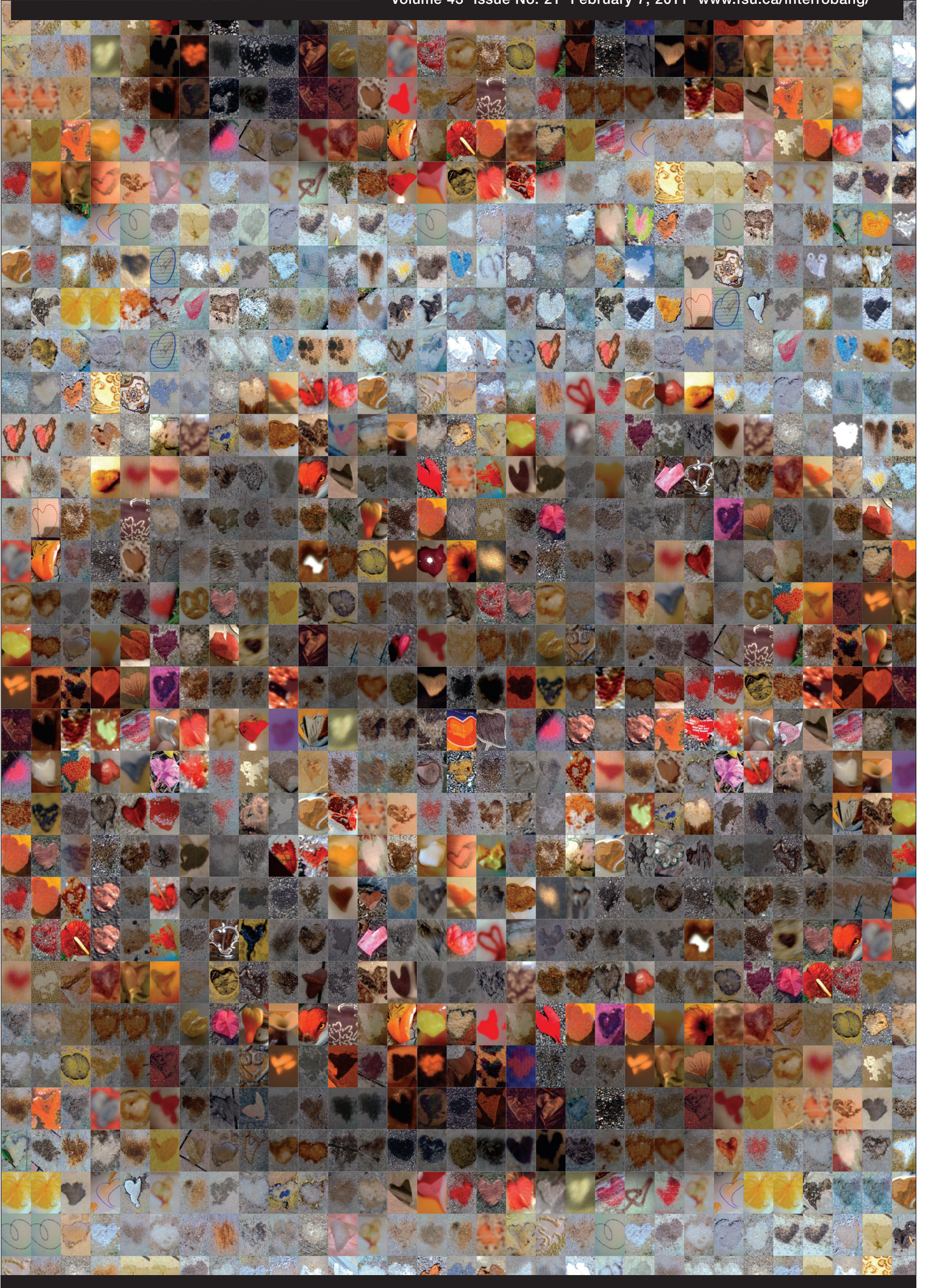


# INTERROBANG

Fanshawe's Student Voice

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Volume 43 Issue No. 21 February 7, 2011 [www.fsu.ca/interrobang/](http://www.fsu.ca/interrobang/)

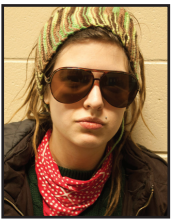


Question of the Week

When did you first fall inlove?



"When I had my first kiss on the back of the city bus."  
Benjamin Galls



"In Grade 2 when we had a vampire wedding."  
Madelaine Row



"I can't say I've ever fallen inlove."  
Kenny Young



"When I met Marcella <3."  
Adam Assaf



"Me, inlove? No way, love is for losers!"  
Andre Baker



CREDIT: FSU STREET TEAM

The Jettison Commitment performs in front of an appreciative during New Music Night in the Out Back Shack.

10 Things I Know About You...

Different shades of Gray

Nikki Gray is in her first year of human resources. "I am a first-year business student. I live in Stratford, Ontario and drive the 45 minutes to and from school Tuesday to Friday. I also have an eight-month-old daughter, and I am getting married in spring 2012 after I graduate the human resource program."

To get a job in the human resources department within Stratford City Hall, where I did my high school co-op.

1. Why are you here?
2. What was your life-changing moment?
3. What music are you currently listening to?
4. What is the best piece of advice you've ever received?
5. Who is your role model?
6. Where in the world have you traveled?
7. What was your first job?
8. What would your last meal be?
9. What makes you uneasy?
10. What is your passion?

USA and Europe.  
Tim Horton's.  
Turkey dinner with all the fixings.  
Being late for important events.  
People. I love to make others smile!  
Do you want Fanshawe to know 10 Things About You? Just head on over to fsu.ca and click on the 10 Things I Know About You link at the top.



CREDIT: SUBMITTED

Nikki Gray loves her turkey.



monday 7

Tubing @ River Valley  
Tix at Biz Booth  
Imaginus Poster Sale  
Forwell Hall  
Campus Music  
Explosion OBS - 8pm

tuesday 8

Nooner - Forwell Hall  
Comedy  
FSU Free Movie Series  
Paranormal Activity 2  
D1060 - 8pm  
Campus Music  
Explosion OBS - 8pm

wednesday 9

Nooner - Forwell Hall  
Karaoke - 11:30am  
OBS Comedy Night  
OBS - 9pm  
Love Day  
Forwell Hall - ALL DAY  
First Run Film  
Rainbow Cinemas

\$3.50 students  
\$5.00 guests  
Sanctum

thursday 10

Nooner - Forwell Hall  
Live Music  
Mardi Gras Pub  
OBS - 9:30pm

friday 11

New Music Night  
The Standstills  
OBS - 9:30pm  
Campus Idol!  
Registration Closed  
Fanshawe @ The  
Knights - 7:30pm  
Knights vs. Spitfires

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**AND A DONUT**

**Where is the student-run deli on campus?**

Drop by the Welcome Kiosk with your answer. Five winners will be selected from correct entries and we'll notify winners by email.

The Welcome Kiosk (between the Bookstore and the Library) is open all year between 8am and 4pm, Monday to Friday.

**PRIZES SPONSORED BY CHARTWELLS**

**KIOSK QUIZ**



CREDIT: JOHN SING

Members of the Fanshawe College community came together to celebrate Fanshawe's record-breaking donation of \$106,388 to the London and Middlesex United Way campaign. Fanshawe's total surpassed the college's previous high of \$95,848 raised just last year.

## Fanshawe and the United Way celebrate record donation

JESSICA IRELAND  
INTERROBANG

On January 27, Fanshawe revealed the final, record-breaking amount raised for the annual United Way campaign in style.

The grand total announcement of \$106,388 was sandwiched between a flash mob, performed by theatre students to *Celebrate Good Times*, and delicious cupcakes – a

great way to end a successful campaign.

More than 100 volunteers helped with fundraising at various events. The 2010 campaign began with the annual Chili Cook-Off and was followed by the StairClimb, a haircut-a-thon and an annual polar bear dip.

This campaign marked the first year Fanshawe attempted a six-figure donation. Last year's donation

totalled \$95,848. From this year's total, \$100,001 will be going to the London and Middlesex United Way campaign.

The United Way provides vital services to many individuals in the community.

"While the economy seems to be improving, it's not improving as rapidly as past recessions. The needs in our community remain strong," said Howard Rundle, pres-

ident of Fanshawe College.

Andrew Lockie, CEO of United Way London and Middlesex showed his gratitude for Fanshawe's efforts.

"What an amazing achievement! It's a testament to the generosity of people who make up Fanshawe. We are successful because of what volunteers do for us," he said.

The total is actually more than the official announcement as well.

Fanshawe has leadership giving donors who give a minimum of \$1,000. This year Fanshawe had 38, and five of these donations were matched by an anonymous donor. The final total, with the extra \$7,000, helped Fanshawe surpass its goal even further. Congratulations to everyone involved!

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## Go bald or blue, make a wish come true

ERIKA FAUST  
INTERROBANG

When late March rolls around, you may be seeing a lot more skin around campus.

The Make-A-Wish Foundation's fifth annual Go Blue! Go Bald! campaign hits Fanshawe on March 23. Participants collect pledges, then dye their hair blue (the colour used in many Make-A-Wish campaigns across southwestern Ontario) or shave their head. The goal of the campaign is to raise money to help kids with life-threatening medical conditions fulfill their dreams.

Participants who are looking into a new blue 'do will receive a kit containing Amplified Bleach Kit and Shocking Blue Hair Dye provided by Manic Panic, an "Ask Me About My Blue Hair" button, and pledge sheets. The kits can be picked up in the Fanshawe Student Union Office, SC 2001.

The official head-shaving event

takes place in Forwell Hall from 12 to 2 p.m. on March 23.

If bald or blue is a little too extreme for you, there are lots of other ways to participate! Wigs are welcome as well, as is throwing blue-themed events to raise money for Make-A-Wish.

"Last year, Make-A-Wish raised \$168,000 across southwestern Ontario, and \$1,300 of that came from 10 Fanshawe College participants," said Vanessa Demelo, a Fanshawe student who is completing her co-op term at Make-A-Wish. "Our goal this year is \$2,500. The amount of participants is limitless – the more the merrier!"

It's free to sign up, and the sooner you sign up, the more time you have to raise funds for this awesome cause.

For more info or to sign up, visit [www.makeawish.ca/gobluegobald](http://www.makeawish.ca/gobluegobald) or contact Vanessa Demelo or Veronica Barahona at [goblugobald@gmail.com](mailto:goblugobald@gmail.com).

## Sudan's fate awaits

PAIGE PARKER  
INTERROBANG

Sudan has put a new mark in history with the big debate on whether or not it will undergo a split between the North and the South.

For a long time, citizens of Southern Sudan have felt they have not been treated adequately, considering the resources they provide for the country. They feel that since Khartoum, the capital city, is in Northern Sudan, the North gets preferential treatment, not only in being more developed but also in religion and culture. Namely, the government has been forcing Islamic law upon the south, which is predominately Christian.

Last month, a referendum was held in Southern Sudan to determine whether or not it will become an independent country. Over 98 per cent of voters chose to become a separate nation.

The result of the referendum raises several concerns involving the government's approval of the referendum. Rich Hitchens of STAND Fanshawe said, "Perhaps the government in Khartoum is going to accept the results." The major reason for the government not allowing the split lies in its aim to control the oil that comes out of the South for profitable purposes. The oil is only one ongoing issue among many others.

Economically, if the split is successful, the South will develop their economy from the profits of its oil. But there is no guarantee that the Southern government will know how to handle the revenues, said Hitchens. Meanwhile, the North will either stay at a standstill or suffer from reduced funds, since all of their economic development has come from oil revenues in the past.

Further implications of the split can be very severe, as Hitchens pointed out. "The government has announced that it will double its efforts on Islamic law in the North," despite the fact that there are still citizens of the South living in the North. But there will also be considerable effects in the rest of

Africa revolving around border issues and concerns of attaining peace. "If the Southerners can gain their independence, why can't other groups in Africa?" said Hitchens. "This referendum could have opened a Pandora's box that some analysts worry could lead to the 'Balkanization' of Africa." This means Africa could divide into small regions that are hostile with each other.

Hitchens is confident that conflict will continue even after the split. "Like all marriages that end in divorce, simply not living together does not end all of the turmoil. In marriages, for example, there are often children, and there is continued contact and, inevitably, squabbles around them. The North and South are going to continue to have a lot in common – the Southerners in the North, oil and oil transit – even though they won't be living together under one roof."

Glen Pearson, London MP, has travelled to Sudan 45 times since 1998. After his most recent trip early this year, he said, "I've never had a (trip) like this one. History was made. You not only got to see democracy in the making but you got to see historical injustice." However, Pearson remained confident that the South will reach peace. "I think we'll find out in the middle of February that it was great and that the people in the South were able to make their own destiny."

Southern Sudan has looked to Canada and the United States for help, specifically looking at Canada's governance model. While the United States is there helping Sudan reach peace, Canada has been standing by without sending any leaders over. For Pearson, this isn't good enough. "I've come back with a message for the prime minister ... we've got to help them get over this hump. The democracy part has been handled and the humanitarian need has not. We've got more to do."

A lot of hope lies in the month of February, when Sudan's fate will be determined.

## Law firm goes after birth control blunder

JESSICA IRELAND  
INTERROBANG

Women using Yasmin or Yaz birth control may be at a higher risk for health problems, including pulmonary embolism, deep vein thrombosis, stroke, heart issues, gallbladder removal and more.

Over hundreds of women throughout Canada have been coming forward to talk about the true side effects of these particular brands of birth control, both manufactured by Bayer. These also happen to be the two most popular brands of birth control in Canada, with over two million prescriptions filled for them for women in Canada in 2009.

Siskinds LLP of London has spearheaded a class action lawsuit against Bayer.

"Bayer maintains to the public that the risks (of taking Yasmin and Yaz) are the same (as other birth control brands). The trial would come down to proving that the risks are higher and they know this or should have known," explained Matt Baer, counsel at Siskinds.

The law firm received its first call about the birth control over a year ago, from a woman with a blood clot. But because they receive many calls per week and blood clots are a normal side effect of birth control use, they didn't consider this situation as a serious issue, said Baer. But when they started getting more calls more frequently, they realized it wasn't just a one-time problem.

The law firm has set up a

Facebook account for women to tell their stories. So far, almost 2,500 women have signed up.

The case is waiting to be certified, and the Facebook page allows them to get the word out to the demographic that is likely using these products.

"This certainly isn't meant to scare anyone. It's still a small risk comparatively, but it's so people can make informed decisions," said Baer.

Women who are taking Yasmin or Yaz birth control can visit the page at [www.facebook.com/takeyourbodyback](http://www.facebook.com/takeyourbodyback). Those who use these brands can fill out a questionnaire and be eligible for compensation if the case against Bayer succeeds. To do so, contact Siskinds at [www.siskinds.com](http://www.siskinds.com).

## Get your career on track with Career Week

ERIKA FAUST  
INTERROBANG

Looking to kick-start your search for a career, co-op placement or summer job? Print off a stack of resumes and head to the 2011 Career Fair on February 9 in the J-Gyms.

Fanshawe students, graduates and alumni are welcome to this annual event.

"The purpose of the event is to connect employers with well-trained and talented Fanshawe students and graduates," explained Christina Cook, customer service representative for Fanshawe. "It's meant to inform students and grads of career opportunities and give them information on careers, and basically help them with their futures."

"We had a really good response this year with employers," she said. "Some new ones will be attending, as well."

Over 80 employers from a variety of sectors will be attending the

Career Fair, including GoodLife Fitness, EllisDon, Pepsico and Ontario Public Service. There's something for everybody, said Cook. "All disciplines are welcome."

Come prepared, because you never know – this could land you a part-time position, or even your dream job. "Dress like you would for an employment interview or to hand out resumes," she advised. "Some employers may be pre-screening candidates on the spot."

"It's a good way to market yourself to employers. It's a great networking opportunity."

The Career Fair is just one event that takes place during Career Week. Career Services will have a variety of events taking place from February 7 to 10 to get your career off on the right track.

For more information, including a list of employers, check out [www.fanshawec.ca/careerservices](http://www.fanshawec.ca/careerservices). Profiles for each employer are post-

ed online, so you can address cover letters to the specific human resources contact. You can also stop by D1063 for more information.

