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**@ZackDodge**

We just hosted our first game of FSU SKATE. 16 of our finest skaters on campus put on a great show! Thanks to all who participated #fanshawe

**@fanshawesu**

Thanks to all those who have been visiting FSU.ca. More events & photos to be posted soon.... and the chance to win Metric tickets #fanshawe

**@emilysantoss**

I made the fanshawe falcons varsity volleyball team.. SO HAPPY!!!

**@theartsproject**

Welcome back Western and Fanshawe Students. Looking for artistic/alternative events outside the school "bubble"? Check us out

**@cadenceweapon**

about to rock fanshawe college in london, on yaaaaaa

**@johnabreu**

you know what would be awesome? if Fanshawe College had a place for random musicians to grab instruments and just play stuff, at any time

**@jenniferpilgrim**

My 20min wait in line for subway at fanshawe was worth it :) lol

**@mfhowson**

The new @yoyosoyogurt location across from #fanshawe looks amazing! Yogurt is so yummy :)

**@FSU\_FINANCE**

Still recovering after the awesomeness of the @heyrosetta show last night. Confetti and sparklers, amazing! #seeds

**@morgaanaashley**

Just staple gunned a card to a magicians face?! #maythefroshbewithyou #freakingout #onlyatFanshawe

**@FanshaweProbs**

The fanshawe intramural leagues starting soon strap the skates cleats and runners on fanshawe #muckandgrind

**@rachelveleema**

loooove having party animals across the hall #funshawe

**@FanshaweFalcons**

Kobe or LeBron have nothing on our guys tonight

sweet tweets of the week



CREDIT: FSU STREET TEAM

Hey Rosetta! headlined the Fanshawe Student Union's Orientation concert in the SUB courtyard September 11.

10 Things I Know About You...

Channer seeks Dairy Queen

Julien Channer is in his second year of Computer Systems Technology and said about himself, "I like to be the tallest person in the room."

- 1. **Why are you here?**  
To get an education that will turn into a job.
- 2. **What was your life-changing moment?**  
Getting engaged to my fiancée.
- 3. **What music are you currently listening to?**

- Justice, CAKE, Beck.
- 4. **What is the best piece of advice you've ever received?**  
"It's never too late to go back to school."
- 5. **Who is your role model?**  
I don't believe in role models.
- 6. **Where in the world have you travelled?**  
British Columbia, the United States, Cuba, Bermuda, England, and I hope to do a lot more travelling.

- 7. **What was your first job?**  
An underpaid paper route.
- 8. **What would your last meal be?**  
A steak dinner followed by an entire Dairy Queen ice cream cake.
- 9. **What makes you uneasy?**  
Answering questions about myself.
- 10. **What is your passion?**  
Video games and computers.  
*Do you want Fanshawe to know 10 Things About You? Just head on over to fsu.ca/interrobang and click on the 10 Things I Know About You link at the top.*



CREDIT: SUBMITTED

Julien Channer has done some travelling and wants to do more.

SEPTEMBER EVENTS

**TUES. SEPT. 18th**  
Comedy Nooner-  
Matt Baker  
Free @ 12PM  
Forwell Hall

**WED. SEPT. 19th**  
Dan Valkos,  
Psychic Reader  
Free @ 12PM  
Forwell Hall

**First Run Film-  
Resident Evil:  
Retribution**  
\$3.50 for students/\$5 for guests  
Rainbow Cinemas @ 7pm  
**Electric Open Mic  
Night**  
Free @ 9:00PM  
Out Back Shack

**THURS. SEPT. 20th**  
Music Nooner-  
Jeremy Fisher  
Free @ 12:00PM  
Forwell Hall

**XXX Hypnotist-  
Tony Lee**  
\$8 in advance/ \$12 @ door  
Forwell hall @ 9:00PM

**FRI. SEPT. 21st**  
Stratford Festival Field Trip  
The Pirates of Penzance  
\$30 For Fanshawe Students  
\$36 for Guests @ 5PM  
Prices Include Transportation

**Fanshawe At  
The Knights**  
Budweiser Gardens  
@7:30PM  
\$18 for students/ \$19 for guests

**New Music Night:**  
The Balconies, So Young  
and The Walkervilles  
Free @ 9:30PM  
Out Back Shack  
Visit the Biz Booth  
for ticket information

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# Ontario student aid goes online to reduce lines

DARRYL GALLINGER  
THE LANCE

WINDSOR (CUP) — Ontario's student financial aid service is going digital.

The Ontario Student Assistance Program (OSAP) is, for the first time, transferring funds to post-secondary students electronically instead of requiring them to wait in long lines at their institution's financial aid office.

Marian Doll, director of Student Awards and Financial Aid at the University of Windsor, said this will afford administrators more time to help students.

"As opposed to going through the monotonous process of releasing loans every day, we'll be dealing more with students who have a problem that we have to deal with."

Doll said her office handles 130 to 150 requests from students per day regarding financial aid. Around 50 per cent of full-time students at the University of Windsor apply for OSAP annually.

Travis Reitsma, an English undergraduate student, said of the changes, "It's great that they're finally entering the 21st century. They should have been doing this for the last decade."

To accomplish this, OSAP has introduced the Master Financial Student Aid Agreement (MFSAA), a lifetime loan contract. As long as the student doesn't allow more than two years to elapse between full-time studies, the agreement will follow them to whatever insti-



CREDIT: HENRY YE/THE UBYSEY

tution they're attending, and even on to graduate or post-graduate studies.

Once the MFSAA has been processed, students continue to apply yearly for OSAP. The funds will transfer to the university when classes start, tuition will be deducted from that amount if the student has agreed to that, and any remaining amount will be transferred to the student.

Doll said she hopes that funds will reach students sooner as a result.

"That's the goal," she said. "If the system can support what (the financial aid office) needs to do in a very short time frame ... I'm going to say seven business days, which is a fairly conservative esti-

mate, students should see the funds start to flow into their bank accounts without ever having to step foot in here."

Reitsma said he would like to see the government releasing funds before the school year begins to help students pay for their books and other necessary expenses. "I've gone into October - sometimes into late October - (before receiving OSAP funds). It's never reliable; you never know when you're going to get it."

Undergraduate Bailey McCoy agreed that some students need their OSAP right away.

"They could pay off their school a lot faster, get their living expenses done ... and just focus on their school work."



CREDIT: MARKETMEL.COM

Over half of the Canadian student population aged 15 to 24 couldn't find a job this past summer.

## Student job market not hot this summer

ERIKA FAUST  
INTERROBANG

If you had a job this past summer, consider yourself lucky.

The summer of 2012 had some of the lowest rates of student employment on record, according to Statistics Canada.

From May to August each year, Statistics Canada's Labour Force Survey looks at labour market information about Canadian students aged 15 to 24 who were in school full-time in March and plan to return to full-time studies in the fall.

The survey found that employment rates declined for students of all age groups this summer. The

average employment rate for summer 2012 for students aged 15 to 24 was 47.9 per cent (down from last summer's rate of 49.1 per cent), meaning over half of the students in that age group spent summer 2012 without a job.

Students aged 15 to 24 who did manage to find a job this past summer worked an average of 24.2 hours each week.

The job market is tough for everybody province-wide; Ontario's unemployment rate in August was eight per cent.

For the survey's full findings, check out [tinyurl.com/statscan-jobsummer2012](http://tinyurl.com/statscan-jobsummer2012).

## Fanshawe's getting active, you should, too

STUART GOODEN  
INTERROBANG

The Fanshawe Student Union is cutting the ribbon for its very first Get Active Fanshawe Week. The events taking place this week include a long list of games that will surely get your heart pumping and your adrenaline flowing.

Tory Holmes is the FSU's VP of Internal Affairs, and he said that the week is going to be a great opportunity to have fun and meet your fellow Falcons. "It's an awareness week to get students out of their dorm rooms, out of the classroom, out of their houses, and just get outside in a social and fun atmosphere," he said. "They can be doing a healthy activity that will get them running around, tired out, and (it's) also a good chance to make friends along the way. What we're going to strive for is student participation, that's the main thing."

The events will take place throughout the week, some during the days, but most after class by the patch of field at D-Sub Courtyard, and out in the larger field in front of Merlin House.

Check out page 9 for a full list of the events, as well as where and when they'll take place.

There is no formal sign-up or registration. To participate, simply show up. Games include soccer-baseball, capture the flag, an adaptation of *Angry Birds* and water balloon dodgeball.

Holmes said he understands how tough going to college for the first time can be for many students. "Everyone who's been at college for a few years remembers what first year is like and how scary and nerve racking it can be to be at school ... having fun breaks down those barriers."

The best thing about Get Active Fanshawe Week is that anybody can join; you don't have to be a track star or student athlete to come out. "It's not geared towards athletics in any way," Holmes said. "This is something for the demographic ... interested in coming out and having fun." So, basically, everyone.

Simply put, Get Active Fanshawe Week should definitely be on your to-do list. I'll be there, will you?

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[cpp@nipissingu.ca](mailto:cpp@nipissingu.ca)

or call Mallory Pepin at 1-800-655-5154 press '7'





## Little black dresses hit the catwalk for cancer support centre

AGNES CHICK  
INTERROBANG

Little black dresses are hitting the runway this month to support those affected by cancer.

September 21 marks the sixth annual Little Black Dress Event hosted by Nova Vita in support of Wellspring London and Region, an organization that offers programs and services to individuals with cancer, as well as their family members and caregivers.

Operating on the generosity of donors and community-based fundraising initiatives, Wellspring provides these programs and services free of charge to help people restore the dignity and control often lost when diagnosed with cancer.

Taking place at London Music Hall at 185 Queens Ave., the event is featuring a hairstyle and fashion show hosted by local salon Nova Vita.

Melissa Whittle, managing partner of the Little Black Dress event, praised the team at Nova Vita for their level of dedication, support and creativity in creating a great show with client and community involvement. "Every year we have an incredible team of volunteers who work all year round to bring the details, donations and contributors together, on a shoestring budget, which is invaluable," said Whittle.

Dedicating their time and talent to the Little Black Dress fashion show, students from Fanshawe's

Fashion Design program are contributing their little black dress creations to the cause.

Third-year Fashion Design student Julia Cangemi is donating her little black dress design to the event, hoping to inspire people affected by cancer.

"I wanted to participate because all the proceeds go to an amazing cause that helps a lot of people," said Cangemi, "and through this event I am able to get my name and my designs out into the community."

In his second year at Fanshawe, Sebastian Guarin encouraged other Fashion Design students to seek out volunteer opportunities such as the Little Black Dress Event to gain experience while giving back to the community.

"I am always finding ways to be creative, and explore and further my talents," said Guarin. "What better way than to participate in an event for charity where my creations can be showcased?"

Guarin said he hopes that his little black dress design will inspire young people to participate in events like these.

"There are many young people like me who care and who want to help out," he said. "I do it because it matters and because it's important to me."

Fran Tran, event publicist for the Little Black Dress Event, recognized the hard work that volunteers put into the event to make it a success.

"We're glad and appreciative of the students wanting to participate," said Tran. "It's a great way to provide an opportunity for them to get their feet wet and for the event to support local emerging talent."

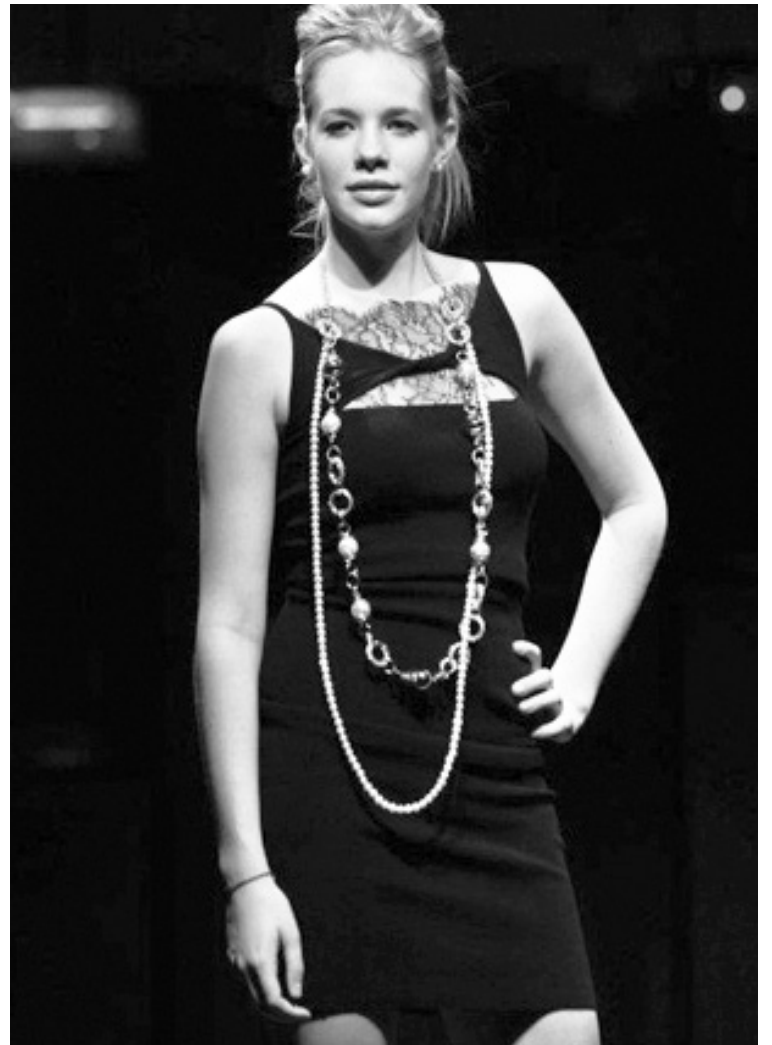
With over 600 guests expected to attend, this year's event is featuring "Believe with Bekka" – a motivational speech by Bekka Demers who is currently battling breast cancer. Overcoming a radical mastectomy and chemotherapy treatments, Bekka will share her story of hope and belief that she can now confidently call herself a survivor.

Since 2007, the Little Black Dress Event has raised over \$75,000 for Wellspring and the local community. Along with a dedicated staff of volunteers, Whittle and Rhonda Bernardi, owner of Nova Vita, organize this event to bring fun, fashion and music together.

"We're looking forward to another great event this year," said Whittle.

Tickets are on sale now and can be purchased in advance for \$40 at Nova Vita Hair Studios & Esthetics located at 740 Richmond St. or online at [ticketscene.ca](http://ticketscene.ca). If available, tickets will also be sold at the door for \$50.

For more information on the event, visit [littleblackdressevent.ca](http://littleblackdressevent.ca).



