

INTERROBANG

Fanshawe's Student Voice

Changes to OSAP equals more \$\$\$ 3

A Juno sized shaft 9

McKeachie an inspiration 21

Volume 42 Issue No. 28 April 5, 2010 www.fsu.ca/interrobang/



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“Question of the week”

What do you do to get yourself out of bed and over to class in the morning?

Andrew Jackson

— “Well a shower normally does the job, and maybe have a smoke as well. I normally don’t eat breakfast either and I’m only a little late for class sometimes.”



Eric Kehoe

— “A nice shower and coffee really wakes me up in the morning, but then again my classes start around 9 or 10 in the morning so its not to bad.”



Farah Jama

— “I set up 2 alarms to go off at the same time so I have to get up and shut them both off. I actually get up around 6am, its a good thing that I’m a morning person that helps. Though last year I had to wake up even earlier like around 4am because I worked in the deli here.”



Lisa Cowan

— “Tim Horton’s, a cup of coffee really helps, I’m not sure I would even be awake for my classes if we didn’t have a Tim Horton’s at school.”



Stephanie Laura

— “I force myself to wake up the morning, I just tell myself to get up, I turn on the lights and just get up. Though it doesn’t always work I do end up hitting snooze every now and then, but I’m rarely late for class and when I am its because I missed the bus but because I slept in.



Current Fanshawe students representing a cross range of programs volunteered their time during Fanshawe’s open house that allowed the community and would be students an opportunity to tour the campus and ask questions about cmapus life.

PHOTO: DAVID KOLODIJ

10 Things I Know About You...

Have bags will travel

Jenn Bailey is in year two of the Law Clerk program. She says about herself, “I am a fun, travelling, outgoing girl with some attitude! I say exactly what’s on my mind (it sometimes gets me in trouble...), but I am honest and I’d like to think I’m a good friend!”

1. Why are you here?
To FINALLY get out of the restaurant industry and start my life in the business world.

2. What was your life changing moment?

Travelling to Korea and teaching kids how to speak English. It was an amazing experience and it allowed me to realize that I can make a difference and help these

children succeed in their studies.
3. What music are you currently listening to?
Morcheeba, Zero 7... anything that’s chill.

4. What is the best piece of advice you’ve ever received?
Well, I read this but it’s been the best advice in my life. “You cannot make yourself feel something you do not feel, but you can make yourself do right in spite of your feelings,” by Pearl S. Buck.

5. Who is your role model?
I would have to say my dad. He has done well for himself and has worked very hard to get there.

6. Where in the world have you traveled?
I have travelled to Korea to teach

English, I have backpacked through Thailand, Vietnam, Laos, Cambodia, and Burma. I’ve been to sunny Las Vegas, and sailing in St. Martin. There are still so many places I would love to go.

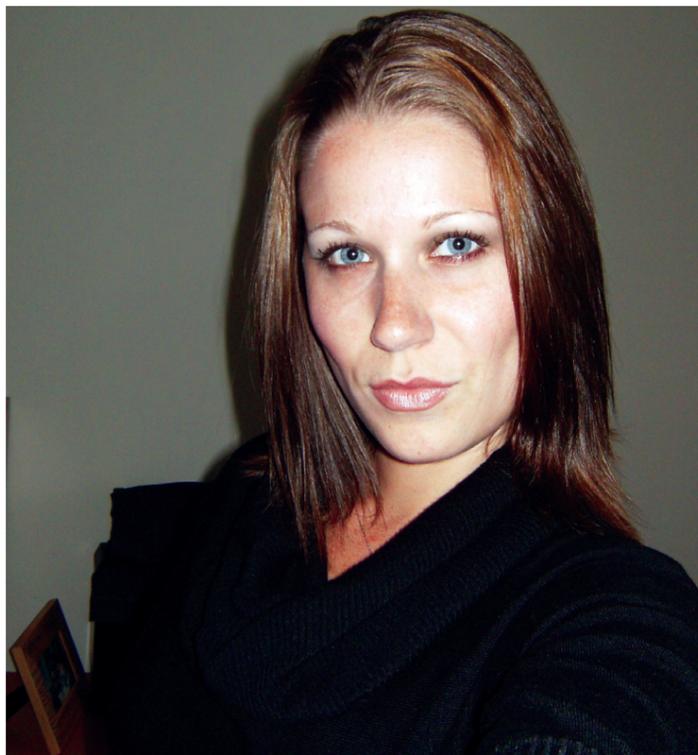
7. What was your first job?
A hostess in a restaurant.

8. What would your last meal be?
A Wally Burger from Prince Albert’s! Oh my!

9. What makes you uneasy?
Being in an awkward situation and not knowing how to do something.

10. What is your passion?
To Travel. If I could do it for the rest of my life, I would.

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



Where in the world has Jenn Bailey not travelled to?

2010 april events

5 Monday

London Knights Playoff game

\$20 students, \$21 guests
Tickets and info at the Biz Booth

6 Tuesday

Free Oasis Movie Avatar

8 PM in Oasis
Free popcorn
Info at the Biz Booth.



Free Comedy Nooner Rebecca Kohler and Mike McGregor

12 PM in Oasis, Free

7 Wednesday

First Run Film Clash of the Titans

\$3.50 students
\$5 guests
@ Rainbow Cinemas
Tickets and info at the Biz Booth.

The Regurgitator Stevie Starr

12 PM in Forwell

8 Thursday

Free Musical Nooner

12 PM in Forwell

9 Friday

New Music Night Time with Arkham Dispatch

9:30 PM in OBS, Free

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KIOSK QUIZ

Changes to OSAP means more help to more students

JESSICA IRELAND
INTERROBANG

With the McGuinty government's five-year Open Ontario plan in place, everything from jobs and salaries are affected – but important areas for post-secondary education students are the changes to the Ontario Student Assistance Program to take place this August and the cap placed on tuition hikes.

Minister of Training, Colleges and Universities, John Milloy, said greater financial support for students was “very much a focus” of the provincial budget, announced Thursday, March 25.

“The package provides more aid to more people,” explained Milloy. “(It provides) the flexibility the system needs.”

Regarding tuition, it will now be capped at a five per cent increase, which prevents any large increases in tuition for the next two years.

Under the new OSAP plan, students will be able to keep

more of the money they earn through part-time jobs, without it affecting the OSAP funding. Right now, students can only earn up to \$50 a week before OSAP funding starts being reduced. But with the changes, the government is doubling the income to just over \$100 per week.

Students will also be given six months free from paying interest after they graduate, which is added onto the six months of no payment that is currently in effect. Therefore, the Ontario portion of all OSAP loans is interest-free, as well as payment free for the first six months post-graduation. But students graduating this spring do not qualify for this opportunity.

The changes to OSAP apply to a range of students – from international, to married students and single parents, as part of the plan's flexibility.

Married students with no children can receive an additional

\$6,829 OSAP aid – if they meet the criteria that their spouse's income is \$30,000 a year, and have a car that the spouse uses for their daily commute to their job. As well, the weekly loan limit for married students, as well as students with children, increases to \$350 a week.

Milloy also noted the benefits of international students in the post-secondary education system, and that the new plan looks to encourage their continued involvement.

“They tend to be the best students around,” said Milloy.

The number of international students has increased and the provincial government is looking to increase it an additional 50 per cent.

Furthermore, universities and colleges are being required now to put 10 per cent of additional revenue, which they will be receiving through the new provincial budget, to student assistance programs like bursaries.

However, now the cap for student debt is increased to \$7,300 rather than \$7,000 but Milloy assures that the additions made to help students, makes up for this increase.

OSAP is an issue affecting a large number of students. There's been about a 51 per cent increase in the amount of students who use OSAP since 2003 and 2004.

For students wishing to learn more about the changes to OSAP, they can visit <https://osap.gov.on.ca>.

“The provincial government is investing more money in OSAP and post-secondary education, does this affect you and will you be looking into the changes?”



Anonymous - “Well I'm not on OSAP now because I'm a mature student so I couldn't get it. Though



Manish Anjani - “I'm an international student so I don't think I can get it, and I don't want it.

this would have been nice back then because I've been turned down for it before because my parent made too much money, but I still needed money for school. So at least now my brother and sister can have a chance of getting it, so I'll be looking into it for them.”

And I don't really think it's a good idea to get OSAP because I don't think it's good for you. It's just a loan, so this doesn't really affect me.”



Shannah Marry - “I'm using OSAP and being able to get it next year is really important because



Nick Perentinos - “That's good news. I'm with OSAP so every dollar helps since

I'm going to be needing it until I'm done school. I just work throughout the summer to help pay it off. So this is something I'll look into and tell some of my friends about it cause they got turned down for it before.”

next year is my last year, which is going to be the most expensive one for me. And it's great because I don't live in London so OSAP also covers my travel fees, so any money I get from OSAP or bursaries is really going to help me next year..”

Budget invests more into post-secondary education, but freezes salaries

JESSICA IRELAND
INTERROBANG

The new provincial budget is a mixed bag - \$310-million towards Ontario's colleges and universities; and frozen salaries for about 350,000 non-unionized public servants, and keeping negotiations for unionized staff off the table.

Fanshawe College is delighted at the increase in funding for post-secondary institutions. In addition to more money, there's also funding for 20,000 new spaces for new students – all to ensure that more individuals get the opportunity to secure a diploma or degree.

“There will be an increase of people wanting to get in. Students want an education beyond secondary school,” said Howard Rundle, president of Fanshawe College.

In fact, the provincial government hopes to increase the attainment rate of post-secondary degrees and diplomas to 70 per cent – up from 62 per cent – because more employers are requesting potential employees have that added education, said Minister of Training, Colleges and Universities, John Milloy.

There will also be a program developed that will allow credits to be transferred more fairly, as many students choose college then look to go into university afterwards.

“It's (been) a big concern. Over the years, all too often college grads going into university don't get credit for the work they've done,” said Rundle. “If they do get credit, they have to fight for it individually.”

He added that they are looking to give students “more credit, fairer credit” but that they're not expecting any quick fixes.

“We've been wanting this for 20 years,” he said. “The process is painfully slow but the government is really insisting on it.”

It not only costs students but (also) the government. They're (the government) funding (the stu-

dents) for something they already funded them for.”

Students looking for summer jobs through the Ontario Summer Jobs program may have more luck as \$39-million is being put into this upcoming summer to help employers – particularly non-profit organizations – so they are able to hire students.

However, while students seemed to be a strong focus of the provincial budget – public servants may not be so happy with the focus on them.

Their salaries have been frozen immediately, and unionized workers will be unable to negotiate further salary increases, as a means to halt long-term capital spending.

Milloy said it was necessary. “Fifty-five per cent of the budget goes to public services. These are serious financial challenges,” he said. “We're asking everyone to work together.”

He also noted his own salary would be frozen.

“We respect collective bargaining and respect unions but we have to do some belt-tightening.”

For Fanshawe, full-time support staff workers' contracts are up next summer so it remains to be seen what these new developments mean for them.

Rundle anticipates that when the contract is up, the college will ask support staff to accept the salary freeze for two years, but they won't force it.

“It will be a matter of how tough college management will be,” said Rundle.

He added that if the college were to settle with the staff and give a wage increase, the government will not provide any money for it; but if they don't settle, there's the possibility of a strike.

“It puts the college between a rock and a hard place,” he said.

But until the legislation is written up, it's all speculation for now. “We don't know the rules yet,” he said.

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No more butterflies

IVANA PELISEK
INTERROBANG

Do nerves get the better of you when you know you have to deliver a speech?

What began with a bunch of grown men gathered in a basement has turned into a nation wide phenomenon.

Toastmasters Club was formed in Rancho Santa Margarita, California in 1924 and over the years has become the largest non-profit educational organization known to date.

Toastmasters helps ease people from all walks of life and backgrounds into becoming more comfortable with public speaking abilities and over all satisfaction in their chosen careers. The club prides itself on a proven track record that works.

London too has a Toastmasters Club, and with meetings twice a week even the most skeptical individuals can start seeing results sooner rather than later.

Harold Usher, a London city councilor for Ward 12, and a proud member of the Thames Valley Toastmasters Clubs, believes individuals first "learn by doing" and that is what the Toastmasters Club meetings focus on.

Having been part of the club for

over 25 years, Usher has great knowledge and expertise as to what the club's purpose is.

The club's mission is to have members become better at developing proper communication skills while mastering their leadership skills, he noted.

"The club is based on an individual delivering a speech, then having someone evaluate you by providing you with constructive criticism," said Usher.

A typical group is anywhere between 20-25 people.

People who attend the workshops come from all walks of life, including career-oriented individuals to people who just want to build their confidence levels to be able to better exceed at life at their own pace.

"I guarantee this program and whoever sticks to it for at least six to 12 months. You can't go to a meeting without being changed," Usher said. "It will have a positive change on you."

The club meets every Tuesday from 7 p.m. to 9 p.m. and on Thursday from noon to 1 p.m. at 300 Dufferin Street, in the city hall building.

Usher encourages everyone to give Toastmasters a try and guarantees a life change.



Fact:

In 1962, the Toastmasters International staff moved to its first World Headquarters building in Santa Ana, California, not far from where the first club began. By the late 1980s, however, this building could no longer adequately house the increased staff needed to provide services to the growing number of Toastmasters clubs. In 1990 World Headquarters relocated to a new building in Rancho Santa Margarita, approximately 20 miles south of Santa Ana, designed to accommodate Toastmasters International's expected growth well into the 21st century. Toastmasters International enters the new century as the undisputed world leader in public speaking training, with over 9,300 clubs and more than 195,000 members in approximately 80 countries.



Tea and Coffee were just one of a number of performers in the Out Back Shack during A Concert for Honduras benefit show.

PHOTO: ANTHONY CHANG

The job search evolution still uses old tricks



CAREER CORNER
Susan Coyne
Career Services
Consultant
Fanshawe Career Services

There can be no argument that the Internet has revolutionized our everyday lives. It has changed the way we buy a car, book a vacation or even look for employment. No doubt your parents have many suggestions as to how you should go about looking for work, but I'm willing to bet that the strategies that worked for them 20 years ago have evolved. Or, have they?

The traditional approach that comes quickly to mind is to read the want ads, send out a pile of resumes and wait. And, while this is still an option, there are a great many other alternatives that may be more effective. Keep in mind though that everyone's job search is different and what may work for one individual may not work for you. So, what you really need to decide is what combination of strategies you are going to focus your energy on. Accessing both advertised and unadvertised jobs is likely the best place to start.

Each day the Internet is evolving, new websites promising new miracle creams and quick ways to get rich abound. A Google search of "Canadian job sites" returned 50,100,000 in 0.36 seconds, which is enough to make your head spin. So, you really have to narrow it down by selecting some of the more useful sites such as the Fanshawe Career Services website, www.fanshawec.ca/careerservices. In addition to finding jobs both related and unrelated to your program of study, you can also access summer, part time and volunteer

positions. Also listed on the site are many job search websites, links to newspapers and other useful employment resources.

