



Question of the week

do you think food prices on campus are too high?

Alvin Bayley

—“Yes because it’s for students that don’t have much money.”



Amanda Bell

—“No because I’ve attended another college and the quality of the food there was not as good as the quality of food on this campus.”



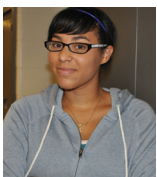
Dillon Dyck

—“They’re reasonable.”



Kayla Brown

—“Yes I think that the prices are too high. Students who are on OSAP barely receive enough money to buy the expensive food that is offered.”



Ruben Soriano

—“Yes I think they are pretty high. Students are on a tight budget.”



Sara Dirani

—“Yes and no. For meals they are but compared to other schools it’s not that bad.”



A birdseye view of the Western Fair at night.

CREDIT: ANTHONY CHANG

10 Things I Know About You...

Vizina loves travelling

Jana Vizina is in her first year of the horticulture technician program. She says: “I am a pretty optimistic person who loves doing pretty much everything, from being outside, traveling, drawing, dancing, cooking ... etc ... Trust me, the list goes on, and as a person who is afraid of heights, I love going on airplanes and I would love to go skydiving!”

1. Why are you here?

Well, to make a long story short, my high school teacher recommended me to take the horticulture technician program because it is indeed the best one around.

2. What was your life changing moment?

The biggest event that has changed my life was when my father died before grade 12 graduation.

3. What music are you currently listening to?

I listen to everything from pop, dance, metal, alternative, rock, reggaeton, classical (etc.)....it really depends on my mood. While working out, anything fast paced to keep me going!

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

“Never give up” and “The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the HEART.”

5. Who is your role model?

Honestly, I would have to say my mother. She immigrated her from the Czech Republic with my father and two kids when the communism had started, learned the language and is now widowed. There is nothing in the world I would not do for her.

6. Where in the world have you traveled?

I’ve been to visit my grandparents

quite a few times in the Czech Republic and went on a road trip with my grandparents to Croatia. With school, I went to Ottawa, Quebec and France through my French Immersion classes.

7. What was your first job?

Besides helping my dad with his custom woodworking business, my first real job was at Riverside Fish and Chips where I made fried food and scooped ice cream.

8. What would your last meal be?

My last meal would have to be a toss up between any kind of pasta or watermelon ... mmmmm ... watermelon.

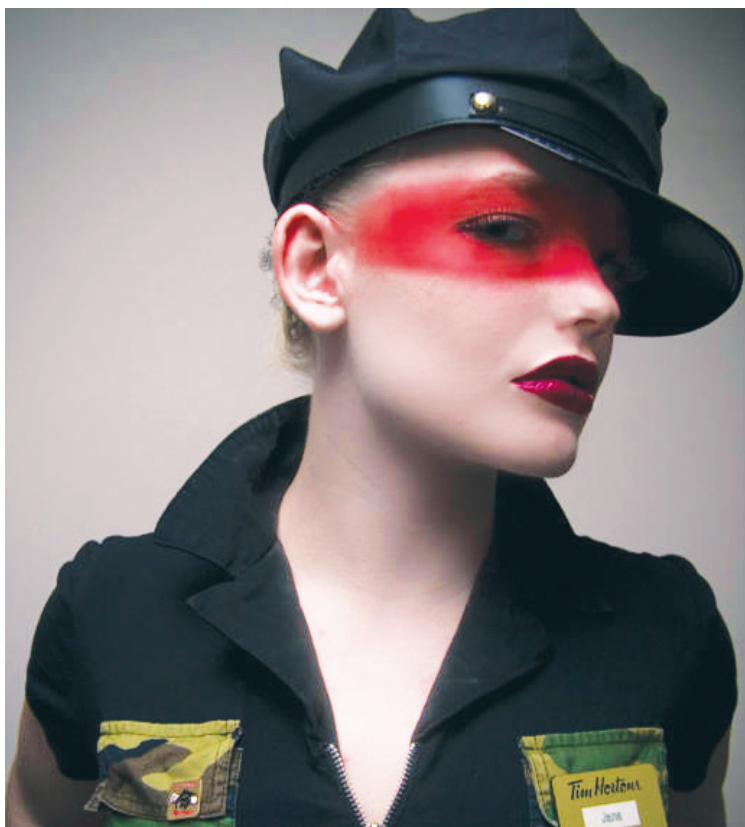
9. What makes you uneasy?