### Career Week February 7 to 10, 2011

**Monday, February 7:**  
12 p.m. to 1 p.m. in room T2002  
Careers in Policing- OPP

**Tuesday, February 8:**  
12 p.m. to 1 p.m. in room R1042  
How to Start Your Own Business Seminar, presented by The London Small Business Centre

**Wednesday, February 9:**  
10 a.m. to 2 p.m. in J-Gyms  
Career and Summer Job Fair 2011

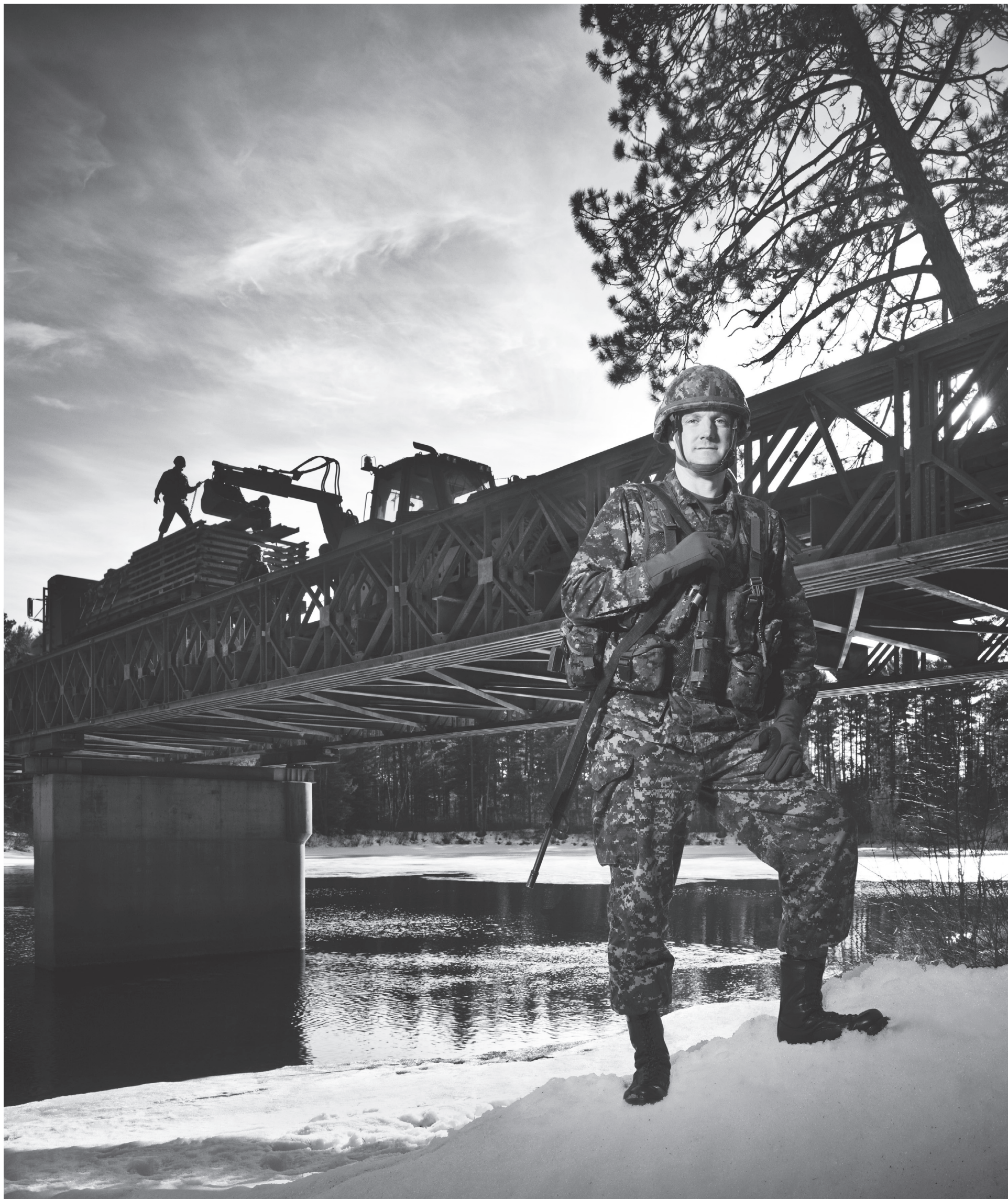
**Thursday, February 10:**  
12 p.m. - 1 p.m. in room T1002  
Student Work Abroad Program (SWAP)

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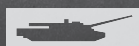
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Captain **MICHAEL GODARD**



## RECHERCHONS : OFFICIERS DU GÉNIE

« Donner des ordres, ça ne suffit pas à donner confiance à un groupe d'hommes et de femmes qui doit se frayer un chemin à travers un terrain miné. Prendre les bonnes décisions, gérer les situations de stress et combattre aux côtés de mon équipe, c'est ça, le véritable leadership. »

Capitaine **MICHAEL GODARD**

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# 5 QUESTIONS

## RODNEY SUTTON — FSU BUILDING MANAGER

JESSICA IRELAND INTERROBANG



### 1. WHAT'S YOUR FAVOURITE SIMPLE RECIPE?

“My favourite simple recipe... well you need some Carbon, sulphur and potassium nitrate...oh wait, you mean food. I guess my white chocolate cheesecake tarts with fresh fruit topping. They always seem to be a crowd pleaser.”

### 2. IF YOU COULD SWITCH PLACES WITH ANYONE IN THE WORLD, WHO WOULD IT BE AND WHY?

“I really don't think I want to switch places with anyone. My life may not be perfect, but it is mine, and there is a plan.”

### 3. WHAT HAS BEEN YOUR BEST MEMORY AT FANSHAWE SO FAR?

“Every day is memorable... for good or bad. I'm just thankful that I get to come back each morning.”

### 4. ON A DAY OFF, WHERE CAN WE FIND YOU?

“Day off??? What is this 'day off' you speak of? I guess reading at home or puttering around my house.”

### 5. WHAT'S A SERVICE OR EVENT THAT THE FSU DOES THAT ISN'T WELL-KNOWN?

“We have many services and events that are well publicized. I think that fact that we work well together is our greatest strength/accomplishment. We may bicker with each other at times, but we have always pulled together to get the job done well for the students, whichever area we work in.”



## Young workers have the right to a safe job

JOINT HEALTH AND SAFETY COMMITTEE  
FANSHAWE COLLEGE

Did you know that young workers between the ages of 15 to 24 are more likely to be injured on the worksite than any other age group?

Statistics from the Ontario Ministry of Labour (<http://bit.ly/fR9U7C>) indicate that approximately 40,000 of you will suffer some type of injury ... and on average, six will die each year!

All workers, young and old, have the right to a job that is safe ... and have a responsibility to keep the workplace safe.

Here are the three rights all workers have under the Ontario Occupational Health and Safety Act:

1. Right to Participate – you have the right to participate in your own health and safety by being a health and safety representative in the workplace or by being on a Joint Health and Safety Committee.

2. Right to Know – you have the right to know what the hazards are in your workplace and how to protect yourself.

3. Right to Refuse – you have the right to refuse unsafe work.

Along with rights come responsibilities. Ontario workers also have the following safety responsibilities:

1. Work safely according to the Ontario Occupational Health and Safety Act and Regulations.

2. Use or wear safety equipment provided and required by your employer/boss.

3. Report any problems or defects in the safety equipment provided that may endanger you or your co-workers to your employer/boss.

4. Report any hazards that you know about or any contraventions of the Act or Regulations to your employer/boss.

5. Not defeat or remove safety devices or guarding required by the Act or Regulations or your employer/boss.

6. Not endanger yourself or co-workers by your own unsafe actions or unsafe operation of equipment.

How can you stay safe on the job?

- Don't be shy ... ask questions until you understand exactly what it is you are expected to do and how to do it safely.

- Ask for training and orientation to the hazards at your workplace.

- Finally ... don't think that "it can't happen to you," that's what everyone who is hurt or killed thought.

Your employer must train you to do the job safely. If they refuse, talk to your Health and Safety rep or your Joint Health and Safety Committee member. If that is not available to you, contact the Ministry of Labour (1-800-463-2493) and report the problem.

For more information, check out:  
[www.worksmartontario.gov.on.ca](http://www.worksmartontario.gov.on.ca),  
[www.prevent-it.ca](http://www.prevent-it.ca), the Fanshawe College Health and Safety Services office in D1021, or call 519-452-4424.

## 360° News: national and international briefs

### NATIONAL NEWS

The issue of potential Internet billing has become a popular Facebook newsfeed staple as of late. Recently, Prime Minister Stephen Harper has expressed that he may be second-guessing the ruling regarding Industry Minister Tony Clement's decision to "launch a probe of a regulatory decision that raises the cost of Internet service," reported the Globe and Mail. This may be an indication that the Conservatives will reverse the decision of the Canadian Radio-television Telecommunications Commission. "We're very concerned about CRTC's decision on usage-based billing and its impact on consumers. I've asked for a review of the decision," Harper said.

Our favourite groundhogs have predicted an early spring. Ontario's Warton Willie and Nova Scotia's Shubenacadie Sam both did not see their shadows as they poked their furry little heads out this Groundhog Day. Pennsylvania's Punxsutawney Phil also did not see his shadow. Hopefully their forecast is more accurate than the ones that said London would get a snowstorm!

Toronto Const. Babak Andalib-Goortani is facing his second G20-related assault charge. This charge of assault with a weapon comes from his allegedly hitting a woman with his baton in Queen's Park on June 26. His first charge is in relation to the injuries of protestor Adam Nobody. Nobody, who is a stage builder, was tackled by a group of officers on June 26, also in Queen's Park. A bystander videotaped the attack and posted it on YouTube.

### INTERNATIONAL NEWS

The ongoing protests in Egypt came to a head during violent clashes on February 2, which left at least one person dead and hundreds wounded. The dispute comes after nine days of protests against President Hosni Mubarak's rule in Egypt. Battles broke out between pro- and anti-government supporters, who first threw fists and rocks, then Molotov cocktails. Over a million protestors called for Mubarak to step down from his presidency in a massive protest in Cairo on February 1. The United Nations said the death toll from the protests now stands at 300, reported the London Free Press.

Cyclone Yasi hit the northeast coast of Australia in full force on February 2. With winds of up to 300 km/h at its core, the cyclone is being noted as one of the most powerful on record. People have been scrambling to find refuge, as shelters are overcrowded. Yasi is a maximum-strength category five storm, reported Reuters. It has drawn comparisons with Hurricane Katrina, which devastated New Orleans in 2005.

WikiLeaks has been nominated for the 2011 Nobel Peace Prize. The website contains confidential government documents that are available to the public. According to Norwegian lawmaker Snorre Valen, the website has promoted "human rights, democracy and freedom of speech," reported the Toronto Star. The Nobel Peace Prize committee usually receives over 200 nominations every year.

– compiled by Erika Faust and Jessica Ireland

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### Plan to attend our Career Information Session

Room D1060  
Thursday, February 10, 2011  
5:00 p.m. – 7:00 p.m.

If you're a student or new graduate in the areas of Trades and Technology, explore Imperial Oil to see how we're able to help you achieve your full potential. Looking forward to seeing you at the event!

If you are unable to attend, visit our website for more information about graduate and summer/co-op opportunities at Imperial Oil.

[www.imperialoil.ca/careers](http://www.imperialoil.ca/careers)

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# Checking out can be a depressing end


**B.A.L.L.S.**  
 TIM HANDELMAN

You ever really look at those magazines that are displayed at the checkout counters of grocery stores and pharmacies?

One would think that they place all of those magazines at the checkout to keep you occupied while waiting your turn in line. I believe it is much more sinister than that: there before you are a dozen images of skinny women, men with six-packs (I think I was up to a one-pack once), rich tinsel town couples, stunning cars and kids with plastic hair wearing cardigans and playing with a puppy on a white shag carpet. Along with these images are pronounced headlines spelling out messages like: "How to be a better lover," "25 top diet tips," "Easy abs in six weeks," "Get back in shape" and a picture of Prince William, on bent knees before fiancée Kate with a tear in his eye, with the headline, "I think I am gay."

These images and headlines are not there to inform us, or enlighten, enrich, encapsulate or entrance us - they are there to tell us that we suck! Portents of greater things in your life, if only you dare turn the pages herein and discover truths that we are willing to impart for \$7.99.

Our status, our culture, our spiritualism, our sexuality and our health are based on consumerism, advertising and the corporate whim. It used to be religion, family, community and perhaps the occasional peek at the underwear section of the Sears catalogue!

According to Annie Leonard, who is a guru of sustainability concepts, we live in a society under siege. We are bombarded with over 3,000 corporate messages every day!

Three thousand times a day we are told that we suck. Our clothes suck, our hair sucks, our cars, homes, children, job and pets suck. But there is a solution: shops. It seems that magazines are consumers' guides to fulfillment; the answer is just a page flip away. What we are being told is that our worth as a member of today's society is based around our consumerist habits.

Really, the magazines are not telling us anything we don't want to hear. Most of us probably want to be in better shape, or have a bigger house, better car, newer computer and better cooking skills, but here is the irony - we live in a society that not only glorifies fast food as a culture, but we are kept so busy that we don't have the time or motivation to cook or work out, thus making us fat. We live in a society where people find status and fulfillment in the procurement of material goods, thus making us broke and in debt. We now need two incomes to support a home. We are beat up every day worrying about money and jobs and relationships, thus making us unhappy.

The same arm of society that takes our pride and money and health, also offers escape, release, happiness and spiritual fulfillment.

We are the juggler's balls, frowning and smiling our way through the few short decades of our lives.

Of course there are magazines that finds motivation in health and growth, but you will be hard-pressed to find them at the checkout line. My contention is that these stores are playing with our heads, just as the distributors are playing with theirs, and the publishers theirs, and the marketers theirs. Who, I wonder, is tossing these damn balls around?

It would be a funny rack if all the magazines offered extensions of our current lifestyles: "Fat and loving it," "How to not walk your dog," "Squatting is cost-effec-



CREDIT: TIM HANDELMAN

The magazine rack is good place to learn that we actually suck.

ive," "Five minutes is the new 30 in bed." I guess when it comes right down to it, we kind of do suck, but I sure hate being told it 3,001 times a day.



## INTERROBANG

Fanshawe's Student Voice

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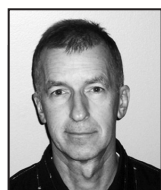




CREDIT: NEW YORK TIMES

Protests in Egypt are fuelling change as high unemployment, inflation and poverty have taken their toll on the Egyptian people. Students have helped spur the demonstrations.

## Egyptian students deserve better



LIFE MEETS FAITH  
MICHAEL VEENEMA

Students in Cairo are still occupying their protest spaces, playing chess, distributing tea, and trying to stay warm and keep the energy going. According to the stories on the web this morning (as I write) the number of protestors has dropped off, but the faithful remain.

The death of Khaled Said, an anti-corruption activist, sparked the outrage that led to the recent protest. However, according to all the reports, there are many other causes, including economic, with students and others feeling increasingly financially stressed. They blame the government.

The government itself is, by Western standards, authoritarian. The organization Human Rights Watch has released a report called "Work on Him Until He Confesses." According to the Los Angeles Times and other media sources, it reveals many incidents of torture and death at the hands of the authorities.

Add to this that, again by Western standards (many of which seem to be universally valued), Egypt is not a particularly free nation. The dominant religion is Islam and that has historically meant that non-Muslims are second-class citizens. Just ask any Coptic Christian who has lived in Egypt or has relatives still there.

Egypt, as is the case generally with the Middle East, is a country from which Christians have been escaping for decades. Contrast this to Europe and North America that Christians are not attempting to leave, and ironically, to which many Muslims seek to move.

It is not to be wondered then that at least

one news story carried a few lines saying the protests in Egypt have brought Muslim students and Christians together. All seek change towards a freer and more just society.

All people deserve to live in nation-states (as long as they remain necessary) where people are free - where freedom of religion, self-expression, association and communication is equally available to all. Muslims deserve such freedoms. So do Christians, atheists, and people of all theistic and non-theistic persuasions.

Why do I say this? It is because that is part of the vision for life found in the opening lines of the Christian Bible. (It is also part of the Jewish Bible, but I don't want to seem to be making claims on behalf of the Jewish community.)

According to that vision, all of humanity is blessed by God. He gives to all of us the opportunity to enjoy his good creation, to build communities and to create our tribal societies, our technologies, our bodies of wisdom, our libraries, our cities, our economies and (yes) our colleges.

It doesn't matter what your basic views on life are. You and I are all blessed by God. He blesses each one of us with the opportunity to thrive and to lead a good life.

It seems that, fundamentally, Egyptian students feel that they are deprived of such freedoms, oppressed by a government that supports brutality. They-and all people-deserve better than that.

For this reason, we can hope and pray that Egypt will not emerge from the chaos of the present to become even more oppressive, perhaps influenced by Islamicist zeal. We can look for a better day when no one there will be persecuted because they disagree with the government, or because they are not part of the Islamic majority, or because they are students. Everyone deserves to be treated with dignity and respect. Everyone.

## Talking about revolution



TAKE THE POWER BACK  
DARIUS MIRSHAHI  
darius\_mirshahi@hotmail.com

Revolution is a daunting word, not to be used casually. It means a lot of sacrifice and pain for many revolutionaries. It is vital to survival, it flows in our veins, and we know we need it. Because it is the only way change is ever made from below.

Revolutionary struggle has deposed dictators, fired bosses, beheaded kings, crashed corporations, pushed out colonizers, won freedoms and better living conditions, and brought dignity to the lives of the revolutionaries in the process

As everyone is currently witnessing, a strong anti-authoritarian revolution is spreading across the Middle East. People aren't fighting for religion; they are fighting to push out the tyrants and dictators who rule their countries with an iron fist. They are fighting because they feel like the rich are robbing their future from them. They are fighting for freedom and a better tomorrow. And regardless of what anybody says about peaceful protests, the people are fighting. They are burning cop cars and police stations, breaking their loved ones out of jails, looting government offices, blocking all roads and creating community safety patrols to protect each other from agents of the state and greedy opportunists. They are meeting the police head on and pushing them back, sometimes suffering gunshots in the process. Hundreds have been killed. But their strength keeps growing and the passion for freedom spreads.

These revolts are shaking power to its

core. There are millions in the streets in a half-dozen different nations including Tunisia, Egypt, Sudan, Yemen, Jordan and Syria. And what's so exciting is it isn't just the Arab world that's rising up. We are witnessing a global revolution in progress.

Last year saw revolutionaries clash with authority in large numbers all across Europe. We also saw a very large spike in revolutionary activity across Canada and the U.S. For those who think we could never win the majority of Canadians over to becoming committed revolutionaries because of apathy, privilege, comfort and other pacifying factors, it doesn't actually matter.

All revolution needs is about five per cent of the population to be committed revolutionaries and act as catalysts of events that would create the snowball effect that is widespread revolt. In times of conflict, people who aren't committed to revolution on a day-to-day basis still throw down.