CREDIT: LITTLEBLACKDRESSEVENT.CA

Some Fashion Design students from Fanshawe are participating in the sixth annual Little Black Dress event, which raises money for Wellspring London and Region to support people who are affected by cancer.



CREDIT: RUNFORTHECURELONDON.WORDPRESS.COM

The starting line of last year's run, which raised just under \$1 million.

## Run to beat breast cancer

LINDSAY ROCHE  
INTERROBANG

Lace up for a great cause! The Canadian Breast Cancer Foundation is gearing up for their 18th annual Run for the Cure.

The 5 km run will begin at 10 a.m. on September 30 in Victoria Park. Runners will make their way through downtown, travelling along Queen Street, Wharncliffe Road and Blackfriars Street before coming back down Talbot to end at the Park. CIBC Run for the Cure also has a 1 km run that will begin at 10:15 a.m. on the same day.

Katherine McIntyre, media coordinator for CIBC Run for the Cure, said that the organization is hoping to raise \$1 million this year through various events. Leading up to the race, CIBC Run for the Cure held a number of events during their Pink Week in June, including pinked-out pooches at Pink Your Pup, pinked-up local businesses at

Paint It Pink and lots of sweet pink treats at a strawberry social.

CIBC Run for the Cure hit their \$1 million goal in 2010, but fell just a bit short last year. So far this year, the top fundraising team, The Athletic Club Team Leanne, has donated over \$15,000 for the cause.

Event organizers are always looking for a helping hand, and volunteers are always welcome for a number of positions. A volunteer must commit to at least four hours of work, and no experience is required.

CIBC Run for the Cure is holding a number of contests for online fundraisers, including a special challenge for post-secondary students with a \$2,500 prize – check out the website for details. For more information, to register for the run or to donate to a great cause, head to [www.runforthe-cure.com](http://www.runforthe-cure.com).

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f
t





CREDIT: LISA MOORE-CALCUTT

Last year, the Gift of Life Walk saw over 200 participants. The event raised approximately \$32,000 for the Kidney Foundation.

## Londoners to walk for kidney care

MELANIE ANDERSON  
INTERROBANG

“Taking steps inspiring hope.” That’s the theme for the Kidney Foundation’s Give the Gift of Life Walk this year being held on September 23. The Foundation is hoping to bring 250 walkers to Gibbons Park, all working together to raise \$32,000.

Registration for the Give the Gift of Life Walk begins at 10 a.m., and the walk begins at 11 a.m. Walkers can choose to participate in either a 2 km or a 5 km walk. After the walk is over, participants are invited to a barbecue.

Participants typically include dialysis patients and their families, living donors, family members of deceased donors, and doctors. Rizwana Ramzanali is the Fund Development Officer for the Kidney Foundation of Canada and she said she’s seen the walk grow so much every year. “I feel that our message is getting out to the general public, because I see participants who attend the walk and have no affiliation with kidney disease or transplantation, but it’s because they care to be there and help make a difference.”

Seven-year-old Ryley Mitchell will be at the walk sharing her story with the crowd. “Ryley is an amazing young girl from Woodstock,” said Ramzanali. “She received a heart when she was only seven months old.” Ryley will speak out about the gift of organ donation.

Ramzanali highlighted some numbers, “We currently have over 1,600 patients in Ontario waiting for a kidney transplant, and unfortunately it’s always been that way, if anything it’s grown over the years.”

Sharon Biskaborn will be the other guest speaker; she just had her transplant on July 11 at University Hospital under the care of Dr. Norman Muirhead and Dr. Patrick Luke. She is hoping her message will give patients on dialysis hope and explain to them that recovery doesn’t take too long. She is also hoping to raise awareness. “Before I had a problem, I knew the function of kidneys, but I wasn’t aware of how important they are, so I just think we need to get more information out there.”

Twenty-one months ago, Biskaborn went to the emergency room after discovering a rash on her upper torso. She found out that a virus had infected both of her kidneys and she only had 20 per cent function left. “They loaded me up with some heavy-duty steroids, (and) I did not sleep for

five weeks except for an hour a day,” Biskaborn shared. “They put me on a diet that was kidney friendly, but I had a relapse after four weeks and began dialysis.” Biskaborn said she felt much better while on dialysis but admitted it wasn’t always easy. “The biggest issue was if you had a blood pressure drop, you were down for the rest of the day – you were tired, just no energy.” Biskaborn was put on the transplant list on February 9 of this year and was lucky enough to have her transplant from an unknown donor this summer.

Ramzanali is an organ donation recipient as well, having received a kidney and pancreas transplant. Dialysis became a large part of her life as she completed treatments three times each week for seven years. “There are things that are very hard to cope with,” she explained. “Diet is one of the biggest challenges; every food you eat is not good for a patient on dialysis. Things such as tomatoes, potatoes, lots of fruit, coconut.” Dialysis patients are also told to avoid dairy products such as milk and cheese, whole grain products, canned foods and nuts.

Ramzanali doesn’t know who her donor family is, but she is very thankful that she was lucky enough to receive a double transplant. “The life I’m living now is very normal. It’s just nice waking up every morning knowing I don’t have to take my insulin shot, don’t have to test my sugar or glucose. When you’re on dialysis, your kidneys are not functioning, all the fluids you consume are collecting in your body. I don’t have that problem anymore, and it’s amazing. I think the life I’ve lived since my transplant is a gift to me.”

Ramzanali encouraged others to donate and help out for those who aren’t so lucky. “The money raised goes to programs and services for our patients,” she pointed out. “One of the pieces of information we provide to them is a binder. It’s got all the information about the journey they are going to embark on, this is provided to them by The Kidney Foundation.” The money also goes into research initiatives. The foundation has already raised over \$100 million for research.

With over 10,000 Ontarians currently living with kidney disease, Ramzanali said the most important goal is truly helping those in need. “We want to make a difference in the lives of patients living with kidney disease, we want to help ease the burden they live with every day.”



CREDIT: ERIKA FAUST

Andrew Judge, instructor and curriculum development coordinator of the brand-new First Nations Studies program at Fanshawe, introduces the program’s official launch on September 6 in Forwell Hall. The day kicked off with a Sunrise Ceremony at 7 a.m., and guest speakers were featured throughout the presentation. The program was put together with input from nearly 100 First Nations community members from local tribes. Under the General Arts and Sciences program, students may now complete a First Nations Studies Major as a one-year certificate or a two-year diploma program. For more information on the First Nations Studies major, check out [www.fanshawec.ca/fns](http://www.fanshawec.ca/fns).

## College teachers ratify agreement

MELANIE ANDERSON  
INTERROBANG

In a province-wide vote held on September 10, faculty at Ontario’s 24 colleges ratified a new collective agreement. The agreement negotiated between the college faculty bargaining team and the Ontario Public Service Employees Union (OPSEU) avoided what could have been Fanshawe’s second strike in two years.

Approximately 89 per cent of votes were cast in favour of the agreement, according to unofficial results. Fanshawe College had a 40 per cent turnout with 97.4 per cent

voting to accept the agreement.

The new two-year agreement includes job security for partial-load workers (those who teach seven to 10 hours per week) allows eligible faculty to move through the grid and leaves benefits (such as sick leave, dental and vacation) untouched.

“We also had an improvement in coordinator language,” Darryl Bedford, President of OPSEU local 110 explained. “This was to clarify that coordinators are not to supervise other faculty, they’re not to perform management duties, but

they’re to provide academic leadership.”

The deal also includes a two-year wage freeze for employees, but Bedford didn’t seem too concerned. “This round wasn’t about money; it was about dignity and respect. We knew from our membership that salary was in the top 10 ... but, there were much higher priorities for our membership, so we were able to address two items and not take any steps backwards.”

OPSEU represents more than 10,000 faculty members at colleges across Ontario.

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# A student's prayer



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

A little while ago, I ran into a person who said that she definitely was not a believer in any religion. Not a believer in a church or a temple or a holy book or a god. "But I pray all the time."

"I just pray for all kinds of things. For my boyfriend to be happy, for a good job, for my car to not break down, for my grandmother to be healthy for another day. For the things I need. For stuff that's important to my friends."

Which is one place to start. You might not believe in God, but you might not disbelieve either. You might sense that there is something out there, though you are not sure what. It could be just the Universe somehow eyeing you and having a way of being interested in what's going to happen to you today.

Prayer. It has different meanings. As a first example, Buddhist prayer is about "reconditioning" the inner person. It's about "awakening our capacities for strength, compassion and wisdom." This is according to the Buddhist Faith Fellowship website. In other words, Buddhist prayer is not the kind of prayer that the friend I just described practices. It's not about asking a god or the Universe for the things we desire but about finding the strength to live in a peaceful way.

When it comes to Hindu prayer, as far as I can tell, it appears to be a way of seeking oneness with the universal soul. Such prayers typically consist of repeated chants.

Muslim prayer is much different again, requiring that attention be paid to the time of day, to the direction one faces, to the cleansing from certain sources of filth such as urine and feces. Prayers must conform to the strict understanding of the Muslim god and of how he requires prayer to be offered.

Aboriginal prayers, as I observe them, help connect the person praying to the powers of animals or of ancestors of the past. They may



CREDIT: WCICC.ORG

involve a drumming circle or communal calling out.

Of course, I'm speaking so far as an outsider since I'm not a member of any of the traditions I have just mentioned. I am much more of an insider regarding the rest of what I write here.

Wherever Christianity has spread prayer has followed a different trajectory. In Christianity (as in Judaism, since Christianity is the main extension of Judaism in existence), God is personal. He is the Creator who made us to live in open and hope-filled relationship with him. Thus, for Christianity, prayer is essentially to speak with God from the heart about the things that truly matter to you or me.

Some words in prayers can be words of praise. Others can be words of thanks. There can be words of confession. There can be requests for forgiveness, and requests for any number of things or events that the person praying desires. This usually involves some groping in the dark since Christians leave it up to God whether or not to fulfill all the requests one makes.

Still, Christian prayer is an exercise of hope and trust. Hope that God will act in love and with power to make life better for others, for the person praying. And trust that whatever his response, even if it disappoints us, it will nevertheless be for the best.

So, what could a students' prayer look like? Here's one that you might find useful.

Lord God, you are a wonderful being  
 You made everything  
 You've given me and my family  
 and friends the gift of life

Thank you for the opportunity to learn  
 Help me to make the most of it  
 To appreciate my teachers  
 To support my classmates  
 To embrace the good things I have  
 learned from my family, tribe or community  
 as I move forward

Bless the college  
 Everyone involved here  
 Including the president, governing  
 boards and committees  
 The instructors and custodians  
 Administrators and support staff of  
 all kinds

And, perhaps, let me be like Christ, the Lord  
 Who also, it is likely, learned a trade – carpentry  
 from his father  
 Who learned the arts of study, speaking, teaching,  
 leading, healing, counselling, and helping  
 those in trouble

Who was patient, and who worked  
 very hard in order to right wrongs  
 Who loved the common things of the world,  
 food, farms, shelter, friendship and wine at the  
 table

And who above all, used his own powers and abilities  
 to mend what was broken, and give your hope,  
 God, to all who reach for it. Amen.



## Iran: Why and why now?

VICTOR DE JONG  
 INTERROBANG

On September 7, depending who you listen to, we all but declared war on Iran. In reality, we joined the United States and Britain by cutting diplomatic ties with what foreign minister John Baird refers to as "the most significant threat to global peace and security in the world today."

While this declaration seems a bit extraordinary, it should be taken in the context of the current economic sanctions imposed on Iran, not only by Canada, but also by the United States, European Union and United Nations. The troubling actions of Iran in recent years, particularly concerning their efforts to become a nuclear power, prompted the cutting of diplomatic ties. Despite this history, the move was a surprise given that no recent developments in the nature of Iranian-Canadian relations prompted the declaration. Iranian diplomats were given five days from September 7 to leave the country and vacate their embassies. Baird also stated that Canada's diplomats in Tehran had left the country.

In response, the Iranian government issued a terse and ominous release threatening "immediate and decisive" action. The nature, timing and severity of the potential reaction remain to be seen but the statement decries Canada siding with the "Zionists" (Israel).

While the government's position is consistent with previous administration's relations with Iran, the lack of incitement for this declaration leads us to the question, why now? Prime Minister Stephen Harper has made a clear point to politically align ourselves with countries that we consider valuable allies, yet the support of countries such as the United States, Israel and Great Britain is hardly in question. It's widely believed that withdrawing our Canadian embassy staff from Tehran could be in reaction to intelligence concerning a potential Israeli military strike against Iran, which could spark an international conflict. Baird made a point of saying they "unequivocally" had no intelligence of such a strike, but the fact that he addressed it vastly increases the likelihood of just such a scenario.

Should that take place, Canada would appear to possess keen foresight as international infiltration by the Iranian special guard has been noted in recent years. With the official Iranian Embassy dispatched from the country, Canada won't be forced to play diplomatic games with stakes much higher than they are today. Conversely, the closure of both embassies is creating chaos for citizens of both countries who rely on the embassies for visa renewal, marriage licences and a host of other administrative functions.

On September 11, the Israeli prime minister issued a statement criticizing the U.S. for not giving Iran a deadline to disarm and halt their pursuit of nuclear weapon components. According to the statement, the absence of a disarmament deadline puts the United States in a position of perpetual inaction. Whether the sanctions imposed by Canada prompted this statement is hard to say, but it does point to a pattern of Israel pressuring their allies to take action against perceived threats to their country. Rather than being a bold declarative move, this seems to simply be a realigning with our allies.

## The cost of violence

### Dear Editor:

Nine trillion dollars (USD): the estimated size of the economic impact we could experience, had the world been completely peaceful in 2011. While the world has been recently reported to have become more peaceful for the first time since 2009, according to the Global Peace Index in 2011, it is hard to ignore how much of the job is left to be done. From a Canadian perspective, a rise in the rankings to being identified as the fourth most peaceful country globally is a positive sign, leaving only Iceland, Denmark and New Zealand ahead of us. However, the index, published by the Institute for Economics and Peace, brings to light far more than the relative rankings of these countries in terms of their peacefulness: it signifies the cost of violence.

Let's put this into perspective: how large is the potential impact of a completely peaceful world? Some of the largest threats on a global scale include climate change, poverty and economic instability. The estimated \$9 trillion USD is reported to be equivalent to the size of the German and Japanese economies combined, the former ranked as having the fifth-largest gross domestic product and the latter having the third-largest GDP globally in terms of purchasing power parity as of 2012. Furthermore, \$9 trillion is easily able to cover the entire amount allocated to deal with the European sovereign debt crisis with the European Financial Stability Facility.