Heights and creepy people in dark alleys.

10. What is your passion?

My two favourite things are traveling and being outdoors.

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



CREDIT: PHOTO SALVADORE SALINAS

Jana Vizina hates heights but loves watermelon.

sept. events

monday 20

Last day to opt-out of the FSU health/ dental plan.

Opt-out online www.fsu.ca/health before 4 p.m.

tuesday 21

Nooner – Forwell Hall Comedy

FREE Movie in Oasis 9pm

MACGRUBER



wednesday 22

Electric Open Mic - 9pm

“Moving Along” D1060 - 8pm

First Run Film Rainbow Cinemas



\$3.50 students. \$5.00 guests.

Easy A

thursday 23

NHL Pre-Season - JLC Leafs vs Flyers

Parti Gras Pub Forwell Hall - 9:30pm

friday 24

New Music Night OBS - 9:30pm

Fanshawe @ The Knights Knights vs Whalers

Fanshawe @ Yuk Yuk's

TICKETS AVAILABLE AT THE BIZ BOOTH FOR ALL EVENTS

ENTER TO WIN A



KIOSK QUIZ

When is the Office of the Registrar open?

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

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

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Combo crunch

ERIKA FAUST
INTERROBANG

It's a typical school day and the Oasis is buzzing with hungry students.

Michael Kowalski, a second-year computer systems technology student, was one such hungry student. On Friday, September 10, he went into the Oasis for lunch "There was a sign saying, 'No fries with all grill items,'" he remembered. He didn't think much of it, until he went to order his food, and learned that nothing he wanted came with a combo that included fries. He also noticed the prices of many menu items – including grilled cheese sandwiches – had gone up quite a bit. "I wasn't too happy, and I just didn't buy anything."

After walking out of the Oasis, Kowalski took his anger out online, on the FSU's new social media site. In a forum post entitled, "Price Raises @ Oasis," Kowalski vented to students about the removal of fries and salads from combos and the general price increases. "I believe it's fanshawe STUDENT union, shouldn't it be student needs that get priority over revenue?" he wrote.

"I thought if I go to the forums – because there are something like 2,000 users (on the Fanshawe site) now – hopefully somebody else can raise their voice and we can have more people wanting lower prices," explained Kowalski. "It's the student union, so it should be about what the students really want."

Just over 15 minutes later, he received a reply from the FSU president himself, Joe Scalia. Scalia wrote that prices for all food items from suppliers had increased, and that HST had had an effect on prices as well. "... Not everyone wants fries with their meal," wrote Scalia. "The prices are cheaper without fries, that's not a tact from us to rip you off."

According to Kowalski, that's just the kind of answer he was expecting. "I don't think he answered my question correctly," he said. Kowalski remembered that last year, the Oasis had the option for students who didn't want fries to choose another option. "He (also) said, 'The prices were lower if you don't have fries.' They're not really lower – they're an increase from last year, and you still don't get fries."

Kowalski isn't the first student to complain about the increased food prices. Scalia said he has been dealing with angry students since the semester began. "Students aren't happy with it. They're assuming we're ripping them off, and I can understand why."

Scalia said the decision to remove fries from combos was based on students' opinions. "We do a residence survey every year. There are 1,200 (students) that live in residence, and it's mandatory that they have ... a meal plan," he said. "One of their biggest complaints is that they're paying for the burger and fries and only eating the burger. So they were asking if we could just sell the burgers, and if you want fries, you pay a little extra."

"Now that, with the costs of food going up, and gas, and other things throughout the year – it's perceived that we are just cutting out the fries but charging the same price, which isn't the case."

