



Volume 45 Issue No. 18 January 28, 2013 www.fsu.ca/interrobang/

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@CitizenCorpsLDN

Did you know: the #LTC drove past almost 22,000 bus stops last year because they were carrying a full load? <http://www.ltconline.ca/agendas/120512ix6.pdf> #ldnont

@LFPress

Fanshawe College students help promote mental health awareness. <http://bit.ly/1411sTZ> and <http://bit.ly/1411tHo>

@alancross

Fanshawe College to stage event honouring Canadian producer Jack Richardson. Details: <http://www.sharetheman.com/>

@joelcadams

Loving the retro "Do What You Love" campaign at @FanshaweCollege. (@T Building) [pic]: <http://4sq.com/UTOMKz>

Fanshawe College @Fanshawe-College

@joelcadams Thanks for the feedback! Much appreciated. We've let our design team know (all Fanshawe graduates).

@DaveLangford52

Ridiculous! @KateatLFPress: Public school board officially cancels winter sports. Hockey, boys basketball, girls volleyball etc. #ldnont"

@annamstone

Many a happy moment today (despite the london air being made of liquid nitrogen) #ldnont

@tourism_london

Volunteers needed for @ISUWorlds Concierge Program! See link 4 details & help welcome the world to #ldnont ! <http://ow.ly/h1N26> #ldnevnt

@Natasha_Bd

you know you're #Canadian when you don't think the -28 wind chill is really that bad...it's called dress properly people! #ldnont

@supermario_47

I'd be happy to spend the rest of my time at #Fanshawe documenting the life (and antics) of @LondonLightning coach Micheal Ray Richardson

@cblackmore05

If mr noodles were a food group I'd be set #icantcook #studentproblems

@FanshaweCA

#ldnont a reminder that just because it is very cold out does not make the ice on the reservoir safe to be on. Do not go on the ice!

sweet tweets
of the week



CREDIT: MELANIE ANDERSON

First-year Business student Derek Finnemore pets Howard, one of PAWS (Progressive Animal Welfare Services) puppies looking for a home. Howard, among other puppies and cats from PAWS, cheered students up as a part of Fanshawe's Blue Monday mental health awareness day on January 21.

10 Things I Know About You...

Have bags? Belfer will travel

Dylan Belfer is in his second year of Business – Accounting at Fanshawe College. "I am quiet, but easygoing and easy to get along with," he said. In his spare time, he said he enjoys relaxing while listening to music and also watching high-quality films.

1. Why are you here?

To get an education.

2. What was your life-changing moment?

When I lost 100 pounds.

3. What music are you currently listening to?

"We Butter the Bread with Butter" by Hänsel und Gretel.

4. What is the best piece of advice you've ever received?

Keep trying.

5. Who is your role model?

Kevin O'Leary.

6. Where in the world have you travelled?

Cuba, Punta Cana, United States, Dominican Republic and various provinces across Canada.

7. What was your first job?

Newspaper delivery.

8. What would your last meal be?

Steak.

9. What makes you uneasy?

My lack of confidence.

10. What is your passion?

Music and movies.

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

Dylan Belfer, international man of mystery.

Up & coming EVENTS

MON JAN 28TH

8 Ball Pool Tournament

5PM - 7PM
The Gamesroom
\$2 adv @ Biz Booth

Call of Duty: Black Ops II Tournament

7:30PM-10:00PM
R1020
\$5 Students Only

TUES JAN 29TH

Preparing for Career & Summer Job Fair Workshop

10:00 AM - 11:30 AM
D1061

Deal or No Deal

12:00PM-1:00PM
Forwell Hall
Free

Residence Games

7:00PM-9:30PM
Meet in Oasis
Free

WED JAN 30TH

Resume & Cover Letter Workshop

11:00 AM - 12:30PM
D1061

First Run Film-Movie 43

7:00PM-11:00PM
Rainbow Cinemas
\$3.50 students \$5 guests

Comedy Night-Dave Merheje & Tixx

9:00AM-2:00PM
Forwell Hall
Free

THURS JAN 31ST

Preparing for Career & Summer Job Fair Workshop

10:00 AM - 11:30 AM
D1061

Music Nooners

Craig Cardiff

12:00PM - 1:00PM
Forwell Hall
Free

SnowJam Pub

9:30PM - 2:00PM
Out Back Shack
\$3 Adv @ Biz booth \$4 door

FRI FEB 1ST

Interview Skills Workshop

10:00AM-11:30AM
D1061

Fanshawe at the Knights

7:30PM- 10:30pm
Budweiser Gardens
\$18 students/ \$19 Guests

SAT FEB 2ND

Snowjam Road Hockey Tournament

11:00AM- 3:30PM
SUB Coutyard
\$5



London Startup Weekend seeks big ideas

ERIKA FAUST
INTERROBANG

Fine-tune your business ideas and polish up your pitches – London's first-ever Startup Weekend is taking place at Fanshawe from February 8 to 10.

Startup Weekend is a frenzied 54-hour event in which people team up to brainstorm, write a business plan and create a basic prototype of their idea. Entrepreneurs, bankers and mentors work together throughout the weekend to make the startup ideas a reality. The main goal of the weekend is to make big ideas into real, viable businesses.

"We're looking at ways to connect entrepreneurs, educational institutes and local businesses to either create startups or to help startups or to help technology entrepreneurs," said Dr. John Makaran, industrial research chair for Fanshawe's Applied Research and Innovation, who is helping to organize the event.

"I think it would be very good for

Startup Weekend



powered by the Kauffman Foundation

LONDON, ONTARIO

the local economy, because 36 per cent of the startups that are started during a Startup Weekend actually are sustainable," he continued.

The weekend begins on Friday, February 8, when participants will pitch their ideas and form teams to work on their plans. Any pitch from any sector is welcome, from IT to clean technology to the fashion sector and beyond. The teams will work throughout Saturday and Sunday with help from mentors from the local community to refine

their ideas.

It's all leading up to the big event on Sunday night, when each idea and prototype is presented. The presentations will be judged by a panel that includes representatives from the London Economic Development Council, Tech Alliance and more – a "cross-section of individuals" who can provide different insights into the ideas being pitched, said Makaran. They will be judging each idea on novelty, sustainability and other business

aspects, such as considering any capital investments that may be required to make the business a reality. Prizes will be awarded to the top ideas.

"If you ever wanted to own a small business, this event will point you in the right direction, or give you an idea of what's involved in having a small business," said Makaran. "There are a lot of good ideas, there is a lot of good talent in the London area, and we're trying to leverage that, trying to give (people) a forum where they can realize their hopes."

London's first-ever Startup Weekend runs from February 8 to 10 in Fanshawe's James A. Colvin atrium. Tickets are \$75 for students, \$99 for non-students. The event is sponsored by Startup Weekend, Fanshawe College (Applied Research and Innovation) and the Mayor's Sustainability Energy Council. For more information or to sign up, head to ldn.startupweekend.org.

Rising to meet student demand

MELANIE ANDERSON
INTERROBANG

Five-hundred Fanshawe students will soon be able to wake up and walk just a few steps to their classes. A new 15-storey, 126-unit apartment building has been approved and will be built on the south side of Oxford Street directly across from Fanshawe's entrance.

Fanshawe Student Union President Zack Dodge said the new building will help lessen the pressure on the on-campus living spaces that are currently available. "We're bursting at the seams, we're generally full. For instance, our winter intake students have a pretty slim chance of getting a spot with anything on campus, so this is a good thing. Whether it's another townhouse complex or a high-rise like this, the need for residence in this region is there. We need to expand."

The new building will ultimately provide a new option for students in any year of study. Fanshawe's off-campus housing mediator, Glenn Matthews, has high hopes for the new project. "There are very few high rises in the area, and we're respectful that it will help student choices in the area ... Certainly anytime you give more choices to students, it's a benefit for everybody."

He did suggest that one of the thought processes along the way was drawing students out of the Fleming Drive area.

After talking to several parents over the summer, Dodge said that an underlying concern was having respectable, safe, and responsible places to live around campus. "When you're driving across the street into the Gatewalk, Fleming, Mews communities, I don't think it's got that curb appeal than, for instance, a new state-of-the-art, multi-storey vertical residence would have." Parents will also gain a peace of mind knowing that 24-hour security will be provided in the new building.

There is always a concern when you have up to 500 students in one building, but Matthews said that noise and partying levels aren't as much of a concern in apartment buildings. "I've been doing my cur-

rent job for 24 years and we rarely have issues of a noise variety in apartment buildings. It's usually houses that are the problem. Even though (apartments) are going to have a lot of people, they don't have a place to congregate."

Although many believe it's a response to last year's riot on Fleming Drive, Matthews said the project has been in progress for 10 years. "A developer in Kitchener originally bought the 10 homes on the property and let them sit for a while. The partnership dissolved, and the space sat in legal limbo. In the meantime, the original owners went to the Ontario Municipal Board and actually did get approval," he explained. The Environmental Committee of London's city council recently approved the project and in particular the aesthetics that were raising concern in the community. Many were worried the 15-storey unit would overshadow Fanshawe's two- and three-storey buildings.

In 2008, the city introduced the Near Neighbourhood Campus Report Strategy developed to help discover land that makes sense for high-density infill, and Matthews said this new space fits the bill. "If you look at any planning principles, high density (infill) along arterial roads like Oxford makes total sense."

Just down the road from the new building, at the corner of Oxford Street and Highbury Avenue is a large space occupied by soccer fields. This area has now become a topic of discussion when it comes to space that could be better used to serve Fanshawe students.

Earlier this year, many students were using the space to park (illegally), and walk across the street to class. "Students are crying out and looking for that expansion; campus itself is running out of space," exclaimed Dodge. "Sure, those fields are active in the spring and summer when the soccer season is rolling through, but never all of the time, and never at full capacity," he added.

Matthews anticipated that the building pattern will continue. "I



CREDIT: ADAMASGROUP.CA

The view of a proposed new student high rise at the corner of Oxford St. and First St. across from Fanshawe College. The building, in the planning stages for the past 10 years will reportedly house 500 students and have 24-hour security. It is projected to open for September 2014.

suspect down the road you will actually see more buildings, maybe not exactly like this, but at the corner of Highbury and Oxford, because the government is selling that land off and there had been plans developed for that area to put high rises along Oxford."

Both Dodge and Matthews agreed that there are few suitable high-rises for students in the Fanshawe area, and there is much room for development. Dodge said he believes it's sending a good message to the community, "We've recognized that we have some room to grow, we need to grow with the campus and it's nice to see that builders feel the same way."

Matthews estimated that the building, referred to as Fanshawe Gate or Fanshawe Collegiate Manor, will be ready for new students by September 2014.



Got a question, concern, or comment about college policies?

ph: 519-452-4458

fx: 519-451-8831

bog.student@fanshawec.ca

Shawn Sikorski

Student Representative to the Board of Governors

No more waiting for support



PAIGE PARKER
INTERROBANG

Waiting six to nine months for anything is challenging and full of anticipation, but what if that time was spent suffering day in and day out?

For people seeking mental health counselling, six to nine months of waiting is hard to swallow. It's a problem that kept clinical psychologist Felicia Otchet up at night, and so she founded the Wait List Clinic in January 2012.

Otchet said it's a project that has been in the works for years. It took a lot of planning, research and development but she's come up with the perfect solution.

"It was an act of creativity ... there were a lot of undergraduate students who couldn't get any access to direct service training

positions, and then a group of people who can't get immediate access to mental health services; to be able to meld those two things together seemed to be just an idea that really took off."

There is no one single 'point' to this program. It was designed to be an aid of many things: help decrease wait times, give students a learning opportunity at the only clinic of its kind in Canada, and reduce stigma surrounding mental illness.

This grabbed the interest of psychologist Dr. Bill Newby coordinator at the Wait List Clinic.

"It's extremely unconventional and that's part of the exciting part about it."

It hasn't been easy getting it off the ground. Otchet wrote many grant proposals and was finally

successful. Each year the program has to find a new grant. This year Canada Post is supporting them.

"Ideally it would be great if we could have somebody who could offer ongoing support," says Otchet. "I nail-bite all summer wondering if we'll have funding for the fall."

This year the Wait List Clinic is the recipient of the Charity Ball proceeds at Western University. While the clinic is already funded for this calendar year, Otchet said she hopes to use the funds from Charity Ball to support them through the 2013/14 school year.

At this point the clinic accepts clients from the Canadian Mental Health Association London Middlesex. They are broadening their client base by preparing to receive clients from CMHA's partners, Watch and Search. Otchet is also looking into external agencies.

Student volunteers execute sessions at the clinic. They are in a room with a video camera. For confidentiality purposes, the cameras are never recording but are used only for oversight from the supervising psychologist. Halfway through the one-hour session stu-

dents excuse themselves to debrief with the supervisor; this also gives the client a break.

Lenka Kriz, student volunteer from King's University, has gone through training and is awaiting her first session with a client.

"We're definitely going to be hearing some traumatic and upsetting stories, but the clinical psychologist is really helping us to kind of step back and really just listen to the clients. We're not there to be providing problem solving. And as much as it might be difficult for us to hear, I think it's a lot more difficult for them to experience."

"A lot of the questions are, 'My gosh! What should I say?'" said Newby. "And part of the job is to reassure them that their job is mainly to listen and to provide support. When we hear somebody who's struggling with something, we tend to want to jump in and solve the problem but of course the clients with whom they're working have been living with the problem for a long time. If it were easily solved, they would have solved it already."

Newby said for the most part, students are dealing with people who are just like them.

"Part of the purpose of the Wait List Clinic I think is to help us learn that the label does not make somebody not functional, it doesn't make them crazy."

In fact, a major component of the Wait List Clinic is the learning experience for both parties. "I think that often in health and mental health, students might have the opportunity to watch activities.

Although, students describe when they volunteer they wind up doing more administrative

activities...We train our students for the frontline," said Otchet.

Newby has already seen the benefits of the Wait List Clinic in just the short amount of time it has been open.

"We see clients who flourish given someone to talk to. Clients who begin to come out of themselves. Clients who feel more like they belong and I think that's part of the good. The other good that comes out of it I think comes to the student volunteers who get to know a population that I think we all ought to know more about and the disadvantaged among us to sort of de-stigmatize."

The Wait List Clinic runs on Monday and Tuesday evenings and can support up to 16 clients a night. Ideally, Otchet says they can follow a client from the time they are placed on the waiting list to the time they are placed into a program.

"The goal is to bridge that gap," said Otchet.

She said she has two hopes: "One of those hopes is that the need for wait list services decreases with time. I mean, I really do hope that mental health becomes more adequately funded and it is my sincere hope that we continue to get funding to enable this program to be ongoing."

Fanshawe and Western students can be involved in a number of ways aside from dealing directly with clients. There are research and fundraising opportunities with the program.

Project Management program paves the way to business student's success

AGNES CHICK
INTERROBANG

Ochuko Efemuai, an international student from Delta State, Nigeria, came to Canada in hopes of pursuing a successful career in business. With the inception of Fanshawe's new Project Management program in January 2013, Efemuai is well on his way to achieving his dreams.

After completing Fanshawe's International Business Management program, Efemuai began the one-year Ontario College Certificate program in Project Management, completed in two four-month semesters.

The program gives students the in-depth knowledge, competencies, skills, tools and techniques required to plan and execute projects that achieve organizational goals on time and on budget. The program also addresses emerging trends in project management through courses in agile project management, project recovery and project leadership.