When reviewing job postings sites, read every ad, don't evaluate a position on job title alone. Keep track of the positions that interest you and where you found them, bookmark them or print off a copy. If you think that you can do the job, have the educational requirements but are only lacking in the years of experience, apply anyway. Let the employer decide if you can or can't do the job, don't exclude yourself from the competition. After all you can't win the race unless you enter it. Tailor your cover letter and resume to each position you apply to. You have to let the employer know, what relevant experience and education you have that relates directly to them. If you want to impress them, then do the work needed to get and keep their attention. Gone are the days when one resume and cover letter will suit every position applied for. And, always make sure you follow up on each job that you apply to. Even if you aren't successful in arranging an interview, use the follow up as a way to network for future opportunities that may arise.

Accessing the hidden job market, the approximate 80 per cent of jobs that never get advertised can be more of a challenge. Try reading news sites and newspapers online, not just the want ads. Don't focus all of your time on the "Help Wanted" section, pay attention to what companies have announced they will be hiring, building new offices, expanding their products or services. Unlike your parents who relied on one daily newspaper, you have unlimited access to the news media.

Go big or go home! Use the

Internet to research and broaden your job search area. Don't forget the best jobs aren't necessarily located on a bus route in your neighbourhood. Company information can be a big help when trying to tap into the hidden job market and is also critical research for you when you do get an interview. And, many companies have a "Careers" section right on their website so be sure to review the sites often for available openings.

Build a personal network of contacts that will provide you with introductions to others who can be of assistance. Contact family, friends, professors, former employers, co-workers, your physician, your hair stylist and so on and be prepared to follow up with them. Learn how to establish job contacts through conversations at professional associations, career fairs, and social engagements.

People in the industry that you want to work in can be valuable sources of information. Take the plunge and start making cold calls. Use the Internet to find companies in your area, contact them and ask to speak to the manager of the department that you would like to work in. For example, if you are an I.T. professional then ask for the manager of the I.T. Department, or similarly if you are looking for a sales position, ask for the sales manager. Talk directly to the person you most want to impress as they are the ones doing the hiring. Don't just send out resumes and cover letters to these people, call them to inquire if they anticipate any openings and if appropriate follow up with your resume and cover letter. Target your resume to those who either have openings, will consider you in the future, or are willing to pass your resume along to someone they know who

might be interested in talking with you.

Consider working with a Temp or Employment Agency, as they can open the door to a wider range of jobs than you might think and aren't only looking for office workers or labourers. Contact them and arrange to send them a copy of your resume.

In the end, the strategies your parents used when they were looking for work likely hasn't changed all that much, it's how you go

about it that's changed. Take advantage of technology, you'll be glad you did.

Need assistance? Drop by the Career Services office in Room F2010. Career Services staff are available to assist you on an individual basis. Visit the office to arrange an appointment with the consultant responsible for your program or call 519-452-4294. For job listings, visit www.fanshaweonline.ca or www.fanshawec.ca/careerservices



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Coulter's Canadian stops a mixed bag

DARIUS MIRSHAHI
INTERROBANG

Ann Coulter, a controversial extreme right-wing author from the U.S. who has been accused of promoting hate speech, recently delivered her first speech in Canada; right here in London.

The speech at the University of Western Ontario was the first of three scheduled stops on her three-day "Coulter Over Canada" tour. She was open to doing more than three events, but only three Canadian cities showed interest in hosting her; London, Ottawa, and Calgary.

In London, Coulter was reportedly paid \$10,000 by the International Free Press Society for her hour-long appearance, and spoke to a packed 800-person lecture hall. Present were both supporters who gave her a standing ovation and critics who heckled and booed her. Surprisingly, other than heckling and pointed questions, there was very little resistance to Coulter's first Canadian event.

Even as Coulter proposed "month-long moratorium's on all things gay," "more invasions and occupations of Muslim countries," and cracked numerous racist jokes, the majority of people applauded. Her supporters even stood up and



Ann Coulter

cheered Coulter on as she told a young Muslim student that she shouldn't be able to fly and that she should ride a camel to travel.

The next night in Ottawa, nearly two thousand protesters, disgusted by these and other comments, swarmed the venue to voice their opposition to her presence in their city. Understanding that she would not be speaking to a supportive audience she cancelled the event.

The following evening in Calgary she spoke once again to a packed audience of mostly supporters. There she claimed to be a victim, and accused Canada of not protecting her right to free speech from others who were exercising theirs. She has now returned to the U.S. leaving Canadians debating free speech laws in this country.

Get international! Join the International Club

KARTHIK BALAKRISHNAN
INTERNATIONAL CLUB

Thomas Friedman described, "The world is flat." James Bond thought, "The world is not enough." For us "The world is Fun." Imagine, playing a game of cricket in the morning, having a Chinese meal for lunch, watching an Iranian movie in the evening and dancing to some samba tunes in the night? Doesn't that sound like fun?

Not fun enough!? Ok here is some more for you. Are you someone,

1. Who loves to meet people from different countries and background?
2. Would like to hear some soothing sufi or classical music?
3. Interested in multiple cultures

and heritages?

4. A big fan of world cinema?
5. Looking to get over sandwiches and burgers?
6. Eager to spend the weekend in an exotic place with a diverse group?

If your answer is YES for any of the questions above, it's time for you to get into the international bandwagon. And you don't even need to book an air ticket to get international. Just get into the International Department in E2025 and checkout what's in it for you. We assure you there are more aces up our sleeves. And certainly we are not going to charge you for joining us! So what are you waiting for? Get international. Join us and you too will join us in saying, "The world is fun!"

Politicos meet and greet with Fanshawe students at OBS

IVANA PELISEK
INTERROBANG

Andrea Horwath, leader of Ontario's NDP along with MP Irene Mathysen want to speak with the students of Fanshawe College.

The duo will be visiting Fanshawe's campus on Wednesday April 7, at 6 p.m. and they want to hear from you.

Discussing today's issues geared specifically for the college mindset, the women will be at the Out Back Shack for some great food and conversation.

Students are encouraged to attend and voice their opinions about today's issues and basically whatever comes to mind. Whether it be school related, or about politics.

STAND Fanshawe "Battles" at The Roxbury for Rwanda and Darfur

BY STAFF
INTERROBANG

The Fanshawe College chapter of Students Taking Action Now: Darfur is hosting a "battle of the bands" at The Roxbury on Wednesday, April 7 to help raise awareness about genocide and Darfur, where some 500,000 people have been killed and millions more have been displaced since 2003. Doors open at 7 p.m. Admission at the door is \$5, and drinks are \$3.25.

April 7 is the date when people all over the world commemorate the Rwandan Genocide, which, in 1994, claimed the lives of some 1,000,000 in just 100 days. Rich Hitchens, an instructor in the School of Language and Liberal Studies and the founder and president of the Canadian Centre for Genocide Education, works with the students in STAND Fanshawe, and some of those students will be traveling with him to Rwanda this summer.

"There are a number of very remarkable students in STAND Fanshawe, and I am thrilled that some of them will be part of the trip," said Hitchens.

One of those truly remarkable students is Jessica Allossery, she will be one of the performers in the "Battle of the Bands." Allossery had her eyes opened during an exchange to Brazil.

"It was a life-altering experience that opened my eyes to poverty in the world, and I felt an overwhelming guilt and urge to do



Jessica Allossery will be one of the performers at STAND's Battle of the Bands in aid for Rwanda and Darfur on April 7 at The Roxbury.

something about it," explained Allossery.

Allossery taught herself guitar during her first month at Fanshawe, and she started writing her first songs four months later.

"I didn't want to write songs solely on typical issues like love and sad break-ups," said Allossery.

Allossery's anthropology and sociology courses at Fanshawe have given her lots of new material for her songs.

"I wanted to teach the world what I was learning so that the people listening to my music would be compelled to make a change them-

selves."

Allossery is a member of the Executive of STAND Fanshawe, and she is one of the students who will be traveling to Rwanda this summer. In fact, Allossery, who is also a budding filmmaker, is going to be filming an independent documentary while in Rwanda. Allossery will be going to Rwanda while spending time in South Africa, where she will be working as part of the Student Work Abroad Program.

For more information, contact fanshawe@standcanada.org.



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Original (Corporation) Sin Why do men cheat?



FAITH MEETS LIFE
MICHAEL VEENEMA

Many years ago I recorded some songs and sold the recordings at performances. I still have a box of 45 vinyl discs to prove it. During that time I learned something about business that I thought was very cool. If you incorporate a business, it becomes a kind of person. It can borrow money, own assets, pay back loans, hire people and so on. A business can carry the financial risk for new ventures, a risk that the owner might not have to take on herself.

Corporations are key engines for the creation of goods, services and wealth in the modern world. They are everywhere. They, apparently, feed, clothe, shelter and medicate us from the birth room to the palliative care unit. We can scarcely imagine a world without Nike, Coca-Cola, General Motors, Scotiabank, the CBC, Loblaws, Pfizer, Warner Brothers, Microsoft, Monsanto, and Molsons. (This, in spite of the fact that up till 100 or so years ago, we lived without them.)

We like corporations. We buy their products. Their advertisements are entertaining. They pay well. They teach us what to think. They help provide a tax base for our cities like London so the roads get paved. They determine what's hot and what's not. They try to show us how to imagine the future.

However, they also have a down side. The film, *The Corporation*, depicts the dangerous, even what it calls "pathological," aspects of modern business. It traces the history of the corporation from small, temporary institutions to entities that embrace the planet and can seemingly never disappear.

The film documents how corporations are much like persons, not only in their abilities to borrow money, hire, buy, sell and so forth. They are also like persons in that they can mislead and pollute.

According to the film, corporations are guilty of pathological behaviours such as "callous disregard for the feelings of others," "reckless disregard for the safety of

others," "deceitfulness," and "failure to conform to social norms and laws."

The film does hold out some hope for change. In one scene the CEO of a major carpet manufacturer confessed that his company had a disastrous environmental record. He called himself a "plunderer of the earth." Since that confession, the company has, according to the film reduced its negative environmental impact by 30 per cent.

So corporations, also like persons, can confess their sins and repent. "Repent" in the original Christian sense means "change" as in "change the direction of your thoughts and actions."

Critics and commentators have offered their own insights into how things should be changed. Perhaps having a different body of regulations will help. Perhaps there needs to be more public ownership of large business entities.

In recent decades the idea of "original sin" has taken more than a few hits. We tend to be offended by the teaching of Roman Catholic and Protestant churches that all of us are prone to be destructive and egocentric, contrary to the purposes for which we have been created.

Perhaps though, observing the behaviour of corporations can help us to re-examine the doctrine of original sin. *The Corporation* helps show that whatever economic and social structures we create, and whatever their benefits, none escapes being tainted by a deep-seated selfishness and the capacity to turn away from the victims of our way(s) of life.

The biblical-Christian accounting of life reveals that change must begin with me, with you, with all of us. Change/repentance from self-aggrandizing spending habits and pathological corporate behaviours depends, in the end on a change of heart and a will to speak and behave differently.

We are called to a life that does not conform to the numbing visions of life we foist on ourselves through our mutual commitment to corporation profits. Hope must begin with a recognition of the Creator and his (if you need to say "her" that's ok) summons to live creatively and compassionately, with our first priority not to make profits so we can live in a constant state of excess, but to care for our neighbour.



IVANA PELISEK
ipelisek@fanshawec.ca

Time and time again we witness mediocre looking males cheating on their gorgeous, sophisticated women.

These men cheat for reasons I am not even going to attempt to understand. But why does it seem the norm these days to screw around on your wife or significant other?

The point of being in a grown-up, mature and satisfying relationship is to understand what it means to respect your partner.

To love and honour the person you have vowed to be faithful to appears to have been thrown out the window in many relationships today. Watching friends, co-workers and even family members constantly be in turmoil with their loved ones is quite upsetting to watch, considering once-upon-a-time ago they seemed to be so in love.

Through time it is inevitable that things are going to change. They may change for the better or the worse. They should not however involve a third party.

So why do people do it? I mean not all cases involve a bottle of tequila followed by several unknown shots. Maybe they do; I just don't know.

Whatever the case may be there is absolutely no reason as to why a person has to sink so low and hurt the one person whom they supposedly love and respect.

So, truth be told, we might never know what drives a person to be intimate with a complete stranger, but what we can presume is that it doesn't generate out of thin air.

Or is it really all that simple? Let's see. You happen to be out one evening, there may even be drinks involved, and then what. You wake up in someone else's bed not having one single clue as to how you ended up there?

What do you do next? Do you hide it from your partner or fess up your infidelity?

I can't even imagine what a talk like that might go like but I can be assured it wouldn't be too easy on the ears.



Tiger Woods with wife Elin was the master of cheating until his multiple indiscretions with other women became public.

I wonder what goes through a cheater's mind before and after he commits adultery. Does he even think about the heartache it will cause for the person who is most likely assuming this will never happen to me?

Many individuals enter a new relationship with high hopes that it may one day, actually go where it is supposed to go. Right?

You probably begin your relationship like any other couple would. You're all over each other. You spend every ounce of your being getting to know each other better. Whatever the case may be, I find that sometimes, if need be, couples may want to think about revisiting those good-old-days and remember what it was like to one day be as in love as they first were; when they were first introduced to the idea of true love and fidelity without a third wheel.

INTERROBANG

Fanshawe's Student Voice

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Letters to the editor are welcome. All letters are subject to editing and should be emailed. All letters must be accompanied by contact information. Letters can also be submitted online at www.fsu.ca/interrobang/ by following the **Interrobang** links.

Domestic bliss and the glory of food



CALL ME OLD-FASHIONED BUT...
Rose Cora Perry
www.rosecoraperry.com

I remember a few years back when I attended the orientation for my current post-secondary institute. The mother of someone who was to become one of my future classmates raised her hand in a frenzy to ask one of the coordinators who she could possibly pay to do her child's laundry? I sat there astonished – uncertain as to whether I should be laughing or shaking my head in shame for the single reason that her kid was so ill-equipped for life, in his late teens, that he didn't even know when to use the spin or rinse cycle. My conclusion – that's likely the least of his problems! This whole episode got me thinking.

While I could have simply written off this poor woman and her highly sheltered and coddled son as an anomaly, I started to look around. I realized what a rare thing in fact it was and still is to come across someone my age who is skilled in "the domestic arts." But it's not just people my age either – when it comes to good old fashioned home-cooking, making one's house spick and span, or completing one's own handiwork, it seems that most of us opt for the most "convenient" route, which when it comes to the latter of the two tasks involves the hiring of hands, instead of getting one's own dirty. The consequence? Well, aside from spending unnecessary dollars, because these skills no longer occupy a place in our minds in which they are considered "essential" and therefore merit transmission among the generations, we, as a society, have become increasingly dependent upon one another for menial labour, and we all know who gets shafted with said ill-paying and undesirable jobs.

More than this however, when it comes to the "art of cooking," in specific, I mean I'm not really surprised by the exorbitant amount of people knocking off from heart attacks, liver damage, or the like considering the crap that most of us are consuming. God knows what the hell that neon orange powder labelled as "cheese mix" in a certain major corporation's attempt at macaroni actually is, not to mention all of the additives that are, well "added" to our food, and all of the genetic tinkering that is going on. Frankly, just for pure "sanitary" reasons, I'd much rather make things from scratch (see the movie, *Fast Food Nation*, and I can almost guarantee unless you've got a real hardy stomach that you'll seriously think twice about ordering in, eating out, and frankly just buying "ground-up" products in general from now on).