If five per cent of Canadians were committed to kicking off an anti-authoritarian revolution, we would be 1.5-million strong. And that number doesn't include all the people in their support networks, families, friendship networks and others who would have affinity with and support their actions.

This would make revolution inevitable. Large territories would become de facto autonomous zones. Whole neighbourhoods in most major cities would be self-organized.

Revolutionaries would have a strong presence and influence in all industries, and be able to exert tremendous leverage and influence in challenging the way capital flows. In such a situation, things would snowball to the point where hierarchy, domination and exploitation would become impossible to maintain.

## Everybody wants to rule the world

MUNNAF PRASLA  
INTERROBANG

Historians and economists have coined phrases to describe the degree of influence a state or country has internationally. Listed by increasing amount of influence, a country can be a middle power, regional power, great power, super power or hyper power. Some of these terms have not made it into mainstream media because some countries may overlap into multiple categories and keep changing in time. Nonetheless, this is an attempt to categorize countries into their influential powers on a global and regional scale.

Middle powers are a little difficult to define and there is much ambiguity in the phrase's meaning. An Italian diplomat, Giovanni Botero, first used the term "middle power" to describe a state which "has sufficient strength and authority to stand on its own without the need of help from others." There is no specific way to label a country as such because, considering the definition given by Botero, any country could fall into this category. Some examples of countries which have widely been recognized as middle power by historians and academic include Canada, Australia, New Zealand and Spain. They are all sustainable by themselves with their vast reserves of natural resources and stable economy.

A regional power is a state which has influence on its neighbouring countries. In South America, it would be Brazil, primarily due to its vast territory and economy. In Europe, it would be France and the United Kingdom due to their historical influence leadership in that region. In Asia, it would be China and India with their booming economy and those economies' ravenous appetite. In North America, due to the massive economy, the United States leads the region.

A country that is considered a great power has influence on a global scale due to its military, political and economic resources. Some countries which used to be great powers at some point in history include the

Roman Empire, the Greek Empire and the Persian Empire. Some examples on the list today would include China, France, U.K., Russia and U.S. These five countries also have permanent seats on the U.N. Security Council, where they are charged with the role of preserving world peace and security. Additionally, they also have the power to take action on behalf of all U.N. member states when they feel a current event may impede their goal.

A super power dominates the world, or, to put it more aptly, it can dominate the world. It has military and political power to influence its will on the world. Currently, the U.S. is recognized as a superpower, but many academics feel the country's status is waning and predict that countries such as China, European Union, Brazil and India may fall into this category as their economic prowess grows.

Finally, there is the elusive and rarely used term, hyper power. Although it can be considered purely theoretical, there have been empires that have come close to it. A hyper power can be characterized and defined as a dominant force that rules the world. We are talking world domination, and the British Empire in the 1940, is the closest to come to this definition. The Mongol Empire is a close second by land rule, but the Persian Empire literally ruled half the people on the planet in 480 BC (more than any other empire by population). The reason this definition is hardly used and so difficult to attain is because many nations have tried but none have been successful.

After the World Wars, accounting for the massive death toll and human rights issues plaguing the world, countries joined forces to resolve international conflicts and vowed to avoid the catastrophic effects of war. With the former League of Nations and current United Nations, the focus was taken away from one nation trying to rule the world and more attention was rightfully given to global peace and humanitarian efforts.

## Learning from television



**FSU PRESIDENT**  
 Joe Scalia  
 fsupres@fanshawec.ca

Pay attention to what you learn in school! It sounds very parental, but speaking from experience, it will translate to more than just your program and career aspirations. You're learning some core skills relative to your career, but you're also learning how to network, be a team player and to start and finish something big.

I took television broadcasting and I learned things about lights and cameras; mics and mixers; software and live television. My favorite part was learning the software: Final Cut Pro, After Effects and Photoshop, but to this day I'm still learning from live television.

Live television is teamwork and communication at its best. Millions of live TV shows are broadcast around the world daily, and it takes the hard work of a team of people to make it happen without fault.

The end result is a talking head on screen, or two or maybe four. But in front of those heads are a few camera people, who are all under the direction of the floor director. The floor director is talking to someone in production control, usually a production assistant, who tells the director how much time he's got to work with. The director is directing several people, including server, graphics and audio operators.

## War On Drugs introduces Bill-S-10

PAIGE PARKER  
 INTERROBANG

"Canada needs to move towards a public-health based model to deal with substance use and abuse," according to Caleb Chepesiuk, the executive director of Canadian Students for Sensible Drug Policy.

However, this is not what the Harper Conservatives are doing.

The government is pushing to introduce Bill S-10, which deals with the criminalization of those involved in using and dealing drugs. It will involve a mandatory prison sentence and will have harsher punishment for certain substances.

In 2006 the government introduced this legislation, entitled Bill C-26. The intention of this bill and Bill S-10 is to address organized crime; however, they have not given any concrete evidence that it will be successful. "The Harper Conservatives seem to want to put people involved with drugs, even for a first-time scenario, in prison," said Chepesiuk.

For minors, the mandatory jail sentence does not apply. In the past, the judge would have the option to decide whether or not to offer people 18 and older an alternative sentence to jail time. Now, with Bill S-10, prison time becomes automatic.

According to Chepesiuk, "If Bill S-10 passes, there will be many more young people who may find themselves facing serious jail sentences." Currently, the government is investing billions into maximizing the prison system. This will result in greater funding for criminal enforcement when the government could put the money towards education, treatment, harm reduction and other community-based programs created to help with substance abuse. "Criminalizing drug use has only increased the social harms of drugs," said Chepesiuk.

Drug control has been an ongoing issue, and some wonder whether this is an issue that has any hope of being fixed. Globally, voices preach that the criminalization of drugs has failed and that the "war on drugs" approaches have failed. Perhaps it is no longer a question of whether we can fix it, but whether we can

The entire show gets put through the wires to master control where its operators then put it out to the masses. All in all it probably takes a good 20 to 30 people to make it happen. I've forgotten a few players like the teleprompter operator, set people, lighting people, the assistants, but you get the idea.

These people need to know their jobs well but they also need to have the communication skills to keep everyone on the same page and moving at the same pace. If a graphic comes on too soon, it looks bad. If the teleprompter op isn't paying attention, he may make the on-screen talent look like an idiot. We see these slip-ups on TV every so often, but it's usually very rare.

I've transferred these skills to my job today as FSU president. I'm still a director of sorts, and I've got a team of people working with me to represent us all to the college, and also to deliver excellent service. It takes everyone from the business manager to the cashiers at Oasis to make it happen, and we make sure we're all on the same page.

Teamwork and communication make it happen around the world, from the top levels of government, to the educational institutes, to *World of Warcraft*. What once were just seemingly random skills thrown together into a course package are now something of a life lesson to me. By making a 22-minute talk show I learned the importance of teamwork and communication, and it's helped me greatly. Television broadcasting can't be the only program that does this, so pay attention to what you in school!

reduce its harm and effects.

Canada is already doing a lot to help this issue with community programs. But Chepesiuk pointed out that "too often the federal government has been in the way of these communities. If the Canadian federal government listened to the people working on these issues than these communities would be able to move much faster." There have been several other countries that have taken away their "war on drugs" policies for the simple reason that they have caused more bad than good.

With Bill S-10, not only has a jail sentence become mandatory, but the terms that cause a person to be imprisoned are much stricter. Trafficking doesn't just mean selling anymore; it means sharing, distributing and giving. In turn, this means that every young person that uses substances will be incriminated. "A section of Bill S-10 states that if you are caught 'anywhere youth might frequent,' that you face a mandatory two year prison sentence," explained Chepesiuk. "This could be anywhere! Anywhere young people are together could become a spot that triggers a mandatory prison sentence."

The CSSDP are having an event to raise awareness against Bill S-10. On March 9 and 10, they will be holding an annual Lobby Day for youth and students to come to Parliament Hill and discuss the impacts on criminalization with politicians.

"CSSDP has been working in our communities to raise awareness and taking on politicians as we have been meeting with them since the bill was originally introduced," Chepesiuk said. "(We're) calling on them to get past the 'tough on crime' spin and instead get smart on crime."

Originally, the Liberal Party was in favour of the bill but they say their support is not certain this time around, according to Chepesiuk.

"CSSDP chapters will continue to hammer the truth, which is that there is nothing to support Bill S-10 and it will have a disastrous effect on young people. We need to invest in schools, not prisons."

For more information, contact your Member of Parliament or visit [www.cssdp.org](http://www.cssdp.org).

## Protection laws in Ontario

### LAW TALK

Community Legal Services &  
 Pro Brono Students Canada (UWO) 519-661-3352

Are you planning a major home renovation? Is your home in need of simple repairs? Before you embark on your next project, there are some things you need to know to protect your home and your wallet.

### Consumer beware

General contractors do not need a licence to do home renovations in Canada. To find out if a contractor is reliable, Better Business Bureaus, Chambers of Commerce, local licensing commissions and municipal building inspectors, as well as the Ontario Ministry of Consumer Services "Consumer Beware List," keep records on home renovation contractors.

### Before you sign

Before you sign on the dotted line, ensure that the contract specifies any extras, the type and amount of work to be done, total cost, start date, the date of completion, and who is responsible for clean up. If it is a large amount of money, you may consider obtaining legal advice to review the contract terms.

Certain renovations require a building permit. It is your responsibility for getting the building permit, so you should check with your city or town hall. If you want the contractor to get the permit, make sure this is specified in the contract.

### Consumer rights and obligations

Once you have signed a contract, it is subject to a cooling-off period. Under the Consumer Protection Act you can cancel a home renovation project for any reason and have your money returned to you within 10 days of signing a contract, as long as the contract exceeds \$50.

The final price of the goods or services cannot be more than 10 per cent over the original written estimate. If new work comes up, you should be asked to approve a change order that includes the new work, and a revised estimate to cover new goods and services.

### Door-to-Door Sales

You should be very cautious when dealing with any door-to-door contractor who is "just in the neighbourhood" with all of their equipment and supplies.

### A consumer should:

- Ask about the contractor's experience, business address and telephone number.
- Get estimates from three different contractors.
- Avoid paying any large up-front fees or deposits that exceeds 10 percent of the total cost
- Never pay in cash, and always keep a record of payment.
- Conduct a background check and ask for references.

### Cancelling a contract

If you do not receive a copy of the agreement, you may cancel the agreement within one year under the CPA. As well, if the contractor has made a false, misleading or deceptive statement about the goods or services you agreed to buy, you have the right to cancel the agreement as the result of an unfair business practice under the CPA.

To cancel the agreement, you should send a cancellation letter to the contractor or business. A sample letter can be found online at: [www.sse.gov.on.ca](http://www.sse.gov.on.ca).

Send the cancellation letter in a way that can be tracked, such as registered mail, email, or fax with confirmed delivery. You should also keep a signed and dated copy for yourself.

*This column provides legal information only and is produced by the students of Community Legal Services and Pro Bono Students Canada (UWO). The information is accurate as of the date of publication. Laws change frequently so we caution readers from relying on this information if some time has passed since publication. If you need legal advice please contact a lawyer, community legal clinic or the Lawyer Referral Service at 1-900-565-4LRS. You can contact Community Legal Services to book an appointment to discuss your legal issue or mediation services. Fanshawe College students may also book an appointment to attend our outreach clinic at the college. Please call us at 519-661-3352 with any inquires or to book an appointment.*

## Put up your dukes



**So you wanna be in a rock band?**  
 Rose Perry  
[www.rosecoraperry.com](http://www.rosecoraperry.com)

Like any aspiring artist, my work has been subjected both to critical review and praise. While I've had listeners assert that my lyrics and music espouse "universal truths" inspired by an honest "broken-hearted aesthetic," I've equally been labeled "cliché" and "unoriginal." Suffice it to say, I came to the conclusion rather quickly that it's impossible for me (or anyone else) to please everybody. Let it be known, I'm totally fine with this. What I'm not fine with, however, is the corruption involved in this process and the increasingly apparent decline in some sort of "standard." Allow me to explain:

One of the more memorable moments review-wise I've endured in my career was undoubtedly when I had a "journalist" employed by a highly regarded Canadian music magazine rip unrelentingly on my former band's album, only to months later commend us for our "catchy" radio-worthy tracks and "edgy attitude" after being privy to one of our live performances... perhaps she had a short-term memory problem. She got paid either way though, and isn't that what really matters?

Beyond this, interestingly, I've also been educated in regard to my own biography from reading critiques of my work: apparently my *Ode to Tofu* is a sensational hit overseas, my primary musical instrument is the drums, and Alicia Keys is a huge influence of mine.

Out of these experiences I've learned two valuable lessons I'd like to impart onto my fellow artistic types:

1. Take all reviews with a grain of salt (moreover, with any insult that is hurled in one's general direction, one should always consider the source).
2. Don't submit material for review consid-

eration. Opt for interviews instead, so at least you'll have the opportunity to explain your work in your own words.

In this industry, as much as I hate to admit it, you will frequently encounter sketchy situations about which you're forced to bite your tongue – not because you're in the wrong in any regard, but because, unfortunately, artists generally have a lot less capital to hire attorneys to defend themselves should they be accused of making "slanderous" or "libelous" remarks. Though, as noted by the Canadian Bar Association, one is only liable of being charged for "defamation of character/reputation" (of which slander and libel are subcategories) should their statements prove to be false and deliberately malicious, and when it comes to the music biz (much like any other corporately-structured industry anymore), "money talks." Further, this entire industry is based on appearances and who you know. With this said, you need to know how to pick your battles if you wish to be able to pursue your aspirations.

In this case, I guess what I'm trying to say is that I've worked too damn hard to allow any Joe Schmo who thinks they can run a website to insult not only me and my work, but further to misrepresent me to such an extent that it could prevent music listeners from potentially giving me a chance.

In conclusion, while the internet has demonstrated itself to be an effective tool for indies in regard to having the potential opportunity to promote one's material to a worldwide audience (for a nominal cost, too), it clearly has many fallacies that one should keep an eye out for: junk journalism and scam artist promoters barely scratch the surface.

And... to bring things full circle, I can now state with absolute certainty that I fully understand exactly what my friend and fellow artist Ash Keenan meant when she said that her reason for refusing to write any further music reviews was because she felt she had become "part of the problem."

# PS I Love You storm Out Back Shack Friday

T.K. DALLMAN  
INTERROBANG

In 2007, before Gerard Butler was leaving post-mortem messages for Hilary Swank in kitschy drama films, there existed another PS I Love You, a noise-pop duo from Kingston, Ontario. They're raucous, loud, and nothing at all comparable to the film or The Beatles song of the same name. In fact, the dichotomy has left many confused, and the same might happen when the band play the Out Back Shack on Friday, February 11. That's okay with Paul Saulnier, though, frontman and creative lead of the band.

"I think it's a good thing to, not necessarily ruin peoples expectations, but maybe surprise them," he said over the phone from Kingston. "Most of (our) songs are love songs, they're just not very sweet sounding. It's not what people might expect. I'm happy enough with that."

Many of those love songs can be found on *Meet Me At The Muster Station*, PS I Love You's

acclaimed 2010 release. But as Saulnier mentioned, they don't exactly fit the mold of traditional love songs. They feature loud, aggressive drums played by Benjamin Nelson, while Saulnier's distorted guitar riffs and almost indistinguishable vocals oftentimes sound more like secondary melodies than the focal point of a song. That was, according to Saulnier, an aesthetic choice on their behalf.

"I don't focus on melodies and lyrics with the intent to have them higher or above everything else in the mix. Lyrics are important, but they're not really the main show when it comes to us. I try to get feelings across without people actually really needing to understand the words."

A lot is told through the tension of the songs: the low rumble of guitars and even a few shredding solos played on the album. In a musical sense, they reflect the more chaotic, disruptive side of love.

"Most of the songs are love songs and most love ends up being

a disaster," Saulnier asserted with some cynicism. "So you kind of want to escape from that."

The idea of escape is also reflected in the album's title; though it was named after a favourite landmark of Saulnier's in Kingston, muster stations are historically meeting places used in cases of emergency.

"There's a lot of anxiety and panic in our music so (a) muster station just seemed like a theme that sort of fits with everything that we were doing on this album."

It's not an aesthetic every music listener will appreciate, and certainly some are likely to find PS I Love You's music abrasive. Still, one must admit its remarkable qualities, if not simply for the fact that two people are capable of so much uninhibited noise.

As Saulnier proclaimed, "It needs that sort of raw sound and that intensity. The songs are just really short and I think they have more impact when they're sort of rough sounding. Anything that's super cleaned up and polished, it'd



CREDIT: STEVE LOUIE

Kingston two-piece band PS I Love You will be at the Out Back Shack on Friday, February 11.

take away from the songs and make it kind of boring."

Critics seem to agree, and publications from *NOW Magazine* to *Pitchfork* have given PS I Love You top marks, placing the band on many music fans' radars. Now touring to promote *Meet Me At The Muster Station*, the band will be

playing a few solo shows before hitting the road with friend, and current indie sensation Diamond Rings.

So prepare to be surprised, and come watch PS I Love You play at the Out Back Shack, February 11 as part of Fanshawe's Free New Music Night.

# Local pop star and vet Laura Palumbo hits the London Music Club

CHRISTINE PIERCE  
INTERROBANG

Laura Palumbo will be performing tracks from her debut EP *What Are You Thirsting For?* on Thursday, February 10 at the London Music Club.

She's a mix of Pink and Madonna, with a catchy sound and a bit of attitude. But what does she have that most pop stars do not? She's a veterinarian.

