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Do What You Love

Fanshawe builds on its reputation at skills competition

ANDREW VIDLER
INTERROBANG

A group of Fanshawe students recently returned from representing the school with distinction at the 2013 Ontario Trade Skills Competition (OTSC), in which students from all over the province converged in Waterloo to test their skills in carpentry, architecture and other technical fields.

Every year, the OTSC brings in nearly 2,000 of the most talented post-secondary students studying in the technical skilled trade fields to race against each other and the clock in order to complete a mystery objective within the technical specifications that are provided to the competitors moments before they begin. It is a challenge that tests not only a student's technical know-how, but also his or her ability to perform and adapt under pressure in order to meet highly specific goals.

The provincial competition serves as a chance for Fanshawe students and professors to show that they are the best the Ontario has to offer, and the school was represented splendidly this year, with gold medals won by Becky DeKleyn in architectural technology and Wes-

ley Neil in carpentry apprentice, in addition to a bronze medal won by Brad Masciotra, a cook's apprentice student.

For DeKleyn, winning the gold medal was a special achievement, as it was her second gold-medal finish in two years and completed a hat-trick for Fanshawe College's Architectural Design students. "The Architectural team is very proud of Becky. It's difficult enough to win one competition, let alone two back-to-back," said Gary Gerard, coordinator of Fanshawe's Architectural Technology program. "She is a strong student and demands a lot of herself. We are so excited her hard work and training paid off."

This year she was the only female competitor in her field, topping a group of seven other students from colleges around the province. "I'll admit, it is pretty nice," DeKleyn said proudly when asked if she enjoys being a recognized competitor in a traditionally male-dominated field. "Women don't get a ton of recognition in architecture and skilled trades, so it's a good feeling to win." DeKleyn and her opponents had six hours to design a building from scratch in the competition. "It's very difficult working

under such pressure, as the parameters of the design have to be very specific, and the buildings were required to be able to withstand a variety of physical and weather-related issues."

She credited the Architectural Technology program at Fanshawe as the reason for her successes. "It's all down the program here at Fanshawe; our professors teach us to be technologists and not purely technicians, meaning we learn more than just how a building withstands high winds or snow, but why as well."

Both DeKleyn and Neil are now preparing for the national competition, which will be held in the first week of June in Vancouver. Neil, whose constructed wishing well won him not only the gold medal in his field, but the distinction of having the highest score among post-secondary students, can't wait for the competition to get under way. "It's a really fantastic opportunity and to be a competitor looks great on a resume," he said.

Until that time, however, both students can be found in the workshops around campus, working alongside their instructors to bring Fanshawe even more future recognition.



CREDIT: FANSHAWE COLLEGE

Becky DeKleyn and Wesley Neil show off their gold.

Budget talk with Premier Wynne

CONNOR DUNSTER
INTERROBANG

Our newly elected provincial Premier Kathleen Wynne has only been in office for a few short months, but she already has the huge responsibility of deciding how Ontario's money will be spent.

Wynne is already under scrutiny from the opposition NDP, particularly leader Andrea Horwath. With the budget plan released at the beginning of May, the NDP is actively finding ways to change it, but not under Wynne's watch. "This is not an open-ended discussion," Wynne said in early May during a conference call to media in Southwestern Ontario. "We have worked very hard planning this budget and will not change everything to make the NDP happy, but there is room for tweaking."

The Premier might have to do more tweaking this budget than she expected, with Horwath and the NDP having the final say before this budget is passed. At the May conference call, Wynne addressed concerns about the budget and how the money will be spent. She also fielded a number of questions from various media outlets and addressed issues that Canadian youth are currently facing.

How will the new budget affect students? What can we expect to get out of it?

"We have kept our commitment to the 30 per cent tuition reduction and we have also placed restraints on tuition hikes, but I think our new Youth Job Strategy program is really going to help young people find jobs after they go to school, find internships and other opportunities, so when students finish school, the transition into the workforce is much easier."



CREDIT: CP24.COM

Kathleen Wynne discussed the provincial budget with the media in May.

What is the Youth Job Strategy?

"In the new budget we have a plan to distribute \$295 million over two years to youth jobs. This strategy should generate jobs for 30,000 youth across Ontario and get people working. The Youth Job Strategy has a few components to it, and one of the most important is helping young entrepreneurs start up their own businesses. Many smart, talented individuals have great ideas and the skills to start their own companies, but just don't have the cash to back it up. The Ontario government giving support to these young entrepreneurs is one of the most important things we as the government can do. Our Youth Job Strategy will help these people not only create jobs for themselves, but jobs for other people."

You're a big believer of public transit, with your stance saying the GTA needs a massive overhaul and needs to spend around \$20 billion in 10 years to fix it ... How often do you yourself take public transit and what specifically is your plan to fix it?

"Well, not as much as I would like to anymore; I mean, with my

busy schedule running around there just isn't enough time, but I like to take it as much as I can. When I was living (in Toronto) going to University of Toronto, I used to take the Toronto public transit all the time. I also have lived in the Netherlands for three years and it was easier and much more accessible to take the public transit there than drive a car – and this is when I had two young children with me to carry around. To fix our public transit system, we need a dedicated revenue stream, and this means a 2 per cent of tax on gas going to funding public transit. Our roads are congested here in the GTA, so we need to make gridlock a thing of the past and work on public transit."

Andrea Horwath has set up a budget feedback website where people can voice their concerns about the budget ... Have you looked at the website proposal for budget tweaks?

"We haven't gotten a concise budget feedback; Andrea is going out there and talking to the Ontario people now. Once she is done, hopefully we can sit down and get this thing passed."

The website to save lives

CONNOR DUNSTER
INTERROBANG

Feeling alone, scared and think no one is there? Does the world just seem like it's too much to take on? There is always help. The London-Middlesex Suicide Prevention Council has launched a new website, lmspc.ca, which is dedicated to increasing awareness and educating the public about suicide.

The website was put up in early May but started developing last year after the LMSPC received a government grant from the Trillium Foundation to provide suicide information to the public. "We provide valuable information on how to help yourself or someone else dealing with suicide, coping with suicide loss, along with general suicide information," said Lynda Cowie, the site's project coordinator. "We need to educate people so we can break down these stigmas associated with suicide and make suicide awareness more out in the open."

The website includes information about how and where to get help for someone at risk, coping after a suicide death, how you can help to create a suicide-aware community and details about registration for suicide alertness training such as

safeTALK and Applied Suicide Intervention Skills Training (ASIST) workshops.

SafeTALK is a three-hour training course that trains attendees to identify people with thoughts of suicide and connect them with suicide counsellors. This teaches the safeTALK steps: Tell, Ask, Listen, and Keep safe.

ASIST Training is a two-day workshop that teaches participants how to conduct a suicide intervention. ASIST is designed to help all caregivers become more willing, ready and able to help persons at risk. "The program is similar to CPR training, in the way it teaches you the emergency response techniques used to preserve life in time of need," said Cowie. "People can be guided to get help, but just like telling someone to eat well or exercise, they need to want to do it on their own; you cannot force someone into getting help."

Cowie said she understands why it is so hard for people to come out and seek help after having thoughts about suicide. "People don't want to die; they just don't want to live with the pain they're experiencing."

To find out more or to sign up for a training session, go to lmspc.ca.

A colorful advertisement for the FSU Summer Concert Giveaway. It features a group of people at a concert, a large text overlay that says "WIN A PAIR OF MUMFORD & SONS TICKETS!", and another text overlay that says "Norfolk County Music Festival August 23-24, 2013 Simcoe, ON". There is also a QR code and a website URL www.fsu.ca/contest for details.

Fanshawe operates at gold standard in food safety

ERIKA FAUST
INTERROBANG

Whether they're munching on stir fry from the Seven Seas in Oasis or sitting down for a first-class lunch at Saffron's, diners on campus can rest assured that Fanshawe's 14 food service locations are operating at some of the highest standards in Ontario.

A food audit of the three food service providers on campus – Chartwells, Fanshawe Student Union and the School of Tourism and Hospitality – was completed by the Guelph Food Technical Centre (GFTC) in February. In May, the food service providers received the results of the audit: they all received Gold ratings.

The auditors spent three days on campus to rate the food service providers' compliance with current legislation and Ontario food safety guidelines, including employee practices, food handling practices, sanitation and equipment.

Dave Smith, manager of retail services at Fanshawe College, is the chairman of the College's Food Service Committee. "We started the food safety audit in 2007 as a result of the E. coli outbreak at Western. We wanted to be proactive instead

of reactive, because it was pretty serious – people got sick and we didn't that to happen here."

That year, Smith hired the GFTC to conduct a thorough investigation into all food providers on campus. The providers received a Bronze rating, meaning they scored in the 85 to 89 per cent range. "It was certainly passable, but we knew we had room to improve," Smith said. "We wanted to get to the gold standard" and achieve a mark of at least 95 per cent.

Since 2007, all food service providers on campus have been steadily improving. "This past year was the best we've ever had with the food service audit," Smith said. "It shows our three food service providers are working together for the common betterment of food safety."

The Student Union, which runs the Oasis cafeteria, The Out Back Shack bar and the Falcon's Nest variety store, received a mark of 96.75 per cent – the highest rating of all the food service providers at Fanshawe.

"I'm very happy for the entire (Student Union) Hospitality team. They worked well and hard to achieve this goal," said Ismael Vie-

gas, the Student Union's hospitality services manager and a member of the Food Service Committee.

"We're not going to stop there – we're always looking to improve," he continued. "Even with this food audit, the 96.75 leaves us 3.25 per cent to improve. We're going to do our best to see how we can achieve that 3.25 per cent."

The Tourism and Hospitality department, which runs Saffron's Restaurant, Olive Oyle's and the prep kitchens, received a score of 95.26 per cent. Chartwells, which runs all other food providers on campus, received a score of 96.21 per cent.

"We don't *have* to get audited; we do it because we want to do it," explained Viegas. "We do it so that we can show everybody that not only are we at the average 60-something per cent that it takes to pass the health inspection; we're in the 90s. That's a big deal."

Smith said he was "very pleased" with the way Fanshawe scored this year. "I'm very thankful that we have a Health and Safety department that takes this very seriously. They're the ones who handled this – Brenda Henry and her group."



CREDIT: THINKINGFUTURES.NET

Fanshawe's plan for the future

ERIKA FAUST
INTERROBANG

Fanshawe has released its Strategic Plan for the 2013/14 school year, and it's a doozie of a document. Its 60-plus pages outline the College's strategies for student success, retention, expansion and more in the coming years.

The Strategic Plan outlines how Fanshawe is moving forward with priorities set by the Board of Governors and describes the planned initiatives for the coming year. The document is the combined effort of Fanshawe's managers and senior management, explained Bernice Hull, Vice President of administration at the College.

"When you look at the details of the Plan, you'll see that there are a lot of elements included that are focused on students," said Hull.

One of those elements is "flexible learning," new initiatives that will make it easier for students to attend college. Fanshawe plans to offer a range of alternatives to traditional classes, including pure online classes; hybrid programs that combine in-classroom and online learning; and fast-track programs, which reduce the time a student spends in school.

In September, Fanshawe will launch a pilot program called Weekend College, in which working adults can upgrade their skills in their spare time. The five programs that will be offered during the pilot are Construction Techniques, Construction Engineering Technician, Pharmacy Technician, Personal Support Worker and Autism and Behavioural Science. (For more information, go to www.fanshawec.ca/weekend.)

Seven new full-time programs are being offered for the coming school year: two-year diplomas in Theatre Arts Production – Technical Production, Aviation Technician – Aircraft Maintenance and Adventure Expeditions and Interpretative Leadership; one-year graduate certificates in Theatre Arts Production – Costume Design, Online Game Development and Artisanal Culinary; and a four-year Interior Design degree.

"Fanshawe already has several four-year degree programs, and this will expand the menu," explained Hull. "By having that range of programming, depending on the student's interest and what they want to do from a career perspective, they can select amongst that programming to lead them in the best path for them to what they want to do in their career."

In addition to expanding Fanshawe's degree program offerings, the Plan describes a focus on "new pathways" to education through articulation agreements, which will allow students to leverage their education into other opportunities, such as completing international

degrees. Fanshawe has articulation agreements with universities as far away as Victoria University of Wellington in New Zealand and as close as Western University in London, Ontario, and is working to expand and strengthen these partnerships for a variety of programs.

This past year, Fanshawe created the position of the campus life facilitator to enhance the overall student life experience on campus. Jennifer Gillespie will be working to increase student engagement on campus, and will help students with their co-curricular record, which will recognize a student's participation on campus alongside his or her academic achievements. "Participating in campus life activities, being part of the Student Union, volunteering for various initiatives – those things that are campus life and volunteerism that we think, if it were recognized on a transcript, it would be a value to the students when they're out looking for jobs," Hull said.

The Strategic Plan also outlines Fanshawe's budget for this fiscal year, which runs from April 1, 2013 to March 31, 2014.