Aside from how much our food process-

ing and manufacturing has changed, along with our increased access to products that at one point were relegated to specific seasons or geographic terrains, in my view it seems that our love of food has dwindled significantly. I mean whatever happened to the art of enjoying not just the meal itself, but the act of preparation? Why is it considered odd that I spend on average two hours a night making myself a lovely feast? If you're going to spend money on anything, shouldn't your health top that list? Shouldn't you care what you're taking in as a source of nourishment and accordingly, take pride in making the necessary task of replenishment an enjoyable one? I don't know, this all seems like common sense to me.

Undoubtedly, there's a lot of misinformation out there regarding making "healthier" eating choices. In fact, just the other day, I had a friend, who has never exactly been what I would call a striking example of someone who's at the top of their game health-wise, actually try to convince me that there is NO difference between organic and factory-farmed produce, and that it's all just media hype. Well I can tell you all in sincerity, that since I've gone organic and vegan, I have never felt or looked better – I'd say that's pretty hard evidence to argue.

I find it rather illogical that so many people claim that the reason as to why they rely on barely edible and highly questionable concoctions known as "microwave dinners" as their regular source of fuel is that they just don't have the time. It's ALWAYS about time! Well, time in itself is a socially created concept. Sure, the sun rises, the sun falls, people age, but this whole 24 hour clock business – it doesn't exist in every culture. Moreover, the ironic part of this whole "time excuse" is that likely in the long run if people were to spend MORE time NOW investing into their health, they'd have MORE time OVERALL in their lives, thereby making this whole rushing about business to get everything accomplished within a limited timeframe rather pointless, and kind of humorous when you look at it purely as an observer. Ah, but this "time excuse" as I've just described hinges on a much deeper and more profound issue in contemporary life, and that my friends is our focus on retroactive thinking, as opposed to planning for the future wisely.

Whether it's in regards to one's health, social policy, environmental legislation, or even manufacturing protocol, it's always about what will benefit us NOW at the cheapest cost and via the most efficient route. And we wonder why we are now paying for problems that were predicted centuries ago? Damn retroactive thinking – gets ya like a bitch every time. Perhaps that's enough food for thought this week.

and holding them hostage in prisons.

In this column he also defends the violent and unlawful protest at the Vancouver Olympics, where windows were smashed and roads blocked. He makes these masked protesters out to be heroes, and claims a violent and destructive protest is the only way to get your voice heard.

I understand Mirshahi writes an opinion column, but his views are hateful and false. He advocates rioting, calls our government fascist, and our leaders tyrants. If the Interrobang has any respect left for good journalism and reasonable debate, they will stop printing this man's angry diatribes against our society, and fill the space with something worth reading.

K. Vandergaag



Not freedom of speech but freedom itself



TAKE THE POWER BACK
DARIUS MIRSHAHI
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Extreme right and fascist organizations have jumped onto the free speech bandwagon lately. Conservative pundits on the far-right such as Ann Coulter accuse the "liberal" media and universities of suppressing conservative views - a laughable assertion, given the fact that she can easily find lucrative speaking engagements, distribute millions of books, and has the support of powerful institutions funding and advancing her ideas. If defending free speech has come to mean sponsoring wealthy right-wing pundits and enabling fascist recruiting maybe it's time to reassess this principle. There can be no truly free speech except among equals. Is an employee as free to express herself as her boss when he can take away her livelihood? Are two people equally free to express themselves when one owns a media monopoly while the other can't even afford to make photocopies? In our capitalist society the more money you have, the freer you are to speak. The movie *V for Vendetta* had it wrong. Ideas do not have any power on their own. Our capacity to act on our beliefs, not just express them, determines the power of these ideas. In "the marketplace of ideas" like all marketplaces, you need money to participate, and the more you have, the more power you have to put your beliefs into practice. Even if somehow, despite the extreme imbalance of power in this "marketplace of ideas," someone manages to use their right to "free speech" to say something that destabilizes the dominant power structure, history proves these rights are swiftly taken away. In practice, we are only ever granted the freedom to express our views so long as speech, in and of itself, changes nothing. Even today there are animal rights and anti-capitalist activists in the U.S., (Coulter's shining beacon of "free speech") who are being charged under anti-terrorism legislation simply for running websites and organizing mass demonstrations. We see time and time again whose rights to free

speech are defended, and whose rights to free speech are suppressed. Neo-nazi rallies in Canada and the U.S. are heavily guarded and protected by the police, while anarchist demonstrations are targeted with violence and dispersed with tear-gas and rubber bullets. Here in London, when neo-nazis came to protest the pride parade, it was the counter-protesters from Anti-Racist Action who were attacked and arrested by police. In Ottawa, when two thousand people expressing themselves led Coulter to cancel her talk, conservative pundits ridiculously accused them of attacking "free speech." Obviously in their minds Coulter's right to get rich while spreading hatred of queers and immigrants outweighed the rights of 2,000 people to express opposition to her poisonous ideas in a way that would directly challenge her. Thus proving that when fascists can speak everyone is silenced. Those who argue for freedom of speech against freedom itself fail to see that speech is a form of action. Riffraff like Coulter use their platform to enrich themselves, and gain legitimacy for racist institutions, thus acquiring more power to make their ideas reality. They also validate and promote violence, both institutional and social, against people who are already oppressed by the bigoted culture they perpetuate and build with every successful speaking engagement. If speech harms others and reinforces hierarchies and injustices we should confront it in the same way we would confront any other kind of abuse or oppression; not by calling the police or passing laws, but directly on our own terms, with or without rights, legally or illegally. The discourse of "rights" implies that the state is necessary to protect us. Once freedom is defined as an assortment of rights granted by those in power, we implicitly accept the legitimacy of our rulers. This is how we lose sight of actual freedom, and undercut the possibility of struggle against the state itself, which maintains and enforces the power imbalances that make true freedom of speech impossible. If we feel inclined to use the language of "rights" we should argue that the state has no right to suppress us, whether we be speaking or acting in pursuit of a world free of tyranny, domination, and oppression.

Time to muzzle Mirshahi

Dear Editor:

I am writing to express my concern about the radical views of one of the Interrobang's contributors, Darius Mirshahi.

Let me begin by saying that I wholeheartedly support his right to say whatever he wants, and I support your right to print it. However, I feel he crosses the line in a number of his opinions, and I plan to outline a few of these.

In the February 22, 2010 Interrobang issue 23 in a column titled: *In defence of the 2010 Black Bloc*, Mirshahi claims that Canada and "The Bay" are responsible for an ongoing genocide. He gives no evidence or reason for this, but goes on to make his next wacky comment, where he accuses police of daily violence and of violently kidnapping people

The car idling rodeo


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

Bitching about Life in London and Society is a weekly column that attempts to delve into the smaller irritations in our society.

I was in northern Alberta last summer, and observed a very ritualistic-pack like event. One that surely rivals the drive-in theatre, or those old A&W restaurants where your food is delivered on roller-skates. An event that supercedes the main street hot rod cruiser, although this one hasn't disappeared entirely, hangout on the Barney's patio for a while; I don't even want to talk about Grand Bend. What I observed was homage to the first Tim Horton's in a northern Alberta town. There were enough pick-up trucks in the drive through to hold a couple herds of deer, taken out by a 12 gauge in a farmer's field from the cab of the truck. It wasn't a matter of convenience, it was an event; the store was empty! Trucks wound their way around the store along the street and spilled over onto the highway. Cowboy hats bobbing in tune to Vince Gill and boisterous hooting and yipping that couldn't be heard over the droning of diesel engines, howling hound dogs and the dying moans of bucks, fawns and does.

It would be a leap to compare this phenomenon to the average drive through patron in London, but it did invoke the same question: Why?

There are many opportunities in our city to let your car idle away. To burn the refined liquid of prehistoric plankton because walking into a store to buy your coffee is an obtuse suggestion.

The Drive Through:

Next time you are in the vicinity of a Tim Horton's on an early morning workday, take a look at the drivers waiting in line: mean, stony, pinched nosed poker faces that wear their cars like an ugly old hat. We all have our turn at the drive through, but when does it become a matter of complacency, or laziness, or entitlement? When is it ok to use a drive through, and when is it better to park and walk in? That is not for me to answer, but I will say this: it is never ok to choose convenience over our planet! If burning prehistoric plankton was good for the environment, then have at it. The same goes for smoking, war, drugs and sniffing permanent markers. The problem is, they are all bad, they kill your lungs, innocent people, and your health and your mind and you get marker on your nose. Breathing in the exhaust of combustion engines is not good for anything but industry, exploitation, and doctors.

So, why do people line up across the park-

ing lot and onto Adelaide Street? Why do they look at you with irritation and scorn when you wind your way through them to park? Because by you parking and walking into the store, they feel like it is a personal attack on their choice to use the service of the drive through. "How dare somebody show me a way of life contrary to my small minded version of it!" They can sit in their cars, listening to the easy hits of yesteryear, fix their makeup, and grow more and more irritated at the slow pace of the line. Luckily, and let me share this secret with you, there is a solution. Get out of your car. I know, revolutionary talk, but hey, it starts somewhere.

There was a short-lived movement in London last year to ban the drive-through altogether. Remember that? Businesses responded with a fury, the public resolved against it and city council caved under the pressure, a year later, nothing. Convenience over our planet? Ease over effort, we are Timmying our way to oblivion.

The Idling Continues:

The drive through patron is an example of laziness perhaps, perhaps something else? There are other cases of the car idler that may be more disconcerting? An example may be the driver waiting for a train to pass that will not shut off their engine. We see this everywhere really: at grocery stores waiting for the middle aged woman cart abandoner to make their way out of the store, in front of variety stores waiting for bud to buy a pack of smokes and a bong (you notice how you can buy a bong anywhere now? You used to have to make a special trip to Younge Street in Toronto to hit up a head shop). People all over the place running their engines as they sit there with the windows wide open, smoking a butt and wiping drool off their shirt.

These people are not interested in convenience they just don't care! Not even crossing their collective mind.

My Take:

Engine idling has serious health consequences, experts say. Air pollution contributes to ozone depletion, increases rates of asthma and heart disease and contributes to the greenhouse gases that are associated with climate change. It is a myth that stopping and starting an engine is has more negative impact on the environment than idling, look it up.

The public relations machine will have us believe that it is swell to idle, but they aren't talking about the engine, they are talking about your brain.

Conclusion:

When all is said and done, when we lie on our deathbeds and reflect, we may find that our conscience keeps us more awake than coffee.

Comments? Look for the group B.A.L.L.S. on Facebook.



Bell tolls for Lakeport Brewery


IS THIS IT
 ADDIE SORRELL
 addie.sorrell@gmail.com

I want to thank Labatt Brewing Company. I want to thank you, for taking my one-income family down to none, and for taking away my family's benefits when they've never needed them more. For making a lame excuse of a severance package that you think is justification for waiting this long to tell us that Lakeport Brewery in Hamilton, will be closing as of April 30.

Three years ago, Lakeport CEO Teresa Cascioli decided to make a quick \$40-million for herself by accepting Labatt's offer to buy of \$201.4-million. Before that, Cascioli had been managing the company since 1999, bringing the company away from the edge of bankruptcy, and making them the top discount beer brand in Ontario. This was aided by the 24 for \$24 campaign in 2002, that we all grew to love so much - before the less catchy 24-for-25.60 was put into place. Cascioli's support of this change clearly marked the end of an era.

So how did the faithful workers of Lakeport find out the news, that the home-grown, successful brewery had now been sold to the big-bad-wolf of beer companies?

Ask my father; he's been working there for over 10 years, and as he left from his night shift on the morning of February 1, 2007, he was greeted by the adoring press, being asked what the workers thought of the sudden takeover by Labatt's. I suppose the CEO had forgotten to mention that, as she sailed off into the sunset with her cut of the

cheque.

After that, it went downhill; waves of layoffs, factory construction (while it had already been overhauled just prior to being bought out), and Lakeport beverages being routinely being produced in Halifax. It was expected that Lakeport would be closed, after all, Labatt's had been trying to kill the discount beer market since day one; it was only a matter of time.

Time caught up with them on the morning of March 30, 2010. Once again, while leaving the night shift, workers were told to report to a meeting, and day staff was told not to report to work that day. Once there, they were told they had one month left on the job; I'm sure there were some refreshments in the back they could have helped themselves to. Pre-made folders and pamphlets were handed out, informing each employee of their severance package and how there are jobs available in London. What's an hour and a half commute every day?

I'm not surprised they're closing, I'm more surprised at how Labatt's clearly knew about this for months and decided to wait until there was a month left to tell the employees that they had one month to get out. I just find the overall treatment and lack of respect toward Lakeport to be completely undeserved, given what they did for the discount beer industry.

Thank-you Labatt's for driving me to make the decision to buy higher-quality beer. You can expect very little of my business in the future. Please pass along my thanks to Cascioli as well; what on Earth would you have done without her?

Congratulations. You win.

End of school year pet abandonment thoughtless


LIFE'S LIKE THAT
 DANIELLE BARDAWILL

With the academic year winding to a close, most people are focused on getting through these next few weeks. Apartments, houses and bedrooms are being packed. Roommates are discussing tearful goodbyes and money for most is pretty much in the red. Every year when students move out of their college and university ghettos, they leave traces of their time spent like garbage on the curbs and in their rental units. Leftover garbage however is not what I want to talk about, "left over" pets however is.

Now you're probably thinking, "What is this girl talking about?" I'm telling you though, as a student in post secondary education for a total of three years, this is some-

thing I have seen year after year. The story usually starts at the beginning of the school year when a group of well meaning roomies decide to get a pet (usually a cat), and if by the end of the year they haven't "lost it" someone is supposed to take this animal home. This is where the problem begins. Now do not misunderstand me, I am quite aware most college students with pets are not mindless uncaring people who abandon their pets. I like to believe that those who do end up leaving animals behind are not evil people just thoughtless. Perhaps they have convinced themselves (especially if the pet is a cat) that it will be o.k. and that someone will take it in or animal control will pick it up.

Unfortunately a person's self-convincing is not the reality of the situation. Every year if you walk around post secondary ghettos you see left over animals that now fend for themselves for varying reasons. I'm tired of hearing excuses for just leaving a pet behind. If you live in a college home where the pet

belongs to everyone make sure it is decided that someone WILL be taking the animal with them when they leave. If you have neighbours with a pet, inquire as to what is going to happen with that animal when the time comes to leave the premises; if your not friends with your neighbour talk to someone who is or at the very least keep your eye's open for wandering or leftover animals in your area.

We as human beings are responsible to care for and show compassion towards these abandoned pets. I believe those who leave pets to fend for themselves out of convenience and poor planning are pathetic. If you are a pet owner who cannot take your pet with you simply do one of the following, find it a new home yourself via a Kijiji ad under the "free to good home section" or drop it off at the London Humane Society NOT Animal Control. I say no to Animal Control because they tend to euthanize animals within a very short time period.

If you are one of those people who come across a leftover pet do the right thing and leave out some food and water, find a way to contain the animal and contact someone to collect it hopefully towards a positive, safe well fed happy life.