"The Project Management program allows you to effectively and practically apply knowledge, skills, techniques and tools to project activities in order to meet project requirements," said Efemuai. "It is a way of life that depends greatly on planning, because if you fail to plan, you ultimately plan to fail."

While his dream is to work with professionals to effectively deliver projects, Efemuai also envisions himself providing motivational talks to help others overcome barriers and achieve their greatest potentials. The program is giving him the opportunity to improve his communication, team-building and people skills by maintaining close contacts with instructors and classmates.

Not only did Efemuai find the Project Management program to

be the right fit for him, the decision to attend Fanshawe College was an easy one to make.

"Fanshawe College has a long-standing reputation for excellence and a good learning environment," said Efemuai. "I couldn't resist the chance to be taught by experienced professors who impart practical knowledge and make learning enjoyable."

Dr. David McKenna, coordinator for the Project Management program, is eager to oversee the program with its first intake of students, an eclectic mix of international and local students.

"The Project Management program is focused on preparing students to leave Fanshawe with the skills, tools and techniques to manage a project and actually deliver a new product, service or implement a change into an organization," said McKenna.

The course work covers both the Waterfall and Agile methodologies with courses that include project budgeting, schedule control, requirements/scope management and project recovery using proven academic theories, case studies, role playing and simulation software. The students will be prepared to write a number of Project Management Institute certifications as they set out into the marketplace.

Graduates from the program are prepared for various project management roles in large and small organizations, in the public and private sectors, and in a variety of fields such as information technology, construction, transportation, education, manufacturing and healthcare.

In a constantly changing economy, Efemuai is confident he is on the right track to success and encouraged students who are task-oriented and looking for a dynamic challenge to apply to the

Project Management program.

For more information about the program, visit tinyurl.com/fanprojman2013.



for the following positions:

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VP External & Academic Affairs • Board of Governors

Contact Zack Dodge - fsupres@fanshawec.ca
or visit SC2001 for more info

Executive Elections 2013

FSU.CA

Fanshawe welcomes the world for International Week

CHRYSOLIN GRACY
INTERROBANG

From January 28 to February 1, Fanshawe is hosting its annual International Week, giving students the opportunity to go on an international tour and experience lifestyles, cultures and food from around the world.

Krista Vogt, Fanshawe’s international projects and exchange Coordinator, said, “This (week) is all about thinking more international and making students feel at home.”

Check out the booths set up in F Hallway throughout the week for the International Bazaar/Cultural Showcase. Each day from 10 a.m. to 2 p.m., students and organizations will be offering information about how to get involved locally and internationally.

On January 28, a speaker from the Student Work Abroad Program (SWAP) will discuss how students can find jobs abroad from 3 to 4 p.m. in B2010.

Movie nights can be a wonderful way to get to know the culture, lifestyle and language of different countries. Movies will be shown in T1003 at 7 p.m.: on January 29, check out

Bollywood film *Zindagi Na Milegi Dobara* (*You Don’t Get Life A Second Time*); on January 30, watch *Ip Man*, a Chinese film; and on January 31 see Latin American film *Pan’s Labyrinth*.

Sports fans will be happy to know there are three different events running during the week to connect students over the love of getting active. Showcases include cricket on January 29 in Gym 3, table tennis on January 30 in the J Mezzanine, and soccer on January 31 in Gym 3.

Throughout the week you can also dine on all sorts of international foods at the restaurants on campus: Saffron’s and Olive Oyle’s are both creating special international menus, while the Oasis and Out Back Shack are offering a delicious mix of worldly flavours during their International Wing Week.

The fun continues after International Week ends! Fanshawe’s Asian New Year Celebration is on February 8 from 6 to 9 pm in B Cafeteria. Tickets are just \$15.

There are many other activities running throughout the week, so check out the International Department in E2025 for more information.

MIA students honour award-winning producer Jack Richardson

MEGAN MCPHADEN
INTERROBANG

The annual Share the Man concert is being held once again this year in honour of Juno Award-winning producer Jack Richardson (July 23, 1929 - May 13, 2011), a former Fanshawe professor in the Music Industry Arts department. The concert will feature 15 bands covering the top hits Richardson produced throughout his acclaimed career. Share the Man will take place February 6 at Aeolian Hall (795 Dundas St.); doors open at 6:30 p.m. and seating is first-come, first-served.

“It’s a great way to get involved with the community, especially since Richardson was one of the key players in helping to get the Music Industry Arts program off the ground,” said Fanshawe Student Union Vice President of Entertainment Kendra Sauder. Sauder is currently in her second year of the Music Industry Arts program.

Richardson is known by some as “Jack the Bear,” the producing powerhouse behind bands such as The Guess Who, Alice Cooper and Bob Seger, to name a few. He was considered one of the heavyweights in the Canadian music scene. Taking a chance, Richardson mortgaged his house in



CREDIT: FANSHAWE COLLEGE

Jack Richardson in studio at Fanshawe College.

order to take the band The Guess Who to New York to record their album *Wheatfield Soul*, which would go on to feature their breakout hit “These Eyes.” Since 2003, the Juno Awards has given out the Jack Richardson Producer of the Year award, in Richardson’s honour. Richardson himself won several Junos throughout his life, including Best Producer and Producer of the Year.

Sauder said it’s great that Fanshawe had such an acclaimed and respected musician that brings

notoriety to the program.

Tickets are available at the Biz Booth on campus or at Aeolian Hall, or by speaking with a student from the Music Industry Arts program. Tickets are \$15 for the public and \$10 for Fanshawe students. The event will feature a night of great music and a cash bar. Proceeds from the event will go to the Heart and Stroke Foundation.

For more information, check out sharetheman.com.

Go Global

International Week January 28 – February 1, 2013

JAN 28	Emerging Leaders of London SWAP – Working Holidays for Students	12 – 1 pm in D 3013 3 – 4 pm in B2010
JAN 29	Job Talk – prepare for the Career Job Fair Cricket Match Go Global with Fanshawe – study in Europe! Bollywood Movie Night - Zindagi Na Milegi Dobara	2 – 1 pm in D 1016 2 – 3 pm in Gym 3 3 – 4 pm in B2037 7 pm in T 1003
JAN 30	International Student Panel and Potluck Lunch Table Tennis tournament Go Global with Fanshawe – for Faculty, field schools Chinese Movie Night –Ip Man	12 – 1 pm in Forwell Hall 1 – 3 pm in the J Mezzanine 3 – 4 pm in B2004 7 pm in T 1003
JAN 31	Soccer match Homestay Panel Latin American Movie Night—Pan’s Labyrinth	1 – 2 pm in Gym 3 1 – 4 pm in B1076 7 pm in T 1003
FEB 1	Canadian Immigration Seminar Go Global with Fanshawe – study in Europe! World Talent Night Pub	9 am to 12 pm in Alumni Lounge 3 – 4 pm in B1076 Forwell Hall – 8 pm – 12 am FREE!

Learning from Idle No More

PAIGE PARKER
INTERROBANG

It's more than an issue; Idle No More is a movement. It's a movement that London MP Irene Mathysen of the New Democratic Party is calling long overdue as First Nations people in Canada have been mistreated for hundreds of years.

The Indian Act of 1927 was seen by many individuals as a way to suppress Aboriginal rights. Since then, they have been fighting endlessly to gain power within the political decision-making process.

Currently the Idle No More movement revolves around Bill C-45, better known as the second Omnibus Bill.

First Nations people are in upheaval as they were neglected to be included in the discussion over changes to Bill C-45. Much of the problem is environmental. The government wants to change the Navigation Protection Act allowing those involved in the Enbridge Pipeline Project to use 99.9 per cent of lakes and rivers in Canada without ensuring that no damage will be done.

This is what stirred 'the movement.'

When Mathysen was an MPP in London-Middlesex, her interactions with the First Nations people in the area made it clear that "they're not going to accept what previous generations accepted. They're not going to accept being marginalized, they're not going to accept the racism, they're not going to accept the poverty – they're angry, and that anger is brewing towards something, and we're desperately hoping that that something is positive."

This isn't the first torment First Nations have faced. In 1979 a diesel leak beneath an elementary school in Attawapiskat released 30,000 gallons of diesel, leaving many ill. In 2000, this leak was finally discovered. The Attawapiskat teachers and children were forced to breathe in noxious air and work in subpar mold-infested portables. Only in 2011 were plans for a new school announced. Just as a new school was overlooked for over 30 years, there was also neglect over the discussion of the Pipeline.

"The main overarching theme behind the movement," according

to Joel Abram, Chief of the Oneida Settlement, "is environmentalism and making sure we have a clean environment not only for First Nations people but for all our children in future generations."

Dan Smoke, Indigenous Studies professor at Western University, explained that it is women who ensure the future of First Nations.

"We believe that women have the sacred fire of our people because they carried our future. Everything we do today has to benefit the next seven generations and it's the women who take care of those sacred ones."

But, for a long time, women lost their equality within First Nations.

"We come from matrilineal societies," said Smoke. "Women were the ones who had the role of selecting chiefs, they raised the children ... but all of that was taken away when Western civilization arrived here because at the time women were considered chattel."

Smoke said this is why Idle No More speaks volumes. "We see these women who are reclaiming their roles and responsibilities in our communities, and it's beautiful."

Women started this movement; Theresa Spence's endless hunger strike is an outstanding example of their fortitude.

Spence claims her hunger strike will be ongoing until she meets with both Prime Minister Stephen Harper and the Governor General David Johnston at the same time.

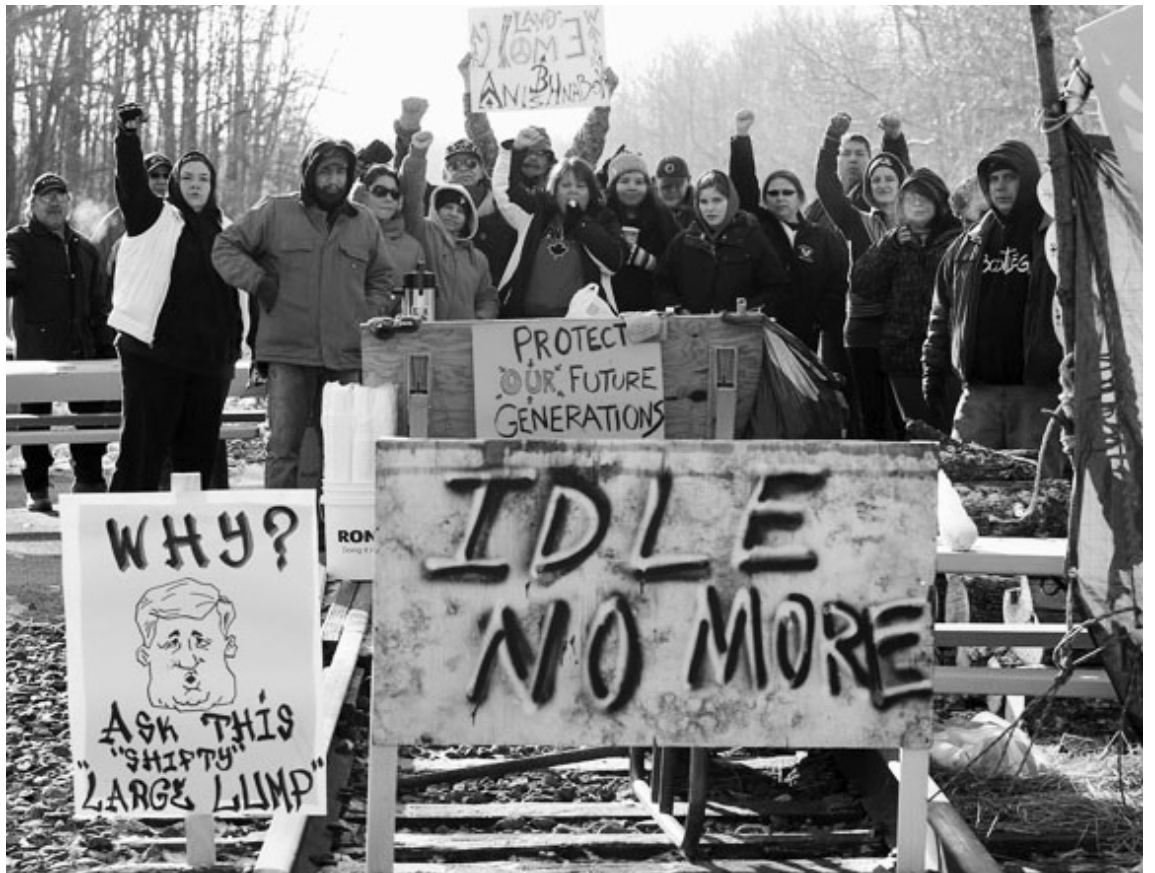
This movement has been no easy feat for the First Nations people, who are a peaceful people, according to Smoke.

"Warriors are people who are the bearers of the brunt of peace; that's what 'warrior' in our language means, meaning that we try to deescalate any conflict and confrontation and use our good minds to find peaceful resolutions in life."

Abram is certain there is a way to come to a peaceful outcome "It's not that ... we want more, more, more; it's more or less, 'Let's do this in a sustainable way for everyone, make us their equal partners.'"

That would be an ideal outcome, but for Smoke, he essentially wants to see the First Nations make Canada a better country.

"What the government does to us and what they can get away with



CREDIT: CANADIAN PRESS

People from Aamjiwnaang First Nation blockaded the CN St. Clair Spur line in Sarnia as part of the Idle No More movement

us, they're going to do to their own people. So we are like the test case for a lot of this government intimidation. So it's important that we have to maintain this sovereign relationship between our nations so that we can communicate and listen to each other."

His plan? Well, it all lies in education and communication.

"Teach ins are so important, I

think we should be having them here at Fanshawe, I think we should be having them at high schools, and we should be having them on a regular basis so that people can sit down and have a community discourse and talk to each other. We have to learn to listen; we have to listen to learn," Smoke said.

And if that can happen, this can

happen: "People would know our history, people would know about residential schools, they would know about the trauma, the historical trauma that we've suffered and that we're still here despite everything that's happened to us and there's been a lot. But we're still here and we're still willing to negotiate a better future, not for us but for our future generations."

Win a trip for Spring Break!

HANNAH LECTER
INTERROBANG

Are you looking for something to do during spring break? Want to work on your tan before summer? The FSU Publications department is giving away two trips for two to Panama City Beach, Florida, courtesy of TNT Tours.

How can you win? Get caught reading the Interrobang! Submit a photo of you reading the Interrobang and upload it to fsu.ca/contest. If you are not into reading or photos but would still like a chance to win, visit fsu.ca/contest and vote on your favourite photo submission for

your chance to win. One photo submitter and one voter will be selected as winners.

All photo submissions are due by February 1 at 4 p.m. and voting takes place February 4 at 10 a.m. until February 8 at 10 a.m. The winners will be chosen on February 8 at 4 p.m.

You must be a full-time Fanshawe College student to win and claim the prize. Winners will be notified by email. The FSU reserves the right to draw for new winners if the prize is not claimed. For full contest details, visit fsu.ca/contest.

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Cellphones and that disappearing buzzing sound



TENSION
FRANK YEW (I.H.N.F.'S.)

I was behind a balding, middle-aged, short, portly, pseudo-business, rayon-gold-and-brown-tie-wearing man at the grocery store the other day. He was wearing one of those slick, over-the-ear Bluetooth cellphone thingies; he looked like he was modeling a vintage hearing aid. His ability to maintain a conversation while running 16 items through the 10 items or less express lane was quite impressive. Now there were *three* things that irritated me about him. If I wanted to listen to inane banter, I'd go talk to the staff at Red Lobster.

