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@katemorrisonxo

I can't believe I'm about to say this, why is it so hot in Fanshawe today? #alwayscold

@startupwkldLN

Bring your vision to life! #StartupwkldLN @FanshaweCollege Feb. 8-10 youtube.com/watch?v=7ymvKiAKgzU

@Leightonn

If I didn't apply to Fanshawe, and didnt request the townhouse, I wouldn't have met certain people and probably would have dropped out.

@benner_45

apparently it is social archetype day here at #fanshawe ...feels like an ep of degrassi high. Bluetooth Headphones #drownitout

@mindyourmind_ca

#BlueMonday2013 @FanshaweCollege was a huge success! Check out this great article. MYM was there and had a great time! <http://press.com/2013/01/21/the-fanshawe-college-student-union-gave-out-stress-balls-and-wrist-bands>

@eyecarlyly

#fanshawe win a trip to panama beach Florida! by taking a photo of you reading the interrobang. <http://instagram.com/p/VAYbVLv3Hi/>

@HuffPostCaLiv

Awww: help this little #ldnont boy find his toy lamb <http://huff.to/124Zljh>

@PereyraJesica

Good job team gala turn out great im proud of everyone #fanshawe #CRFA Team #love

@sjruttan

Still in shock that Howard Rundle is retiring from Fanshawe College!! He is Fanshawe College!!!

@NikkehSass

Whoa...it's a thunder storm in January. This is the weirdest winter I've ever experienced. #ldnont #Snow-WhatSnow

@girlposts

16 days until Valentines Day aka 16 days until a night at home alone complaining about stupid couples, because I'm forever alone.

@eh_c

London Transit By The Numbers 2003-2011 -- Inflation: +16.5%, #LTC Op Costs: +42.7%, LTC Compensation Costs: +52.3%. #LdnOnt #LdnBudget13

sweet tweets of the week



CREDIT: ERIKA FAUST

As a part of International Week, students from countries across the globe revealed Fanshawe's total for this year's United Way Campaign. Fanshawe exceeded their goal of \$106,000, raising a total of \$112,805.

10 Things I Know About You...

Detta is unforgettable

Rachel Detta is a second-year Radio Broadcasting student at Fanshawe College. When asked to describe herself, she replied, "Indecisive, harebrained, and just all around awkward." After a moment's consideration, she added, "I like to think I'm funny but let's be real, I'm not... like at all."

1. Why are you here?

I wanted to be able to inform the masses and entertain at the same time.

2. What was your life-changing

moment?

When my dad said he was proud of me and what I plan to do with my life.

3. What music are you currently listening to?

It's a mix of hip-hop/top 40/country/classic rock and a slew of other things.

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

You've gotta seize that day or life is just going to fly by without you even noticing.

5. Who is your role model?

My high school music teacher/band conductor Mr. Greg Goodwin.

6. Where in the world have you travelled?

I've stayed mostly in Canada, but I've been to Italy and England and Kenya. One day I really hope to go to Australia.

7. What was your first job?

McDonalds! Judge me.

8. What would your last meal be?

Lobster.

9. What makes you uneasy?

Small spaces, high pressure situations and clowns. I hate clowns.

10. What is your passion?

To entertain and to be myself in all my glory.

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

Don't show Rachel Detta a clown or she will lose her mind.

FEBRUARY EVENTS

MONDAY 02-04

Imaginus Poster Sale:

Forwell Hall

Last Band Standing

ROUND 1

OBS - 8:00PM

TUESDAY 02-05

Imaginus Poster Sale:

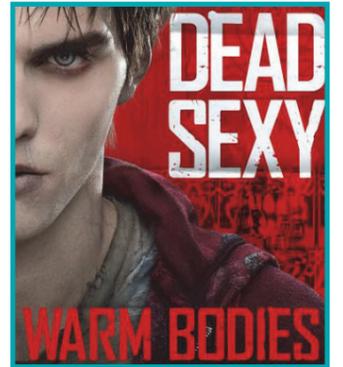
Forwell Hall

Last Band Standing

ROUND 2

OBS - 8:00PM

WEDNESDAY 02-06



First Run Film:

WARM BODIES

Rainbow Cinemas (in Citi Plaza)

Two Showtimes

\$3.50 STUDENTS | \$5 GUESTS

TRIVIA NIGHT

OBS - 8:00PM

\$5 per team

THURSDAY 02-07

Mardi Gras Pub

Forwell Hall - 9:30PM

\$3 ADV | \$4 DOOR

FRIDAY 02-08

Fanshawe @ The Knights

LONDON VS OWEN SOUND ATTACK

John Labatt Centre - 7:30PM

\$18 STUDENTS | \$19 GUESTS



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Rundle reflects on 41 years at Fanshawe

MELANIE ANDERSON
INTERROBANG

It's been 41 years since President Howard Rundle first walked through the doors of Fanshawe College.

On January 25, after 17 years as president, Dr. Rundle announced his retirement and the search for a replacement is already underway. Board members will work with a consulting firm to conduct a nationwide search to find the best possible candidate.

"My parting statement to the board was that this is the most important thing they will do, no question about it" said Rundle.

"I said, 'Whatever you do, don't hire a turkey,'" he said with a laugh.

After celebrating his 70th birthday last year, Rundle decided it was time to go. "At 70, you start to realize you're not going to last forever and I decided that I didn't want to wait till I either lost my health or lost interest in the job. I'm perfectly healthy, I love the job, I'd rather stop before I'm forced to stop... go out on a high."

Crispin Colvin, chair of Fanshawe's Board of Governors has known Rundle and wife Lynda since they moved to London. His father, Dr. James Colvin, was Fanshawe's first President (1967-1979) and was involved with first hiring Rundle as the College's director of planning and development. Colvin said he was disappointed to hear the news of Rundle's retirement, as he's done so much for the College. "I think it's had unprecedented growth under his leadership. His tenacity in getting the downtown campus going, that was a big feat on his part ... he has done so much to oversee the growth and expansion of the College: from residences to the technology centre to the downtown campus, it's been a team effort, I know but he's certainly been the lead person on it."

The new downtown campus is one accomplishment Rundle is par-

ticularly proud of. "One of the biggest negatives about the city of London has been its downtown, but it's turning around and the fact that with that one development we can help both Fanshawe and the city of London is really significant."

In addition to the expansion of facilities, Rundle said he is even more proud of the impact this school has had on students and student growth. When Rundle started here in 1972, there were only four buildings, just over 3,000 students, and next to no international students. Fanshawe has grown to host 17,000 full-time, and nearly 30,000 part-time students including over 1,000 international students.

According to Rundle, Fanshawe has truly emerged from the shadows, "When I started, really there was no question that Fanshawe College was a) hardly known and b) was really in the shadow of Western University. That's not true now at all.

"The community is very aware of the importance of this institution to the economic success of this community and the fact that 85 per cent of our graduates remain in southwestern Ontario is huge," he exclaimed.

During Rundle's tenure, Fanshawe went from having one of the lowest graduation rates in the province to one of the highest. Rundle proudly attends each and every grad ceremony, "I always loved graduation ceremonies; I have yet to miss one at this campus."

Rundle also praised the Fanshawe Student Union and his consistent work with Fanshawe's student leaders. "I have really enjoyed working with the Student Union; I can't point at a bad one. I've always enjoyed it and that has been helpful. I think Fanshawe College probably has the most sophisticated, mature student run organization of any college that I've seen in Ontario." He added that often Fanshawe hires its stu-

dents, which is a good testament to the work being done at the College.

With great achievements and highlights come tough challenges. Rundle pointed to last year's St. Patrick's Day Riot as the lowest-point in his career. He also recalled an incident several years ago when Fanshawe's entire campus had to be evacuated for a gas leak. "No one was allowed to start a car on campus; we all had to leave the campus while police and fire went in.

"When it was declared safe, we had all these students and staff who left their keys, wallets, and purses sitting wherever they were and they all had to come back in so we had to organize an orderly re-entry of the building ... We definitely learned a lot from the experience."

Throughout his time here, Rundle held various positions each with an increasing amount of responsibility. Before taking his place as Fanshawe's fourth president, Rundle was vice-president academic. Colvin said there are many reasons why Rundle has been regarded as such a great leader, "His integrity. He's a very capable, honest man of extreme high character and he works well with people."

Rundle said he believes strongly in three qualities when it comes to leadership: "Seek justice in what you're trying to do, care about kindness, and be humble." Although he admitted that those are not "normal" leadership qualities you may find in a textbook, it's the qualities he hopes his team will find in a new leader for Fanshawe.

As chair, Colvin will work with his two vice-chairs to begin the search for a new president. "It's a daunting task really, because he's going to be very tough to replace. He's very well respected within the community and, in fact, when I've gone to conferences and talked to other board chairs, Dr. Rundle is regarded extremely highly throughout the system."

Rundle's official last day is



CREDIT: MELANIE ANDERSON

President Howard Rundle announces his retirement after four decades at Fanshawe college. Above, Dr. Rundle sports his Don Cherry inspired Fanshawe blazer created by his wife Lynda.

August 31, but he's hoping that the new president will work with him over the summer.

When it comes to retirement, Rundle said he purposely hasn't made any set plans. His son's family is in Ottawa, and daughter's family in East Timor (the southernmost Indonesian island). "We usually only get to visit them once a year, so perhaps we'll now get to visit twice a year," said Rundle.

There is one thing that Rundle says he is sure about. "I care about this college and I always will." He's confirmed that he and wife Lynda will remain in London. "I want to stay involved in the community, keep my mind open and see what opportunities there might be for volunteer work or other things that support the London community."

Ontario college sector outlines funding needs

MELANIE ANDERSON
INTERROBANG

Advocacy organization Colleges Ontario is hoping that the government of Ontario will treat colleges with the same value as universities when it comes to the 2013 budget allocation. With an increasing number of individuals enrolling in colleges across the province, Colleges Ontario is hoping to see increased funding from the government.

Colleges Ontario's pre-budget submission reveals a significant gap between the funding pressures facing the colleges and the anticipated provincial funding. Colleges Ontario estimates the province's college system faces a net cost pressure of \$57 million.

Rob Savage, communications director for Colleges Ontario, said that an increase has been placed on the value of a college education. "We're seeing a significant increase, more than 40 per cent over the past five years in terms of the number of university grads who are applying to college." He added that this past year was the highest ever first-year enrollment

and overall enrollment ever in the college sector. According to the government's 2012 Progress Report on Education, since 2002/03 enrollment in Ontario colleges has increased 18.5 per cent.

Vice-President of Administration at Fanshawe Bernice Hull said there was much discussion on career-focused education. "We've really been talking about making sure that people are properly educated and trained or they have access to the correct learning to help them find jobs in the new economy." She added that colleges place a focus on education for careers and students finding jobs.

Colleges Ontario is hoping that the provincial government invests equally in colleges and universities so they can achieve their goals.

Savage said he is concerned with the current tuition fee framework, as the government currently applies uniform tuition-fee increases across the entire post-secondary sector. According to the pre-budget submission, "because universities have higher tuitions than colleges, a fixed percentage increase

represents a greater dollar-value increase for universities over colleges, creating a wider gap between the systems."

Savage is hoping to close this gap. "Our argument is that tuition policies for the colleges should be specific to colleges, looking at tuition levels, the lengths of programs, and the cost pressures facing students."

Hull had similar concerns, stressing the fact that if there's a general tuition increase, universities would generate considerably more money than colleges. "If we're really going to be an agency and an institution of choice for people who need to be trained and re-trained to get into the workplace, then they should be realigning that to make some greater investments in colleges."

Another concern introduced in the pre-budget is the lack of funding for operating grants. "Over the years, the value of the funding unit which is attached to one full-time student in the college system has continued to erode," said Hull. The operating grants from colleges increased less than one per cent

between 2007/08 and 2012/13. Bursaries are critical for many students trying to offset the increasing costs of a college education.

Colleges Ontario also focused on increasing funds to assist with the repairs and development of college buildings. They are recommending that the government provide \$61 million for infrastructure. Hull said that the colleges don't feel they have received as many resources nor as much funding for infrastructure as universities. The costs would "look after deferred maintenance. A lot of colleges are 40, 45 years old now - we have some old buildings that need roofs, new carpets," said Hull.

Savage agreed that it's a rising concern. "The government has been putting some money forward for infrastructure renewal, but it's not really where it needs to be, and in fact it's not even addressing the most immediate cost pressures."

With the election of a new premier for Ontario, the colleges have been waiting patiently for the budget to be addressed. A new premier means a new finance minister as well. "The current finance min-

ister already announced that he's resigning, so certainly it will mean we don't know what the premier and finance minister will say the priorities are," said Savage.

Hull is hoping that the budget discussions will be at the top of the government's radar. "The longer that takes, the less information we have and we're already into the fiscal year and don't know what our grants are going to be."

In the meantime, Fanshawe will stay on the safe side when making budget predictions. "We try to plan and be realistic and on the conservative side when we're projecting revenues because we just don't know," Hull said.

In the past few years, colleges have received budget information in early spring, but Hull predicted that details won't be released until "late spring, early summer at best."

When contacted by Interrobang for a comment, the Ministry of Training, Colleges and Universities responded, "Ministry staff is currently reviewing College Ontario's pre-budget submission and is not in a position to provide a comment at this time."

Are you ready for Fanshawe's annual Career Fair?

STUART GOODEN
INTERROBANG

So you're in your final year of college, on the cusp of graduating, and it's getting closer and closer to that time when you will ask yourself the question you've been dreading for years: "Now what?"

Your schooling career is over. No more classes, no more rez life, no more Oasis, no more showing up to class hungover from a late night out on Richmond Row. Your obligation will now be to your new boss who will be signing your cheques and paying your bills. It's the time to put that knowledge and ability you've been honing your whole life in school to the ultimate test and find a job. Sorry if this intro scared you, but finally entering the workforce as a professional is just as daunting as it is exciting.

To help you with that transition, or even if you're not yet graduating and are looking for a great summer job, Career Services will be hosting its annual Career and Summer Job Fair in J gym on February 6 from 10 a.m. to 2 p.m. The Fair is a great opportunity to make an impression on prospective employers. The entire Career Week, which runs from February 4 to 8, will provide job seekers with a variety of career prep advice and information about working abroad through seminars and workshops.

The Fair will offer the opportunity to meet representatives from a variety of companies representing the various schools of study at Fanshawe.

Before you go to the Fair, it's a good idea to make sure that everything is up to snuff to make a good impression. Christina Cook of Fanshawe's Career Services is a coordinator of the event, and she said there are several things you should bring to set you apart from the rest. "You want to make sure

your resume is up to date and your cover letters are addressed to the different employers," she said. "We have a listing released online of each employer that's attending with a little bit more background on them, like what exactly they do and what position they are recruiting for." Check out that list at www.fanshawec.ca/careerservices.

"Definitely dress to impress; dress like you're going to a formal interview," she added. "You want to stand out from the competition: your classmates or your peers."

The first impression is often the lasting impression, so it may also help to do a little bit of practice pitching yourself to prospective employers in front of the mirror before you attend the Fair. "Basically, you have to do your elevator pitch; your 60-second marketing pitch about you. Give them your resume and cover letter, and then possibly a follow-up interview (will happen). Sometimes, they book the interview room and come back on campus."

If you want to be one of the lucky ones who score a follow-up interview (and who doesn't?), make sure you don't leave the Fair empty-handed. Ask for a business card or contact information to show you're interested, and if you have your own, leave one for them. Do some planning ahead; decide which companies you intend to approach, and address your cover letter to those specific places. Your resume should also be up to date and tailored to each specific company and position.

For help with polishing your resume or cover letter, presenting yourself to employers or other tips for Career Week, check out www.fanshawec.ca/careerservices or head over to D1063 to book an appointment.

The search for diverse stem donors continues

MELANIE ANDERSON
INTERROBANG

Currently there are over 900 patients in Canada waiting for a stem cell match. OneMatch Stem Cell and Marrow Network is coming to Fanshawe in hopes of receiving donations from as many young, healthy and committed donors as possible. A Registration and Swabbing Event will be held in the Student Centre at Fanshawe on February 6 from 11 a.m. to 4 p.m.

Currently the registry holds over 336,000 potential stem cell donors, the majority of whom are female and Caucasian. This is why the National Get Swabbed! College Campaign is targeting males from diverse backgrounds who are 17 to 35 years old who are willing to donate to any patient in need.

There is a particular need to increase the number of Aboriginal and Black registrants to support the 15 Aboriginal patients and 40 Black patients, currently awaiting a stem cell transplant. The more diverse the registry, the better chance they have in making that match.

Giving blood is another way to help stem cell patients as they will require blood products along their journey. On February 6, you can also visit the Student Union Alumni Lounge (above Oasis) from 11 a.m. to 4 p.m. to donate blood. If you want to book an appointment in advance, call 1-888-2-DONATE or visit blood.ca.

The next blood donation clinic at Fanshawe will be held on February 27.

Training for job success

ERIKA FAUST
INTERROBANG

It's Career Week and everyone is thinking about their future. We have a fantastic resource for career assistance on campus (Career Services in D1063), but there is a lot of help available off campus as well.

"When you're graduating, you're looking at kick-starting a career," explained Kelly Johnson, resource manager for London Training Centre. "A lot of times, we have the letters after our names, we've got the designations, the diplomas or the certificates, but now we have to market ourselves for our first full-time job. Sometimes it's hard to get our heads around how to present ourselves or how to market ourselves to potential employers."

London Training Centre, located at 317 Adelaide St. S., has been helping people get their job searches on track since 1987. "We are a not-for-profit agency that specializes in helping people reintegrate into the workforce," said Johnson. The Centre not only helps people looking to start their second (or third, or fourth) careers, it also offers its services to students looking to jump into the workforce for the first time. "We (help) clients from any and all industries ... who are looking to change careers or are looking to target their current careers but are having difficulties making employer connections."

"One of the things we pride ourselves on is meeting the needs of the community," said Johnson.