Insight into the imbalance in resource allocation between violent ends and those striving for peace restoration highlights a significant area of concern as well.

Encompassing over 190 Member States, the United Nations provides an international forum and promotes progress in human rights and living standards through various programs and funds. The Millennium Development Goals also falls under the United Nations, and encompasses various global challenges including the establishment of universal primary education, the halving of extreme poverty levels and prevention of the spread of HIV/AIDS by 2015. The regular budget of the organization of the U.N. is reported to be nearly \$1.9 billion annually. Drawing approximately half of its annual total expenditure from voluntary contributions of its Member States, its annual expenditure of \$15 billion on peacekeeping missions, programs, funds and specialized agencies are able to be covered by annual world military expenditures of \$1 trillion would pay for the U.N. system for 67 years! A quick calculation on the potential impact of a complete reduction in violence yields staggering results as well: over 600 years of the U.N. system's expenditures are covered with \$9 trillion.

It's evident that a reduction in violence carries with it an economic impact of great significance, but bringing an end to violence on a global scale does not happen overnight. The first step to embracing a peaceful world, however, is realizing how much of it is left to unlock and explore by fuelling efforts to live in harmony rather than to live apart. While a 100 per cent reduction might be a mile away, even a 25 per cent reduction in violence is reported to have an estimated economic impact of \$2.25 trillion. We might be ranked as fourth most peaceful as a

nation, but the paradox lies in our obliviousness to how, as a planet, we are losing exactly what we're fighting over. Knowing the impact of our actions is the first step to changing perspectives globally on nurturing a united world and making change happen; after all, every domino effect begins with a single domino.

Arnav Agarwal  
 McMaster University

### Petition calls for new local TV station

#### Dear Editor:

To all Londoners – especially those that do not have cable or satellite TV, or who have any televisions that only use antenna or rabbit ears – this is important to you. London has lost three over-the-air television signals in less than 12 months (CKXT-DT, CBLN-TV and CBLFT-TV-9). We currently have no local content available over the air except the evening news on CFPL-DT (CTV Two London). Finally someone is coming forward to try to bring community-based and community-focused television to London that will be available to everyone. This will encourage arts and culture in London and bring more good-paying jobs. I encourage all of you to sign this petition and tell all your friends about it. It will demonstrate that there is community support for a new community television station that will be available over the air to all Londoners.

English: [tinyurl.com/ENGLdntvpetition2012](http://tinyurl.com/ENGLdntvpetition2012)  
 French: [tinyurl.com/FRldntvpetition2012](http://tinyurl.com/FRldntvpetition2012)  
 Paul Ypma



# Barbecuemanía in Canada

VICTOR KAISAR  
INTERROBANG

Correct me if I'm wrong, but barbecues are all the rage here in Canada, right? Everywhere I look, I see patios with barbecues and folding chairs and I often wonder why it caught on. Logically speaking, I assume barbecuing in Canada came with a ton of influence from the United States. I grew up well aware of the Texas, Kansas City and Memphis styles of barbecuing through those numerous hours I spent watching TLC India (which is somewhat similar to the Food Network.)

Being the inquisitive type (and a budding journalist at that), I did my research and found out that the barbecue was introduced to Canada in the 1940s and '50s by advertisers, cookbook and writes pop culture journalists. But that still left me unsatisfied. Why is it that women do a lot of cooking in the kitchen, but when it comes to barbecuing, it's largely male dominated? The answer I came across often both on the Internet as well as asking around was pretty unanimous: "There's meat, sharp tools, flammable liquids, fire, smoke and, most importantly, ice cold beer." That answer left me satisfied; barbecues are men's way of having a blast, so to speak, their way of cooking food. A common cliché dictates that women are better cooks, and I've often been victim to ridicule for taking an interest in cooking, but that's another story.

Mark Feldman, a professor of biological sciences at Stanford University, has an interesting answer to why women don't hang around barbecues often: "Looking after offspring was a key factor in the diversification of the roles, because if there were no offspring to look after, then there would be no reason in principle why females couldn't



CREDIT: ALWAYSFOODIE.COM

Barbecues and beer: a match made in heaven.

hunt as well."

Professor Colin Groves at the Australian National University added that control of the food and the fire was all about power: "... the possessor of the meat, the source of the prestige food, is the one who's going to impress females."

Anyway, I've just concluded my first summer in Canada and every time I went grocery shopping it wasn't hard to not notice rows and rows of barbecue supplies neatly laid out waiting to go home with eager chefs. That's a lot of outdoor cooking supplies for a country that's supposed to be covered in snow for a large part of the year. (Yes, another cliché, I know). Even Russell Peters'

comedy routines talk about barbecues. One that comes to mind very often is his dad's desire to "become a Canadian" by hosting a barbecue for his neighbours, and when I watched the video on YouTube a couple of years ago, I was convinced that the barbecue is synonymous with Canada and Canadian households and now I can see that I wasn't wrong.

Not surprisingly, I came across the fact that each province in Canada has its own style of barbecuing. From what I've read and heard, barbecuing is a lot different in British Columbia than it is in Ontario and Quebec. Variation is usually a good thing, and hopefully someday I'll be able to travel coast to

coast and feast on numerous barbecued delicacies that this country has to offer. The biggest though why I'm convinced that 'barbecuemanía' is big in Canada is simple: there sits one on my balcony as I write. And I'm not Canadian.



## Stop calling: How collection agencies are regulated in Ontario



**LAW TALK**  
Community Legal Services & Pro  
Bono Students Canada (UWO)  
519-661-3352

Failing to pay a debt can have serious consequences: you may be taken to court, your assets may be seized, funds might be taken directly from your paycheck and your credit rating could be adversely impacted. When you owe a debt, your creditor may use a collection agency (a third-party business acting on behalf of the creditor) to seek payment. While collection agencies in Ontario must be registered and are regulated under the Collection Agencies Act, it is important to know your rights when dealing with one.

### Responding to a collection agency

Once you have been contacted by a collection agency, it is important to respond to them promptly. To avoid confusion, do not contact the original creditor.

If you agree with the amount owed and you can pay the debt, do so as soon as possible. If you are unable to pay it all at once, offer an alternative payment arrangement (such as monthly installments) that is suitable to both parties. If a payment arrangement is made, write a letter confirming it and include your first payment with the letter. Do not pay in cash, but with a method that will give you a record of the payment, such as by cheque.

If you do not agree with the amount owed, send a registered letter saying that you dispute the debt to both the original creditor and the collection agency. Do not make a payment or offer to pay. The collection agency is then prohibited from continuing to

demand payment from you unless it obtains a court order to do so.

### Your rights

A collection agency may not demand payment of a debt from you without express written authority from the company you owe the debt to, and without first notifying you of the agency's intention to collect a debt. This notice must be sent in writing to your last known address, and the collection agency cannot begin the collection process until six days have passed following the sending of the notice. The notice must contain the names of the creditor and the collection agency, the amount owed and the law that allows the collection agency to demand payment.

Under the Collection Agencies Act, a collection agency cannot:

- Collect additional charges to the debt owed
- Contact you more than three times in a seven-day period
- Call you on statutory holidays;
- Call you before 7 a.m. or after 9 p.m. Monday through Saturday, or before 1 p.m. or after 5 p.m. on a Sunday
- Contact another person regarding your debt unless that person has guaranteed to pay your debt, you have authorized the collection agency to contact that person or it is merely trying to obtain your contact information
- Contact your employer unless your employer has guaranteed to pay your debt, the collection agency has a court order or it is merely confirming your place of employment
- Use threatening, profane, intimidating or coercive language
- Use undue, excessive or unreasonable

pressure

You should keep a record of contacts you receive from a collection agency, including the date, time and frequency of any calls.

### Making a complaint

If a collection agency engages in a prohibited activity, you can send a complaint to the Ministry of Consumer Services, which will investigate and potentially charge the collection agency with violating the law. Penalties include suspension of the collection agency's licence, fines, or imprisonment. If the nature of collection agency phone calls is fraudulent or abusive, the collection agency may be criminally liable. As well, you may be able to sue the collection agency for damages.

For more information we encourage you to contact the Ministry of Consumer Services at [ontario.ca/mcs](http://ontario.ca/mcs) or toll free at 1-800-889-9768. In addition, 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](http://yourlegalrights.on.ca/training-topic/consumer-law). Be empowered, and stay tuned.

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# Get active with Austra



**BOBBYISMS**  
BOBBY FOLEY

I write about random things a lot. I write a lot about random things. I've been thinking a lot about band names recently, and more and more I'm concluding that while there can be a perfect band name for any given group, it is strictly the territory of serendipity.

Do you remember Vanilla Fudge? What is it about that name screamed perfection to Mark Stein back in the 1960s? That would be a difficult name to try to brand now, particularly when you consider all of the things that could potentially surface in Internet search engines.

You may be surprised how many influential bands changed their name before becoming successful. The Red Hot Chili Peppers were once Tony Flow and the Miraculously Majestic Masters of Mayhem. The Yardbirds used to call themselves Metropolis Blues Quartet, and Nirvana was once Pen Cap Chew. Queen was once called Smile, and even The Beatles were The Quarrymen for a time.

In fact, the only guideline for good taste I think I've realized is that those same people responsible for naming bands should not be

allowed to name their own children... but that is a different story for a different day.

This week at Fanshawe we're encouraging everyone to get active while the last few rays of summer sun shine down on the city, and in that spirit I propose a field trip to Rum Runners (176 Dundas St.) to dance – the club welcomes Austra on tour with Doldrums on September 26.

Formed in 2009 in Toronto, Austra is the combination of Katie Stelmanis (vocals, keys), Maya Postepski (drums) and Dorian Wolf (bass) and the result of three kindred musicians coming together from other bands. Rounded out live by backing singers Sari and Romy Lightman and Ryan Wonsiak, the group is yet a new face in pop music, driving mainstream focus into some of indie's darker places.

There are a few reasons you may recognize the name Austra, largely to do with the critical acclaim they've enjoyed since releasing their first full-length album *Feel It Break* last year. The album was shortlisted for the 2011 Polaris Music Prize and made the top of several notable year-end lists, including being named the top album of the year by the Toronto Star and New York Magazine.

There's nothing formulaic about Austra; plotting the album against the spectrum of popular music in



CREDIT: KIDWITHCAMERA

Austra will be making a stop in London for a show at Rum Runners on September 26.

Canada can prove to be difficult, far more so than merely zeroing in on point where electronica meets pop. Fans of dance may feel themselves compelled to move, while fans of Florence + the Machine will surely be attracted to Stelmanis' powerful vocals and cool delivery. Austra marries music and lyrics in ways that will appeal to hipsters and squares alike, mathematics be damned.

"I think when you are writing music, especially in a time like this when anybody can just get a com-

puter, get a guitar and kind of figure something out and write a song, I think that the difficulty is more about writing music creatively," Stelmanis explained to Max Dax of Electronic Beats in June. "My main objective in music has kind of always been to do something very different. I was always interested in kind of like pushing boundaries and exploring territories that other people weren't exploring."

For more on Austra or for information about shows in London and the surrounding area, visit them

online at [austramusic.com](http://austramusic.com) or follow on Twitter @austratalks. Their gig on September 26 at Rum Runners with Doldrums is 19-plus, and tickets are \$19.75 available online through Ticketmaster or in person from Tequila Rose or Grooves downtown.

And for more of the latest music news, reviews and more, consider following this column on Twitter @fsu\_bobbyisms. Can you guess who Jimmy James & The Blue Flames used to be? I'm out of words.

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# Get active

## fanshawe

VICTOR DE JONG | INTERROBANG

**It's time to get outside, get social and get active with these twisted versions of popular sports and games. All of the events are free and don't require any sign up, you just have to show up.**

### **Water Balloon Dodgeball - Res Event**

SUB Courtyard

5:30 p.m. Monday, September 17

- Exactly what it sounds like: two teams, 500 water balloons, last man left standing wins
- If both teams run out of balloons, the team with the most players remaining wins

### **Soccer Baseball - Res Event**

Baseball Field (Beside Merlin)

4 p.m. Tuesday, September 18

- Just like you used to play in grade school, it's baseball played with your feet!

### **Angry Falcons - Res Event**

Merlin Field (past the soccer field)

4 p.m. Wednesday, September 19

- Players face a castle built of foam blocks
- Using an oversize slingshot, players must launch balls at the castle in an attempt to knock it down
- The fewer shots required to topple the castle, the higher the score!

### **Capture the Flag-Tag**

SUB Courtyard

12 p.m. Friday, September 21

- Just like grade school, there are two flags on either end of a playing field, and two jails
- If you get tagged on enemy territory, you go to jail
- Teammates can tag each other out of jail or make a run to capture the opponents' flag and bring it to their own side to end the game

### **Ultimate Frisbee - Res Event**

Soccer Field

5 p.m. Friday, September 21

- Teams of 10 to 25 people
- Ref flips a coin for first throw
- Interceptions result in a change of possession
- If the frisbee touches the ground, possession changes
- Maximum of three steps before a player must throw the frisbee

### **Mine Field**

SUB Courtyard

12 p.m. Wednesday, September 19

- Water balloons will be scattered all over the ground as "mines"
- While blindfolded, players will have to manoeuvre across the field, following your teammates' instructions
- Step on a mine and you're toast!
- Step on a red mine for points

### **"Canoe" Race**

SUB Courtyard

12 p.m. Wednesday, September 19

- Players "Paddle" a skateboard they're sitting on using only a plunger – first one to the finish line wins!



# Healthy everyday food options

MELANIE ANDERSON  
INTERROBANG

You're no longer getting home-cooked meals from Mom and you have to face the grocery store on your own – welcome to college! Now that you're fending for yourself, you should become aware of what healthy food options there are on campus and in the grocery store.

We all know that breakfast is the most important meal of the day, even though it's the easiest to skip. For a quick breakfast, Tracy Jones, program coordinator of Fanshawe's Food and Nutrition program, recommended proteins like yogurt or boiled eggs. She also suggested oatmeal – “even the quick packs in the morning, oatmeal's great because it's long lasting in your body, it keeps you full for a long time and it helps balance your blood sugar levels, so that's going to keep your energy really steady for a long period of time.”

Brian Harness is an executive chef and Fanshawe Student Union food services manager at Oasis. He said that breakfast items continue to be the most popular choices at Oasis. “The two-egg breakfast is still in the lead, followed closely by the skillet, which are gaining in popularity,” he said. “You know, when you actually look at it, a two-egg breakfast is still pretty healthy; we don't cook it in butter, we cook it in canola oil. Really the only not-so-good-for-you option is the home fries.”

