah-rah-rock

STEPHANIE LAI
INTERROBANG

Did you know there are over 30 students on campus who are national cheerleading champions?

The Fanshawe Black Falcons have been a team for seven years and hold six national championships under their belt.

Impressed yet?

The Black Falcons competed in the Power Cheerleading Athletics (PCA) National Championships at the tail end of November last year, battling the team's biggest rivals, the Humber Hawks, to bring home the ultimate prize.

The team's fearless leader is David-Lee Tracey, a coach for 33 years of the cheer teams at Western University. Tracey, originally a cross-country skier during his undergrad years, knew members of the cheer team and joined because "it just looked like fun."

After graduating, Tracey stuck around and became coach of the team.

"Numerous times along the line there, we always had these kids from Fanshawe saying, 'How come we don't have a team? Start a team over here,'" he recalled. "I knew some kids over [at Fanshawe] ... and sort of put things in place and said, 'Let's give it a go.'"

Tracey's Black Falcons have been wildly successful since the beginning, but are not officially affiliated with the college, so recruiting requires a different approach.

"For some idiotic reason, we're not allowed to advertise on campus," said Tracey. "I tell the kids to play around, get seen. You don't need a mat, you don't need to be in a gym, you can go out in the street if you want to."

Fanshawe student and Black

Falcons cheerleader Julia Piccoli said the team would do stunts on campus to attract prospective teammates.

"People don't ever see people doing back tucks in the air or doing a whole bunch of flips and stuff," she said. "They'll come over and they'll see we're cheerleaders for Fanshawe."

Piccoli does think becoming a varsity team would add a lot more to being on the team.

"It will obviously get more school publicity and it's an awesome sport," she said. "It would give us another level so we could go to more super awesome competitions; instead of going to two competitions a year, we could go to three or four."

But the thing that irks Tracey the most is perhaps the lack of recognition the athletes get.

"It would be so nice for somebody from [Fanshawe] to get off their behind and actually write a note and say to us, 'Hey guys, I know you're unofficial, but dang it all, you're doing a good job for us. You go out there and you represent our school well,'" he said. "Would it kill anybody over there to do that?"

"[The athletes'] experiences of Fanshawe College are greatly enhanced by being part of this thing, whether the school wants us or not."

His spirits are high regardless, especially after accomplishing one of his goals in 2013.

"Our long-time rival has been Humber College," he said. "They're the only team that has beaten us and they beat us last year, so we needed to get that back." Which they did.

In the meantime, Tracey will be looking to build a bigger and better team.

Mid-season shakeup



LIGHTNING WATCH
MARTY THOMPSON
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twitter: @martythompson_

When the London Lightning lost three straight games, head coach Micheal Ray Richardson was quick to blow up the team. After all, three games was the longest any losing streak had gone for Richardson and the Lightning. This mid-season shakeup was clearly an attempt to get his team together for the stretch run.

First off, Raheem Singleton and Al'onzo Coleman were axed for good after many trips to the inactive list. Singleton was quick, and started every game for the Lightning he played, but he only averaged 10 minutes per game – really low numbers for a starter.

Meanwhile, Al'onzo Coleman was a victim to nagging injuries that never really had him on the court for any serious amount of time. He only played 17 minutes in a Lightning jersey, averaging 8.5 per game – I dare you to find a lower average. In closing, these players were young, bit-part players at best.

That being said, the players that are coming in to replace them are older and will look to get more minutes.

Tony Bennett has come to the team from the Rochester RazorSharks of the Premier Basketball League, notching 18 points per game in the less competitive league. Bennett has been playing as a point guard to start off, but he went .321 per cent from beyond the arch (three point shoot-



CREDIT: COURT-SIDE.COM

London has dropped some known quantities, such as Raheem Singleton.

ing) in Rochester, taking over 100 attempts in 19 games.

Meanwhile Darin Mency has also come over from Rochester. He should be the guy shooting threes for the Lightning, who went 1-14 beyond the arch in their third loss to Brampton. The 6 ft. 2 in. guard drained .407 per cent of his threes with the RazorSharks. London never really replaced their big three-point shooters from last season (Adrian Moss, DeAnthony Bowden and especially Rodney Buford), so this will be an attempt to fill that gap. They've been shooting under .350 per cent all year, so having more than one shooter on the floor at once will help free space.

And finally, the Lightning hired

Harouna Mutombo. Yes, *that* Mutombo. Nephew of NBA great Dikembe Mutombo, Harouna is a bit bigger than the other two, standing at 6 ft. 4 in. and weighing 205 pounds. It's unknown how much these guys will play, but Mutombo will probably be playing the least. He's only 23 years old. He has the potential to be something great, according to NBA scouts, because clearly it's in his family's genes.

Coach Richardson made some big changes over just a few days in December. Will it pay off?

Marty Thompson is the play-by-play voice of the London Lightning for their livestream, SportsLive24.net.

JANUARY IN-TAKE
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WEAR THE COLOUR
 YELLOW = IT'S COMPLICATED
 GREEN = SINGLE
 RED = TAKEN
THURSDAY JANUARY 16TH
 OUT BACK SHACK | FIND OUT WHAT PEOPLE WERE UP TO OVER THE HOLIDAYS
 DOORS OPEN @ 9:30PM
 FREE ENTRY | 19+ EVENT



FANSHAWE AT THE KNIGHTS
FRIDAY JANUARY 17
 7:30 PM GAME BUDWEISER GARDENS
LONDON KNIGHTS VS SAGINAW SPIRIT
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MULLETCORPSE
FORTY THIEVES,
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