London Training Centre offers a range of services and programs for

people looking for a new career, funded by Employment Ontario. It offers free job hunt-focused workshops on topics such as the hidden market (which discusses network identification, lead generation, informational interviews and cold calls), resumes (styles that work, what employers are looking for, how to get picked for an interview) and interviewing (common questions and answers, strategies for success, practice interviews). "It's being able to understand what you have to offer and then being able to put it on paper and present it to an employer and get a resume that's actually going to get results - you're getting calls, you're getting interviews," said Johnson.

The Centre also offers training and certification for safe food handling, WHMIS, first aid, Smart Serve and computer training (from the very basics to in-depth training on programs such as Microsoft Word, PowerPoint, Excel, Access and more). These courses and certifications are available for a fee, as the Centre is not-for-profit. "We charge what needs to be charged to cover the cost for the training," explained Johnson.

For more information on how London Training Centre can help you with your job hunt, head to londontraining.on.ca. For a full list of upcoming free workshops, check the sidebar.

The London Training Centre offers free workshops throughout the year. Here's what's coming up:

- February 7**
1 to 3:30 p.m.: Hidden Market
- February 8**
9 a.m. to 12 p.m.: Internet/Email
1 to 3:30 p.m.: Windows Basics
- February 14**
9 a.m. to 12 p.m.: Resumes
- February 15**
9 a.m. to 12 p.m.: Internet/Email
1 to 3:30 p.m.: Windows Basics
- February 21**
9 a.m. to 12 p.m.: Interviewing
- February 22**
9 a.m. to 12 p.m.: Internet/Email
1 to 3:30 p.m.: Windows Basics
- February 28**
9 a.m. to 12 p.m.: Resumes
- March 1**
9 a.m. to 12 p.m.: Career Ex Pt 1
1 to 3:30 p.m.: Career Ex Pt 2

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Contact Zack Dodge - fsupres@fanshawec.ca
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Executive Elections 2013

FSU.CA

Tap into hidden job market with Student2Business conference

ESHAAN GUPTA
INTERROBANG

With summer comes the job-hunting grind we all fear. On the surface, it would seem that one can't do much to enter the job market, outside of dropping off a resume, perhaps going to an interview, and calling it a day. With such limited interaction with any employer, it seems almost impossible to make any sort of contact without being referred.

That's where the Student2Business (S2B) networking conference on March 6 comes in.

Currently in its sixth iteration, the S2B is all about tapping into the hidden job market, through building a rapport with potential employers. But firstly, what is the 'hidden job market'?

"The hidden job market is just those jobs that are never posted – unless you have a strong network, you might never know there was an opportunity available," said Eamon O'Flynn, the event's organizer. "About 70 per cent of jobs are filled before they are ever posted by people who are in the employer's network."

Student2Business is not a job fair. Rather, the event is all about connecting students with business owners in London and area. Students will have the opportunity to interact with the experts of various business fields, build rapport and gain access to the more elusive job positions they don't see in the papers. S2B is all about digging deeper than simply walking in after seeing the 'Help Wanted' on the front door.

"Who knows, someone you talk

to at S2B might need a summer student, or a co-op, or might have a job opening up. The only way they'll think of you is if they know who you are, and the only way they'll know who you are is if they meet you at S2B."

Students from all walks of life – and all choices of career – will find this conference beneficial, with the opening seminar even directed towards helping international students get work in Canada. There will also be a keynote speech on the opportunities available in London, presented by award-winning entrepreneur Josh Linkner. Students interested in working in specific fields will get a chance to find out exactly how, straight from the advice of the various business leaders.

"Historically, S2B has had some pretty amazing businesses show up," according to O'Flynn "Trudell Medical, London Health Sciences, rTraction, Deloitte, The Investors Group, Cyborg Trading Systems, and tons of others in just about every field imaginable."

"A number of businesses have already registered for this year too – 3M Canada, Libro Financial and TGT Solutions Inc. are just a few."

It's clear that there's something for everyone, no matter what their interests or (hopeful) future careers may be.

The event takes place on March 6 at the London Convention Center, and is open to all students, so don't miss this opportunity. It's time to stave off those unemployment blues. Registration is \$10; visit s2b.ca and sign up as soon as possible as tickets are running out fast.

Educational videos showcase cancer research

ERIKA FAUST
INTERROBANG

February 4 is World Cancer Day, a day to dispel myths and spread knowledge about the disease.

Locally, it's also the official launch of an educational video series called "Bench to Bedside" by the Elgin-Middlesex Unit of the Canadian Cancer Society. The six videos aim to connect the community with local cancer researchers and demonstrate the progress being made in cancer research. The videos explain some complicated scientific material, such as the basic science behind cancer and the current research that is being done, in a way that is accessible to the general population.

The series was filmed by two 2012 graduates of Fanshawe's Corporate Communications and Public Relations program, Allison Markkula and Valerie Lalonde. They volunteered with the local Canadian Cancer Society chapter as part of a committee called the Research Information Outreach Team (RIOT), a committee that promotes the importance of cancer research.

"Valerie and I both have backgrounds in Broadcast Journalism, so we videotaped and edited the videos," said Markkula. "The

entire RIOT team was so incredibly helpful, and it was great to put a face to the research and hear their stories behind why they dedicate so much of their time towards this cause."

"We want to help bring an understanding of cancer research to more people, and we want to show that there is progress and promise in cancer research," said Lee Jones, facilitator of RIOT.

"We know research leads to better prevention, diagnosis and treatment," she continued. "These presentations can lead to a better understanding of cancer, basic science and the impact of research."

"Everyone has been touched by cancer in some way or another and it's great to see how many people right here in London are working together to find a cure," added Markkula.

The video launch takes place at 2 p.m. on February 4 in Room MSB 282 in the Schulich Medical Sciences Building at Western University. It is free to attend and all are welcome. To register for the event, sign up at benchtobedside.eventbrite.ca.

For more information on the Canadian Cancer Society, visit cancer.ca. For more details on World Cancer Day, go to www.worldcancerday.org.

Interrobang designer nets national design award

MELANIE ANDERSON
INTERROBANG

Kayla Watson describes herself as a visual problem solver, and her hard work as a graphic designer for the Interrobang paid off. The graduate of Fanshawe's Graphic Design program was recognized at this year's John H. McDonald Gala in Toronto for her layout and design of an article entitled "Young, Fresh, Profesh." The award was presented during the Canadian University Press national conference in Toronto in January.

Watson was surprised to hear the news, "(I was) kind of shocked, but excited for the whole team, it's pretty awesome that we got nominated and actually won, so that's amazing; it's a pretty big deal."

The article was featured in Interrobang's March 2012 Job Hunt issue. It's an infographic that clearly and creatively details how students can dress to look fresh and professional for a job interview. In clean columns and sections, the design illustrates everything from what to wear to how much makeup to apply. Watson said her work is clean, minimal, and needs to have a purpose, and her aesthetic is clearly visible in this design.

"Kayla likes a challenge, and you can really tell that she took full range on this one to make sure it came across visually," said Fanshawe Student Union creative director Darby Mousseau.

The spread won in the Layout/Design category, one of 14



CREDIT: MELANIE ANDERSON

Kayla Watson, right, holds up her award she won for her design entitled "Young, Fresh, Profesh." Darby Mousseau, Fanshawe Student Union creative director holds up Watson's winning spread published in Interrobang in March 2012. The John H. McDonald Awards recognize excellence in Canadian student journalism.

awards announced at the Gala held at the Toronto Reference Library on January 12. Watson's entry was up against two other finalists who also demonstrated excellence in imaginative and informative design and illustration. Factors the judges used to determine a winner were use of colour, artistry, text positioning, fonts, typography, clarity and impact.

Watson is currently a digital designer for Arcane, a London-based digital marketing company.

Even with her current success, Watson is hoping to take another step in her education. "I want to take a marketing course and I want to be super, super good at everything, I want to learn more about how users experience something as opposed to just the design side of things."

The John H. McDonald Awards are the only awards in Canada recognizing excellence in student journalism from across the nation.

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Marketing an underdog

PAIGE PARKER
INTERROBANG

London City Council keeps insisting on a zero per cent tax increase, but first they have to stop spending money on avoidable expenditures.

At least that's what many Londoners think of when they hear that the city has approved an additional \$100,000 on the existing \$600,000 promotional campaign called Welcome the World to London. The added money is marketing "Canada's London" as the slogan. All of this is in preparation for the World Figure Skating Championship taking place in the Forest City from March 11 to 17 at Budweiser Gardens.

The \$100,000 will be matched by city-funded agencies.

According to Ken Hardy, marketing professor at the Richard Ivey School of Business, this really isn't all that much money. "These are really small dollar (amounts) compared to most kinds of advertising campaigns."

In fact, with less than a month and a half until the championships, Hardy said this is more than enough time to reap the full benefits of the investment.

"People need to hear something three or four, maybe five or six times before it really sinks in."

The campaign will include indoor, outdoor and online advertisements. This decision was made after a discussion that had many city councillors on the fence. Initially the council vote was 8-7 against the proposal to spend an additional \$100,000 of taxpayers' money.

It surprisingly only took a single letter within the "Canada's London" logo to sway the vote 11-4 in favour in the spending. Once it was decided that a maple leaf

would no longer replace the second "o" in London, it seemed to be smooth sailing from there.

City councillor Dale Henderson was swayed by the modest logo change and the decision for city-funded agencies to match the \$100,000. But that wasn't all.

"We as council have to agree, we have to get together, we have to promote the city, and we need to get together on some issues and make sure that we do things together so it isn't always an 8-7 vote," said Henderson. "It looked like there was going to be a majority so I might as well help out and make sure that this is a unity thing for the city."

While controversy about where city money should be invested still rumbles in the streets, the money invested will inevitably draw a return investment.

"Promotional money is always subject to questioning because it goes into the air," said Hardy. "Families of skaters or skaters themselves visiting restaurants, going out to see some sights. There will be a return, first of all immediately in terms of hard dollars, but also in terms of fond memories and of a city that promoted itself professionally and well."

The championships will also attract visitors coming to watch the events, contributing to the local economy even more.

As long as the City uses the money in a way that reaches the target audience, it should have no problem making the money back and even making a profit, according to Hardy.

He suggested doing "a whole bunch of videos of major attractions such as Budweiser Gardens, restaurants, hotels, all the venues and activates that would really make London memorable."

New shoes, new challenges

PAIGE PARKER
INTERROBANG

"At the end of the day, we would like eyes to be open."

That's how Leslie Gloor Duncan, team coordinator of the Transition, Leadership and Enrichment Programs at the Western Student Success Centre, summed up what she hopes individuals at Western University take away from experiencing the sometimes difficult realities of others.

The Borrowed Shoes Diversity Challenge is now in its second year. From January 21 until February 8, students, staff and faculty have the opportunity to step into another's shoes. This year, the program revolves around those who are restrained by monetary, dietary or health conditions.

The first week of challenges revolved around reducing a budget for those living in poverty. Participants were challenged with a \$60 budget for one week that included everything from groceries to personal spending money to entertainment.

"A lot of the students were saying they were ready to move on from eating canned soup every day," said Gloor Duncan.

Other challenges throughout that week included sleeping on the floor for a night, wearing the same clothing multiple days in a row, and complete separation from any technology.

"I can't go a second without checking my email or going on Facebook," said Perani Chander, Borrowed Shoes organizer and participant. "Knowing that there are people out there that can do

that makes me realize how fortunate I am and how I assume that I have all these things that will just always be there, and that's not always the case."

The second week focused on dietary restrictions. Every day was a different challenge including no lactose day and vegan day.

The third week is all about disability awareness. Throughout the week, participants have to get around campus using only wheelchair accessible routes: finding the elevators, avoiding University College Hill as it is too steep for wheelchair use, and walking up ramps.

Gloor Duncan said the point of this is to "gain a little bit of knowledge and understanding of what individuals may be facing."

Considering the restrictions some individuals may have, Gloor Duncan said, "They're meant to be fairly simple challenges that anyone can implement on any given day."

Essentially, "the whole idea is for individuals who are going through the challenge to pause, take a moment, reflect, and think, 'Okay, if someone was facing this, I can understand more now what daily challenges they might be facing.'"

Chander is no stranger to the challenges people endure on a daily basis.

"I'm from a small village in India; a lot of people there they don't have the basic necessities."

This is her second year participating in Borrowed Shoes events. Inspired by the experience, as leadership chair coordinator of the

Leadership and Mentorship Program at Western, she decided to organize this year's events.

The Western community is continually showing their support for the program. Participants are posting their reflections on social media through pictures and videos.

One person stood out to Chander.

"I've met a person who had diabetes and celiac disease and she was telling me how most people don't realize how hard it is for them to even go out and find the food that they can eat. The Borrowed Shoes Diversity Challenge is a great way for people to understand the life that she leads."

As a Western advocate for diversity, Chander said she wants people to "get out there, be as open-minded as possible and try different things. You never know what you might learn from the things that you try."

The three-week adventure comes to an end at Althouse College in the gymnasium on February 8. There will be more challenges going on, including one-armed basketball.

It's one final way for people to "think of the way that individuals may still participate in activities yet participate in them in an alternative way," said Gloor Duncan.

Borrowed Shoes had 250 participants officially sign up so far this year – 100 more people than in 2012. To register to participate in the last few days, check out tinyurl.com/borrowedshoes2013.



CREDIT: MEGAN MCPHADEN

Fanshawe Student Union President Zack Dodge, left, presented Nadine Meek, a Respiratory Therapy student at Fanshawe, with the CSA Leadership Scholarship on January 30. In addition to maintaining an impressive grade point average, Meek is the president of the Respiratory Therapy Student Federation and a volunteer at the Lung Association. She said she was "pleased and surprised" to receive the award.



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Lazy, bored and indifferent



TENSION
FRANK YEW (O.G.I.S.D)

We all have those lazy days where we sort of meld into the couch and watch programs chronicling the rise of aliens in ancient Mesopotamia while ignoring the Jehovah's Witnesses knocking on our door, even though they can see us through the towel that we use as a curtain. Lazy is a pile of dishes so high that you bring them into the shower with you. Lazy is eating Zoodles out of the can. (Five of you just said, "That's not lazy, I love Zoodles out of the can.") Lazy is wearing a hat instead of combing your hair or driving thru instead of walking in. Our whole society is quickly changing to accommodate and profit from 'lazy.'

There is another more destructive form of laziness that seems to be developing an ever-growing segment of today's society: ennui. Ennui is lazy mixed with boredom, but it is more than that; it is a lack of interest, a complacency and weariness with life. It's a societal and personal stagnation. Perhaps we have over-stimulated ourselves into a state of complete indifference?

I was passing through the parking lot of that mall on Oxford and Highbury the other day. You know the one, it's the place where it seems that if you buy a full load of groceries you get a free shopping cart to take them home in. Wheel-flipping shopping carts squeaking their way down Mornington Avenue, pushed by mumbling, tattered,

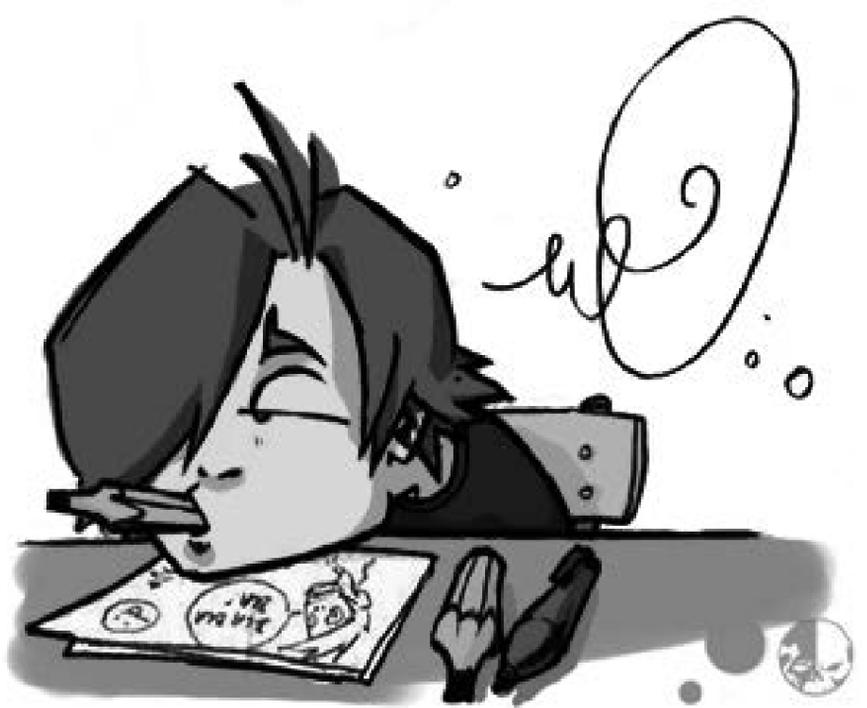
pasty men and women who need to hurry home to watch another episode of *Judge Judy*. "Oh dear," they say to themselves, "I am out of mayonnaise and Diet Coke. I better grab the shopping cart and head up to the mall."

So I was at *that* mall when I saw a couple of dudes in a pickup truck outside of Burger King. They must have just finished eating their Tuesday King Deal special. One guy crumpled up his garbage and dropped it out of the window, lit a smoke, wiped the grease from his hands through his thinning hair, put his baseball hat back on backwards and drove off, a newly pasted "Out of a job yet? Keep buying foreign!" bumper sticker fading from sight as he sped away.

In my guilt for not saying anything to this guy, I went over and picked up his garbage. I felt a momentary wave of righteousness, which quickly digressed to a personal disappointment at my fear of confrontation. Ennui combined with fear, oh man, we are in trouble!

Wading through our daily routines, we encounter continual examples of our social decay: garbage tossed out of car windows, shopping carts left in the middle of parking lots, peeing on toilet seats, gum stuck to the bottom of chairs (have you ever been tempted to pop it in your mouth?), and putting the dog in the backyard instead of walking him. Lazy is about you, ennui is about us. Ennui, the grand evasion, the global turning of a collective eye as we reason to ourselves that someone else will do it.