Pasta and pizza might be a frequent choice for lunch or dinner, but don't worry! Jones explained that pasta is good for you, but for those of you on your fifth box of Kraft Dinner this week, she said it's important to remember that balance is everything – twice a week is good, not every day. “Kraft Dinner is good for you, surprisingly enough, it would be better if it was whole wheat pasta,” Jones pointed out. “The milk is a great protein for you.” She also recommended whole wheat pasta with a tomato-based sauce, “Tomato sauce is a better option, there's lycopene in tomato that really boosts up our immune system and our energy.”

A major staple in every student's diet is pizza. Whether you're heading to Pizza Pizza in D caf or ordering it late-night, Jones has one piece of advice: “Pizza's actually not that bad for you, what you wanna do is try to restrict the amount of cheese you order – don't double up on cheese. It only takes about two ounces of protein a day to be healthy, so if you can keep your cheese on your pizza to two ounces or less, then you have a healthy alternative, and load it up with vegetable toppings!”

Another way to get as many vegetables as you want is to visit the salad bar at Oasis. “Most of our salad dressings we switched over to a few years ago to low-fat and low-calorie ... it's not necessarily the thing we advertise out there, but as long as there's no taste difference to the regular customer, then I'll make as many changes as I can without telling anybody,” said Harness. “I call it 'stealth-



CREDIT: ERIKA FAUST

The Oasis in SC building has lots of healthy options, including a salad bar.

health.”

Fanshawe restaurants are also making an effort to purchase some local foods. “About 60 per cent of our purchasing is local which is nice, because when your food has less distance to travel, you are actually going to get higher nutrient count, so the food is going to be healthier for you,” Jones said.

Harness explained that it is difficult at times to provide local products, but the Oasis staff does what they can. “We use a local London bakery for our bread now, so it's fresh, produced every morning ... (and) right now we're using local field tomatoes from Leamington.”

Angela is a second-year student in the Respiratory Therapy program at Fanshawe, she said it's not too difficult to find healthy food on campus. “I think it's easy if you know where to go. Olive Oyle's is a little cheaper than eating at Oasis or any other of the cafeterias.”

Carolina, another second-year Respiratory Therapy student, agreed with Angela: “I think it's easy enough (to eat healthy) if you're motivated, like with anything else, if you want to find something healthy to eat, you will.”

Jones stressed that one of the most unhealthy things that's offered on campus isn't food. “The very worst thing we have on campus is energy drinks, and I know it's common for students to reach for energy drinks because it gives you that sugar boost, but the sugars that are in the energy drinks, the corn syrup is especially bad for us

because as humans we don't digest corn, we don't really have a shut-off valve.” Jones recommends Powerade and Gatorade as better alternatives.

For those of you venturing off campus, taking that first trip to the grocery store can be pretty intimidating. Frozen foods are a popular choice among students because they last for a long period of time and are generally cheap. “Frozen vegetables are really good for you,” noted Jones, “Sometimes the quality of frozen vegetables will be better than fresh; this has to do with preserving them quickly. The sooner you pull them off the plant, the more nutrients they have.”

But not all frozen foods are good for you, so it's important to start checking labels to actually determine what it is you're eating. When looking at food labels, Jones said that saturated fats and trans fats are bad. “You also want to look out for corn syrup: that's bad. You also want to make sure that the sugar and the salts are somewhere near the end of your ingredient list, because the ingredients are listed in the order of the quantity that's used in the product. You want to see those at the end because you'll know there's not very much if it's there.”

It's your body, so be aware of what it is you're eating. It can be really easy to slip into bad habits and eat unhealthy foods, but remember that there are healthy options available to you; the choice is simply up to you.

# Exercise and the mind/body connection



THE LONG VIEW  
Susie Mah

Most of us know all the great benefits of exercise, but from a mature student standpoint, I'm going to give you some of my tips. When I started my studies last September, one of the first things I did was to sign up for a gym membership at Fanshawe.

A little of it was to get back to my glory days when I could do 20 full-length push-ups without breaking a sweat and had pretty close to abs of steel. Unfortunately, children and many sedentary jobs later, it's been a long time since I've seen my ribs. But I remembered how good it felt to be strong and in shape and how great it was to have a waistline.

Being a type-A personality, I saw I had plenty of two-hour spaces in my class schedule to fit in a workout or three, and I loved the convenience of being able to go to the gym at school.

While I'm still working on dropping the excess weight, I'm happy to say I can flex some good-looking, hard biceps again and I have more energy and mental alertness on the days I work out than when I've missed the gym for a few days.

We have such busy lives, it's easy to justify skipping exercise, but the time spent on yourself is so worth it when you consider how exercise strengthens and de-stresses you, sharpens your mind and pays you back in more energy to put into the rest of your day.

I have to say, exercise is also important to you looking and feeling your absolute best when you

get out of school for those job interviews. It may suck, but we are unconsciously judged on our appearance as a measure of our ability during those “first impressions” by interviewers. A glow from radiant health and knowing you look good in your clothes does translate into an interview advantage.

Membership to the Fanshawe gym is just \$151 for one term, which is a fantastic deal compared to GoodLife and Weight Watchers. You can also book an initial interview with a trainer for free to get an exercise program tailored to your needs, including how long you want your workout session to last and what your fitness goals are.

If gym workouts are not for you, one of the simplest ways to get some exercise is to park a few blocks away from school and walk in. This is what I'm doing these days and I treat myself to a coffee and croissant the mornings I save that \$3.50. Walking around the school grounds between classes is also a good idea and I've discovered lovely parts of campus as well as spotted the cute groundhogs this way.

Whatever your cup of tea, my last word of advice is to PERSIST in the exercise habit. I learned to my sorrow this summer that a pound of fat is just as easy to put back on as it is was to take off, if you don't keep up the good workouts!

Susie Mah is a mature student and president of the Fanshawe Adult Social Club. She invites you to attend the ASC's first pub night on September 26 at 6 p.m. at the Out Back Shack. Email [ascfanshawe@hotmail.com](mailto:ascfanshawe@hotmail.com) for more info or to join us.

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## Bradley Cooper tries to find *The Words*



REEL VIEWS  
ALISON MCGEE  
a\_mcgee3@fanshaweonline.ca

### The Words (2012)



If *Inception* was about a dream inside of a dream inside of a dream – that is what that movie was about, right? – then *The Words* is about a story inside of a story inside of a story. Did you catch that?

*The Words* is the first foray into directing for duo Brian Klugman and Lee Sternthal, whose convoluted plot follows the story of a writer writing a story about a writer who steals a story from another writer. One more check, you still caught that?

Clay Hammond is a wildly successful author who embarks on a book reading to introduce a crowd of fans to his newest novel. The story Clay has concocted is about a man named Rory Jansen, an aspiring writer who is learning the hard way that he may not have the chops to make it big in the publishing business. Rory spends his days working an entry-level job for a big publishing house and his nights at home with his wife Dora, pouring his heart and soul into his novel, and he is slowly wearing himself thin. A discovery soon changes his fate, though, as Rory finds an aged manuscript enclosed in a briefcase



CREDIT: CBS FILMS

Bradley Cooper may be better suited to wacky antics in *The Hangover* than in his serious role in *The Words*.

bought in Paris, and he claims the story as his own. The story Rory claims to have written is about an Old Man and his tragic life in post-war Paris. When the Old Man learns of Rory's thievery, he tracks him down and confronts him about the stolen story, forcing not only Rory the writer but also Clay the writer to contemplate the deepest issues surrounding artistry and creating literary works.

The cast of *The Words* is nothing shy of outstanding. Dennis Quaid takes on the primary narration role of Clay Hammond, and while he is entertaining as always, he gets so little screen time that his character falls a bit flat.

Taking the lead role as Clay's creation Rory is Bradley Cooper. Though Cooper strives for an emotionally touching performance, it seems clear that his talents are better suited to the comedic tone of *The Hangover*.

Zoe Saldana steps in beside Cooper as Rory's doting wife Dora. Though little is explained of Dora, other than her unyielding support for Rory, Saldana proves to be both charming and entertaining.

Jeremy Irons plays the character simply called "Old Man" with the same grim vigor he is known for bringing to his roles.

Aside from its overly complex, multi-layered narrative, *The Words* doesn't provide the audience with a whole lot to chew on. Big questions about originality, ethics and the creative spirit are brought up, but not nearly enough time is devoted to them to gain any insight.

Fans of *Inception* who have been craving that story within a story feel for the past couple of years will find what they're looking for within *The Words*, but if that's not quite your thing, unless you want to stare shamelessly at Cooper, this one's probably not going to do it for you.



CREDIT: PIXAR/DISNEY

Finding Nemo gets the 3D treatment with a re-release in November, and a lot of movie lovers aren't too happy about it.

## Do we *really* need to see the third dimension?



McGee's Movie Moments  
ALISON MCGEE  
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Maybe it's just me, but I enjoy my theatregoing experience to have a hint of nostalgia to it. My best movie memories are of watching a film – yes on actual film – at the theatre: the big screen looming ahead and the impurities of the film crackling through the frame. Sure, I'm probably biased from my time spent at film school, memories of teachers preaching "film is best" echoing over and over in my mind.

I'm all for advancing the industry with rapid frame rates, higher definition and larger screen capabilities. I will even concede that every once in a while I can sit back, put on the oversized, uncomfortable glasses and submit to the glory and majesty of 3D film.

My biggest disappointment with the 3D technology wave that seems to be sweeping not just Hollywood but the film industry worldwide is the remastering of classic films into modern 3D marvels. Take, for example, *The Lion King*. Originally released in 1994, which made me the perfect age to enjoy its popularity when it was new, it will forever be a classic Disney children's movie.

Now think back to last September when *The Lion King 3D* graced screens across the country for two weeks in what some have hailed as a glorious run in remastered 3D. If any of you had the chance to see it, you will know what I mean when I say that 3D killed the magic of Simba, Timon,

Pumbaa and all the other characters on the African savannah.

This year promises to bring much of the same destruction to a favourite children's film with the 3D release of *Finding Nemo* in November. Now, I love *Finding Nemo* as much as the next person – who can resist its silly charms? – but I just can't bring myself to watch it in the third dimension. Just as *The Lion King* lost nearly all of its charm when infused with the assaulting, dizzying feel of 3D technology, I fear Nemo's adventure will face the same fate.

I wonder why the film industry feels the need to turn to movies that have already given them huge successes and release them to audiences again, instead of focusing their energies on finding a new story to tell, a new film to make.

You wouldn't go and tamper with Homer's *Odyssey* just because grammatical structure has changed since it was written and translated into modern English. In the same vein, I have to wonder why the bigwigs in the industry feel like they need to tamper with classic films that work perfectly for what they are and change them because there is something bigger and better available.

A movie is a story captured in time, rich with the atmosphere of the world in which it was made, and trying to "update" an artifact to suit the tastes of a newer generation is nothing short of blasphemous, as far as I'm concerned.

So go home and watch an old movie the way it was made to be watched: in just two dimensions with the imperfections that made you love it in the first place.

## Lincoln no slave to zombies



Cinema Connoisseur  
ALLEN GAYNOR  
www.cinemaconn.com

### Abraham Lincoln vs. Zombies (2012)

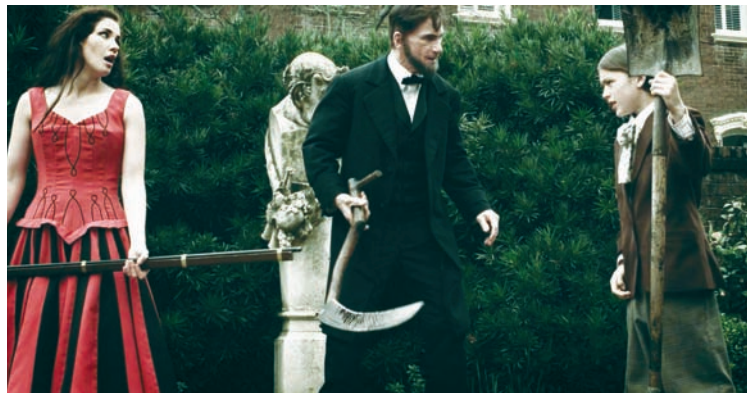


With the exception of George W. Bush, no U.S. President is more revered than the nation's 16th president, Abraham Lincoln. Just look at his track record. He kept the country together during the Civil War, and he ended slavery. Plus he saved the United States from a zombie onslaught.

Now, you may be thinking, "But Cinema Connoisseur, I thought Abraham Lincoln was a vampire hunter, not a zombie slayer." Well, that's what your history textbooks and the folks at 20th Century Fox would have you believe. Luckily, screenwriter/director Richard Schenkman set the record straight with the release of *Abraham Lincoln vs. Zombies*.

When Abraham Lincoln was 10 years old, his community was overrun by the living dead, resulting in the death of both of his parents. At least this is the premise of *Abraham Lincoln vs. Zombies*, but I'm sure some dramatic license has been taken. For instance, maybe he was a teenager, but they changed it to make him more sympathetic.

Fast-forward several decades and President Lincoln once again finds himself face to face with zombies. These days it seems like it is difficult to get a politician to do any-



CREDIT: THE ASYLUM

Abraham Lincoln disposes of zombies in *Abraham Lincoln vs. Zombies*.

thing. Something as simple as erecting a stop sign has to go through so much red tape that it takes years to accomplish, if it ever gets done. But Lincoln was a man of action, and he heads straight into the battlefield – literally the battlefield, since the Civil War is going on at the time – and enters into a most un-civil war with the flesh eaters.

I cannot say enough about the excellent portrayal of Abraham Lincoln by Bill Oberst Jr. (*Pirates of the Caribbean: On Stranger Tides*, *Nude Nuns With Big Guns*). There have been many actors to portray Lincoln in the past, but no one seemed more worthy to don the stovepipe hat than Oberst. While I was doing research for this review (which involved taking a trip to Los Angeles and rifling through Mr. Oberst's trash cans), I discovered that he had also played another historically significant person – Jesus. Yes, that Jesus. Oberst portrayed Christ for 10 years in a stage version of Jesus of Nazareth. If he ever lands the lead in a Mr. T biopic, he will have played the three most important men who have ever lived.

*Abraham Lincoln vs. Zombies* is a

highly enjoyable film from The Asylum, a studio that produces many terrific movies that have been unfortunately plagiarized by the bigger studios. In 2007, they put out a film called *Transmorphers*, and lo and behold, two days later, Steven Spielberg and Michael Bay introduced the world to the *Transformers*. The same thing happened this year when they released *American Warships*, only to have *Battleship* sail into theatres days later. Hopefully The Asylum will take the thousands of dollars in profit that they must be making and hire a good lawyer to take these big studio bullies to court.