Fanshawe's \$206 million operating expenses are \$3 million over budget, but according to Hull, this is a planned deficit. "We had some surpluses a few years ago from some late announced grants coming from the government that we really hadn't planned for. They were a surplus at the end of the year," she said. The Board of Governors anticipated challenging financial times ahead, and so they set that money aside. "We fully anticipated at the time that over the course of the next several years, we would be drawing down that surplus to pay for some things we wanted to do," including program expansions, the development of online courses and Weekend College. "Those are based on strategic investments that we're going to use that money for, with the intent that those investments will pay off in the future."

Fanshawe's \$52.8 million capital budget will be invested into major capital projects that are currently underway, such as buildings like Fanshawe's new downtown location, the Centre for Digital and Performance Arts, which is scheduled to open in September. It also covers renovations on existing buildings to update current infrastructure and modernize classrooms and laboratories.

The Strategic Plan is Fanshawe's roadmap for the years ahead. "We're really trying to focus on some key priorities that we believe to be important for the College to move forward in the future," said Hull.

For more information, read the full Strategic Plan at tinyurl.com/fan-stratplan2013.



CREDIT: ERIKA FAUST

The Fanshawe Student Union served up over 800 sausages during a free barbecue for summer students.

Pool set to close in June with no affordable alternatives for patrons in need

MEGAN MCPHADEN
INTERROBANG

The impending closure of St. Joseph's Hospital's hydrotherapy pool has pool patrons feeling the pressure. The pool, which is set to close June 28 of this year, has been a haven for London residents suffering from various ailments. Time is winding down for people who use the pool, as they will be left without affordable alternatives and they will be forced to stop their treatments if viable alternatives are not offered by the time the pool closes. According to Karen Perkins, St. Joseph's Hospital Vice President of Acute and Ambulatory, Professional Practice and Chief Nurse Executive, they are looking into services in the community.

"In planning for the closure of the pool, we have connected with several community partners and have had very positive responses. Together we have identified programs that may meet the needs of our patrons and patients at various community pools."

However, clients who use the pool are saying that the alternatives being offered to them are not equivalent to the existing St. Joseph's hydrotherapy pool.

"Most of them are chlorine pools, are up to 10 times the cost, the temperatures are not warm enough to be therapeutic and they have age restrictions, so people must be older than 55," said a St. Joseph's hydrotherapy pool client, Mary Raycroft.

The large problem associated with redirecting hydrotherapy to the community is the significant cost difference between St. Joseph's and community clinics. Raycroft currently pays \$40 a month to use the pool twice a week for 45 minutes. A private clinic in London that was contacted gave estimates between \$47 and \$67 per treatment, which doesn't include the \$77 assessment fee.

The pool's closure came as a shock to many, as it is only 12 years old. Confusion was worsened by the hospital deflecting clients' efforts to keep it running through fundraising efforts. Perkins cited "the changes in the funding formula for Ontario hospitals, and the provincial shift to provide services in community-based programs" as the reasons for the closure.

The provincial shift to provide physiotherapy services from public clinics to private clinics in the community trails on the heels of Ontario Health Minister Deb Matthews' announcement that they plan to direct physiotherapy services to other services offered in the community in a bid to reduce spending and expand services to more seniors.

"We're making significant changes to how we deliver physiotherapy. We're going to be able to extend physiotherapy to many more seniors as a result of the changes that we're making, and I know that will be very much appreciated by seniors affected by this decision," said Matthews.

When pressed about whether the significant cuts that hospitals are having to make is a result of the aftermath of expensive scandals such as ORNGE and the Mississauga gas plant cancellations, the health minister vehemently denied it, saying "absolutely not."

"It's definitely fair to say that hospitals have to make some difficult decisions as we simply cannot continue to make increases to their budgets," said Matthews.

St. Joseph's hasn't escaped the penny-pinching either, having been in the spotlight this year regarding how they plan to accommodate \$6.4 million in budget cuts, which the pool closure has been linked to.

"While this was identified as one of numerous strategies to address overall budget pressures, it's really about aligning with the shift in hos-



CREDIT: TERESA ARMSTRONG FACEBOOK

Patrons of the St Joseph's Hospital hydrotherapy pool gathered with MP Teresa Armstrong to protest the pool's closure.

pital and community roles," said Perkins.

The pool has been a vital resource for people afflicted by issues such as chronic pain and fibromyalgia. Its unique features include a railing in the centre of the pool and three different depth levels. The temperature of the pool, 34°C, is ideal for people who perform slower exercises as they will become chilled in temperatures lower than 28°C. Elizabeth Fox, a physiotherapist working in a private practice with a special interest in aquatic rehabilitation over the last 17 years, said, "The warmer the water, the gentler you can be with your exercise." The warmer temperature has a therapeutic benefit to it, especially for people who have persistent pain and can't move well in cooler temperatures.

London Fanshawe MPP Teresa Armstrong said, for many pool patrons who have gone to all kinds of rehabilitation and physiotherapy

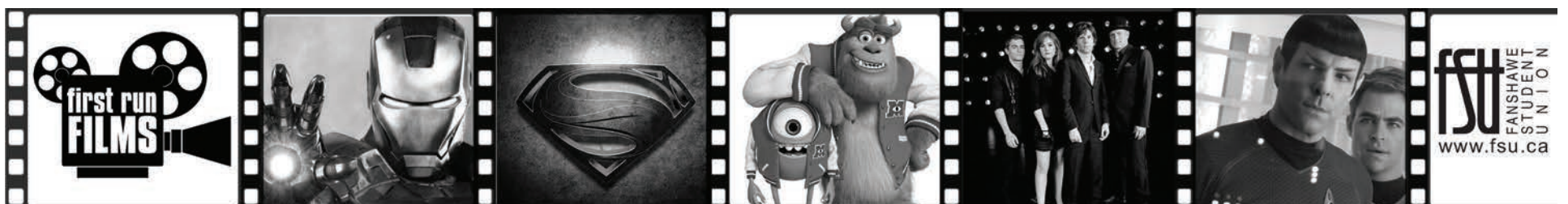
facilities, this is only thing that's working for them. When she met with them, people were visibly upset. "People were in tears because this was their last resort for treatment that works for them ... By taking this facility away from them, this is going to be more of burden on the healthcare system because they're not getting the quality of care that works for them in their treatment."

Armstrong has filed a petition on behalf of concerned residents with over 500 signatures to the House of Commons. According to Anne Stokes, the senior clerk of house documents, the government is required to give a response within 24 working days. However, the House is departing for summer on June 6, meaning that Health Minister Matthews is not required to respond until session starts again in September. By that time, the pool will be closed, as the closure date set by St. Joseph's Hospital is June

28, 2013. The government is not required take action over what to do about the pool, however they must respond to the petition. The petition submitted by Armstrong asks the Legislative Assembly of Ontario to "direct St. Joseph's Health Care Centre to continue its hydrotherapy program in this excellent, appropriate pool," the reason being that this decision will save huge amounts of health dollars now and in the future.

When asked about when the provincial government would respond to the petition put forth to the Legislative Assembly, the health minister said, "We will respond to that as we do to all petitions; there is a requirement and we will respect that as we always do."

As for pool patrons, they will continue to wait for affordable community options as the looming date of the pools closure nears.



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STUDENTS
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GUESTS**

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**Iron Man Three:
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**Now You See Me:
WED JUNE 5TH**

**The Internship:
WED JUNE 12TH**

**Monster University:
WED JUNE 26TH**

**White House Down:
WED JULY 3RD**

**Man Of Steel:
WED JULY 19TH**



Avoiding telephone trickery



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It is probably safe to say that telephone fraud was not what Alexander Graham Bell had in mind when he pioneered the telephone in the 1870s. Unfortunately, modern-day telephone scammers defraud consumers out of millions of dollars annually. We hope that this article will help you to protect yourself from becoming the victim of a telephone scam.

How to Recognize Frauds and Scams

Some of the most common telephone schemes are phishing, telemarketing scams, prize schemes, 1-900 numbers and “emergency grandchild” fraud. Phishing is when someone pretends to be a trusted person or organization in order to steal your personal information, usually for the purpose of identity theft. Phishing calls often pretend to be from your bank, a charitable organization or government agency. The caller “needs” you to confirm personal information (such as your name, birth date or SIN) that they will then use to steal your identity and empty your bank accounts. Always be on guard when you receive an unexpected call asking for personal information, as your bank or other institution will almost never call you for that information.

Be cautious also when you receive a call from a telemarketer trying to sell you a “great deal” or claiming to have important warranty information about something you already own. This is often a variation on phishing or an attempt to sell you shoddy merchandise, and any personal information you provide (such as credit card or bank account information) may be used to defraud you.

If you are asked to call a 1-900 number for

some reason, remember that you are paying for the call at an average rate of \$4.99 per minute. You will often get a voice response system which slows down the call and makes it hard to minimize the calling time. Don’t confuse 1-900 numbers with legitimate 1-800, 1-888 and 1-877 toll-free numbers.

You are probably the target of a prize scheme if you have heard a phrase like, “Congratulations, you’ve won a trip to Hawaii!” The company usually promises a valuable prize in return for a minor purchase or fee requiring a credit card number. The best thing to do when you receive this kind of call is to hang up, as you will likely never see the prize but will see large charges on your telephone bill and/or your credit card.

Be especially cautious if you get an unexpected call from your “grandchild” (or a close friend or other relative) claiming to be in some sort of trouble that requires you to wire funds or disclose bank account or credit card information in order to “rescue” them. This is an increasingly common fraud that almost invariably leads to the loss of your funds.

Are You a Victim?

If you are a victim of any of these or other scams, there are steps that you should take immediately to address the problem and to try to minimize the damage. Notify your financial institution if your bank accounts or credit cards are involved, and notify government offices about any official documents that may be affected (e.g., Passport Canada, SIN, OHIP). Contact your local police department, as the scam may violate the Criminal Code. Reporting may also be important to show your financial institution that you really are an innocent victim, and in order to qualify for liability limits on your credit and debit accounts.

To avoid future telemarketing calls, register on the National Do Not Call List (Inte-dncl.gc.ca, 1-866-580-DNCL). Registering is free, but you must re-register every



CREDIT: WWW.CBC.CA

three years. This will greatly reduce the number of unwanted calls that you receive, although certain parties (Canadian charities, political parties and newspapers, debt collectors, public service announcements, surveys, and businesses you have dealt with in the previous six months) will still be permitted to contact you. If a telemarketer convinced you to enter into an agreement for goods or services worth more than \$50, you may have recourse under the Consumer Protection Act, 2002 (CPA) if the goods are substandard or the agreement doesn’t comply with the CPA. Contact the Ministry of Consumer Services at tinyurl.com/mcs2013, or call toll-free at 1-800-889-9768, for more information.

If you were caught in a prize scheme, in addition to your local police, you should contact the Canadian Anti-Fraud Centre (antifraudcentre-centreantifraude.ca, 1-888-495-8501), as well as the Competition Bureau (competitionbureau.gc.ca, 1-800-348-5358), and the Ministry of Consumer Services. The Competition Act prohibits telling you that you have won a prize but must pay money or incur a cost to collect it. These organizations can investigate the scheme, and warn others about the scam. These same organizations will investigate 1-900 scams and “grandchild emergency” scams.

If you have lost money from your bank accounts or incurred charges on your credit cards, contact your bank and explain what happened. They may be willing to reimburse your account, especially if you have also filed a complaint with your local police and with the organizations listed above. Similarly, if you have 1-900 charges as a result of a scam, your telephone company may be willing to reduce those charges if you contact it and explain what happened.

You can find more information about consumer protection topics at any time in a series of Community Law School webinars archived online at yourlegalrights.on.ca/training-topic/consumer-law. Be empowered, and stay tuned.

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

From feeling Canadian to being Canadian

My journey from St. Martin to a small Canadian mountain town

JULIAN GIORDANO
THE PEAK

VANCOUVER (CUP) — I was born on St. Martin, a small colonial island in the Caribbean Sea. My family lived on the French side of the island, with the west side being under Dutch control. My roots are French and Italian, but my parents had lived around the globe before meeting and settling down in St. Martin and popping me out into existence.

Tensions began to rise in neighbouring islands however, due to poor living conditions, and locals began fighting for their independence. Adding into the mixture the constant stream of hurricanes every year, my family decided it was best to move and find a new place to call home.

At the age of 11, I found myself in a vast mountainous region lost in a small rocky mountain town in the heart of British Columbia. Environmentally I underwent a massive shift, coming from a tropical island surrounded by a warm ocean to being placed in a mystical snowy valley. I had never witnessed snow before my arrival to Canada, and I soon grew to love the mountains and jumped into a variety of thrilling sports granted by the glorious peaks.

The Canadian culture was another factor that changed my life dramatically. In the Caribbean, racism and poverty was much more prevalent, but people were disarmingly relaxed and content. I found that Canada has a much higher standard of living, but people seemed tenser.