Are you sitting in D caf right now? Reading this while quaffing a piece of greasy triangular baked dough with rounded food-



CREDIT: STOCK PHOTO

Fear the ennui, a new breed of person that is equal parts lazy, bored and indifferent.

like particles on it? Look to your left – you notice the remnants of someone else's lunch sitting at an empty table? Are you inclined to clean it up, ignore it, or to leave your garbage because "everyone else is doing it"?

Are you a thrower, a picker, a watcher or a confronter? What one person finds ridiculous, the next accepts and the third shudders when he looks back on what the first did.

I suppose we are inclined to be indifferent to those around us. In the end, when we lie on our deathbeds and reflect, we may find that our conscience keeps us more awake than squeaky wheels, mayonnaise and Diet Coke.

Do you know where your veggies have been?

LAUREN BRULL
SPECIAL TO INTERROBANG

Whether or not washing your vegetables and fruits before consuming them has been a common household practice, there are very real reasons why you should be cleaning your vegetables and fruits before serving and eating them, including the skins and peels you do not eat. There are harmful pesticides, chemicals and residues that can be left on your vegetables and fruits when they are grown and harvested.

According to Rachel Nall's article, "Why Is It Important to Wash Vegetables Before Eating Them?" from LiveStrong.com, vegetables that are grown in the ground (potatoes, carrots, etc.) have an increased risk for coming into contact with other contaminants in the soil. Secondly, the vegetables and fruits are then shipped to a warehouse, where they are handled by more hands, dirty equipment and containers for transfer.

Lastly, produce is then shipped in containers to your local grocery store, where they are then handled for a final time. Although the fruits and vegetables may look like they are clean, with no visible dirt or residue, the more harmful the contaminant, the harder it is to see. For example, you cannot see the chemicals, pesticides, residues and bacteria sitting on the surface of each and every fruit or vegetable, according to Shereen Jegtvig, author of "Meal Planning and Cooking: Wash Your Fruits and Vegetables" (to read the full article, check out tinyurl.com/mealplanning2013).

When these pesticides, chemicals and bacteria are left on your produce items, they have the opportunity to infect the human body with foodborne illnesses such as salmonella, Listeria and E. coli. According to Nall's article, washing your veggies and fruits is just an extra precautionary measure that prevents the spread of foodborne illnesses. (For more details, visit tinyurl.com/washingvegetables.)



CREDIT: STOCK PHOTO

Cleaning your fruits and vegetables before eating them is good practice.

Although the risk of getting foodborne illnesses from pesticides on fruit and vegetables is low, due to the strictly monitored pesticides on fruits and vegetables, there is still a chance. But by washing produce before consuming it, you can eliminate the possibilities further.

Kathleen Zelman's article "Lettuce Learn to Wash Produce Properly," from MedicineNet.com, highlights the proper ways to wash fruits and vegetables:

1. Wash the produce under a stream of cool water or using the spray nozzle of your faucet.

2. Rub the produce with your hands or use a vegetable brush to remove all potential bacteria from the crevices on the fruit or vegetable.

3. The best thing to use when cleaning vegetables is just plain running water from the tap. Special detergents have been designed and are deemed safe to use on vegetables and fruits, but have not shown any more benefit than just using running water.

4. After you are sure the produce is washed properly, cut out any of the bad

spots on the fruit or vegetable.

5. Always wash your hands after you are done washing the produce.

Remember that it's important to wash your food, even if you eat only organic fruits and vegetables. Bacteria and harmful contaminants (especially from soil) can still make their way onto produce through the air, the soil or the journey it takes to get to your grocery store.

As David Grotto, registered dietitian and spokesman for the American Dietetic Association said in Zelman's article, "(The) fear of contamination should not keep you from enjoying the many nutritional benefits of produce. Just make sure you follow safe food-handling procedures in your kitchen, and you can continue to enjoy all the vitamins, minerals, fibre and disease-protecting health benefits of all produce, including lettuces and greens." (Read more at tinyurl.com/learntowashveggies.)

Lauren Brull is a Fitness and Health Promotion student at Fanshawe College.



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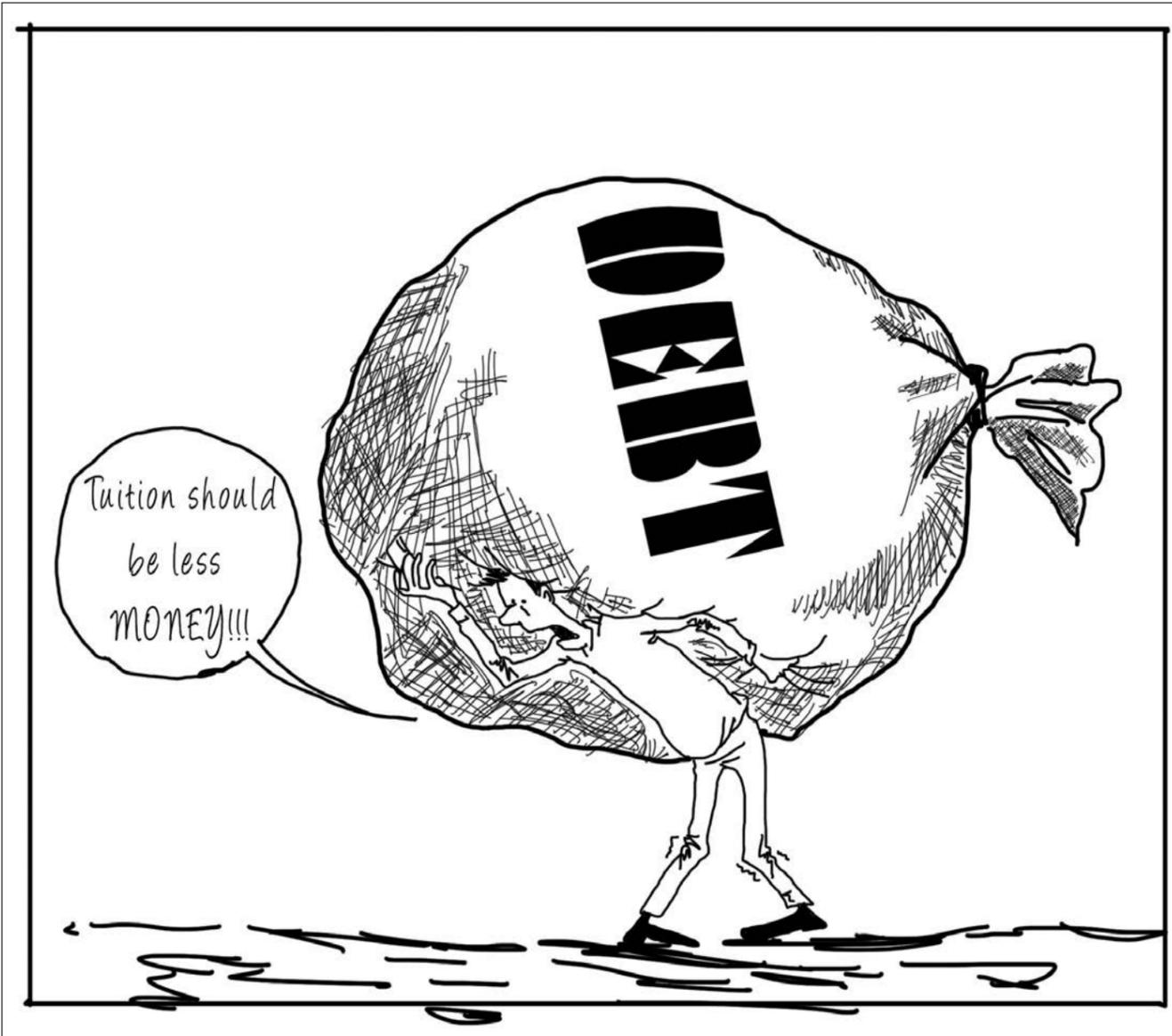
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The Eleven Commandments (Part 1)



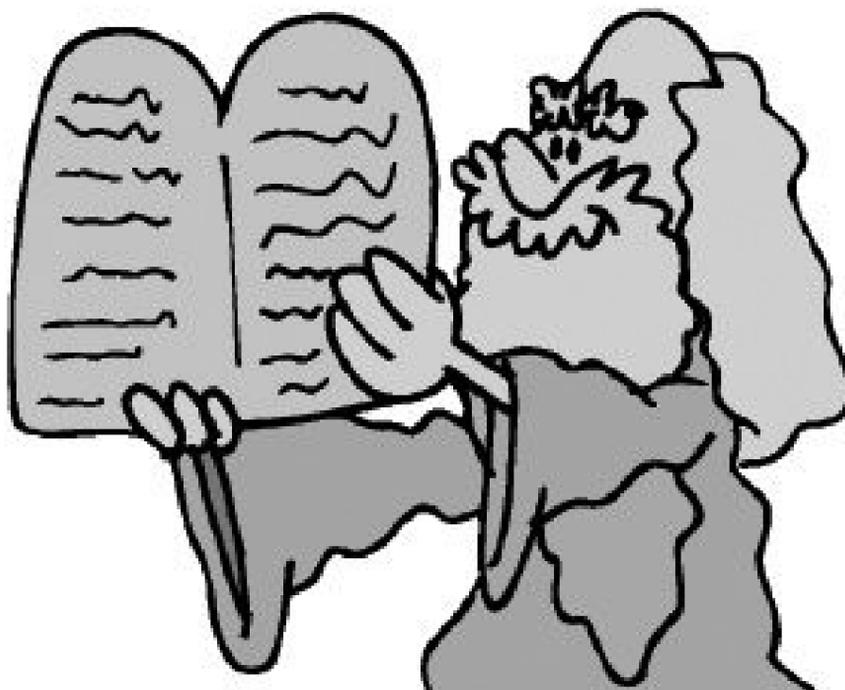
NOTES FROM DAY SEVEN
 MICHAEL VEENEMA
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It's ironic that very many of us – including those with a long list of Canadian ancestors and those who have arrived more recently – know little about Christianity. The reason it is ironic is that Christianity has been arguably the greatest shaper of Canadian culture and conscience.

Consider the Canadian desire to include people on the margins and help those who are less fortunate. Canada prides itself in trying to assist struggling Aboriginal communities and to welcome refugees. It is impossible to imagine that this desire could have sprung up in the country without the widespread influence of the Christian church which, until somewhere around the 1950s, held the respect and attention of nearly every Canadian. You might not have been a member of a church, but you would have taken its views and presence in your community with some seriousness. Until recently most Canadians heard someone preaching or teaching Jesus' command to "love your neighbour as you love yourself" every week.

It is very common for me to speak with at least several people each day whose knowledge of the church is based on what they have heard about the scandals plaguing the Roman Catholic community, or on stereotypical portrayals of southern U.S. television preachers, or on a remote experience of going to church once with their grandparents. Chances are high that this describes you.

Perhaps a place to reboot some interaction with the Christian faith is to consider some of the main teachings of Jesus. There is what I call the Eleven Commandments. They are a kind of superseding of the much older Ten Commandments of the Jewish and Christian Bible, which Jesus, being a devout Jew, knew by heart. However, he offered a more engaging take on God's commandments, a take that, among other things, helped open



CREDIT: STOCK PHOTO

the way to God for the non-Jewish world.

Here are the first six. I plan to introduce the rest next week. For those who want to check my accuracy, take a look at chapters five through seven in Matthew's version of Jesus' life, times and teaching.

Not to murder is good. But also say no to the roots of murder. Hatred. Anger. Jealousy. Better yet, cut them all off at the pass by working at reconciliation with your friend or family member when significant disagreements arise.

No to easy adultery and divorce. Instead, learn how to respect women and men in their relationships – and in yours. Respect the commitments others have made to each other. Make your own commitments of love and marriage with care. And do everything in your power (and more) to keep those commitments.

No flashy promises with impressive-sounding vows. Instead, just be a trustworthy person all the time. Plain and simple.

Anything else comes from the dark side, from Satan.

No revenge when people take from you what is not theirs to take. Instead look for ways to surprise them and put them off their guard – in a good way. For example, give more than is asked of you whenever you can. Disable the cycle of revenge.

Don't just love your friends. Love your enemies, too. If we can start living like that and get others to join us, it will mean the end of violence and wars.

Be generous. But never publicly for show. Just do it because that's what God wants. And guess what: You might not have the praise of people, but God will praise and reward you.

Next week: Jesus on prayer, possessions, pre-judging others, and some other things that don't start with a 'p' – unless I write something about Valentine's Day, in which case, part two will be the week after next.



CREDIT: CANADIAN PRESS

Andrea Horwath is provincial queenmaker.

A chance for the NDP in Ontario

VICTOR DE JONG
 INTERROBANG

The Ontario NDP Party has found themselves in a position where they can seize a lot of power if they play their cards right. With a newly elected premier, the odds are high that an election will happen in mid-February when the Ontario Legislature resumes. Should that be the case, Ontarians will be faced with a choice between two or three parties that are miles apart on a lot of issues. When this happened in Quebec, the NDP moved in and decimated the Bloc Quebecois, lowering their seat count to the point of not being an official party and scooping up 58 of the 75 seats in Quebec. The obvious distinction is that this would be a provincial election, not federal, but the principal still applies.

The Liberal Party is currently undergoing a crisis of public opinion and Ontario PC leader Tim Hudak for one has been taking full advantage. In late December, Hudak spoke amidst protestors at the LCBO on York Street in downtown London to outline how he would let the private sector engage in the sale and distribution of alcohol under government regulation. The NDP, on the other hand, has been playing the moderate card with leader Andrea Horwath saying she's willing to work with anyone who will to come to the table. Regardless of how the drama unfolds, Horwath stands to gain in several regards.

Despite having the fewest members of provincial parliament, the NDP Party of Ontario will decide whether there will be an election. To have a majority in Ontario requires at least 54 seats in the Ontario Legislature, and Kathleen Wynne's Liberals have 53. The Ontario Conservative party has made much noise declaring they won't support the new Premier, but without the 18 votes held by Horwath's NDP, making noise is all they can do.

Leading up to the introduction of the new premier in the Legislature, Horwath and the newly elected Kathleen Wynne will undoubtedly meet to discuss mutual interests. If Wynne can get the support of the NDP, she'll be able to move legislation far more quickly and Horwath will have some input on decision making. If Horwath decides that she could fare better in an election, she could play up anxieties about the direction of the Ontario Liberal Party and work with the Conservatives to vote down the government. In that scenario, Horwath can claim she had no interest in an election and deflect much of the blame onto Hudak, who has left no doubts that he wants one.

Part of the McGuinty/Wynne/Liberal government's plan is to offset the provincial deficit by building an additional 29 gaming facilities. In stark contrast to that, Hudak wants to allow for wine and beer to be sold in corner stores and eliminate the Ontario Lottery and Gaming Commission.

The polarized nature of the parties in the Ontario Legislature is somewhat troubling. Since the elected party still only represents a small portion of the total population, a platform of radical change is dangerous. The Federal paradigm illustrates that point well as Stephen Harper continues to make decisions that have angered groups from every walk of Canadian life.

Hoe brings show to Aeolian, yo



BOBBYISMS
BOBBY FOLEY

I write about random things a lot. I write a lot about random things. The music streaming service Rdio made a big announcement last week, extending the free trial period of their subscription-based service from one week up to six months in Canada.

Rdio is reportedly matching the free trial period they offer to American subscribers to 14 additional countries in the hopes of gaining a larger following to catch up to competitors like Spotify and Pandora.

I'm not one to advertise any given service in this column, but that is a fantastic offer – Rdio is ad-free, easy to use and has a vast selection of music, including independent Canadian artists like JP Hoe, whose most recent album *Mannequin* was released in May.

JP Hoe will perform in London at The Aeolian Hall on February 17 as a part of his tour throughout Ontario this month in support of Ben Caplan. Still spreading the word about his new album, Hoe was only recently added to the bill – which also includes our own

Olenka Krakus – and as the college is closed on Family Day, February 18, there's plenty of time available to listen to every word he's got to say.

This past December saw the release of his latest music video for "Nothing's Gonna Harm You," a charming film created by Procter Bros. Industries in Winnipeg. The video serves as a good reference for the record, capturing the spirit of community and travel while stylishly depicting Hoe travelling across the country spreading his message.

Marrying substance with style, *Mannequin* features Hoe's artistic vulnerability as surely as his strength as a songwriter. A record of powerful themes delivered with infectious vocals, it's difficult to picture the Aeolian full of concert-goers not singing along to songs like "I Only Did It For Love" and "Learn To Let You Go," honest anthems with big, pop-tinged refrains.

His breadth of vision is as impressive as the result of his efforts; Hoe has so masterfully crafted the music *Mannequin* that he's made it look easy to move between all the styles present. Songs on the album shift greatly in tone, from dark, bluesy yearning ("Conversation") to sweeping nostalgia ("Bittersweet") but are rein-



CREDIT: ROBERT HUYNH

JP Hoe will be at London's Aeolian Hall on February 17.

forced by a strong pop sensibility, dynamite vocals and a flair for musical and emotional texture.

The Aeolian has certainly evolved in recent years as well, embracing and offering a wider range of concert experience and getting on pace to take a commanding lead in performance venues here in the city. A beautiful

space with impeccable sound, the theatre itself is bound to be a highlight of the show, one that shouldn't be missed.

For more on JP Hoe, his record *Mannequin* or his tour with Ben Caplan, visit jphoe.com or follow along on Twitter @jphoe. Tickets for the show are \$15 in advance or \$12 for students, available at the

Aeolian box office, Grooves or The Village Idiot. Doors at 6:30 p.m.

And for more of the latest music news, views and previews of shows coming to London, consider following this column on Twitter @fsu_bobbyisms. Stay strong through midterms, Fanshawe. I'm out of words.