In a few months, our neighbours to the south will be heading to the polls. Democrats will be singing the praises of Barack Obama, while Republicans will throw their support behind Mitt Romney. There is going to be a lot of rhetoric, false promises and mud slinging. I hope and pray, however, that when the voters head to the ballot box on November 6, they cast their ballot for the candidate that they truly believe can defend their nation from a zombie apocalypse. God bless America.

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# The mascaras of autumn



**BEAUTY BOY**  
JOSHUA R. WALLER  
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The one cosmetic item that most women are very particular about and have strong loyalty towards is their mascara. Usually, once someone finds a mascara that gives enough length and volume, doesn't clump and lasts all day, she is very reluctant to switch. However, with all the new mascara launches for fall 2012, it may be wise to throw your old mascara away and try something new. As technology progresses, cosmetics are becoming a lot more advanced and almost to the point where a "clumpy" mascara will almost be impossible to find.

One of my favourite mascaras that were launched this fall is

Dramatique Lash Booster mascara by Lise Watier. This mascara is perfect for someone who loves a huge, full bristled brush (very similar to Diorshow). Not only does this mascara give your lashes that very voluminous and dramatic look, it also nourishes them and helps them grow. With the special formula that contains apple staminal cell derivatives, Dramatique will strengthen and increase the length of your lashes within weeks of use.

Another highly anticipated launch this fall was the Lancôme Hypnôse Star; the mascara that was inspired by Betty Boop. The brush has a similar shape to their Hypnôse Doll Lashes brush, except this time, it's double-sided! The flat side of the brush is used to build the intense volume, while the rounded side of the brush is used to comb the mascara through the lashes, giving them a very dramatic yet defined look. The formula also con-

tains a black diamond effect, which helps give lashes some luminosity – perfect for an evening out.

Clinique also released their brand-new High Impact Extreme Volume mascara, which is not only perfect for someone who is searching for intense lashes but also for someone who has sensitive eyes and is looking for something more affordable. This mascara has a very large, plastic brush, so it helps separate each lash and avoids any clumping.

A personal favourite that has also been launched is Diorshow New Look. For anyone who has never used a Diorshow mascara, now is the time to go and treat yourself to one. The beautiful formula and reconstructed "nana-brush" coat the eyelashes with intense volume, but also separate and define them. Although this mascara is more on the expensive side, any makeup wearer must try this mascara at



CREDIT: SASSISAMBLOG.COM

Any makeup wearer must try Diorshow at least once!

least once because it truly makes a huge difference.

New mascaras are always hitting the shelves this list could go on forever, but I have narrowed it down to some of the highest-quality mascaras on the market right now. I

know everyone wants to hold onto their Maybelline Great Lash or CoverGirl LashBlast, but treat yourself to one of these newly launched fall mascaras and you will not be disappointed!

# Fitness on a budget

**EMMA NEWMAN**  
FSU VP FINANCE

Moving away from home to start or return to college can be tough. You're breaking a routine you've built up all summer, and many times you don't know how or where to pick up those routines in your new home. If you're looking to get active, finances can also hinder getting back to your old routine, because not every student can afford a gym membership when costs like tuition, food, bills and books that get in the way! Fear not, though, because there are many ways to get active in London without spending too much money.

A lot of people already participate in different activities, but don't know where to pick them up in London. If you're into biking, skateboarding or running, there are different options in London to get your fix.

If you're a runner, the obvious cheap way to get going is to figure out a route around your house and start running. Apps like

MapMyRun can use GPS to track your run or plan a route, and let you know how far you've travelled. If you're more interested in running with people or training to run a race, the Running Room (620 Richmond St.) offers running clinics starting with their Learn to Run. While there is a cost, it is a little bit less than most gym memberships, and it's a good deal if you don't go to the gym frequently but want something to commit to a few times a week.

If biking is more your thing, there are a number of bike paths in London. Head to the City of London's website, london.ca, to find a PDF of different bike and running paths, as well as what roads are designated as having bike lanes (tinyurl.com/ldn-bikepaths2012).

The website also has a list of the skateboard parks in town. If you're interested in skateboarding to stay active, the closest skate parks are Stronach, which is right down the street from Fanshawe, and Carling

Heights, which is near Oxford and Adelaide.

If you'd rather not leave the house to exercise, there are still ideas for you! Technology is a wonderful thing, and it makes getting active in the privacy of your own home easy. First stop: YouTube. If you thought YouTube was just for watching One Direction videos, think again! It's packed with exercise videos of all different types, but the most popu-

lar are the Zumba videos. Some are one-song routines, some are full classes, and there are many to choose from. Another great place for follow-along videos is in the podcast section of iTunes. The most prominent videos there are pilates and yoga, and many are updated weekly so you can try something new every week.

Not everyone is looking for your typical cardio workout, though. If you're interested in team sports,

Fanshawe Athletics has a great intramural program for people at any skill level. More information can be found online or by stopping by the Athletics desk in J Building.

Overall, there are great ways to stay active now that you're back at school. Just because you're on a budget doesn't mean you have to cut out your wellbeing, so hopefully these ideas can get you started on your way to an active year!



CREDIT: LAW.UWO.CA

Autumn is a beautiful time to get fit by exploring London's bike paths and hiking trails.

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CREDIT: FANSHAWE ATHLETICS

Where will your Falcon pride take you?

## Fanshawe pride can have far-reaching results



**THE REAL WORLD**  
Jeffrey Reed  
jreed@fanshawec.ca

At the beginning of each new year, I sit down with the city's biggest movers and shakers of industrial-commercial-institutional property sales. Sounds sexy, I know, but we always engage ourselves in lively banter.

For a number of years during this roundtable discussion, we've attempted to define London's true identity. And each year we've determined that in addition to our medical community, our education sector – including Fanshawe College – is one of this city's largest assets.

Fanshawe College has come a long way since its inception as a provincial vocational school boasting just 300 students in 1964. A community college since 1967, Fanshawe housed about 4,500 students when I studied Broadcast Journalism from 1981 to '83. Today, more than 15,000 full-time students and about 40,000 part-time students call Fanshawe College home.

In fact, even though our students arrive from around the globe, London is their home for eight months of the year. And what better opportunity to start networking not only as a Fanshawe College ambassador, but also as a soon-to-graduate student armed with a myriad of valuable skills?

### Fanshawe Ambassadors

As a Broadcast Journalism student, much of my studies involved interacting with the community as a student reporter – a tradition carried on today by the CIXX-FM news team. A lot of responsibility comes with the territory of being a student reporter. But in fact, each and every Fanshawe College student is a college ambassador.

Just think back to the St. Patrick's Day Fleming Drive riot when searching for Fanshawe's place in the community. Initially,

the entire college was painted with the same tainted brush. Thankfully, that is not the case today, as most of the rioters were not Fanshawe students. However, like it or not, as a Fanshawe student you are a college ambassador.

Why not, then, make the most of it? As a Fanshawe student, you hold a special status within the community. Along with Western University students, you pump more than \$1.5 billion into the local coffers each year. But your status isn't just about dollars and cents. I need not look any further than my own students in the Corporate Communication and Public Relations (CCPR) post-graduate program in order to see how Fanshawe students give back to the community through fundraising and community service.

During Orientation, Fanshawe Student Union President Zack Dodge, a graduate of the CCPR program, spoke to this year's students about all things Fanshawe. Dodge spoke with great passion about the college (I taught him well), and encouraged the class to engage themselves in the community at large.

There's no reason why you should not be promoting your own job skills as you interact with Londoners. The most direct form of interaction involves co-op placement. Here you can grab the spotlight as a potential employee, and can gain some valuable networking opportunities. Remember: everyone you come in contact with is a piece of the networking puzzle, and networking starts now.

### Your Own Backyard

Don't overlook the obvious. Consider what social opportunities are available here on campus. For example, Fanshawe College is home to the top intramural and extramural recreation programs amongst any of the Ontario colleges. Whether or not Freddie the Falcon flaps his wings at your skills on the volleyball court is not important. Making new friends is the key. Who knows? Maybe the

goaltender on your extramural hockey team will someday soon hire you as a technical advisor for his fledgling software company.

Long gone are the days of graduating, then making an easy transition into the career of your choice. Granted, part of the student experience is blowing off steam at a Richmond Row pub. As a first-year Fanshawe student, I was known to bend my elbow now and again. These days, a cold beer after a round of golf is the equivalent of letting my hair down. For the most part, that's gone, too.

But as a college student in a highly competitive world, now is the time to start preparing for the real world. I've previously written in this space about the importance of printing business cards now, and the necessity of networking via social media. Next week, I'll write about cover letters, resumes and job interviews.

I recently spoke with a local landlord who likened Fanshawe and Western students to "gypsies. They come and go, and leave their garbage behind."

Just like the Fanshawe students who were involved in the Fleming Drive riot, those students are part of the minority of students who disrespect our community. Each year, thousands of Fanshawe students make this city a better place to live. I know: I've lived here my entire life.

For Fanshawe students, the future is now in terms of establishing a foothold in the business world. Nothing beats a strong work ethic. Build your foundation now, and the transition from student to career professional becomes a much easier one.

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

## Would you hire yourself?



**CAREER CORNER**  
Susan Coyne  
Career Services  
Consultant  
Fanshawe Career Services

The best career choices are based on an honest appraisal of who you really are. This includes what you know, what you do well, the things you want from life and how you can best match all of this to the current and future needs of an employer.

If you have taken a basic marketing course, you already know that to be a good salesperson, you must understand the four Ps of marketing: **Product, Place, Promotion and Price.** These marketing basics are just as applicable to marketing yourself as they are to marketing a new product or service.

We all know that before an employer calls you for an interview, they want to know what you (the **product**) can offer them over anyone else. What are your features? What can you do well, and how will hiring you be money spent wisely? And, similarly, what are some things that you can't do?

Finding the **place** you want to work also requires some thought. Where do you intend to market yourself? Where will your buyers be? Is there anywhere you are unwilling to go?

How will you **promote** yourself? How will you get people interested in knowing what benefits there are to hiring you? How will you introduce yourself to your markets? The first two promotional methods that come to my mind would be your resume and cover letter. There is also your professional portfolio and the networking that you can do. And finally, the most important promotion is the interview.

And then there is **price.** Do you have an idea what jobs are paying in your field? Have you evaluated what starting salary you will need

to ensure you can live comfortably, meet your debt obligations and provide you with some money at the end of the day or month?

Understanding some basic self-marketing techniques and conducting a self-inventory will not only help you to navigate through the employment market but will also help you to validate your career choices. Keep in mind that all employers want good matches between jobs and applicants, so make sure that your covering letter and resume clearly identify your unique combination of skills and abilities and always relate them to the position you are applying for. You should be able to describe your skills under a number of headings, including related education/training, related work experience, related accomplishments and related praise or recognition received.

I often tell my students to imagine that they are the hiring manager of the company they want to work for and that they have to hire a new employee from the same program they are graduating from. What would they look for in that employee? What type of person would they want to hire? What will that person need to be able to know and do? As the hiring manager, you need to start by making a list of the requirements, skills and personality characteristics you believe are needed in that candidate. Then finally, after describing that ideal employee, can you honestly say that you would hire yourself?

*Need assistance with your job search or writing a resume and covering letter? Drop by the Career Services office in D1063. The Career Services staff is available to assist you on an individual basis. Visit the office in D1063 to arrange an appointment with the consultant responsible for your program or call 519 452-4294. For Fanshawe student job listings, visit [www.fanshaweonline.ca](http://www.fanshaweonline.ca) or [www.fanshawec.ca/careerservices](http://www.fanshawec.ca/careerservices).*

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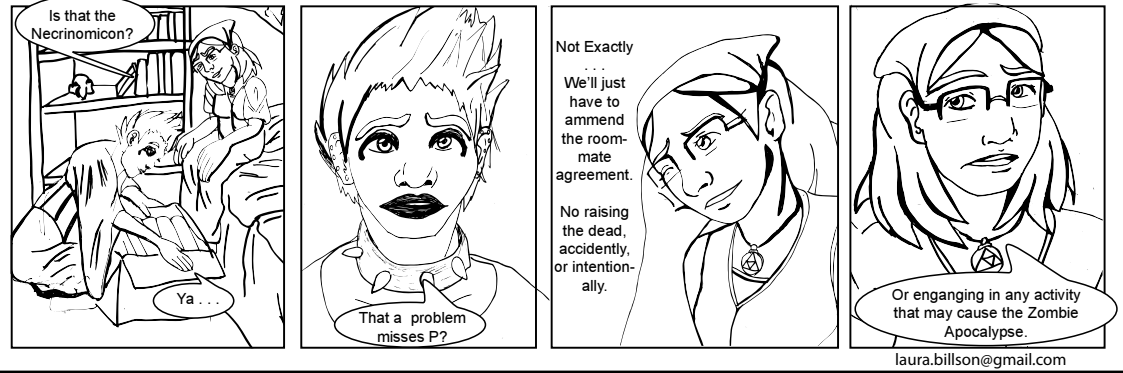
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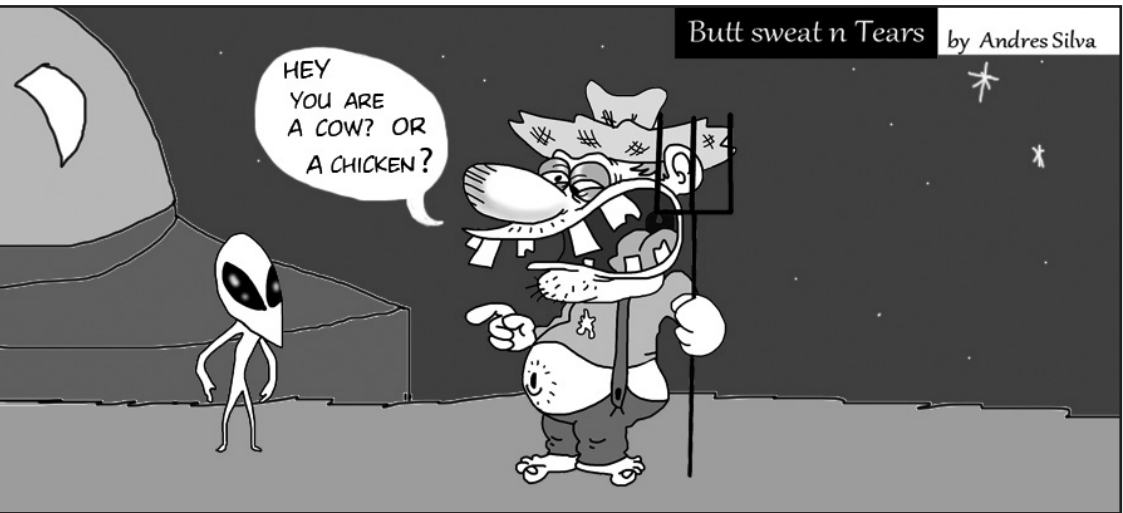




**NOT NEUROTYPICAL**



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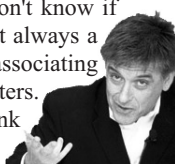
**THUNDERPANTS**



**BEST IN LATE NIGHT COMIC RELIEF**

**THE LATE LATE SHOW with Craig Ferguson**

You know what I think is weird? I stopped drinking alcohol about 20 years ago and I still look like a drunk. Since Oprah left, everyone's been asking the same question. Whose couch will Tom Cruise jump on when he signs a contract with his next "new wife?" I'm curious about the show hosted by Jeff Probst. This week's guests are a group of 80-year-old women discussing their sex lives. Isn't that *The View*? Over the weekend, Vice President Joe Biden hung out with a biker gang in Ohio. I don't know if that's wise. It's not always a good idea to be associating with shady characters. So next time, think twice, bikers.