Brian Harness, Fanshawe Student Union's food service director, explained further. "The only



CREDIT: ERIKA FAUST

Michael Kowalski was unhappy with the price of food in the Oasis and sounded off on the FSU's new social media site about it.

thing that counts for price increases is increases in food costs and labour ... Everybody's happy when minimum wage goes up, but, as an institution, we have to reflect that change somewhere. We don't absorb it all in food costing, but we do absorb some of it."

Harness explained the Oasis will never sacrifice quality for price. "I can always reduce the price by taking some (expensive food items, such as) cheese out. I don't want to do that. I don't want to take away the quality to make a price that's easier for kids to accept."

The Oasis looks at new suppliers for every year to reduce food costs and, therefore, the price. Switching to a supplier that carries local produce has been very helpful in reducing food prices, Harness said.

Harness stressed the increases are "absolutely not (about profit). We would never do that. I would always look for a way to decrease prices."

Students may be surprised to learn where the money from the Oasis and Out Back Shack actually goes. According to Harness, any profit made by the restaurant goes directly into the student union's bank account to pay for things like bus passes, free concerts, bursaries and the student calendars.

Scalia encouraged students to ask questions before making assumptions. "There's a student council in place for a reason – we're representing them to make sure that things like that don't happen."

"If students want to see a change or try to make a change, SAC (nominations) are open now. I would recommend getting on student council and voicing your concerns that way," said Scalia. "Make a change by getting involved."

Exciting times for Abreu

JESSICA IRELAND
INTERROBANG

When the Fanshawe Student Union's new social network started up in February, students started blogging right away. But one blog in particular created some real buzz. Twenty-year-old John Abreu wrote about what it was like being a blind college student and readers' interest was piqued.

Abreu hails from Mississauga, but currently calls Brampton his hometown. He was born blind. At 12, he had the chance to see but decided against it.

"I had gotten used to being blind, and if I had the ability to see, I might have been disoriented for a long time," he said.

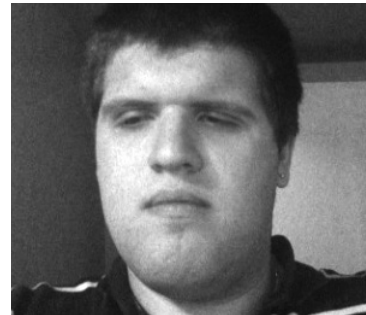
Abreu found himself at Fanshawe after learning about the music industry arts program. He had reluctantly applied to other colleges, but MIA and the opportunity to learn about the different aspects of the music industry made Fanshawe number one, he said.

He's already got a musical background, having played drums for 10 years. He also plays trumpet, bass, guitar and keyboards, has played in a few bands, and composes metal music. He's looking forward to Fanshawe's many musical events.

He lives in student housing, and is used to living with roommates from attending specialized schools. But college and student living poses some challenges.

For one thing, he's learning to cook for himself. "I'm not great, I can cook some things. I can make a decent meat sauce!" he joked.

And if you thought navigating the labyrinth-like college was diffi-



John Abreu

cult, try it while being visually impaired. Abreu has found Fanshawe's design nicer than other colleges, where he was constantly bumping into obstacles, but it doesn't mean starting school has been easy.

Besides getting around, being in a regular classroom was a bit intimidating. At the specialized school, his classes had about 10 people so moving to a class with about 50 to 60 people was "disorienting." On the first day, he preferred to stay in the background but found other students helpful.

But regardless of these challenges, Abreu is excited to be at Fanshawe.

"Specialized schools ... don't get a lot of that real world thing. I'm happy that I'm joining the real world," he said.

And while he is not a regular blogger, he decided to reach out online as a way to say hello and to raise some awareness.

"Blind people will not touch your face, and we're not blind and deaf," he said about some of misconceptions. "I didn't want to walk around and have people be like, 'Oh, it's the stigmatic blind guy!' I just wanted to let people know."

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Hack the vote

JESSICA IRELAND
INTERROBANG

American anthropologist Margaret Mead once said, "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."

It seems that London's Hack the Vote group is taking this message to heart.

The group formed after ChangeCamp back in June, an event where Londoners got together to discuss civic change.

One of the key topics was youth engagement and general civic engagement for the upcoming election.