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Get organized and stay organized



TURN BORING SPACES BEAUTIFUL
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Being unorganized increases stress and adds chaos to everyday life, which is exactly why organization is essential. Staying organized is simple when your life is stress-free, but when you're stressed out, organization quickly becomes a challenge. With an "always on the go" student lifestyle, we need our days to run as smoothly as possible, and organization is the path to a calmer life.

Organization can easily be turned into a fun and creative project. There are many different types of products that will help you keep organized and add character to your space – no one ever said organizing had to be boring.

The homework area is a prime spot that can quickly become a hectic mess. There are a few simple and easy ways to help keep this busy area neat and tidy:

Using jars to separately store your working utensils like pens, pencils, paperclips and elastics is one unique way to help keep everything in place. These jars can be colourful or clear – whatever your preference. You can get creative by labeling or adding pictures on the outside of the jar to indicate what is on the inside. Place these jars on the top of your workspace for the easiest access to these utensils.

Drawer organizers are another solution to keeping your tools organized and out of the way. This solution will keep everything off the workspace, allowing for a cleaner area. Drawer organizers come in a variety of shapes and sizes to accommodate for the variation of drawer sizes. Pick ones that will fit best in your drawer and allow for the maximum organiza-



CREDIT: HOMEDIT.COM

Keep your workspace organized and fun with simple solutions like using labelled glass jars to store writing tools and knickknacks.

tion. These containers also come in a variety of colours and patterns to keep organizing fun and funky.

Bookshelves are not just for holding books; there are a few items you can add to create a more visually appealing shelf. Colourful baskets can be used to organize small items. Incorporating pottery

pieces and pictures will add more personality to the shelf. A bookshelf can easily be turned into a piece that allows for organization and creativity.

An ottoman is a stylish furniture piece that has two functions: it has a design structure that allows you to sit on top of it and has a storage

compartment. An ottoman's storage compartment is great for storing all of your extra clutter, which will lead to maximum organization. Having a piece of furniture that has two great assets is a must for your space!

Don't feel stressed out and overwhelmed by an unorganized room.

By adding these organization pieces, there is no doubt that you will have a creatively organized space. Organization is the key to a calmer lifestyle.

Don't close your windows of opportunity



THE REAL WORLD
Jeffrey Reed
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Have you heard the joke about the four engineers – a mechanical engineer, chemical engineer, electrical engineer and engineer from Microsoft, sharing a ride in an automobile?

The car breaks down. "Sounds to me as if the pistons have seized. We'll have to strip down the engine before we can get the car working again," says the mechanical engineer. "Well," says the chemical engineer, "It sounded to me as if the fuel might be contaminated. I think we should clear out the fuel system." The electrical engineer says, "I thought it might be a grounding problem, or maybe a faulty plug lead."

They all go to the Microsoft engineer who has said nothing and say, and ask him, "What do you think?" He responds, "Well, I think we should close all the windows,

get out, get back in, and open the windows again."

Reliability and credibility are two of the most important traits of any employee. Far too many times, I've been impressed by polished resumes and professional cover letters, only to see talent wasted through false promises and inconsistent work ethic. This week, let's discuss traits that will make you an invaluable member of any workplace.

Arriving for work on time is the most basic demand of any job, but I know of some hard-working, skilled employees who were fired for consistently arriving late. Sure, time is money, but when an employee is never on time for work, that's a sign of much larger issues: unreliability and apathy. I once worked with someone who was late for every single appointment over a two-month probation period. The final late arrival – more than two hours late, without a good excuse – finally saw that worker back on the unemployment line. Get to work on time, and you pass the first test in the eyes of

your boss.

My biggest pet peeves at the workplace are water cooler gossip, backstabbing and jealousy. Despite the fact I work out of a home office, I do spend close to half of my time with clients or out in the field covering news events. And over the years, I've held many posts within retail and office environments. Drama is counterproductive, and like an act of jealousy it's a diversion from getting the job done well and on time. Backstabbing employees are not only nasty creatures of habit, but are also insecure about their own position on the corporate ladder. Stay away from this trio of negative traits, put your nose to the grindstone and surround yourself with trusted allies within the workplace.

Of course, employers are not immune to bad habits. I once received negative feedback from an employer simply because of a computer glitch, which was out of my control. Despite the fact I had an unblemished record, and was consistently praised by clients dur-

ing annual evaluations, this employer thought it was the end of the world simply because a file had gone missing. Instead of giving me the benefit of the doubt, three executives spent hours throwing scathing comments at me for not completing a task. In the end, the blame was put on a computer error – but not before time was wasted and my opinion of that employer took a nosedive.

Here's another of my pet peeves of the workplace. As a magazine editor, I see this act of irresponsibility far too often: submission of sloppy, substandard work, which leaves someone else with the dirty job of cleaning up after you. Confession time: as a young writer making his bones in the publishing industry, I made the mistake of submitting bad copy to an editor. I got lucky: that particular editor was willing to mentor me with words of advice on getting the job done right the first time, and on time. I once stopped offering freelance assignments to a writer who submitted three consecutive stories with more holes than Sonny

Corleone after he was whacked at a tollbooth. Here's an offer you can't refuse: demand only the best from yourself, and you'll be rewarded for it.

Finally, don't be afraid of taking chances. Even if you aren't pulling the strings at the workplace, your input is valued. If it isn't, then perhaps it's time to polish your CV. The strength of any employer rests in its people.

Before you close the windows, get out, get back in and open the windows again, think about how you can avoid problems before they become issues that only hamper the workplace.

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 reed@fanshawec.ca.

Revealing the art of concealing



BEAUTY BOY
JOSHUA R. WALLER
joshua.r.waller@gmail.com

When it comes to working on the complexion, a part that often gets missed or confused is concealing. People often confuse concealers with foundations and want to apply the product all over their face, and while this could work, it doesn't create a very realistic or natural look. It is important to know that a concealer is an opaque pigment while a foundation has a somewhat translucent quality so that it appears more natural.

Concealers can be used to correct many different complexion flaws such as redness, dark circles and age spots. Concealer is so powerful, it can even be used to cover tattoos and block out eyebrows. To achieve these corrections, you need to know some basic colour theory: green cancels out red, orange cancels out blues, and yellows cancel out purples. It is

also important to know that while makeup can conceal pigmentation flaws, it can never fix any raised flaws such as pimples or puffy eyes.

The most common concern women have with correcting is dark circles under the eyes. Most will try to use under-eye brighteners, which may have luminescence but also have a low concealing property since they are usually pink tones. Dark circles under the eyes usually have a blue cast to them which means you need to use an orange-tone concealer (creams work the best) to cancel out the darkness. You can then blend it out into your foundation to give it a more polished finish. Another interesting use orange concealers have is covering tattoos or blocking out eyebrows. As most tattoos contain a blue-black ink, colour correcting with an orange tone is the first step to covering a tattoo. Also, most eyebrow hair is a dark shade, which means the orange concealer really helps neutralize the colour and make it easy to cover. While most people don't



CREDIT: JOSHUA R. WALLER

An entire back tattoo cover I achieved with Dermablend.

cover their tattoos or conceal their eyebrows on a daily basis, you never know when a situation may arise – you may have a wedding or other special event coming up.

Look at the picture above; in it, I demonstrate how powerful concealer can be when covering a tattoo and how important it is to colour correct to fully achieve

flawless finish. I took an entire back piece tattoo and covered it with one layer of orange concealer, and then layer upon layer on Dermablend (powdering in between each layer). However, if you look closely, you can still see the raised edges of the tattoo simply because makeup cannot cover that.

The next time you're applying your makeup, try using concealer as more than a spot treatment, and try it as a full corrective makeup, whether you're concealing redness or hiding a tattoo.

If you have any exciting corrective makeups you want to share, feel free to email them to joshua@jrwbeyuty.com



CREDIT: TUMBLR.COM

You know you're on a student budget when you turn down the heat and put on oven mitts to keep warm.

Stretching your student budget



MY SERIES OF UNFORTUNATE EVENTS
JENNA WANT
j_want2@fanshaweonline.ca

In high school, the thought of college or university was nearly as exciting as Christmas morning. No longer living with your parents, no rules, eating whatever you like – what more could you want? Unfortunately it isn't always as glamorous as it sounds.

The biggest downside to being a student is a student's budget. I recently found myself wearing oven mitts around the house to keep warm because I refused to turn up the heat and spend my precious savings on my heating bill. My diet mostly consists of brown rice, because it's always on sale at the grocery store. Of course, there is the option of getting a part-time job, but it's hard to find your resume under the pile of essays you have to write.

But never fear, fellow students! There are some ways to stay within your budget while still keeping a bit of your sanity.

First off is to pack your own

lunch. Break out the old lunch box, and fill it with essentials to get you through your day. If I had saved the money I spent on Pizza Pizza during first year, I could probably buy one of Brangelina's vacation homes. Keep an eye out for when your nearest grocery store is offering student discounts; that extra 10 per cent you save can go straight towards your Reading Week vacation fund.

Additionally, think twice before getting that new pair of jeans. I know you don't have them in red yet, but I promise that they will only gather dust in your closet.

Something that may come in handy is creating a priority list – a list of things you are willing to spend money on, and things you'd like to save for. For example, if One Direction tickets are at the top of your list (like mine), make sure your money isn't all going to late-night Chinese food deliveries... or heck, maybe Chinese food is at the top of your list!

Whatever your financial situation, be mindful of where your money is going. In the meantime, how much are you pitching for my One Direction tickets?

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Style yourself smart and sharp for the interview



MAKE THE LOOK
YOUR OWN
AMY LEGGE

You've handed out resume after resume. You've considered spending your summer as a cashier, waitress, walking billboard for Domino's Pizza. You need a job. You've patiently waited and wished and wondered. You've just about given up hope when you get the call. You've made it to the next stage of the hiring process, and that means the dreaded in-person interview. Now you have some important decisions to make, not least of which is what you will be wearing on interview day.

Whether or not you want to admit it, first impressions are very important, especially to a prospective employer who sees multiple candidates for the same position and has a very short time to get to know you. Dressing inappropriately or not appearing to fit in to the company's culture of dress can take you out of the running for a job before you even open your mouth.

The dress code for interviews is pretty standard across the board, but the degree of formality you need to achieve with your outfit really depends on the type of job that you're applying for. However, interview outfits don't have to be boring and standard to be appropriate and chic.

There are a few rules of thumb

that apply to dressing for any interview for any job. If you could wear any part of your outfit to the gym, the beach or the bar, it's a no go. That includes any and all miniskirts, sleeveless tops, flip-flops, yoga pants and stripper heels. Also included in the do-not-ever-wear-to-an-interview category are leggings as pants, leggings in general, anything cleavage-baring, anything backless, and anything sheer.

That being said, don't get discouraged and think that you have to dress like a senior citizen in order to be appropriately dressed for a job interview. You can still have fun with your outfit and express yourself in the way you dress and be successfully prepared for a professional rendezvous.

A few current trends to try for an upcoming interview are: menswear-inspired elements, retro glamour and ladylike looks. The ladylike trend works for interview scenarios because it is generally put-together, conservative and more on the formal side. A few pieces from this trend that would take your interview attire to the next level are peplum tops, slim-fitting pencil skirts, and belted shirt-dresses that have a modest neckline and hemlines that reach the knees.

Retro glamour can be applied in terms of hair and makeup, by choosing a chic chignon updo or winged cat-eye liner to go along with your job-hunting outfit of choice. Also in the vein of retro glamour, silky bow-tie blouses,



CREDIT: FABSUGAR.COM

Ashley Olsen (or is it Mary-Kate?) rocks the red carpet in a menswear-inspired outfit.

high-waisted skirts and pants and elegant matching jackets and skirts make a great first impression for prospective employers.

The menswear trend being seen on and off the runways on celebrities and models like Agyness Deyn, Kristen Stewart and the Olsen twins (because I still don't

know which one's which) is ideal for an edgy interview ensemble because it consists of structured suiting, tailored blazers, slim trousers and collared button-down shirts.

Overall, dressing appropriately for a business environment can be just as fun and as sartorially satis-

fying as dressing for a night on the town. As long as you keep in mind that you want to appear as an intelligent, neatly put together, fashionable future employee, there are no limits to the ways you can style an interview outfit.

Modern Islamic fashion

NICOLE SCHMIDT
THE EYEOPENER

TORONTO (CUP) — Hafsa Lodi began taking sewing lessons when she was nine years old.

At the time, she never imagined that one day she would have her own clothing label. But now, more than a decade later, Lodi has done just that.

As an international student currently enrolled in Ryerson's journalism program, Lodi leads a double life. She flies into Toronto each September and immerses herself in the world of journalism. Then, each April, she flies back home to Dubai and focuses on fashion design.

When she first started, she tried to do both at the same time, but managing a clothing line while taking on a full course load proved to be overwhelming.

"It would have been hard (to do both)," said Lodi. "During the school year, I sketched out stuff as I thought of it, but other than that, I wasn't really doing anything else with it."

Her designs are catered towards the Muslim population, inspired by the silhouette of an abaya — a loose-fitting, robe-like garment traditionally worn by Islamic women.

Lodi said she wanted to give Muslim women more options by creating pieces that balance modesty with style and incorporate international trends and colour.

"A typical Middle-Eastern dress is all black head-to-toe," Lodi said. "But I'm trying to give (these women) more use to that image with colour and embellishments."

As a result, her designs often include floor-length dresses, jump-

suits, long-sleeved shirts, and items that can be easily layered.

It all started during the summer of 2011. Lodi was experimenting with clothing design by creating pieces for friends and family.

"I just started buying fabrics and making clothes," she said.

According to Lodi, her inspiration is eye-catching prints. Whenever she sees a cool fabric, she pictures its potential to be made into something different.

"By the end of summer, I made around 30 dresses and thought, 'What do I do from here?'" she said.

But the positive feedback she was receiving from all of those who saw her designs pushed her forward.

Lodi began talking to store owners in Dubai to see if they would be interested in selling her clothing.

She was a hit right away. The first boutique she approached, OConcept, agreed to stock her first collection.

A launch event was held to introduce the Hafsa Lodi Label, and things began to pick up from there.

After designing her second collection, she wanted to expand her client base. She approached s*uce, another boutique with three different branches. They soon began to sell her clothing as well.

Since Lodi completed her last semester of school in December, she is now back in Dubai full-time. Her new spring/summer collection, Bedouin Ballerina, will be released this month.

Now that Lodi has finished her new collection, she wants to focus on pursuing journalism.

"I'd love to try to do both," she said.

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The wild, studded and edgy look



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

Even though it's not quite spring, it doesn't stop any of us from wearing not-so warm outfits once in a while.

The stores are flooded with such tempting and beautiful spring apparel this time of year that a hi-low leopard skirt is an irresistible impulse buy. A slightly cropped and fitted top and a fitted black studded denim vest add a bit of edge to the wild leopard skirt. Worn with little black ankle wedges for comfort and to give a bit of a street fashion feel, it can also be worn with black leggings! Complete the look with a gorgeous chunky chain gold necklace and a structured two-toned satchel embellished with flathead studs.

Make sure to bundle up when leaving the house, but once you get to your destination, you get to reveal your awesome outfit!

1. Leopard Skirt: This is a great piece to add a print or excitement into your outfit. Originally

intended for a spring or summer wardrobe, the neutral colours of the leopard print work nicely in the fall as well. It has an elastic waistband so it can be worn high-waisted or lower, and it sits comfortably either way. The hi-low silhouette flows nicely on the body, creating a more feminine silhouette. (Forever 21, \$28)

2. Cropped Top: This versatile black cropped top looks like a bousier, but it's just a simple cotton cropped top. It can be worn underneath other garments like the vest or with anything high-waisted, as styled in this outfit. (Dynamite, \$14)

3. Studded Vest and Black Wedges: An asymmetric black denim vest detailed with exposed zippers and squared studs give the outfit a street casual feel like the black wedged boots. The structure of the vest contrasts the flow of the skirt. (Vest: Forever 21, \$35; Wedge booties: Spring, \$40)

4. Gold Necklace and Two-Toned Satchel: The chunky gold necklace breaks up the black in the vest and crop top and reinforces the street fashion trend in the outfit. The satchel also carries over the two-toned and stud trend that

was so prominent last season. The accent of black on neutral rose creates the perfect canvas for studs to be embellished on the base of the handles. It can be worn mid-arm or the bag comes with a longer strap that extends. (Necklace: Aldo Accessories, \$30; Satchel: Aldo Accessories, \$50)

This look is inspired by the wild, as seen in the free flow of the skirt and leopard print combined with tough elements like the studs and structure of the vest and bag. Whether you choose to rebel against the cold weather and wear it now or wait until the spring to rock it, it's the type of outfit that is polished and casual at the same time.

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 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.



CREDIT: HAI HA NGUYEN



CREDIT: FSU STREET TEAM

Above Hey, Mom, look what I won at Sex Toy Bingo at the Out Back Shack! Below: It wasn't all vibrators and anal probes at Sex Toy Bingo as the handcuffs came out for some laughs and fun.



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so here's your chance...

February 4th - 8th, 2013

KPI Student
Satisfaction
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Start your cyber search

FIND JOB

MELAINE ANDERSON | INTERROBANG

Look Local

Career Services/FanshaweOnline www.fanshawec.ca/careerservices

Start your search right here at Fanshawe!

On the bottom right hand corner of the Career Services page you will find the Career Services and Co-op Job Site under the "Resource" heading. On the left-hand side of the page, the first option is "Job Seekers Log in" You can sign in as a student, using your student number or register as an alumni to continue using this service.

Once logged in, you will find a list of upcoming events on the right-hand side, which can include resume or interview skills workshops, career fairs or open interviews.

This website lists postings for a wide variety of job sectors. Ninety per cent of these jobs are in Ontario. The site provides more than just job postings; you can search for jobs by your program at Fanshawe and you can also have the system email you every time a new matching job comes in. There is a "Job Search Tool Kit" tab, for example, that includes information sheets on everything from writing an effective resume to googling jobs to dressing for an interview.