Throughout my adolescence in Canada, I realized how materialism and one’s image is an apparent factor in how individuals judged and treated you. I found this challenging to



CREDIT: ASHLEYWILLIAMSON.ORG

grasp at first, and had a hard time understanding why other kids would pick on me for my appearance and the way I acted. But I soon adapted and became assimilated to the style of interactions and appearances in my small Canadian mountain town.

After I graduated from high school, I underwent four years of privileged Canadian university, and I took an interest in understanding my new home’s rights and politics. I soon fell in love with the Canadian system and felt honoured to be a permanent resident of Canada. However, I’ve always felt Canadians were a bit spoiled, for overlooking so many of the privileges and freedoms granted to them. With that said, I loved the polite and easy going attitude of the endless people I met across the country.

I could not wait to become a true Canadian citizen, and 12 years after setting foot on

this grandiose land, my parents and I finally applied for citizenship. Sixteen months later, we found ourselves swearing our oath to the Queen and being accepted with open arms by a country I grew to love and cherish.

This wonderful event happened recently, and three days after, I was granted the one privilege I never had as a permanent resident — the opportunity to vote and help dictate which path my country would head in.

I had already spent half of my life in Canada before becoming a full citizen. I felt a sense of identity within Canada. In fact, not much changed when becoming a full-fledged citizen, but on that day I truly felt I belonged to Canada. It turned out to be an emotional event, and I was filled with joy after the ceremony. I voted shortly after, and felt proud to be fully part of this diverse country and to call myself a Canadian.



FSU Publications Office
SC1012
www.fsu.ca/interrobang/

Publications Manager John Said
jsaid@fanshawec.ca • 519.453.3720 ext. 224

Editor Erika Faust
efaust@fanshawec.ca • 519.453.3720 ext. 247

Creative Director Darby Mousseau
dmousseau@fanshawec.ca • 519.453.3720 ext. 229

Advertising Coordinator Sara Roach
sroach@fanshawec.ca • 519.453.3720 ext. 230

Web Facilitator Allen Gaynor
agaynor@fanshawec.ca • 519.453.3720 ext. 250

Letters to the Editor
fsuleters@fanshawec.ca

Graphic Design Contributors:
Hannah Marshall, Matthew Van Lieshout

Contributors:
Connor Dunster, Allen Gaynor, Stuart Gooden, Megan McPhaden, Nikki Ufimzeff, Andrew Vidler



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DARBY MOUSSEAU



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CREDIT: ALYEUS

Ivan Recinos, Andrew Van Der Voort, Kyle Alexander and Dean Greco are Alyeus, a band with big ideas.

Alyeus brings concept album to life

NIKKI UFIMZEFF
INTERROBANG

Meet Alyeus, a local progressive rock band mostly made up of former Falcons: lead vocalist and guitarist Kyle Alexander (Business Marketing, 2009); bassist and vocalist Dean Greco (Music Industry Arts, 2013); and drummer Andrew Van Der Voort (Music Industry Arts and Audio Post Production, 2012). Along with lead guitarist and vocalist Ivan Recinos, they sat down with Interrobang in May to chat about the meaning behind their name, their upcoming album, and the victories and challenges they've faced as a band.

Drawing influence from everything from Tool to Rush to Coheed and Cambria, Alyeus blends hard rock riffs with atmospheric passages into what's been called a "landscape of sound." They describe their upcoming debut album, *Forty Days at Sea*, as part of a trilogy of concept albums that tell a story of war, a struggle for existence and a well-kept secret.

What's the meaning behind your band name, Alyeus?

Kyle: "Everything we do is concept based, so it's all entirely story-driven. Alyeus is actually a character in our story that appears at the end of this first album that we're doing, but ultimately has a greater meaning within the story."

Ivan: "We needed a band name... We wanted something neutral so someone could just listen to our music. Alyeus was actually my grandfather's name and also my dad's; we just spelled it a little different. And we just really liked the name and it kind of just stuck there."

Kyle: "It sounded cool, and we created our own spelling, which apparently is not as unique as we thought."

Andrew: "There's a guy in California who has the exact same spelling of the name."

Kyle: "And apparently is our number-one fan."

Ivan: "He likes all our Facebook posts. He wants a shirt. And the album when it comes out."

Can you talk about your fundraising campaign that you ran for your album?

Andrew: "It was a website called Indiegogo and basically just for bands, music, and artistic stuff mainly, and so we signed up for that. We were having a discussion as to whether we should label our band as 'rock' or 'progressive rock.'"

We set up this (fundraiser on Indiegogo) with all these packages like if you donate \$10, when the album comes out we'll send you a CD, or you can donate \$100 and we'll send you a t-shirt and a CD and some other stuff. And then we had these crazy packages that were like \$1,000."

Kyle: "Our top one was \$2,500."

Andrew: "Yeah, we'll come to your house and clean for you."

Ivan: "We'll play a show for you, we'll send you a signed instrument."

Andrew: "This guy from Germany donated \$2,000 and was like, 'I like what you're doing, I found you by searching the word "progressive," which is where that story went and why we decided to keep that.'"

Ivan: "Just to add to that, the reason we were thinking of changing 'progressive' is because a lot of the time, people take a negative look at it..."

Andrew: "If you don't sound like Rush, you're not 'progressive.'"

Ivan: "Yeah, or like, you have to be very meticulous or snobbish about it. So we wanted to avoid those things, but it's okay to take the negative because there's a lot of positive out of it."

Kyle: "With the whole process, we raised a bunch of money and coming towards the last couple of days of the fundraiser, this guy in Germany, he messaged us again and said, 'I've already put all this money into it, there's a couple grand still to go (before the goal is reached), and I want to make sure that you guys can do what you set out to do. I will do whatever I have to do to make sure this gets off the ground.' So he ended up giving us \$4,500 in total. We worked out a deal: he became our executive producer on the project and also we gave him European distribution rights."

Andrew: "He preordered 200 CDs."

Kyle: "And he's going to sell them over in Germany."

Ivan: "And to add to the story, we're going to name a character after him, too."

Kyle: "That's kind of our German sugar daddy. We're so incredibly grateful and very, very lucky to find him."

Ivan: "He changed our life. He made us be able to record this album."

Andrew: "He basically funded the whole album."

What's the hardest part of being in a band?

Kyle: "I think finding out your identity and actually sticking to that. For us, it's taken three years to get to this point. We're just recording our final vocals for this album – it's almost all done. And it's about just knowing what you want to do, finding that out, knowing what you're good at, what works between the band members and how to get that writing style and just being honest with another."

Andrew: "And don't hold grudges. When things go wrong, you have to let everyone know and then fix it and keep going."

Ivan: "I think writing is really hard. Some songs we've taken a year to write, but other songs we've done in weeks. And I think that all just comes with we want to make the best possible song. A lot of the time, we're always going back and forth like, 'Should we do this, should we do that?' At the very beginning, I think the hardest thing was to have patience with the people and commitment."

Andrew: "Not a lot of bands keep the same members for three years."

Kyle: "And you need to have trust as well, because every person is responsible for their own part. Me, as a singer, I'm not going to be writing the drums, I'm not going to be writing the bass. I have to trust that these guys know what they're doing."

Andrew: "In short, finding your identity."

What are your goals and ambitions for the band?

Kyle: "There's literally no ceiling. We've put so much time into this and we want to see this thing take off. It's not just enough now that we've finally done an album, now we have to send it out, see where it goes and who likes it. Patience is another thing; it's not going to happen all at once. We're just going to use as many resources as we can and play as many shows as we can."

Ivan: "We've had a lot of show offers without us even asking and that's been great because we don't have a CD out."

Andrew: "It's all word of mouth from people who've actually seen us play."

Kyle: "And we've played in Toronto, Montreal; we've played in a lot of places."

Ivan: "We have to be realistic be-



ALYEUS.BANDCAMP.COM

cause we don't have a CD. Once the CD comes out, we can see our options. But yeah, the sky's the limit because it's a concept album. We're writing a story to go along with it."

Andrew: "This is the first release in a trilogy, but it's actually part two."

Ivan: "So it's three main stories. We're also talking about doing EPs in between. So it's all meshed together as one long story and we're just breaking it up into albums."

Kyle: "And it'd be nice to be able to do other things like comic books, novels, and even action figures, video games and movies. There's literally no ceiling with this!"

Andrew: "We're working with an artist in London right now who's doing character portraits of all of our characters. He did our album cover and all of our logos."

What advice would you give to aspiring musicians?

Kyle: "Be as professional as possible. If you want to be serious, then you have to be realistic. Obviously people are going to start a band with their friends because that's the easiest thing, but you have to know at a certain point that if someone is a problem, or it's not going somewhere because of a lack of talent or a lack of drive or a lack of something. If you want to be serious, you have to know how to cut those strings. Ivan and I have been in bands for a long time, and we've

been in about three or four to get to this point. We've had to make some tough decisions along the way."

Andrew: "And have fun. Have fun with the other musicians around. Don't go to a show and act like you're better than everyone."

Kyle: "Unless you're selling out stadiums, you really have no right to be cocky. And even then, you've got to be grateful."

Ivan: "I think if you want to become a better musician, you always have to analyze and be critical of what you do. Dean is really good for that; he's a good catalyst in our band. When we're writing music together, he's always honest."

Andrew: "And he's very good at explaining why."

Ivan: "Try different things, be original, and be critical of yourself. That's the only way you can improve to be a professional musician."




Andrew: "And practice correctly. Don't just practice, practice the right way."

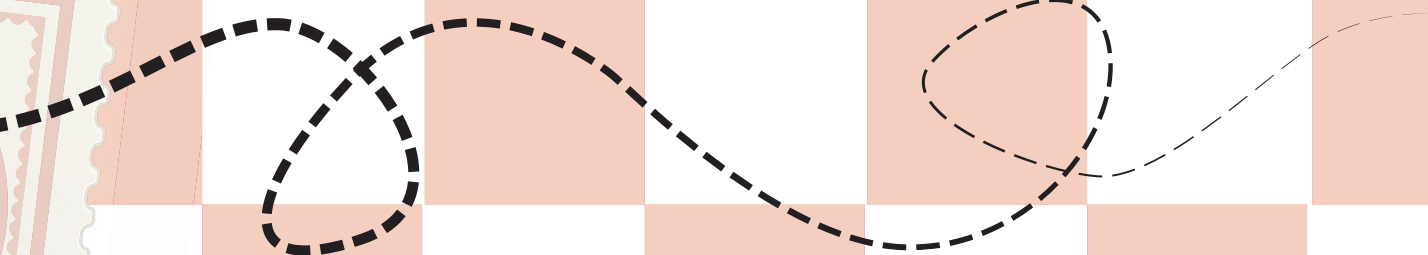
Ivan: "You have to practice 10,000 hours. That's the magic number to practice, they say."

Check out Alyeus live in London on July 1 at East Lions Park (1731 Churchill Ave) and on August 2 at Ribfest in Victoria Park. For a full list of upcoming shows and to hear their music, go to alyeus.com and Like them at facebook.com/AlyeusBand.

GET OUTTA TOWN!

MELANIE ANDERSON | INTERROBANG

NAME	DATE	LOCATION & WEB	ADMISSION	DESCRIPTION
 The Oxford Renaissance Festival	June 14 -16	Woodstock Fair Grounds (875 Nelis Street) Woodstock oxfordrenfest.ca	Adult: \$18.95 Child: \$10.95	Feel the rush of live jousting and experience live hand-to-hand combat. This festival will bring medieval times to life with performances, musicians and more.
 Toronto Urban Roots Fest (TURF)	July 4-7	Fort York: Garrison Common (100 Garrison Rd.) Toronto torontourbanrootsfest.com	4-Day Tickets: \$150 VIP & Single day tickets available	TURF runs over four nights and two full days on two outdoor stages and two clubs. It features more than 30 bands, including She & Him, The Joel Plaskett Emergency, Arkells, Fitz & The Tantrums, Flogging Molly, The Hold Steady, and Neko Case.
 Vans Warped Tour	July 5	The Flats @ Molson Canadian Amphitheatre (909 Lake Shore Blvd West) Toronto vanswarpedtour.com	General: \$62	The 19th annual Warped Tour festival brings together a variety of acts with a focus on rock. This year, headliners include Hawthorne Heights, The Early November, Allstar Weekend, Goldfinger, Motion City Soundtrack, 3OH!3, Billy Talent and many more.
 Caribana 2013	August 1-4	Various locations Toronto caribanatoronto.com	Various by event	There are tons of family and nightlife events that come with Caribana's annual festivities, but the Grand Parade is a must-see. As North America's largest Caribbean Parade, it attracts over a million visitors to the Lakeshore. The elaborate costumes, props and lively dancers bring everything to life.
 Boots and Hearts Music Festival	August 1-4	Canadian Tire Motorsport Park (3233 Concession Rd. 10) Bowmanville bootsandhearts.com	Campsites Sold Out 3-Day tickets: \$229.99	Join over 30 acts including Jason Aldean, Rascal Flatts, Miranda Lambert, Dierks Bentley and Dean Brody for Canada's best country music camping festival.
 OSHEAGA Music & Arts Festival	August 2-4	Montreal's Parc Jean-Drapeau (1, circuit Gilles-Villeneuve) Montreal osheaga.com	General 3-Day: \$235 Reserved: \$395	This festival is known for its wide range of acts that range from emerging local artists to some of the industry's biggest names. This year's three-day event features over 90 acts, including Mumford and Sons, The Cure, Phoenix, New Order, Vampire Weekend, The Lumineers, Ellie Goulding and Imagine Dragons.
 VELD	August 3-4	Downsview Park (1-35 Carl Hall Rd.) Toronto veldmusicfestival.com	General: \$180 VIP: \$199.50 - \$299.50	This annual two-day festival features headliners Above & Beyond, Deadmau5, and Kaskade. These top three producers will be joined by over 30 acts including Steve Aoki, Krewella and Dada Life.
 Wakestock	August 9-11	Millenium Waterfront Park (Collingwood Heritage Drive) Collingwood wakeupstock.com	Early Bird: \$22.75	Check out some of the world's best wakeboarding and live entertainment at Wakestock 2013. Silversun Pickups, Death From Above 1979, The Sheepdogs, and Less Than Jake will keep the crowd entertained during the day. Monster Energy's Saturday night party features Raekwon. Free shuttles will transport you to Blue Mountains popular "village" bars for more after-party options!