Shawn Adamsson, one of the three founders of local information technology company rtraction, met with 379 media and arts collective and started "kicking ideas around," said Adamsson.

While the group has no organized structure and no one formally in charge, they've already prepared themselves for the upcoming election season.

They've been working with GenNext of London, as well as Emerging Leaders and ENGAGE! London in developing upcoming events.

Part of these events include free small concerts throughout the city featuring local artists to help encourage people to get out to the polls, as well as scheduling some all-candidate meetings.

But while voters can expect the traditional Q&A at some of these meetings, Hack the Vote is also looking to shake things up a bit.

Inspired by VoteTO's "So You Think You Can Council?" Hack the Vote wants to implement a similar game show-like meeting for London's candidates. There will be a *Price Is Right*-style game to demonstrate candidates' knowledge of the numbers involved in

running the city, as well as a location-based quiz and a game to see what kind of grasp candidates have on the city's pulse, similar to *Family Feud*.

"We want to take (the candidates) out of their comfort zone," said Adamsson, adding that they will be working in teams, which means they may be working with their opponents. Hack the Vote hopes to webcast the meeting as well.

The day of the election will offer different tactics, such as guerilla-style marketing, "doing whatever we can to get people out," said Adamsson. This includes offering rides to the polls. They are also looking at a system the University of Western Ontario's Student Council implemented, which involved sending mail to students so they'd have something to show in order to vote. Hack the Vote has representatives from both Fanshawe and UWO to develop ways of reaching students.

The group's goal, in addition to getting people out to vote, is to encourage more engagement in the city.

"We're working together for the betterment of the city, we're not looking for lines on a resume," he said. "We're bleeding talent (in London) left, right and centre, and we need to reverse that. We're tired of talented people leaving the community because they can't find jobs."

In terms of getting the word out, Hack the Vote is mainly marketing online. "There are no heavy pockets, it's very grassroots." Those interested in learning more and seeing their upcoming events can check them out on Twitter at @votehack or at <http://www.hack-thevote.ca/>. Want to volunteer? Contact getinvolved@hack-thevote.ca.

London's election focuses on social media

JESSICA IRELAND
INTERROBANG

With Hack the Vote and the London Free Press having candidates fill out surveys and hosting online chats with the chief returning officer, this year's municipal election is appearing to be more social media savvy.

Kate Dubinski of the London Free Press, who regularly writes about local online trends, said adding more online is an opportunity for voters to get more in-depth information on the candidate. Recent surveys, similar to those popular on Facebook, asked questions of the candidates about family and leadership style.

"The civic election section (on the website) ... gives us a much bigger space to give (the candidates). We couldn't print all the surveys in the paper. With online, if you want a page-long essay about taxation, go ahead," she said.

As a media outlet, they are responsible to disseminate as much information as they can on as many platforms as possible.

With their CRO chat, they got a lot of good questions from individuals, said Dubinski.

As to whether the increased social media presence of election

promotion will actually increase the number of voters – "the jury's still out" on that, she said.

Hack the Vote uses social media not just to get out information but primarily to encourage voting. Their website, recently gone live, features everything from Hacker Tools to maps and an explanation on how to vote.

And it's not just citizen groups who have jumped on the social media bandwagon. Candidates are doing their best to get the hang of it. Shawn Adamsson of Hack the Vote noted that current mayor, Anne Marie DiCicco-Best, has an online presence despite being a bit of a "newbie." In addition, councilors Judy Bryant, Paul Hubert and Nancy Branscombe have all made the transition into the social media world.

The Interrobang will be helping students out during this municipal election also through social media. So be sure to check out our Twitter @fsuinterrobang, fsu.ca and our October 12 issue for all the election details, including a bio of all the candidates in Fanshawe's ward (ward 3) and the mayoral candidates. Remember, Fanshawe's advance vote happens on October 14!

Shine a light

JESSICA IRELAND
INTERROBANG

The London Abused Women's Centre announced the launch of a new November campaign last week that aims to shine a light, literally, on abuse against women.

The Shine the Light campaign was inspired by a board member's trip to New York State. Purple lights, windows and posters illuminated the community as a means to bring attention to the issue.