More recently it has come to my attention that the Humane Society no longer picks up stray pets but they will receive them. If you do not drive the Humane Society will provide you with a list of numbers of private services that in most cases will remove the pet for you free of charge. In the past when I have been faced with left over pets, I have contacted a very reliable caring free of charge service called Pets to the Vet. They offer a wide range of services and the lady will pick up the leftover pet and bring it to the Humane Society for you. If you find yourself faced with a leftover pet I urge you to contact this service and stand up for the rights of those who cannot stand up for themselves.

Marianas Trench get a Juno sized shaft



BOBBYISMS
BOBBY FOLEY

I write about random things a lot. I write a lot about random things. Every now and then, I have to deliver bad news, news that I consider to be something of a travesty, and oh... how I wish this wasn't one of those times. But there's been a terrible oversight.

This year will mark the 40th annual Juno Awards, hosted in Toronto. Unless you're quite new, you may know that the Junos are presented to Canadian musical acts to acknowledge their "artistic and technical achievements in all aspects of music." However, if we were to put our collective heads together, I would wager we could come up with a whole list of artists or bands that have achieved a great deal this past year.

In truth, I can think of no Canadian group that has achieved more in 2009 than Marianas Trench, whose record *Masterpiece Theatre* entered our lives on February 24 last year, debuting at number four on the Canadian Albums Chart. It did so thanks to a weeklong album preview on Muchmusic.com and riding on the strength of the single *Cross My Heart*, released the previous December of 2008.

Since then, the record has spawned three other singles, including *Beside You* which this past week reached number one on MuchMusic, and the band's seventh and most recent single,

Celebrity Status, a video for which is ready to be released. In truth, the band finished touring the record a few months ago, returning home to British Columbia to recharge while singer/guitarist Josh Ramsay entered the studio to produce various bodies of work, including work on new material for the group.

"I'm working on some new MT stuff as we speak," he posted recently on Twitter. He and bandmates Matt Webb on guitar, Mike Ayley on bass, and Ian Casselman on drums all share vocal responsibilities — their Beach Boys-esque ability to harmonize vocally is matched only by their ability to write great songs.

Simply put, *Masterpiece Theatre* is probably the best Canadian album of 2009. It deserves an Album Of The Year award at this year's Junos, as similarly does the band deserve Artist Of The Year, yet neither award are going to be a reality — Marianas Trench are not nominated for a single award this year, and will be taking in the show (airing April 18) from home.

Chances are you know who the band are, or have heard one of their singles on radio or online at some point in the last 16 months. Maybe you don't immediately agree with my feelings about the album (because I know, there were great albums by Alexisonfire, Billy Talent, Michael Bubl  and more), but I really pored over the subject these past few days — I decided that if I was going to make such a claim about any record, I should look closely at a number of factors.

One such factor is definitely the quality of the record itself, as well as one for how well it was



Despite having arguably one of the best years for Canadian musicians, Marianas Trench failed to garner any Juno nominations for the album *Masterpiece Theatre*.

received. Critically, the album has received outstanding reviews, garnering 4.5 out of 5 stars from Allmusic.com and 5 out of 5 stars from Melodic.net. Closer to home, though, I don't know anyone that has listened to the record that hasn't been outspoken about how much they've enjoyed it. I repeat — in real life, without exaggerating, I don't know anyone that hasn't liked the record after listening to it. Looking at the play count in my iTunes would very likely reveal it to be the most played record of 2009 in my collection, as well.

To look at another angle, this record has made an incredible impact for the band, as not only has it attracted a much wider and more

diverse following, but has guided them into progressively larger venues along the way. That was evident even here in London, as they went from playing a packed show at Call The Office in July to a sold-out event at Cowboys Ranch, which is more than twice the size. Additionally, Marianas Trench enjoyed performing three shows during the Winter Olympics in Vancouver and a concert here in Ontario at Massey Hall just a couple of weeks ago.

The record doesn't simply feature a strong collection of pop-rock songs, it demonstrates in its title tracks a real mastery in the craft of songwriting. *Masterpiece Theatre I* opens the album, a soaring, epic rock song. "If I burn out, and slip away, well... this is just a part I portray," it says, establishing a solid momentum for the album and the theme of performance. The theme (and lyric) is tenderly reprised in *Masterpiece Theatre II*, which opens as a pure cappella song and showcases the group's incredible vocal talents, in both harmony and arrangement.

Fitting then, that the album closes

with *Masterpiece Theatre III*, an opus beginning with an apprehensive verse and moving on to reprise the hook and/or chorus of every song on the entire album, deftly written together and ending with a triumphant euphony as the band declares, "this is just a part I portray — I don't know how it got this way."

I have neither the room in this column nor a big enough vocabulary to describe to you how good the songs on the album are, excepting to say that the year and a half they invested in the album are apparent and testimony to the quality of the finished product. You may not agree that *Masterpiece Theatre* is the best album of 2009, but I'd be willing to wager that if you purchased a copy, you would be satisfied with every cent that you spent.

Check out Marianas Trench online at MarianasTrench.net or on Myspace at mspace.com/marianastrench. Listen to their latest album and be sure to note when next they're in London, because it will be sold out fast. Me? I'm out of words.

Timber Timbre bring ghostly atmosphere to their music

T.K. DALLMAN
INTERROBANG

"I'm not really interested in presenting myself in my music," said Toronto-based indie-folk artist Taylor Kirk, known onstage as Timber Timbre. "It's more a sensation, rather than a particular message, or something that I'm trying to pretend. It's an outlet of my day to day."

Kirk spoke to me last week whilst "hiding in the corner of the poetry section of a book store" somewhere between San Francisco and Portland, Oregon, where he was on tour. After catching some buzz at South By South West, Kirk has been taking the long way home to Ontario, where he will perform at London's Aeolian Hall on April 3. Fueled by his 2009 self-titled album, oft-described as ethereal and haunting, Kirk has had a successful year so far, touring non-stop and even being long-listed for Canada's coveted Polaris Prize.

"I kind of expected that I would continue to slug away at it very much the way I did with the first two recordings that I did. It was a solitary endeavour, and I'd play shows from time to time, and I didn't have any expectations. I kind of resigned to just working on that quietly. It's been a big shift, for sure. Compared to where I was at with the first two recordings, it's quite different."

Now, for instance, Kirk tours with a live band complete with Simon Trottier on lapsteel/autoharp and Mika Poson on violin. It's a luxury he was never able to afford.

"At the time my living situation prevented me from having the time or money or space to ever have a band. It's a lot of work to have a band, actually. I could go and do an OK tour on a weekend, just by myself. It was very convenient to do that, but not nearly as much fun."

The addition of other musicians has also helped to create Timber Timbre's notorious musical atmosphere, which some describe as ghostly, if not somewhat unnerving. However, that overall moodiness has also led listeners to believe that the soft-spoken and kind Kirk is more of a dark, brooding character, himself.

"I guess people seem disappointed when they talk to me, especially when they're familiar with the recording, you know? It's like the persona or whatever they have created based on the recording is not what they had in mind, but I think that's interesting."

Still, the enigmatic persona Kirk embodies has only been perpetuated by the fact that many Timber Timbre concerts take place in large churches, where his voice can reverberate on, in the hall. Yet, for

Kirk, performing in such spaces only feels natural, given the fact he first began singing in a church choir.

"I never really thought about that, but [churches have] become the preferred venue for us, and that's kind of where it started, too. And also, I learned to play guitar in the basement of that church where I sat, so that's interesting."

Now Timber Timbre has performed all across North America, from churches to bars and even nightclubs. And though there's no recipe for a successful performance, Kirk has always enjoyed the crowds of London, no matter what venue.

"You never really know until we start what's going to happen. For example, we just played at the Great American Music Hall last night in San Francisco and it's this huge, beautiful space, and we didn't have a nice listening audience. And then, at [Call the Office] in London it would seem like an awful place for us [but] I remember that being a nice show. It just depends on how open or not they are to let them allow us to create an atmosphere."

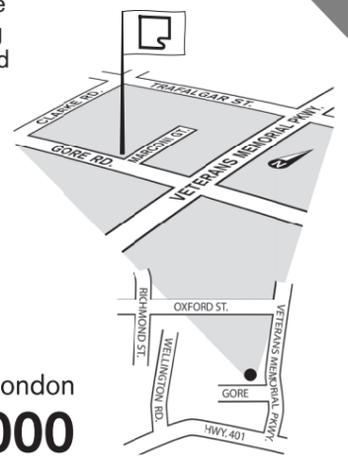
Timber Timbre will be performing at the Aeolian Hall on Saturday, April 3. Tickets are \$15 in advance, \$18 at the door.

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Musing about world's greatest band

JOSH HOFFMAN
INTERROBANG

If there is an alien, on a different planet, most likely in a different solar system, possibly located in a completely unheard galaxy, downloading a song from Earth's music library, that song would be by Muse.

It helps the UK-based band has songs titled *Exo-Politics*, *Space Dementia*, *Supermassive Black Hole* and *Knights of Cydonia*, which cites the five tone musical phrase from the film *Close Encounters of the Third Kind*. However, it also doesn't hinder your chances when you are the best bloody band on the planet.

Right? If you were an alien and you stumbled across this tiny rock's rock, you would probably want to hear what rocked the most.

That's Muse. Cased Closed.

Now that 80 per cent of you have stopped reading, we can continue. Because that means the 20 per cent of you who are still reading know. You know that these statements aren't (completely) bogus and you know why.

And that 20 per cent is all that matters.

I'm sure many of you are aware, Muse was in the area recently, hitting the A.C.C. March 8 in Toronto, to a mediocre showing of mediocre fans, and at the Palace of Auburn Hills just outside of Detroit, Michigan the following Saturday.

The word disappointment isn't in lead singer Max Bellamy's vocabulary, who conducted a musical masterpiece that lasted just over two hours. Surely not the only talent in his band, drummer Dominic

Howard and bassist Christopher Wolstenholme were nothing short of perfect.

The tour's innovative stage set is completely mind blowing, displaying three separate rectangles that act as individual stages and move vertically during the performance and work as video screens too.

With their new pad putting them on 50 ft. thrones, the threesome unleashed an energy arguably unlike that of any other species on this planet. Bellamy's voice surpassed its performance on the records, as the band exposed a talent that clearly couldn't be controlled into a recording studio. It's no surprise they won the 2009 Q Award for Best Act In The World Today, but rather almost an insult having been nominated unsuccessfully every year since 2004.

Last December SPIN magazine featured Muse on their cover. A giant quote ran across the shot of the band that read something-along-the-lines of "We are the biggest band North America knows nothing about." To get back to the mediocre crowd at the A.C.C., this quote couldn't be more evident. The crowd truly had no idea what they were experiencing. They got excited for hits that have made Muse popular throughout the last couple of albums, songs like *Starlight*, *Uprising* and *The Resistance*, three of the bands more "mainstream" sounding songs that shy away from their heavier progressive style.

The same day Muse performed in Toronto, they appeared on the local Corus radio station. Fresh off a trip to Wikipedia, the oblivious mid-day announcer dove in over

his head, interviewing some of rock's more intelligent minds.

Spoon-feeding the question as if they were babies, he asked about the band's theme of the "end of the world" on their latest record and what inspired them to write about this. Clearly, the on air talent wasn't aware that Muse has been writing about this stuff for most of their career. 2003's *Absolution* had the "end of the world" as a primary motif with songs like *Apocalypse Please* and *Time is Running Out*.

North America is behind the times with this one. There was never a Musemania. We weren't listening and to try and understand the genius of the three piece from Teignmouth, only illustrates our ignorance. It is too late and any effort now seems fake.

It doesn't matter to Muse anymore if North America cares. Muse doesn't care. They don't need us. They don't need anyone. They have built an incredible fan base on the other side of the planet and reverbs made their way over the ocean and anybody who wasn't listening to Nickelback, may know about HAARP and politics between governments on different planets.

They have aliens on other planets listening!

As they have been quietly becoming the best act in the world, they have been watching that world fall apart. So when they finally get their wish and armageddon arrives they'll be touring Jupiter. And you'll be either at the pearly gates of heaven or burning at the fiery gates of hell (or just paying more money on Ticketmaster.)

Who knows though. Aliens could be downloading Celine Dion and maybe she will be the only one saved. Or maybe the alien is Celine Dion and we are all going to die. That actually seems more logical.



Rebel Diaz brought their hip hop style to London recently.

Rebel Diaz break from the commercial

DARIUS MIRSHAHI
INTERROBANG

Underground hip-hop group Rebel Diaz recently made a stop in London as part of their first Canadian tour. The Centre for Social Concern brought them here to perform at King's University College alongside Salsa Desclazia; a salsa band from Montreal, and Test Their Logik; a revolutionary rap group based in Toronto and London.

Based in the South Bronx by way of Chicago, Rebel Diaz has been getting some major attention recently. From welcoming Hugo Chavez in the Bronx, to opening for Rage Against The Machine in a migrant farm workers action, they've been spreading consciousness through their music to larger crowds than ever, and gaining visibility for movements they support.

Fronted by the Afro-Boricua songstress and M.C., Lah Tere and Chilean brothers, RodStarz and G1, Rebel Diaz brings hip-hop back to its roots of street journal-

ism as they report on struggles from the streets of the Bronx as well as the movements in Latin America and beyond.

Their music is a blend of singing and rapping, and their lyrics are a blend of English and Spanish. Many of their tracks transition seamlessly between the two languages and they also take the time to teach the meaning of their lyrics to those who can't speak Spanish and encourage crowds to sing along once they know the content.

The Rebel Diaz show in London was an all ages event, was co-sponsored by several groups including Students United Representing Latin America, and was also a fundraiser for victims of the earthquake that recently devastated their home country; Chile.

For hip-hop heads that are sick of the same old commercial pop rap music, Rebel Diaz is a breath of fresh air. Be on the lookout for their next mixtape and try downloading a couple tracks online, you won't be disappointed.

Getting sissy bounce



YOU NEVER KNEW YOU LOVED ...
AMY PLACHTA

When a semi-obscure genre gives birth to a sub-genre, the inherited obscurity is magnified exponentially. As such, sissy bounce, an offshoot of New Orleans bounce, is so new that it doesn't even boast a major artist yet. Most of its musicians still exist almost exclusively on MySpace and other social media sites.

Bounce is a branch of hip-hop based primarily in New Orleans. It is characterized by the call-and-response style common to many southern genres, and going back decades to the earliest blues. A more modern element is the triggerman beat sampled from The Showboys *Drag Rap*.

Another common theme, and one important to bounce is the frequent use of hypersexual lyrics. In fact, sissy bounce removes just about every lyrical element that can't be described as such, and then further differentiates itself by ramping up the beat.

Perhaps the most notable aspect of sissy bounce is the general androgyny of the artists. Transvestites and other members of queer culture comprise the majority of sissy bounce performers, and they actively seek to be as sexually ambiguous as possible.

The sexual bent of the music

goes well with its typical dance, pop and whobble, which focuses entirely on the hips and pelvis to a degree that is also hypersexual, and is common to both sissy bounce and bounce music.