A SUMMER FOR SEQUELS

MELANIE ANDERSON | INTERROBANG

STAR TREK INTO DARKNESS 3D

Release Date: May 17
Stars: Chris Pine, Zachary Quinto, Zoe Saldana

The USS Enterprise crew is called back home to face a seemingly unstoppable force that has attacked Starfleet and left Earth in chaos. This force of terror has emerged from within their own organization, and Captain Kirk leads the manhunt to capture the one responsible.

THE HANGOVER PART III

Release Date: May 24
Stars: Bradley Cooper, Zach Galifianakis, Ed Helms, Justin Bartha

Take another wild ride with the Wolfpack. The zany plot involves freeing Alan (Galifianakis) from a mental institution and facing the big bad Mr. Chow (Ken Jeong), who's back with a bigger role and disguised as a police officer. The crew travels back to Vegas and also ventures Los Angeles and Tijuana – what sort of mayhem will the boys get into this time?

FAST AND FURIOUS 6

Release Date: May 24
Stars: Vin Diesel, Paul Walker, Dwayne Johnson

Michelle Rodriguez comes back from the “dead” for her role as Letty. This time around she's playing for the other team and has joined the enemy: an international mercenary organization. Agent Hobbs (Johnson) recruits Dom (Diesel) and his team to help bring the rival organization to justice. The favour would clear Dom and his group's criminal records and allow them to return to their home country. Each installment of the film has made more than its precursor, with *Fast Five* raking in nearly \$210 million – not bad for a fifth ride with Vin's crew.

MONSTERS UNIVERSITY

Release Date: June 21
Stars: Billy Crystal, John Goodman, Steve Buscemi

Step back in time and discover Mike and Sulley's time at Monsters University, when... well... let's just say they weren't the best of friends. The two are both majoring in Scaring and are in the same fraternity, but are total opposites. They soon become rivals and get themselves into loads of trouble. Find out how they ultimately become best friends in this sequel that's sure to be more silly than scary.

DESPICABLE ME 2

Release Date: June 26
Stars: Steve Carell, Al Pacino, Kristen Wiig

It's time for another round of charming adventure with Agnes, Margo, Edith and their adoptive father, former supercriminal, Gru. The Anti-Villain League recruits Gru to help take down a new supercriminal Eduardo, played by the crew's new addition, Pacino. Hopefully this film will live up to audience's expectations, as the original film grossed more than \$540 million, becoming the 10th-highest grossing animated film in the U.S.

THE WOLVERINE

Release Date: July 26
Stars: Hugh Jackman, Will Yun Lee, Tao Okamoto

Jackman returns as the titular character for the sixth installment in the *X-Men* film series, and this time he's making a trip to modern-day Japan. Wolverine encounters a mysterious enemy from his past that will ultimately have tremendous consequences in his future. He is pushed to his limits and faces physical and emotional struggles, ultimately becoming more powerful than ever before. Jackman is all jacked up, and isn't afraid to show off his muscles... lucky for those girlfriends dragged to this action-packed thriller.

ADAPTATIONS AND REMAKES

MELANIE ANDERSON | INTERROBANG

THE GREAT GATSBY (3D)

Release Date: May 10
Stars: Leonardo DiCaprio, Carey Mulligan, Joel Edgerton, Tobey Maguire
Adapted from: F. Scott Fitzgerald's 1925 novel of the same name

Join this big cast for one of the most anticipated films of the year. Head back to the roaring '20s where DiCaprio leads as Jay Gatsby, a millionaire known for throwing the most extravagant parties for the region's elite. His neighbour Nick (Maguire) plays a Midwestern war veteran fascinated by Gatsby's past and lifestyle.

MAN OF STEEL

Release Date: June 14
Stars: Henry Cavill, Russell Crowe, Amy Adams
Adapted from: DC Comics

Superman goes back to his origins in yet another retelling of the classic superhero story. Clark Kent, played by the handsome Cavill (*The Tudors*), plays a journalist in his 20s who never quite fit in because of his unique superpowers. He was transported to Earth from the dying planet Krypton and adopted by Jonathan and Martha Kent as a child. When Earth is attacked, Kent must use his powers to defend Earth and become a superhero.

WORLD WAR Z

Release Date: June 21
Stars: Brad Pitt, Mireille Enos, David Morse
Adapted from: Post-apocalyptic horror novel *World War Z: An Oral History of the Zombie War* by Max Brooks

If you're a fan of the current zombie trend that's taken over big and small screens everywhere, *World War Z* is a thriller you won't want to miss. Gerry Lane (Pitt) stars as a United Nations employee searching for information that can help stop this zombie outbreak and protect his family. The pandemic has taken down armies and governments, and is threatening to take down the entire human race. Will Pitt find a cure in time?

THE LONE RANGER

Release Date: July 3
Stars: Johnny Depp, Armie Hammer, Tom Wilkinson
Adapted from: American Old West characters, films and TV shows

Depp once again undertakes an eccentric role, playing Native American spirit warrior Tonto. He joins up with unlikely partner John Reid, played by Hammer (*The Social Network*). Tonto recounts stories of how Reid became a legend of justice and the two find themselves forced to work together to fight against greed and corruption.

CRAVING SOMETHING NEW?

MELANIE ANDERSON | INTERROBANG

THE INTERNSHIP

Release Date: June 7
Stars: Owen Wilson, Vince Vaughn, Rose Byrne

This may be one of the best comedies coming to theatres this summer. The dynamic duo who played best friends in *Wedding Crashers* come together to survive an internship at Google. Billy (Vaughn) and Nick (Wilson) are salesmen whose careers have been suffering through the digital age. Getting into Google was only half the battle; now they must keep up with some of the nation's most tech-savvy college students.

THIS IS THE END

Release Date: June 12
Stars: Seth Rogen, Jay Baruchel, James Franco

End-of-the-world plots seem to be taking over the big screen this year, but this one is not quite your typical action-thriller. Take some of today's funniest young actors, throw them together at a house party, and watch as the group faces an apocalypse. Six friends find themselves trapped inside a house after catastrophic events devastate Los Angeles; panic begins to set in and the group nearly tears each other apart.

ELYSIUM

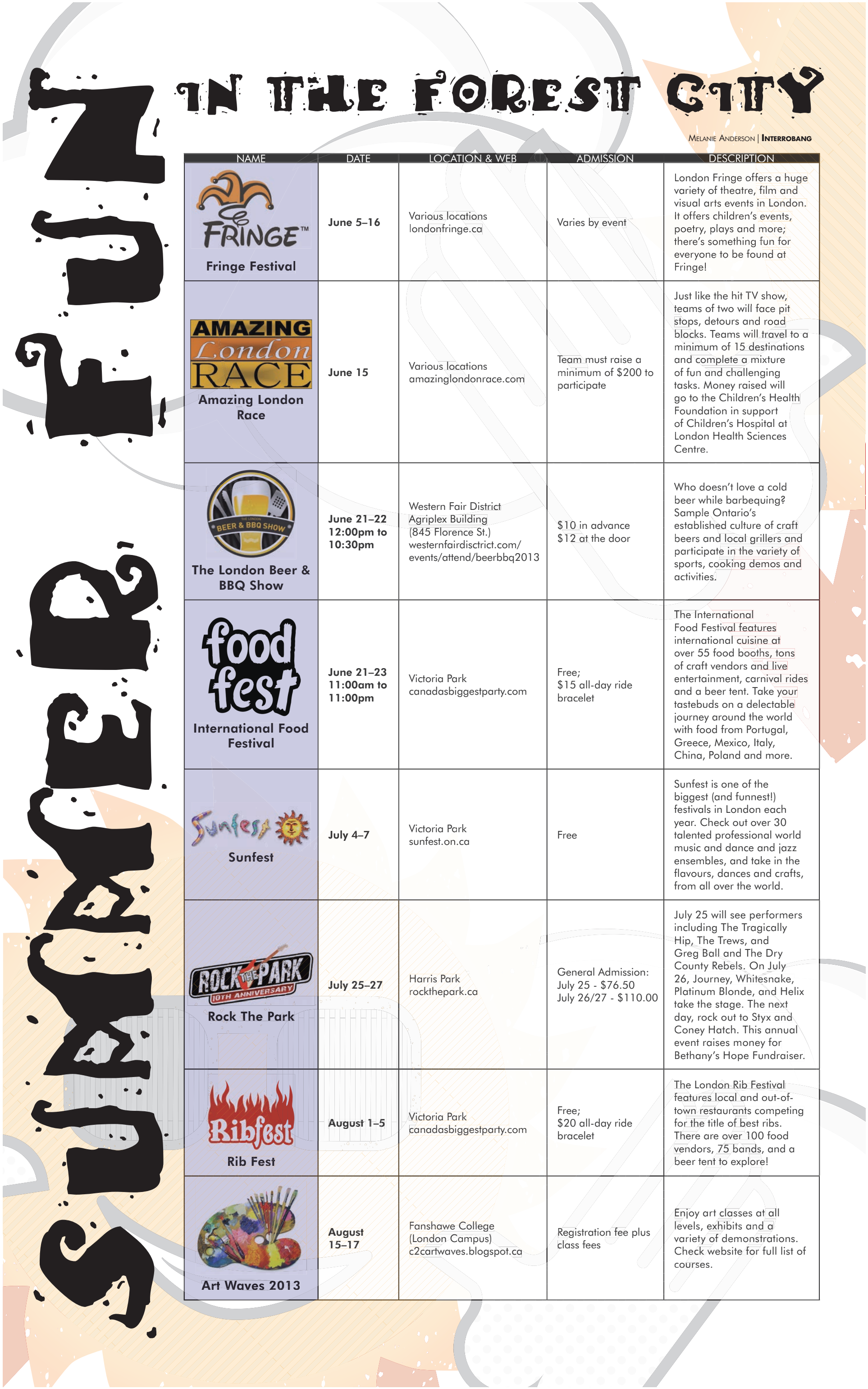
Release Date: August 9
Stars: Matt Damon, Jodie Foster, Sharlto Copley, Wagner Moura, Carly Pope, Alice Braga

From the director of *District 9* comes a new sci-fi thriller that takes you to the year 2159. The Earth has been split into the very wealthy, who live in a man-made floating city called Elysium, and the rest, who are forced to live in poverty and crime on Earth. Those on Earth are desperate to escape the planet and are in need of the medical care available on Elysium, but those on the floating city are enforcing anti-immigration laws. Mac Coburn (Matt Damon) steps in to try to bring equality and peace to what is now a very divided mankind.

WE'RE THE MILLERS

Release Date: August 9
Stars: Jason Sudeikis, Jennifer Aniston, Emma Roberts

This comedy shows just how far pot dealer David Burke (Sudeikis) will go to make a big shipment of weed into the U.S. from Mexico. Burke hires a fake family, including stripper Rose (Aniston), homeless teen Casey (Roberts) and the nerdy neighbourhood kid Kenny (Will Poulter) to put the plan into action.