In Ontario, November marks women abuse prevention month.

"As a community we've become desensitized because it happens so commonly," said Megan Walker, executive director of LAWC. "It's often buried in back pages of newspaper."

"We don't believe it's given the prominence it deserves."

The campaign will run the entire month and include various activities. November 15 will be a wear purple day. November 5 to 7 will be the Dave Richard's Memorial four-on-four co-ed adult ball hockey tournament in partnership with Ball Hockey International London.

"Dave Richard was a real friend to the LAWC ... We want to honour him and his contributions to ending violence against women," said Walker.

The month will have events for both men and women and the centre encourages everyone in the community to get involved, she said.

The Shine the Light campaign will be giving violence against women a face - the faces of four local women who lost their lives to violence, to be exact. Vahida Blazevic was 42 years old when



CREDIT: LAWC

Brenda Lee Chillingworth is one of the faces of LAWC's new campaign.

she was killed. She came to Canada with her husband and two children, but was suffering post-traumatic stress disorder, which was not properly treated. She left her family and ended up with a drug addict who tried to prostitute her and beat her on numerous occasions, eventually murdering her.

There is also Brenda Lee Chillingworth, who at 38 was shot to death by her estranged husband who then turned the gun on himself. She loved to cook and worked as a cafeteria worker at Lucas Secondary School. She left behind her young son and teenage daughter.

Seventeen-year-old Vanessa Bol was killed after an ex-boyfriend shot her to death. She left behind her mother, father, sister and child. "She had her whole life ahead of her," said Walker.

Finally, there is Cheryl Hohner,

31 years old and in the final month of her pregnancy when she was killed. It was her first child and she was so excited about it, said Walker. Shortly after her death, her two parents died and an officer on that case said it was likely due to a broken heart.

The campaign will not only act as a means of awareness but as remembrance. "What happens when women are killed, their families have a great fear their loved ones will be forgotten," said Walker.

"We will not forget them."

For more information on the campaign and a list of events, check out <http://lawc.on.ca/shinethelight.html>. The LAWC will be hosting a purple-themed night at the Barking Frog on Friday, November 5. Dress in purple and pay \$5 for a wristband to help a great cause and avoid the line!

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CREDIT: CONNSCHOOL.WORDPRESS.COM

Looking for a job? Check the listings in career services through FOL.

Looking for a job?



CAREER CORNER

Wendy Lycett
Career Services
Consultant
Fanshawe Career Services

Attending college certainly comes with a price tag. For many students, going to school means holding down a part-time position just to make ends meet. Other students work while going to college to gain experience, which not only looks good on a resume, but also helps pay some bills.

The Career Services Office in Room F2010 advertises numerous full-time, part-time and on-campus positions throughout the school year and many are career related. Our Internet job site is available to make job searching even easier for you, both on and off campus. To reach the site, visit the Fanshawe College home page at www.fanshawec.ca/careerservices or directly through Fanshawe Online (www.fanshaweonline.ca). Once

there, select the link "Career Services/Co-op Job Site" from the left hand toolbar. Log in as a "Student" user, click on the Job Postings link followed by "All part-time/casual/volunteer jobs".

If you need assistance developing your resume or have any questions about looking for employment, visit the Career Services Office and ask to see the Career Services Consultant responsible for your program.

The following list below is some of the part-time positions currently being advertised. Information on job requirements, duties and how to apply are outlined on the Career Services website www.fanshawec.ca/careerservices

Need help with your job search? Drop by the Career Services office located in Room D1063. The Career Services staff is available to assist you on an individual basis. Visit D1063 to arrange an appointment with the consultant responsible for your program or call 519-452-4294.