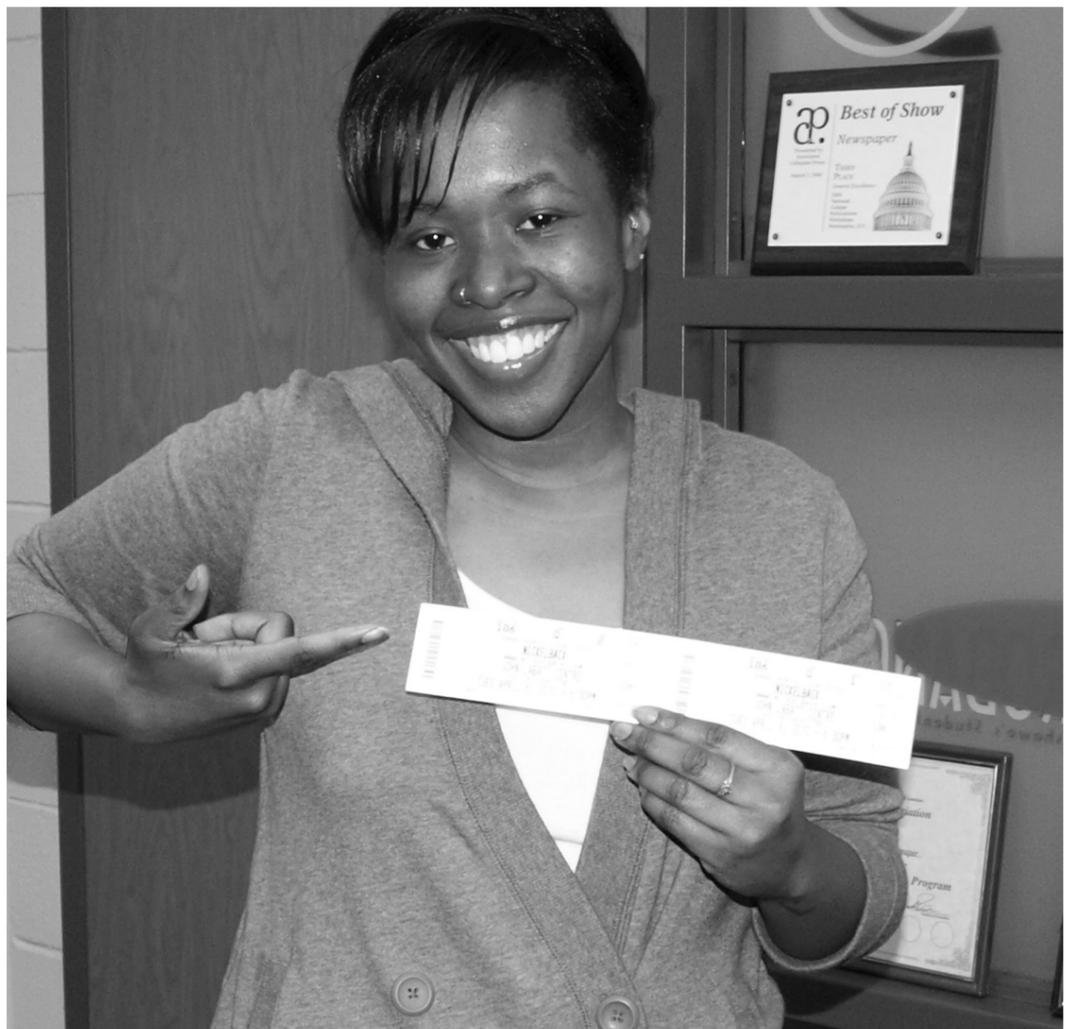
Since the genre is still small and emerging, each artist is necessarily heavily involved in self-promotion, leveraging social media like MySpace and Twitter to get their music out there, and freely posting contact information with the promise of affordable performance rates.

While still primarily a New Orleans genre, there are a few artists who have put on shows as far away as New York and Los Angeles and have helped to spread the appeal of their sound.

Katey Red: A pioneer in the genre, Katey Red doesn't actually recognize sissy bounce as an independent genre, but rather as bounce performed by sissy. Her MySpace page, myspace.com/kateyred showcases her performer's attitude in tracks like *Ugly Buggin' Me*.

Sissy Nobby: Showcasing his talent as both an original writer and remixer, Nobby's MySpace page is almost an equal split between the two. Check out myspace.com/sissynobby to hear originals such as *Like a Drum* and a remix of Miley Cyrus' *Party in the USA*.

Vockah Redu and the Cru: Leaning more towards hip hop than many other sissy bounce artists, Vockah Redu's distinctive high tenor tone is featured on tracks like *Roll Call 2000*, available at myspace.com/vockahredu.



Jessica Williams won a pair of tickets to the Nickelback concert at the John Labatt Centre by entering a contest on the Fanshawe Student Union's website, www.fsu.ca

ON campus

students enjoying campus life

The Blair Miskie Band/Bread Envy have yet to settle on a band name but go by either one, so while a name is still trying to be established they'll just keep playing.



The horticulture program has students learn by getting their hands dirty as they start replanting the school's gardens.



PHOTO CREDIT: ANTHONY CH



Moive night has always been something movie lovers can look forward to as Fanshawe students get to watch these movies before the DVD is released, and because its free.



Spring has come, the weather is nice, that means you can finally take that treasured bike of yours out for a spin, just try not to speed.



Just outside of the Oasis during lunch hour is packed as students just wait outside for lines to clear.

The colour orange was all the eye could see as students enjoyed an orange themed night at the Out Back Shack, while the tipsy students played many of the Dutch styled games.



Students came out to the Out Back Shack for a night of music as a concert was held in order to raise money for Honduras.



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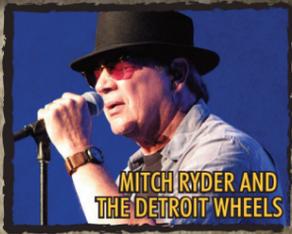
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High energy and high volume with Billy Talent

BADEN ROTH
INTERROBANG

During Earth Hour night instead of having a fondue or playing board games, 8,000 fans decided to head on down to the John Labatt Centre to see Billy Talent kick into high gear supporting his current album *Billy Talent III*.

The show started with a jolt as they played *Devil in a Midnight Mass*, calling for more crowd surfers and screaming. One thing that stood out was the amount of young fans attending, but this only added to the excitement of seeing this Juno Award winning band.

Throughout the powerful evening Ben Kowalewicz, the lead singer for Billy Talent, made references to the Canadian gold medal

win in men's Olympic hockey and that, "The Maple Leafs rock no matter what!"

They broke into *The River Below* and had Tom Gabel of Against Me! Help out with *Turn Your Back*, a unique combination that added to their performance. The last three songs of their set included the chart topping hits, *Nothing to Lose*, *The Ex*, and *Try Honesty* that had fans screaming and singing along. Another wave of intensity could be felt as the encore started with *Devil on My Shoulder* and one last pop and crackle with *Red Flag*.

To get things warmed up at the JLC Cancer Bats started off this power chord showdown and got the crowd ready for what

Kowalewicz claimed would "be the next big band in the U.S."

Against Me! only upped the ante and thrived off the excitement when they broke out with *Stop*, their radio breakout song. But this was only the beginning to next set on the bill.

Alexisonfire who played Call The Office not so long ago, took things another step as they jumped on stage and started doing what they do best and literally shook the JLC. Not only did they sound great, but looked good too, with the million watt seizure-esque technicolor flashing lights, and taking control of the stage, with *Drunks*, *Lovers*, *Sinners* and *Saints*.



Ben Kowalewicz lead singer of Billy Talent were at the JLC last weekend.

PHOTO: BADEN ROTH

Une femme est une femme

MAGGIE MCGEE
INTERROBANG

Charlotte Gainsbourg – IRM



The conception of *IRM* was sudden, and became fully realized through the healing process. The true inspiration: Charlotte Gainsbourg's water skiing accident – resulting in cerebral hemorrhage, and the album's title, *IRM*, is the French take on the many loud MRI machines Gainsbourg was forced to undergo for months. "When I was inside that machine" she said, "It was an escape to think about music. It's rhythm. It was very chaotic."

Gainsbourg has been familiar with the music industry and spotlight for some time, with her father, provocative musician Serge Gainsbourg being a huge name in French music, recording with the likes of France Gall and Brigitte Bardot, with a reputation that can only be described as gauche. As a child, Gainsbourg showed an aptitude for singing in her signature breathy whisper, her father encouraged her musical abilities in producing her and performing with her in the controversial track *Lemon Incest* which was recorded in 1984 when Gainsbourg was 13, two years later, her debut album *Charlotte For Ever* was created. Her music career took a long hiatus until 2006, while she worked in cinema on films such as *The Cement Garden*. In 2006 Gainsbourg's much anticipated second album *5:55*, was well received, going platinum in France. Working with artists like Air and Jarvis Cocker, and Radiohead producer Nigel Godrich, this album was reminiscent of her bawdy father, in touching upon sexual themes and imagery.

Gainsbourg's crossover from French to Anglo cinema around this time was impressive, gaining roles in films such as the Bob Dylan movie, *I'm Not There* as well as Michel Gondry's *The*

Science Of Sleep. More recently, Gainsbourg starred in the stunningly disturbing yet remarkable Lars Von Trier movie, *Antichrist*, alongside Willem Dafoe.

In *IRM*, there's a departure from the more sensual wraithlike quality imparted on Gainsbourg by her parents, and a more independent and different sound that is more personal and experimental. Produced and written by Beck (who just so happens to be a big Serge Gainsbourg fan himself), *IRM* has an eclectic mix of different styles. Obviously taking note from her father, Gainsbourg has never been afraid of genre bending, and as her partner in crime, Beck provides his signature mastery of tempo and rhythm to accompany the stark and minimalistic vocals. In some tracks the "Beck sound" is highly noticeable, particularly in the albums title track *IRM*, *Heaven Can Wait* (in which the two share a duet) and the speedy, over caffeinated track *Greenwich Mean Time* a definite standout of this album, which is bouncy, ominous and based around an eerie tic-toc sound. In tracks like *La Collectionneuse* (a gorgeous piano driven lounge track that sounds both classic and cosmic) and *Vanities* Gainsbourg's voice seems to blend with the music perfectly, creating a sort of all encompassing and liquid effect. However, the pop hit song of this album is unquestionably the pervasive *Trick Pony* with a jangling, dark tambourine beat and vague, secretive lyrics like: "X.X. the eyes/C.C. rider riding/from the morning tide/to the far horizon/sic sic the wolves and hope it don't get ugly/my trick pony he don't know me he don't know me at all" with trippy, echoing back up vocals and screeching guitar, it's actually kind of a surprise Gainsbourg and Beck didn't choose it for their debut video. From start to finish *IRM* is an album that encompasses nostalgia and apprehension in an intricate way, an anxious psych album with a soft femininity that is both fearful and warm.

For more information on Charlotte Gainsbourg: www.charlottegainsbourg.com

Never been a better time to be Canadian band Hot Hot Heat

BADEN ROTH
INTERROBANG

I was able to meet up with Paul Hawley (drummer) and Luke Paquin (guitarist) from Hot Hot Heat on a rainy Friday night at the Horse Shoe Tavern during a sound check. Here is how it went.

Q. As you were just signed on with Dine Alone records how is that working out for you?

Paquin - "So far everyone's been pretty nice, as it's only the first day."

Hawley - (jokes) "They might see us play and revoke it! Everyone has been very good and it's been a smooth transition."

Q. Since your last album *Elevator*, you have changed a bit of your style and sound. Do you consider this a new chapter and do you like it?

Hawley - "Definitely a new chapter – we even considered changing the name (fortunately and unfortunately we didn't), it feels as if we are moving in a new direction, new studio and a new outlook and enthusiasm, not to mention a new bass player (Parker Bossley)."

Paquin - "Every single album we have put out has been super different from the last one – probably to our detriment. Luckily, the fans understand that from us and get where we are coming from. We still sound like the little goofy guys we always were and that will never go away. We definitely are goofs."

Q. Your new album is out in July? Or so says your MySpace.

Paquin - "Yeah, it's been a while. We have just been getting things set up with the label, we finished it a while ago. It has been the craziest stuff we have ever done, we had the hardest time learning our own songs for the tour. We wrote them, learned them, and forgot them and then learned them again. It's more technically challenging stuff but we think it's been the most fun. It feels as there is a new enthusiasm for the band and project and we're very excited to see where it goes."

Q. Right now, 2010 is a new era for music, for artists and fans, how is it to be a Canadian band?

Hawley - "Truthfully I don't think there has ever been a better time to be a Canadian band, and apparently my hair straightener keeps dying and apparently if you're in a Canadian band you have to keep your hair straight, we kind of gave up on that though. But really some of the best bands are coming out of Canada so it's not a bad place to be."

It wrapped up with some laughs and some crazy stories, which were agreed to have been exaggerated, but all in all this band is really back on track and can't wait to start touring again and do their thing.

Their new album is set to be out sometime in July but an exact release date for *Future Breeds* has not been revealed. It has been three years since their last release.



Hot Hot Heat at Canadian Music Week in Toronto.

PHOTO: BADEN ROTH



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Frankie (Laura Vandervoort), left, and John (Steve Austin) are two of the stars in *Damage*.

Stone Cold's latest film is stunningly good



Cinema Connoisseur
Allen Gaynor
www.cinemaconn.com

Damage (2009)



One of the biggest stars in the history of the wrestling business, "Stone Cold" Steve Austin is back stomping mudholes in asses and walking them dry. These days however, he's doing it on the silver screen, not in the wrestling ring. Austin stars in the new to home video release *Damage*, which has quickly become one of my all-time favourites.

Austin stars as John Brickner, a man who is fresh out of prison. Brickner killed a man to end up in the slammer, and hopes to make amends now that he has been released. He works as a construction worker by day, and a bouncer by night, earning a meager income while keeping his nose clean.

Brickner's life gets more complicated once again however when he learns that the daughter of the man he killed needs a heart transplant. Unfortunately Barack Obama wasn't around at the time to give everyone health insurance, so this girl and her mother don't have a lot of options.

The girl's mother comes to Brickner and basically demands that he help out, since he is the reason her husband isn't around anymore. So Brickner, who was trying to put his life on the straight and narrow path, must delve into some questionable situations to raise the \$250,000 necessary for the operation.

Luckily Brickner is quite adept at fisticuffs, which catches the eye of the somewhat shady Reno, and his girlfriend Frankie. Reno is heavily involved in the world of underground fighting, and sees Brickner as his latest meal ticket. This leads to several explosive fight scenes in the film, each taking place in a unique setting. One takes place in a drained out swimming pool, one sees the fighters surrounded by cars, and one even sees them surrounded by dogs. No truth to the rumour that Michael Vick was a co-writer of the film.

From there it is two steps forward, two steps back for Brickner, as more obstacles get thrown in the

way of his quest to help a dying girl. Redemption, atonement, friendship and loyalty are all themes central to *Damage*. Of course if you're not into all of that, you can at least enjoy the kick ass fights. Think *Fight Club* turned up another notch.

Austin was terrific in this movie. On the surface, it may seem like a similar character to the one he played in his first film, *The Condemned*. But this is a far meatier role – Austin has a lot more to say this time around, and he is surrounded by some very good supporting actors. In the "Making of *Damage*" feature included in the DVD extras, the other actors and behind the camera personnel are quick to offer praise for Austin's hard work and humbleness. Austin is equally respectful of his cast mates, saying he was surrounded by people better than him. That may be the case now, with only a handful of films under his belt, but years from now I think it will be Austin who becomes the wrestling world's biggest film star, especially if *The Rock* keeps cranking out gems like *The Tooth Fairy*.