When I spoke to Palumbo on the phone, she was sitting in her car just finishing a couple of house calls. According to the singer, "It's a really fulfilling career, just being able to help the animals. In a sense, they're so helpless; they can't talk to us. I like being able to figure out what's wrong." She treats dogs, cats, horses and even the occasional snake or goat.

Talk about high ambitions. I don't know if I'm just speaking for

myself here, but doesn't every little girl dream about being a vet or a pop star at some point? Who would guess that it's possible to do both? Palumbo went to the University of Guelph, where she learned about animals and developed her skills as a musician at the same time. "For me, it helped me through school ... kind of like a stress relief. I was actually in a couple of bands while I was in Guelph, and it just allowed me to get the balance." She even auditioned for a heavy metal band while in university, which she admitted was not her style, but allowed her to blow off some steam by singing and writing after hours of studying.

All of Palumbo's songs are original, and many of them were written and rehearsed in her own home, an old church. "It's got a really good energy about it. It's got really high ceilings and the acoustics

are great!"

A lot of Palumbo's songs are written from personal experience. Her first single, *U.R.*, is about a long-distance relationship she had while she was in school. Contrary to what most would expect from a song about an ex, it's happy and the two of them are still friends. Her ex-boyfriend was initially surprised about the song, she said,

"But he's pretty fine about it now. Now that it's surfacing and getting him some recognition, we laugh about it."

Palumbo sings in English and Italian, and she has gained recognition from both audiences. She finished third in Canada in the Virgin Radio FM 99.9 National Songwriting contest, and first in the Original Song Category at the

2010 CHIN Italian Idol Competition. It's important to Palumbo, who grew up listening to old school Italian music, that she does for her Italian fans what Nelly Furtado has been able to do for her Portuguese listeners.

Palumbo has been focused on releasing a few singles at a time, but would eventually like to put together an acoustic album.



CREDIT: LAURA-PALUMBO.COM

Laura Palumbo will be at the London Music Club on February 10.

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# Mockingbird band a sound enigma



**BOBBYISMS**  
BOBBY FOLEY

I write about random things a lot. I write a lot about random things. In practice, however, nothing has proven to be more random in all the years I've been paying attention than the music industry and its developing trends.

In 2010, there was real trouble brewing for live music; big concert tours were a slumping interest for audiences still reeling from financial worries due to the problematic North American economy, so artists from all genres of music were forced to cut back their ambitious tours.

For example, the touring Lilith Fair (Sarah McLachlan's recently-reincarnated festival celebrating women in music) was in the news again and again, canceling dates and downgrading venues across Canada.

With ticket sales being so poor, it's refreshing to see that Edgefest is making a return to Downsview Park this summer — back from hiatus and stronger than ever with a lineup of sixteen of the hottest acts in music today. Further proof that rock is not dead, in case anyone was wondering...

One of the acts announced recently was Kitchener's Mockingbird Wish Me Luck, who I had the great privilege of meeting when they performed in London at Call The Office in December. The band consists of Amos Leblanc (guitar), Bishop Wierzbicki (bass, vocals), Kyle Krische (drums), and Mike Arnott (guitar, vocals), and get their name from a collection of stories by Charles Bukowski.

In 2010, Mockingbird Wish Me Luck caught the attention of Dine Alone Records and released their latest 7" — entitled *Branches* — in time to hit the road in December. The band are currently riding an increasing wave of popularity and working toward their debut full-length release; though the band now has two EPs to their catalogue, they say it isn't a matter of strategy or timing, but just a way of expressing themselves in the meantime.

"We just wanted to get the music that we had written out on something tangible," Arnott said, though he added, "I can tell you that we're writing a bunch of new songs that we'll be playing live and eventually recording."

"When we recorded our first EP, more than anything else it was means," added Wierzbicki. "We probably had enough songs for an album but you go with what you can afford ... I think the format is beneficial in the fact that it's short

and easy to digest. Coming in at like 15 minutes and eight minutes, something is always ending. Makes it harder to get sick of."

A very familiar theme with this band — there is next to no information available online about Mockingbird Wish Me Luck, an unfortunate fact once you've heard their music and become hungry for more.

"I guess it's somewhat conscious, I think we'd all rather be playing music than uploading pictures of ourselves onto the Internet," offered Arnott. "It has nothing to do with encouraging a mystique; that seems almost antithetical to how I'm approaching things. It's also a pretty funny concept, if you know any of us as people. We could probably use some mystique."

Are Mockingbird Wish Me Luck a good fit for your music library?

Though sonically they fall somewhere between local heroes Attack In Black and Boys Night Out, they have a style and energy that is impossible to define — even their recordings to date don't seem to do their live show justice.

Want to see what I mean? You can listen to *Branches*, their most recent recording, at [mockingbird-wishmeluck.bandcamp.com](http://mockingbird-wishmeluck.bandcamp.com). To see them live, however, you may have to wait; though hopefully they'll return to London soon, the majority of the band are now back in study for the winter.

Follow the band on their blog at [mbwml.blogspot.com](http://mbwml.blogspot.com) or on Twitter @mockingbirdwml. While you're at it, check out @FSU\_Bobbyisms and the Music Recommendations thread in our FSU social network for all the latest in music news, views, streams and more. I'm out of words.



CREDIT: WWW.SINGINGLAMB.CA

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Love day

WED. FEB 9  
FORWELL HALL  
10 AM - 2 PM



## Love is in the air in Forwell Hall

ERIKA FAUST  
INTERROBANG

Mark your calendars: Wednesday, February 9 is all about sex, love and condom relay races.

That's right – it's time for Love Day in Forwell Hall from 10 a.m. to 2 p.m.

"Love Day is focused on healthy relationships and sexual awareness," explained Veronica Barahona, VP of internal affairs and organizer of the event. "With Valentine's Day right around the corner, it's nice to have that for students."

"Planning it has been a lot of fun," she laughed. Barahona and her team have been working on Love Day for over two months.

Lots of organizations from around the city are coming to provide information, as well as fun and games, for students.

The Regional HIV/AIDS Connection (formerly the AIDS Committee of London) will also have an information booth set up. They'll be promoting safe sex, and handing out free condoms, lube and resources.

They'll also be participating in the activities. "It's going to be so much fun," exclaimed women's HIV/AIDS community development coordinator Bonnie Baynham. "It's really about raising awareness of programs and services that are available in the community. We want young people to know that we're here, that there is an increase in HIV in their population. We want young people to know that there are some pretty simple ways to keep themselves safe."

The Middlesex London Health Unit will also have a display and will participate in the activities as well. According to Erica Zarins, public health nurse with the MLHU, not enough people know about the wide variety of services offered at the health unit, and she's hoping their presence at Love Day will change that.

"We offer medical treatment for

anyone who understands what we are talking about," said Zarins. The MLHU offers STI testing and treatment, a free needle exchange, snorting kits, paraphernalia for injection drug use, birth control options, counseling services and referrals for women considering abortions, Pap smears and breast exams and more. The MLHU will also keep your identity completely confidential, no matter which services you use.

The London Abused Women's Centre will also have a display containing information about woman abuse and information for people seeking help. According to Carol Finlayson of the LAWC, part of the display will include the Power and Control Wheel, which is a visual of what happens in an abusive relationship. "It shows the tactics used by abusers to maintain control, including physical, emotional, financial and sexual abuse; intimidation; and placing blame," she said. "I think it's important to raise awareness of the signs of abuse in relationships."

The Regional Sexual Assault and Domestic Violence Treatment Centre, through St. Joseph's Health Care, will have two displays, focusing on sexual assault and domestic partner abuse. "We want to ensure staff, students and the community are aware of what domestic violence is," explained Caitlyn Cummins, a registered nurse with the centre. "We want to tell people they're not alone, and that there are many services in the community that they can access for help and support." The centre supports men, women and children, with no age or gender limitations.

Student Health Services and Changing Ways will also be participating in the Love Day festivities.

Head to Love Day on February 9 for tons of games, great prizes, and information about useful services across the city.

For more information, or to volunteer to help out, email Veronica Barahona: fsuinternal@fanshawec.ca

## Local rock band After The Lounge performs at Western Fairgrounds

JAYMIN PROULX  
INTERROBANG

When you combine a wide range of influences, such as Frank Sinatra, Ramstein, Michael Jackson, Thornley and Big Wreck, you may be knocked off your feet with a local London band called After The Lounge.

This gritty, dynamic foursome have been featured on FM 96's Indie Show with Andrea Dunn, the credited host with the Corus Network station, and are performing at The World of Motorcycle Expo at the Agri-Plex February 11, 12 and 13 at the Western Fairgrounds. On March 4, they are headlining Hardcore Tattoo Appreciation Night in St. Thomas, and then heading back to London on March 18 to perform at the London Knights hockey game in between periods at the John Labatt Centre.

With Scott Bollert as lead vocalist, Carlos Latorre on drums, Jeff Kougar on guitar, and Sean Smith on bass, you get a fierce sound that rivals larger rock bands (Danko Jones, Buckcherry), but with a homegrown feeling of small-town, bad-boy charm. Their sound is aggressive yet simple; their music dark but with playful undertones; and their idea of a good night on the town contagious with good intentions.

Lock up your daughters. These boys are fun, infectious and working hard to make sure you have a great time.

Bollert described the band's latest album, *Lights Go Out*, as "touching on metal and on the edge



After The Lounge bring their electric sound to the Western Fairgrounds February 11 to 13.

of popular rock." The name of the band "pays homage to a name of a song I wrote years ago about partying after the bar and thinking that it would be a great name for a band," he said.

All four members of After The Lounge put a tremendous amount of time crafting *Lights Go Out*, and are looking forward to show listeners that they are prepared to give it their all. The nine-song album fea-

tures a combination of slower melodies (*Stay Right Here*) and lively, rocking tunes (*Rock N Roll To The Next City*). Their title track, *Lights Go Out*, is especially powerful and catchy – the kind of song that sticks and gets you feet moving.

For more information, visit After The Lounge on afterthelounge.com and mspace.com/afterthelounge

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Dating while being a single parent adds an extra, sometimes complicated aspect to dating.

## Dating with kids: a package deal

JESSICA IRELAND  
INTERROBANG

Dating is an awkward enough experience for anyone, but throw in the fact that you're a single parent, and it adds another complication to the mix.

Television and movies may depict characters hiding the fact they're a parent to keep from chasing people away. But Cat Cabajar, 29, thinks you should do the opposite.

"I never hide the fact that I'm a mother because it's something I'm very proud of," she said.

Cabajar and her son's father split when her son, Maxx, was one year old. She jumped into the dating pool too early, dating younger guys. "It was hard, because they had freedom, you don't. They're thinking of themselves, and you can't," she said. At the time, she felt "torn" because Maxx always came first. "He's my whole world."

"Anyone who I was with would have to understand that," she said. "It's like my friend Billy Jo says, 'Yes, I have baggage, but it's cute and it matches.'"

Her now 7-year-old son also plays a huge part in her dating life.

"Maxx is like my little sidekick. If there's someone I'm dating and considering being serious, I wouldn't wait long to get Maxx's opinion on them because kids hold nothing back," she explained.

As for her current love life, she is now dating a man who also has a child – a situation that she believes works best for her.

"I've had better success with someone who's on the same page and headed in the same direction (as I am). But it depends on the individual," she said, adding that a friend met a guy who did not have children, but welcomed her and her child and they are now a family.

Cabajar's advice to other single parents is to be open and proud, and trust you'll find someone to fit your situation. But first, take a step back.

"If I could go back and do it again, I would have given myself more time before I started dating," she said.

"It's important to give yourself that time and your family that time. You feel like you need to fill a void, but this is something you don't want to rush into. You'll be in a better place to make wiser decisions for you and your family."

## Heart-seeking vision

JESSICA IRELAND  
INTERROBANG

Eric Telchin sees hearts. Everywhere. In an orange or a puddle and even on a dog. These heart-shaped coincidences have turned into a movement for the artist.

Not only have the images been transformed into popular mosaic prints, one featuring a skull and one with a smooch, they've become a concept in how to view the world.

"Everything I do is about the mission: helping people see things from a different point of view," said Telchin from his home in West Palm Beach, Florida. "It's really about using (the hearts) as a vehicle to convey the message."

This mission all started with a drop of ice cream. Telchin was throwing a party in July 2009, and while serving some Ben and Jerry's New York Super Fudge Chunk ice cream, he dropped some on the counter and one droplet turned into an imperfect heart. He snapped a picture of it with his phone, chalking it up to happenstance. But then he started noticing hearts popping up everywhere, the next being an elastic on his mother's notebook. He also saw a heart on a dog's back. He started posting them on Facebook, and it seemed as though the more he posted, the more they showed up.

By last October, he had amassed 100 hearts and created Boy Sees Hearts Skull and Smooch prints. He printed them to give as gifts. One of his friends brought it into work and her co-worker saw it and started crying. "It made me realize people are reacting and connecting with this," said Telchin.



CREDIT: MARIA C.

Maria C. reported she was about to spread butter than peanut butter on her mini bagels when she noticed that one of the bagels had a heart-shaped hole in it. She had to share it with the world on Facebook.

He began to print them to sell affordably because he wanted everyone to be able to enjoy it. Then he earned the attention of AHALife.com, a luxe retail site that features one product for 24 hours that's been handpicked by big-name tastemakers like Tim Gunn. Telchin's work also appeared on *Extreme Makeover: Home Edition* on January 30, where he created a whole wall's worth of Boy Sees Hearts for a 12-year-old girl who lost her sister in a texting while driving accident.

With his broad audience, he finds the message behind the pieces is different for everyone. Some see it as a reminder that "beauty is all around" or "universal love," he said. The growth of the project is also of major interest to him. "What's awesome is the more it's shared, the more it grows and affects life."

He was informed that a teacher gave her entire class a print of his work on the last day of school, and


Legacy Charter School in Chicago did a Valentine's Day project inspired by Boy Sees Hearts, which has inspired another teacher.

Telchin will actually be spending his Valentine's Day in school as well, creating with 21 Grade 4 students.


Not bad for someone who sells real estate by day and doesn't consider himself a photographer, although he would welcome doing this full-time – as long as it always came from a place of good, he said.

"A puddle of ice cream changed the way I see the world, how something ugly can be something beautiful ... That's sort of what it's all about, I think," he said.

For more information on Eric Telchin and Boy Sees Hearts, visit his website at [www.boyseeshearts.com](http://www.boyseeshearts.com). You can even post your own hearts, but the criteria is that they must be unintentional hearts, which means they may be imperfect, but that's the whole point.



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# WED. FEB. 9TH

*Forwell Hall 10am-2pm*

### ORGANIZATIONS ATTENDING

Middle Sex London Health Unit, St. Josephs Sexual Assault/Domestic Violence, Sexual Assault Centre of London  
London Abused Womens Centre and Changing Ways

# Hello, you're special and great and wonderful

ERIKA FAUST  
INTERROBANG

Paying compliments is paying off for Miriam Glassman.

Glassman calls herself a flattery specialist. Her company, Flatter Me, is all about spreading compliments and good cheer across the world.

For \$5 US, Glassman will call anyone in Canada or the United States to send him or her a kind message from you. International calls are \$10.

"It's a gift to recognize someone and surprise them with something different and fun," explained Glassman.

Messages can be customized with inside jokes or personal messages to a loved one. If senders choose not to go the customization route, Glassman will just remind the receiver that someone out there appreciates him or her.

The calls Glassman places run the gamut from silly to heartfelt. A recent call she placed was to the mother of a young man who was going to the army. The woman's daughter ordered the call to remind her mom just how great she was. "It brought the mom to tears," said Glassman. "It was just a small ges-

sure to make someone feel good."

A typical day has Glassman calling 60 people. She estimated that she has placed over 5,000 calls since she launched the Flatter Me website in October. She has spread kind words across North America, Europe, New Zealand and Australia.

The entire business is run out of Glassman's home in Montreal. Though Flatter Me is small so far – she just hired a French-speaking person (the company's second employee) two weeks ago – she said she definitely sees potential for growth in the corporate market. One type of call she makes is the employee motivation call, which managers can purchase to let their employees know they're doing a great job. Glassman has placed calls for Kraft Canada, Dell, Coors Brewing Company and more.

The idea came to Glassman after quitting her job as a marketing executive. "I wanted to do something creative and fun. Something I would enjoy doing," she remembered. A brainstorming session with a friend culminated in a list of things she enjoyed doing, and she saw two that could be combined. "I love complimenting people, and

love the phone," she laughed.

So far, the job seems like a perfect fit. "I've touched a lot of people and moved a lot of people – it makes me feel really good."

Glassman acknowledged her service isn't loved by everyone. "It's a little controversial, because people say, 'Why not compliment someone, yourself?' That's not what it's about – it's about surprising someone."

Responses to the calls have been overwhelmingly positive. "I've never had a negative reaction," said Glassman, adding that she did have some initial difficulty placing the calls. "In the beginning, I learned that people might think it's a prank. I learned to tell them right away that it's a gift. Then they stop. They listen."

She's been featured in The Montreal Gazette, Global News, CTV, and was named CBC's Montrealer of the Week.

So if you're having trouble asking out that girl from math class, you want a unique way to say thank you to someone special, or just want to send a Valentine in a wacky way, check out [www.flattermecalls.com](http://www.flattermecalls.com).

And remember, you're awesome!



CREDIT: PUBLICDOMAINPICTURES.NET

Receiving a compliment can really brighten your day.

## "It's all about sex"



WWW.WELLBEING.COM

JESSICA IRELAND  
INTERROBANG

Open relationships are usually started for one purpose and one purpose only: nookie, said London psychotherapist

Nancy VanderSchaaf, who deals primarily with married and long-term couples.