PART TIME POSITIONS

Job Title / Company Name

Child and Youth Worker - RELIEF / kidsLINK - Notre Dame of St. Agatha
Swim Instructor / Excel Swim School
Pharmacy Assistant / Zurich Pharmacy
Line Cook / London Fanshawe
Youth Program Assistants / Southwest Ontario Aboriginal Health Access Centre
Promotional Marketing Intern / John Labatt Centre
Prep/Line Cook / Ovations Food Services/John Labatt Centre
Program Supervision Staff / Ingersoll Parks & Recreation
Tissue Recovery Coordinators / Trillium Gift of Life Network
Demonstration Specialist - Laptops/Printers / Human Resources
Lifeguard/Instructor and Aquatic Fitness Instructor / YMCA of Western Ontario
Crisis Counsellors: Relief at the Emergency Shelter / Violence Against Women, Services Elgin County
Security Staff / Jack's
Server / Cocktail Waitress / Roxbury Bar & Grill
Licensed Security / Roxbury Bar & Grill
Sales Clerk / Regency Florists
Prep/Service Cook / Willie's Café
Parking Event Staff / Impark
News Acquisitions Editor / CHST-FM 1023 BOB FM
Stylist / Club Monaco - London
Production Assistant / Adele Wechsler Designs Limited
Line Set-up Technicians - 15 positions / Linamar Corporation
Front Desk Clerk / Country Inn and Suites
Receptionists / Boys & Girls Club of London
Part-Time Sales Associates / Peranis Hockey World
Construction Surveyors and Labourers / STF Development Group
Part-Time Sales Associates / Perani's Hockey World
Packaging Line Worker (Food Processing Plant) / Staffing Service - Stratford
Flooring Salesperson/ Interior Floor and Wall Covering Ltd
After School Program Instructor / Northwest London Resource Centre
Door-to-Door Reps Reliance Home Comfort A Division of Union Energy
Disc Jockey / FYNE music service
Security / Ceeps and Barneys
City of London Dance Instructor / City of London
Accounting Bookkeeper (Part Time) / Trillium Bookkeeping Services
Advanced Foot Care Nurse / Foot Care
Part-Time Childcare Worker / YWCA Toronto - Beatrice House

Study to help students butt out

JESSICA IRELAND
INTERROBANG

Forget the patch or Nicorette, a study conducted by Dr. Jennifer Irwin, Dr. Don Morrow and Tara Mantler of the faculty of health sciences at the University of Western Ontario is looking to help students quit their smoking habit by looking beyond the pack and into their lives.

The study uses motivational interviewing and co-active coaching methods. Essentially, subjects know what they need to quit, and through the process of interviewing and coaching, they get help finding out exactly what it is they need, explained Mantler.

So instead of being handed instructions on how to quit, a coach will work with the subject to determine the real reasons behind why they smoke. For example, some people say they smoke because they're stressed, so through the interviews and coaching, they figure out the causes of that stress, how to deal with it and then they can tackle quitting.

Mantler conducted the study two years ago with 10 individuals with a 30 per cent success rate. Now they are doing the study again with 48 people to test whether the first study was just an isolated event or whether these methods work. "We're now trying to get significant results," said Mantler.

The inspiration behind the study comes from Mantler's own personal experiences with losing people close to her because of lung cancer. "I empathize with what smokers go through, (that's) what drew me to it. You start something when you're younger and you don't



CREDIT: CROWSFEETCREAMS.COM

UWO study looking for students wanting to quit smoking.

think you'll get addicted," she said.

The methods of motivational interviewing and coaching provide a more individualized way of quitting for the subjects, and most of it is done over the phone.

"When you're talking over the phone, you don't make assumptions because you can't see the person," said Mantler of why some of the subjects enjoy this method more.

The process recognizes that smoking is not just an isolated event for the subject.

"You have to deal with the rest of life," said Mantler, explaining that the co-active coaching sessions approach each individual's situation as "let's get everything in your life in order to enable and empower you to quit."

This method of the coach working with the subject cooperatively can be used to deal with many issues from self-esteem to obesity,

a topic Mantler and the team is also looking at.

"It can help with anything (individuals) want to change," she said.

Currently, the team at UWO is recruiting students between 19 to 29 years old who have been smoking for longer than six months and want to quit. They also must be able to speak English fluently. While there is no pay for this study, they are covering the expensive cost of the coaching.

Those participating in the study receive a 10-minute assessment with a research assistant before the nine coaching sessions start, then another assessment once the coaching has finished. The process will then take place again after six months and a year.