You can also visit D1063 and meet with one of four career consultants up to five years after you graduate. They will assist you with your resume and cover letters and give advice on starting salaries, how to look for a job, and how to make the best choice possible.

KnightHunter.com

Knight Hunter is a job site specific to London and surrounding areas. You can browse the hundreds of jobs listed on the site, or post your resume and create a profile so employers can find you. Their job search/filter also serves as a good tool to narrow down your search by employer, category or location.

#LDNONTJobs ldnontjobs.com

This site uses #LdnONT (London, Ontario) hashtag to help promote its jobs on Twitter. You can browse all of the London and area jobs, or use their advanced search feature. The search feature allows you to enter a keyword or narrow it down to type, category, or when the job was posted. You can also post your resume on the site.

City of London tinyurl.com/ldnontcityjobs

Visit this site to find current career opportunities within London's municipal government. Jobs range from summer student positions to senior managers. Job descriptions are very detailed and typically include the salary or salary range. You can apply for jobs directly on this site.

Job "Search Engines"

Indeed.ca and Wowjobs.ca

Sites like these are a good way to get your job search started. When you enter in a keyword, job title or company name along with a location, it browses thousands of other job sites and company sites to produce the results. It will search several websites including government sites, other job sites such as Workopolis, university/college job sites and more. These sites also allow you to select the "Browse" jobs option where you can search for jobs based on company, title, location and category.

One warning about these sites: keep an eye out for the date you must apply by or how long ago the job was posted, as sometimes the postings are old or expired.

Free Job Sites

Craigslist and Kijiji

With sites like these, you want to make sure you are on the correct website for the city you want to work in. London's sites are: londonon.en.craigslist.ca and london.kijiji.ca.

Once on Craigslist or Kijiji, you can select a category under the Jobs tab. There are many good postings on these sites, you just have to sift through the bogus ones. Because these ads are free, beware of scams or ads that ask for your money. On Craigslist you can check out the "Avoiding Scams" tab on the site. Its number one rule is to deal locally with individuals you can meet in person. It also advises users not to wire any money online. Try to find the posting on another site or at least check out the company online or in-person to help you find out if they are legitimate. Keep an eye on the date for these job ads as it often takes a while for them to be taken down or removed.

Sector-Specific Sites

Ontario Public Service Careers www.gojobs.gov.on.ca

This site lists all of the jobs within the Government of Ontario. You can search by region or city within Ontario, job category or salary minimum. The site is well known and the positions usually receive hundreds of applicants, but why not put your hat in the ring? You can check the competition status of a job

by calling a number on the website.

Along with a list of government jobs from across the province, this site provides a resume-writing guide and interview tips specific for a job in the Ontario Public Service.

Service Canada Job Posting Service jobbank.gc.ca

You can search by province or more specifically an area within the province, for example, "London and Area." You can also search by category. One useful tool is the ability to search jobs that were posted in the last seven days or the last 48 hours; this can help keep your search fresh. There is a Training and Careers section that will help you identify career options that best suit your skills and interests. You can also register with Job Bank and make use of their Job Match, Job Alert, Résumé Builder and Career Navigator tools.

Charity Village charityvillage.com

This recently revamped website provides jobs within non-profit companies from across the country. You can search using your postal code or the region you are interested in. In addition to the job postings, this site has an extensive list of "topics" on everything do with the non-profit world. Browse everything from News, Fundraising, Volunteer Engagement, Giving, Management and Human Resources.



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. - J Gym

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annual**

PARTNERSHIP

Looking BEYOND the paycheque

VICTOR DE JONG | INTERROBANG

After years of late-nighters, all-nighters and the constant stress of being in school, the finish line is in sight: graduation! Unfortunately, what comes next can be as stressful as all your years of education combined.

Your first job might be the hardest one you'll ever hunt for. Without experience, it's hard to convince an employer to take you on, since you have no track record yet.

There are many aspects to consider when you're searching for prospective employers. Not only is there the matter of salary, but the company might not have an opening in your locale – how do you know if a job is worth the move?

Fanshawe Career Services consultant Wendy Lycett had some great advice to consider when choosing a new job: first and foremost, "do a self-assessment to set your core priorities and values, because that's what you're going to look for in an employer." Every graduate is looking for something slightly different in a job and in an employer, she said: "Ten people could take the same program and have 10 different areas or different personalities in terms of what they value or what's important." While some people value vacation time highly, others may be more interested in a job that pays into their pension. It's up to you to set these priorities before embarking on your job hunt; whether or not your priorities are realistic could be a different story.

“Your first few years in the job market should give you a wide range of experiences and opportunities to develop new job skills.”

“Once you graduate, you kind of have the first five years of your career that are important that you're trying to get entry level jobs, developing yourself and getting that core level of experience.” Your first few years in the job market should give you a wide range of experiences and opportunities to develop new job skills. More so than your time in college, these formative years will familiarize you with the expectations of that workforce, typical compensation rates and positions within the industry. Lycett put it best when she said, “The important thing to look for when you graduate is jobs that use and develop skills to work towards your goals.”

So what if you can't find a job in your area of expertise? Lycett explained that working a part-time job after you're finished school isn't a bad idea because you can take the opportunity to volunteer on the side to build your portfolio and maintain those all-important job skills. Beyond these volunteer positions, you have the option of an internship after – and sometimes during – your program. “It gives you a really good chance to try the job out, get to know companies and find the expectations of a workplace. Students who are in co-op programs experience the best benefit of internships. Most internships last for six months to a year, and even if you can't find a paid internship, it's worthwhile to see if there's any way you can do volunteer work that will help you develop skills.”

When you're interviewing for prospective jobs, there's a pretty standard mechanism for calculating benefits if you're going to work in a unionized environment. “They have standard pay, standard benefits and standard privileges, so to speak. For private companies, the wage can vary and benefits are often negotiated.” For the most part, there is a benefits package associated with your 'level' within the company. Within those packages there is room for personalization as you'll generally have a discretionary fund for items like massage therapy or acupuncture. According to Lycett, “Once you start to develop expertise or experience in your field, you start to know what the going rate is, what the packages are and stuff like that.”

When you're looking at taking on a new job, remember that there's often more to think about than just the dollars to be made. Starting out isn't always going to be easy, but taking these factors into consideration will help you to make a smooth transition into the working world.



Get your foot in the door with a staffing agency

STUART GOODEN | INTERROBANG

Finding a new job can often take way longer than anticipated. I remember in high school tirelessly handing out as many as a dozen resumes on a weekly basis to little or no avail. Finding work on our own is becoming more and more of a disappointing reality, even for graduates of post-secondary education.

If you find yourself in the far-too-common situation where you thought that degree or diploma you worked so hard to obtain would instantly have employers lining up to give you a job and it didn't work out, you're not alone. Data from Statistics Canada showed a 7.4 per cent unemployment rate nationwide in March 2012; that rate is nearly doubled (14.7 per cent) for Canadian youth aged 15 to 24 – an age bracket that includes many recent college and university grads. Many graduates are slapped in the face with the harsh reality that jobs aren't just waiting to be graced by their presence.

If you're having a tough time landing a job, grad or not, there is hope. One alternative could be finding work through a staffing agency. Staffing agencies are “middlemen” that may help you find work. Jobs can vary from office positions to manufacturing work, but most agencies offer temporary positions or work on an as-needed basis.

Brian Malcott is an employment consultant with Fanshawe's Community Employment Service. He said that although finding work through a staffing agency is a good way to get your foot in the door, you become obligated to work for the agency. “Because you work for the staffing agency, you don't work necessarily for the company. The staffing agency is the one who hires you on a contract, and you're subject to their policy rules and procedures, not the company that you're necessarily working for,” he said.

“In my opinion, I feel it's better to connect personally with the companies, than going through a staffing agency, because you can develop a more long-term relationship with the company if you want to stay there for a while.”

Dianne Evans is the branch manager for Kelly Services (380 Wellington St.). She said that the agency offers a list of jobs such as data entry, office administration, accounting, manufacturing and call centre work. Evans suggested that registering with an employment agency could help provide a stepping-stone into the working world. “They know we're tapped into a diverse client base. Sometimes, depending on the position, it's better for (job seekers) to network on their own and go door to door to specific companies. But on the other hand, we are connected with a lot of companies within London and area that may give them a foot in the door.”

Debbie Durand of Adecco (355 Wellington St.), said students and graduates can benefit from using a staffing agency. “Students can choose positions that would work around their school schedules. For example, we staff for some large call centres that have weekend and evening shifts. We staff several different positions for various companies; students may have the opportunity to find a part-time position through Adecco that is in their area of study.” Adecco specializes in jobs that include work in production facilities, call centres and administrative positions.

When it comes to training, your placement will be in charge of familiarizing you with the job, but the agency also has access to many other training courses available to upgrade any work-related skills.



Move away to move up in your career

MELANIE ANDERSON | INTERROBANG

You did it! You've just graduated and you've received a job offer in your field. The only problem... it's in a different city, province or country. How do you know whether to take the job? It can be tough to make the choice to leave friends, family or a significant other, but maybe that's what's necessary to pursue your dream career.

Susan Coyne, a consultant in Fanshawe's Career Services department, stressed the importance of doing your homework before accepting a new job. "It's really important, especially if you're not familiar with the province. You have to know: where am I going to live? What are my support systems going to be? How much money am I going to make? Is it going to cost me a lot more to live in a different province?" She added that it's also crucial to research the climate and your options for transportation, among other factors.

Sean McEwan graduated from Fanshawe's Broadcast Journalism program in June 2012. He is now working as an afternoon/evening newscaster for Mix 100 CJCD in Yellowknife. Before choosing to take the job, McEwan had a lot to consider: "I thought about the fact that I would be going to a place where I literally knew nobody, what it would be like living alone and having to become an adult at 19."

Wendy Lycett, a career consultant at Fanshawe, said sometimes you need to take a look at yourself and your own characteristics before taking that leap. "You should consider your own basic personality: do you have the assertiveness and the resilience to let go of what you're familiar with and go somewhere completely new? Especially considering that when you start a job there's no guarantee it's going to work out."

The distance between your job and your current home can pose a challenge even when hunting for jobs. You may be unfamiliar with not only the job market but the new location itself. Coyne suggested several questions you should ask yourself before making a decision: "Are you prepared to go to the province for an

" It can be tough to make the choice to leave friends, family or a significant other, but maybe that's what's necessary to pursue your dream career. "

interview? If your interview's on the phone, you need to get out there and check it out because I don't think anyone should accept a job over the telephone without knowing what they're getting into." If you can't afford to visit your new place of work, sometimes companies will pay for your travel to visit the office or job site.

Lycett said that sometimes it won't be possible to visit your new workplace in person, but there are other ways to prepare. "It's just a matter of doing research and making sure you have a safety net. You need to have a ticket home if need be; have some sort of fall-back plan."

Now that you've ensured the company is legitimate and the position is what you're looking for, it's time to weigh out the positives and negatives. For McEwan, it was time to go. "I didn't really have anything keeping me in Ontario and the reasons to go outweighed the reasons not to."

For Veronica Barahona, former Fanshawe Student Union President and current communications manager at the College Student Alliance in Toronto, making the move from London was a tough decision. "So much ran through my mind when applying for the job – was I able to afford it? What would I be leaving in London? All those scary things that run through your mind when you're in your mid-20s."

Leaving loved ones can be the biggest factor when choosing to move away. "Having somebody to rely on — friends, family, somebody you know — is equally important to people as knowing they have a good job," said Coyne.

McEwan agreed, "The biggest adjustment has been being around no one I know. I am isolated from everyone because it's not like Yellowknife is a weekend drive away."

Sometimes making new friends means

stepping outside of your comfort zone. Both McEwan and Barahona have adapted to new social lives. "Working in the media has for sure helped me meet new people," said McEwan. "I get along with everyone at work and hang out with them. The weirdest thing is that the majority of the people I hang out with are way older than me."

Barahona admitted that making new friends wasn't always easy. "As for social life and making new friends, I'm not going to lie: I've had to force myself to do things. I live on my own, so it is sometimes a real effort to get out bed on a weekend and do something. Luckily I have made some friends that I go out with on a regular basis and enjoy the city."

Depending on what career you're getting into, where you live may be essential. Some jobs such as nursing or construction are the same no matter where you go, but according to Lycett there are some careers that have more opportunities elsewhere. "Think about being an electrical apprentice; the farther you're willing to look for a job, the greater the number of opportunities there will be. There are fewer apprenticeships in London than if you were to look at all of Ontario or Saskatchewan, which is a hotbed of activity right now." Several careers only have jobs in certain areas of Canada.

When taking a program or choosing a field of study, Lycett stressed that you need to consider where the jobs are. "It's like wanting to be in marine biology and not being near the ocean," she said. "You need to decide when you choose a career where are those jobs and ask yourself if you're willing to go where those jobs are."

Coyne agreed, "You have to go where the jobs are, whether it's moving in or out of the province, because I think some of the best jobs to be had are not to be had in London right now." She added that it's a great advantage, and can jumpstart your career.

For McEwan's journalism career, it's a great start, "I've been here for about half a year. It has been really good; I spend the majority of my time working. But it is beautiful here and it's been a crazy experience so far."



Get network

ERIKA FAUST | INTERROBANG

IN PERSON

There's always something going on in London – whether they're official networking events, mixers or just groups of people who meet to talk about their interests, events are a great way to expand your professional network.

"Start small," suggested Larissa Campbell, a student services specialist in Fanshawe's Career Services department. "I wouldn't start by going to an event where there's going to be thousands of people, unless you're going with somebody who may be able to introduce you to people there. If you have a connection you're already close with, that might be a way to get the conversation going." She suggested checking out the Student 2 Business event on March 6 – your classmates, professors and other people from the Fanshawe community will be attending too, so you won't feel completely alone.

Another place to start networking is at Emerging Leaders mixers, which take place every few months. "Those are really great opportunities to meet people from a number of different industries (with) no agendas. We just come in, say, 'Hey, this is who I am, it's great to meet you, let's talk,'" explained Sean Quigley, executive director of the group. "The stronger your ties are with the greater community – whether it's in terms of business or social – it all comes back and will help you create a presence in this city, get noticed, get to the places you want to be."

When you're introducing yourself to someone new at a networking event, focus on what makes you different from the next person – what are your special skills, interests and goals? Keep it concise and tailor it to each person you meet. Don't walk around with a pitch, walk around and meet people, stressed Quigley. "Be who you genuinely are. Don't try to be somebody you're not."

Although it may feel overwhelming to walk into a room full of strangers, the event will be easier if you come up with a concrete goal for what you want to accomplish. If you're at the event with that one goal in mind, the whole event becomes much more manageable.

Keep in mind that every event does get easier; you'll meet people who will introduce you to other people, and you'll create what Quigley calls a "spiderweb." "You know how you see a spiderweb in the morning and it's got these little dewy points, it looks all glisten-y and sparkly? That's exactly what you're doing – you're creating these connections to each other."

After the event ends and you go home with a pocket full of business cards, it's important to follow up. Get in touch with the people you've met and meet with them to chat over coffee for an informational interview, suggested Quigley. Ask about volunteering opportunities, internship opportunities and "create those opportunities for yourself."

Networking doesn't only happen at mixers or professional events. There are tons of groups in London that offer a lot of fun in addition to the opportunity to meet some of London's most connected professionals. Check out Pints and Politics (citizencorps.ca), Geek Dinner (gldn.com), Young Professionals Group (ypglondon.ca) or London Creative Network (londoncreative.net). For a large list of groups in the city, check out londonftw.ca.

Quigley said there are two big reasons why networking is important: first of all, it's important to create opportunities for yourself; secondly, the London community needs students to stick around. "They become the workforce – the engine – of how our economy grows and improves," he said.

"I think it's really critical that London's business community – and the broader community as a whole – does everything it can to make a student's experiences while they're studying here as positive as possible. We want them to stick around," said Quigley. "We need students to be involved in not only what's going on in London today but what will happen tomorrow. We need the ideas and energy and intelligence and input of students while they're here ... London needs you to be here."

For some people (full disclosure: "some people" includes me), "networking" is a scary word. It means going to events full of people who know each other and not seeing a single familiar face. It means introducing yourself to strangers and making small talk. It means talking about yourself and your interests in a concise and intelligent way. It's all so overwhelming. But it doesn't have to be!

Networking is an essential part of the job hunt because, as career management professional Kim Bethke said, "You're more likely to hire somebody you know than somebody you don't." Bethke would know – she runs a blog that helps people find jobs (kimbethke.com).

"I've never gotten a job that hasn't come from a personal relationship," added Danielle Restivo, head of global programs, corporate communications at LinkedIn. "I've never applied to a job posting in my life. My career, since I graduated, has been based on people who I've known who have made an introduction for me. This is why I came to work at LinkedIn: I really, truly believe in the power of networking."

"Networking is a give and take, it's not just a take," she continued. "Anytime anyone's networking, they should always be thinking about how they're going to help that person in the future ... That's going to mean your network is strong and positive and not just a situation where you're trying to meet as many people as you can to use them for your own benefit." There are a few things to keep in mind whether you're networking online or in person.

@ ONLINE

LinkedIn is one of the best online tools for networking and meeting professionals in your industry. Some HR recruiters even use sites like LinkedIn to find suitable candidates for jobs, whether or not those candidates are actively seeking work, said Restivo.

Though a LinkedIn profile may resemble the resume you use to apply to jobs, it's actually "a lot richer" than a traditional resume, said Restivo. "Your LinkedIn profile allows you to add in as much information as you want, but you also get that interaction. You can have people write you recommendations right on your profile." You can add a list of skills to your profile to show off what you can do, and your classmates and colleagues can endorse your skills.

There are a number of things you should do when working on your LinkedIn profile, said Restivo. First of all, customize your URL for your profile – it's easy to include in your email signature and on your resume. Writing in your headline that you're job searching (e.g. 'Recent graduate seeking media relations position') will let employers know you're available. Including a photo on your profile will give you credibility (and allow people to put a face to your name). A strong summary statement that talks about what you've accomplished since you've been in school and what you'd bring to the table will also make you more attractive to employers. Filling out details about what you accomplished at each of your jobs makes your profile much more likely to be viewed.