**CONAN with Conan O'Brien**

It's been reported that Kim Kardashian's mom, Kris Jenner, said that Honey Boo Boo's mom is exploiting her daughter. Moments later Kris Jenner was hospitalized for acute irony poisoning. In Yemen, a U.S. drone strike has killed al-Qaida's number two leader, the sixth second in command the U.S. has killed. This is one area where Obama can say he definitely is creating jobs. Mitt Romney is not backing down from his statement that America's number one foe is Russia. Then he said Americas number one band is Duran Duran and the number one movie is *The Goonies*.



**LATE NIGHT with Jimmy Fallon**

Iranian President Mahmoud Ahmadinejad is scheduled to address the United Nations on the Jewish holy day of Yom Kippur. That's like the Kardashians giving a speech on Labour Day. A man in California is accusing Miley Cyrus of punching him in the face at a nightclub over the weekend. Police had a lot of questions for the guy like, "Why would you want the world to know that you got beat up by Miley Cyrus?" A new study found that running for two minutes is just as good for you as working out for 90 minutes. That doesn't sound like a study — it sounds like something a chubby guy says after being on the treadmill for two minutes.



**JIMMY KIMMEL LIVE with Jimmy Kimmel**

Prince Harry is back in the news. Three weeks after those nude photos appeared of him playing strip billiards at a hotel, he was deployed for a four-month tour of duty in Afghanistan. One crazy night and queen grandma ships you right to Kandahar. Lindsay Lohan tweeted President Obama on the topic of tax cuts. Someone needs to tell her she's Lindsay Lohan and should be focusing on what the president plans to do to cut car insurance deductibles. Tomorrow Apple is holding a secret media event presumably to unveil the new iPhone 5. They say it has five blades for the closest shave yet.



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# zodiac stargazer HOROSCOPE

## Aries (March 21 - April 19)

You live your life with contagious joy. This experiment is obviously leading you somewhere. Physical movement is a delight no matter what the activity.

## Taurus (April 20 - May 20)

Leo is baiting you. Stubborn resistance is often a heroic gesture, but this time it's not much fun. Tolerate instead of reacting. This week's bad situation may be irrelevant next week.

## Gemini (May 21 - June 20)

Strong opinions spar cheerfully on the battlefield of discourse. You'll say or listen to anything. There's no judge or scorekeeper. This experience is more about growth than it is about winning.

## Cancer (June 21 - July 22)

Wise shoppers, no matter what their socioeconomic status, will always take advantage of a bargain. Your sense of beauty is balanced by your practical side. At this rate, you're sure to get the future that you deserve.

## Leo (July 23 - August 22)

Expect a stunning victory in any contest. Astrological fire is your weapon of choice. When you make your feelings known, few would dream of going against them. You get all you want, if not more.

## Virgo (August 23 - Sept. 22)

Be flexible as your lot improves. You're entitled to more than you choose to take. Press the point when arguing your case. Run with the pack instead of letting it sweep you off your feet.

## Libra (Sept. 23 - Oct. 22)

Don't worry about the little things. Attempts at micromanagement will only diminish the fun that you might have. It should be obvious that you'll get whatever you ask - if you bother to put in the request.

## Scorpio (Oct. 23 - Nov. 21)

If you're losing friends, it's time to ask why. An imperial attitude isn't the same thing as genuine entitlement. Employers may come down hard on behaviour that seems inappropriate to them.

## Sagittarius (Nov. 22 - Dec. 21)

Money comes once you stop thinking about it. Any dream worth following is already coming true. Love is your natural state, no matter what your profession.

## Capricorn (Dec. 22 - Jan. 19)

This is the wrong moment to show weakness. Some would find it convenient to assume that your input no longer matters. Be a player in the events that will lead to your desired happy ending.

## Aquarius (Jan. 20 - Feb. 18)

Aquarius is still restless. The Moon brings out your endless curiosity and utmost sincerity. Even though you may be tortured by the alternatives, your decision is sure to be sound.

## Pisces (Feb. 18 - March 20)

Your efforts are worth something whether or not they bear fruit. Other people's narratives may be too strong for you to break in effectively. Patience is your only possible course for now.

## Across

1. Compete
4. Dietary, in ads
8. Hang loosely
12. Durable wood
13. "Idylls of the King" character
14. Bottom of the barrel
15. Adjust
16. Group of Zulu warriors
17. Bone-dry
18. Canada's official weights and measures reckoning (2 words)
21. Equivocate
22. Henry Clay, for one
26. 180° from NNW
27. Caribbean, e.g.
29. Mr., abroad
30. Muslim chief
31. Doctors' instruments
34. Elevator company
37. Big \_\_\_ Conference
38. Retain
39. Members of a Jamaican sect
44. "Boola Boola" singer
45. Title of respect
46. Cloak-and-dagger org.
47. Basic monetary unit of Romania

50. Movie dog
52. Fears
54. Mountains extending along the Pacific shoreline
58. "Shave \_\_\_ haircut" (2 words)
61. Band member
62. Moorehead of "Bewitched"
63. Clap
64. Jack-in-the-pulpit, e.g.
65. Caddie's bagful
66. Cakewalk
67. Adjusts, as a clock
68. "To \_\_\_ is human ..."

## Down

1. Provisions (informal)
2. Dead to the world
3. Supremely spooky
4. Island rings
5. \_\_\_ opinion: as I see it (2

9. If you are cold you are more likely to be hungry because you use energy to keep warm.

10. Women have about four times as many foot problems as men; lifelong patterns of wearing high heels often are the culprit.

11. Obsessive nose picking is called Rhinotillexomania.

12. It's possible to die from a broken heart; it's called Stress Cardiomyopathy.

13. Your thumb is about the same size as your nose.

14. Poor eyesight (myopia) is associated with higher IQ.

15. The Internal Revenue Service audits 87 percent of women who claim breast implants as tax deductions.

16. If your DNA was stretched out it would reach to the moon 6,000 times.

17. By weight, Bone is five times stronger than steel.

18. Fidgeting can burn about 350 calories a day.

19. Twenty minutes after smoking a cigarette, blood pressure drops to normal.

20. Smokers get 10 times more wrinkles than non-smokers.

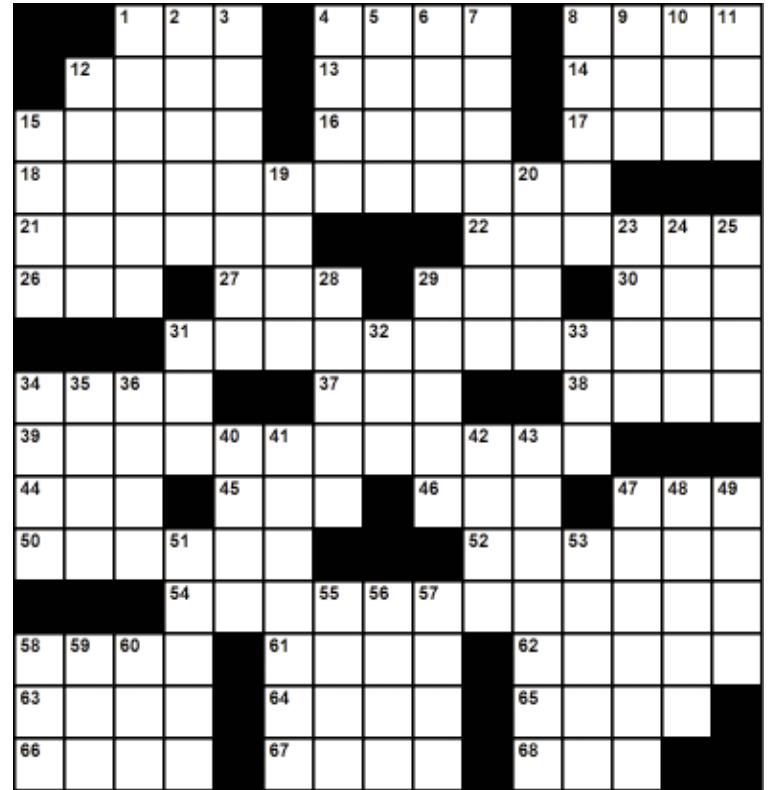
21. A human being loses an average of 40 to 100 strands of hair a day.

22. A person can live without food for about a month, but only about a week without water.

23. One or two alcohol drinks a day can be anti-inflammatory.

24. Gin is a mild diuretic which helps the body get rid of excessive fluid. Thus, it can reduce problems such as menstrual bloating.

25. It has been shown that caffeine causes headaches when stopped suddenly and can cause morning headaches that are relieved by a dose of caffeine.



6. Inclines
7. Staff of Life
8. Andean animal
9. "\_\_\_ the fields we go"
10. "Fantasy Island" prop
11. "Acid"
12. They're entered in court
15. Intensifies, with "up"
19. Algonquian Indian
20. Clapton who sang "Layla"
23. Package sealer
24. S-shaped line
25. Coarse file
28. Fragrant oil from rose petals
29. \_\_\_ boom
31. Concorde, e.g.
32. "\_\_\_ Town Too" (1981 hit)
33. Nods, perhaps
34. Baseball's Hershiser
35. Monetary unit of Western Samoa
36. Egyptian fertility goddess
40. Continent
41. Festivities
42. Assistant
43. Recount a story
47. European falcon
48. Barely beats
49. A Swiss army knife has lots of them
51. Massage target
53. Avid
55. Fix
56. Adjoin
57. Blocks
58. 30-day mo.
59. "The Matrix" hero
60. Beaver's work

Solution on page 18

# QUIRKY FACTS

1. Dogs can be trained to identify the scent of lung cancer long before symptoms develop.
2. Kissing an infection-free partner is good for your teeth!
3. Staying awake for 17 hours is the same for your body as drinking

two glasses of wine.

4. Chewing gum boosts your brain power.
5. Quick naps not only improve your alertness, but they also help in decision making, creativity and sensory perception.
6. Enamel is the hardest substance in the human body.
7. The human brain stops growing at the age of 18.
8. Redheads require up to 20 per cent more anesthesia to be knocked out.

## Sudoku Puzzle

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

puzzle rating: hard

Fill in the grid so that every row, every column and every 3x3 grid contains the digits 1 through 9. That means no number is repeated in any column, row or box. Solution can be found on page 18.

## Word Search

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

### Island nations

(Words in parentheses not in puzzle)

- |            |         |           |
|------------|---------|-----------|
| Bahamas    | Fiji    | Maldives  |
| Barbados   | Grenada | Malta     |
| Cape Verde | Iceland | Samoa     |
| Cuba       | Jamaica | Singapore |
| Cyprus     | Japan   | Tonga     |

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# Raising the stakes: the lives of student gamblers

NICOLE SIENA  
THE EYEOPENER

TORONTO (CUP) — Jamie Weidl started playing poker with his friends when he was in Grade 8. By the time he was 16, he had created an account on an online poker website, allowing him to play any time and bet as much as he wanted. He started by putting \$50 in his account, and slowly started winning after a few missteps.

Over the course of the next few months, Weidl had reloaded his account two more times with \$50 — but after the third time, he never had to again. Soon he was playing up to 16 hours a day, turning a profit at a game he enjoyed. “It would go in spurts,” he said.

“Maybe I wouldn’t play for a few days, but then there would be three weeks where I didn’t even leave my apartment. It was pretty intense. It was definitely an addiction.”

According to a study done by Ontario’s Responsible Gaming Council (RGC) in 2005, one in 14 individuals in the 18 to 24-year-old demographic has a moderate to severe gambling problem. Men are twice as likely as women to be problem gamblers.

“We know that one in 14 young adults are at the highest risk,” said Barry Koen-Butt, the director of awareness programs and communications for the RGC. “We recognize that demographic is of the higher risk than the general population.”

The Centre for Addiction and Mental Health (CAMH) says gambling is a problem when it gets in the way of work, school, or other activities, harms mental health or physical health, hurts financially, damages reputation or causes problems with family or friends. Weidl did eventually drop out of school to focus on poker. But unlike most addictions, Weidl’s was making him money.

“I was making enough money to pay for school, and had enough money to live pretty decently in Toronto,” he said. He dropped out of Ryerson’s geographic analysis program when he was in his second year, leaving his academic life behind to play online poker full-time, even gaining a sponsorship from one site.

“They would pay me, basically, to play on the site,” said Weidl. “The more I played, the more they would give me. I was close to a major sponsorship, where they would pay me to go to events.”

However, in April 2011 the FBI seized the three largest poker sites

in the United States, charging 11 defendants with fraud and money laundering. At that point, Weidl’s online career was essentially over. He moved back to Windsor, where he now plays at a casino for 50 hours per week. Mathematically, the typical gambler doesn’t have Weidl’s success rate.

Even if they do, a long run of bad luck can leave them with nothing if they haven’t planned accordingly. The advice Weidl gives to students is not to do it unless you have a big enough wallet.

“If you don’t have enough money to back yourself, then you can back yourself into a hole,” he said. “Some people don’t know how to manage it. You have to have a big enough bankroll to withstand the variance.”

Variance is a mathematical concept in poker to describe the ups and downs of a chance-based game. Playing poker in a style with a high variance means that your swings will be larger; you could lose everything in a run of bad luck.