It seems like the perfect set-up. Partners get to have the stability of being in the relationship, but the variety of hooking up with different people like they're single again.

Nothing can go wrong, right?

Of course things go wrong! Twenty-nine-year-old Samantha (name changed) tried an open relationship with a former long-term boyfriend.

"The whole thing was very confusing," she explained. "It was a last resort to keep the relationship going after being in the relationship for a long period of time."

"For me, I don't think it works."

VanderSchaaf agrees that the majority of cases she's seen where making the relationship open became an option usually ended in failure.

"Jealousy gets in," she said. "And these are people who say they don't get jealous."

Oftentimes, even if the couple agrees to make the relationship open, one partner will inevitably develop insecurities about the situation. It could just stem from having to share their partner, or from a legitimate issue, like their partner has expressed real feelings for

someone outside of the relationship, VanderSchaaf explained.

It's not even really about the physical relations with other people, it's about security, she added. For example, one couple she worked with had lived together for 20 years, then got married but maintained their open relationship. VanderSchaaf asked why they bothered to get married, and the answer was about security, which they felt marriage gave them. "It became more official because someone 'out there' recognized it."

"It's really all about security and safety," she said.

If a couple wishes to pursue this type of option to spice things up, it's imperative to define limitations. Both parties must agree, and it must be determined whether it's just for sex or for other reasons, although the reason is probably sex. VanderSchaaf cited one couple where the husband had a "traveling buddy" because the wife didn't want to travel – and sex was involved.

However, Samantha said she believes that if the relationship comes to the point where an open relationship becomes a possibility, it may be time to reevaluate it instead of trying something drastic.

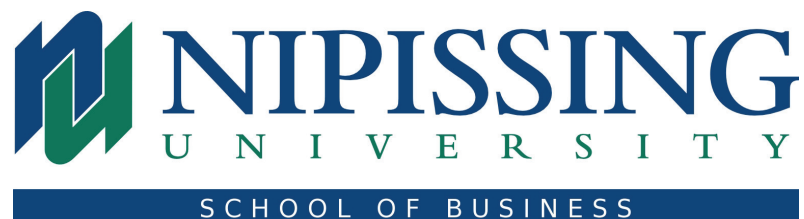
"If you're in a relationship that gets to that point, look at the relationship before getting others involved," she said.

"It's like communism – on paper, it could work. When you're dealing with people and their emotional baggage ... it can lead to some pretty messy situations."

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# Gender, not genitals

ERIKA FAUST  
INTERROBANG

Samantha and Jayson (last names withheld by request) have been dating for two years. In speaking to them over the phone, hearing their little jokes and pauses, it was clear that they are very much in love.

Jay and Sam met while working together at Wal-Mart. "We were friends for a really long time first, and Jay had a crush on me for a really long time," remembered Sam. "But I was really weirded out by the whole trans thing."

Jay and Sam began dating when Jay was pre-op and pre-T, meaning he had not yet had gender reassignment surgery, nor had he started taking testosterone hormones to begin the transition process.

Over the past 15 months, Jay has been taking testosterone to deepen his voice, grow facial hair and slowly change his appearance to be more masculine. "I've always seen Jay as a boy, so watching him change on T hasn't been that weird," said Sam. The small changes have added up over time, though, and she said there was one thing that really struck her. "I was watching old videos the other day and I never realized how much his voice has changed."

Both Sam and Jay identify as heterosexual. "For me, Jay is a boy because his gender is male, even if the rest of him isn't. It's gender, not genitals," Sam explained simply.

Sometimes, however according to Jay, transgendered people still feel inadequate compared to cisgendered (individuals who were born male and identify as male, for example) people. Jay recalled an incident from when he and Sam began dating, and Sam showed interest in other guys from work. "You don't feel like you're real," he said, adding that he felt as though biological guys were superior or somehow more desirable.

For many people, sexual orientation and gender are difficult to separate.

"We (in the trans community) truly see sex and gender as separate entities because of our core feelings that define our gender identity ... The fact is, all of us were born with the wrong 'equipment,'" explained Kimberley, founder of the Transgender London website. "The lesbian, gay and bisexual communities don't have those feelings of gender incongruence so their gender identity is quite normal."

Dating as a transgendered individual – or dating a transgendered person – can sometimes add a bit more complication to the already-messy world of dating.

Not all transgendered people are as lucky as Jay, who has Sam by his side as he goes through the transition process. "The period of transition for any of us is the most difficult because we don't fit anywhere," said Kimberley. "The transwoman especially, has a hard time because she is often seen as a 'man in a dress.' A very, very, lucky few of us can actually 'pass' and possibly find a relationship but that is a real rarity."

"If a girl has a pot of gold, she can afford the \$30,000 to \$80,000 for needed cosmetic surgery (beyond sexual reassignment surgery at \$20,000), to make those changes," Kimberley continued. "These girls are usually successful in some measure of finding a heterosexual partner, but again, it is difficult because, most men just can't wrap their heads around the fact that their partner was once 'a man.' Some of us are lesbians, of course, and manage to find lesbian partners. This is probably the more common thing."

As for dating etiquette, when Jay and Sam began dating, "I probably did everything wrong," laughed Sam.

First of all, being sensitive to correct terms and using a person's proper name and pronouns is of utmost importance.

"A lot of people don't get it" said Jay. "People think you've taken a boys name and



CREDIT:FREE-EXTRAS.COM

you want to be called 'he.' People don't know that there is hormone therapy, they just think sex change. They don't get how it works."

As is true in any dating scene, it all boils down to mutual respect for each other.

According to Kimberley, "Sensitivity toward the trans partner is really critical. Transwomen usually have an unrealistic view of femininity, so that is a bit of a barrier sometimes. Transmen equally want to be seen and treated as men. I think those are probably the first and foremost criterion for dating."

"I think that it's important for the transgendered person to be understanding that not everyone has encountered someone like them before," said Sam. "People aren't trying to be

rude, it just comes across like that sometimes," because of the intensely personal nature of the questions that may be asked.

Jay said that he thinks honesty is probably the best policy when dating. "If you are transgendered and trying to start a relationship, I think it's important and probably safe to tell the person early on. You don't want to put yourself in danger, and you don't want to deceive someone, but that's how it may be perceived."

"Generally the rules would be the same as in a heterosexual dating relationship," said Kimberley. "Be honest, be sincere, be sensitive, but above all, be normal."

For more information about Transgender London, visit [transgenderlondon.com](http://transgenderlondon.com).



Emma - you're a rocket! ;)

To my one and only,

Chris, there aren't enough words to describe how much you mean to me. Every day I find reasons to love you even more. I couldn't ask for a better boyfriend. Love you always, Melina. xox

Dear Jenna

Ever since you came into my life I've been blessed. Will you marry me? - Edward

I have the most amazing room-mates ever who make me feel like I'm living with family. <3 you all.

-Megan

My dearest J-Raffe.Thanks for always reaching stuff on the highest shelves in the cupboards. I love you very much. Electrocat

I love you, Shayika Debrezion <3 Kyle

Vanessa I love you always and forever.

Love Jeff

MB - thanks for everything. You truly are the best. Happy Valentine's Day! I love you with all my heart. -AS

Ashley tennant

My love for you is purely divine  
Your smile is equal to sunshine  
Your presence makes me feel fine  
Forever will you be mine?  
With love forever and always  
Timothy missinne

Happy Valentine's Day goober! A year and a half together this month! I love youuuuuu!!! Hugs and kisses from your gooberella

I love you, Alexis Trentadue <3 Kyle

Dear Emily Melo:

You are my little Pepper, I eagerly await the day we finally touch our eyeballs together.

I love you SOMUCH

The first time we met, I knew you were special and would be an important part of my life.

You've changed my life for the better and I can't imagine it without you.

I love you Kirstie Paul

-Lauren

To Dan, I'm so happy your my valentine. I can't wait for Dallas this march break. Thanx for all the funny things you do! Love you lots, Lauren xoxoxoxo

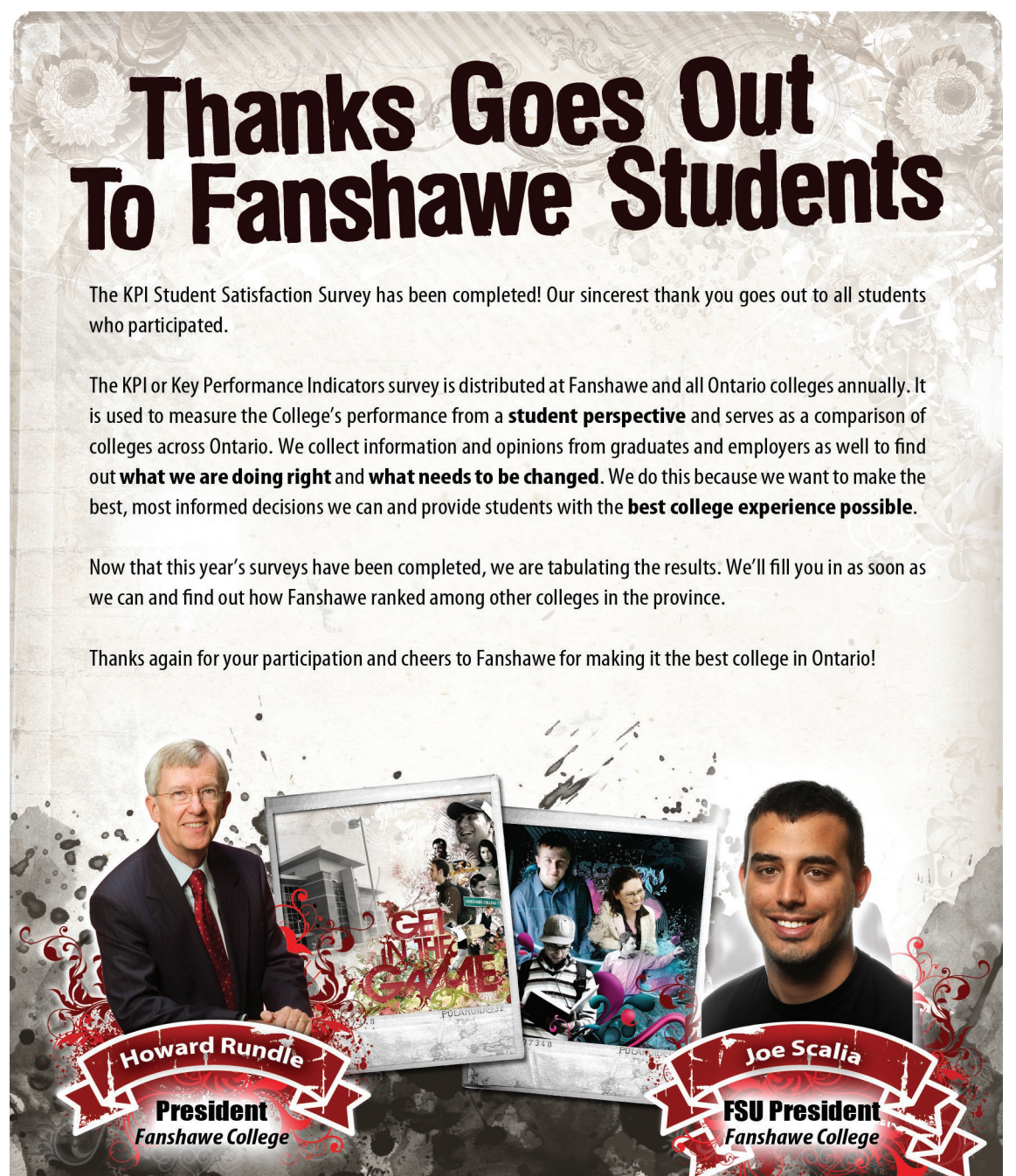
## Thanks Goes Out To Fanshawe Students

The KPI Student Satisfaction Survey has been completed! Our sincerest thank you goes out to all students who participated.

The KPI or Key Performance Indicators survey is distributed at Fanshawe and all Ontario colleges annually. It is used to measure the College's performance from a **student perspective** and serves as a comparison of colleges across Ontario. We collect information and opinions from graduates and employers as well to find out **what we are doing right** and **what needs to be changed**. We do this because we want to make the best, most informed decisions we can and provide students with the **best college experience possible**.

Now that this year's surveys have been completed, we are tabulating the results. We'll fill you in as soon as we can and find out how Fanshawe ranked among other colleges in the province.

Thanks again for your participation and cheers to Fanshawe for making it the best college in Ontario!



# Digital love

ERIKA FAUST  
INTERROBANG

Three years ago, I signed up for the free dating site Plenty of Fish on a whim. A few friends from college had signed up, and found the experience interesting (to say the least). I wasn't expecting to seriously date someone I met on a website, but it happened: I met my boyfriend on plentyoffish.com.

According to the Plenty of Fish site, I'm one of a million. Apparently, their service works just swimmingly for couples across Canada, the UK, Australia and the United States. "Plenty of Fish is by far the market leader in online dating, with over 145 million monthly visitors," boasts the homepage. "You are not going to find any other site that has more singles looking to meet new people."

Plenty of Fish allowed me to chat with a ton of people I never would have met otherwise. I spoke to guys in bands, guys with cats and guys who were just looking for a good time. I guess I lucked out – the first guy I sent a private message to turned out to be my future boyfriend.

I suppose dating sites could be considered the digital version of the bar scene. They are a great place to check out singles or people looking

for a good time, chat them up, and if the first person you talk to doesn't interest you, you can easily move on to the next hottie who catches your eye – without having to pay for expensive drinks.

However, there is a certain stigma that comes along with telling people you met your boyfriend, girlfriend or spouse on a dating website. When I tell people how I met my boyfriend, I'm met with hysterical laughter, uncomfortable looks or – the way my mother reacted – "You met him WHERE? You could have been ABDUCTED."

Another downside to meeting your love online is that there isn't much of a cute how-we-met story to tell. There's not much for people to coo over when a couple sheepishly smiles and says they met because he thought her picture was cute, or she laughed at his "About Me" description. I wish I could tell people I met my boyfriend because we both reached for the same copy of *Me Talk Pretty One Day* by David Sedaris in Chapters. Instead, I shyly tell them how I was charmed by how the headline of his profile was "Billionaire\* Seeking Trophy Wife" and at the bottom of his personal description was written, "\*not actually a billionaire."

In some ways, I'm glad I met my



Online dating offers a world of possibilities - you never know who you might meet!  
CREDIT: ELITEDATINGTIPS.COM

boyfriend online. We both had a fresh start with someone new. We got to know a little bit about each other before we actually talked, so we had some jumping-off points about what to say. We had long, late-night MSN conversations before we met in real life. These conversations made us both a little more comfortable the first time we hung out, as we had so many inside jokes to fall back on whenever we were at a loss for something to say. My boyfriend and I never would

have met if it weren't for online dating sites, despite the fact that we grew up down the street from one another, shopped at the same stores and probably know some of the same elderly people (he works in a retirement home, and at the time, I worked at an orthopaedic shoe store).

We may not have a cute story to tell, and I may get some odd looks when I tell people how we met, but I couldn't be happier: I found the Fish for me.

#### Online dating safety tips:

- Keep your profile truthful, but never post personal contact information on your profile.
- Wait until you get to know people before sharing any personal information with them.
- Don't use a sexy screen name – people might get the wrong idea.
- If something feels wrong, trust your gut – don't feel bad about blocking someone who makes you feel uncomfortable.

#### First date safety tips:

- Meet somewhere public.
- Use your own transportation.
- Keep a cell phone with you.
- Let people know where you are, and make sure a friend is available to meet you if you feel like you might need them.
- If you're going to drink, do so in moderation.



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## Entering the void

MAGGIE MCGEE  
INTERROBANG

### Enter the Void (2009)



I wasn't sure what to expect when I sat down in Toronto's Bloor Cinema to watch Gaspar Noé's latest cinematic endeavour, *Enter the Void*. I'd been drawn in by a visually dramatic trailer, and was impressed at the presentation of the opening credits.

*Enter the Void* is seemingly an art-house movie, though perhaps it fits best into Noé's own description as being a "psychedelic melodrama." While some critics have described it as being self-indulgent "art porn" and lacking in any real substance, *Enter the Void* is all about substance, one substance in particular being the hallucinogenic drug DMT.

The landscape of ultra-modern Tokyo lends itself to the clash of neon hues and trippy effects protagonist Oscar encounters during his experiences with drugs. It's a

surreal landscape, with veins of fluorescent lights running through almost every scene.

This is not a film for the faint of heart. It's lengthy, there are excruciating takes of strobe effects (which are seemingly there to simply mock the viewer), swirling imagery and uncomfortable situations that could make the average viewer cringe. The discomfort of these scenes highlights something eerie within the subtext of the film, a need and desperation within the central characters.

*Enter the Void* is a unique cinematic achievement. It lacks the structure of an absolute plot, but where it lacks specificity it makes up for in sheer ingenuity. While it would be easy to write it off as contrived, Noé delivers a unique premise with a sense of magic as well as fully realized sequences that illuminate the senses of the viewer. It's a film worth looking into if you have intestinal fortitude, an interest in psychedelic and about two and a half hours to spare.

## Aeolian Hall ignites a new era of Aboriginal culture

PAIGE PARKER  
INTERROBANG

London invites The Eighth Fire, a festival of Aboriginal roots derived from the Seven Fires Prophecy. The Seven Fires Prophecy says that 2012 is the start of a new world or the demise of the current one. The Eighth Fire presents the idea that all people have the choice to choose between spiritualism and materialism and this will depict the fate of the new world.

If enough people choose the path of spirituality and respect, we will begin a new era of eternal peace. If the life of materialism that we currently live is chosen by most, a social and environmental tragedy will occur.