I often wonder at our capacity to impose ourselves onto others. We are inundated with continual snippets of one-sided personal conversations. I sure don't need to listen to the idiotic musing of every person riding the Oxford East Bus. You know what? No one cares what you are wearing to the FROG tonight, or how wasted you're going to get, and I sure don't want to be subjected to your shallow debate on the relative merits of the new *Carrie Diaries* TV show. (For the record, it's a damn fine show!)

To be fair, many of us are not quite so extroverted and prefer to communicate with the world by plugging in our earphones, sending a text, and ignoring everyone else. The infamous 'awkward silence' has effectively been replaced by our ability to focus on a small black box grafted onto our hands. We can thank cellphones for giving us an excuse not to make eye contact and therefore converse with our neighbours, the mail carrier and that guy on the corner asking for change.

'Real' conversations have been usurped by the text message. Receiving a text is like getting a shot of morphine. Our texting addiction is only getting worse: we text at dinner, in the movies, in class, in the bathroom, while driving, and in bed. A great wave of dark and foreboding loss washes over us during those panicked moments that we think we lost our hit – I mean cellphone.

An entirely new and strange language is being created here – the language of texting – and it is slowly breaching the cellphone and entering into our spoken colloquial. Please stop using the terms LOL and WTF in an oral conversation... or oral anything for that matter.

A new study shows that cellphones are responsible for the loss of almost half of the world's bee population. Apparently bees detect the cellphone signal and it puts them into a state of unrest. The frequency increases their anxiety to a point where they become confused, muddled and aggressive, and eventually they leave the hive and die. I'm not sure if this amounts to a parable befitting Lao Tzu and an added chapter in the *Tao Te Ching*, but it does say something about the possible outcome of our addiction.

I suppose that we must all find our escape, our release in this tumultuous world of ours. Perhaps the social idiosyncrasies – the threat of cancer from the bombardment of microwave radiation emitted by our phones, the labour crisis in third world factories that produce our cheap and disposable technology, the extraction and manufacturing effects on our environment, the locked-up monopoly of cellphone providers – are all worth it? Perhaps the price for continual updates is worth the price of our culture, health, economics and environment. Perhaps cellphones are nothing more than a forced three-year commitment with a quickly outdated piece of technology that has made all of our



CREDIT: HEALTHFREEDOMS.ORG

A Swiss study suggests that cellphones may be the cause of a dwindling bee population.

thumbs more dexterous than a pole dancer on coke.

As Einstein once said, "If the bee disappears from the surface of the earth, man would have no more than four years to live."

What a waste, we would still have two years to go on our contract.

Gazette conflict about much more than just office space

DAKOTA THOMPSON
INTERROBANG

How would the students of Fanshawe College feel if the Interrobang was not allowed to use their office space to crank out the awesome weekly newspaper that we all love to read?

It would be an injustice done to the students, the faculty, visitors and others who show interest in the writing talents and opinions of the writers who are employed by the Fanshawe Student Union. Well, this is exactly what the writers at The Gazette, Western University's newspaper, were facing over the past few weeks.

The University Students' Council proposed to evict The Gazette staff from their current office in favour of a multi-faith room to be used for religious practices. The Gazette has currently been in their office on the second floor of the UCC building for over 40 years.

The UWO Gazette has a rich history dating back to 1906 and is the only post-secondary institution sponsored newspaper that publishes issues four times each week. The Gazette is made possible by dozens of writers, staff, volunteers and other hard-working people who dedicate their time and efforts in order to make sure critical news and information gets through to the students and faculty of Western University.

This whole situation has come about because the University Students' Council felt the space belonging to the multi-faith student groups needed to be changed. However, throughout further discussion, student representatives from the various faith groups made it clear that they do not want to infringe on anyone's space and are

thegazette

est. 1906

satisfied with their current space. It is unclear as to the specific reasons why the USC wanted to move the multi-faith groups to the space occupied by The Gazette, as they returned no comment when contacted by phone and email.

When asked what the primary reason behind the breakdown in negotiations between the USC and The Gazette, editor-in-chief Gloria Dickie said, "I don't think negotiations broke down, I think the Student Council was never willing to negotiate with us. When they broke the news that we would be replaced with a multi-faith space, they saw it simply as informing us. Our suggestions for alternatives, for the most part, fell on deaf ears and weren't thoroughly reviewed, in our opinion. Multi-faith was simply deemed a higher priority than The Gazette, so the USC saw no reason to negotiate."

On January 17, there was a meeting that took place between the student representatives of the multi-faith groups, the USC and The Gazette. The feelings after the three-hour meeting were positive on all sides. The issue itself still has not been rectified to the fullest extent, but no shifts in office space are expected to occur.

The incident will make The Gazette staff

more cautious moving forward; "I think The Gazette will definitely be looking to strengthen itself in case of other issues in the future. Whether that means reviewing the possibility of going independent, or simply relying on our strategic review committee to advise us for the best, we'll have to see," said Dickie. It is evident this debate has also hurt the editors and the many contributors to The Gazette. Most of them have called their current office home for over three years and take great pride in their work.

The Gazette was not alone in their outrage about the handling of the situation. They have received national news coverage through Maclean's, The National Post, and the Toronto Star. They even managed to garner enough press on Twitter to have #UWOGazette trending across the country.

There has been a lot of debate as to what the ultimate fate of The Gazette will be in their current office. The only thing that matters at this point is ensuring that both sides are treated equally. The Gazette has held this office as their home for over four decades. It would be an emotional blow, not only for the editors, contributors and volunteers, but also to the hundreds of alumni over the years who have dedicated their time to make The Gazette what it is today.



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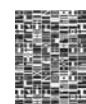
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CREDIT: CANADIAN PRESS

Theresa Spence continues her hunger strike.

Chief diva: Theresa Spence

 VICTOR DE JONG
 INTERROBANG

The grass-roots of the Idle No More movement were a response to Omnibus Bill C-45, an enormous piece of legislation that the prime minister introduced to the House of Commons. Since then, the story has been hijacked by the hunger-striking Chief of Attawapiskat, Theresa Spence. The parts of C-45 that relate to Native and Aboriginal rights are of particular concern as they affect a band's ability to control their land. The bill gives the federal government authority to parcel, sell or even dismantle a reserve should they see fit. This created outrage among First Nations and non-Aboriginals alike.

The movement has grown to encapsulate the views of an increasing percentage of the population who see portions of Bill C-45 that will affect them directly. As a movement grows in size, there's an inherent erosion of the core values due to the diversity of individuals, but in one case there's an individual who is, deliberately or not, changing the message completely.

As the Idle No More movement refuses to fade, the most controversial stories are coming from the actions of Chief Theresa Spence. In her efforts to raise awareness about conditions on her reserve, Spence has undermined a lot of the progress that Idle No More has been able to accomplish. In an interview with CBC, Idle No More co-founder Sylvia McAdam expressed concern that one individual was drawing so much attention.

Spence began her hunger strike in December and subsisted on fish broth for 44 days. The original intent of her hunger strike was to generate a meeting with Prime Minister Stephen Harper. It was announced then that Chief Spence would be permitted to attend the meeting between the official body of First Nations, The Assembly of First Nations, and the Prime Minister. Shortly after the announcement, Spence responded that she would not be in attendance without the presence of Governor General David Johnston and that the hunger strike would continue. She ended the hunger strike on January 24. The interim leader of the AFN, Roger Augustine, expressed concern that Spence continues to try bargaining directly with the government when he was interviewed by The Globe and Mail.

The Idle No More movement has expanded to encapsulate Canadians of every ethnicity and region. In an interview with the National Farmers Union, an organization that has thrown their support behind Idle No More, board member Glenn Tait expressed concern over some of the trade policies that would be enacted under the new bill. Farmers already pay a patent fee for their seed and the formula is tightly controlled by the seed manufacturers. Under the new legislation, a farmer that is suspected of not paying the patent rate could have his assets frozen by the seed company until they've investigated. Tait went on to say that Idle No More is challenging the way the Conservative government conducts their affairs. It's an attitude that's been growing amongst Canadians as Harper's second term continues and Chief Spence continues to undermine that cause. Her flip-flop demands coupled with a damning audit of her reserve's finances render her as a detriment to the Idle No More cause which she selfishly continues to tout.

World Religion Day: A waste of digital capacity?


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

In case you missed it, as I nearly did, World Religion Day has come and gone. People observe it on the third Sunday of every January. Not to worry, though. The organization has a website with loads of information.

World Religion Day tries to help people understand more about the major faiths such as Buddhism, Christianity, Judaism and Islam, and about the smaller players such as Scientology and Animism. And more understanding can't be a bad thing. In fact, agnosticism and atheism should be included in the range of religions. They are not as easy to defend as fundamentalist atheists such as Richard Dawkins say they are (actually, if I remember correctly, he disdains agnosticism). They require faith. Come to think of it, so do ideologies like Capitalism, Socialism, and just about every ism – including patriotism and NHLism – that you can think of. More on that maybe at some later date.

At the same time, the WRD website reveals some assumptions that can be misleading. The first is that a religious approach to life is a shade inferior to the non-religious. The non-religious is the "normal" approach that remains once you cut away superstition, religious biases, fear of judgement in the afterlife, the authority of fanatics who founded religions and uphold them, and childish dependency on a god. It's taken a long time for large segments of humanity to get to this point, but, thank goodness that time is here. We can now move on, leaving behind a world of religious intolerance, terror, misled (though lovable for other reasons) ancestors and relatives, and warfare.

According to this view, religion is a per-

sonal choice. It's not a highly intelligent one, or one that can be easily defended in public, but it's one that you or I can respect if we see another person making that choice – even if it is a little abnormal.

A second assumption is that the world's "religions" are somehow fundamentally the same. If the commonalities of the religions can be exposed, and if we can get them to work together, then religion will have earned an honourable role in our world where, after all, the main thing is that we should all get along and cease viewing anyone as the "other", as the enemy. An inclusivity that will embrace all healthy diversities is what the world desperately needs, and religions must serve this goal or perish.

About the first assumption: I will not pretend to speak for any other faith except the one I know well, and that is Christianity. Christians have maintained that the Christian understanding of life and the world is normal – and also intelligent and worthy of public endorsement. It is not meant merely for the inside of church facilities but is meant for the whole world.

It offers a view of the world that pays adequate attention to the persistence of evil in international politics, family life, and the human heart, including mine.

At the same time, it is a signpost directing people to see God as the creator who made the universe (whatever its age and physical properties) to be an arena of profuse life and heart-stopping gladness. It is not based on fear (although some Christians are fearful), nor is it based on ignorance (though some Christians are not well educated). Desmond Tutu, Bono, Pope Benedict, Martin Luther King Jr., Mother Teresa, Henri Nouwen, Bach, St. Augustine, C. S. Lewis, professors at King's College are, if anything, not ignorant, to say nothing of the 300-plus pastors, chaplains, priests, ministers and Christian community workers swarming London and region.

Christianity is for all people. It is beyond

normal. It is a portal to meaning, hope, great joy (as the Christmas hymns say), and a lot of fun too – for all people. Jesus Christ is for all people.

About the second assumption that all religions can be brought together: This seems to work very well for people who don't adhere to any particular religion. But I doubt that members of the Buddhist community in Halifax, Nova Scotia, near where I live at the moment, would want to be merged with the Christian church at the next intersection. Muhammad, the founder of Islam, provided his followers with a Quran that in a number of places condemns people for believing that God is three persons, which is foundational to Christian faith. (Actually, it appears he had a bizarre understanding of which three persons make up God, an understanding that would be tossed out by any Christian. So, in a strange way, Muhammad and Christians agree that the tri-unity of God – as Muhammad understood it – isn't worth the time of day. The only thing is, he appears to have misunderstood it.) And there are foundational differences between Hinduism and Islam, between aboriginal traditions and Catholicism. And so on.

Nevertheless, is there value in WRD promoting greater awareness of religious difference? I think so, and I think this from what I see as a Christian take on the question.

All persons should strive to bring a greater degree of justice, healing, and peace to our world. God created all of us for a just and peaceful planet. And creating awareness of differences is key to this work.

Differences between religious faiths will persist (apparently). But that's okay. God has given us some ability at least to dialogue and sort out religious truth claims, even allowing that many disagreements will persist. We may, with justification, worry that the different truth claims will lead to violence. But they don't have to. Often they do not, and that should give us some courage in trying to deal with them.

Why you should love Data Romance



BOBBYISMS
BOBBY FOLEY

I write about random things a lot. I write a lot about random things. An album release cycle from start to finish is an incredibly long process. It can take a while for a band to record and engineer their music to their tastes, certainly, but in truth completing the album is one in a long list of tasks involved in releasing a new album to the public.

In fact, since the process of releasing records from start to finish costs a lot of time and money, releasing new music often can become a challenge for many independent musicians – especially considering how much time and money it takes to be an active touring artist to begin with.

It's been a long wait for Data Romance's new full-length album *Other*, due at last for release February 19 on Dine Alone Records. It's way too far in advance for the album to have received any published reviews, of course, however I'm personal-

ly very excited for its release and had to tell you about it.

Data Romance released their self-titled EP early in 2011, its four songs as diverse in tone and atmosphere as they are strong and emotive. The duo – Victoria-born Ajay Bhattacharyya and Amy Kirkpatrick – made a strong impression on audiences after the release, touring to generate interest in a full-length debut. They've spent the time in between then and now working on their music, growing their sound and sharing progress along the way through social media.

While it delves into dark places, their music exhibits a wealth of tonal shades that contrasts ironically with their clean, minimal image. Bhattacharyya's compositions are three-dimensional, as demonstrated in one song "Others" – the music breathes and rolls under Kirkpatrick's gentle vocals, its ability to captivate is highly indicative of the remaining album ahead.

Data Romance surely benefits as the sum of its parts – Bhattacharyya and Kirkpatrick each bring immense talent to the table. Kirkpatrick has the deliv-

ery and vocal purity of a bred pop star, tenderly painting lyrics over the shifting canvas that she and Bhattacharyya have engineered. One moment she is Amy Millan, stoic and unapologetically love worn, and the next she is Annie Lennox, lamenting and yearning.

On stage the connection becomes clear; Bhattacharyya intently focused on his station, sculpting out sound to accompany Kirkpatrick, singing with the kind of raw talent and earnest that pop stars haven't employed since the diva era ended.

The coming album *Other* features recent singles "She's Been High" and "Caves" among its new offerings. Information is scarce online at the moment but visit dataromance.com or follow @dataromance on Twitter for news as the release approaches – my fingers are crossed for a tour soon.

And for more of the latest in music news, views and even personal recommendations, consider following this column on Twitter @fsu_bobbyisms. Listen to something new sometime, I'm out of words.



CREDIT: DAVE HAMILTON

Ajay Bhattacharyya and Amy Kirkpatrick are the duo known as Data Romance. They will be releasing their new album *Other* on February 19.

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Burman brings Bombay beats to Canada

JENNA WANT
INTERROBANG

It's no secret that Fanshawe College produces some amazing and unique talent. India native Dilshad Burman graduated from Fanshawe's Television Broadcasting program in 2007, and has since broke into the industry in a big way.

Dilshad is not only an editor at CityTV, she also hosts a multicultural music TV show *V-Mix*, which airs across the country every Sunday on OMNI2 TV. The show strives to give special focus to musical artists of ethnic heritage from Canada. "The kind of show it is, and the kind of response that we've gotten, everyone has told us that it was one of those things that was needed," Burman described. "It filled a void in the marketplace." The show has featured interviews with artists such as Snoop Dogg and Afrika Bambaataa, who actually coined the term 'hip-hop.' *V-Mix* also showcases artists who don't typically have mainstream access, and it opens the audience's minds to multi-culturalism.