Inevitably, most gamblers lose. But the thrill of winning money that keeps Weidl at the tables can still hold a losing player there, causing problems both socially and financially. To help raise awareness of gambling addiction, the RGC has created a program called Know the Score (KTS).

“We go into colleges and universities, talk to students about key messages and what the risks are (with gambling),” Koen-Butt said. The program started in 2001, after a study showed that university students are of the highest risk. KTS creator Lisa Couperus, manager of special projects and programs at RGC, worked with students and professional staff on campuses to create the program. Originally appearing in eight schools across Ontario, it is now at over 26 different campuses.

“Each table and display are done and run by hired students at that school,” said Couperus. “It’s a peer-to-peer approach. People talking to their friends as opposed to people coming in telling students what to do.”

The RGC’s most recent campaign features poker chips wrapped in condom wrappers to promote safe gambling. Ian Jenkins, a fourth-year criminal justice student who Weidl introduced to poker, said that someone with a serious gambling problem probably isn’t working out or having much of a social life, so the ads might not be effective.

“It’s probably better to target

addicted gamblers online or on the poker sites themselves,” he said. “Kids might look at it as a joke — meanwhile, someone may be getting worse and worse. That should be the time you save them from falling into a pit of addiction.”

Robert Williams, a professor in the faculty of health science at Lethbridge University and research coordinator with the Albertan Gambling Research Institute, said that these forms of gambling education are largely ineffective.

“To be fair, it might help a few people sometimes, but in a group basis, there’s no evidence these things work,” he said. “It doesn’t mean they shouldn’t be done, it just means they should be done a lot better.” Williams argued more substantive education and prevention is needed.

“There are a lot of them out there, but most of them are one hour, one shot deals, which temporarily improve knowledge, but don’t impact behaviour,” he said.

Only two to three per cent of Ontario residents gamble online now, but it’s double that in the demographic of college-aged adults. And over 70 per cent of the population gambles in other ways, according to Williams. In colleges and universities, management and kinesiology students are the most likely to develop gambling problems. Williams said the management students’ gambling problems probably have to do with an interest in money, but the kinesiology students have a more complex story.

“Athletes have a much higher gambling involvement and (rate of) problem gambling than other people. A good portion of people in kinesiology are also athletes or aspiring phys-ed teachers,” said Williams. “There’s something about athleticism that is associated with risk taking. I don’t quite understand it myself.”

The business students might also be interested in poker because, according to Weidl, it is a business. “It’s the same thing. People in business want to invest in certain places,” he said. “When you play poker, you look to invest in certain spots that you see are profitable.”

Weidl has read over 30 books on poker to educate himself on the game.

“It’s like a textbook. It’s teaching you what to do in order to make money,” he said. “If you don’t keep your strategy up, luck will eventually run out and you’ll fall behind. There will always be days



CREDIT: LINDSAYBOECKL

where you’ll lose.”

Jenkins started playing after Weidl gave him some books to read. Once he started playing online, he began making his own profits. “I think sometimes people would just be ignorant, that there is a mathematical way to play poker or blackjack,” said Jenkins.

“If you go into a casino and are willing to pour all your money into slots, that’s gambling altogether because there’s no skill to that.”

He said that when playing games with any level of skill, you need to take time to develop them. Poker is no different, but also has the added risk of a bad run leaving you penniless.

“Even in poker, as good as you are, sometimes you just lose, lose, lose,” said Weidl. When he started to play online poker for hours on end, he said he was living with roommates but they never approached him about his addiction. “They knew I was making money. It would have been different if they knew I was losing a lot of money,” he said.

However, he also said that problem gamblers may not let their friends know about their gambling.

“A lot of people lie about how they’ve done. Even if they lose a lot, they just lie.”

Jenkins said that he drops online gambling during the school year because he takes his grades pretty seriously. During the summers when he does play, he invests up to 12 hours per week to the game depending on how well he does.

“I use the money to pay down my student debt and loans,” he said. “Last summer I made \$1,500 over the four months.”

But he acknowledged that not all gamblers share his skill.

“You can become addicted to anything, but I feel like gambling is something you use economical-

ly, that’s what makes it a problem.”

According to Williams, the two elements to look out for are impaired control and compulsive involvement. He said young gamblers lack preparedness. Unlike driving, where teenagers go through a series of graduated licensing, gambling comes with no manual.

“You can’t take your kids to casinos, and parents are discouraged from playing a game of poker with their kids,” he said. “There’s no period of training, and so young adults have no experienced knowledge. They’re naïve.”

Young adults in university or college are also more prone to gambling problems than their peers who didn’t go to post-secondary institutions, according to Williams. He said his best guess boils down to students hanging out with other students who have high-risk lifestyles in places like student residences.

“Their behaviour seems normative to their peers,” he said. “It also points to the fact that intellectual smarts in its self does not inoculate you from addiction.”

Couperus said she wants the RGC to get information out there so that students can become interested in the topic and start thinking about it.

“There are risks associated with gambling, trying to get some information out there in terms of what the signs are and where they choose to gamble.”

For students who have been identified as problem gamblers, Williams said they need ongoing support.

“You need a social context that you can exist in that doesn’t involve gambling,” he said. “It’s an episodic and chronic condition. You need a life-long effort to minimize (the effects).”

## Fanshawe gets savoury in Stratford

HANNAH LECTER  
INTERROBANG

Fanshawe College and Savour Stratford Perth County Culinary Festival are teaming up to present the brand-new Opening Night event, kicking off the Culinary Festival on September 21.

Veterans Drive in Stratford will be transformed into an eclectic village of food stalls, street performers and musical entertainers from 5 to 8 p.m.

Come hungry — the evening’s menu looks tantalizing, with mini beef short rib sandwiches, pulled Perth County pork, smoked salmon, potato latkes and vanilla crème brûlée and more. The dishes

will be created and served by the chefs and students from Fanshawe’s Tourism and Hospitality department. Eventgoers will be entertained with the sweet sounds of Chasing Down, a Fanshawe band.

In addition to the delicious menu, free popcorn and cotton candy will be available. There’s fun for kids too, with face painting and a few fun surprises.

“Fanshawe College is delighted to kick off the Festival and partner with Savour Stratford,” said Leanne Perreault, manager of corporate communication at Fanshawe College. “Applied learning and hands-on experience are

integral elements of a college education, and this is a great opportunity for Fanshawe students to showcase their talents. The enthusiasm about this project is very high — everyone is quite excited about presenting Opening Night.”

Set in one of Ontario’s loveliest towns, Savour Stratford presents award-winning chefs, renowned culinary authors, producers, artisans and innovators gathering to share their passion, knowledge and love of food in Stratford from September 21 to 23. For more information and tickets, visit [www.savourstratford.com](http://www.savourstratford.com).

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# Looking at the luxurious Lexus GS450h



**MOTORING**  
NAUMAN FAROOQ  
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Japanese luxury car firm Lexus, which is the premium brand for Toyota, has had a few ups and downs in recent years. However, the brand is putting all the downs behind them as they look towards a bright future with brand-new models.

One of their latest offerings is the GS line for 2013. This is an all-new model and takes over from one of the best models it had ever produced. But the question is, is it better than the model it replaces (which I happened to like a lot)?

I got the chance to find out at an event held by Lexus in Scarborough, Ontario.

While most of their new models were on hand at this event, the one I wanted to try out the most was the GS450h.

Why this model? Because the last GS450h was one of my favourite Lexus models, I wanted to see if they managed to improve on it.

From the styling point of view, I'm not so sure. I find the new face of Lexus cars, with their spindle

grille, to be a bit too dramatic, and then the rest of the body looks very tame and featureless in comparison. I think the older car had a more elegant look; however, if you want to be noticed, the new car (which has a face that resembles the alien creature from the *Predator* movies) will get you plenty of attention.

Open the door, and instantly the new interior gets a win over the older model. The design is much more luxurious and packs in even more technology. The main highlight inside is the 12.3-inch LCD display that houses most of the vehicle's functions. Thanks to the clarity of this screen, everything is easy to read. However, the computer mouse-style knob that allows you to go through this car's many menu functions takes some getting used to. It is not as intuitive as some rival systems.

Other details I liked inside the GS450h were the way they have designed the wood and placed a very high-end clock on the dashboard. It seems Lexus got their inspiration from luxury yachts, which is always a good thing. You will feel rich just being in this car, as long as you're in the front seats.

Jump in the back, and I was disappointed by the fact that there was no space for my feet to go. Well thought-out interiors have space

for your feet to go under the front seats, which makes riding in the back much more comfortable. This car, sadly, didn't have that, so if you have adults to carry around on a regular basis, this is not an ideal car for the job.

As for carrying items, the trunk in the new GS450h is somewhat larger than the model it replaces, so you can carry more groceries home.

But how does it drive?

Well, my drive at this event was far too short to get a proper feel for the car, but it showed that it is very smooth, very quick and it handles quite well.

Power is fed to the rear wheels via a CVT automatic gearbox. The engine itself hasn't changed much at all. It is still a 3.5-litre, V6 engine, plus an electric motor which still runs on a nickel-metal hydride battery pack (unfortunately not a lithium-ion battery pack). Net output is 338 hp; down one hp from the previous model, but fuel economy is said to have improved. The new model is said to average 6.5 litres/100km in the city, and 6.2 litres/100km on the highway (a 30 per cent improvement in economy, according to Lexus, over the model it replaces). Since I haven't spent a week in one yet, I'm not sure what the actual numbers will be like at this moment.



CREDIT: NAUMAN FAROOQ

Some highs, some lows in the updated Lexus GS450h.

Part of the reason for the fuel economy improvements, according to Lexus, is their Atkinson cycle combustion system, which allows for better breathing for the internal combustion engine, making it more frugal.

Just because it's frugal doesn't mean it's not fast – this hybrid luxury sedan can sprint from zero to 100km/h in just 5.7 seconds, a number that would be respectable for many sports cars.

Given its fully independent suspension geometry and a modern chassis set-up, it handles as well as

you would expect from a luxury car of this calibre. I just wish the steering had a bit more feel.

However, if all this sounds tempting to you, you can head over to your local Lexus dealer now and buy one. Prices for the GS450h start from \$64,650 – a lot less than the previous model.

Is it the best car in its class? I can't say based on my short drive, but it does seem to be a good contender. Plus, if you're a fan of Lexus products, you'll surely like this one.

# Get going with group fitness

MELANIE ANDERSON  
INTERROBANG

If you're trying to battle the freshman 15, eating healthy, drinking less alcohol and working out are some obvious musts. If you're one of those people who struggles with sticking to a gym routine, group fitness classes may be the answer you're looking for.

Group fitness classes have become very popular among gym-goers, especially women. Gym memberships are not included in your tuition, but if you purchase a membership at Fanshawe Fitness 101 (\$157/semester), all group fitness classes are included.

Program manager Karen Nixon-Carroll said there are several reasons why you may want to try a class. "I think the major benefit is that it's timed, you get a workout done typically in an hour or less and a lot of the time you don't even feel like it was an hour. If you've got the right mix of music and a motivating instructor it can be really great."

Fanshawe's gym offers a number of different classes, so how do you know what class is right for you? Those looking for high intensity can try things like Total Body Sculpt, Cardio Fun or Super Circuit. Cardio Fun is a calorie-burning workout that focuses on making sure you work your cardio-respiratory system! If you're short on time or running to class, you can attend Core Cops or a 4:30 p.m. express class. Core Cops is a 15-minute back and abs workout offered at 4:15 each day that targets all your core muscles. Afterwards are the express classes such as Step Up!, Cardio Fun and Baile Latino – a cultural dance class featuring salsa, bachata, merengue, and reggaeton.

If you're thinking of trying



CREDIT: UHRECREATION.COM/FITNESS/GROUP-EXERCISE/

Group fitness classes are popular among gym-goers are included with your Fanshawe Fitness 101 membership at Fanshawe.

something new, TRX may be for you. According to Nixon-Carroll, it's been popularized over the last five years. Fanshawe's gym did some trial runs last winter, and offered the class over the summer. "It's suspension band training," Nixon-Carroll explained, "We hang the TRX bands from the frame and honestly it looks like a really scary structure, but anyone can do it." You are essentially using your own body weight as resistance and completing a variety of exercises.

If you're into a more relaxing workout that's low-impact, you can try pilates or yoga classes. Both involve breathing and controlled body movement, but Nixon-Carroll warned they are very different. "Yoga is a little more flowy between movements itself, it can have a spiritual component, and it's really a lot about mind over body. Pilates is a little bit more

about core work and really training all those muscles and joints that we don't normally engage. It's not as flowing from one pose to another."

For some of you who may be more into athletic training or sports, choreography-based classes such as Step Up! may be a bit more intimidating. "My best advice is to just keep coming back," Nixon-Carroll stressed. "Don't get discouraged after the first one. I've been teaching for almost 14 years and I'll still go to someone else's step class and get lost in it." Continuing to attend a class on a weekly basis will help you familiarize yourself not only with the moves and progression of the class, but also with the instructor. "Eventually you just get used to that person and it becomes second nature, and if it doesn't, maybe it's not for you," Nixon-Carroll pointed out.

How do you know if classes are

working? Without paying attention to the number on the scale, Nixon-Carroll explained other ways to look for progression. "You'll know if you're getting results if things are getting easier, and you've raised the level of intensity."

If you enjoy a group setting and

are motivated by music, instruction and encouraging words group fitness may be exactly what you need! For more details on the group exercise schedule, stop by the Fitness Membership desk in J Building or visit [tinyurl.com/fanshawefit2012](http://tinyurl.com/fanshawefit2012).

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# Canada's home and home with Panama



**FANSHAWE FC**  
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The Canadian win against Panama on September 7 was a great game as the Canucks were able to sneak one by the comeback kids of Panama. However, it was a different story in Panama.

The Canadians played a very effective 4-3-3 in the first game in Toronto. With Simeon Jackson and Dwayne De Rosario on both wings, it really played to both of their strengths. Neither of them are really strong attackers as it is, and some of the best attacking moves this campaign have been started by DeRo cutting through down low (see the Canada vs. U.S. centennial game), while Jackson has proved to have a fantastic touch and a great awareness to create plays for other attackers. However, Olivier Occéan played in the middle and gave a really subpar performance. He has showed up for Canada before but he really failed at being a middle lynchpin in attack.

Atiba Hutchinson was the best player of the game and led the midfield with very dynamic runs and creative balls. The other two midfielders, Will Johnson and Julian De Guzman, are both of a solid

quality. Canada is very shallow in the midfield in terms of depth, so a three-man midfield works well in that regard. Besides, if Terry Dunfield got out there, I would get sick. But congratulations to him for getting the call up based on work ethic. A for effort.