The Festivities will be hosted at the Aeolian Hall until June 5. The ongoing festival will include a series of at least sixteen arts-related events, including film screenings, performances and workshops. The festival is presented by Red Sky, an arts company for theatre, dance and music. They use their contemporary performances to teach people about Native history.

There will be three main weekends of events. Inuit throat singer Tanya Tagaq will take the stage on April 9 with Jean Martin & Jesse Zubot. A special performance by Buffy Sainte-Marie takes place May 10, while she is here for "All Our Sisters" a national conference on women and homelessness.



The Eighth Fire, a celebration of Aboriginal culture, is taking place in London now.

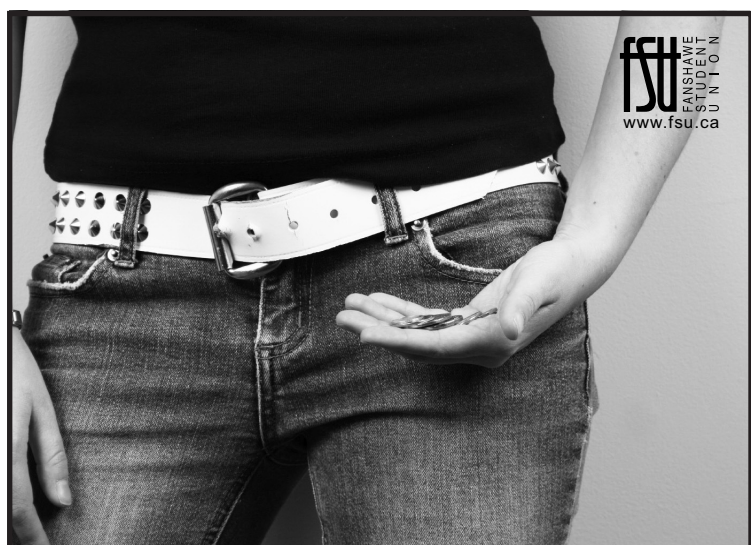
Students of high school and elementary schools will be visited by Red Sky. Clark Bryan, executive director at The Aeolian said, "We hope to get the students engaged in the creative process of music, theatre and dance as witnessed through Aboriginal culture."

All of the events are public and open to all people. "We hope to have a balance of non-aboriginal and aboriginal attendees," he said. Donations are welcomed at all events, and only some of the events will be ticketed.

One of the major events of the festival is "The Great Mountain." It is the story of a young girl's adventure. She has set out to define the meaning behind Mother Earth's existence and the cause of her mysterious cries. For more information on this event and others by Red Sky visit [www.red-skyperformance.com](http://www.red-skyperformance.com).

This is the second time The Eighth Fire has come to London. Bryan said this is an important tradition to continue because "Aboriginal culture is incredibly rich and transformative in nature." It is a culture that can inform about human relationship, nature, diversity and social challenges. "Embracing Cultural diversity is the key to living on our planet in harmony and respect," he commented.

Once North America was colonized by the Europeans, "Aboriginal culture has slowly eroded," said Bryan. The Seventh Fire has ignited a spark in revitalizing the Aboriginal culture, including their language, but Bryan said, "much work is still needed to bring back and nurture this culture. Our festival is part of the process."



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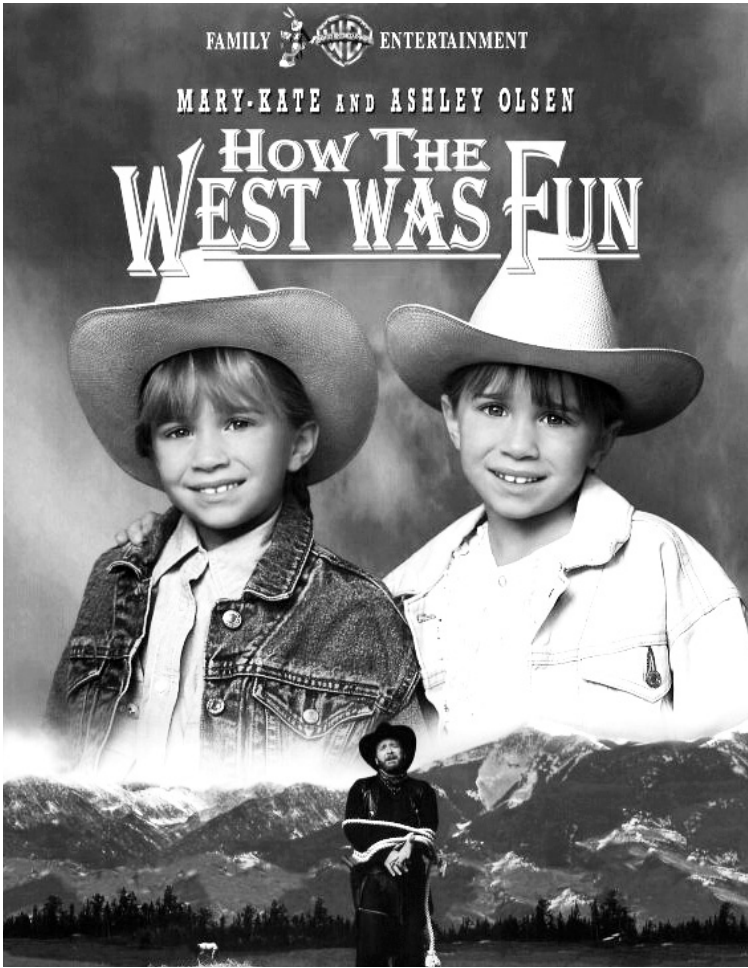
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## Olsen twins horse around in *How the West Was Fun*



**Cinema Connoisseur**  
Allen Gaynor  
www.cinemaconn.com

### How the West Was Fun (1994)



When one thinks of the Western genre of film, images of silver screen legends John Wayne and Clint Eastwood likely pop up in his or her head. Wayne and Eastwood starred in some of the most revered Western films of all time. It would have been nice if the two acting giants had a chance to team up together for a cowboy flick. Sadly, since Eastwood is now 80 years old, and Wayne has been deceased for 30 years, this is not likely to happen. On the bright side, however, two thespians of equally iconic stature teamed up in 1994 to star in a wonderful film titled *How the West Was Fun*. I am referring, of course to the dynamic duo of Mary-Kate and Ashley Olsen.

In the made for television film *How the West Was Fun*, Mary-Kate and Ashley portray Jessica and Susie, two big city girls who live with their father. Unfortunately, their mother passed away a few years earlier. Incidentally, I don't think I have ever seen the Olsen twins in any movie or TV series where their mother is still around. This leads me to believe that the Olsen twins hate all mothers.

The family receives a letter from the twin's godmother Natty, inviting them to her dude ranch. The girls, unbeknownst to their father Steven, call up his boss and tell her that their dad needs to take his vacation immediately. She promptly fires him as a result, but the girls keep that a secret.

Once they arrive at the ranch, they meet not only Natty, but her devious son Bart (Martin Mull), as well as Native American George Tailfeathers and Laura, a fetching

rodeo performer who catches Steven's eye.

Natty is in dire financial trouble, and her son Bart is quite pushy in her attempts to sell the ranch. Through some clever sleuthing, the twins uncover Bart's plot to take over the ranch himself, and build an amusement park in its place.

Once Steven finds out that he is now jobless, he does what any responsible single parent of two who no longer has any source of income would do: he empties out his life savings and tries to save the ranch. It might not be a sound financial strategy, but it makes for a great story.

From there we get to enjoy all sorts of zany shenanigans, as Bart attempts to foil the plans to save the ranch. Wouldn't you know it, those two little eight year olds might be the ones to save the day.

The scenery was beautiful (filmed just outside of Calgary), the writing was sublime and the supporting cast was terrific. But it is the presence of young Mary-Kate and Ashley that truly elevates this film. Even though they were only eight years old at the time of filming, they absolutely devour every scene they are in, only to quickly vomit back the scene onto the viewer. Yes, that is a compliment.

For years, the girls were not allowed to appear in scenes together, since they both had to share the role of Michelle Tanner on *Full House* due to child labour laws. This is a bit like when Robert De Niro and Al Pacino co-starred in *The Godfather 2*, but didn't share any scenes. Thank God they grew up so we can enjoy both of them on the screen at the same time.

Before watching this film, if you asked me what my favourite Western was, I probably would have told you that it was *The Good, The Bad and The Ugly*. Well, now I will proudly tell you that *How the West Was Fun* is my favourite film of this ilk. There is nothing bad, nor anything ugly about this film. It is only good, very, very good.

## 127 Hours provides non-stop adrenaline



**REEL VIEWS**  
Alison Gaze  
a\_gaze@fanshaweonline.ca

### 127 Hours (2010)



It can be a daunting task for a director to make a film that centres on one character and takes place in a static location. Danny Boyle took on this challenge and gave the world *127 Hours*, based on the book *Between a Rock and a Hard Place* by Aron Ralston.

The film tells the true story of adventurer Aron Ralston, whose canyon-climbing adventure goes awry. Just 15 minutes into the film, which runs just over an hour and a half, Aron gets his arm wedged between a canyon wall and a boulder and must figure out how to escape. His situation is made all the more dire as he has little food, less water and not a single person knows where he is. With only a digital camera, camcorder and a dull multi tool to aid him, Aron is inevitably forced to do the unthinkable in order to survive.

*127 Hours* features some minor but strong performances by Amber Tamblyn and Kate Mara as Kristi and Megan, the last people Aron sees before his ordeal. Flashbacks feature the stunning French beauty Clemence Poesy as Aron's ex-girlfriend he often thinks of while stuck in the canyon.

James Franco, playing Aron, carries the film wholly and completely. From funny and optimistic to bleak and completely hopeless,



CREDIT: FOX SEARCHLIGHT

James Franco stars in *127 Hours*.

Franco plays out the full spectrum of emotions. The camera is nearly always focused solely on Franco and he does a magnificent job of keeping the audience entertained and drawn to him. Particular mention must be given to his performance during the self-amputation scene, as well as at the finale when he is finally free.

The camerawork is extraordinary in the film, from the vista shots of canyon country to the close-ups of Franco stuck in the canyon. The editing work is truly outstanding, featuring split screen shots, flashbacks and one intense dream sequence, as it never becomes boring to watch one man stuck in one place for nearly an entire film.

More than the camerawork or editing, though, *127 Hours* pro-

vides arguably the best sounds that cinema has ever heard. The pulse pounding songs featured throughout add to the atmosphere of adrenaline even during Aron's desperation. It is, however, one sound in particular that will stay with you for a very long time.

The amputation scene is brutal and gory and the camera doesn't shy away from watching while a young man hacks off his own arm with a dull and very small blade. Above the visuals and the powerful acting from Franco, is the sound that is heard at deafening volume when Aron's knife hits the nerve, and continues until the nerve is severed. Spine-chilling and soul shattering is the noise that you have no choice but to hear.

*127 Hours* is a film that cannot be missed.

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CREDIT: WWW.HEFF.CO.UK

Branching out in terms of meat can give you a great new taste experience.

### Food for thought

## Alternative meats add to dinner table

MARK FACCHIN & JESSICA WILKIE  
INTERROBANG

A couple of weeks ago, Mark and I had a couple of opportunities at Garlic's and The London Food and Wine Show to try some alternative meat. By "alternative," I mean not your usual farm animals.

At Garlic's I ordered elk, and at the Food Show we sampled ostrich meat. This got me to thinking about unusual meats like deer, elk, ostrich or bison. What are the benefits of eating these products? What is available in our area and how expensive is it? Naturally, we did a little research.

The biggest health benefit that stood out in my research was the fact that many of these meats are naturally lean and are generally comprised of healthy fats like omega-3 and conjugated linoleic acid. Bison meat, for example, has 2.42 grams of fat and 143 calories per 100 grams of cooked lean meat, compared to skinless chicken, which contains 7.41 grams of fat and 190 calories. Elk also has lower fat and higher protein content per 100 grams (159 cal and 3.3g of fat). This pattern continues if you look at the other alternative meats, too.

The next benefit is linked to the way these animals are raised. Elk, bison and ostrich, are raised naturally for the most part. This means they are free-range and grass fed with no artificial hormones or antibiotics. In the case of elk and bison, the animals are generally raised in their natural environment. This is good for both the ecosystem and the animal, as factory farms are extremely damaging to both.

From what we've found, the easiest place to buy alternative meats locally is either at the Covent Garden Market, Trail's End

Farmers Market on Dundas Street East or the Gibraltar Weekend Market. Some local farms also sell meat at the various farmers markets around town. Chris' Country Cuts at the Covent Garden Market offers bison for \$9/lb (ground). When we popped in to take a look, however, they were all sold out at the moment, but were in the process of ordering more.

Just around Ontario, there are countless elk, ostrich and bison farms and quite a few of them can be found within 100 miles of London. If you look closely, you'll notice unconventional meat within a lot of eateries. Garlic's, for example, offers the brown butter roasted elk loin and Shoeless Joe's offers up bison sliders. Keeping the health benefits in mind, it's hard not to agree to partially integrate these other red meats into your diet. Some may be squeamish about trying elk, moose or ostrich at first, but once you get over the fact that the meat you're eating isn't from a cow, it's actually pretty good.

If you can take a main point from this article, let it be this: it's never a bad idea to try new things. If you think elk and bison are strange, a couple of weeks ago, Mark tried kangaroo jerky! There are endless gastronomic experiences to explore, so don't hesitate! Happy eating!

For more information on farm locations, nutritional information and places to buy meat, check out these websites:

ostrichproducersofontario.com  
ontariodeerelkfarmers.com  
omafra.gov.on.ca/english/livestock/alternat/bison.htm

Got questions, comments or suggestions? Feel free to e-mail us at [foodforthoughtfc@gmail.com](mailto:foodforthoughtfc@gmail.com)

## Dating 101: Tips that help



Love, Lust & Lies  
Patricia Cifani  
[asklovelustlies@gmail.com](mailto:asklovelustlies@gmail.com)

When you're on a date, who should pay? What kind of conversations should you avoid? These are just some questions people have been asking me lately about dates. So I decided to write an article about the rules of dating – things to avoid and things you should do.

For this article I thought it would be interesting to ask some students what they hate about dates and what they like. I compiled the most common answers into five categories to bring to you Dating 101.

**Category 1: Start of the date.** Always be on time. This doesn't mean you show up a half hour early – you don't want to make your date feel rushed if they aren't ready.

Always have the destination picked out and the date planned. Don't put your date on the spot, because if you're both indecisive people you could be spending the next hour in the driveway playing the "it's up to you" game. You also want to make it look like you put some thought into the date, such as finding out their favourite food and taking them somewhere that serves it.

**Category 2: Conversation.** This is usually the part that can make or break a date. You want to make sure to always have a conversation going, but at the same time learn when to shut up. You need to let the other person have a chance to talk.

A conversation topic you should avoid on the first few dates: asking your date's sexual history. Most people find this uncomfortable to talk about. Also never talk about an ex or an old fling; this is the worst



CREDIT: EHARMONY

Avoid first date disasters by planning ahead, having appropriate conversation and using proper etiquette.

thing you could do. No one wants to hear about how your last girlfriend broke your heart, or how your old boyfriend cheated on you. Conversations should not be depressing. Wait until you have been dating for a while before you tell him how messed up your family is. Also don't tell them you love them, or ask them to move in with you.

Anything that suggests you want a serious relationship after a couple dates will usually freak people out and you will probably never hear from them again.

**Category 3: Eating.** Try to stay away from anything messy that could potentially get caught in your teeth, splattered all over your face or cause you to eat in a way that looks like you've been raised by wolves. You don't want to repulse your date. Also please remember what your mother taught you about chewing with your mouth closed.

An important rule about food: never eat food off your date's plate unless it's offered. Who knows, maybe they want to take some home for lunch the next day, but now they can't because you just ate

it!  
**Category 4: Etiquette.** Do not text or answer a phone call – this is really rude. If you do this, you make the person feel like they aren't interesting enough or you don't enjoy their company. I went on a date where a guy had his phone out the whole time, and would constantly text, even when we were in the middle of the conversation. Needless to say, I never gave that guy a second date.

Be careful with how much you drink. No one wants to be stuck with a drunken person. Plus when people drink they tend to say stupid things, you don't want to be that guy that tells his date, "You look so much prettier in your Facebook pictures."

**Category 5: Paying – the most complicated part.** A general rule to follow after that is whoever asked the person on the date should pay. Although it's nice when guys still offer to pay, if a girl wants to pay, she will offer and insist on paying. When this happens, guys, take full advantage of this – it doesn't always happen.



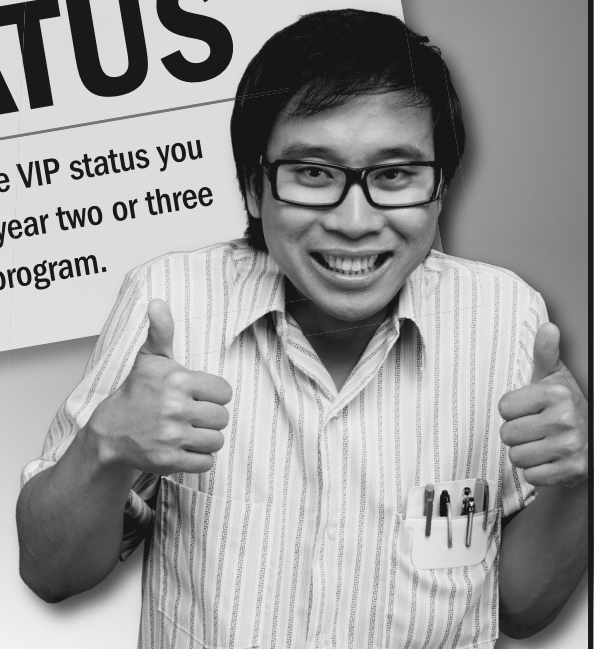
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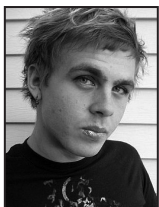
AFFAIR

INFO AND TICKETS AT THE BIZ BOOTH



Marilyn Manson and the Spooky Kids had a controversial impact on youth fashion in the '90s.