Also included in the making of feature is a closer look into the different fights showcased in the film. The movie was filmed in British Columbia, and several of the fights were actually filmed in locations where real-life illegal fighting takes place.

So I loved the film, and I enjoyed the making of feature. However, I have to say, *Damage* is not for everyone. For example, children shouldn't watch it. Unless of course you want your children exposed to images of men being beaten half to death. In which case, some people should probably be coming to your door and taking those children away from you. Also, this is probably a film that will appeal far more to men than women. The testosterone levels are off the charts in this one. I grew a beard while watching it.

If you're not a child, and not too squeamish, then *Damage* is one that I wholeheartedly recommend adding to your video collection. It has elements of the Patrick Swayze classic *Road House*, as well as the aforementioned *Fight Club* and *The Condemned*. So if you liked those films, then you will surely enjoy *Damage*. And if you don't like those films, then you're just an idiot. And that's the bottom line, cause the Cinema Connoisseur said so!



Johnny Depp stars as the Mad Hatter in *Alice in Wonderland*.

Alice in Wonderland a feast for the eyes

KATHRYN FUDURICH
INTERROBANG

Alice in Wonderland (2010)



In his twisted sequel to Disney's *Alice in Wonderland*, Tim Burton sucks audiences into a 3D fantasyland in this year's *Alice in Wonderland*. The cast was brilliant, the story captivating and the visuals stunning. Some may be disappointed that the story itself is more family friendly than you'd expect from Burton but it is truly an experience.

Soon after the story begins and Alice (Mia Wasikowska) finds herself falling into a deep hole, similar to the classic story, it becomes clear that this is not the first time a girl named Alice has dropped into Wonderland. There has been an Alice there before whom the Mad Hatter (Johnny Depp), the Tweedles (Matt Lucas), Blue Caterpillar (Alan Rickman), the Red Queen (Helena Bonham Carter) and White Queen (Anne Hathaway) remember well. The talented cast brought to life a story of a lost girl fulfilling her destiny and learning to understand who she is as an independent young

woman.

As she lives out the adventure and comes to terms with the fact that, contrary to her belief she was dreaming and this is all really happening, Alice risks everything to help some of her mad friends find peace in Wonderland.

The great detail and care put into each scene is magnificent, from the creatures slaving away in every corner of the Red Queen's castle to the expressions on the faces of the Mad Hatter and his friends, Burton delivers a film not only unbelievable to look at but comical and

touching.

Burton's *Alice in Wonderland* is about friendship, bravery and believing in yourself. Every single cast member brought their character to life and gave these fictional beings real personalities. Depp stood out in his offbeat role as the Mad Hatter and Hathaway had everyone laughing as the delicate and overly polite White Queen.

The 3D tale is definitely worth the price of admission even just as an experience in a land that only Burton could make so intricate and imaginative.

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Porn, sex, and censorship



INTERWEBIOLOGY
AMY PLACHTA

There has been a lot of talk in recent years about getting ISPs in on the war against illegal downloading. With the availability of deep packet inspection, it wouldn't be difficult for ISPs to monitor the file types that their services are providing access to and allow or restrict data flow accordingly.

But some people are thinking about using the technology for more than purely economic causes. Some people have things like moral fiber, modesty, and traditional values in mind.

They would like to ban pornography.

Aside from the intended consequences, there could be others: the sale of physical pornography (DVDs and magazines) would probably skyrocket as people who are used to having constant access would have to outsource their supply; poorly made amateur porn would decline as people would be forced to go through semi-reputable companies in order to expose themselves; and the concept of the "Porn Star" would resurge as the chaff is shaken off and recurring, bankable actors and actresses would regain visibility.

Plus wouldn't it be interesting if all the niche-market perverts actually had to socialize with each other in order to trade their personal libraries?

It might not be as far off as you think.

Recently Walmart bought out VUDU, an on-demand video company, and elected to block all pornographic material, even that which was already bought and paid for. Apple also recently purged its store, removing even the tamest of apps. The purge did not go off without a hitch, however. Some apps were restored after a few days, and others didn't make the chopping block. After the initial cut, a relatively unpopular app called Tubes! saw its sales spike to \$10,000 simply because it was one of the very few "sexy" apps left.

The problem is that it isn't just the blatantly sexual websites and media sources that are impacting the sexual health of society. In certain regions of Britain where Facebook is most popular, there has been a fourfold increase in incidents of syphilis, particularly in women. Researchers are finding that social media is being leveraged to arrange casual sex hook-ups, and safer sex practices are seldom being brought along on the dates.

Even sites dedicated to more serious relationships are question-

able. eHarmony claims to be responsible for 236 member marriages each day. What they don't advertise is that one in three women will sleep with a man they are introduced to on the first date, and 80 per cent will not use protection.

Online dating sites are also worrisome because they rely solely on the word of the applicant. While some users stretch the truth in predictable ways (women claim to be 16 years younger and 38 lbs lighter on average, and men claim to be 13 years younger, 5" taller, and make \$74,000 dollars more than they actually do), others are more insidious: one in 10 sex offenders uses online dating to meet people.

What has some people even more concerned is that it isn't just dissatisfied spouses and inquisitive teenagers who are trolling this side of the Internet. The word "porn" was the fourth most Googled term by the seven and under age bracket in 2009. When split by gender, there is a fairly even correlation in the top three search terms (YouTube, Google, and Facebook), there was a split thereafter, with boys fourth and fifth terms being "sex" and "porn," and girls searching "Taylor Swift" and "sex."

In the eight to 12 year-old bracket "porn" fell off the top 10 but was replaced in fourth place by "sex," coming in just one spot up from "Club Penguin." "Porn" returned to the list for the 13 to 18 age group in sixth place, but "sex" remained steady in fourth.

What these statistics can't tell us is whether the searches were meant to satisfy innocent curiosity, or purely physical interests. While some groups have sought to create educational hubs online, their success has been limited. There is a perpetual battle between progressive educators who want to provide as much information as possible, and conservatives who advocate abstinence and feel that any information is too much.

A ubiquitous success story is a site based around the PBS show *The Education of Shelby Knox*, where youths and adults can talk about realistic situations without having to reference themselves or their family members. Kivi Leroux Miller, president of Nonprofit Marketing Guide.com thinks the concept works because "it's not about 'their kid' - because no parent wants to believe their kid would be the one having sex in the school bathroom."

The idea of an Internet without porn is almost unthinkable for some, but the real concern is where exactly the line will fall between pornography and education, and how non-pornographic sites will deal with censoring members who are overtly sexual simply by virtue of being human.

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Student venture mirrors Toronto show



ALYSSA PAGEOT
FASHION WRITER

Toronto's annual "One of a Kind Spring Show and Sale" occurred over the weekend, running from Wednesday March 31 to Sunday April 4. Held at the Exhibition Centre, the One of a Kind Show is a celebration of all things unique and many DIY creations from entrepreneurs all around Ontario. This was an incredible chance for all designers and artists to show off their skills and for people in the community to come out and support local artists and their beautifully executed ideas.

The One of a Kind Show has been running since 1975, and although it began as a craft show, fashion has always been a key part to the celebration. This year there were three fashion shows being presented by Toronto Life as well as many booths featuring leather, fashion jewellery, hats, fashion

accessories, fabric and textiles, and of course, clothing. There were so many artisans featured at the show and an excess of 28 categories of crafts, that it really was impossible to not find something for anyone.

I personally love going to local exhibits like this; most are held at the Ex and in the past I've been to many craft shows and fashion expos where I always find incredible deals and gorgeous pieces that are handcrafted and completely unique. I have a certain sense of pride when I wear these pieces, knowing that in most cases I am the only one to own it and I always get the best compliments on these items.

Supporting one of a kind designers and artisans is very important to me and I think it's important for people to realize how much work goes into a completely unique collection. I never mind paying that little bit more to support the hard work and creativity that goes into these business ventures. Sometimes you can't accept the realization of how much work it is until you literally go out and do it yourself, and Fanshawe's second year fashion

design students learned that themselves just under two weeks ago when they put on their own mini One of a Kind Show in the halls of Fanshawe College.

Students in the business of fashion course were asked to create a one of a kind product of their choice to be sold to Fanshawe students and faculty; something that would suit that specific target market and a product that would be successful. The project tested the student's entrepreneurial skills and ability to come up with a cool idea that not only was well made and relatively original, but something that would sell. This is where it became difficult to market a product that Fanshawe students could afford, and although there are many ideas that are great in theory, some may not be realistic. The outcome was amazing nevertheless, featuring a wide variety of products that were not limited to fashion endeavours.

Working in groups of four, the students came up with some great ideas and marketed these products so well with incredible displays, tags, flyers and even matching outfits worn by the salespeople. Some of the products sold included chocolate covered strawberries; marketed with Easter tags that were perfect for gifts for friends and family. There were also fancy French macaroons, as well as smoothies. The food endeavours ended up paying quite well and emulating success from Fanshawe students. These ideas were well-done, and tasty; probably the best products to sell at Fanshawe earning them the most sales, but I still



Fanshawe students (from left to right) Elizabeth Harris, Rebecca Collins, Marisa Crandall, and Andrea Lorimer sell one-of-a-kind hand made recycled clutches in front of the bookstore. PHOTO: MARISA WRONG

Jackets for all seasons



AIMEE BROTHMAN
FASHION WRITER

Oh, the fickle fluctuations of spring! After the first day of warm breezes and sunshine, out come the bright florals, and gauzy summer dresses. Hastily shoved to the back of our closets, after what seemed like an eternity of gray, are the bulky knits and dreary-coloured cardigans. But when the temperature recoils, said items are begrudgingly fished out for one final fling. This spring, however, my dear fashionistas, it will be different.

After a solid season's showing of jackets galore, these toppers are decidedly the "it" garment while we transition into warmer days. With trends and cuts suited for all, there is certainly one out there for you, no matter your need. Here are a few of my favs:

LEATHER:

Forever a classic, this season, the leather jacket is having a moment in the spotlight, as leather has become THE "au courant" fabric of choice among fashion designers, as of late. Make this trend "2010" by choosing an unexpected colour, like a nice smoky gray or a rich, "taupey" brown. Detailing, such as bold, contrasting stitching, or a few well-placed pin-tucks will refresh this classic look. The bomber is still the standard "go anywhere" cut, but the more adventurous can opt for a cropped, asymmetrically-zippered biker style leaning more towards Balmain, than Burberry.

MILITARY:

Long since a favourite trend of mine, I chalk up my infatuation with this look to my love of natural tones and inclinations towards androgyny. This spring, designers from minimalist enthusiast 3.1 Philip Lim, to young and fresh Alexander Wang, have injected

strict orders into their collections giving a salute to army-inspired garb. My absolute favourite take was Marc Jacobs' four-front cargo pocket belted number, complemented with a silk ruffled damask trim, adding just enough feminine glamour to the strong and masculine piece. With a price tag that exceeds the limit on my Visa card, I sadly won't be clamouring to Saks to get my hands on one anytime soon. Fortunately, every contemporary designer (think Juicy Couture, Theory, Rag & Bone, etc.) as well as "fast fashion" chain, are loving this look, making it easy to at least appear as though you attended high-end boot camp. **ATTENTION!**

DENIM:

Everyone's got "the blues" this season, but fear not: it induces a happy, carefree vibe, not a frown this time around. Back again this season, rocking denim on top was already deemed cool back in the hippie aftermath of the 70s and the acid-wash loving 80s. Make it modern by pairing it with anything white eyelet (a la D&G), or your own by mixing and matching patterns and fabrics. The best way to do denim, this spring, is with anything else NOT denim; be it leggings and a cami, or a cute dress.

BLAZERS:

The "boyfriend blazer" was all the rage last season, and although the madness has died down, 'this business gone cas' item remains a staple in any fashion-conscience girl's closet. To a Parisian, a blazer is as necessary as a purse, and their mentality is evidentially catching on here. Thicker, wool versions can keep shivers at bay for cooler days, while lighter, cotton ones are perfect for just a slight breeze. Impossible to get wrong, a blazer can top a grungy tee and jeans combo, as well as a sparkly cocktail dress. Longer versions act more coat-like. If you intend on "blazing" your way through winter's final attempts, look for one with good lining.

appreciated just as much the hand crafted designs that were sold by remaining fashion students.

One group sold hand crafted, recycled fashion clutches made from 100 per cent recycled materials, and each clutch was completely original and one of a kind. Another group targeted our nostalgia and sold cassette tapes made into small clutches that were perfect for storing your cards and phone when going to the bar. My absolute favourite business venture, however, were the hand-painted umbrellas. Featuring many designs such as flowers, polka dots, ladybugs, and even birdcages,

the umbrellas were a great idea and although they may not have sold out at Fanshawe, the makers have been garnering a lot of interest from friends and family members who want to purchase a stylish one of a kind umbrella.

All in all I think the students learned a lot about selling and marketing products and I'm sure it will teach them in turn to be more inclined to support local because whether it's London or Toronto or anywhere across the world; DIY and one of a kind products are special, and the artisans behind the ventures deserve praise for their fantastic ideas.

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Cheating with the ex, sad traveler and puppy love



LOVE LOLA
LOLA I. LOVE
lolaletters@live.ca

Dear Lola,
I've been dating this super sweet guy for about a year and he couldn't be nicer. Unfortunately, he also couldn't be more boring. I love how reliable he is, but I need more passion in my relationship. I feel horrible, but I've recently started sleeping with my ex. He's kind of a jerk who liked to cheat on me, but he's so much more exciting to be with. Which guy do you think is a better choice?

Double Trouble
Dear Trouble,

There are two things that I look for when shopping for a new car; nice and reliable. These are certainly not the two things at the top of my list when I am shopping for a boyfriend! Your description of your beau is just plain sad. It sounds like you're referring to an old sweater, not a lover.

This ex on the other hand sounds like a disaster! Not only did he cheat on you, he clearly sees no ethical dilemma in cheating with you either. Here's a tip genius; if someone cheats on you once, he'll continue to cheat on you every chance he gets. Just because you're involved in a new secret affair with this loser, don't fool yourself into thinking he's changed. Don't confuse lust with trust baby, he's the same cheating bastard, you're just seeing him from the other side of the fence now.

As far as this other guy goes, you need to walk away. Not only because continuing to be in a relationship with someone who actually bores you is a punishment beyond comprehension, but also because you're kind of a selfish bitch and he should be as far away from you as possible.

My advice? Try being single for a while and work on how to be a mature and respectful partner before interfering in any more lives.

Good Luck Sister!

Dear Lola,
I'm graduating this year and I wanted to celebrate with a fun weekend getaway. I asked a few people and a friend agreed to come with me to Vegas in May. The problem is, I didn't invite my best friend. She has two kids, she doesn't have a lot of money and I knew she wouldn't be able to go. I honestly thought she wouldn't care. Now that she knows, she's super upset that she wasn't included. What can I do now?