FESTS IN THE FOREST CITY

MELANIE ANDERSON | INTERROBANG

NAME	DATE	LOCATION & WEB	ADMISSION	DESCRIPTION
 Fringe Festival	June 5–16	Various locations londonfringe.ca	Varies by event	London Fringe offers a huge variety of theatre, film and visual arts events in London. It offers children's events, poetry, plays and more; there's something fun for everyone to be found at Fringe!
 Amazing London Race	June 15	Various locations amazinglondonrace.com	Team must raise a minimum of \$200 to participate	Just like the hit TV show, teams of two will face pit stops, detours and road blocks. Teams will travel to a minimum of 15 destinations and complete a mixture of fun and challenging tasks. Money raised will go to the Children's Health Foundation in support of Children's Hospital at London Health Sciences Centre.
 The London Beer & BBQ Show	June 21–22 12:00pm to 10:30pm	Western Fair District Agriplex Building (845 Florence St.) westernfairdistrict.com/events/attend/beerbbq2013	\$10 in advance \$12 at the door	Who doesn't love a cold beer while barbequing? Sample Ontario's established culture of craft beers and local grillers and participate in the variety of sports, cooking demos and activities.
 International Food Festival	June 21–23 11:00am to 11:00pm	Victoria Park canadasbiggestparty.com	Free; \$15 all-day ride bracelet	The International Food Festival features international cuisine at over 55 food booths, tons of craft vendors and live entertainment, carnival rides and a beer tent. Take your tastebuds on a delectable journey around the world with food from Portugal, Greece, Mexico, Italy, China, Poland and more.
 Sunfest	July 4–7	Victoria Park sunfest.on.ca	Free	Sunfest is one of the biggest (and funnest!) festivals in London each year. Check out over 30 talented professional world music and dance and jazz ensembles, and take in the flavours, dances and crafts, from all over the world.
 Rock The Park	July 25–27	Harris Park rockthepark.ca	General Admission: July 25 - \$76.50 July 26/27 - \$110.00	July 25 will see performers including The Tragically Hip, The Trews, and Greg Ball and The Dry County Rebels. On July 26, Journey, Whitesnake, Platinum Blonde, and Helix take the stage. The next day, rock out to Styx and Coney Hatch. This annual event raises money for Bethany's Hope Fundraiser.
 Rib Fest	August 1–5	Victoria Park canadasbiggestparty.com	Free; \$20 all-day ride bracelet	The London Rib Festival features local and out-of-town restaurants competing for the title of best ribs. There are over 100 food vendors, 75 bands, and a beer tent to explore!
 Art Waves 2013	August 15–17	Fanshawe College (London Campus) c2cartwaves.blogspot.ca	Registration fee plus class fees	Enjoy art classes at all levels, exhibits and a variety of demonstrations. Check website for full list of courses.

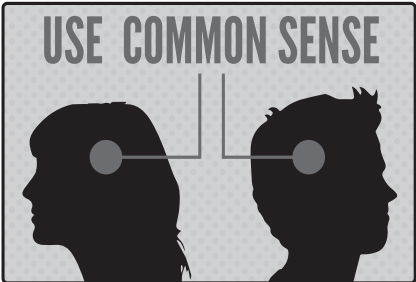
5 STEPS TO SURVIVING VACATION

1. Plan 2. Check 3. Pack 4. Insure 5. Fun

Summer is just around the corner and you know what that means – summer vacation! Many students will be working jobs, sleeping in and partying, while others will be planning vacations. Students heading out of town need to ask themselves two big questions: where should I go and what should I bring?

1. PLAN AHEAD

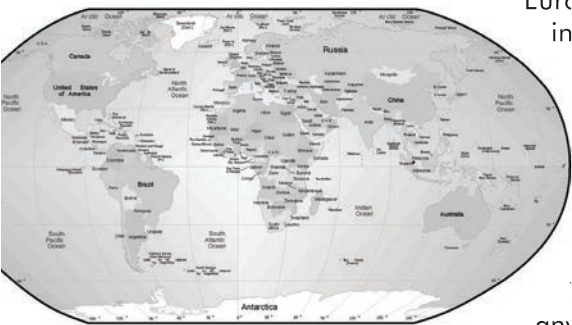
Before you get too excited, take the time to do some research so you can plan your vacation accordingly. Kelly Lynn Balderston, a travel consultant at Robert Q advised, “Anybody who is travelling needs to do some research on the country they’re going to. There’s great information on the Canadian Travel website. It gives you all kinds of information on requirements, money, safety, health issues, and it’s a good place to start.”



Identification and updated documents are a big must-have. “Always make sure your documents are in good order and are valid, and check the validity of the country you’re going to. Everyone just needs to use common sense, no matter where they go. If you’re travelling south, don’t go with anybody down alleys if they’re trying to sell you things,” she added.

2. CHECK THE MAP

Now that you’ve got your research done, where should you go? With a globe full of beautiful and exotic countries, the possibilities are endless! But a surprising amount of summer travel is within Canada, according to Balderston. “People are going home or visiting within our country because the weather is good.”



“Europe is also a popular choice in the summer months. So anywhere in Europe: Italy, France, England.”

But are there places that students should avoid at all costs? “Check the Canadian Travel website. You should never consider anywhere that has a travel warning. But as far as popular places,

Caribbean, the U.S., Europe; I think as long as you use common sense, those are all great places to go visit,” she added.

3. PACK UP



Now that you’ve picked your dream vacation destination, it’s time to start packing those suitcases. Of course, you need to pack your nicest clothes and your personal hygiene products. Do some research before you leave to see what the weather at your destination is going to be like, and pack your clothing accordingly.

Don’t forget to bring your identification, make sure you have enough currency, and if you’re bringing credit cards or debit cards, make sure you’ve called your bank ahead of time to let them know you’re leaving the country and where you’re travelling – if your bank sees any odd usage on your account, they will cut off your plastic.



4. INSURE A GREAT TIME

Now for the most important document of all: travel insurance. Travel insurance usually covers both medical and financial insurance, and anybody who travels should always have travel insurance, whether they are travelling in their own country or internationally.

Balderston said, “There are two parts to travel insurance; there’s cancellation and interruption insurance, which protects your financial investment in your trip. Cancellation is if you have to cancel beforehand, but interruption is also a part that lots of people don’t think of. If you’re at a destination and something happens to a loved one at home, you’ll be able to come back home. The other aspect is medical, and nobody should be travelling out of the country without it. We see it in the news all the time; people getting stuck in locations and they’re sick and can’t get home. Medical insurance is so inexpensive, it should be automatic.”

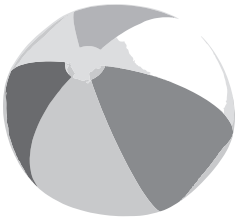


Balderston added that the cost of travel insurance depends on the traveller’s age and the duration of his or her stay. For example, if a student is going away for just a week, insurance can cost as little as \$33 for eight days. “It’s such a small investment to make, because OHIP will only cover very slight things, not everything. But that \$33 will not only pay for your medical, it’s also going to get you home.”

Travelling is a great experience for anyone. It opens your eyes to different worlds and different cultures. “It’s great, as long as you do it wisely,” said Balderston.

5. HAVE FUN

Now that you have your summer vacation all planned out, be sure to enjoy paradise while you have the chance.



MORE INFO

For more information, check out travel.gc.ca



Student work flourishes in Cuddy Gardens

CONNOR DUNSTER
INTERROBANG

Tucked away in the little town of Strathroy, just off Highway 402, is a hidden paradise. Many people might not know where this garden is – with a small sign out front, it is easy to miss – but once you're there, you might not want to leave.

This lush oasis, Cuddy Gardens, has a strong Fanshawe connection: it's tended to by the College's Horticulture Technician students.

Cuddy Farms was constructed in 1950, when owner A.M. Cuddy bought the 100-acre farm and 1,500 turkeys. Through his hard work and innovative ideas to change the industry, Cuddy eventually grew his farm into the world's largest producer of fertilized turkey eggs. To this day, the hatchery ships eggs and poults (a young turkey being raised for food) across the world from its 35 Strathroy-area farms.

Cuddy had always taken a keen interest in horticulture and landscape design. In 1991, Cuddy decided that his property should be used to showcase horticulture and landscaping projects to the public, and so he started developing the garden. He hired Michael Pascoe, a recent graduate from the Niagara Parks School of Horticulture, to

help him design and build his vision of the gardens.

The construction of Cuddy Gardens took five years to complete and was one of the first all-organic gardens with no chemical fertilizers or pesticides used. Cuddy Gardens became well known being the first gardens in Canada to be rewarded for its exemplary use of perennials and shrubs.

When Cuddy passed away in 2006, his wife Patricia donated the gardens and the house to Fanshawe, and the Horticulture program now manages the grounds. "The Horticulture Technician program is now in its 10th year here at Fanshawe, and we have 80 students between first and second year," said Jack Parker, professor of the Horticulture Technician program. "What makes our program unique is that we create real experiences for our co-op students by doing real projects."

The Co-op students definitely get their hands dirty, with part of their curriculum being the development and maintenance of the gardens. Students in the program are assigned weekly practicals where they do routine care such as maintaining the flower nursery, cutting grass, and completing construction

projects within the garden.

"The arbors, fences, and the rock barriers are all built by students here in the program," said Nate Mckim, a recent graduate of the program. "Hardscape projects, operating equipment, plant control, plant production, the micro-nursery, greenhouse control are things we are responsible for as part of our co-op."

"Because we do real projects, there are real risks involved, so we enforce high levels of safety protocol," stated Parker, "but that's what distinguishes us from other colleges; instead of doing a mock up on a model or a small scale, we actually do real, practical work that they do in the job field."

With summer now here, a new batch of students have taken over the responsibilities of Cuddy Gardens as part of their summer co-op placement. Right now the students are learning how to use the equipment and cleaning up the gardens to get it ready for showings this summer. With upcoming events such as the Open Gardens tours throughout the summer, students are starting their co-op by trimming and pruning the plants and flowers to get them in top-top shape.

Cuddy Gardens has one of the



CREDIT: THEAMCUDDYGARDEN.BLOGSPOT.CA

Students from Fanshawe's Horticulture Technician program are responsible for maintaining the beautiful Cuddy Gardens during their summer co-op placement.

largest collections of plants and Magnolia trees in Ontario, so a lot of work is needed to upkeep and maintain this fine collection. Over 2,000 species are displayed in the dry, rock, woodland, perennial, rose and aquatic gardens. Several plants found in the Garden are on the endangered species list, which makes Cuddy Gardens a real sight to see.

If you're interested checking out this the beautiful collection, come out to the guided tours of the grounds at Cuddy Gardens at 28443 Centre Road in Strathroy on June 1 and 2 or August 1 – for event details, go to www.fanshawec.ca/opengarden. For more information, check out theamcuddygarden.blogspot.ca.

Sick of sitting in the kiddie pool?

The FSU hosts fun events all summer long

CONNOR DUNSTER
INTERROBANG

With summer finally here, most students have gone back to their hometowns to work till September, but the sun is still shining and people are ready to get out and enjoy what the city has to offer. For summer students who are staying in town, the Fanshawe Student Union still has tons of events going on all summer long to beat the heat and the boredom.

NOW TILL JULY 3: FIRST RUN FILMS

The Student Union's series of First Run Films features a different movie each week. Tickets are \$3 students and \$5 for guests at Rainbow Cinemas (Citi Plaza, 355 Wellington St.) every Wednesday until July 3. Get your tickets Tuesdays and Wednesdays exclusively at the Biz Booth in SUB between 10 a.m. and 2 p.m. and head out to Rainbow Cinemas every Wednesday night to catch the 9 p.m. flick.

June 5: *Now You See Me*

June 12: *The Internship*

June 19: *Man Of Steel*

June 26: *Monsters U*

July 3: *White House Down*

MAY 30: SEX TOY BINGO

Fanshawe's wildest and most popular event is still going strong in the summer and will be sure to be an outrageous time. Come out to The Out Back Shack on May 30 from 8 to 11 p.m. and play some Bingo. Your hilarious host Beef will be handing out hundreds of dollars' worth of sex toys, so make sure to come out and win something fun. BINGO!

JUNE 1 AND JULY 6: CANADA'S WONDERLAND FIELD TRIP

Come enjoy a day with friends and other students at Canada's Wonderland on June 1 and on July 6. The bus will be departing at 9 a.m. and will be returning around



12 a.m. Tickets are \$40 for students and \$46 for guests for the June trip and \$52 for students and \$58 for guests for the July trip. The ticket price includes the cost of transportation and admission to the park – you can't beat that! This amazing deal is sure to sell out quickly so get your tickets at the Biz Booth in SUB Tuesday to Friday from 10 a.m. to 2 p.m.

JUNE 4: ROCK, PAPER, SCISSORS TOURNAMENT

If you haven't been living under a rock, I'm sure you've played Rock, Paper Scissors at some point in your life. Whether it's a fight for the last slice of pizza or during a long ride in the back of the car before Gameboys and iPhones (God, I feel old), Rock, Paper, Scissors is a valuable skill to have. Come compete against other Fanshawe students in Forwell Hall on June 4 from 12 to 1 p.m. and win some cash!

JUNE 13: STRAWBERRY SOCIAL

This is the Student Union's yummiest event of the summer! With free local strawberries and ice cream being served, it's the perfect way to cool down and meet some



new people. It will be held in the SUB courtyard between 11:30 a.m. and 1:30 p.m., so come out and enjoy yourself some dessert!