## Evolution of men's apparel: Part 2



ZOOT  
JOSHUA R. WALLER  
jwzoot@gmail.com

The last article reviewed the different trends in the past of men's fashions, starting with the very sophisticated look of the 1920s all the way to the technocoloured era of the '60s. Through the four decades, we saw incremental changes in men's style that were caused not only by changes in society's values and preferences, but also by political influences.

In this article, we will see the even larger changes in men's apparel through the 1970s to the 2000s. We will also see how these changes are influenced by external factors such as technology.

The 1970s took the colourful look of the '60s and revamped it by exaggerating everything. This era was best known for the bell bottom jeans and platform shoes and boots that were worn by both men and women. Tracksuits and athletic wear, including running shoes, became extremely popular with men of all ages. The trends of this decade were mainly influenced by pop culture, music and the punk and hippie revolutions. Some of the main icons include John Travolta *Saturday Night Fever*, Barry Manilow and David Bowie.

When the 1980s rolled in, couture fashion for men was just starting to become very popular, with designers such as Jean Paul Gaultier and Ralph Lauren creating the power suit. This was the era where brand name and image became very important as men used fashion as a way to represent their wealth. This era also had the subcultures of punk and goth where leather, ripped jeans, Dr. Martens boots, chains and studs became a huge part of the

underground fashion trends usually worn by younger, rebellious males. These drastic changes in style were mainly due to the prevalence of a materialistic world and music having a strong influence on the era's subcultures.

The style of the 1990s consisted of many different subcultures. The one trend that was seen throughout all styles was the casual/street wear look that included denim jeans. This era still had the punk and gothic looks, and the "grunge" style was the newest addition. This style included band t-shirts, ripped jeans, leather boots and Converse All Stars shoes. The hippie revolution was slowly dying off and bell bottoms and platform shoes faded out of style. Music was particularly a huge influence on men's apparel, including bands like Nirvana, Marilyn Manson and Korn.

After all of the original and unique eras of men's trends, came the 2000s which was just one big mash-up of random trends. The beginning of the era was all about the minimalist look, better known as the preppy look, including argyle patterned sweaters, khakis and polo shirts. Then, as the decade progressed, trends started adopting older trends from the '50s, '60s and '70s and tweaked them to fit the current era. Some of the so-called "original" styles that came out of the 2000s were looks such as "emo" and "scene," which, in actuality, were just knock-offs of the punk, grunge and goth subcultures.

Now that all the decades from the 1920s to the 2000s have been covered, you can see that men's fashion isn't as boring and two-dimensional as people often think. As society continues to change, and with all the advancements in technology, men's fashion will continue to revamp itself and never remain stagnant.

## Perfumes for all



CHRISTINA KUBIW  
KALASHNIK  
FASHION WRITER

When stuck in a classroom, one of the worst things someone can do is release strong fragrance into the air.

Smelling the \$8.99 marshmallow or cotton candy spray from Calgon is lethal, and as much as I'd like to say that Victoria Secret is any better, sometimes even their fragrances can be overpowering.

Nobody ever wants to be rude, but some people just don't understand common courtesy and they may be completely oblivious to the strength of their fragrance.

So for all those people who have always wanted to say something but haven't had the guts, let me do it for you:

Dear girls who drown themselves in cheap perfume: do yourselves and everyone a favour and stop!

With that out of the way, let's get back to the real reason for this article.

A great thing about perfume is that you can carry a fragrance from summer to fall and fall to winter, right?

Well, this is true for some fragrances; however, there are the certain fragrances that this rule just doesn't work with.

Some fragrances are simply designed for summer – bright fragrances with beautiful fresh undertones. Seeing as spring and summer are on the way, I thought I should

go over some of my favourite fragrances for the seasons.

### Hugo Boss Orange

Mmm, yum! This light fragrance is perfect for spring and summer. It's a reasonably priced fragrance that'll tickle your sweet tooth. Mixed with notes of peach, orange and sorbet, it's perfect for a delicious summer. The base of the fragrance is vanilla, florals and woods. Due to the strength of the notes, the perfume doesn't have much lasting power, making it a short-lived fragrance. So if fragrance life is a deal breaker it would be wise to reconsider spending bills on Boss.

### Dior Addict Shine

To be honest, this entire article began with this one perfume. I was given half a dozen samples of it and I've fallen in love. I've realized that this will be my new signature scent. The fragrance is made up of all floral top notes, silk gardenias, violets, orchids and the base is made of wood. Although these are difficult scents to imagine putting together, they smell fantastic. It will light a delicious fire in your nostrils. It's a fragrance made for "a dazzling woman:" a feminine and commanding personality who can manipulate a situation in her favour. You may like it, but make sure you don't get lost in it. If you don't like to stray too far from florals, this is definitely a fantastic fragrance for fall.

### Yves Saint Laurent Parisienne

It would be unfair to leave this article without a truly fantastic fall fragrance. YSL Parisienne is a rich scent of cranberry, blackberry, damask rose, peony, violet and many others. It's a fruitful fra-



grance that will take your nose on a journey. Be careful how you wear this fragrance, it's not for the light-hearted; this fragrance is for a real woman, a 30-something woman who tackles life one day at a time, one man at a time and, most importantly, one shop at a time. Don't be misled by the appearance of this fragrance – wear at your own risk.

### Marc Jacobs Daisy

Daisy is a great transition fragrance. The top notes of this perfume are strawberry and red grapefruit. The fragrance then has lighter notes of jasmine, gardenia and violet leaves that help transition the fragrance to its base, which is mixed of musk, vanilla and white woods. This harmonious blend of scents dilutes gorgeously on almost every skin type. Personally, I think it's the vanilla and the musk that make it smell so good; the combination of sweet leftovers and a masculine base make it a fragrance appropriate for a variety of seasons.

So hit up your local Sephora and ask for a few testers to find out which fragrance suits you best.

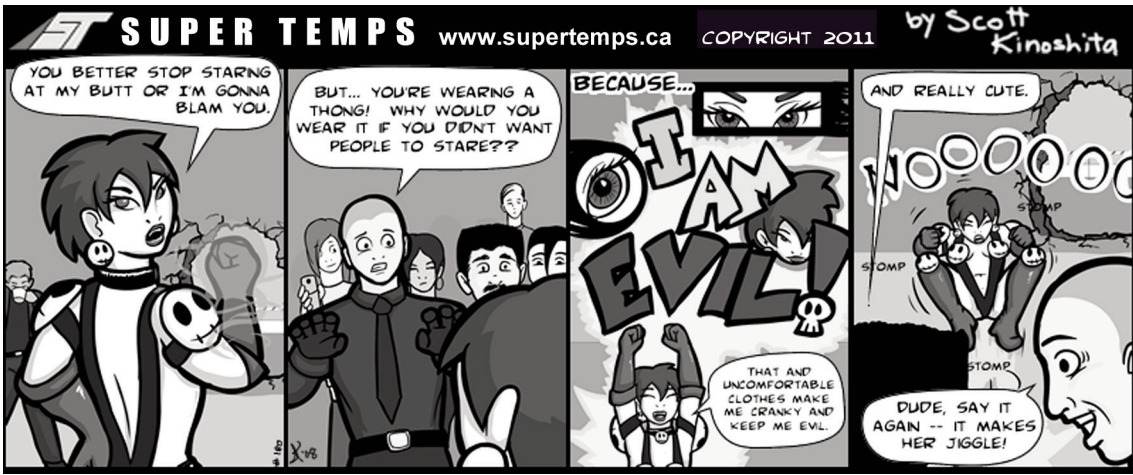


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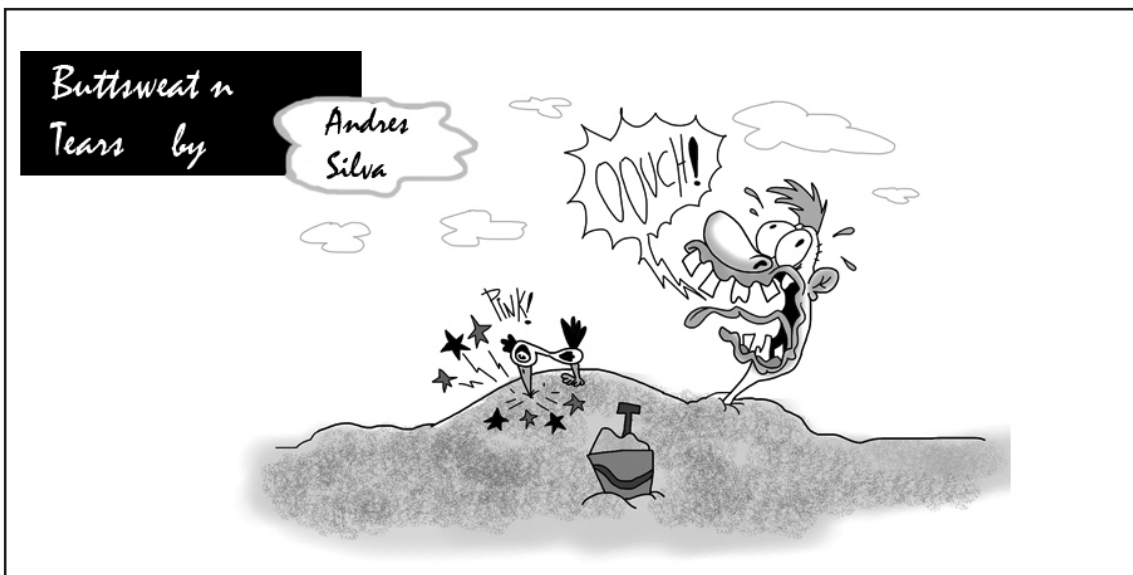
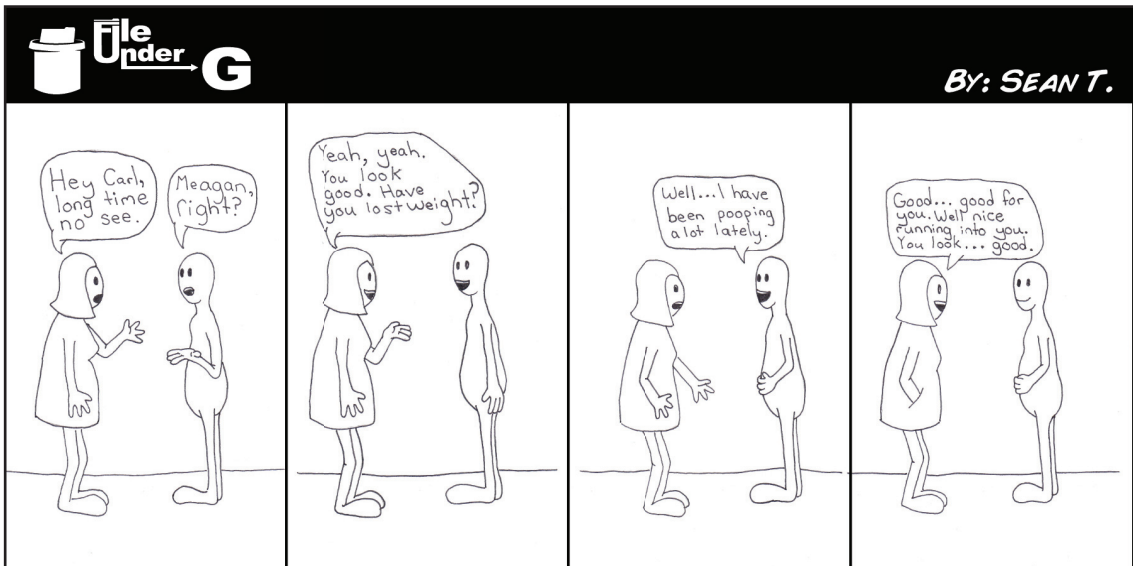
Graphical Deviants

By: Chris Mischak © 2011



[http://www.drunkduck.com/Graphical\\_Deviants/](http://www.drunkduck.com/Graphical_Deviants/)

BUS STOP



Sudoku Puzzle

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

puzzle rating: medium

Fill in the grid so that every row, every column and every 3x3 grid contains the digits 1 through 9. That means no number is repeated in any column, row or box. Solution can be found on page 26.

**The Standstills**  
 with PS. I Love You  
 OUT BACK SHACK  
 930 PM NO COVER  
 FRI FEB 11TH  
 CANNON ROCKS







## "The Machine" takes on UFC 129

PAIGE PARKER  
INTERROBANG

Mark Hominick's victory in the UFC Fight For The Troops live event landed him a title shot in UFC 129.

"I didn't think I would be doing this as a career, but I wanted to compete professionally," said Hominick. He has come a long way since starting the profession in Grade 9, fighting in 13 UFC events among other competitions, including the WEC.

For Hominick, this is a major career move. "Fighting for the title is a huge opportunity. This is the biggest UFC of all time, so just to be a part of it is almost like an overnight success."

A shot at the title for Hominick was bound to happen. He had to turn down a title fight on January 1 due to a thumb injury, but he remained positive. "Things in life happen for a reason. Fighting for the first time in Ontario, being on the main card, fighting for the belt, this is a huge, huge, huge opportunity here."

A natural progression is how Hominick describes his entrance to the sport. He began grappling in Grade 9, which then lead him to kickboxing and eventually landed him in mixed martial arts.

Hominick made his first MMA debut in 2002 against Richard Nancoo, the Canadian UCC champion at the time. Hominick took the fight in the third round by knockout, his favourite way to win. This fight earned him the featherweight Canadian title, which he went on to defend nine times.

Hominick has had many other successes in the sport, including ISKA Canadian Welterweight Kickboxing Champion and IFK Super Welterweight Kickboxing Champion. His kickboxing record is one to be remembered with a record of 21 fights won and zero lost. In MMA, he holds a record of 17 to eight.

Perhaps this is why Hominick is nicknamed "The Machine."

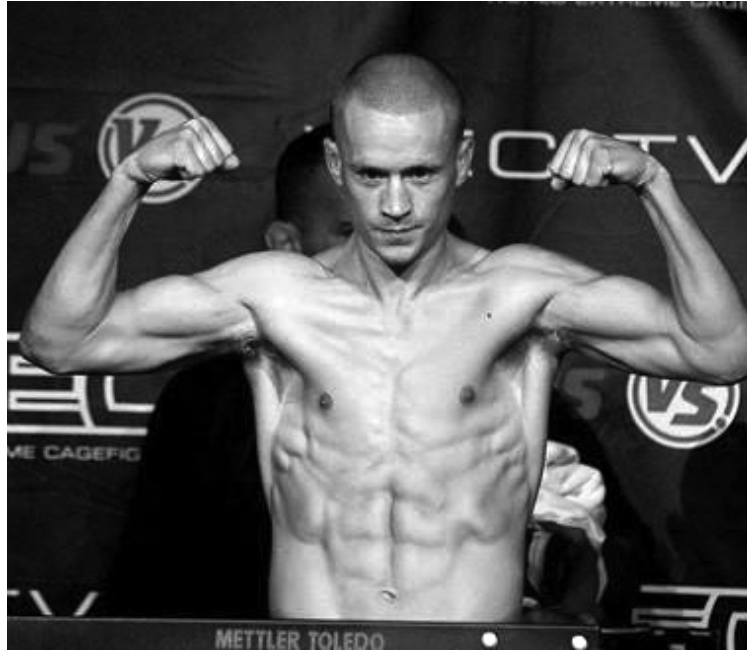
"My trainer Shawn Tomkins thought I trained like a machine, I just didn't have any kind of emotion ... I just trained like a machine and fought like a machine," he said.

Until recently, UFC did not hold fights in Hominick's weight class, which left him competing twice in the 155 lb weight class, when Hominick himself is only 145 lbs. With his machine-like capabilities, he won both fights in that class. When asked if he would ever go up a division, Hominick confidently said, "I always thought I'd be a world champion at 145." It looks as though he is on his way there.

After years of fighting and training, Hominick said his most inspirational moment was his first UFC event. "My first fight was a live pay-per-view. It was in Las Vegas - it was all big scale. Fighting live under the bright lights, that's when I looked around and was like, 'Okay, I finally made it.'"

As with any other fighter, he still gets nerves to this day, which he said is a good thing because they keep him alert and ready to fight.

Hominick will fight Jose Aldo in his UFC 129 title fight. The event will be held in Toronto at the Rogers Centre for the first UFC event to occur in Ontario.



CREDIT: UFC

Mark "The Machine" Hominick will get his first crack at a UFC championship at UFC 129 in Toronto in April. The MMA event in Toronto will be the first ever in Ontario. Hominick was in London training.

## MMA body slams London

PAIGE PARKER  
INTERROBANG

The John Labatt Centre made a big announcement on January 28: they will be hosting an MMA event on May 19, entitled MMA Live 1. "Outside the UFC, this will be the largest MMA event ever held in Ontario," said Tony Lee, the host of MMA Live 1. The event will be presented by Jones Entertainment Group.

MMA was legalized in Ontario on August 15, 2010 and the first UFC event will be held at the Rogers Centre in Toronto on April 30. Since the sanctioning of this sport in Ontario, MMA has exploded. "Now there are going to be even more gyms opening up," said Lee. "TapOut training gyms ... are branching out in every city in Ontario."