After leaving her home in Bombay, India, to come to school at Fanshawe, Burman learned every aspect of the television industry. Her education from Fanshawe is a huge reason why Burman is where she is today; it was where she

learned exactly what she wanted to do. Being an on-air talent was an ambition she never knew she had until her first experiences in front of the camera. She noted that the facilities that Fanshawe offers are almost identical to industry studios. "It was as close to real-life production as you could get in school," she said.

Burman's opportunity came about mostly by being in the right place at the right time, and the show has given her the chance to meet many incredibly talented and creative people.

V-Mix's second season began in October, and everyone involved is extremely proud of what they've been able to accomplish to date. "My hope going forward is that we reach more people, get more people interested in different and new music," said Burman.

As far as the future is concerned, Burman has put aside the five-year plan to concentrate on what she's doing now; she said there's nothing more important than being in the moment.

To all students, Burman offered some serious advice: "Do not expect struggle, because that's what will come to you. Expect that things will be great, and they will be."

You can catch *V-Mix* on OMNI2 TV every Sunday at 7:30 p.m.



CREDIT: ROB RAMLACKHAN

Dilshad Burman is a Fanshawe grad who now hosts a show on OMNI TV.



CREDIT: STOCK PHOTO

Waiting for a text back can be agonizing.

The waiting game



MY SERIES OF
UNFORTUNATE
EVENTS
JENNA WANT
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We've all been there: The moment you press Send, your heart begins to race with anticipation of a reply back from whomever you're texting at the time.

An hour goes by with no response; you start to analyze what you sent, reading it over and over again 25 times to make sure your iPhone didn't autocorrect one of your words into something unforgivable.

Once the two-hour mark hits, you've hit absolute panic mode. In your mind, there are only two things that could have possibly happened: that person has mentally thrown you in the crazy bin and has run for the hills OR a car has just hit them and they can't text right away. Of course, there's a good chance that neither of these things actually happened, but we like to work ourselves up in a way that makes us think so.

The next morning (technically evening, since you haven't slept at

all) you will likely receive a text simply explaining a situation of a dead phone battery. All of those scenarios you created in your head suddenly make you feel like maybe you really should be put in the loony bin.

Now, in my experience, the waiting game can be a leading cause of nervous breakdowns. I wish I had found a cure for it by now, but my eyelids still twitch just as much now as they did in the seventh grade. For the ladies going through a similar situation, it's important to remember that sometimes members of the opposite sex just get caught up with waxing their chests and forget about their phones for a while – this doesn't necessarily mean they've lost all interest in you and are filing for a restraining order (that only happens on a rare occasion). As for the guys, girls can be the exact same way and sometimes they enjoy making you wait a while.

However if you're the one not delivering a response, know that every minute you wait to press Send, the other person spends counting their arm hairs in agony. That's what I've heard, anyway.

Let the waiting games begin!

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Let's talk vintage rock with Vanessa Natalia



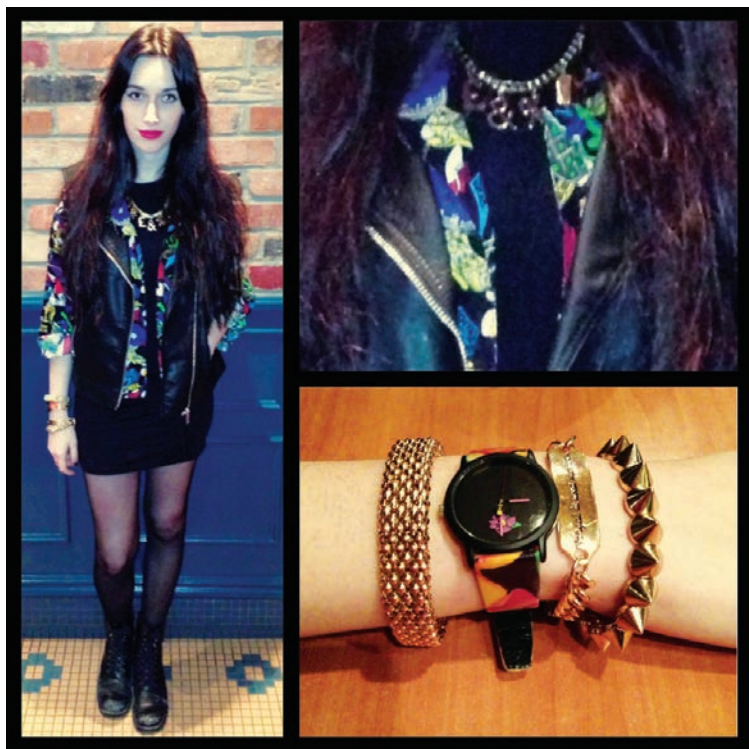
THE SHOPPING BAG
HAI HA NGUYEN
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Today, street fashion is heavily influenced by vintage and thrift-shopping savvy fashionistas who take advantage of the unique pieces they are able to integrate into their wardrobe at a low price. Vanessa Natalia, the founder of Rage Market, an independently owned online vintage/thrift blog and store, is an example of someone who has mastered the art of mixing vintage and thrift pieces in with the season's current trends. Through her unique style, she is able to showcase how great pieces aren't only found in mass retail stores and that pairing unusual prints and themes together can create a refreshing look.

Her style is heavily influenced by style icon Rita Ora, '80s hip-hop, rock and vintage clothing. In this week's outfit, Natalia dresses up a plain black high-neck dress with a colourful '80s vintage blouse, studded pleather vest, combat boots and an armful of accessories. What's great about this outfit is that the pieces range from \$1 to \$50 – reasonable for a student's budget!

1. High-Neck Dress: Typically this high-neck dress is a classic and would look beautiful with a simple pair of earrings and pumps. However, Natalia decided to use it as a base for a funkier day outfit that makes a statement. The simplicity of the dress allows the printed blouse to stand out and layer a vest on top. (H&M, \$12)

2. Vintage Printed Blouse: This uniquely printed blouse adds an unexpected twist to the outfit. The '80s randomized print of yellow, green, blue and red will be sure to capture some attention! It's a great print to have for a summer, spring or fall wardrobe. (ragemarket.big-



CREDIT: HAI HA NGUYEN

cartel.com, \$25)

3. Studded Pleather Vest: This is a perfect way to add a touch of rock into your wardrobe! Natalia chose to layer this vest on top of the printed blouse to break up the print and through this, she is able to highlight the accessories that she is wearing. (H&M, \$50)

4. Accessories: Natalia incorporated her hip-hop, vintage and rock inspirations through her chunky gold accessories and combat boots to complete the outfit. She rocks a gold symbol necklace along with mesh gold and studded bracelets and a floral printed watch. To make the outfit daywear-friendly and comfortable, she wore black combat boots. (Necklace: TopShop, \$12; Bracelets: H&M and Aldo Accessories \$5 to \$15; Watch: Salvation Army, \$1; Boots: Value Village, \$30)

Vintage and thrift shopping are excellent ways to find interesting

pieces to incorporate into your wardrobe. You'll wear it confidently knowing you're the only person who has that piece and managed to snag it for cheap! Even if you are wearing trendy pieces from mass retailers, that vintage item is what will differentiate your style from other people.

Try wearing unexpected prints, accessories and mixing themes like Natalia, but find your balance and what you feel comfortable wearing. For more interesting and exciting vintage finds \$5 to \$30, visit Natalia's website at ragemarket.bigcartel.com.

Hai Ha Nguyen is a Fashion Design student who loves to discover the new trends in street fashion. Follow her on Instagram at [instagram.com/haihanguyen7](https://www.instagram.com/haihanguyen7) 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.

Once upon a dare

MILOS KOVACEVIC
THE CONCORDIAN

MONTREAL (CUP) — For comedian Andrew Searles it all started with a challenge. One night a friend dared him to open for comics Joey Elias and Ryan Wilner at a John Abbott College comedy show. At the time, he thought it would be a fun experience, nothing more.

Now it's 10 years later and he's one of Montreal's most dynamic comedians, entertaining crowds from coast to coast.

For Searles, comedy allows him to be himself, only more so.

"I'm on stage, cracking jokes, hitting on girls in the front row, shooting down the jock who's being a douchebag."

And at the end of it all?

"After you do an amazing show, and you get off-stage, they say it's better than any drug you could ever take in life. The rush you get ... nothing beats it."

Searles has worked hard to achieve the success he experiences today. For years he would analyze videotapes of his shows, studying everything he could, even the way his audience reacted to his body language. All his hard work has made comedy a seamless extension of his personality.

"People say we make it easy. People say comedy's a quick thing, but it takes years to become seasoned."

So what makes a professional comedian? Many things, according to Searles. Improvisation, knowledge of crowd psychology and brazen confidence are all key to the process.

"You have to be 110 per cent confident you're ready for what they're going to say next. I have to show that I'm ready to handle anything that's being thrown at me."

Despite steadily touring across the country, he still maintains strong ties to Montreal's comedy scene.

"I still go back to open mics to work on new material. Montreal definitely has camaraderie. We all help each other."

Recently back from his latest tour, Searles isn't as narrowly defined by his comedy as one would think. He's also making steady forays into the acting world. In the year and a half since graduating from the John Molson School of Business with a degree in marketing, he has quit his part-time job and is now pursuing acting alongside his comedy.

"Acting has always been my main goal, the end result. Comedy was something I fell into. Between juggling school, comedy and acting, I could only do two out of three."

As his marketing degree was more of a fallback plan, comedy was the option that made the cut.

"Now I'm at the point where I can focus on my comedy and my acting. Now I'm ready to push both of them to the next level."

His upcoming projects are as numerous as they are different. In February, as part of Black History Month, he will be participating in the second annual run of The Underground Comedy Railroad, a showcase of black Canadian comedic talent.

"A lot of black comedy we see is from the U.S. We're often overshadowed by the American black comedy scene so I think this show is a way of showing off black Canadian comics," he said.

Screen wise, he'll be featured in a soon-to-be-released web series as well as having some face time in a new Roland Emmerich (*Independence Day*) film alongside some big Hollywood names.

With such ambitions, where does he see himself in the future?

"I'd like to live in Los Angeles, juggling the comedy and acting careers. And Jessica Alba. Maybe live in a jet at some point and fly around."

Curing the midwinter blues



MAKE THE LOOK YOUR OWN
AMY LEGGE

Christmas is over. The thrill of the first snowfall has come and gone. Your enthusiasm for wearing a puffy parka and snow boots is dwindling by the minute. The warmth of summer is so far away that you start to use Seasonal Affective Disorder as an excuse to sloth around in sweats and eat your weight in chocolate.

Chin up, buttercup; there is some light at the end of the tunnel. While it is still too cold to work flip-flops and halter tops into your wardrobe, there are fun ways to inject a little springtime into your winter ensembles without losing any appendages to frostbite.

In a lot of ways, summer is a state of mind. You can slip a few tricks into your beauty routine to aid in your delusions on a daily basis. Mix in a little self-tanner with your regular moisturizer (for

both your face and your body); you'll achieve a noticeable glow that gives a natural look and avoids the 'Dorito effect' caused by fake n' bakes. Amp up your bronzer usage and use warm, golden shades of makeup to fit in with your sun-kissed aesthetic. Experimenting with pops of bold colour, such as choosing royal blue liquid eyeliner instead of basic black, can also lighten up your look and get you thinking spring.

In terms of clothes and accessories, it has never been easier or more on-trend to mix spring pieces into your winter wardrobe so you can fashionably transition from one season to the next. One easy way to add some colour is with neon accents on neutral pieces. Belts, bags, shoes and tops in basic beige, black, white and cream are elevated with thin piping in neon pink, green, yellow or orange.

Purses and clutches are being seen in all kinds of bold colours – especially tangerine, red and daring blue. Even if the weather restricts you to wearing your most drab duds, choosing bright acces-

sories can liven up any outfit (and mood!)

Patterns are also a spring and summer trend that you can work into cold-weather clothes. Nautical navy and white stripes always work in summer months, but a simple striped top under a cardigan or blazer is just as appropriate mid-winter. Florals, graphic prints in pretty colours, and pastel colour blocking are also light and airy options that can work for winter.

One last bit of food for thought is to consider mixing heavy and lightweight fabrics. Sheer, slinky and silky fabrics, while not altogether warm, can be appropriate in the winter, if you do it right. The key is layering. It's also best to keep lightweight fabrics on your upper half. I've never seen a woman wear a chiffon skirt in the winter and thought, *how appropriate; she must be warm and fashion-savvy*. However, I do admire a girl who can work a mint green bow-front silk blouse in the winter while staying warm, chic and seasonally appropriate.

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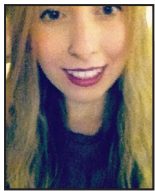
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WWW.FANSHAWEC.CA/POSTSEC

Spicing up your rez room



TURN BORING SPACES BEAUTIFUL
BRITTANY ROACH

Feeling tired and uninspired with your dull residence bedroom? Well, I have some quick and easy solutions to help brighten and spice up your room!

I lived in Fanshawe's residence for two years. In my first year I quickly grew tired of the boring white walls and basic furniture that was supplied. I knew I had to transform this dull room into a space that had excitement and colour, but Fanshawe residents must follow a list of rules that limit what they can and cannot do to their bedroom. With a passion for design and high determination, I came up with several solutions to create a residence bedroom that will have character and beauty.

Picking out the colours that you want to have in your room is the first decision you need to make when you are redecorating your bedroom. The next is to pick out your bedding! When you're limited to keeping your walls white, I suggest having a bedspread that is full of colour, patterns and even texture. The bed is commonly decorated to be the focal point of the room, so adding throw pillows and a blanket is a must. Pick out a colour or two from your bedding include them in the pillows and blanket to create a unified look.

Once you have your bed com-

plete, the next thing to do is pick out a small area rug. Again, I suggest choosing a colour from your bedding for your area rug to maintain a unified look. Place the area rug at the side of your bed where you have the most floor space available. The rest of your room will be used to accent your focal point, the bed.

Covering up clutter and adding extra furniture and art pieces are other great ways to spice up your room. One simple way to cover up your closet clutter is to use a tension rod and curtains. A tension rod is essential because you do not have to drill any holes in the wall to put it up. To keep the unified look, pick out a curtain colour that is included in the bedding cover. You can add extra furniture by bringing a TV or night stand into your bedroom. These types of items will personalize your room and create extra storage.

I recommend having art pieces such as photos and pottery that will accent your bedding to continue the unified look. Adding pictures to your room is simple thanks to 3M's Command Hooks. These easily removable hooks allow you to put up artwork up without drilling any holes in the wall.

You do not have to feel tired and uninspired with your dull residence room anymore. By following these simple steps, there is no doubt that you will be able to create a bedroom that you desire. These steps make it easy and possible to transform your room, even with all of the rules. Enjoy the rest of the year with your spiced-up room!



CREDIT: BESTHOUSEDESIGN.COM

Don't let your residence room's plain white walls get you down – inject some colour and make your space pop!

'Snow' nice to meet you

VICTOR KAISAR
INTERROBANG

If you look outside your window right about now, you'll probably see snow. In fact, I really don't think it's all that bad, considering that I grew up with mild (though I thought them cold when I was experiencing them) winters in India. Given that this is just my second winter with snow outside my door, I expect it'll take a few more years and a ton of snow before I publicly moan about my hatred towards large amounts of snow.