Sad Grad
Dear Grad,

Well, congratulations on graduating from college and running head-on in the real world. While you were busy scoping out hotels and cheap flights, you were driving straight into a social catastrophe without even realizing it. You planned a trip and didn't invite your best friend? Tisk, tisk darling. Though your reasoning may have made sense while you were surfin' Travelocity at 2 a.m., in the harsh light of day you kind of look like a jerk. Who cares if this girl has 12 kids and \$5? You still owe your 'best' friend the courtesy of an invite. We all know that when you assume you make an 'ass' out of 'u and me,' right? Well, in this case, you're the ass and your friend is the sad schmuck who was left out of celebrating your success.

In the future, invite your closest girls and allow each of them to back out gracefully if they are unable to attend for any reason. Perhaps she's got money saved for a rainy day? Maybe with two kids she could really use a weekend away with the girls? Truthfully, you'll never know if she would have said yes, because you never gave her the opportunity to accept your invitation.

In the future, cast a wider net and be sure to bring her a pretty sweet souvenir.

Good Luck!

Dear Lola,
I'm graduating in two months and then I'm off to Vancouver where I have accepted a position at a well-known company. This is basically my dream come true. Of course, after being single for the last two years I've also just started dating a girl who is so amazing. I'm actually considering giving it all up and staying here for one more year. How far should I go for love?

Puppy Love
Dear Puppy,

I'm a romantic. I proudly wear my heart on my sleeve; I cried reading Wuthering Heights, I always root for the guy to pick his best girlfriend at the end of a movie and I even watched the first few seasons of the Bachelor. I'm in love with love, or more accurately; I'm in love with the idea that true love exists if you're willing to sacrifice everything to find it.

Of course, even though I believe in love and I hope for love, I'm also a realist with bills to pay and a retirement fund to build so I rarely make any romantic decision that could compromise my financial security. Therein lies my problem with answering your question; I wish you hadn't suckered me with the addition of a career-making opportunity. Gah! Sure, life is better when you're allowed to be impulsive and take risks, but it's also very enjoyable when you have enough money in your pocket to buy yourself flowers and order breakfast in bed (FYI: my favourite activity of all time).

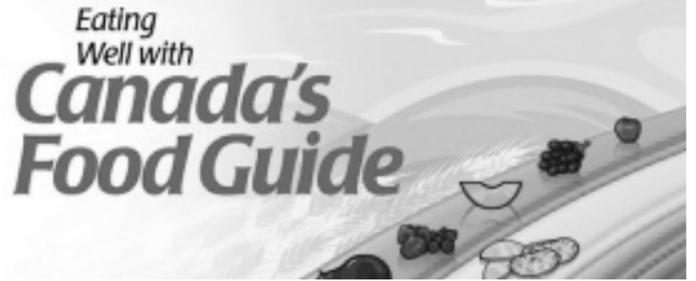
Here's my advice; take one year. Move, take the job, but keep the girl. Keep her close; webcams, Facebook and Skype have made long distance relationships hip, convenient and less risky than ever before. In one year, if you're still in this happy place then you should jump right in; she can move there, you can move back, you can both move to Siberia for all it matters. When you know you've found your person it's pretty priceless.

Good Luck!

Love Lola

Got a question?

Email me at lolaletters@live.ca All emails are confidential and your identity will be protected. If you're not comfortable sending me an email, just visit the Interrobang website at http://www.fsu.ca/news_lola.asp to send me your question.



International food guides could shed some light into healthy living



LOVE LOLA
LOLA I. LOVE
lolaletters@live.ca

Canada's Food Guide is a great tool to make sure you are eating healthy. The diet information is depicted in a rainbow shape to make it easy to read. It is organized by food groups and takes into account a persons age and sex when recommending servings of each food group per day. It gives examples of different food choices from each group and even suggests what one serving size should look like. Plus, for extra consideration, the Canadian Food Guide makes mention of healthy eating habits and appropriate activity levels.

What you may not know, however, is that Canada's Food guide is specifically tailored to our country, and that other countries have food guides of their own depending on their diet and food availability.

So how does our food guide differ from the others? Well, first of all, the format of each country's pictorial food guide is a little different. They can be colour coded like our own, a pyramid structure like the Food Guide found in the USA, a wheel shaped pie graph or a pagoda.

Whatever the structure, each food guide provides a custom and healthy diet guideline for its home

country.

The Mediterranean Food Guide is structured as a pyramid, for example, and differs greatly from any food guide found in North America. It incorporates olive oil as its own section and suggests eating red meat only a few times a month. It also suggests a glass of red wine per day as a healthy choice. I think the Mediterranean Food Guide is my absolute favourite one.

The food wheel from Mexico lists beans and legumes as their own category instead of bunching them in "Meats and Alternatives" like we do in Canada. The beans and legumes category is recommended in higher quantities than animal meats in Mexico, next to grains and starches.

The Australian Food Guide is also a circle graph, with a side note that suggests drinking plenty of water. This is probably due to their warmer weather and prolonged sun exposure as compared to what we are used to in Canada. They also have a separate "sometimes" category for junk foods like burgers, pop, fries and ice cream.

In order to completely understand our own eating habits while making healthy decisions, it's a good idea to compare our diet to those around the world. Not every food suggestion from other countries will apply to us, but some international food philosophies could truly benefit just about anyone.



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zodiac stargazer HOROSCOPE

Aries (March 21 - April 19)

This may not be the best time for getting along with others. Excuse yourself from the hostilities, and move to an environment that's free from prying eyes.

Taurus (April 20 - May 20)

Whatever you do will be seen from a great distance. Enlighten others with your wit and charm. Improve your business or local culture through a simple innovation that makes perfect sense.

Gemini (May 21 - June 20)

You reminisce about past days of leisure, and gaze with longing on those who are having them now. Remember, all things are cyclical. The messenger didn't create the news that they bring. A team goes nowhere without trust to unify it.

Cancer (June 21 - July 22)

Cancer leaps and cavorts around the maypole, ready at each step to fall headlong into the mud or sprout wings and fly away. You're optimistic about a volatile state. Be wary of accidental gifts from others.

Leo (July 23 - August 22)

You fail to see what all of the excitement is about, as you've seen this all before. Keep your opinion to yourself, and wait until others become as wise as you. Your friends do want your support.

Virgo (August 23 - Sept. 22)

An old emptiness is filled to your great satisfaction. Romances and other mergers are more likely than ever. Your capable hands are ready to hold a fortune.

Libra (Sept. 23 - Oct. 22)

It's a new month, but you're still handling old business. Libra is more comfortable making a fresh start when such things are possible. Courtesy seems necessary, but it costs so much these days.

Scorpio (Oct. 23 - Nov. 21)

You're more interested in enhancement than completion. Harmony reigns in an industrious workplace. Those who have struggled to be heard find their voices at last.

Sagittarius (Nov. 22 - Dec. 21)

Sagittarius has one eye on the future, but there's no telling where your present course of action will lead. Watch your step, smell the coffee and listen to which way the wind is blowing.

Capricorn (Dec. 22 - Jan. 19)

Springtime is kind to Earth Signs like Capricorn. You like the dirt under your nails as you plant new crops. This is the first step, and you can see the natural progression of each one that will follow.

Aquarius (Jan. 20 - Feb. 18)

Restriction can be a relief. Even though you may lack your usual freewheeling energy, it's nice to know what you can and can't do. The tea leaves suggest moderate behaviour and an early bedtime this week.

Pisces (Feb. 18 - March 20)

When given the choice, choose cash over stock options. You feel too smart to take risks. Those who are being groomed as leadership material should understand that the path is long but rewarding.

QUIRKY FACTS

1. Bill Bowerman, the co-founder of the shoe company Nike, got his first shoe idea after staring at a waffle iron. This gave him the idea of using squared spikes to

make the shoes lighter.

2. Bill Gates house was partially designed using a Macintosh computer.

3. In the late 1960's, Mountain Dew bottles featured a hillbilly on them.

These are now collector items worth five to ten dollars.

4. In 1949 UNICEF produced the first charity Christmas card. The picture shown on the card was painted by a seven year old girl.

Sudoku Puzzle

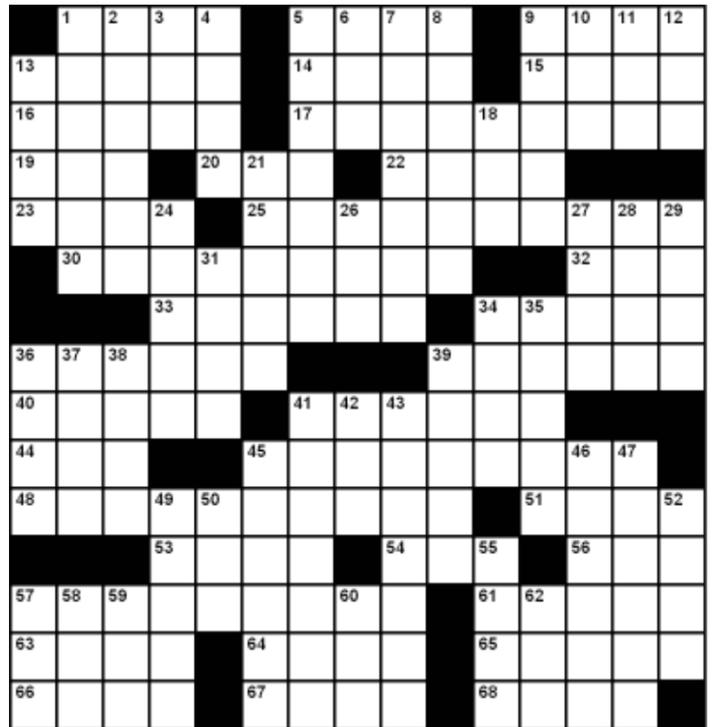
	7	6		9			8	
		2			3			9
	3		6					
1			5					
	6	9		2		4	3	
					6			8
					1		5	
6			2			8		
	2			5		1	7	

puzzle rating: very hard

Fill in the grid so that every row, every column and every 3x3 grid contains the digits 1 through 9. That means no number is repeated in any column, row or box. Solution can be found on page 20.

Across

- Ache
- Inuit knives
- Money
- Favouring extreme views
- Camper's dwelling
- Region
- Ceremonial acts
- Teller of anecdotes
- African antelope
- Imitate
- Basic monetary unit of Lesotho
- Highest and most active volcano in Europe
- Having a fear of heights
- Nocturnal insect-eating mammals
- Feminine name
- Fills with joy
- Measure
- Horizontal stem of a plant that takes root
- Hindu queens
- One of the twelve Biblical spies
- Shrubs
- French friend
- Piece of land almost surrounded by water
- Rearranging
- Long periods of time
- Strong and healthy
- Pain (informal)
- Expression of surprise
- Attached to a noun
- Surpass in performance
- A showy ornament
- To a distance (comb. form)
- Fast powerful horse
- Canadian province (abbr.)
- Periods of time
- Turns hay over and spreads out to dry
- Down
- Statute base
- Adjust
- Anger
- Spaceship builders (abbr.)
- Eighteen per cent of an Americans income is spent on transportation.
- 7-Eleven is the largest retail chain in the world.
- According to research, the most productive workday is Tuesday and the least productive is Friday.
- Americans write approximately 50 billion checks a year making it the second most frequent payment method used after cash.
- Amtrak is the combination of the words American and Track.
- Approximately 7.5 per cent of all office documents get lost.
- Bill Gates began programming computers at age 13.
- Bill Gates donated close to \$100 million to fight AIDS in India. As a per cent of his total wealth, this would be comparable to him donating ten cents if he only had \$60.
- Boeing completed more than 15,000 hours of wind-tunnel testing on the first 747.
- Close to 50 per cent of Internet shoppers spend over five hours a week online.
- David McConnell started the California Perfume Company (CPC) in 1886. Today the company is known as Avon.
- Duracell, the battery-maker, built parts of its new international headquarters using materials from its own waste.
- Each year approximately half a billion dollars is spent on bubble gum by kids in North America.
- Every year, Dunkin' Donuts serves an estimated 650 million cups of coffee.
- In 1873, Colgate made a toothpaste that was available in a jar.



- City in the central Netherlands
- Sheltered side
- Unblocks a pipe
- Porches
- Roofless inner court
- Bard's before
- Basic monetary unit of Romania
- Distant
- Impel with force
- To the ___ degree
- Song of triumph
- Feminine name
- Caviar
- Cut with the teeth
- ___ fixe: obsession
- Autos
- Mass of semi-liquid substance
- McDonald's "Big ___"
- Happen afterward
- Permanent result of some wounds
- Docile
- Meat dish
- Tall and slim
- More placid
- One (comb. form)
- Socializes at a party
- Sedimentary rock
- Robbed
- Negatively charged electrodes
- Feminine name
- Barrier for water
- Having shoes on
- Mail a letter
- Muslim chief
- Hindi food dish
- Pecan, for one
- After the manner of
- Shoshone aboriginal

Solution on page 20

Word Search

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

Men In Trees

(Words in parentheses not in puzzle)

- | | | |
|------------------------|-------------------|-------------------|
| Chief Celia (Bachelor) | Marin (Frist) | Sara |
| Patrick (Bachelor) | Ben (Jackson) | Jack (Slattery) |
| Cash | Jane | Theresa |
| Dick | Jerome | Buzz (Washington) |
| Elmo | Annie (O'Donnell) | Mai (Washington) |

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McKeachnie an inspirational student

IVANA PELISEK
INTERROBANG

An inspiration to many second year general arts and science students, Dustin McKeachnie is a hardworking and determined individual whom many look up to. Moving to London and attending Fanshawe College from Tilbury, Ontario, McKeachnie, who excels despite a learning disability, has touched the lives of many of those around him in a positive way.

Passionate for all sports, the 21-year-old McKeachnie dedicated his time in high school to managing the boy's basketball team. His dedication and love for the sport drove him to continue his basketball managing skills at Fanshawe. McKeachnie gives thanks and credits his grandma who helped him excel in school, and for his eventual arrival at Fanshawe.

Almost three years since his arrival at Fanshawe and just a few months shy of completing his diploma, McKeachnie's love for basketball shines brightly through his every experience, on and off the court.

The ups and downs of the team have allowed McKeachnie to experience the Falcon's first place win at the Durham College Men's Basketball Tip-Off in October of 2006. In his first year of managing,

the Falcon's also managed to win a bronze medal at the Ontario Colleges Athletic Association championships.

Since McKeachnie has been part of the team, the Falcon players have managed to be a motivation to him, as he is to them.

McKeachnie requires some additional help from the learning centre on campus, however through the experiences of managing the men's basketball team he has learned how to be able to talk to people from fellow player Jordan Dixon. "[Jordan] encourages me," said McKeachnie.

All the men on the basketball team have demonstrated nothing short of respect for McKeachnie, who manages their team with pride.

McKeachnie maintains a 3.0 GPA, however he claims that being involved with the team is what made him be more responsible, getting him to attend classes. This accomplishment would not have been attainable without the help of his academic coach, McKeachnie said.

His accomplishments have even gotten him to be invited to speak at his old high school in Tilbury to inform students of the college lifestyle and (how) to always stay at the top of your game in order to strive for bigger and better things.