The defenders did well for most parts of the game. They seemed shaky at the start of the second half, but they shored up all of their problems they were having as the half progressed, which is the best sign, as the defenders are showing improvement as they work together more. André Hainault had a great game at the back, as well as Kevin McKenna, who came close to scoring on a few headers. Ante Jazic and David Edgar also came through with great performances in the back.

Unfortunately, the game in Panama on September 11 was an entirely different story. The team lost leading scorer Dwayne De Rosario early in the game, so the team needed to switch to a 4-5-1 instead of a 4-4-2. Tosaint Ricketts was put upfront by himself with almost no support. Canada looked weak and unable to create anything. Blas Pérez came through for Panama with a great game. The match ended with a 2-0 win for the Panamanians.

This result puts Canada on the outside looking in. The top two



CREDIT: REUTERS

Dwayne De Rosario's goal put Canada even closer to a World Cup spot.

teams advance to the final stage in qualifying and the Canadians are tucked in behind Honduras only on goal difference. Luckily, Cuba has no points and they are already eliminated.

The Canucks have two massive fixtures in October: Cuba at home, and then Honduras away. If Canada matches Honduras' result in the next round, Canada will most likely have to beat Honduras

at home. The country is considered one of the hardest places to play in North America. Canada has a lot to do now, and they can only blame themselves.

## Fun is the name of the game in Athletics



**FUN AND FITNESS**  
RICK MELO  
melo\_rick@hotmail.com

As exciting as it is to enter a new school, it can also be a little intimidating when you have yet to make new friends. Of course, one of the easiest ways to get around this is by joining some extramural activities. Since I work at the Fitness Centre, I feel obligated to ensure that every student is aware of the Athletics department Intramural Program. We're getting geared up for the 2012/13 intramural season, and we even have a new sport being added to the mix!

Fanshawe intramurals are a recreational service provided by Fanshawe's Athletic department. In a nutshell, there are various sports that people sign up for in order to compete against other teams throughout the school year. Fanshawe is well aware that not everyone is interested in trying out for Varsity school sports, which require a great deal of commitment. Therefore, the intramural program was created in order to serve even the casual sports enthusiast's needs.

During the Fall semester, five-on-five basketball, three-pitch softball, men's and women's volleyball and co-ed flag football are all offered. There are even extramural-intramural sports offered, such as men's and women's ice hockey. The ice hockey teams actually compete against other colleges, so not only is it a great deal of fun, there is also lot of



CREDIT: FANSHAWE ATHLETICS

Flag football is one of many intramural sports students can play on campus.

Fanshawe Falcon pride involved!

New to the mix by popular demand is cricket! Cricket has become extremely popular throughout the last school year so we decided it was a no-brainer to implement.

Be sure to head to the J building and visit the Athletics department desk. You can find information sheets with all the due dates. You can pick up registration sheets for your sport of choice and begin recruiting your team by befriending your classmates! Also keep in mind that anyone can be on your team, as long as they're Fanshawe students.

Sign-up deadlines vary for each sport since they run at different times in the fall semester, so act fast and visit the Athletics department to ensure you don't miss your specific registration deadline. Be sure to bring a copy of your class timetable as the Athletic Department will work their hardest to schedule your games around class time.

The winter semester offers a variation of sports as well, but we will get to that when the time comes. In the meantime, start making new friends and get that team ready for action!

### ANSWERS FROM PAGE 15

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

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## FANSHAWE COLLEGE ATHLETICS

**CURLING**  
Wednesday September 19  
Meet the Coaches  
8:30pm - 9:30pm in Alumni Lounge

**CROSS COUNTRY**  
Saturday September 22  
16th Annual Cross Country Invitation  
Fanshawe Conservation Area

**GOLF**  
Saturday September 22  
8th Annual Golf Invitational  
Forest City National Golf Club

**CAMPUS REC**  
Monday September 17  
Co-Ed Softball Entry Deadline

**Tuesday September 18**  
5 on 5 Basketball Deadline

**Wednesday September 19**  
Flag football Deadline

**OPEN REC**  
Begins Tuesday September 25  
Every Tuesday, Thursday, and  
Sunday night from 10pm till 12am

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





CREDIT: GETTY IMAGES

The Oakland A's new Bash Brothers, Yoenis Céspedes and Josh Reddick, have the A's thinking playoffs.

## Moneyball part two?



**THE PAYOFF PITCH**  
RYAN SPRINGETT  
springett\_1993@hotmail.com  
twitter: @Ryan\_Springett

The Oakland Athletics are hot in the second half of the 2012 season; if they weren't in the same division as the Texas Rangers, they would dominate the American League West standings. Not only dealing with the Rangers, they also have to deal with the under-achieving L.A. Angels, who are about .500, but the fact that they do not have the division title is disappointing.

### Why the Oakland A's are hot?

I don't have the slightest idea, other than their pitching. They are ranked 29 out of 30 in batting average, and ranked 26 in on base percentage. Think about that movie *Moneyball*, where the team changed their game to become successful. *Moneyball* was based on the true story of building a professional baseball team on a small budget – that team was the Oakland Athletics in the early 2000s.

Their pitching and the long ball is what keeps them on top of the

AL Wild Card standings. Their earned run average is 3.39 (which ranks third) and their opponent batting average is ranked fourth.

Their ace in the starting line-up was 39-year-old Bartolo Colon, until he was suspended 50 games in late August for testing positive for performance enhancing drugs. What makes Oakland such a great pitching staff is their bullpen, anchored by closer Grant Balfour, who only has 27 career saves through an eight year career in the MLB. He established himself as an elite set-up man in Tampa Bay in 2008. The set-up man is under-appreciated in the public eye, but is a key part of the bullpen and to any winning ball club.

### So how are they generating runs?

Josh Reddick. Batting a respectful .250 – well, maybe not too respectful, but when he hits the ball, it travels far; 28 homeruns on the year and batting in 75 runs through the year. He reminds me of Nick Swisher, who plays for the New York Yankees: he hits the ball far, but will strike out a lot. Currently Reddick leads the MLB in strike outs with 135.

It's really all in the outfield;

Reddick, Coco Crisp and Yoenis Céspedes. You have a solid batting line-up to build around with these players and what they bring to the ball club: speed, power and contact.

What makes me a skeptic of the Oakland A's is the fact their defence isn't above par. Going into the final stretch of the season, they have 92 total errors (only better than 10 other teams in the MLB). We are familiar with the cliché in any sport that "defence win championships," and for this team's sake, where the pitching depends on getting batters out by putting the ball in play, when it matters I can't trust the Athletics' defence.

### Will we see a championship this year in Oakland?

Well, it would add to their fan base after the success of the motion picture *Moneyball*, although I don't see a championship in Oakland. In playoffs I can't see the A's beating Texas in the first round – the numbers indicate it would be a close series: head-to-head both teams have six wins, but Texas is far too strong and consistent, and the fact that Texas is on top of this very competitive division backs up my argument.

## Hitting the field for the first time

MARTY THOMPSON  
INTERROBANG

As you may already know, I write a soccer column for this publication. Even though I write, I never even began to think that I knew more than anyone else does about soccer. Because I never even played the game. Until this summer.

I was born in a small rural town called Lion's Head, an hour's drive north of Owen Sound. It's quiet, very conservative, and the sports range from hockey to baseball and back to hockey. I started following soccer after a German international in the area started showing us kids how to play the game. As I grew up, cartoons on Saturday mornings easily transitioned to English Premier League matches, and suddenly I was really into the sport.

This was my first summer in any city, and first summer without any

baseball since I was five. I decided to sign up for a soccer team here in London.

I won't disclose the club, but I played for a team in the First Division of the LOSL (London Ontario Soccer League). Registration was fairly cheap, and I got all of my equipment for peanuts as well. I wanted to be active, if anything. I've never been to the gym, as work on the farm back home kept me fairly fit in the summer, so I saw this as a chance to increase my fitness level and a way to stop being the kind of soccer fan who thinks he knows it all – now I would actually know it.

My first game was played at North London field in May. It was wet and foggy. When I stepped on the field as a sub, I had more butterflies than I can ever remember playing sports. I played left mid-field for 15 minutes or so before I

took myself off.

I was in over my head in terms of the quality of play. Everyone on the team was much older than I was, by decades at least. These guys knew the game. So I started to learn.

In the time I played on the team, I played all positions and learned things every game about the certain nuances to individual performances, which was exactly what I was looking for. I was a student, if anything.

In short, I was looking for a new experience and this certainly added value to my life. I came from a town where there were no options at all for this sport. Instead, not only did I stay fit, but I also pushed myself to learn more about the game that I thought I knew.

## OHL expectations



**AROUND THE OHL**  
RYAN SPRINGETT  
springett\_1993@hotmail.com  
twitter: @Ryan\_Springett

It's that time of year again, back to hockey... well maybe not in the NHL, but we still have the OHL. We're just about ready to start a new season that will give us another year of surprises and disappointments. Going into the 2012/13 season, something's got to give for a couple of teams of interest.

The London Knights will have higher expectations after their heartbreaking loss to the Shawinigan Cataractes in the 2012 Memorial Cup. Last year the core players were too young or inexperienced, so this year we will see what they really have to offer. Players to watch: Bo Horvat, Seth Griffin and Jake Patterson.

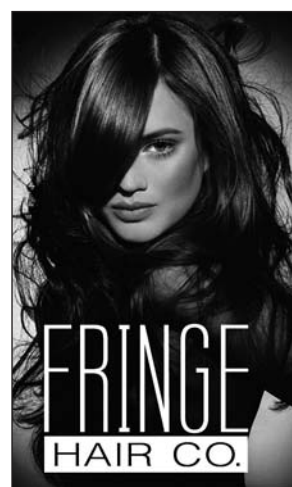
The Erie Otters were the worst team in the Ontario Hockey League last year. That's behind them now, and we should see a young but very promising Otters line-up come opening day. Connor McDavid, first overall pick of the 2012 OHL priority selection, will have the whole North American hockey world watching his every move. Don't expect outrageous numbers, but expect to witness a lot of talent from this 16-year-old. Players to watch: Connor McDavid, Troy Donnay,

Connor Brown and Stephen Harper

The Belleville Bulls finished seventh in the Eastern Conference last year, a team that had a lot of talent but not much experience. Expect goaltender Malcolm Subban to have a fantastic year in net as the undisputed number one goalie. Don't be surprised if he is up for nomination for OHL goaltender of the year or even CHL goaltender of the year. Players to watch: Subban, Daniil Zharkov and Jordan Subban.

Next we will take a look at the biggest disappointment in the OHL last season: the Oshawa Generals, a team that was undisciplined, under-achieving and with a defence that couldn't stop a cold. I expect better this year and a top-three finish in the Eastern Conference with Captain Boone Jenner returning once again for the 2012 season. Players to watch: Cole Cassels and Lucas Lessio.

When it comes to the Niagara IceDogs, you must lower your expectations of anything past the second round of playoffs. Mark Visentin and Freddie Hamilton are moving on to bigger opportunities in professional hockey. With that core group of players graduating from the OHL, a big gap must be filled in net and on the blue line for the IceDogs. The scoring will be there, but things won't be the same in Niagara. Players to watch: Aaron Haydon, Christopher Festarini and Dougie Hamilton.



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Mon – Thurs 9 am – 5 pm, Fri 9 am – 4:30 pm

All drug plans are accepted, including the student health plan.



THURSDAY  
SEPT 20  
FORWELL HALL  
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\$8 ADV  
\$12 DOOR  
TICKETS AVAILABLE  
AT THE BIZ BOOTH

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TUESDAYS  
AT  
NOON



MATT BAKER  
SEPT. 18TH

FORWELL HALL, 12NOON, FREE LAUGHS

THURSDAYS  
AT  
NOON



JEREMY FISHER  
SEPT. 20TH

FORWELL HALL, 12NOON, FREE MUSIC



## RESIDENT EVIL: RETIBUTION

WED. SEPT. 19TH

\$3.50 STUDENTS | \$5 GUESTS

AT RAINBOW CINEMAS (IN CITI PLAZA) TICKETS AND INFORMATION AVAILABLE AT THE BIZ BOOTH



## FANSHAWE @ THE KNIGHTS

FRIDAY SEPT 21

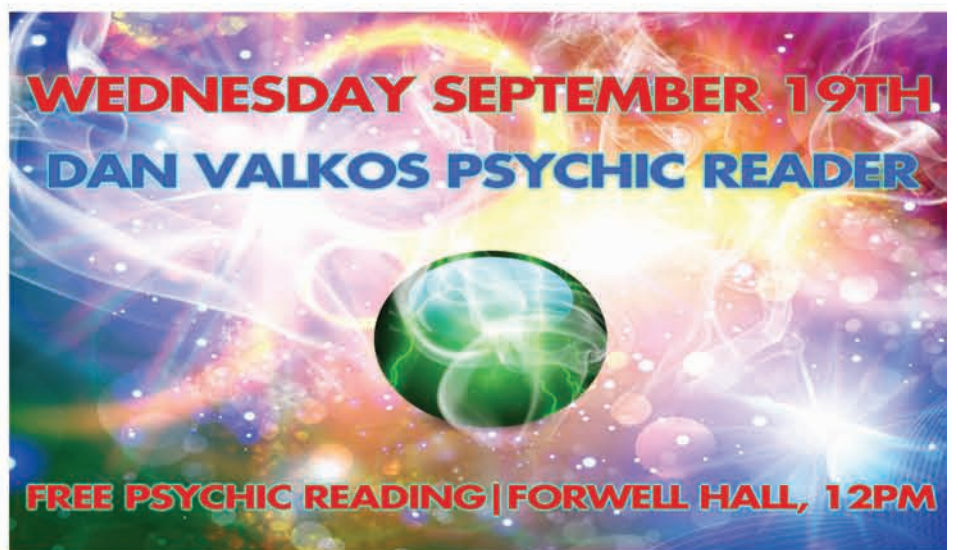
7:30 PM GAME BUDWEISER GARDENS



LONDON KNIGHTS VS. ERIE OTTERS

\$18 STUDENTS, \$19 GUESTS

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WEDNESDAY SEPTEMBER 19TH  
DAN VALKOS PSYCHIC READER

FREE PSYCHIC READING | FORWELL HALL, 12PM



WED ★ SEPT ★ 19TH



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9 PM DOORS | OUT BACK SHACK



# FRIDAY SEPTEMBER 21ST



in CONCERT WITH SO YOUNG  
and The Walkervilles

# the BALCONIES

Out Back Shack | 930pm Doors  
No Cover