JUNE 18: BEACH DAY AT PORT STANLEY

All aboard for the beach! Hop on the bus with your friends and enjoy the sun, sand and water at the beach courtesy of the Student Union. Tickets are only \$5 for students (\$10 for guests) and include transportation there and back and a meal at Mackies. Sign up and get your tickets early at the Biz Booth.

JULY 2: MLB FIELD TRIP – BLUE JAYS VS. TIGERS

Take me out to the ball game! Come cheer on your favourite team with an outing to Rogers Centre with other Fanshawe students on July 2. Tickets are \$25 for students or \$30 for guests at the Biz Booth, and include transportation and the cost of a ticket. This amazing deal is sure to sell out quickly, so make sure to get your tickets soon!

Check out fsu.ca/events for a full list of events the Student Union is hosting throughout the summer.

WIN

A PAIR OF MUMFORD & SONS TICKETS!



FSU SUPER SUMMER CONCERT GIVEAWAY!

Norfolk County Music Festival
August 23-24, 2013
Simcoe, ON



www.fsu.ca/contest
for details

Party with the undead at Zombie Fest 2013

CONNOR DUNSTER
INTERROBANG

A blood-spattered horde shuffles down Wellington Street, seeking fresh brains to feed on.

If this sounds like your idea of a fun Saturday, you're a freak, but no need to fear – you can channel that at the first Annual Zombie Fest on August 31 in St. Thomas.

Zombie Fest is based on a long and creepy history dating back all the way to 1805. According to local legend, a man named Tom Zombie and his bride were murdered by a group of conspirators and buried in separate graves. Tom was buried with a bell attached to his foot because the undertakers had a feeling he was still alive. Two weeks later, the bell began to ring, and Tom rose from his grave to exact revenge on the community.

Tom Zombie sightings were few and far between until 1893, when a young rail worker named Edward Thomas was crushed between two train cars during a freak accident. It is believed the curse was transferred to him, and he is now the one who seeks revenge on the community.

The only way the community can protect itself from the curse is by choosing one person to keep control of a magical Trimerical Bell for one year. They say that whoever has the

bell has the power to control Tom Zombie and keep his undead army at bay.

"We have a panel of judges who choose a new protector to keep control of the bell and satisfy the curse," said Bryan Bakker, lead organizer of the Tom Zombie festival. "The protector will keep hold of the bell until the next festival, where they will pass it on to the next year's Tom Zombie."

This contest will be sure to bring fame to the winner not only in St. Thomas, but the zombie community. The new Tom Zombie will be chosen in a contest where points are awarded for scary make-up, costume, uniqueness, personality and even humour. It should be quite the competition so bring your A-game... or should I say Z-game.

The first Tom Zombie was announced as famous zombie movie actor John Migliore at a ceremony at the Elgin County Railway Museum on May 15. Migliore is a 49-year-old Hamilton-born actor who has more than 20 zombie movies to his name, including *Dawn of the Dead* and *Resident Evil*.

"As this will be the first Tom Zombie, we want to make sure an iconic presence is set. That's why he'll resemble an historic railway worker motif and the reveal ceremony will be held on festival grounds at the Railway Museum," Bakker explained.

The idea for Zombie Fest was formed after Bakker received a job producing a zombie commercial for a client at his production company, Bizbio. "I was doing research on zombie culture and just realized just how popular the genre was becoming, how excited people were," said Bakker. "So I thought, 'No one has done this before; I'm going to start my very own Zombie Festival.'"

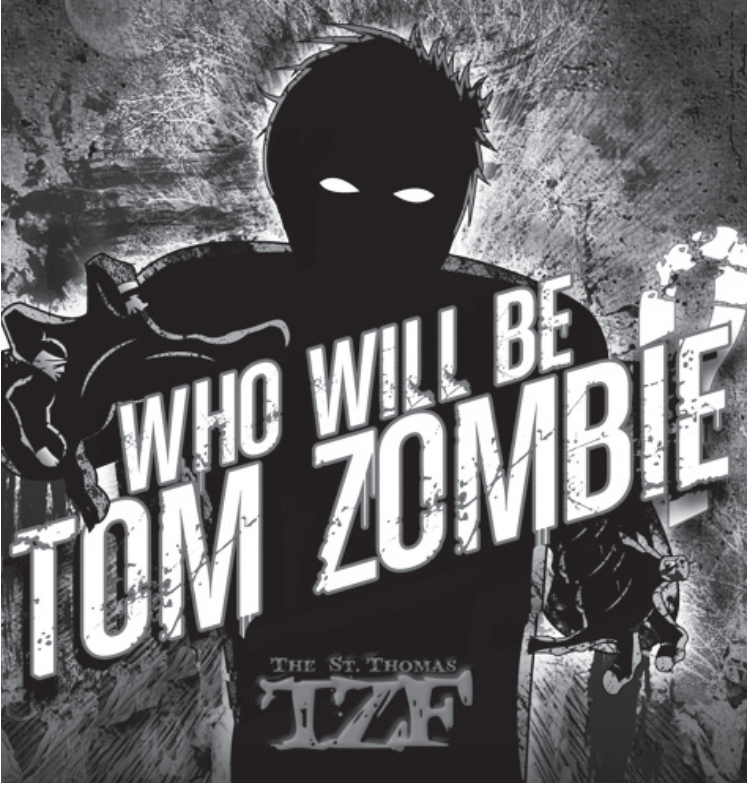
Proceeds from this event will go to the non-profit organization It Takes 2, which provides support to at-risk youth (it2institute.com). "We are proud to be helping this organization; it encourages and motivates young people to get up off the couch and participate," said Bakker.

The event already has the community buzzing and is expected to bring zombie enthusiasts from near and far. "The event is so unusual that it has sparked the imagination and sense of play within our community," Bakker said. "It's nice for St. Thomas to be in the headlines for positive change and to address the needs of youth as their programs suffer during strained economic times."

Zombie events will kick off at 4 p.m. on August 31 in St. Thom-

as at the Elgin Railway Museum (225 Wellington St.). Zombie Fest 2013 will feature music by local bands, exhibitors, food vendors and the search for the next year's Tom Zombie.

For more information on the event, go to tomzombiefestival.ca. You can also learn more at [facebook.com/TomZombieFestival](https://www.facebook.com/TomZombieFestival).



CREDIT: ALYEUS

The first annua; Zombie Fest in St. Thomas take place on August 31.

Look hot but stay cool in summer styles

NIKKI UFIMZEFF
INTERROBANG

Summer is here! It's time to ditch those jeans and sweaters and dig out your shorts and tank tops. But before you get too comfortable in your everyday attire, you may want to update your wardrobe with a few must-haves this summer.

Lily Eugenio runs iN Fashion, a clothing boutique located downtown on the popular shopping strip referred to as Richmond Row. "The most popular summer trend right now is colour," she said. "A variety of colour, from your pastels to your classic brights, even neon colours – anything in colour is definitely the biggest trend this year."

And what's the colour of the summer? Eugenio said that mint green is making a comeback. "The big colour that's in right now that we haven't seen in a little while is mint green, especially combined with a nice lavender colour. The neons are in. I would say pretty much any colour is in. Blacks and some of the neutrals have taken a bit of a backseat, but there's still a little bit of those colours as anchor colours. Definitely colour in general has taken the front seat this season."

Sue Glass, owner of Lolita on Richmond Row and Frilly Lizard on Talbot Street, said that bursts of colour is what summer is all about. "Coral is still the reigning colour, with turquoise still strong." In addition to turquoise, lavender and mint, be on the lookout for other popular colours like orange, cobalt blue and yellow.

Coloured bottoms are also in – everything from shorts to capris to skinny jeans. "It's something different and it kind of shows your flair too, especially if you're someone who's always into just your basic colours," said Eugenio. Watch for colourful high-waisted shorts! They will slim your figure and give you that sophisticated edge. Pair them

with a sheer blouse and you're good to go.

According to Glass, crop tops and maxi dresses are also huge this summer. "The vintage vibe is still in with beautiful floral prints and flapper-style dresses inspired by *The Great Gatsby*," she said.

And for workwear, remember one piece of advice: it's possible to be professional and fashionable at the same time. "Dresses work nicely for work because they are still cool enough to wear and are suitable for functions after work. I think dresses are a good thing – or skirts. Some places don't allow capris or shorts, but a dress or a skirt would be a nice alternative," said Eugenio.

Other options include "a floral blazer, a tank dress with a high-low hemline (not too high), solid linen or floral peplum skirts, and tank blouses with a tie," according to Glass.

That just about covers daywear, but what could you wear for a night out? Eugenio has the answer: "For the summer months, I would do a really nice capri-length bottom, whether it's a white or a denim with a nice cuff, and a wedge and a t-shirt. Or a nice little sundress with a wedge and jean jacket, because some of the nights are still a little bit cooler."

Glass suggested "a bright-coloured romper, pantsuit, a flirty floral dress, or a polka dot dress" as alternatives that will surely make a statement.

As for accessories, Eugenio said, "We're really showing a real trend in substantial pieces at the neckline," so wear jewellery such as necklaces or long earrings. "Whether it's on your neck or ears or wrist, it's good to have one piece as your statement."

Gold and rose gold is in – look for chokers, long chains, knuckle rings and Alexander McQueen-inspired skulls, said Glass.



CREDIT: LOVESTYLELOVEFASHION.BLOGSPOT.CA

Cute and colourful outfits are what's hot for summer 2013.

Just remember, everything in moderation. "Don't try to pile on too many trends at once," warned Glass. "A great piece of clothing and a piece or two of jewellery is all you need."

So now that you know what's hot and trending, go out and explore the world of fashion! But make sure to stay true to yourself during the process. "I think staying true to your personality and making yourself shine (is important) – not just the clothes." Eugenio emphasized the role confidence plays in an outfit, and suggested using accessories to show off your own personal style. "Maybe try something that you might not normally do, just something a little bit unexpected."

For more information on what's available at Glass and Eugenio's stores, check them out at in-fashion-

ca, frillylizard.ca and lolitaonrichmond.com.

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WHAT'S HOT:

- High-waisted shorts
- Tunic blouses and oversized tees
- Crop tops
- Maxi dresses
- Neon colours
- Graphic black and white combinations
- Stripes, florals and animal prints
- Two toning
- Flowy scarves
- High/low hem tops and dresses (high at the front, low at the back)
- Flapper-style dresses
- Bright-coloured rompers
- Jean jackets
- Pastel colours
- Skinny jeans in bright colours such as

- coral, turquoise, yellow
- Ankle pants in different prints or colours
- Galaxy leggings
- Gold and rose gold jewellery
- Accessories such as chokers, long chains and knuckle rings
- Colourful wedges
- Galaxy shoes

WHAT'S NOT:

- Little Black Dress (everyone wants to pop with colour this summer)
- Crocs (were they ever hot?)
- Floral overload (a little floral is okay, just don't overdo it!)
- Sleeveless polo shirts (preppy gone wrong, very wrong)
- Striped trousers/tuxedo jacket combos
- Patent leather clutches (it's all about metallics)

Spend your summer with a book in your hand

MEGAN MCPHADEN
INTERROBANG

Whether you spend your summer days lazing in a hammock or on the beach, summer is the perfect time for reading. Here are some of my top picks for this summer:

TOP FIVE FOR WOMEN

Damaged by H.M. Ward

A blind date turned disaster leaves young Sidney embarrassed, but just when she thinks her steamy date is gone for good, he shows up as her teacher. This book has all the potential for a good summer novel to read guiltily on the beach – it's ranked fourth on the New York Times Bestseller list for fiction.

Wedding Night: A Novel by Sophie Kinsella

Best-selling author of the popular *Shopaholic* series, Kinsella's witty banter shines in her newest novel, *Wedding Night*. An impulse wedding with a childhood friend has concerned co-workers and family attempting to thwart an irreversible mistake. This book offers up a sweet cup of light reading.

The Best of Me by Nicholas Sparks

An unlikely love fostered during high school between Amanda Collier and Dawson Cole ends in two unexpected paths. Twenty-five years later, the death of a close friend forces the flame to emerge from the embers between the two lovers, and everything they thought they knew is put to the test. Sparks offers up his typical love story with a darker varied plot – think *The Notebook*.

Where We Belong by Emily Giffin

Successful Marian Caldwell has it all: an established career, a happy relationship and a fast-paced life in New York City, until the product of a long past love affair shows up on her doorstep. Her perfectly crafted veneer starts to crumble and she is forced to rediscover her values. Giffin's bestseller will leave you satisfied and wanting to read her five other blockbuster novels.

The Wanderer by Robyn Carr

Cooper never thought he would find a reason to stay in the small Oregon town with its craggy beach-



Escape to new world with some hot summer reads.

es... until he met Sarah. A serial drifter, Cooper finds himself debating between dropping anchor or sailing away back to his old life. This summertime love story will leave readers asking, "Why can't that be me?"