His work with the Falcons has



Dustin McKeachnie

allowed him to meet Canada's most outspoken commentator for CBC's Hockey Night in Canada, Don Cherry. McKeachnie considers him an icon and takes to heart the piece of advice that Cherry shared with him. "If you want something, you have to fight for it. Keep your head up and keep positive."

Upon graduating from Fanshawe McKeachnie hopes to stay involved with sports, and to one day open a gym with a special program to help people have fun in their lives and forget about their problems.

McKeachnie's message is loud and clear, stay focused and your dreams will come true!

The running man

MATT GAUTHIER
INTERROBANG

Every story has a hero, every show has a star and for the Fanshawe men's cross country team, that star is John Mason.

With multiple national medals, for both individual and team standing, as well as multiple provincial medals, Mason is a very distinguished runner. The Paris native is excited as to what his future holds for him.

"My running is sort of taking off. I haven't been injured in a while and I would love to make a national team, either for the cross country or track championship. That would be awesome," said Mason. "But in terms of my life outside of running, I am taking construction management, hopefully one day I will own my own residential construction company."

Mason's running past goes back all the way to elementary school.

"I started running in public school, and I began to take it a little more serious in high school and then by college I started focusing on it and making it my life."

And it literally has become his life. Mason is in his fifth year at Fanshawe, and all five years he has run. With at least five team national medals, a bronze individual national medal, three medals from

the Ontario All Star championships and countless other provincial medals, Mason has seen his fair share of races.

"All the team medals have been very exciting and memorable. We always get a great group of guys and have been really close in points for team points. Individually I was second at provincials this year which was great to be back up on the podium," said Mason.

Part of the struggle to get to the podium includes training, balancing being an athlete and a student, and also pushing through the hard parts.

"Worst part in a race for me would probably be somewhere around the middle, stuff starts to hurt, and you've got to push through it. At the end you see the finish and you know it's going to end but at around half it is hard to keep going because everything is hurting, you are on the pain train and you can't get off."

Another part of running is the team dynamic. Mason compares being on the team like being in a big dysfunctional family.

"There are all the crazy cousins and weird brothers and sisters, but everyone gets together well. We have a ball hockey team, we hang out together, and we are good friends. Running is what brings us together and it keeps us together."

Cross country proves golden sport for Pietersen

MATT GAUTHIER
INTERROBANG

This year was an exciting year for the cross country team. With a Canadian Colleges Athletic Association national gold medal, the runners had to have been very proud of their work this year. Becky Pietersen sure was. As a second year nursing student, running is her life.

"I love it, I played soccer, hockey, basketball, and I wasn't that great at any of them but I was good at running, so I just went and did that," said Pietersen.

In running, it is an individual

sport but you are part of a team. It is a different dynamic than the typical team sports, such as soccer and hockey. In races team members individually compete for standings, but the team who wins is based on standings of the members. Pietersen was a late comer for Fanshawe's team.

"Last year I was a late acceptance," said Pietersen, "I didn't think I could run on the team. I joined halfway through the season, we were the under dogs and we surprised them, this year we had to keep up our status."

And how did she do this year? Well she had a fifth place finish at

the CCAA nationals.

"I placed fifth at nationals which was great! I was really happy with how I ran; I was psyched because the team won," said Pietersen. "We won nationals last year, so we were coming in as defending champions. We had to perform well; it was really close between us and a school from Alberta."

So for Fanshawe, the goal is to get to nationals and possibly three-peat. But what about for Pietersen, what does the future hold for her?

"I want to run as long as I can, I get to do it next year at University

of Western Ontario, I also get to do track as well which I am excited about."

So the future is bright for the young runner. It would not be out of reason to expect to see her name again in the near future placing in a national competition. Pietersen did have some advice and thoughts for anyone who wanted to run.

"Do it. It is going to be hard. Expect a lot of hard work but it will be worth it," she said. "Also expect to get a new family. We see each other almost every day, we all got so close, it is awesome!"



Becky Pietersen

Former male athlete of the year and Falcon soccer star battling leukemia

JOHN SAID
INTERROBANG

Last year's Fanshawe Male Athlete of the Year Matt Szydlowski is battling for his life as he fights an aggressive form of leukemia while awaiting for a potential bone marrow transplant that could save his life.

Szydlowski was originally diagnosed with lymphoma in May of 2009. In December of 2009 he went into remission and was waiting for his next steps. Unfortunately the cancer returned in January 2010 in his bone marrow, and was reclassified as leukemia. Doctors have said that chemotherapy won't cure Szydlowski, but there is still hope that he can be cured with a bone marrow transplant.

Family and friends refuse to sit idly by, instead drumming up awareness and putting together a fundraising soccer game featuring

the Western Ontario Soccer League all-stars playing the Fanshawe Falcon all-stars on April 11 at 5 p.m. at TD Waterhouse Stadium. The game is being billed as Matt's Miracle: A Champion's Game.

Organizers have already sold 1,300 tickets just through word of mouth and via a Facebook group called Maciek (Matt) Szydlowski's Miracle (Become a Bone Marrow Donor).

Among Szydlowski's many accomplishments on the soccer field include being named Ontario colleges rookie of the year and scoring leader for the Falcons. He also won a scoring title in the WOSL's Premier Division. He was Fanshawe's male athlete of the year in 2008-09, an OCAA west region all-star and most valuable player and won the OCAA's all-academic award.

Tickets are \$5 and available by contacting Wojtek Szydlowski at 519-636-4169 or Roseann

Pignanelli at 226-663-8092. Tickets will also be available at the gate and a 50/50 draw will also be held with all proceeds going to Maciek (Matt) Szydlowski's Miracle.

"Matt has endured this whole battle with admirable courage and has never lost his positive attitude, or let those around him doubt - even for a second - his ability to beat this disease," wrote Wojtek Szydlowski, Matt's brother on Facebook.

"We know that Matt is loved by many, many people. He has had so much support over this past year. We are asking on Matt's behalf, for you to become a bone marrow donor. You could be a match for Matt and the person that could help him conquer this battle. Even if you are not a match for Matt, you may also help another person fighting a disease."

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Females risking fractures



FUN AND FITNESS
RICK MELO
melo_rick@hotmail.com

Last week we discussed the trials and tribulations of low bone density and how it can lead to osteoporosis which is a cause for concern of fracture risks. Unfortunately, females are at higher risk for developing this condition, especially once they reach menopause. There is a specific female population that is even at higher risk for developing this condition as well as others. Females with eating disorders or female athletes who must maintain a low body mass are at risk for what is known as the female triad. It is a condition in which the individual experiences disordered eating, amenorrhoea, and the aforementioned low bone density which may lead to osteopenia or even worse, osteoporosis.

You can consider the condition

as a chain of events. An elite female athlete who has specifically intense demands often restricts the amount of calories she is taking in. This effectively ensures that she maintains the weight required for her sport of choice. However, it INNEFFECTIVELY ensures that she is receiving the proper amount of macronutrients required for the gruelling training regimen that she is participating in.

This lack of nutrition eventually leads to a hormone imbalance and decreased level of estrogen. This may lead to an irregular or complete lack of menstrual cycle known as amenorrhoea. Although such an irregularity can be common in the younger years, it can become so severe that a female never has her period again. Younger females who chronically over train may even experience the misfortune of never having their first period altogether.

Then comes the latter of this dreaded chain of events. As we learned last week, weight bearing exercise which many of these

female athletes may be partaking in is absolutely crucial in maintaining a healthy bone mineral density. However, the lack of nutrition and decreased estrogen levels ultimately override these benefits and cause an actual decrease in bone mineral density. Since osteopenia and osteoporosis both fail to show any warning symptoms, a female athlete may find out by means of a career ending bone fracture.

For the most part, recreational and female athletes will simply reap the benefits of a healthier lifestyle. However, females who put themselves under extreme physical demands must consider the potential long term effects. It's crazy to think of the seemingly unlimited health risks and how much they can even differ by gender. To all the females at Fanshawe College, I have the utmost respect for the physical challenges you all must face throughout the course of your lives. I love you all, God bless, and may good health be with you all!

Stacking the franchises up



NFL CZAR
JUSTIN VANDERZWAN

We are just under a month away from the NFL Draft, and it should be very exciting. However, there have been a lot of developments in the last month that have changed how the 32 NFL teams stack up at this point. So, here are my NFL Power Rankings for this week.

1. New Orleans Saints – The defending champs are the team to beat until proven otherwise, and haven't undergone any major changes in personnel. A strong draft focused on defensive issues will make them even harder to beat next year.

The Next Wave

2. Indianapolis Colts
3. Minnesota Vikings
4. New York Jets
5. Dallas Cowboys
6. New England Patriots

Any of these teams could easily make a run at the Super Bowl next season. However, each team also has key issues to address. For example, the Colts have defensive issues, the Vikings have a Favre issue and the Jets need Mark Sanchez to continue his development. The Cowboys and Patriots are both teams that are a player or two away from competing as well.

Rest of the Top 10

7. Baltimore Ravens
8. Green Bay Packers

9. Pittsburgh Steelers
10. San Diego Chargers

The Ravens are going to be a force this year, after adding Anquan Boldin to the mix. The Packers are expected to take the next step and compete for the NFC North crown this year. The Steelers missed the playoffs in 2009, but do you really think they won't bounce back? The Chargers will have to compensate for the loss of LaDainian Tomlinson, but they are expected to draft a RB.

Bubble Teams

11. Philadelphia Eagles
12. Cincinnati Bengals
13. Houston Texans
14. Atlanta Falcons
15. Denver Broncos

These five teams will be fighting for their playoff lives from the beginning. All of these teams have major offseason issues to address, but they will all be expected to be in the hunt in 2010. The Texans are still looking for their first playoff berth, but are definitely on the right track. The Broncos and Eagles have quarterback battles to deal with, but they should be resolved by training camp.

Rebuilding Time?

16. New York Giants
17. Arizona Cardinals
18. Chicago Bears
19. Tennessee Titans
20. San Francisco 49ers
21. Seattle Seahawks
22. Carolina Panthers

The only team on this short list that isn't rebuilding is the 49ers, but they are still looking to get

back into the playoff hunt. QB issues haunt all seven (OK, maybe Eli Manning isn't an issue anymore, but still). The Seahawks, Panthers and Titans need to start re-building, and it looks like they all got the message, due to their offseason moves thus far. Meanwhile, the Bears have been the most active in free agency, but will that translate into wins?

The Rest...

23. Miami Dolphins
24. Jacksonville Jaguars
25. Buffalo Bills
26. Kansas City Chiefs
27. Oakland Raiders
28. Washington Redskins
29. Tampa Bay Buccaneers
30. Detroit Lions
31. Cleveland Browns
32. St Louis Rams

What do you say about these teams, most of them are a complete mess. Expect all of them to be very active in the draft, and hopefully they will start to turn their franchises around. The Jags, Dolphins and Bills are closer than most, but each have glaring needs that have to be addressed.

Coming up next week, the top 16 picks in my NFL mock draft. The St Louis Rams will be on the clock only 20 days from now, so I will take a look at who should go in the first half of round one on April 22.

For more from the NFL Czar, check out his blog at jvzsblog.blogspot.com

Lots to love about special edition Mini



MOTORING
NAUMAN FAROOQ
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The Mini has been around for 50 years now. While the original Mini was designed by Sir Alec Issigonis, the current Mini was styled by a team of BMW designers.

To commemorate its 50th birthday, Mini decided to launch some special edition models. There is the Mini 50 Camden, and then there is the one I tested, the Mini 50 Mayfair.

Personally I don't know why this model is called the Mayfair, because from what I know, Mayfair is just a very trendy part of London.

Perhaps there is a clue there, because this is one trendy Mini. My tester was painted hot chocolate brown, with a toffee colour interior. Sounds good enough to eat, but like all Minis, they are best when you take them for a drive.

The Mini, even in its current second-generation of the new style model, has been around for a few years now. Yet, no matter how many times I have driven it, the moment I get into a Mini again, I instantly fall in love. It's just one of those cars that feels right. I love the seating position, I love the interior layout, and I love the classic dials and switches. The only thing I don't love about this or any other Mini for that matter, are its door handles. They are stiff and quite hard to operate, especially if it has been cold.

Good, since we have gotten its niggles out of the way, let me tell you about its other feature that I happen to love, its engine and gearbox. Under its cutesy nose is

a 1.6-litre, turbo-charged, four-cylinder engine that produces 172 hp and 177 ft/lbs of torque. Power is sent to the front-wheels via a six-speed automatic or a six-speed manual, as in my tester.

The manual is just way too much fun. The Mini has one of the nicest gearboxes in the business. The throws are short and precise, making using this manual box a real joy. Similarly the clutch is very easy to manage, so you won't be in any risk of stalling it.

Only thing left is to put it into "Sport" mode and then find some open roads. Trust me, you will love zipping around in this car. Everything from the chassis and suspension set-up to the power and its incredible gearbox will just make you want to drive it more and more. Considering it'll happily do 8.3-litres/100km means it won't cost you much to drive either.

To settle things down again, you get four-wheel disc brakes with ABS that not only do the job very well, but will do so again and again without showing any sign of fading.

People have told me often that they think the Mini is just too expensive for what it is. What they don't see is the quality of engineering that goes into these cars. Yes, they might be small in size, but they are big on high quality components, and that is why I love Minis so much.

So did the Mayfair addition add anything particularly special to the Mini line-up? Simple answer would be no, this is just a cosmetic package, nothing more, nothing less. Any Mini Cooper S would be just as good. But at \$34,500 it is quite good value in my mind. So if you haven't driven a Mini yet, I strongly suggest that you do so now.

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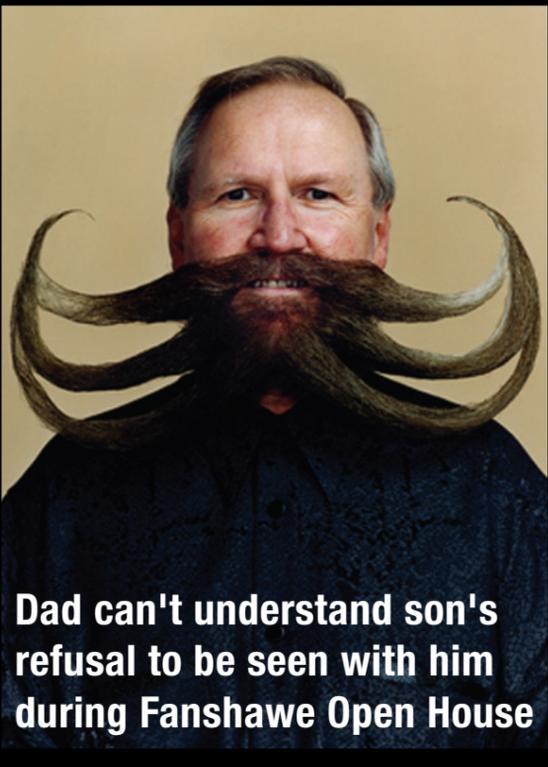
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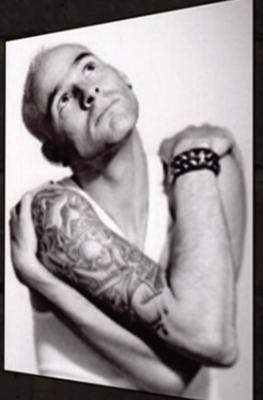
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