LinkedIn isn't all about your profile, though. You can also use LinkedIn to research a company you're interested in working for. A company's LinkedIn page may include a jobs page, so you can be notified when your dream job opens up. You can also use this page to see who works at the company, and see if you have any connections in common, as well as looking at their career path to see what you can do to make yourself a more viable candidate when a position opens up.

Though LinkedIn could be described as a "professional Facebook," you have to be a lot more careful about whom you connect with. Good connections include your classmates, your professors, co-workers at internships, or even friends of your parents. Bad connections are people who add no value or who could be a risk to your reputation, Bethke said. "In my book, connections are individuals that either you can help or can help you."

When you connect with somebody new, always provide a personal note with your professional outreach, added Restivo. "For example, if you met someone at an event, say, 'It was a pleasure meeting you last night at XYZ networking event, I really look forward to speaking with you in the future.' It really goes a long way and it makes you memorable."

Now is the time to start working on your LinkedIn profile. "It's something that a lot of people think about after they've graduated and gotten a job; you should be thinking about it before you graduate and enter the workforce. The more you can lay that foundation now, the better off you'll be," said Restivo.

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Rise to the top of the stack

STUART GOODEN | INTERROBANG

They say looking for a job is a full-time job. My personal experience has taught me that, whoever “they” are, they’re entirely right. Looking for a job is exciting and tedious and frustrating at the same time. And with the current job market as depressing as it already is, it doesn’t make looking for your dream job any easier.

In order to make sure that you even stand a chance in landing that interview, you have to make sure that all of your hiring tools are in check: your resume and cover letter are the most important part of landing any job, and you have to make sure they are up to snuff.

Brian Malcott is an employment consultant with Fanshawe’s Community Employment Services located in Citi Plaza, and he straightened out exactly what a cover letter and resume should be. “(The cover letter) is like the wrapping paper of a present, almost. It gives an employer a snapshot of what your skills are, why they should hire you and why they should even bother reading your resume,” he said. “The purpose of the cover letter is to be the personalized thing that’s on top of your resume that’s directed right to the employer ... how you fit in the employer’s culture, their needs, where they’re going as a company and why you would be a good fit. And then the resume would show you the skills, knowledge, and abilities that would back up why you would be a good fit for the position.”

Malcott suggested that your cover letter should be no more than one page in length, quick to the point and in proper business format with all your contact information and proper salutation. Avoid simply making the cover letter out to “the hiring manager” – try to find the exact name of the addressee. In the case where the addressee for the job is female and you don’t know for sure if they are married or not, include “Ms.” in the salutation.

When it comes to the resume, Malcott said you want to be as specific and informative as possible. “A good resume is kind of going to tell a story about you. It’s going to talk

about your abilities and skills but also put some hard facts behind that, too,” he said. “So for instance, instead of saying ‘I answered the phone,’ I would say ‘I answered a six-line Meridian system dealing with 150 phone calls a day, directing them to five sales professionals.’ What that communicates to the prospective employer is your ability with your different skills.”

He also added that it’s a good idea to include any previous work experience (paid or volunteer) and education, as well as any job skills learned outside of the classroom.

Malcott stressed the importance of tailoring the entire resume to the particular employer, to avoid the mistake many applicants make in submitting a resume that is one-size-fits-all, which won’t make any lasting impressions. The truth is, employers have many profiles to deal with and resort to simply weeding the unattractive ones out. “When people look (at) a resume, the first thing they look for is a reason to get rid of that resume. Typically most jobs will get about 500 applications, so if you have a stack of 500, any reason you can get rid of that resume off the pile, (you do it).” What people attempt to do when hiring is get that 500 down to a manageable 100 that they will actually read. Make sure you’re one of those 100.

But the best advice Malcott gave was something that we all know of too well (but many of us continue to disregard): proper spelling. It’s a good idea to proofread multiple times to make sure your cover letter and resume are cleaned up as much as possible. A cover letter that is plagued with too many spelling mistakes will simply find its way in the recycling bin.

If you need help making a standout profile as well as other hiring advice, Fanshawe’s Community Employment Services has two locations, one downtown in Citi Plaza on Wellington Street, and the other at 155 Clarke Rd. On campus, you can head to Career Services in D1063 for resume and cover letter advice.

HOW YOU CAN CONTROL THE INTERVIEW

VICTOR DE JONG | INTERROBANG

There are a lot of strategies for getting a job. You can take the blitzkrieg approach and pummel every local business with your resume or you can apply at only a handful of carefully chosen places. Both of these are viable strategies that can lead to the same thing: the job interview.

Getting to the job interview can feel like the hardest part of the hiring process until you’re actually in the interview and start sweating buckets. Relax – you know what you want, you know how to get it and, after reading this, you might just have your interviewers eating out of your hand.

Kelly Johnson works at the London Training Centre at 317 Adelaide St. conducting individual and group sessions on effective interview strategies. She said that the type of interview often depends on the type of job; “Every industry looks at interviews and does interviews differently. There are certain common themes like behavioural questioning: ‘What would you do if...?’ The reason that employers like it is that it gives them an insight into you as a candidate.” Behavioural questioning is a popular strategy when first starting out because you may not have any experience with issues like co-worker confrontation; employers need to assess what your personality is like to anticipate how you’ll react.

The first thing you’re likely to do upon meeting your interviewer is introduce yourself and shake their hand. “A good proper handshake can make or break a deal. Firm, but not knuckle-crunching, you want to go in straight hand, straight wrist ... shake two or three times and let go.” A limp handshake can seem timid and a death grip seems aggressive. It’s important that you’re relaxed and at ease when you’re in the interview room or it will show in a lot of different ways, which could put your interviewer on edge as well.

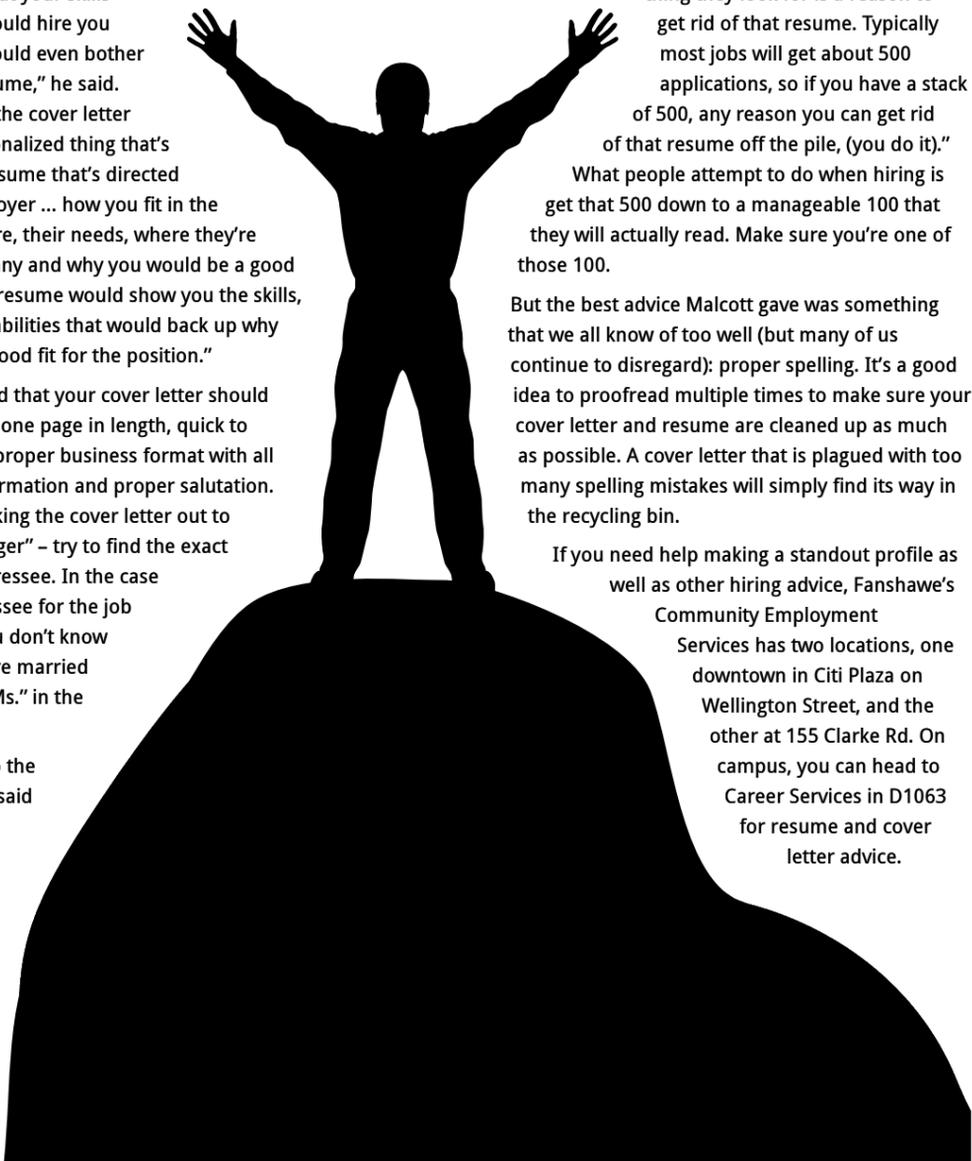
One of the most important things to consider when preparing for an interview is your outfit. “Dress one level above what you’d be wearing on the job,” is Johnson’s advice. She also described what not to wear and the danger of overdressing. “(No) blue jeans, black jeans (or) casual pants. The other rule of thumb is no running shoes. A pair of loafers is fine, dress shoes are fine; if it’s a manufacturing environment where you wear steel-toed boots on the floor, wear them to the interview, show them you fit in.”

Another piece of advice: arrive 10 minutes early and check in with reception. “Always ask where the washroom is so you can do a last-minute check,” added Johnson. You never know if you’re sporting a milk moustache or mustard-stained shirt, so save yourself the embarrassment. “You get an initial impression in the first seven to 10 seconds, and that’s just visual.”

You should always follow up an interview with a thank-you note. “It gives you a chance to address any shortcomings you had at the interview.” You can also reiterate a point you wanted to drive home or even admit to being anxious at the time, but it’s most important to thank the person for their patience. Everybody is human and an experienced interviewer will recognize any errors you make from nerves without holding them against you.

As a final thought, Johnson stated, “By the time you get to the interview stage in your application for employment, you’ve already answered (the question), ‘Can you and will you do the job?’ The interview is more about, ‘Do I like you, do you fit in, can I spend 40 hours a week with you and what can you do for the company?’”

Honesty in a job interview is always the best policy; if you’re hired with unrealistic expectations, the job probably won’t be a positive experience. The employer is ultimately looking for the most qualified person whom they like best, and that could be you!



BEST IN LATE NIGHT COMIC RELIEF

THE LATE LATE SHOW with Craig Ferguson

The price of a stamp goes up a penny today, to 46 cents. To make sure everyone received the news promptly, the U.S. Postal Service announced it by email.

This cent-by-cent thing by the post office is annoying. It's how CBS gives me raises.

Some people think email has ruined the art of letter writing. I disagree. Email has us writing more than ever. But email has ruined the art of licking.

Oprah was in the news recently for her Lance Armstrong interview. It was TV at its most powerful. Armstrong tearfully admitted to using steroids, and Oprah reciprocated by tearfully admitting she once had to pump her own gas.



CONAN with Conan O'Brien

Iran has successfully sent a monkey into space. Iran is calling it a huge advancement in not letting women drive.

Arnold Schwarzenegger has signed on to a new *Terminator* film. Due to his age, this one features the catchphrase, "I'll be back right after *Wheel of Fortune*."

This weekend the Pope released a dove from his window only to see it get viciously attacked by a sea gull. So either there is no God or there is a God and he's hilarious.

North Korea said it will test a rocket that they hope will hit the United States. In other words, watch your back, middle of the Pacific Ocean.



LATE NIGHT with Jimmy Fallon

Last night President Obama and Hillary Clinton appeared on *60 Minutes* for their first joint interview. It was a little awkward when they both showed up wearing the same suit.

Today is the 200th anniversary of the classic Jane Austen novel *Pride and Prejudice*. Fans of the novel celebrated the way they always do: reading about halfway through and then giving up.

The president just announced that same-sex couples will be included in his immigration reform bill. When they heard, same-sex couples were like, "You know we're already citizens, right?"



THE TONIGHT SHOW with Jay Leno

According to the New England Journal of Medicine, smokers lose at least one decade off their life compared to nonsmokers. However, the cost of living has gone up, so it's cheaper to buy cigarettes now and die sooner.

According to a new report, it now costs \$351,000 to raise a child for 18 years. And you can double that again waiting the next 18 years for that lazy kid to move out of the basement.

Subway has officially apologized to any customer who was served a foot-long sub that didn't measure a foot long. Is that how fat we've gotten in this country now — where we're threatening legal action if our subs are an inch too short?



JIMMY KIMMEL LIVE with Jimmy Kimmel

Justin Bieber just surpassed Lady Gaga as the most followed person on Twitter. Justin now has 33,410,000 — 28,000 more than Lady Gaga. If you want to confuse your grandfather, wake him up right now and scream, "Bieber beat Gaga on Twitter!"

Our 10-year anniversary was Saturday night so this is the first show of our second decade on television. We have had a goal for 10 years, and that is to put on a great show. One day we're going to put on a great show. Until then, we will wait.

In Iran last week, the government successfully launched a live monkey into space. I like that they specified it was a live monkey as if there was a chance they would send a dead monkey into space.



THE LATE SHOW with David Letterman

If I seem a little woozy, it's because I'm wearing a pair of those Hillary Clinton double-vision glasses.

The earth's temperature has gone up two degrees, which is two more degrees than Dr. Phil has.

Women serving in the United States military will now be serving in combat. Finally there will be somebody in the tank who will stop and ask for directions.

New York City is always striving to improve the quality of life here. Now they're taking down all of the street signs on poles in the city because of clutter. Radioactive steam - not a problem. Meth labs on every corner - not a problem. Meat vendors selling squirrel - not a problem.



USS played on New Music Night in Forwell Hall on January 25 to an enthusiastic crowd.

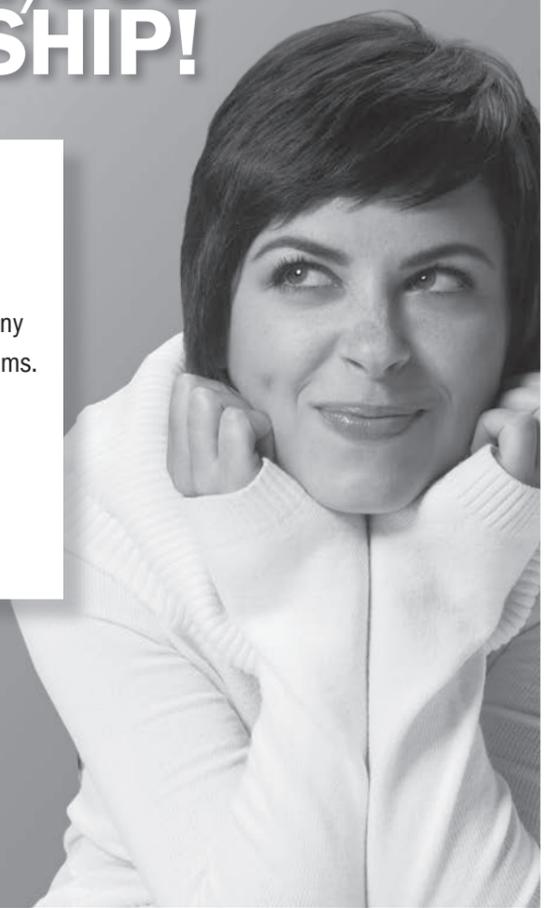
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Aries (March 21 - April 19)

Your touch is light and sure. You can penetrate the defenses of a reluctant friend before that person recognizes it as persuasion. Plan ahead with the certainty of guaranteed success.

Taurus (April 20 - May 20)

Move forward, even if it's not toward any preferred destination. Although your world isn't exactly falling apart, you'd quickly trade it for a new one. Try not to take everything quite so personally.

Gemini (May 21 - June 20)

Even in a moment of self-consciousness, Gemini doesn't falter. You're excited by the prospect of a new person moving into your landscape. Last week's opinion may be completely forgotten this week.

Cancer (June 21 - July 22)

Emotional detachment is worth the effort. Cancer wants a perfect world, but just wishing for it won't make it so. No one doubts the validity of your feelings, but everyone is more interested in data and strategy.

Leo (July 23 - August 22)

Your influence is strong, but it may be challenged. Work your way around a difference of opinion. You'd much rather put heads together with a collaborator than lock horns with an adversary.

Virgo (August 23 - Sept. 22)

You need a change of company or scenery. Effort and expense are only secondary concerns. If someone else is inconvenienced by your sudden action, so much the better. It's time that you were noticed.

Libra (Sept. 23 - Oct. 22)

These are wonderful days in the art department. You're doing what's aesthetically important, making things that no one has ever seen, and getting paid for it. As the proud owner of a brain, you've finally memorized the manual.

Scorpio (Oct. 23 - Nov. 21)

Soften your stance so that you have room to maneuver. Loved ones don't deserve to be bruised by your difficulties. Review your logic once again to see if this whole operation is really necessary.

Sagittarius (Nov. 22 - Dec. 21)

Be as generous as your heart moves you to be. You can't buy friendship, but you can finance an environment that fosters it. Look at all the possible worlds that could grow from this week's actions.

Capricorn (Dec. 22 - Jan. 19)

Be flexible within your limits. If someone owes you a favour, the subject will come up sooner or later. Only a deeply insecure person will meet a polite suggestion with hostility. Learn from others' reactions.