TOP FIVE FOR MEN

Happy, Happy, Happy: My Life and Legacy as the Duck Commander by Phil Robertson

Duck commander Phil Robertson, from the hit show *Duck Dynasty*, recounts his climb to the top that started with creating his famous Louisiana duck caller. The semi-autobiographical novel has Robertson crediting his faith with his success and his ability to provide for his family the way he always imagined. Robertson offers up a funny and honest account behind the success of the wildly popular *Duck Dynasty*.

A Game of Thrones by George R.R. Martin

The first novel in the fantasy series rendered television show, *A Game of Thrones* opens the door to the seven kingdoms. A web of interwoven plots of sex, backstabbing and war, it is a perfect read for fans and non-fans of fantasy alike. The book offers a more detailed, immersive depiction of the world of Westeros than the television show. After you've finished this book, there are four more in the series already waiting at a bookstore for you.

Calico Joe by John Grisham

Calico Joe bats a different game than Grisham's average legal thrillers. Young Paul Tracey, son of New York Mets pitcher Warren Tracey, becomes enraptured with the newest all-star rookie Joe Castle from Calico Rock, Arkansas. The climatic story comes when Calico Joe and Warren Tracey face off on the pitch. One life-changing fastball later, baseball fans have got an intriguing sports read.

Inferno by Dan Brown

The author of the *Da Vinci Code* once again revisits his use of symbols and the mysteries behind ancient literary pieces. The world is at risk and Harvard professor Robert Langdon holds the key to unlocking the famous epic poem Dante's *Inferno*. A fast-paced race to the truth promises to be a gripping read. This is a great novel to be read during the vulnerability of dusk, as readers get lost in secret passageways.

Defending Jacob by William Landay

Well-respected lawyer Andy Barber does what any father would do: protect his son. That is, until his son is charged with murder. A marriage, family and reputation balance precariously as Barber discovers shocking facts that spiral out of control. *Defending Jacob* takes a compelling look at simple actions that can tear down a carefully built life.



CREDIT: SUNSETINTHEREARVIEW.COM

Mumford & Sons are bringing their folk rock to Norfolk County.

Soak up the sun with Mumford & Sons

ERIKA FAUST
INTERROBANG

Mumford & Sons are performing a sold-out concert in Norfolk County in August, and the Fanshawe Student Union wants to send you to that show! All you have to do is attend the FSU's awesome summer events for your chance to win a pair of tickets.

Students are given one entry into the draw for every one of the following FSU summer events they attend: Blanket Drive-In on May 23 in the SUB courtyard at 9 p.m.; Sex Toy Bingo on May 30 at The Out Back Shack at 8 p.m.; Paper, Rock, Scissors on June 4 in Forwell Hall at noon; and the Strawberry Social on June 13 in the SUB courtyard from 11:30 a.m. to 1:30 p.m. You must be a full-time summer student to win, and you must register your ballot at the events – look for the FSU exec with the iPad to register. The winner will be announced on fsu.ca on June 20.

"The more events you attend, the more changes you have to win the tickets," exclaimed the FSU's Vice President Entertainment Allie Neeb.

Not only will you have a chance to win tickets to the most anticipated concert of the summer, by attending these events, you'll also have a chance to win some cash, some "adult" toys, and take in some

great shows with some great people. "We picked four really good events – one of them even has free strawberries and ice cream!" said John Young, operations manager for the FSU.

"We're holding these events for our summer students," added Neeb. "They're a great opportunity to get out, meet people, get to know your new FSU executive and enjoy the nice weather."

"It's going to be a super summer," grinned Young.

Mumford & Sons will be performing their Gentlemen of the Road Stopover at Simcoe, Norfolk County, on August 23 and 24 – the only Canadian location on their tour. They'll be hitting the stage with Vancouver indie-folk songwriter Dan Mangan, orchestral-rock outfit Hey Rosetta!, pop-rockers The Vaccines and troubadour Willy Mason. The tickets will get you into the whole awesome weekend, but you'll have to provide your own transportation and accommodations.

For more information on the concert, check out tinyurl.com/mumsons-simcoe2013. To learn more about the FSU's summer events, go to fsu.ca/events or pick up a SuperSummer calendar from the FSU main office (SC2012) or at the Biz Booth in SUB.

Renting and roommates for first-timers

ANDREW VIDLER
INTERROBANG

For post-secondary students, looking for that perfect first place to live can be an exciting yet overwhelming task.

Glenn Matthews, the housing mediator for students at both Fanshawe College and Western University, has seen the fallout of countless student renters who have gone into the market unprepared and have gotten themselves stuck in less than ideal situations over the years, so he is well placed to outline the problems facing renters. "The single biggest problem facing students looking for a place to live is a lack of motivation," said Matthews. "You would be surprised by how many people don't want to put in any time and effort and just sign a lease on the first apartment they see."

According to Matthews, it is these students who are most like-

ly to show up in his office with a problem that they require assistance with somewhere down the line. While he does enjoy his job, Matthews gave this advice to any renters still in the market so he will not have to see them later on this year.

1. Location

The majority of the student body begins their search in the campus neighbourhood, which for us at Fanshawe means that most people are looking for a rental in the blocks on either side of Oxford Street. This convenience has a price, according to Matthews, that many students don't realize when comparing rental prices in the area. "Students are looking in this area simply because of convenience, not realizing how much they can save if they take a ride down one of the bus routes and seek their rentals there. As all Fanshawe students are provided with bus passes as part of their yearly costs, turning your 10-minute walk

into a 10-minute bus ride can save you hundreds of dollars in the long run."

2. Roommates

Living with friends can simplify the search for a roommate, but it can cause confrontation when it is discovered that the way your friends live may not be compatible with the way you do. As Matthews explained, "It's always little habits, such as noise and cleanliness, that can make a living situation between two parties unbearable – the things you don't notice in your friends when you're not experiencing them on a constant basis." Complaints of this nature are the most common variety brought forth to the Housing Mediation department, as people who are moving in together are unlikely to establish rules and guidelines of this matter until it is too late.

Further problems can be encountered when entering a living situa-

tion with people you don't know; they may have been settled in the house for some time and have a set of routines that may not work for you. "In the event of renting an apartment or house with tenants already occupying," said Matthews, "I would recommend a short interview or survey between the renter and the established tenant in order to establish whether or not a functional living arrangement can be reached. A little bit of awkwardness at the beginning can save a lot of aggravation in the future."

3. Landlords

The most intimidating factor in the rental process for any new tenant is dealing with a landlord or rental company for the first time. Once pen is put to paper on a lease, there is a legal obligation for both parties to fulfill the specifications exactly as they are written. One common fear is that the individual property owner who is renting a home will

take advantage of their tenants, as opposed to an apartment company, which are generally more trusted. "Of course there are bad landlords," said Matthews, "but you are equally likely to run into a negative experience when renting from a housing company as well. Corruption can be found in people and companies of all sizes."

If there is any lingering doubt in a tenant's mind as to the integrity of a landlord, Matthews recommended requesting references from the landlord in order to gauge any experiences that other tenants may have had with the landlord in the past.

Matthews said the most important thing for a student renter is that they settle themselves comfortably in an environment that suits their specific needs. Any students requiring further assistance or advice can email Matthews at offcampushousing@fanshawec.ca.

Fanshawe grad gets biz-y

STUART GOODEN
INTERROBANG

They say big things start from humble beginnings.

A Fanshawe business graduate has gone before his peers to set precedence and pave the way for hopeful entrepreneurs. If you're a business student at Fanshawe College with corporate dreams, look no further than the example of Andrew Stephenson.

Stephenson was once a student of the Business Administration – Marketing program, and on January 1 of this year, he became the founder of AV Marketing Inc., an audio and video marketing service company.

Last winter, the 25-year-old took advantage of the Canadian Youth Business Foundation and the Business Development Corporation and received funding to launch the firm.

"The one challenge for me was taking that theoretical knowledge and applying it to something that's practical and achievable," he said. "I think what the Canadian Youth Business Foundation really helped with was guiding me to coming up with realistic goals and realistic projections. I think the hardest thing is guessing where you're going to be at, where you want to be

at, and what's realistic."

If you're a prospective business owner or entrepreneur, don't think you have to make it big by yourself. There are resources and people out there available to help kickstart your plans or ideas. All you need is the drive to see it happen.

Brian Chalmers is the business and loans advisor at the Community Futures Development Corporation (CFDC), located in St. Thomas. He guided Stephenson along the process of creating the business plan for AV Marketing Inc. "We tell clients to believe in themselves and their opportunity and to have the tenacity to keep knocking on doors until you get the right financial support, and, in Andrew's case, the right client support," said Chalmers. "It was very clear when Andrew first came into the CFDC offices that he intended to make his business succeed. Working with us and in conjunction with CYBF, Andrew continuously dug down to come up with whatever was required."

Stephenson is thankful for what local help he was able to get, but no successful self-made dream is ever possible without the right education. He said his time at Fanshawe College helped him a great deal.

"It's really given me a good foundation to build from," he said. "I've always been an entrepreneur at heart, so that was always there, but it was just a matter of building up my knowledge and my skill set to really attack it head-on. Without the program, I don't think I'd be where I am today."

If you're in a business program at Fanshawe, chances are you want to be successful. Whether it's dealing in finance, handling stocks, or even owning your own company, you're in it to win it.

For those of you with dreams such as these, Stephenson has one piece of advice: "Never give up," he said. "Perseverance is so important. Even going through this process, there were so many moments when things seemed a little overwhelming or things weren't coming together as I thought they would be, but perseverance allowed me to push through all those problems and solve them. Without that, I would be back at square one ... Where there's a will, there's a way."

For more information on AV Marketing Inc., Like it at facebook.com/AvMarketingInc. To get help starting your own business, check out cybf.ca.

Catching up with Wesley

TEDDY EMMETT
THE WEAL

CALGARY (CUP) — Since his debut studio album *Outlaw* was released in 2006, Daniel Wesley, a British Columbia native, has been a staple of Canadian music with his ever-changing rock/reggae influenced sound. Wesley took some time to speak with The Weal about his music, upcoming tour and the newest addition to his family.

How did you get into music and where you are now?

Wesley: "Even at an early age, I always liked to sing and I liked music. My mom always had music blaring in the car driving from one sporting event to another, so it would just always be there. In high school, I had friends that played in bands and I'd go and watch and even videotape the shows. Then one day, one of the bands broke up and needed a singer, and I said 'I can sing.' So, I stepped in and haven't really looked back ever since. It came really naturally, I played in a bunch of different bands and then in my mid-20s I started this project."

Touring has been a big part of your life, does that change now with your newborn son?

Wesley: "No, I don't think so. I think touring might be a little different, this tour I'm kind of piecing it together so I do Alberta and B.C.

together and then I'm taking some time off before Eastern Canada. I think the day of the long tour for a month or two months is probably over."

The most distinctive quality of your music is versatility and variation in your sound. Is that something you strive for or does it come naturally?

Wesley: "I think it comes from my musical experiences before this. I kind of play in every type of band. I've just kind of looked at a project as an open slate every time. The first half of my career was mostly reggae, and that was just because it was new to me. There are a lot of different styles that come naturally to me. I just let it be what it is and if it's a good song in the end, I'll record. I think it's more interesting as a listener and performer to have that as opposed to every time you buy a band's CD it's the same 10 songs re-hashed."

Who do you draw influence from to write your music?

Wesley: "I really don't get influenced by music anymore. I think I used to when I was younger, I think I'm more influenced now by my surroundings and my life. Like, if the sun is shining as opposed to it's raining, or I'm in South Africa or something. Things like that inspire me more than a band."

Get fit and stay fit for summer

NIKKI UFIMZEFF
INTERROBANG

It's the perfect time to get fit; the weather's great and you probably have a lot of free time. But after a few months of being lazy and eating junk food, it's hard to know where to begin.

Christina Matthews is the Program Manager at Fitness 101. She suggested that you start by setting goals. "Come up with a big goal or an event that you want to train for and break it down to really small goals that you can accomplish each week. It might be simple things like walking 10 minutes on a treadmill or drinking an extra glass of water." By setting a new small goal each week, you will stay motivated, and that is what will eventually get you to your final goal.

If you don't want to go to gym or can't afford it, Matthews said that there are a lot of great exercises that you can do on your own. "It's summer now, so just getting outside and hiking, going for long walks, or starting a running program. You can find some really good beginner running programs on the Internet." She also added that you can try push-ups, burpees, squats, jumping jacks and sit-ups and find ways to make them more challenging. "Do as many as you can of each exercise for a minute, try to do 20 and do six sets."

Matthews emphasized the importance of taking the proper amount of rest: one minute between each set, and one or two days in between workouts. Rest is extremely important because if you don't give your muscles a chance to recover, you can cause your body some serious harm – it's called overtraining. "You can lose your appetite, you can start to lose or gain weight, become depressed, become really

sick, or develop muscle aches and sore joints."