The fighters that the Jones Entertainment Group is looking to for the main event are at the calibre of UFC fighters, said Lee, but the card will not be determined for another two to three weeks.

The potential card includes half a dozen London athletes, a few from surrounding areas and several from the GTA. Athletes from New York State, Michigan and Montreal are also possibilities.

Carlos Newton is a fighter involved in MMA Live 1. He said he could not be happier that MMA has found Ontario. "I've fought everywhere else ... and every time I've come home to Canada, I've always been so overwhelmed with the ability to compare. Wow, I actually live in the best place. It's unmatched anywhere else in the world. I can honestly say with all that travel experience Canada is worth fighting for. That's why I'm proud to be a Canadian fighter."

Joel and Josh Powell, also MMA fighters, say they haven't heard any negative feedback upon bringing MMA into Ontario. These twins will also be fighting at the MMA Live 1 event.

Tickets go on sale February 3 at the JLC for \$45 to \$47.

\$29<sup>95</sup>  
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Dancing is a great alternative to traditional workout regimes.

## Boost fitness international dances



**HEALTHY FIT**  
MPHATSO MLOTHA  
m\_mlotha@fanshaweonline.ca

ly rotating the hips, for toning and strengthening abdominal muscles.

Many dance schools are beginning to use these various forms for fitness classes due to the versatility, intensity and architecture of the dance styles.

Television shows like *So You Think You Can Dance* showcase numerous-high energy and acrobatic routines from diverse dance genres from Bollywood to contemporary waltz and jazz. It's the strategy, choreography and artistic stunts that compel viewers to tune in weekly. What some viewers may not know is that all the extraordinary dance numbers require dancers to be physically and mentally fit.

Learning new dance styles requires dancers to use mental skills such as memorization for its repetitive nature.

"Dance includes not just exercise," said Dr. Careyana Brenham, an associate professor of family and community medicine at Southern Illinois University School of Medicine. "It includes stretching and balance. It helps with memory and cognition skills because dancers have to remember step combinations."

Therefore, one can imagine how beneficial learning international dance styles can be for physical fitness.

Not knowing how to dance shouldn't be a deterrent. There are many dance workshops catered to international dances in the community. Fitness 101 at Fanshawe also offers dance aerobics classes for those looking for a standard dance workout experience.

Dancing is globally acquainted with any cultural celebration. It is a multifaceted activity that demonstrates the art of expression in many forms. It is the only "universal language" that is understood worldwide. Dancing not only unites us; it illustrates how distinct we are.

Learning how to dance is a great alternative to standard exercise programs. Even more effective is acquiring dancing skills from different countries. When you introduce new dance techniques to your skill set, you strengthen your coordination, rhythm and choreography skills.

The most popular international dance forms are Indian Bollywood dance, Middle Eastern belly dance, Caribbean reggae dance and African dance. Each one has its own unique technique that fosters greater fitness ability. Also, you get to activate muscles that you don't normally use.

Bollywood dance, inspired by Indian film, is a very detailed dance that involves many joints in the body. The dance workout would mainly include neck, arms, shoulders, hips, wrist and even finger exercises.

Individuals looking to work on specific parts of their body can turn to belly dance. For more flexibility and control of your hips, an African dance such as Ndombolo, a Congolese dance focused on rapid-

## Women have found their stride

**TYLER REVOY**  
INTERROBANG

The Fanshawe Falcons women's basketball team are rolling along through the second half of the season.

The team defeated the Redeemer Royals recently to improve their record to 5-5 as they head into battle with top teams in the OCAA Western division.

The Falcons, who were struggling through most of the first half of the season, are turning it on in the first three games of the second half. The team has started to communicate on the court, which means they're winning games and moving up in the standings. With only the top four teams making the playoffs, the Falcons need all the wins they can get.

Some of the ladies said they

believe they need to prove to all their fans that they are still a dominant team and shouldn't be taken lightly.

The Falcons have a number of games left this season against teams that are lower than them in the standings. That starts on February 9 when the ladies battle rival St. Clair on the road. The Falcons need a win because St. Clair is below them in the standings and the Falcons need to build up a bigger lead in the standings and secure that fourth playoff spot.

The Falcons are back at home on Friday, February 11 against the Algoma Thunderbirds in J-Gym starting at 6 p.m. That is the Falcons' last home game of the season, and the ladies would love your support.

## NHL second half starts

**TYLER REVOY**  
INTERROBANG

With the All-Star Game played on January 30, the NHL's unofficial second half of the season has started and some teams couldn't be happier.

In the first half of the season, we saw teams get off to hot starts and cool off, while other teams struggled to start but have been turning it on in the past weeks.

The Calgary Flames have battled their way back into the playoff race with a mighty strong winning streak. The Flames, who sit two points out of seventh place in the Western Conference, are looking to continue their hot streak into a playoff berth.

The New Jersey Devils have started to find a way to win and are trying to make their way out of NHL's basement. The Devils may not have the firepower to get into the playoffs, but they should be able to move up to a respectable spot in the Eastern Conference.

Last week, the three stars in the NHL were: third, from the New York Islanders, Michael Grabner, who registered a goal and an assist



The Honda NHL Superskills part of the 2011 NHL All-Star Weekend at the RBC Center on January 29, 2011 in Raleigh, North Carolina.

CREDIT: BLOGS.THESCORE.COM

in the Islanders only game last week; second, Los Angeles Kings goaltender Jonathan Quick, who grabbed a pair of wins for the Kings before going into the break; and the first star of the week is Carolina Hurricanes forward Eric Staal, who picked up two goals and two assists in the two games the Canes played last week.

**My top three games this week are:**

*Chicago in Vancouver-* This new upscale rivalry will be in full force on Friday night. These teams

are battling in the tight Western conference, where all points are crucial.

*Vancouver 3-1 Toronto at Buffalo-* In a Northeast Divisional matchup look for a low-scoring affair.

*Toronto 4-3 (OT)*

*Pittsburgh in Washington-* Classic Ovie vs Crosby, hopefully Crosby will be back in time for this game. These two teams are full of firepower and like to score goals.

*Washington 5-3*

**2011 Black Knight OCAA**  
**PROVINCIAL**  
**BADMINTON**  
**CHAMPIONSHIPS**  
FEBRUARY 18 - 19, 2011

Fanshawe College Community Fitness Centre - London, Ontario

**FRIDAY**  
9am - Warm ups  
11am - Preliminary Rounds  
7:30pm - OCAA Banquet

**SATURDAY**  
9am - Preliminary Rounds Continued  
11am - Semi Finals/Finals  
4pm - OCAA award presentations

**FREE**  
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www.FANSHAWEC.ca/ATHLETICS

## Fanshawe College still home to proud hockey tradition

ANDREW EVANS  
INTERROBANG

Although the final buzzer sounded on Ontario Colleges Athletics Association varsity men's hockey following the 2004 season, Fanshawe College has long been home to a proud hockey program.

With 34 men's league teams as well as four women's teams, featuring over 700 players taking to the ice during the 2010/2011 academic year in campus recreational leagues, it is clear that hockey is still amongst the most popular sports offered at Fanshawe College.

While the men still continue to dominate the number of players, it's the women's program that is preparing for inter-collegiate action in the coming weeks. Along with the four-team campus recreational

women's ice hockey leagues, Fanshawe College has also selected a team that will be taking on other Ontario colleges in women's hockey action in the upcoming weeks, starting next weekend with a tournament hosted by Conestoga College.

The head coach of the women's hockey team, Eric Collins, seemed to be very excited about the team he has assembled for tournament play. "It's a group we are very confident and excited about for the 2010/2011 tournament season," he said. Collins will be looking for strong goaltending from Woodstock, Ontario native Hilary Heighton, as well as Natalie Harvey, to lead the team who he has high hopes for.

Collins was very adamant about the gender equality that Fanshawe College brings, and will continue to bring to the Fanshawe hockey program.

## Fanshawe men's basketball team keeps their heads up

MEAGAN CHECHALK  
INTERROBANG

Third-year forward Andy Campbell led the Falcons to victory against the Lambton Lions on January 27, scoring 21 of the Falcons' 81 points.

The Falcons were a well-oiled machine that night, with other big scorers including third-year guard Jordan Dixon with 18 points, Matthew Tkaczyk with 13 points and Jesse Duguay with 11 points.

As the provincials and nationals are rapidly approaching, the Fanshawe men's basketball team is practicing their hearts out.

"We just need to play together," said forward Palve Beric. "We don't want to get fancy out there and complicate things. We don't want to get over-confident, because we tend to play badly against weaker teams and if we do that I think we can make it to provincials."

This week, the team takes on the St. Clair Saints. The Saints should be easy to beat, as they only have a

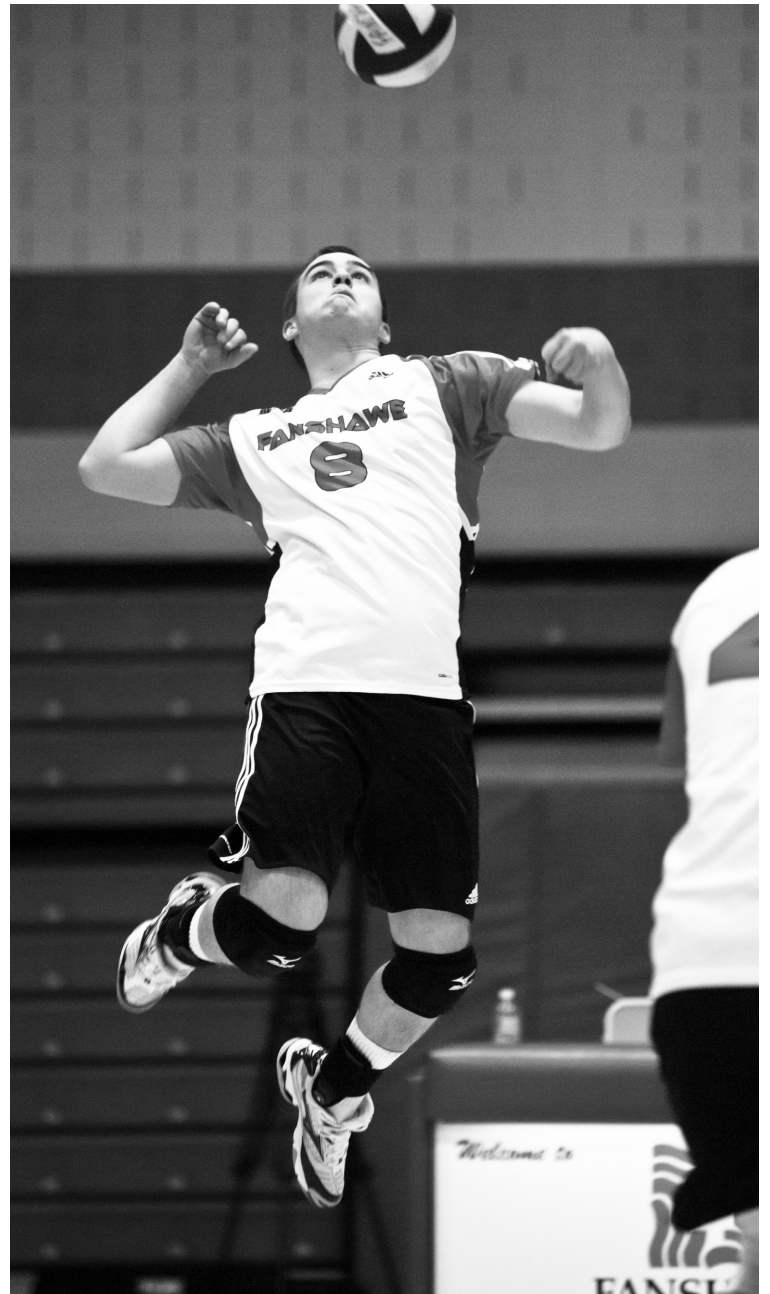
2-9 record. The Falcons have an 8-5 record.

Guard Andrew Smith said he has faith in the team. "We have a good chance at making it to the provincials," he added.

If the men want to make it to the playoffs and provincials, they are going to have to play well over the next few weeks. Though the team stumbled through a rough patch a few weeks ago, they're quickly returning to form.

Fanshawe is in the fifth place in the Ontario Colleges Athletic Association west division. Algoma College, located in Sault Ste. Marie, is hosting the provincial championships from March 3 to 5. Durham College in Oshawa is hosting the Canadian Colleges Athletic Association national championship from March 17 to 19.

The men's basketball team has their next home game on Friday, February 11 at 8:00 p.m. against the Algoma Thunderbirds.



CREDIT: ANTHONY CHANG

Phil Roedger winds up for a powerful spike.



WWW.ECOACTIONTEAMS.CA

Darcy Young admires the way Steve Nash handles his balls.

## Those who never make mistakes, never try anything new

MEAGAN CHECHALK  
INTERROBANG

One word is all it takes get to know who someone is. There are many words that can make a person who they are: quiet, reliable, passionate...

One word that Darcy Young, a second-year centre for the Falcons basketball team, uses to describe himself with is "dedicated."

Young has been dedicated to the sport since he began playing in grade six. His earliest memory of playing basketball was winning the area's championship game with his team.

"The happiest day of my life was being named captain for my high school basketball team and winning the championships," he said.

High school basketball holds a lot of fond memories for Young. "My greatest influence on me had to be my high school coach," he

said. "He was like a second father; he taught me everything about basketball."

Young especially enjoys the cerebral aspects of the sport. "Basketball is like a giant chess game: no players are the same and every game is different."

When watching NBA games, Young can be found rooting for Steve Nash and the Phoenix Suns.

Young is confident that the Falcons can make it to provincials, but nationals might be more of a challenge. "I feel we have a strong team and once we work together I feel we can make it to provincials."

"We make mistakes, there are a lot of things that we need to iron out, and there is a lack of depth on our bench, but I feel we can do it."

The Fanshawe men's basketball team have their next home game on Friday, February 11 at 8 p.m. against the Algoma Thunderbirds.

## GET IN THE GAME



### FALCON VARSITY ATHLETICS

#### UPCOMING HOME GAMES FOR FANSHAWE FALCONS:

- Women's Basketball Hosting Algoma – Fri, Feb 11 @ 6:00 pm
- Men's Basketball Hosting Algoma – Fri, Feb 11 @ 8:00 pm
- Women's Volleyball Hosting Sault – Sat, Feb 12 @ 12:00 pm
- Men's Volleyball Hosting Sault – Sat, Feb 12 @ 2:00 pm
- Women's Volleyball Hosting Mohawk – Wed, Feb 16 @ 6:00 pm
- Men's Volleyball Hosting Mohawk – Wed, Feb 16 @ 6:00 pm

### FREDDIE THE FALCON CONGRATULATES:

The Shockers in Fanshawe's Men's Intramural Ice Hockey League who continue to lead the league standings with an undefeated record. For more information on Fanshawe Hockey check out our website at <http://fanshawehockey.goalline.ca>

### UPCOMING EVENTS

Fanshawe College is the proud host of the 2011 Black Knight OCAA Badminton Provincial Championships Friday February 18th & Saturday February 19th, 2011 "J" Gyms 1001 Fanshawe College Blvd.

OPEN GYM TIME AVAILABLE DURING THE DAY. ALL YOU NEED IS A CAMPUS CARD. SEE DAILY SCHEDULE.

FANSHAWE COLLEGE ATHLETICS 519-452-4430  
WWW.FANSHAWEC.CA/ATHLETICS J1034





# ON campus

students enjoying campus life

Fitness health promotion students studying away. CREDIT: ANDRE BAKER



Fashion design students preparing for the bake sale!

CREDIT: ANDRE BAKER

Boys in the mac lab watching comedy skits!

CREDIT: ANDRE BAKER



Business marketing students raising money for "Ten Thousand Villages"

CREDIT: ANDRE BAKER



Rowdy crowd waiting for the show to start. CREDIT: ANDRE BAKER



Last week's performance in the Forwell Hall" CREDIT: ANDRE BAKER



THURSDAY FEBRUARY 10


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FORWELL HALL | 930PM DOORS | \$3ADV \$4DOOR

TICKETS AVAILABLE AT THE BIZ BOOTH

**Free Comedy Night**



Gavin Stephens



with Rhannon Archer and Mark DeBolis

9:30PM (9PM DOORS) All-ages OBS, NO COVER

wednesday february 9<sup>th</sup>

first run **FILM SANCTUM**

Wed. Feb. 9<sup>th</sup> \$3.50 STUDENTS | \$5 GUESTS  
At Rainbow Cinemas (in Citi Plaza)

TICKETS AT THE BIZ BOOTH

free movie in **paranormal activity 2**

tues. feb. 8 8pm free admission



**EMMANUEL JAL**

WAR CHILD

DIVERSITY WEEK GUEST SPEAKER **WED FEB 16**

FORWELL HALL • 8PM NO COVER

**CAMPUS MUSIC EXPLOSION 2011**


Fanshawe's Battle of the Bands  
Mon. Feb. 7<sup>th</sup> & Tues. Feb. 8<sup>th</sup>

OBS, 8pm doors, \$5 at door

*Love day* **WED. FEB. 9TH**  
*Forwell Hall 10am-2pm*

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ORGANIZATIONS ATTENDING  
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**campusidol**  
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MONDAY, FEB. 14<sup>TH</sup> & TUESDAY FEB. 15<sup>TH</sup>

OBS 7pm doors \$5 AT THE DOOR

SCHEDULE POSTED AT BIZ BOOTH

**The Standstills**

with *PS. I Love You*

OUT BACK SHACK 930 PM NO COVER

**FRI FEB 11TH**