In fact, I distinctly recall a tweet I sent out during the Christmas break on the morning of December 27, 2012. With winter boots on my feet and quite possibly all the clothes I took with me to Toronto on me, I began my first adventures of shovelling snow and scraping cars.

'Oh, what it's like to pretend I'm 10 again.'

As the pile of snow beside the driveway grew bigger, big enough to perhaps make a snowman, my mind raced, perhaps to the point of imagining how most of you reading this grew up. Shovelling driveways to make that extra buck before heading on home to warm up and grab some sticks for a game of hockey. How I wish I had that while growing up.

Needless to say, I had to stop myself from going down the block

asking people if I could shovel their driveway for a small fee. While I may feel like a 10-year-old inside, I didn't imagine people would believe that a 10-year-old could be six feet tall. Reality sucks at times, I tell you. But frankly, that wasn't the worst thing that happened. Living in a house with my cousins – all girls – who showed next to no interest in hockey made me want to cry. All I'd wanted was to play a game of pond hockey. Is that too much to ask for?

Anyway, while I wait to play my first pond hockey game, I move on. A white ending to 2012 – perhaps that's all I could ask for whilst wrapping up an entire calendar year in Canada. In fact, my dad looks at me with disdain when I refer to 'nine-degree weather' as mild. It's funny when I think about it, though; just over a year back, nine degrees was all I could manage, and now it's next to nothing when outside it's a nice, chilly -28 on the Celsius scale.

Old Man Winter's been a fun one this time, especially since I can now poke fun at some people I know who moved to North America for school last fall. With one year of winter experience under my belt, and being able to understand why some Canadians hate the amount of snow they get, I feel just a little more welcome to Canada.

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Mon Jan 28th

Call of Duty Tournament

R1020, 7:30pm

\$5 registration @ Biz Booth

CALL OF DUTY

Tues Jan 29th

Residence Games

7pm–9:30pm

FSU Student Centre – SUB Courtyard

Register in advance with fsuathletics@fanshawec.ca

Tug of war, Dodgeball, Snowball Toss, College Scavenger Hunt

Chance to win Prizes!!



www.fsu.ca/residencegames

Tues Jan 29th

Deal or No Deal Contest

12pm

Forwell Hall, free to enter on the spot

Chance to win \$1000!



Wed Jan 30th

Comedy Night

with Dave Merheje & Trixx

Forwell Hall, 9pm, no cover



Thurs Jan 31st

SnowJam Pub

with Di Rick O Shea

Out Back Shack, 9:30pm Doors

\$3 adv/ \$4 door, tickets available @ Biz Booth





CREDIT: MELANIE ANDERSON

Grilled tilapia in a savoury mango shrimp butter was my main course at Aroma Mediterranean Restaurant when I dined there during this year's Londonlicious.

Delicious Londonlicious



MEL'S MUNCHIES
MEL ANDERSON
m_anderson6@fanshawec.ca

Londonlicious "The Blizzard Edition" has fallen in London and is melting mouths across the Forest City. This year there is a wide variety of restaurants with flavours and dishes from across the world just waiting to cater to any adventurous eater.

You can try a taste of Hungarian and European food at Budapest Restaurant, try Curry's authentic Indian cuisine, or cozy in to Fellini Koolini's for some delectable Italian pasta. I chose to attend one of my all-time favourites: Aroma Mediterranean Restaurant.

It's a fairly pricy place, so this culinary festival gives me the opportunity to enjoy a three-course meal without breaking the bank. The 35 participating restaurants are offering three-course fixed price menus that range from \$15 to \$35. Aroma is offering a \$25 three-course menu for the chicken, tilapia or vegetarian option or \$30 if you're craving the New York steak.

On this particular evening, I was craving seafood. Aroma has some of the best seafood in town, imported fresh from the Iberian coast in Southwestern Europe. For an appetizer, I had the choice of Cream of Seafood Soup, Petit Village Greek Salad, and Aroma Soup du Jour. I chose the seafood soup because it's to die for. The rich and creamy soup is filled with large chunks of lobster among other sea creatures and is made with grilled fennel and a dash of port wine. Absolutely delicious.

For my main course I chose between Stuffed Chicken Supreme, Grilled Salmon, and New York Steak. I surrendered to my seafood craving once again and chose the Grilled Tilapia. It was a large portion-size and beautifully arranged. The thick pieces of tilapia were topped with three medium-sized prawns in a mango shrimp butter sauce. After squeezing some fresh lemon on top, the sauce was light and refreshing, mixing sweet mango taste with a bit of zest.

The mound of scented rice was garnished with a mix of julienne-cut peppers, onions and zucchini. The seasonal vegetable medley included fresh carrots, green beans, zucchini and red and green peppers.

My third and final course looked so gorgeous I almost didn't want to touch it... almost. The Chocolate Bailey Truffle Ganache Cake was beautifully displayed as it sat in a plate-sized pool of homemade strawberry sauce. The actual cake was a little bit too dry for my liking, but the ganache was rich and creamy.

For \$25, I would say my meal was more than well worth it. Aroma doesn't have one of the biggest menus, but as a seasoned Londonlicious participant, I can tell you that it definitely has some of the freshest food and largest portion sizes out there. Aside from the amazing food, the ambiance, atmosphere and live music on the weekends make for an outstanding dinner out. Remember, Aroma is just one of the 35 participating restaurants across the city. You have until February 3 to get out there and taste what London has to offer.

Don't flake out on this winter

festival – it doesn't require your snow pants, just an open mind and eagerness to try some of London's greatest original meals.

For more information and a list of participating restaurants, visit londonlicious.ca.

If you have a restaurant or recipe suggestion for Mel's Munchies, email her at m_anderson6@fanshawec.ca

The other side of Hitchcock

ISABELA SASAKI
THE CONCORDIAN

MONTREAL (CUP) — Complete with "Hitchcock blondes" and the famous *Psycho* shower scene, the biopic *Hitchcock* shows moviegoers a glimpse at the life of the mastermind behind the 1960 cult classic.

Directed by Sacha Gervasi, *Hitchcock* begins with an unrecognizable Anthony Hopkins as the master of suspense, and Helen Mirren as his wife and right hand, Alma Reville. The film takes the audience behind the scenes of the film *Psycho*, but also shows the influence Alma had on Hitchcock during that turbulent time.

Based on the book by Stephen Rebello, *Alfred Hitchcock and the Making of Psycho*, the movie begins after Hitchcock receives some bad reviews about his film *North by Northwest*. Frustrated, Hitchcock feels that drastic change is required to convince the critics that he hasn't lost his touch.

When a newspaper publishes the story of murderer and body snatcher Ed Gein, Hitchcock is inspired. Hitch, as he liked to be called, develops a small obsession with the bloody story and decides to turn it into a movie. However, Paramount decided they wouldn't finance the movie so Hitchcock, as a headstrong artist, decided that he would make the movie regardless. He mortgaged his house and started production on *Psycho*.

While the making of his greatest movie is one of the main points of the picture, his relationship with his wife is also in focus. It is portrayed in a way that is not distract-

ing, but complements the film as a whole, unifying the biography of Hitchcock.

Alma was Hitchcock's friend and counsellor and much more than just a wife. However, they had a sexless marriage and thus Hitchcock became obsessed with his consistently blonde leading ladies—since referred to as "Hitchcock blondes". In the meantime, Alma spent her time with writer Whitfield Cook, which caused Hitchcock a great deal of jealousy. Despite their far-from-perfect marriage, their relationship is admirable because of the amount of support and companionship they continued to show each other in spite of infidelity.

The remake of the classic shower scene with Janet Leigh was beautifully played by Scarlett Johansson. Considering that it is one of the most famous scenes in movie history, the expectations were high. Johansson's acting throughout the film was not spectacular – never being quite believable, but that scene in particular was a piece of art.

Hitchcock is easy on the eyes; Jeff Cronenweth's cinematography is just right, using the perfect amount of suspense in each take, the right amount of light and camera velocity when approaching the subject. The photography was never boring or dull. The editing is also at its best; each scene flows naturally to the other.

The movie gives the audience a shallow yet elegant depiction of Hitchcock's life as the famous director of *Psycho* and as a husband who argues with his wife, has insecurities and snores at night.

Career and Summer Job Fair

Career Week Schedule

Monday, February 4th
Sarah Burke from FM 96
11 A.M. – 12 P.M.
M Atrium M3001

Exploring Entrepreneurship with
The Small Business Centre
and Biz Inc
12 P.M. – 1 P.M.
D1060

Tuesday, February 5th
Making Your Mark:
How volunteer work can boost your career
Presented by Murray Faulkner & Pillar Not for Profit
12 P.M. – 1 P.M.
D1060

Careers with the Canadian Armed Forces
12 P.M. – 1 P.M.
D1016

Wednesday, February 6th
The 10th Annual Career and Summer Job Fair
10 A.M. – 2 P.M.
Gym 1-2, Gym 3

Thursday, February 7th
Social Media / E-Portfolio For Your Job Search
Presented by Kevin Weaver, Chair of the School of Information Technology
12 P.M. – 1 P.M.
T1003

Friday, February 8th
SWAP Talk (Student Work Abroad Program Presentation)
12 P.M. – 1 P.M.
H3013

Careers in Policing
O.P.P. Presentation
With Sgt. Bill Hibbert
12 P.M. – 1 P.M.
D1060

Career Services, Co-operative Education and Community Employment Services Present

The 10th Annual Career and Summer Job Fair

Wednesday, February 6, 2013
10 a.m.-2 p.m. - JGym

10TH annual

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Van Damme and Lundgren soldier on



Cinema Connoisseur
ALLEN GAYNOR
www.cinemaconn.com

Universal Soldier: Day of Reckoning (2012)



When one thinks of great pairings in cinematic history, certain names come to mind. Katharine Hepburn and Spencer Tracy. Fred Astaire and Ginger Rogers. Bob Hope and Bing Crosby. However, for my money (which I keep in a burlap sack with a dollar sign on it), there is no greater duo than Jean-Claude Van Damme and Dolph Lundgren.

Back in 1992, Van Damme, a.k.a. “the Muscles from Brussels,” sprouted onto the big screen in *Universal Soldier*, alongside Sweden’s finest non-meatball or bikini team export Dolph Lundgren. Luc Deveraux (Van Damme) and Andrew Scott (Lundgren) portrayed two deceased soldiers who are re-animated and turned into the ultimate killing machines.

There have been six films in the *Universal Soldier* franchise. Entries two through four are not considered part of the cannon, and thus not really essential viewing. I have only seen the first film (two decades ago), and now this latest installment, and didn’t find myself lost at all. So there is no need to track down all six films and stage a 10-hour *Universal Soldier* marathon this weekend. Although that does sound like a good time. I wonder if Mrs. Connoisseur would go for that.

Twenty years after the first installment, Van Damme and Lundgren (who also teamed up recently in *The Expendables 2*) are reunited in *Universal Soldier: Day of Reckoning*. With a cast that also includes rising action star Scott Adkins (*The Expendables 2*, *Zero*



CREDIT: MAGNET RELEASING

Dark Thirty) and former UFC Heavyweight champion Andrei “The Pitbull” Arlovski, you can rest assured that *Universal Soldier: Day of Reckoning* delivers plenty of bang for your buck.

Adkins portrays the hero of the film, John. The film starts in a shocking manner, as John’s wife and daughter are murdered by the hero of the previous entries, Luc Deveraux. John embarks on a mission to avenge their death by tracking down the man responsible. Along the way he is pursued by a new breed of UniSol (Arlovski) who is one of the most ferocious villains I have ever seen. Reminiscent of the T-1000 in *Terminator 2*, it makes sense that someone with the nickname “The Pitbull” and a storied history in mixed martial arts would be asked to take on the role. I mean, I’m sure Dame Judy Dench was the first choice, but Arlovski isn’t a bad second option.

Deveraux and the rest of the genetically engineered soldiers hang out in the ultimate man cave, an underground lair where impromptu fights break out to eliminate the dead weight. John eventually comes face to face with the man who ruined his life. But along the way, he comes to some startling realizations about himself that add an extra layer of intrigue

to the story.

Although Van Damme and Lundgren are the two most prominently promoted names attached to this film, it really isn’t their film. The aforementioned Adkins and Arlovski both receive far more screen time. I know that it makes good business sense to tout the names of the two biggest stars attached to the project, and it also makes sense to feature these younger actors. Let’s face it, Jean-Claude Van Damme and Dolph Lundgren won’t be around forever. Oh sure, they will live forever in our hearts and minds, but until scientists get off their duffs and figure out a way to keep these two action icons alive forever, the torch will need to be passed to a new generation of soldiers. But even though I understand the reasoning behind it, I still was disappointed by the sparing use of Van Damme and Dolph. Luckily the special features include separate interviews with the two, as well as discussions with Adkins and the film’s director, John Hyams.

Universal Soldier: Day of Reckoning will no doubt be universally loved by fans of both the stars and of the previous installments. The film arrived on home video on January 22, so march to your nearest retailer to grab your copy today.



CREDIT: COLUMBIA PICTURES

Jessica Chastain takes on the lead role of Maya in *Zero Dark Thirty*.

Zero Dark Thirty misses the target



REEL VIEWS
ALISON MCGEE
a_mcgee3@fanshawonline.ca

Zero Dark Thirty (2012)



It was one of the biggest moments in American history: the raid on a compound in Pakistan by Navy SEALs Team Six that ultimately killed Osama bin Laden. She is one of the greatest filmmakers of recent times, particularly when it comes to modern war-related films, who won an Oscar for *The Hurt Locker*. When combined, these two should make for one of the most poignant films of the year. You might think that... but you’d be wrong.

Zero Dark Thirty tells the most-ly true (or is it maybe true?) story of the CIA agent who worked tirelessly for nearly 10 years to track down and assassinate Osama bin Laden. The details on the accuracy of the film are still a bit hazy, but director Kathryn Bigelow maintains that she spoke extensively to the agents upon whom lead character Maya is based, while the current director of the CIA has made public statements saying the film is heavily fictionalized.

Whether accurate or not, the film follows CIA agent Maya, who is working at the American Consulate in Pakistan, and her hunt for anyone who can lead her to bin Laden. From interrogation scenes that prove more than a little unnerving to bombings at U.S. Air Bases to an attempt on Maya’s life, the road is a long and difficult one for the hard-working agent who refuses to give up.

The cast of the film is perhaps its one and only strong point. Jessica Chastain, who has been enjoying critical acclaim for many of her roles in the past couple of years, takes on the role of Maya. Her character begins as a timid, unsure of herself agent who is forced to learn the harsh realities of interrogation techniques in a hurry. By the end of the film, she evolves into a confident, assured woman who knows exactly what to do and how to do it. In a word, Chastain’s performance is powerful.

Stepping in beside Chastain is Kyle Chandler as Maya’s boss Joseph Bradley. Bradley serves his purpose as the fall guy when the Detainee Program is shut down, thus bringing a swift end to prisoner interrogation that borders on torture, but also proves to be a strong presence on screen when it comes to supporting Maya.

Jennifer Ehle takes on the role of Jessica, Maya’s closest friend, another CIA agent working at the American Consulate. Ehle is giddy onscreen, a positive presence in an otherwise dark story.

Rounding out the cast is James Gandolfini as the director of the CIA. Though he plays the character with perhaps a slight lack of intelligence, Gandolfini has that certain strength onscreen when playing powerful men.