Aquarius (Jan. 20 - Feb. 18)

Visions guide you through incomprehensible realms. It may be hard to bring back souvenirs, but the journey is fun while it lasts. No matter what shape your plans take, there's always room for friends.

Pisces (Feb. 18 - March 20)

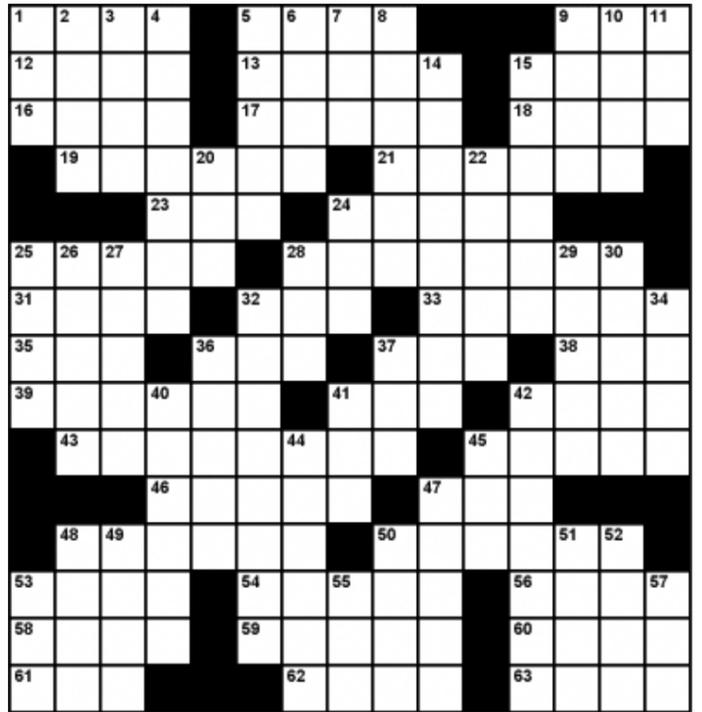
Mentors and therapists successfully establish world views. Some people are just begging to be led along or have their personal truths reinforced. With this much power over others, can you sleep at night?

Across

- Head covering
- Spiders' products
- Chatter
- Napoleon's first exile
- Burst forth suddenly
- Long story of heroic achievement
- Unwanted plants
- One who prefers not to associate with others
- Inheritor
- Has being
- Sea between Turkey and Greece
- Formerly the Soviet Union (abbr.)
- Certain residents of Ghana
- Fathers (informal)
- Those who have risen suddenly to prominence
- Adam's son
- Middle (abbr.)
- Reflexive form of a neuter pronoun
- Frozen water
- "What ___ you doing?"
- Affirmative response
- Bad (comb. form)
- Disclotheque light
- Vessel
- Church recess
- In exactly the same words
- Ten percent donation
- Blood vessel networks
- For each
- Enters a room (2 words)
- Very grea amount
- Lion's sound
- Type of ocean tides
- At any time
- Inquisitive
- Industrial seaport in E. Tunisia
- Withered
- Concord, e.g. (abbr.)
- Of sound mind
- Metal fastener

Down

- Chop with an axe
- On the sheltered side of a ship
- Wild North African goat-antelope
- Revolutionary
- Thick scars
- Cupid, to the Greeks
- Small unsweetened bread roll
- Orates
- Greek mythological goddess of the earth
- Against (informal)
- Tavern counter
- Pacts
- Scissors-like instrument
- Bro's counterpart
- Annoying insects
- Month (abbr.)
- Low platform
- Disney division (2 words)(abbr.)
- John ___: tractor name
- Shoshone aboriginal
- Entice to do wrong
- Make a long narrow gash
- Making from nothing
- Run from
- Francophone priests
- Sweet potato
- Mechanical model of the solar system
- By way of
- Stuffy
- Ringworms
- Turn hay over and spread out to dry
- Sheriff's helpers
- Sticky substances
- Hop-drying kiln
- Take the lid off
- Level
- Blood components
- Medical professionals
- Arab garment
- Textile fabric



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- Wild North African goat-antelope
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- Medical professionals
- Arab garment
- Textile fabric

Solution on page 26

QUIRKY FACTS

- The retail price for the iPad would be \$1,140 if it were built by American workers instead of Chinese.
- The Gmail logo was designed the night before it was launched.
- All 3 founders of Apple worked at Atari before forming Apple.
- The first owner of the Marlboro Company died of lung cancer.
- The founder of McDonald's has a Bachelor degree in Hamburgerology.
- Walt Disney World generates about 120,000 pounds of garbage every day.
- There is no tipping at restaurants in Japan.
- The most productive day of the workweek is Tuesday.
- The man who created the Thighmaster was once a Bhuddist Monk.
- The creator of the NIKE Swoosh symbol was paid \$35 for the design.
- Over 4.6 million Whopper sandwiches are sold at Burger King every day.
- In most advertisements, the time displayed on a watch or clock is usually 10:10.
- In 2004, The Japanese Ice Cream Association promoted "raw horse flesh" ice cream in hopes that it would boost the popularity of ice cream.
- When Scott Paper Company first started manufacturing toilet paper they did not put their name on the product because of embarrassment.
- The first product that the toy company Mattel came out with was picture frames.
- The first product that Sony came out with was the rice cooker.
- Duracell, the battery-maker, built parts of its new international headquarters using materials from its own waste.
- The average company saves over \$7,000 for each employee suggestion that is enacted.
- Henry Ford, father of the automobile, is also father of the charcoal briquette.
- Colgate's first toothpaste came in a jar.
- 7-11 sells 10,000 pots of coffee an hour, every hour, every day.

Sudoku Puzzle

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

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 26.

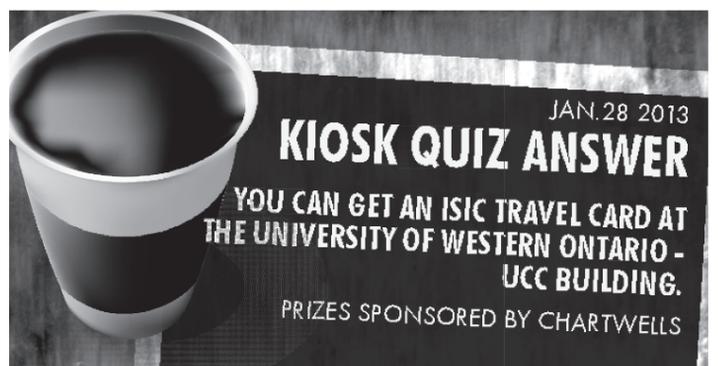
Word Search

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

Survivor

(Words in parentheses not in puzzle)

- | | | |
|-----------------|-------|------------------|
| Alliances | Jury | Sole (Survivor) |
| Bufs | Lies | Torches |
| Challenges | Merge | Tree Mail |
| Fire | Rain | Tribal (Council) |
| Immunity (Idol) | Rice | Votes |



Taking the filth out of film



Cinema Connoisseur
ALLEN GAYNOR
www.cinemaconn.com

Cleanflix (2009)



Career Week is upon us, which means many of you will be thinking about where you might find yourself next year. Will you become another cog in the wheel, working for a major corporation like 3M, RIM (now BlackBerry) or Arby's? Or will you blaze a new trail and create your own enterprise that meets an un-served need?

This week I'll be reviewing a fascinating documentary called *Cleanflix*, which examines several companies that popped up in the late '90s and soared to great heights. It is a beautiful story that shows that nothing can triumph over the entrepreneurial spirit. Unless, of course, your idea is entirely based on copyright infringement.

Sex. Violence. Profanity. These are the cornerstone of a great motion picture. However, believe it or not, there are individuals out there who would prefer not to see or hear these things. One particular group that does not enjoy these elements are Mormons. According to Wikipedia, 63 per cent of the population of Utah is Mormons. So as you can imagine, video rentals for films such as *Die Hard* or *The Bikini Car Wash Company* lagged in this state.

However, several enterprising Mormons came up with a brilliant idea to not only allow Mormons to enjoy the latest Hollywood blockbusters, but to also line their pockets as well. CleanFlicks and several competing businesses began to offer edited versions of popular films. *Cleanflix* shows how skilled editors took out the offending bits of films such as *The Matrix*, *The Big Lebowski*, and *Schindler's List*! They even took the 'tit' out of



Titanic, modifying the famous scene where Kate Winslet posed nude for Leonardo DiCaprio. I personally found this one to be outrageous – I mean that was the most important part of the film, what else even happened in it?

This whole practice did not sit well with some Hollywood bigwigs. We hear from director Steven Soderbergh (*Ocean's 11*, *Traffic*), who criticizes CleanFlicks and other such companies for altering his creative vision. I shudder to think what Mr. Soderbergh would think of my own personal hobby of inserting nudity into films. If you thought *Teenage Mutant Ninja Turtles II: The Secret of the Ooze* was great, wait until you see my version, in which Angelina Jolie makes a surprise cameo where she has a shower in the middle of a battle between Donatello and Shredder.

Considering that giants such as Blockbuster didn't manage to stick around, you probably won't be surprised to learn that these edited movie businesses also did not stand

the test of time. The Director's Guild of America struck the first blow, and despite the best (and quite illegal) efforts of some video retailers, Mormons once again found themselves unable to enjoy the latest gangster films.

While I prefer to wallow in filth, I found myself feeling bad for the cinema-loving Mormons of the world. Sure, *Cleanflix* does shine a light on a great deal of hypocrisy – these people are so pure that they don't want to see Mila Kunis and Natalie Portman canoodling in *Black Swan*, yet they have no qualms about shelling out their dough for an illegally produced version of these films. Still, I do feel bad that these poor folks are now forced to turn to other more bland forms of entertainment, like churning butter or watching a Utah Jazz game. If I have any Mormon readers out there, might I suggest a conversion to Roman Catholicism. You can watch anything as long as you eventually confess to it.

Zombies, zombies everywhere



McGee's Movie Moments
ALISON MCGEE
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You find yourself alone, on an eerily deserted city street, when you hear a noise behind you. You turn to look and to your horror you see a mob of zombies headed straight for you!

This is what it would be like if you found yourself in any number of current zombie flicks – the newest trend that's overtaking film screens everywhere. From terrifying zombies in the umpteenth *Resident Evil* flick to Nazi zombies in *Dead Snow* to ironic hipster zombies in *Zombieland*, one thing is certain: zombies are here to stay.

To some, this is perhaps a welcome change from the previous supernatural trend, by which I of course mean vampires, because as much as zombies can't communicate and are disgusting, brain-eating monsters, at least they don't sparkle, right? But for some, Hollywood's latest infatuation is

getting to be a little overwhelming. You can't even turn to television for a reprieve anymore, not since the wildly popular show *The Walking Dead* has gained such notoriety.

I personally love zombie movies but maybe for reasons that others may not have thought of. My all-time favourite zombie flick has to be the original *Night of the Living Dead*. Released in 1968 at what was perhaps the height of the Cold War paranoia, *Night of the Living Dead* zombies were so much more than zombies. They looked exactly like you. They spoke exactly like you. Until they started trying to eat your brains, they were virtually indistinguishable from you. And any one of your closest friends or family members could be turned into one at any time. In this particular instance, of course, the zombies weren't really meant to stand for brain-eating mutants; they were a highly sophisticated allegory for communists.

Today's zombie flicks are no longer allegorical references to a war with the Soviets but they do still stand for something deeper

than just brain-eating. Movies like *Resident Evil*, *28 Days Later* and even *The Walking Dead* all feature zombies that were created by a virus that ravaged the earth. There is never a cure, and if you're so much as bitten or even scratched by one of them, you're finished. This idea speaks to deep-seated fears about the annihilation of mankind by something completely out of our hands.

Then again, take a look at the newest zombie movie *Warm Bodies*, in which zombies find a way to become human again. It's movies like this where the human spirit and desire to live and prosper against all odds are evident.

I bet you never thought zombie movies could be so deep, did you?

I guess what I'm saying is that zombie movies are so much more than just zombie movies. They are profound in a way and speak to our fears and hopes for the future. So the next time you see a flick with brain-eating creeps on screen, try to enjoy it for more than just what's on the surface.



CREDIT: SUMMIT ENTERTAINMENT

Nicholas Hoult plays R in *Warm Bodies*.

Warm up to Warm Bodies



REEL VIEWS
ALISON MCGEE
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Warm Bodies (2013)



Run! Look out! Don't stop moving! You're in the middle of the zombie apocalypse and a giant herd is approaching you. You know the drill: one bite or scratch and you'll become one of them. But wait. That one over there looks different. That one looks like he's... in love?!

It's no secret that zombies are the newest supernatural wave that's sweeping over Hollywood, but director Jonathan Levine is taking the trend in a whole new direction in his newest flick, *Warm Bodies*. A far cry from the usual "zombies are created, zombies attack, humanity is killed off" plot structure that your average zombie-infused flick follows, *Warm Bodies* takes a much more optimistic approach to the zombie plague.

R and M are zombies. They are also best friends. But R has a special talent: he can absorb the memories of the brains he eats. Naturally, when he eats the brain of pretty young Julie's boyfriend, R falls instantly in love with her. His heart even starts beating again. So begins an incredible series of events wherein R, M and many of their zombie friends begin to return to their former states of humanity. But don't worry, there are still scary, no-hope-of-recovery zombies and bitter humans

who are still waging war on them.

Warm Bodies needs a certain type of cast to pull off the "zombies are really no big deal" type of movie with actors who can give the right amount of humour and nonchalance. They certainly did it right. The movies lead, R, is played by British actor Nicholas Hoult, who American fans will remember from *X-Men First Class* but who British fans have known and loved for a long time from the teenage drama *Skins*. Hoult not only gives a great performance as a zombie but he also has what the role calls for to slowly bring R back to humanity. It helps that he's also hilarious to watch on screen.

Playing R's best zombie friend M is none other than Rob Corddry, inarguably one of the funniest guys in Hollywood today. Corddry, as always, brings a witty, sarcastic sense of humour to his role and makes being a zombie look like a thoroughly enjoyable time.

Rounding out the cast as Julie, is Teresa Palmer. Palmer, an Australian actress, plays the role of Julie with just the right balance of funny, caring and yet still frightened of the zombie that's falling in love with her.

The best part about *Warm Bodies* isn't the fact that it's funny, or the fact that the cast is simply perfect for their roles, but is instead the fact that it is entirely hopeful. In every other zombie apocalypse situation, the story always seems to go the same way: humanity is doomed, there's no way to save us, they're going to kill us all. In *Warm Bodies*, there is redemption and salvation for mankind. That's what makes this flick so unusual and so entertaining.



CREDIT: FSU STREET TEAM

The usual fun and games with Tony Lee XXX Hynotist in Forwell Hall.



CREDIT: NAUMAN FAROOQ

The star of the auto show in Detroit was unquestionably the Chevrolet Corvette.

Looking at the best production cars from 2013 NAIAS



MOTORING
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With the North American International Auto Show (NAIAS) having just wrapped up, this week let's take a look at the three best production cars on display at this year's show. In other words, if I could have taken three cars from the show home with me, the following would be found on my driveway:

Chevrolet Corvette C7 Stingray

Unquestionably the star of this year's auto show in Detroit was the new Corvette. America's longest lasting sports car has been with us for 60 years, and celebrates this momentous year with an all-new model.

This new model not only offers a new shape, but revives an old name. So the word "Stringray" is back on the Corvette after a long hiatus, but is this new model worthy?

From a performance point of view, it sure seems that way. Under its long hood lies a new 6.2-litre V8 called the LT1. This motor not only produces a heart-thumping 450hp and 450lb/ft of torque, but also features clever technologies such as variable-valve timing, direct injection and cylinder deactivation (the last one means that when simply cruising, it can run on just four cylinders to conserve fuel).

Power is still fed to the rear wheels, and while the six-speed automatic is pretty much carried over from the C6 Corvette, albeit with some new programming for faster shifts, the big transmission news is the new seven-speed manual gearbox. This new gearbox not only has tighter shifts, but also features rev-matching, so you don't have to heel and toe to get that perfect downshift. In short, this car will make you look like a better driver than you actually are.

The question most people ask

about a sports car is, how fast is it? With zero to 100km/h dealt with in about 4.0 seconds, and a top speed close to 300km/h, this is a very quick car.

The new Corvette C7 will be on sale by this fall, and while Canadian prices have not been announced, don't expect any change from \$70,000.

Jaguar F-Type

If the Corvette is not quite your style, maybe the brand new Jaguar F-Type, with its achingly beautiful body, will suit you better.

This spiritual successor to the E-Type (from 1961) is much more than a pretty design; it also has power to offer.

There will be three engines to choose from: the base F-Type will feature a supercharged 3.0-litre, V6 motor that produces 340hp; the F-Type S has essentially the same engine with a higher output supercharger; the "S" develops 380hp.

Want even more power? Of course you do. Enter the F-Type V8 S. Under the hood of this model is a supercharged 5.0-litre V8 engine that produces 495hp. This version will sprint from zero to 100km/h in just 4.3 seconds, while top speed is electronically limited to 300km/h (I wonder how fast it would have been if it was left unlimited?).

Not only is the new F-Type a seriously fast sports roadster (initially it will only be available as a convertible), but as you would expect from Jaguar, the interior is first-class, featuring the finest materials and the latest gadgets.

While electronic gadgets don't interest me much, what does interest me is its new ZF eight-speed automatic. Dubbed as a "Quickshift" box, Jaguar has had the transmission programmed to their specifications for the ultimate fast shifts.

Having driven some Jaguars in recent years, I can bet the F-Type will be a truly thrilling machine. I can't wait to try it myself. No pricing announced yet, but it is expected to start from around \$70,000.

Mercedes-Benz SLS AMG Black Series

If you're in the mood to spend more – and I mean *a lot* more – how about the latest version of the Mercedes-Benz SLS AMG coupe? It's called the Black Series, and this is a faster, more hardcore version of an already seriously fast motor car.