Another important thing keep in mind in warmer weather is hydration. Ginette Blake is a public health dietitian at the Middlesex London Health Unit, and she said that water is by far the best choice to stay hydrated. "There are some guidelines about how much fluid adolescents and adults should be drinking, and it's generally somewhere in the area of two to three litres (per day). If someone wanted to drink fruit juice, then I would say choose something pure, 100 per cent natural, but keep the amount small because it can be high in calories. When it comes to sports drinks, they're really only recommended if someone is doing physical activity and maintaining it for 90 minutes in a row. Energy drinks are not recommended to maintain hydration," she added.

Along with exercising comes maintaining a healthy diet, one that is full of fibre and nutrients. Kim Crowther is a registered dietitian and owner of EatRite Nutrition Services. She said that to stay fit and healthy, you should be including the four food groups in your everyday diet. "This includes vegetables, fruit, whole grains, lean meats or meat alternatives, and low-fat milk or milk alternatives."

Crowther added that you should aim for balance at both lunch and dinner. "This means imagining that your plate has dividers. Make half the plate vegetables, one-quarter protein (meat/alternative or milk/alternative), and one-quarter starch (pasta, rice, bread, potato, corn). This way, even if you choose to have pizza (starch and some protein), have the other half of your plate filled with a nice salad or steamed vegetables."

If you want to munch on something salty, Crowther suggested pin-



CREDIT: BENESTARFITNESS.COM

Eating right is one half of the path to a healthy body – exercise is important too!

pointing your craving. "Try Quaker Crispy Minis or a flavoured cracker chip like Kellogg's Special K Cracker Chips or Pepperidge Farms Baked Naturals. Popcorn can be a great substitute for chips too." Mini bags of popcorn are a great option because it keeps your portion under control while still giving you that buttery taste.

If your sweet tooth is giving you trouble, try fruit, said Crowther. "But if you decide that you've just got to have candy, make sure you limit the portion. And keep the variety to a minimum." To combat mindless eating, take a small amount of candy out of the original package, place it in a dish, and then leave the original package in the cupboard.

If you're someone who loves frozen desserts, "Look for desserts that are made with yogurt rather than ice cream," Blake suggested.

One more thing to remember as the days are getting warmer: be careful of calorie-dense alcoholic beverages! "We often make note of the foods that we consume, but turn a blind eye when it comes to our fluids," Crowther said. "Be careful

of sweet drinks such as coolers or blender drinks. A 10-ounce Pina Colada can run you about 300 to 500 calories."

There are many low calorie options – check out Bud Select, which has 55 calories per 341ml, or Molson 67, which has 67 calories per 341ml. Most distilled alcohol contains around 90 calories for 1.5 ounces – if you mix that with 12 ounces of diet soda, you'll stay at 90 calories for the whole drink.

Keep in mind the amount of drinks you consume: low-risk drinking guidelines recommend no more than 15 drinks per week for men, with no more than three drinks on most days, and no more than 10 drinks for women, with no more than two drinks on most days. One drink is 341 millilitres of beer/cider/cooler, 5 ounces of wine or 1.5 ounces of distilled alcohol. "Plan non-drinking days every week to avoid developing a habit or an addiction," Crowther suggested.

Keeping fit and eating healthy will lower your risk for chronic diseases (like diabetes, heart disease, and some cancers) later in life, so get out there and get active! Not

only are you making yourself feel good, but you're also benefitting your body. Stick to your exercise and maintain a healthy diet and you'll have that "beach ready" body sooner than you think.

FRUITS AND VEGETABLES IN SEASON:

June: Asparagus, Beans, Beets, Broccoli, Cabbage, Cauliflower, Cherries, Cucumber, Lettuce, Peas, Radishes, Strawberries

July: Beans, Beets, Blueberries, Broccoli, Cabbage, Carrots, Cauliflower, Celery, Cherries, Corn, Cucumber, Lettuce, Onions, Peaches, Peas, Peppers, Plums, Potatoes, Radishes, Raspberries, Strawberries, Tomatoes

August: Apples, Beans, Beets, Blueberries, Broccoli, Cabbage, Carrots, Cauliflower, Celery, Corn, Cucumber, Eggplant, Grapes, Lettuce, Nectarines, Onions, Peaches, Pears, Peas, Peppers, Plums, Potatoes, Radishes, Raspberries, Squash, Tomatoes.

A list of seasonal vegetables and fruit in Ontario can be found at harvestontario.com/seasonal.php.

A soccer pilgrimage

ANDREW VIDLER
INTERROBANG

The final whistle has been blown and I am sitting in an old wooden seat, watching 22 men file off a soccer field which has stood where it is for over 100 years. Ninety minutes has been played, there have been zero goals scored, no highlight reel moments, and the loudspeaker announcements are drowned out by the sound of 2,000 people in blue shirts shouting at me, and anyone else who may be a tourist, to 'Get back on your airplanes,' yet I'm sitting there wearing a smile, because there is no place I'd rather be.

I am sitting in Anfield, the home of Liverpool Football Club, one of the most successful teams in soccer history, and the team that I fell in love as a 10-year-old looking to expand my knowledge of the sport I was playing. It began as an arbitrary choice in team, one that in time and with research grew into a consuming passion for a team that I had no real reason to support, yet I found myself caught up in the culture surrounding the team from a world away.

Being a soccer fan in Canada is a unique experience; we are a relatively small percentage of a sports community that is completely dominated by hockey. We are joined every four years by hundreds of Canadians who are suddenly mad with support for the countries of their heritage yet remain completely unaware of the nature and culture surrounding the sport throughout the three years in between tournaments. The sport has seen a notable rise in popularity, especially with the addition of Canadian teams in Major League Soccer, North America's top professional league, but when compared to the brand of soccer that is on offer in Europe, it is easy to see why this is the only place to truly experience soccer culture.

The most obvious difference when observing the sport's supporters in North America compared to those in Europe is the nature of the



CREDIT: ANDREW VIDLER

Andrew Vidler made the pilgrimage to Anfield, home of Liverpool Football Club in England.

crowd within the stadium. When watching professional hockey and basketball played on television, the sound of the crowd is a roar, 10,000 fans screaming different words at different times, effectively creating a cauldron of noise. What is seen on television, and what I was a part of in the stands at Anfield, was thousands of fans singing in one voice songs that have been sung for decades, showing a love and bond to the club that I have never witnessed among my many hockey fan friends. The team is more than just that to these people – it is a family.

It is this passion for the club, and the brotherly love between the supporters, that caused me to fall in love with Liverpool FC. I could hear the pride for the club in the voice of every cabbie, club shop worker and tour guide I spoke to, and it was an almost physical feeling in the air at the stadium during the match. The entire atmosphere was boosted by the nature of the game we were attending; Liverpool FC was playing against Everton, a smaller team also based in Liverpool. It is one of the fiercest rivalries in English soccer. While recent seasons have seen this match become much more competitive, Everton has never been able to match the success of Liverpool as a global club, with the fan-base

fiercely against anyone who is not of the city; this was their game and their town and we could not be a "true supporter" if we did not live in the city. Thankfully this was not an attitude shared among the Liverpool fans, who welcomed me with open arms.

The game may have ended with the score at 0-0, but it was an extremely exciting match. The atmosphere was electric with songs and chants ringing out both from the pocket of Everton supporters in one end of the stadium, and more movingly, echoing from all sides of the stadium, starting quietly in one end, swelling in volume as the rest of the stadium heard the call and took it up themselves. People have since told me they're sorry that I travelled so far and spent so much money just to not even see a goal scored, and some of my hockey friends expressed their bewilderment that a professional league allows a game to end in a tie. They are right in their own way, of course; I would have rather seen a goal scored, but in the end it didn't matter to me, at that point just being able to soak up the atmosphere that I had been craving all my life was enough.

New face for men's volleyball

MEGAN MCPHADEN
INTERROBANG

Fanshawe's men's volleyball program is getting a fresh face behind the bench. Western alum and former Team Canada player Patrick Johnston is replacing the outgoing Josh Westgate as the head coach of the Fanshawe men's volleyball program. Although this is his first time as a head coach, Johnston brings a wealth of experience from his days as player for Team Canada. His experience on the international stage, along with his time spent as the assistant men's coach for Western University and Boston College, puts him in a good position to take over the men's volleyball top spot.

Last year the Falcons finished tied for sixth in the Ontario Colleges Athletic Association West Division and failed to qualify for playoffs. Johnston will be looking to improve on that placing for the upcoming year with changes to the program.

"I will be investing heavily in the community. I want to build relationships with the local elementary school, high school and club programs. I believe that if we invest in them, they will invest in us, and that reciprocal relationship benefits the volleyball community as a whole."

Having spent the past seven years in London and being actively involved as a coach in training camps at the National Collegiate Athletic Association, Canadian Interuniversity Sport, international and high school level, Johnston has deep roots in the Forest City, something that has already proven beneficial to the young coach. Since being named head coach on May 1, he has secured three local athletes who are future Fanshawe students to the roster.

Due to the nature of college programs, many players are enrolled in two- or three-year studies, forcing the roster to undergo reconstruction each year. This is something the Falcons know all too well from last year: the lack of chemistry and constant turnover of players semes-

ter to semester proved too much for them.

Johnston is in the driver's seat and is already preparing for the upcoming season.

"The athletes are training two to three times per week for the duration of the summer and will be engaging in the workout program as put together by our strength and conditioning coach. We will come back in September stronger than we are right now."

The athletes aren't the only ones prepping, though; Johnston is getting acquainted with the Canadian Collegiate Athletic Association league and the Falcons last season to find areas for improvement.

"For myself, I'm poring over game film from this past season to try to learn as much about this team as I can."

Johnston has high expectations for the incoming squad – a stark contrast to the Falcons' spotty past in the OCAAs.

"I expect to make it to the OCAA Provincial Tournament and make some noise. We have a talented roster, and if we can get everyone on the same page early and build some momentum, we could be a very scary program to compete against."

The last time the Falcons medaled in the OCAAs was in the 2006/07 season with a bronze place finish.

JOHNSTON'S STATS:

- Former Libero (defensive specialist)
- Hometown: Whitby, Ontario
- Height: 6'5
- Favourite moment: "My favourite memory was in 2004 standing on the court in Mexico City before my first match for Team Canada against Mexico."
- Proudest moment being a coach: "My proudest moment as a coach was this past fall with Boston College when we went to Duke University and beat the powerhouse Duke Blue Devils in a 3-0 sweep on their floor at Cameron Indoor."

NASCAR Camping World Truck Series to make its first ever Canadian appearance

MEGAN MCPHADEN
INTERROBANG

After years of speculation, the NASCAR Camping World Truck Series is making its first and only Canadian stop at the recently renovated Canadian Tire Motorsport Park from August 31 to September 1. The venue, which is located in Bowmanville, Ontario, has been a fixture of Canadian racing for over half a century and has hosted top racing events such as Indy, Formula One and American Le Mans series to name a few.

This is fantastic news for Canadian racing, which is expanding its NASCAR series to trucks. Truck racing is similar to stock car racing except racers use a truck chassis instead. For Bowmanville to score such an esteemed racing event is only good news for Canadian racing, which is taking off at top speed.

"With the NASCAR Nationwide race leaving Montreal, our event is the only Canadian stop for NASCAR's top three touring divisions. With our proximity to Toronto, this

event will no doubt be huge for the sports growth in Canada," said Ryan Chalmers, communications and promotions manager at the Canadian Tire Motorsport Park.

Through a partnership with Canadian Tire, venue owners Canadian Motorsport Ventures Ltd. were able to upgrade to facilities fit for NASCAR crowds. The extensive renovations to the Canadian Tire Motorsport Park have brought it up to the standard to host this event. Chalmers said that fans can expect an all new event centre and an ultra-modern building.

"Landing a coveted date on the NASCAR Camping World Truck Series schedule is great news for Canadian Tire Motorsport Park. With all of the fantastic improvements that have taken place at the facility since 2011, this will be a great treat for all of our fans," said Chalmers.

In addition to this being the first Canadian stop on the NASCAR Camping World Truck Series, it is also the first time in 13 years that it is being held on a road course.

Chalmers said fans will notice significant updates to the track.

"Among the track improvements that have taken place in the off-season are the removal of all concrete patches around the track and replaced with new asphalt." Many of the track's corners have been repaved, and the pit lane was extended by an additional 300 feet.

Chevrolet will sponsor the truck racing series, naming the race the Chevrolet Silverado 250. "It's great to have a manufacturer, especially one located right in our backyard (Oshawa) come on board to support such a historic race event," said Chalmers.

Tickets for the 2013 Truck Series are on sale now at canadiantiremotorsportpark.com.

If you're looking to fulfill your need for speed a little closer to home, Delaware Speedway is hosting a NASCAR Canadian Tire series, which will take place June 15, and will include a meet and greet with drivers prior to the race. For more information or to buy tickets, check out delawarespeedway.com.

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