The problems with *Zero Dark Thirty* just seem to keep piling on. Lazy filming techniques make the audience dizzy, the storyline is fractured in odd places and accelerated through others, the men in Team Six are given very little presence and the entire CIA organization is made to look like bureaucratic fools. The real trouble with this film is simply that since *The Hurt Locker*, we all know Bigelow can do so much better.

Shun the shaky cam



McGee’s Movie Moments
ALISON MCGEE
a_mcgee3@fanshawonline.ca

Ever since I saw *The Perfect Storm* in theatres and had to make a real effort to keep my lunch from coming back up, I have been solidly in the I-hate-shaky-cam camp. The more I studied film, the stronger my hatred grew.

This past weekend I got the chance to go out and see *Zero Dark Thirty*. Now, I had a couple of problems with this film, particularly the title – coming from a military community, not using the proper terminology for things is a pet peeve of mine – but the biggest one was the extensive use of shaky cam.

Everyone knows what shaky cam is, right? It’s when the camera is carried around by hand or balanced on a person’s shoulder instead of being placed on a tripod – think *Cloverfield* and *Super 8*. I do admit,

and give credit to the fact, that shaky cam is a legitimate filmmaking technique. My problem with it comes when it is overused and relied upon too heavily.

When making movies like *Cloverfield*, it makes perfect sense that a tripod wouldn’t be used. The entire point of the viewing experience is that you are watching footage that one of the characters within that film captured while running away from a giant monster. Of course they don’t have time to set up a tripod. In this instance, shaky cam as a stylistic choice makes the film seem more accurate, more real.

But now let’s take *Zero Dark Thirty* as an example of when shaky cam is not the best choice, stylistically speaking. In this case at least two-thirds of the film is set within office buildings of one kind or another – CIA headquarters, the American consulate, the Situation Room – and the rest of the film is spent chasing down suspects and raiding a compound in Pakistan. Sure, use shaky cam for the raid, the city street scenes and possibly

even the interrogation scenes, but I find it not only totally unnecessary but also very distracting when it is used in interior shots.

When a handheld shot is done during an office scene, for example, the cameraperson isn’t moving around so the shot has the illusion of being almost steady. However, because even camerapeople need to breathe, the shot moves slightly.

If we’re being honest here, I have to say that extensive use of shaky cam, of which *Zero Dark Thirty* is not the only offender, is lazy filmmaking. If you can’t take the time to set up a tripod to capture the shot properly, you aren’t really putting in the effort. You’re really just saying, “Hey, you. Grab that camera and stand over here and film.”

Hopefully some directors will realize that most audiences aren’t a big fan of the shaky cam style for a two-and-a-half-hour flick. It’s dizzying, nauseating, infuriating and a whole host of other adjectives. So let’s all try to shun the shaky cam, okay?

Consider this before opening up shop



THE REAL WORLD
Jeffrey Reed
jreed@fanshawec.ca

The world of entrepreneurship is not for the faint of heart. Since I established my corporate office in 1989, I've jumped through more hoops than the entire crew of Cirque du Soleil. The combination of providing products and services, pleasing current clients and seeking new customers can be a Bermuda Triangle of business.

If you are considering the world of self-employment, here are my top 10 points to ponder before jumping in feet first and eyes closed.

1. Do What You Love

It's Fanshawe College's current slogan, and it has been my motto from the first day I opened my door to self-employment in 1989. It's not always easy obtaining a job that doesn't see you counting down the minutes on a Friday afternoon, but landing a dream job should always be your ultimate professional goal. The premise here is simple: if you love your job, it's not work. As an entrepreneur, you had better love your chosen career, or else you are setting yourself up for failure.

2. Diversity Is A Must

No matter what your profession, make sure that you offer a variety of products and services. As a professional writer, I offer a myriad of media relations and journalism stories for both print and new media. But I also provide clients with pub-

lic speaking, photography, broadcasting and video services. The more talents you bring to the table, the more valuable you are in the eyes of your current and prospective clients.

3. Define Yourself

One of the largest obstacles facing an entrepreneur is helping clients understand exactly what it is they offer. People like to pigeon-hole — they're afraid of the unknown or misunderstood. By explaining in simple terms what you have to offer your customers, they'll feel more comfortable doing business with you.

4. It's Not Personal, Sonny

That famous line from Al Pacino (my favourite actor) in, *The Godfather* — "It's not personal, Sonny, it's strictly business" — holds some truth in the legitimate business world. But here's how I conduct my day-to-day operations. If I don't respect an individual or a company, and/or they don't respect me, then why would I want to do business with them? Trial and error is necessary — I've dealt with countless clients whom I'll never do business with again, and for a number of reasons, with non-payment and unprofessionalism leading the pack. But after a while, you develop a sixth sense for sniffing out the undesirables.

5. Do Your Homework

Each time I pursue a new client or prepare for a first meeting, I invest heavily in time spent researching their company history, their own products and services, and their needs. When you walk through their door and shake their hand, hit them with a strong

knowledge of their daily operations. A strong first impression lasts forever. Knowing what a client is all about helps you prepare for success.

6. Work Smart

Time management skills are just as important as any skill necessary to producing products and providing services. As previously discussed in this column, organizing your commitments is a must: without discipline in this area of business, you may as well go work for someone else.

7. Balancing Act

Perhaps the toughest element of entrepreneurship is balancing existing business with the task of pursuing new clients. How much work is enough? Without constantly growing your business, you're taking two steps forward and three steps back. You never know when a relationship will end — and you never know where you're next client is waiting.

8. Burning Bridges

Early in my career, I foolishly burned a lot of bridges. Inevitably, some business relationships will turn sour, but always end a relationship with a smile, a handshake and well wishes. I've seen many relationships revived for the better because of professionalism during initial departure. People can change — and that includes you.

9. Network Like There's No Tomorrow

Social media use is a must for any modern entrepreneur, but so are face-to-face relationships. Networking has long been a buzzword for success. I belong to a number of professional associa-



CREDIT: STOCK PHOTO

tions and continue to obtain clients via this route. Marketing — even during good times — is a must, too. To borrow a line from singer/songwriter Bruce Cockburn: "If a tree falls in the forest, does anybody hear?"

10. All Work, No Play

Finally, remember: all work and no play is not a good formula. Sure, there are times when you'll be chained to your desk. But find-

ing the perfect balance between your professional and personal lives is the real secret to success.

Award-winning journalist Jeffrey Reed is a Fanshawe College professor with the Corporate Communication and Public Relations post-graduate program and an instructor with Fanshawe's Continuing Education department. Email him at jreed@fanshawec.ca.

Jian Ghomeshi conforms to stand out in 1982

MEGHAN O'NEIL
THE AQUINIAN

--FREDERICTON (CUP) — In 1982, Jian Ghomeshi put on pointy boots, picked up purple eyeliner and went through countless bottles of hair gel hoping to fit in with the cool kids.

Despite a fortunate change in Ghomeshi's fashion sense, the host and co-creator of CBC's cultural affairs show, *Q* said he hasn't entirely escaped his teenage insecurities.

"If you take a position in favour of gay marriage, or against a war, or for funding to the arts, there are going to be people who don't like that," said Ghomeshi over the phone from his Toronto office. "Sometimes that can send me right back to the kid who wanted to fit in, but it doesn't ever prevent me from making my case. So I think that's always been in me."

Ghomeshi's "somewhat naive" 14-year-old voice takes readers through one pivotal year of his teens in 1982, which hit bookstores in September.

Of Iranian descent, Ghomeshi was born in London, England before moving to Thornhill, Ontario, a white-bread suburb of Toronto, when he was seven. He wanted nothing more than to be like his idol, David Bowie. This was seemingly impossible because of his olive skin and "industrial-sized" nose.

He includes the word "nose" 18 times in 278 pages. They aren't all references to his nose, but noses in

general. An impossible-to-ignore, defining feature for a young immigrant.

"It was very obvious I was different from others, and there was this real desire for acceptance and wanting to fit it, but having said that, I've also, from a young age ... I did have a critical mind."

That inquisitive nature has helped earn him a national audience that's spilled over the American border. *Q* is aired on CBC Radio One, shown on CBC Television, and was picked up by Public Radio International.

Q is the highest-rated show in the late morning time slot in CBC history and enjoys the largest national audience of any cultural affairs program. Ghomeshi's smooth voice first greeted listeners over the airwaves on *Q* in 2007.

Since then, he has conducted a range of high-profile interviews from politicians like Al Gore, to musical icons like Paul McCartney and Leonard Cohen, not to mention an infamous on-air interview with Billy Bob Thornton.

"On a visceral level, music always affected me. I can listen to some of that now, whether it's The Clash, or Bowie, or D  p  che Mode, music of that period, it'll set me back there right away. It's such a trigger for me, and it's been such an important part of my life and obviously continues to be."

1982 is told in 12 tales, each appropriately titled with a song and musicians ranging from The Clash, Rush, Culture Club and of course,

Bowie.

At the time, New Wave was emerging, experimenting with electronic sounds. Ghomeshi tried desperately to be a New Waver, which meant looking like you didn't try. This proved difficult.

He hung around the theatre room at his high school, and eventually became part of its coveted theatre troupe. He also formed a few bands and was in the vocal group.

Despite his desire to fit in, he was constantly putting himself in situations to stand out.

Ghomeshi bought tickets to an alternative music festival outside Toronto, The Police Picnic. This is where the book forms its spine.

"It's a major coming-of-age moment. It all kind of comes to a head."

Ghomeshi recounts discovering his new favourite band, Talking Heads, inviting a girl who looked like David Bowie and letting go of the one thing that was holding him to childhood — his red and blue Adidas bag.

"Here I'm dealing with trying to impress this blonde cool girl — I'm younger than everyone else at this amazing music festival that's all about the music that's such a trigger for me ... All of that's happening on one day and it was pretty epic."

His parents are still not used to their son on such a public platform and profile. In the book, his mother compares him to the white neighbour's children; and his father never could understand the

passion he had for music and theatre.

He dedicated the book to them and gave them a copy before publication.

"It can be really annoying and difficult for them, even though I

think they are ultimately proud of me," he said. "Given their druthers, they would prefer that there would be a book called *'How I Became Successful in Medicine and Also Engineering'*, by Jian Ghomeshi."



CREDIT: CBC

Jian Ghomeshi is the host of CBC Radio One program *Q* and author of the book *1982*.

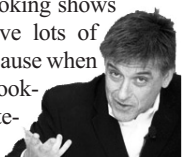
BEST IN LATE NIGHT COMIC RELIEF

THE LATE LATE SHOW with Craig Ferguson

Apps make everything easier these days. To think just a few years ago I had no idea what an app was. Of course a few years ago I had no idea what a Kardashian or a Bieber or a Honey Boo Boo was.

The Sundance Film Festival begins today. The jury is choosing among 87 different films. I'd like be on that jury. I'd bang my gavel and say, "I find your film guilty of being self-indulgent and boring the crap out of me. I hereby sentence you to watch *Weekend at Bernie's*, and anything by Pauly Shore."

If you watch cooking shows on cable, they have lots of British people. Because when you think good cooking, you immediately think Britain.



CONAN with Conan O'Brien

Facebook's new search engine is getting a lot of attention. CEO Mark Zuckerberg pointed out that Facebook can now help people find new friends. He doesn't know that Facebook is for stalking old ones.

An American worker was arrested for paying someone in China to do his job for him. The man is being called lazy, irresponsible, and three years ahead of his time.

Sources are saying that Tiger Woods wants to marry his ex-wife and might be willing to go for a no-cheating clause. This special clause would be known as a wedding vow.

Video game-maker Atari has filed for bankruptcy. Atari fans are organizing a letter-writing campaign to President Reagan.



LATE NIGHT with Jimmy Fallon

I'm sorry if I seem a little distracted; I just confessed to Oprah that when I played T-ball in kindergarten, I was on Juicy-Juice.

In an attack ad, the NRA claims that President Obama cares about his own children more than he cares about other children. In response, President Obama was like, "Yeah, that's how families work."

Cirque du Soleil just announced that it is cutting 400 jobs. So on the downside, hundreds of clowns will lose their jobs. But on the bright side, it'll free up, like, two spaces in the parking lot.

Joe Biden defended the White House's gun-control initiative by saying he actually has two guns himself. Then Biden was like, "And I never leave home without 'em."

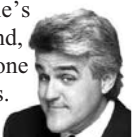


THE TONIGHT SHOW with Jay Leno

It seems a doctor in Germany is being sued by the family of a patient who died after 16 items were left inside of him after the surgery. The doctor said he felt terrible. He tried to call the family but couldn't find his cellphone.

According to the Center for Science in the Public Interest, the top two most unhealthy restaurant dishes were from The Cheesecake Factory. The Cheesecake Factory? It's always the last place you'd expect.

Kim Kardashian said today that in a perfect world she would love being divorced from Kris Humphries before having Kayne's baby. On the other hand, in a perfect world no one would know who she is.



JIMMY KIMMEL LIVE with Jimmy Kimmel

Flu season is here. There's always a group of people who are too paranoid to get a flu shot, even though about half of them have between one and 80 tattoos. What these people are saying is: "I do not trust the doctors to tell me the flu shot is safe and effective, but I do trust the guy with a nose ring to inject me repeatedly with ink."

The president gave a brief but powerful speech. He did not shy away from the many challenges he faces: a massive federal deficit, a conservative majority in the House, an aging population, runaway entitlements, humongous ears.



THE LATE SHOW with David Letterman

Over the weekend, during a routine cleanup, park crews discovered a cannon from the Revolutionary War that was still loaded. Old, loaded, and ready to go — it's like me before the show.

Al-Jazeera has purchased Al Gore's old TV network, Current TV. So it's now owned by Al-Jazeera. And listen to this: \$500 million. This is a little something Al Gore has come up with called "global fleecing."

Al-Jazeera has some fabulous programming lined up. They've got a new show called *Storage Jihad*. They have *Project Burka*. And a show called *Real Virgins of Fallujah*.



The Glow Party in the Out Back Shack attracted a large crowd.