So how does the Black Series differ from a normal SLS? A quick look is all you need. The Black Series has a much more aggressive look with a carbon-fibre splitter and pieces visibly seen all around it. The biggest change is from the rear, where you'll see that it has gained a large rear-wing and some venturi ground effects under the rear bumper. All these bits are not for show; they are to make this car more stable at high speeds and increase its cornering speed when driven hard at the track.

Speaking of track driving, it boasts some very impressive track numbers also. Zero to 100km/h is covered in just 3.6 seconds, while top speed is quoted at 315km/h. It is capable of such speeds because under its hood lies a 6.2 litre V8 (even though Mercedes-Benz likes to call it a 6.3) that produces 631hp. So not only does it have more power than a standard SLS, it also weighs 70kg less – no wonder this car is as fast as it is. Power goes to just the rear wheels via a seven-speed dual-clutch gearbox.

Like all AMG Black Series models that have come before this, the interior is luxurious yet minimalistic. There are no fat power operated armchairs in this; you get lightweight carbon-fibre shelled seats that you can only adjust forwards and backwards, there is no tilt. Since each car is tailored for its owner, the seat in the car you order will fit you just fine (it might not be ideal for the guy who buys it from you once you're bored with it).

This SLS AMG Black Series is a bonkers car, and as it costs more than \$300,000, its price tag is mind-blowing also. But boy oh boy, do I love this car.

Forget three cars, if I could have taken just one car home from the show, this would be it.



CREDIT: CP

Toronto FC Head Coach Ryan Nelsen takes questions from media, when he was still a player for Queens Park Rangers.

Nelsen brings youth as TFC's new head coach



FANSHAWE FC
MARTY THOMPSON
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Toronto FC made a big move during the off season by picking up Queens Park Rangers player Ryan Nelsen as head coach for the upcoming season.

The seed of doubt was quickly planted into supporters' heads since, after all, he was still a player. Yet QPR let him go halfway through their desperate relegation battle over in England.

He took over the team February 1, with only one month left before the start of the season. There are several reasons why Nelsen is a good fit for the job.

TFC has become a hilarious product on the field, mostly because of their defence. They let too many motions through their back line last season and it showed on the score sheet. Nelsen brings an experience to defence that many TFC coaches before couldn't teach. In fact, Toronto has never had a head coach who played defence. Even though coaches like Predrag "Preki" Radosavljević worked closely with the defence, Nelsen can use his own experiences and teach what he knows best. This will be of great benefit to young defenders like Doneil Henry.

One of the reasons why Nelsen got the job in the first place was his relationship with now TFC president Kevin Payne. Payne has been president at DC United since their creation in 1994. He oversaw Ryan Nelsen's draft and MLS career.

During the MLS SuperDraft this year, some writers asked in a condescending tone if Nelsen, a New

Zealand native, even knew what a draft was like! He was drafted out of Stanford in 2001. He played on United until 2005 and has since moved on to the Premier League with Blackburn, Tottenham and recently QPR. While in DC, Payne said that Nelsen often demonstrated his understanding and interest in coaching. This gives Nelsen an advantage as the MLS can sometimes be a strange animal in the soccer world.

Rules such as a player salary cap, the allocation of money (fake money, only used to exchange players within the league) and of course the draft can often be a steep learning curve for even the most experienced coaches. Nelsen knows all of this stuff already.

Nelsen is young, you can't argue against that. But you can debate whether or not this is useful when it comes to coaching. Coaches in North America are becoming increasingly younger. There are now seven coaches under the age of 40 in the MLS. Sure, it should be noted that four of those signings have happened this past off season, but the other three – Martin Rennie with the Vancouver Whitecaps, Ben Olsen with DC and Jason Kreis with Real Salt Lake – all made the playoffs last year.

In TFC's case, powerhouse midfielder Torsten Frings likely influences players more as a player himself than any other coach that has been there. Nelsen's youth will hopefully help him reach out to players better than some 61 year-old who never played in North America before.

With training camp underway, it's time to see what this 35 year-old can do. Toronto FC players kickoff their season in Vancouver on March 2.



Women look to ace upcoming games for playoffs

MEGAN MCPHADEN
INTERROBANG

Fanshawe's women's volleyball team is ready to spike their way to the top of the Ontario Colleges Athletic Association standings.

After an explosive start to the first half of the season, the women are looking to regain their momentum and finish strong in the OCAA West standings.

Rookie coach Mark Peckham, a London native and former Ohio State varsity volleyball player who trained with the Canadian National team, is bringing a lot of knowledge and ability to the team. This is his second year as head coach and last year the team finished fourth, but Peckham is proving he's got what it takes to lead this team to the top.

Only three regular season games separate the Falcons from improving their 11-3 record and putting themselves in a better spot for the playoffs. These games are crucial for the Falcons, who need to maintain their winning form in order to challenge for the provincial title.

The Falcons' biggest rivals, the Humber Hawks, still need to defeat second-ranked Nipissing Lakers in order to keep their undefeated streak. The Falcons are hot on the heels of the top-ranked Hawks and second-place Lakers. Fanshawe has defeated the Lakers once, and they have yet to garner a win against the Hawks. Fortunately for the Falcons, their upcoming games are against lower-ranked teams who don't pose much of a threat.

The Falcons are going to need to step up their game if they are going



CREDIT: FANSHAW ATHLETICS

Fanshawe's Brandie Ellis (#9) powers the ball over the net during OCAA action at Fanshawe. Ellis and the Falcons have an 11-3 record, good for third spot in the West division, and look to improve their standing in their final three games heading into the playoffs.

to challenge Humber and Nipissing in the playoffs. "We have to be a defensive and ball control team to have any chance," said Peckham. "We're not looking to overpower; we rely on deception."

The women are in a good position going into the final games. "They're working really hard and I think we have a great opportunity to do something special," said

Peckham. For Humber, OCAA gold medals aren't new; in fact, last year marked their fifth straight gold. Fanshawe last medaled in the 2010/11 season, taking home a bronze for their efforts.

The Falcons' next home game will be February 8 against Niagara.

Get in the midterm mindset



HEALTH HABIT OF THE WEEK
Fitness and Health
Promotion students

Q. Help me stay focused while studying this term!

A. Here are a few tips to help your studying:

- During studying sessions it is critical to have physical activity breaks (15 to 30 minutes). These brief periods of exercise will help increase alertness and help you

remember.

- Replace sugary, high-calorie snacks with healthy alternatives; you will feel more energized.

- We know it is hard but getting seven to nine hours of sleep each night also plays a critical role in keeping you feeling awake, alert and prepared for school.

- Stay hydrated, sip on green tea or water for energy. Drinking caffeine can cause a crash, make you jittery and increase the feeling of stress.

Submitted by Becca Willemssen and Brittanne Smith.

Take responsibility for your safety



FUN AND FITNESS
RICK MELO
melo_rick@hotmail.com

It's always funny when you hear people complaining about filling out waiver forms for any type of event. We hear all the groaning and moaning in the J building when people have to complete their physical activity readiness and consent forms. Heaven forbid that agencies look out for your best interests and try and keep you safe! These important forms aren't just for the sake of covering our own butts, they also serve a greater purpose in educating people about the inherent risks of physical activity in a fitness facility.

When you walk through a fitness facility, you can easily pick out potential hazards that could put someone in a dangerous situation. Scattered weights and equipment usually top the list in this category. The funny thing is, it's our members who are responsible for this. You also have unsafe practices that can lead to injury: improper spotting techniques, lifting inappropriately heavy weight, overtraining and uneducated training techniques provide ample opportunity for things to go seriously wrong.

Health and safety concerns are often overlooked and it is not just health clubs that are the culprits here. Schools, restaurants, malls, grocery stores and just about any type of business can be just as

guilty. Most of us have seen it all, and unfortunately for some of us, we've been on the receiving end of these safety "shortcuts." Tripping on cords, slipping on wet floors, getting food poisoning, you name it - the possibilities are endless!

Employers and employees have to ensure their facilities are a safe environment for everyone involved. This includes themselves, visitors, contractors, customers and anyone else who may pass on through. While they may be responsible for WHMIS, emergency action plans and every other area related to safety, that doesn't leave the rest of us off the hook. As customers and guests, we need to exercise personal precautions and common sense safety practices: washing our hands, putting our equipment away, not running where it is inappropriate and keeping on the lookout for potential hazards in general.

Another daily threat to our general safety is a lack of communication and miscommunication. People in the fitness centre will

often shy away from telling that person that they are endangering themselves or others by their improper training techniques. We have horns in cars to communicate, but unfortunately we only use them when we are pissed off at another driver. Chances are, you probably communicated with another driver today by waving them on to go ahead. Keep in mind that a kindly act such as that one can make you liable if that same driver happens to get hit by another vehicle.

It is amazing how things can go absolutely right or absolutely wrong in a matter of seconds. One second you are having the best workout of your life; the next, you are in the ER for something that was completely preventable.

Let's face it: unless it is an act of God, there are no accidents. There are just incidents that could have been prevented. Make sure the people you pay your hard-earned money to are doing everything in their power to keep you safe. But more importantly, make sure you are doing your part, too!

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

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

FANSHAW COLLEGE ATHLETICS

VOLLEYBALL

Friday Feb 8th 2013
@ 6:00 pm & 8:00 pm
Women's and Men's volleyball
Niagara vs Fanshawe

Saturday Feb 9th 2013
@ 2:00 pm & 4:00 pm
Women's and Men's volleyball
Sheridan vs Fanshawe

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

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

A lot on the line for men's volleyball

MEGAN MCPHADEN
INTERROBANG

Fanshawe's men's volleyball team had a rocky start to the first half of their season, but after resting during winter break and picking up some new recruits, they are looking to regroup and go after the last playoff spot in the Ontario Colleges Athletic Association West division.

The problem many college teams have in this league is the high turnover rate. With few returning players who lacked experience and leadership, it was hard for the Falcons to find their rhythm. Since college programs tend to be much shorter than university, there is a constant flow of new players and the Falcons had difficulty finding the chemistry they needed to be contenders in the league. The first half of the season proved to be shaky for the Falcons, who had a three win/six loss record at the end of December.

Luckily for Fanshawe, on and off player Stephan Regier, a left-side power hitter, brought the experience necessary to a struggling team. "Steve really revamped the team mentally and physically," said third-year player Mitch Berman. Regier, who is a native of

Grand Bend, drives an hour each way to come to school sometimes finishing at 2 p.m. and waiting up to six hours for practice. This kind of dedication can only reap rewards.

And that dedication has paid off, as the Falcons now have a 6-8 record and have been slowly improving since returning from winter break. With only four games left in the season and their last chance to make the playoffs, the Falcons need to win every game and defeat the Mohawk Mountaineers in their season ending game, who hold the coveted last playoff spot.

For some players like Berman, this will be the last time they will play volleyball at this level before venturing out into the real world. "It just sucks that it's done. I am going to go as hard as I can in practice for these last few weeks because if I take it for granted right now I'll regret it later on."

This isn't just about the end of the season, for players like Berman who are in their last year of their programs this is the last opportunity for them to go out on a high note at the end of their volleyball career. In addition to the players leaving, head coach Josh Westgate has



CREDIT: FANSHAWE ATHLETICS

Fanshawe's Mitch Berman (#10) sets the ball up at the net for a teammate. Berman and the Falcons are making a late push to make the playoffs.

announced that he is resigning as after six years and this will be his last opportunity to recoup a season that has been plagued with challenges.

"We're playing better as a team and we're playing well because of our ability to be better emotionally," said Berman.

The Falcons will continue their

quest to capture the final playoff spot at their next home game on February 8 against Niagara.



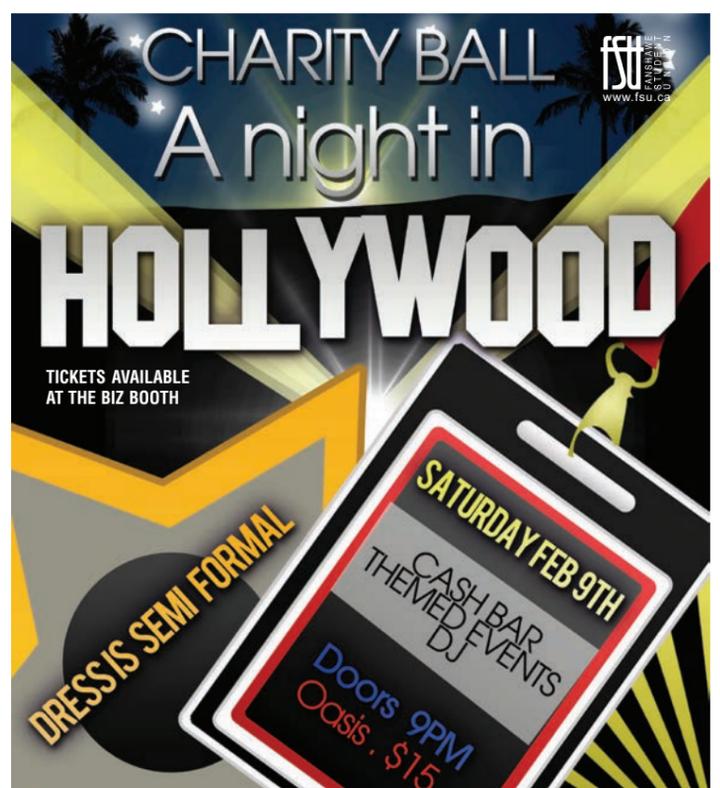
CREDIT: MEGAN MCPHADEN

Fanshawe's Aaron Ragobar (#11) goes for the block during a game versus Humber. The Falcons came up short, losing 80-70 after being outscored in the fourth quarter 34-14.



CREDIT: MEGAN MCPHADEN

The Fanshawe men's cross-country team received their National Championship rings on January 30, after claiming their second National Championship in the past three years. The men's cross-country team was led by Clint Smith, who claimed individual silver and his third Canadian College Athletic Association individual medal in as many years. Also running for the men's title were Josh Lumani, Daniel Bright, Rick Tielemans, Kyle McKellar, and Brandon Graham. Over the past four seasons, the men's cross country team has been the best of the best in the province, winning the Ontario College Athletic Association championship all four years.



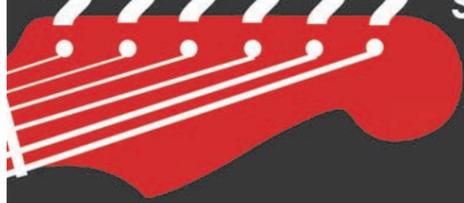


MON FEB 4TH, TUES FEB 5TH

ROUND 1 & 2

OBS , 8PM DOORS, \$5 COVER

ROCK & TRIVIA
 Wednesday Feb 6th
7PM No Cover Out Back Shack
 Sign up on the Spot!
 ???????



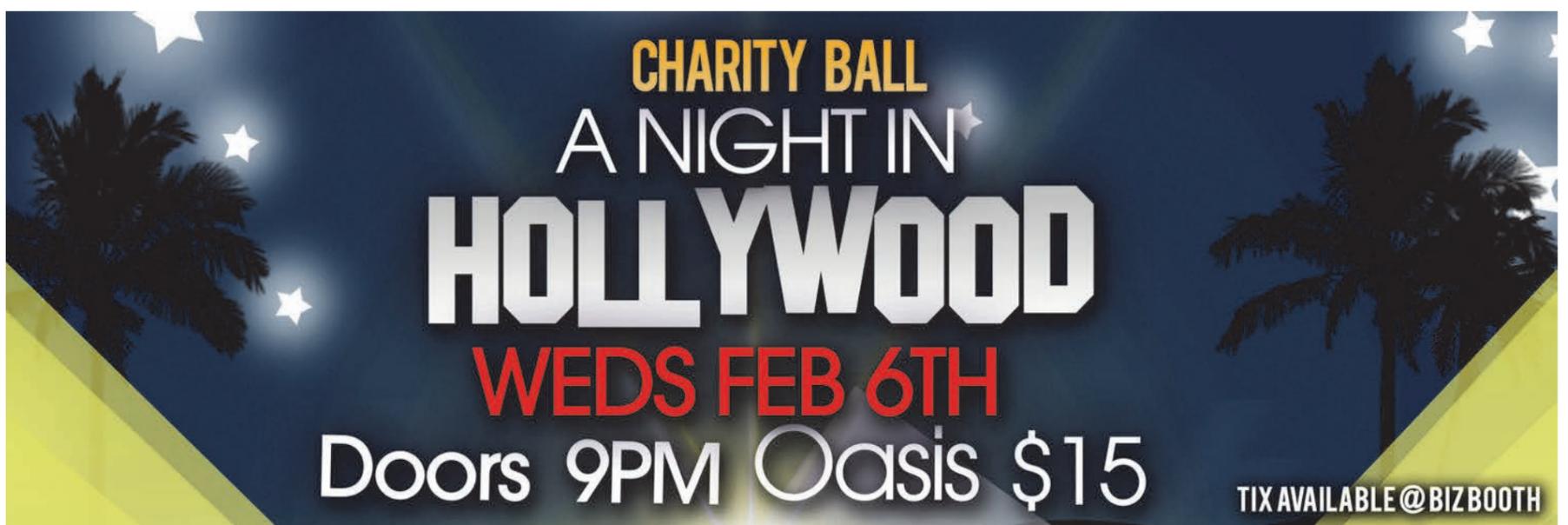
FINALS
FRI FEB 8TH
 8PM DOORS OUT BACK SHACK
\$5 COVER



WARM BODIES
WED.FEB. 6TH
 \$3.50 STUDENTS | \$5 GUESTS
 AT RAINBOW CINEMAS (IN CITI PLAZA)
 TIX AVAILABLE @ BIZ BOOTH



CHARITY BALL
 A NIGHT IN
HOLLYWOOD
WEDS FEB 6TH
 Doors 9PM Oasis \$15
 TIX AVAILABLE @ BIZ BOOTH



Mardi gras
THURS. FEB. 7TH
 FORWELL HALL | 930PM DOORS | \$3ADV \$4DOOR
 TICKETS AVAILABLE AT THE BIZ BOOTH