CREDIT: FSU STREET TEAM

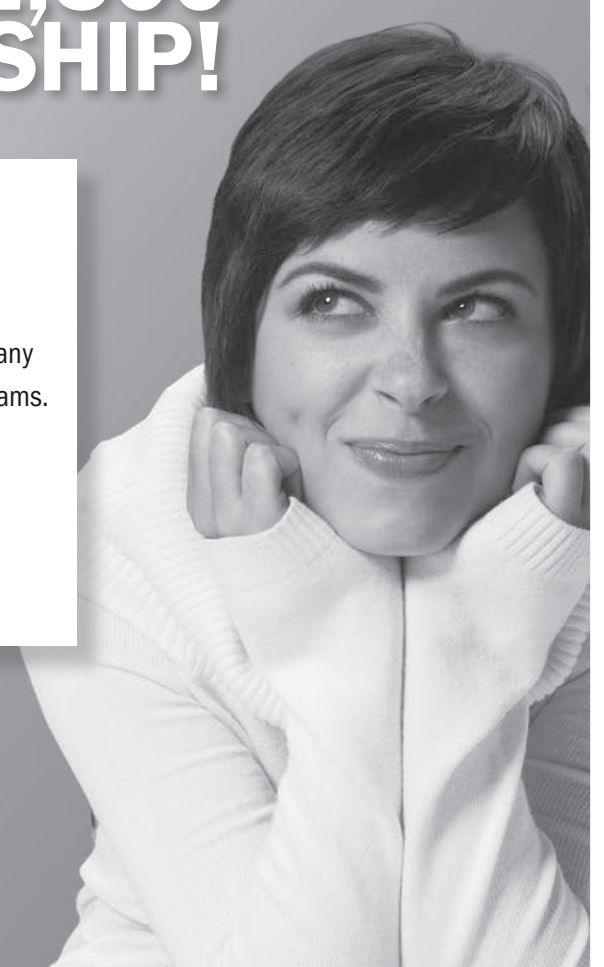
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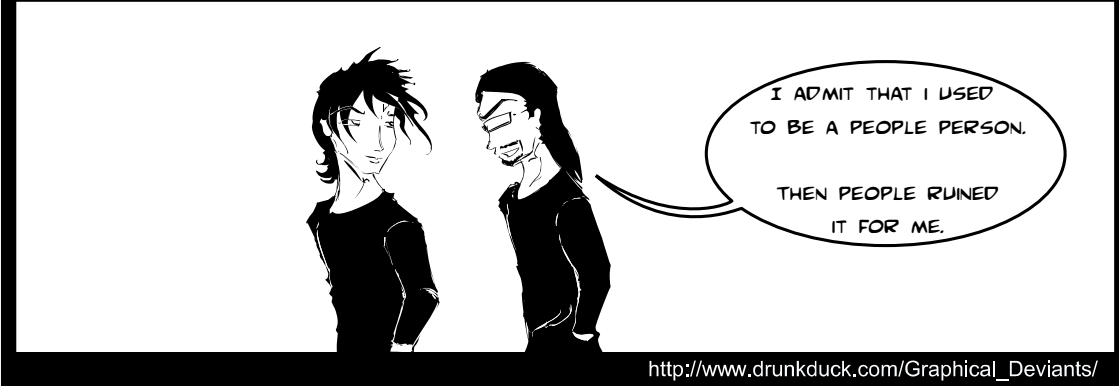
fsu.ca

NOT NEUROTYPICAL



Graphical Deviants

By: Chris Mischak © 2013



Butt sweat n Tears

by Andres Silva



NERDS



Mouthless

"Mother Son Time"

Created by Charles Colling 2013



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zodiacstargazerHOROSCOPE

Aries (March 21 - April 19)
Please the people who matter most and forget the rest. When you're done for this week, there's no need to get started on next week's work load. Spend your sudden gift of time on something relaxing.

Taurus (April 20 - May 20)
You get what you want when you ask for it realistically. Distill all of those wild possibilities into a finite set of workable options. If you're approaching outside sources, your friends are behind you all the way.

Gemini (May 21 - June 20)
Dreaming about change won't bring it any closer. Gemini needs to act before the weekend shuts everything down. Companionship lightens a burden that's become too heavy for you to bear on your own.

Cancer (June 21 - July 22)
You transform into an actor, a fashion model or some other extroverted creature. Speak about subjects on which you're suddenly an expert. Change is sudden and welcome.

Leo (July 23 - August 22)
Communication is hard, and financial transactions are worse. If you take a risk, you might also take a loss. Art and imagination are the perfect outlets for things that you can't do in real life.

Virgo (August 23 - Sept. 22)
You're at the mercy of someone else's schedule. To get the last laugh, make believe that you're having fun. This situation holds a creative potential that might otherwise go unnoticed.

Libra (Sept. 23 - Oct. 22)
The established sequence must be observed. The system will not be bucked. Beautify your own corner of the world while waiting for your day to become the centre of attention.

Scorpio (Oct. 23 - Nov. 21)
Your deepest dreams will suddenly manifest as a very real reality. Take advantage of this extraordinary occurrence, and share the magnificence with the one who's stood by you in times fat and lean. Don't let a minor misunderstanding go unresolved.

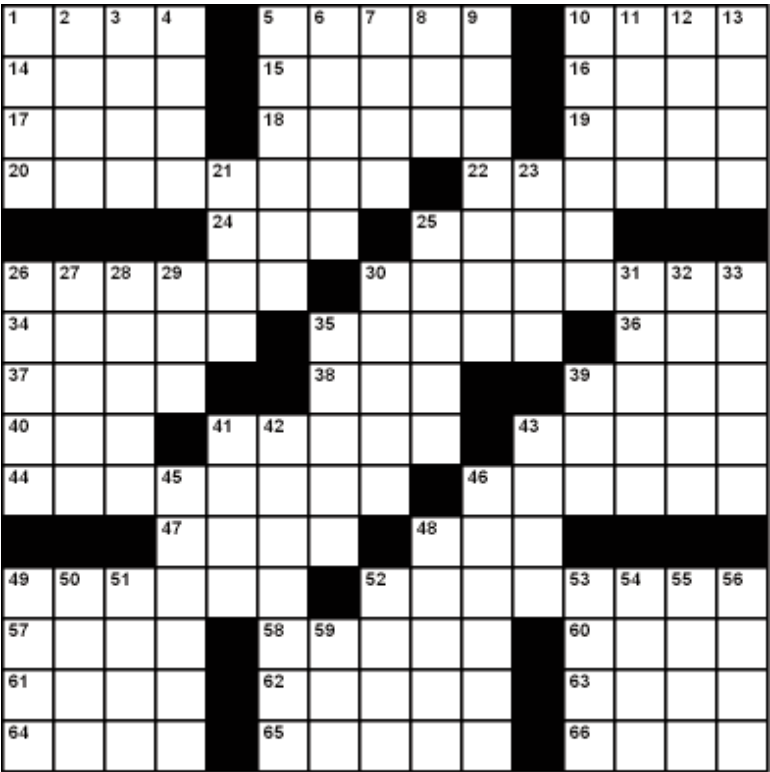
Sagittarius (Nov. 22 - Dec. 21)
Take another glance at the design document. People trust you because they assume that you know what you're doing. With a little forethought, you can end the week looking like a hero.

Capricorn (Dec. 22 - Jan. 19)
You love a good time, especially when it's constructive. Your playful mood sets the tone for a budding relationship. A lunch date could last for hours, or possibly an entire weekend.

Aquarius (Jan. 20 - Feb. 18)
By putting yourself first, you run someone else off the road. At least try to be charming when haste and force are necessary. The consequences, while not instantly apparent, are very real.

Pisces (Feb. 18 - March 20)
Spontaneity is Pisces's unspoken strategy. Your guesses and predictions are as valid as anyone else's published work. The world is the instrument on which you play your magical tune.

- Across**
- 1. Cogwheel's mate
 - 5. Garment worn by Indian women
 - 10. Fruit of the beech tree
 - 14. Region
 - 15. Aviation systems containing telescopic struts
 - 16. Catch sight of
 - 17. Desserts
 - 18. Capital of Belarus
 - 19. Burn the surface of
 - 20. The ABCs
 - 22. Mentally disturbed
 - 24. Marsh
 - 25. Muslim ruler's title
 - 26. Tree
 - 30. Intersecting
 - 34. Cut with a scissors
 - 35. Modern Persian language
 - 36. Tongue-in-cheek rejoinder
 - 37. Cut into small pieces
 - 38. Compass direction
 - 39. Monetary unit of Western Samoa
 - 40. Creative work
 - 41. Unchanging
 - 43. Large musical instrument
 - 44. "___ Ho": pioneer wagon train master's cry
 - 46. The Far East
 - 47. Be impudent
 - 48. Arab garment
 - 49. Member of the governing body of a university
 - 52. Place where metal is extracted from ore
 - 57. Many (2 words)
 - 58. Ancient region on the W coast of Asia Minor
 - 60. Brand of sandwich cookie
 - 61. Autos
 - 62. Period of history
 - 63. Consumer
 - 64. Leg joint
 - 65. Appraises
 - 66. To a distance (comb. form)
- Down**
- 1. Largest of the Three Bears
 - 2. Seed covering
 - 3. Cry
 - 4. Make a sudden whip-like movement
 - 5. Gloomy
 - 6. Foreign
 - 7. Tore apart violently
 - 8. Mythological Greek dawn goddess
 - 9. Igloo dwellers
 - 10. Title given to French-speaking men
 - 11. On the ocean
 - 12. Bridge
 - 13. Lebanese port
 - 21. At a distance
 - 23. Takew effect only on certain conditions (legal term)
 - 25. Made a mistake
 - 26. Expression of contempt
 - 27. Chicago airport
 - 28. Nuisances
 - 29. Musicial syllable
 - 30. Dogs, for instance
 - 31. Representation of a person or object in sculpture
 - 32. Masculine namew
 - 33. Gargantuan
 - 35. Phobias
 - 39. Three (comb. form)
 - 41. Large web-footed bird
 - 42. More pleasing in flavour
 - 43. By word of mouth
 - 45. Fly that feeds on human blood
 - 46. Witchcrafts practiced in the West Indies
 - 48. Head covering worn by priests
 - 49. Horse's gait between a trot and a canter
 - 50. Energy received from enthusiasm
 - 51. Pierce with a horn
 - 52. Nasal mucous (slang)
 - 53. Journey
 - 54. Gaelic language
 - 55. Spool
 - 56. Formerly (preceded by of)
 - 59. German grandfather



QUIRKY FACTS

1. Chanel Tapper, from California, has the world's longest tongue, measuring 9.75 cm (3.8 inches), from tip to top lip.

2. There is enough energy in one bolt of lightning to power a home for two weeks.

3. If you mouth the word "colourful" to someone, it looks like you are saying "I love you."

4. The Main Library at Indiana University sinks over an inch every year because when it was built, engineers failed to take into account the weight of all the books

that would occupy the building.

5. You can actually sharpen the blades on a pencil sharpener by wrapping your pencils in aluminum foil before inserting them.

6. Blue light fends off drowsiness in the middle of the night, which could be useful to people who work at night.

7. Donkeys kill more people annually than plane crashes.

8. On average people fear spiders more than they do death.

9. Your fingernails grow faster in winter.

10. The original game of Monopoly was circular.

11. A portion of the water you drink has already been drunk by someone else, maybe several times over.

12. A portion of the water you drink has already been drunk by someone else, maybe several times over.

13. The microwave was invented after a researcher walked by a radar tube and a chocolate bar melted in his pocket.

14. Men can read smaller print than women can; women can hear better.

15. Sixty-two per cent of people pop their zits.

16. The sound you hear when you crack your knuckles is actually the sound of nitrogen gas bubbles bursting.

17. The number of text messages sent and received in a given day is greater than the world's population.

18. You share your birthday with at least nine million other people in the world.

19. Dartboards are made out of horsehairs.

Sudoku Puzzle

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

puzzle rating: hard

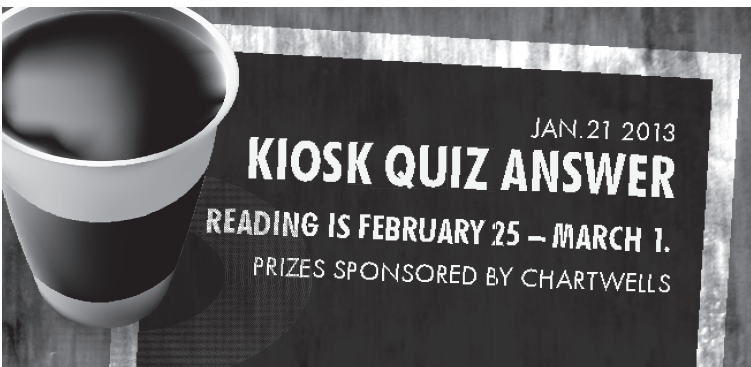
Fill in the grid so that every row, every column and every 3x3 grid contains the digits 1 through 9. That means no number is repeated in any column, row or box. Solution can be found on page 22.

Word Search

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

Unseen Secrets: Cities of the Underworld

(Words in parentheses not in puzzle)		
Ancient	Forgotten (cities)	Scotland
Berlin	Eric (Geller)	Secret (hospitals)
Buried	Lost (rivers)	(Time) capsules
Cisterns	Paris	Vesuvius
Crypts	Rome	Don (Wildman)



Homebody Sandman is battling hip-hop's demons

BLAKE MORNEAU
THE MARTLET

VICTORIA (CUP) — Queens, New York rapper Homeboy Sandman's latest record, *First of a Living Breed*, is another important record in what's quickly becoming a career filled with important releases. Sandman's skill at turning a phrase extends beyond his lyrics, however; he writes eloquently about hip-hop as a genre.

"Where once the hip-hop landscape was rich with the type of diversity believed to have nowhere near the demand that negativity does, today it is completely saturated with the base immorality consumers are said to clamor for," wrote Sandman for the Huffington Post in late 2012. "If negativity is what sells, one would expect hip-hop sales to be at an all-time high."

There's a thread of positivity and forward thinking that runs through the entire album — something that's becoming increasingly rare in hip-hop. It may sound clichéd, but the inspiration for the record came from an oft-cited source: children.

"My nephew just turned four the other day. My niece is five. And, like, they're little human beings, and watching them definitely inspired *First of a Living Breed* and gave me the idea there's going to be a new breed coming that's going to fix things," said Sandman.

Songs like the bouncy "For the Kids" and the startling, dark rap "Illuminati" further establish Sandman's credentials as an intellectual force in the hip-hop game.

After abandoning a Paul White-produced track that couldn't make the record due to problems getting the sample cleared, Sandman chose to include "Illuminati" to fill what he says was "a gap in the record from the standpoint of social commentary." He adds, "I was really happy that I had (that track) to plug that hole."

First of a Living Breed is an album sprawling with ideas both musical and lyrical — a perfect continuation of a career that has been defined by defying expected norms within not just the hip-hop community, but also in the music community as a whole.

"It's like a social experiment," said Sandman. "With music these days, music isn't really what it used to be, to be honest. I mean, there's good music being made, but the music that is popularized is not popularized for the same reasons it used to be."

Uniformity is something Sandman rails against in his music.

"When you look at real artistry, you're going to see variation," he said. "Because real artists believe in the reflection of real life and real people. You see a lot of uniformity in hip-hop and music now, but I don't think that's a real reflection. But people have gotten used to hearing the same thing from people all the time."

Unfortunately, the sameness that runs through modern hip-hop music is one laced with poison — misogyny, violence and disrespect. But that's not the Sandman's game.

"I'm not disrespectful. I really think that's corny, to be honest. There's a lot of insecurity in hip-hop, a lot of me versus myself, me versus women, me versus woman, people that look this way versus people that look like me. I've never really gotten down with that. I try to keep it people based. I try to do this the best I can."

Sandman is one of the strongest opponents of the misogyny that runs rampant through the genre. Songs like "Couple Bars" and "Listen" (from *First of a Living Breed* and *The Good Sun*, respectively) are honest, thoughtful songs about the highs and lows of male-female relationships, never veering into the disrespectful language that seems often to plague even the most conscious of MCs.

"Some guys are like, 'Women are terrible.' Women aren't terrible; terrible women are terrible. Terrible men are terrible. Terrible people are terrible. It's shameful to see the misogyny that goes on in hip-hop," said Sandman. "Seems to me like the amount of respect people show for others is a good indicator of the respect they have for themselves."

Shining an informing light through music and rapping with a social commentary bent is a delicate balancing act that Sandman is all too aware of.

"I feel like what makes it effective to me is being able to say things that people might not think about all the time. Stuff they really want to hear. The fact that they're getting kind of bamboozled in a



PHOTO COURTESY HOMEBODY SANDMAN

New York rapper Homeboy Sandman.

sense makes people uncomfortable. So (the music) needs to be super fresh." And super fresh is just how Homeboy Sandman rocks it.

Always shifting sounds and creating new ways to attack the music and spread the light, Sandman is at the precipice of a promising time not only in hip-hop, but also in all

art and community. A beginning that a whole new generation is a part of — one of wakefulness, thoughtfulness and togetherness.

"We're all coming from the same breed," said Sandman. "It ain't just music, but it's journalism, activism ... that's that breed."

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CREDIT: FSU STREET TEAM

Pocket City on stage at the Out Back Shack during New Music Night on January 18.

Trip courtesy of :

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t

The balancing act in exercise



FUN AND FITNESS
RICK MELO
melo_rick@hotmail.com

You may be wondering what those people in the gym are doing when they are exercising on a core stability ball or bosu ball. Or you may actually be one of those people performing these balancing acts. These types of activities are categorized as unstable surface training. These activities are used for several different reasons including injury rehabilitation and athletic performance.

Let's face it, many sports, such as hockey, football and gymnastics, require balance. It's all about improving one's resistance to disruptions of equilibrium, or in layman's terms: stability. Factors that come into play of one's stability at any given time are body mass, size of base of support, vertical and horizontal positioning of centre of gravity and friction between surfaces (e.g. skates and ice, cleats and grass, sneakers and hard floor, high heels and Jim Bobs). Therefore anyone devising a balance program should take such factors into account.

What many people are really curious about is whether or not unstable surface training improves athletic performance. Studies and expert opinions vary on balance

training, and many of them have justifications.

As we know, strength and power are largely related to neuromuscular integration. Balance and stability are largely related to neuromuscular activity, so you would think it makes sense to train in such a fashion. One thing that is for certain is that unstable surface training reduces force production. It is a no-brainer that we just can't push as much weight when we're standing on a wobbly surface. We have limited neuromuscular resources, which mean we share them between balancing our bodies and pushing the resistance.

Take beach volleyball, for example. There is no way anyone is jumping high out of sand – at least not nearly as high as they can jump off normal ground. Unstable ground doesn't allow us to fully recruit the prime movers of muscle to our maximum potential. Is it possible to train this way to improve your beach volleyball vertical? It's quite possible. Will this unstable training improve your regular ground vertical? No way.

The bottom line is you will never improve maximum strength for athletic performance using unstable surfaces. As we've learned in previous articles, the only way to maximize strength gains is to induce a sufficient stimulus on our muscles to push them to their limit, all the while improving. You simply cannot recruit a



CREDIT: BEFITBEFULL.COM

Working out with a bosu ball can help with balance training.

muscle to use 100 per cent of its strength capacity on an unstable surface. NO adequate overload equals NO maximized strength gains.

Does that mean we should throw out all of our stability balls? Of course not, as they do have their place. Training certain movements on unstable surfaces has been shown to fully activate the muscles involved just as much as regular surfaces. As well, it allows for training various neuromuscular

patterns. These are important reasons why unstable surface training is so successful in injury rehabilitation situations. You can activate muscles without overdoing it in an injured state and you can improve proprioception, which may help prevent future injury.

Unstable surfaces still allow for

strength gains, especially in beginners. They just don't provide the mechanics for peak strength development. In the end, balance training is more effective for balance training. Maybe we should start implementing it with the elderly to help them avoid catastrophic falls.

Lancers working hard on and off the ice

RYAN SPRINGETT
INTERROBANG

The (29-5-3) Lambeth Lancers are making news as the most dominant hockey team in the Southern Ontario Junior Hockey League; they are currently sitting in first place in the league, setting a new franchise record in points and heading into playoffs with home ice advantage.

What isn't grabbing headlines is their work in the Lambeth community.

When these players are not on the ice, they are giving back to the community that has supported them this season, something Fred Bauer, president of the Lancers, likes to see.

Fanshawe student and Lancers forward Mitch Thomas has registered 21 points in 29 games for the team. He stated that the players care about giving back to their community. To show their appreciation for the team sponsorship by Lambeth Foodland grocery store, the players helped out during the Christmas season by bagging groceries for customers and helping them bring the bags to their cars.

Assistant captain Connor Chilvers also attends Fanshawe College, in addition to volunteering at Lambeth Public School. Spending time with the kids is something Chilvers said is very rewarding. "Freddy (Bauer) likes to keep us close to the community ... it really doesn't feel like work."

Despite their work on and off the ice, the Lancers haven't seen much publicity, unlike other sports

organizations in London and area. Chilvers said he doesn't believe the publicity matters in the grand scheme of things; "We're just playing for each other, our (home) games are on school nights, so it would be tough to get young kids out to the games."

The Lancers now head into playoffs, with the opening series against the (2-33-2) North Middlesex Stars. Thomas isn't worried about the upcoming match-up, "It's kind of hard to take them seriously, but we have to."

As a leader for Lambeth, Chilvers is telling the locker room to stay focused. "We have to keep the guys motivated, it's tough to play a team that you have had so much success against all year."

The Lancers acquired forward Matt Schurr from the St. Thomas Stars Jr. B team in early January to help contribute to the team's success. Schurr isn't very familiar with North Middlesex, but knows the Lancers will have to play them tough despite the Stars only registering six points throughout the

season, "You can't take anyone lightly, and we just can't look ahead of ourselves."

Schurr's role on his new team is to follow the coaches' directions. "(I'm) just looking to help the team: power-play, penalty-kill... basically anything I can do to help." Schurr added, "The coaches may look to me to play more of a leader role, just from my experience in Jr. B, but just play sound hockey."

This dominance in 2012/13 has been a long time coming for Chilvers, now in his fourth year on the team with zero championships to show. In fact, in his first year on the team the Lancers won only seven games by the end of the year, "I have never played on a team this dominant." Chilvers would only add three more words when asked if he was hungry for a championship after continuous years of failure in the playoffs: "Yeah. Oh, yeah."

The Lancers' best-of-seven series against the North Middlesex Stars began January 25.

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HEALTH HABIT OF THE WEEK
Fitness and Health
Promotion students

Q. How do I get a full-body workout without going to the gym?

A. Here is a list of exercises that will give you a great workout without having to go to the gym:

- Push-ups (chest)
- Seated triceps dip (triceps)
- Body weight squats (legs and buttocks)
- Lunges (hamstrings)
- Chin-ups using a branch or playground equipment (biceps, back)
- Sit-ups or plank (abs)
- Bear crawl (shoulders)

Submitted by Andrew Bureau, Aaron Luyten, Henry Hernandez-Midence and Abhi Dhane.

FANSHAWE COLLEGE ATHLETICS

BASKETBALL

Wednesday Jan 30th 2013
@6:00 and 8:30 pm

Women's and Men's Basketball
Fanshawe vs Humber

OPEN REC
Every Tuesday, Thursday, and Sunday night from 10pm till 12am.

Fanshawe College Athletics
www.fanshawec.ca/athletics | j1034 | 519-452-4202



CREDIT: NAUMAN FAROOQ

The Volvo S60 is a car that should be on your shopping list.

Vroom, vrooming in some Volvos



MOTORING
NAUMAN FAROOQ
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It's that time of year again; the time when auto journalists and car enthusiasts flock to the mostly run-down city of Detroit, Michigan to attend the North American International Auto Show.

I have been making this trek every year since 1998, and while the show has been through some ups and downs, it still manages to convince car companies to use this show to launch their new models.

You can read all about the latest unveilings from this show elsewhere; I want to talk to you about the car that got me there: the Volvo S60 T5 AWD.

The current S60 has been around for a few years already, but it is hardly a common sight. Problem is, many people don't automatically think of Volvo when they are shopping for a new car. Drivers who like cars or have owned a Volvo in the past gravitate towards their newer models, but that's not a large group.

To attract more buyers, for 2013, Volvo has launched a new all-wheel drive (AWD) version of the S60 sedan. While the AWD system was previously only available on the S60 with the turbo-charged six-cylinder motor called the T6, now you can also have the AWD traction with the smaller motor. Under the hood of my press car was a 2.5-litre, five-cylinder turbo-charged motor (T5), which develops 250 hp and 266 lb/ft of torque.

That power is sent to the wheels via a six-speed automatic gearbox that features a manual override feature. The latest version of the Haldex AWD system sends power to the wheel that can make best use of it. Trust me, this car won't get grounded no matter what the weather is like.

As you can imagine, a 4,628 mm long car with 250 hp is not going to be slow, nor blisteringly fast, but a zero to 100 km/h time of just 6.1 seconds is very respectable.

Figures are one thing, how the car feels is quite another. This car sits very squarely on the road, very

stable and composed. The ride quality is excellent and irritants like road and wind noise are at a minimum, which makes this an ideal car for long trips.

The seats are what make this car ideal for trips. While they might not look special, the moment you sit in them, you realize that the seat is not only supportive, but the angle is just perfect. Also, the angle of the steering wheel in correlation to the seat is perfect. It's very easy to find the perfect driving position in this car and this just makes me think that Volvo uses actual humans to fine tune the interior, not just crash test dummies.

Speaking of crashes, you can rest assured that this car is the safest in its class. It also has systems to help you avoid crashing in the first place. Volvo's City Safety system uses cameras and laser scanners to look out for potential hazards such as parked cars or pedestrians, and has features in place to avoid low-speed crashes. This system is not perfect, and it's best to pay attention while driving, but it's good to know that the car is looking out for you.

This is a capable car with a comfortable interior, safety features and impressive performance. Sounds like it's perfect, right?

Wrong. As with any car, there are some issues. My first complaint is with its centre dashboard. It has too many tiny buttons and they are not the easiest to make sense of when you are trying to use them while driving. This car also lacks a reversing camera – something I would have expected to come standard on a car in this price range. And then there is Volvo's reluctance to feature a heated steering wheel. Sweden, where Volvos are made, is a very cold country (even colder than Canada), so why they did not include this feature is beyond me! (Though, thankfully, this car does have heated seats.) In the scheme of things, these problems are tiny, and should not put anyone off from buying this car.

One not-so-tiny complaint people used to have of Volvos, especially of their AWD models, was that they have terrible fuel economy, but they have fixed that, too. My week's average was just 10.4 litres/100 km, which is fantastic.

Then there is the price. At \$41,150, it is more affordable than its German rivals. It's a decent car that can be improved upon, and I went to the auto show in Detroit to meet this car's alter-ego, the 501 hp S60 Polestar.

Polestar is in the business of making race cars out of Volvos, and they have done quite a successful job of it by winning races. However, Polestar is not just interested in going racing; they also want to be Volvo's performance arm for their road cars. Their first effort was a 400 hp AWD version of the C30 hatchback. While this model didn't go into production with this spec, a Polestar body-kit version did go on sale in the U.S.

For the last few months, Polestar has been showing their version of the S60. This version takes the 3.0 litre, T6 motor and tweaks it to produce 501 hp and 424 lb/ft of torque. Power is fed to all wheels via a six-speed manual gearbox.

Together with the body kit and suspension tweaks, this looks like a true hot-rod Volvo that can go about every day, scaring Audi S7s and BMW M3s.

Unfortunately, it's not looking like this car will ever be a common sight on our roads. While there is a customer in Europe who has one, and Polestar has built a few other show cars, there are no plans to put this model into series or limited production.

Andreas Naeslund, who is the sales manager of Polestar in North America, took time out to talk to me at the show. He is a truly enthusiastic car guy who loves performance cars. He was quite pleased that Volvo has given Polestar such great access and publicity by showing off their car at motor shows. He said he hopes the positive reaction that this car has been generating will convince Volvo to turn this amazing concept into production. I hope so, too.

The S60 in any trim is a nice car and should be on your shopping list. If they decide to put the Polestar version into production with the same spec motor, it will be on the shopping list of customers who currently go elsewhere to find fast family cars.

Fanshawe curlers sweep up the competition

MELANIE ANDERSON AND ERIKA FAUST
INTERROBANG

When Fanshawe's men's and women's curling teams headed to Humber College for a Bonspiel in mid-January, they totally rocked.

Both teams went undefeated for the tournament, earning a top-place finish.

"The tournament went as well as we could have predicted," said Yvonne Lalonde, a student in Fanshawe's TV Broadcasting program. "Our teams are working hard this year because of provincials coming up, so practicing and training are at the top of our list.

Fanshawe players Lalonde and Graeme Robson were named tournament all-stars. "(Being named) all-star was sweet," she said. "I played my best and performed so it's well deserved."

Though she's very proud of her team's win, Lalonde said it's the team spirit that makes it so much fun to play. "My favourite thing about the entire Fanshawe curling team is that our team dynamic goes further than the five girls that play together and the five boys. The 10 of us as well as coaches act as any other varsity team does. We're all there for each other just like a family would be. I think if we continue to execute our shots and outplay our opponents, we're in good terms for a medal at provincials."

The Falcons are hoping to continue their winning streak into the Ontario Colleges Athletic Association championships. Fanshawe is hosting the provincial tournament from February 13 to 17 at the St. Thomas Curling Club in St. Thomas, Ontario.

De Guzman's choice disappoints Canada



FANSHAWE FC
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Jonathan de Guzman is what's wrong with Canadian soccer.

A man born in Scarborough, Ontario has made it to soccer's biggest stage in the English Premier League. This is a major accomplishment for a Canadian soccer player and he hasn't looked out of place for Swansea, playing against elite competition.

In fact, de Guzman has been playing so well he has finally received his long-awaited call to play for the national team: The Netherlands, not Canada.

Why would Canada need a player like de Guzman?

Well, he is a perfect complement to his brother Julian (former Toronto FC player and Canadian International). He's an agile, forward-thinking midfielder with the right amount of pace and passing skill to make him really valuable. De Guzman will likely play along side Arjen Robben and Rafael van der Vaart when the Dutch face off against Italy.

Canadian soccer journalists have written a lot about Canada's selfish soccer generation and de Guzman is a prime example of it. In the summer during the Canadian Soccer Association's 100th anniversary, de Guzman was at the game wearing a new blue Canadian coat designed by Umbro special for the game. Naturally, reporters, fans, and anyone associated with the program were excited at the sight of him.

He is a fantastic player. He would also help the Canadian program immensely if he ever committed to Canada. And in that moment it looked like he would commit. Then before Canada's embarrassing loss to Honduras many months later, brother Julian nearly confirmed Jonathon's involvement with the team if Canada had won that game.

They lost 8-1.

Oh bully Canada, that's correct.



Jonathon de Guzman

That's what Canadians will say again, as they lost out on another treasure. But even if Canada won, there wouldn't have been an opportunity for de Guzman to cap for Canada since they haven't played since. Since we're talking about the 'selfish generation' and all, de Guzman could have easily taken the Dutch opportunity before Canada regardless.

Julian and Jon de Guzman left Canada early in their lives for Europe to play and expand their horizons. Julian went to France, Jon went to Netherlands. Yeah, now you see where this is going. Jon spent enough time in the Netherlands to gain citizenship. Now one brother is Canadian and the other is Dutch, with neither having Dutch roots (their parents are Filipino and Jamaican).

The de Guzman situation has happened to Canada before. English International Owen Hargraves and Bosian Asmir Begovic are two examples of players committing to other countries. Before that game against Honduras, former national coach Stephen Hart should have called de Guzman and given him an ultimatum; us or them, regardless of result.

However, with Queens Park Rangers attacking midfielder (and Brampton native) Junior Hoilett yet to decide on whether to play for Canada, Jamaica or England, it seems like the battle for another good Canadian player is just beginning.



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FSU Student Centre - SUB Courtyard
Register in advance with fsuathletics@fanshawec.ca

Tug of War, Dodgeball, Snowball Toss, College Scavenger Hunt

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WIN \$10000!!

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