For more information and for those interested in participating in the study, they can contact Tara Mantler at tscott22@uwo.ca.

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ELECTIONS
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CREDIT: JOHN SING

The First Nations Centre staff welcome all Aboriginal students at Fanshawe College. Front row: Donna Smith-Sutherland, Supervisor. Back row: Belinda Sayeau, Melanie Akiwenzie-Lisk and Bev Antone-Collar.

Success at Fanshawe

DAYAN BOYCE
MARKETING AND COMMUNICATIONS

Documents for Student Success

Fanshawe College cares a lot about the success of all students. There are a significant number of supports and services that can help you deal with academic and personal challenges you may face as you pursue your academic and personal goals.

For info about all those resources and services, go online to myFanshawe and scroll through the student services menu to learn what services are available. If you are a new student to Fanshawe, there are some resources that have been specifically created with you in mind. To find them in myFanshawe, go to the red Student Services tab at the top, select Academic Advising from the drop-down, and look on the right-hand side of the page for the student documents section.

You will find the following material:

- *Your First Year in Fanshawe*: This chart shows you what to expect during your first year.
- *Fanshawe 15*: This suggests 15 things you can do to improve your first semester success.
- *Student Success FAQs* and *The Student Guide to Success Services*: These two should answer the majority of your questions about services and supports available to you.

It is important for students to understand that it's okay to seek support. In fact, the sooner you seek it, the better your outcome will be. If you still don't know where to start after reading the Student Documents section, you can drop into Room F2010 or see your Student Success Advisor.

Welcome Students!

Did you know that you have a home-away-from-home here at Fanshawe? It's true! Whether you're status or non-status First Nations, Métis or Inuit, the First Nations Centre is waiting to welcome you.

Here are a few of the things that Fanshawe's First Nations Centre provides:

- Friendly, knowledgeable staff to help you with academic or personal issues;
- Peer helpers and peer tutors;
- Cultural and spiritual support and activities, such as a visiting elder;
- A computer lab where you can do your homework or keep in touch with friends and family;
- A lounge and study area where you can socialize, study, or just relax;
- Lots of intramural sports teams and recreational activities.

You can also get involved with the First Nations Student Association, a group of students who are actively involved in directing the services and activities of the First Nations Centre.

To learn more about us, check out our website at www.fanshawec.ca/fnc; visit us in Room A1047, London Campus; call us at 519-452-4430 ext. 4619; or email one of the FNC staff:

- Donna Smith-Sutherland, Supervisor
dmsmith-sutherland@fanshawec.ca
 - Melanie Akiwenzie-Lisk, Aboriginal Community Outreach & Transitions Advisor
makiwenzie-lisk@fanshawec.ca
 - Bev Antone-Collar, Aboriginal Student Success Advisor
bantone-collar@fanshawec.ca
 - Belinda Sayeau, Customer Service Representative
b_sayeau@fanshawec.ca
- We're here to help you succeed!

Indigenous



CREDIT: ERIKA FAUST

Fanshawe students and emergency service workers at the station on Waterloo St.

Paramedic students honour 9/11

ERIKA FAUST
INTERROBANG

Early in the morning on Saturday, September 11, as the sun rose and the city dozed, Fanshawe's paramedic students were busy delivering breakfast to Emergency Medical Service workers across London and Elgin County.

This annual tradition began in 2002, the year after the September 11 attacks that took so many emergency service workers' lives. "It gave the community an idea of how emergency services work together," Randy Fortner, a second-year paramedic student described the attacks. "While people were running out, they were running in."

The delivery of breakfast to local emergency workers is the students' way of showing appreciation to those who work to save lives every day.

"It originally it started with lunch in 2002," said Sherry Jacklin, coordinator of the paramedic program. "Last year we switched it over to breakfast. That way, we can hit every medic that's leaving duty and every medic that's coming on duty. We can also hit the central ambulance communication centre."

The students' response to this year's breakfast delivery was overwhelming. "Too many people volunteered, so our names got picked out of a hat," said Zach Chevie-Hudson, a first-year paramedic student. He and over 40 other volunteers packed the breakfasts into brown paper bags the night before.

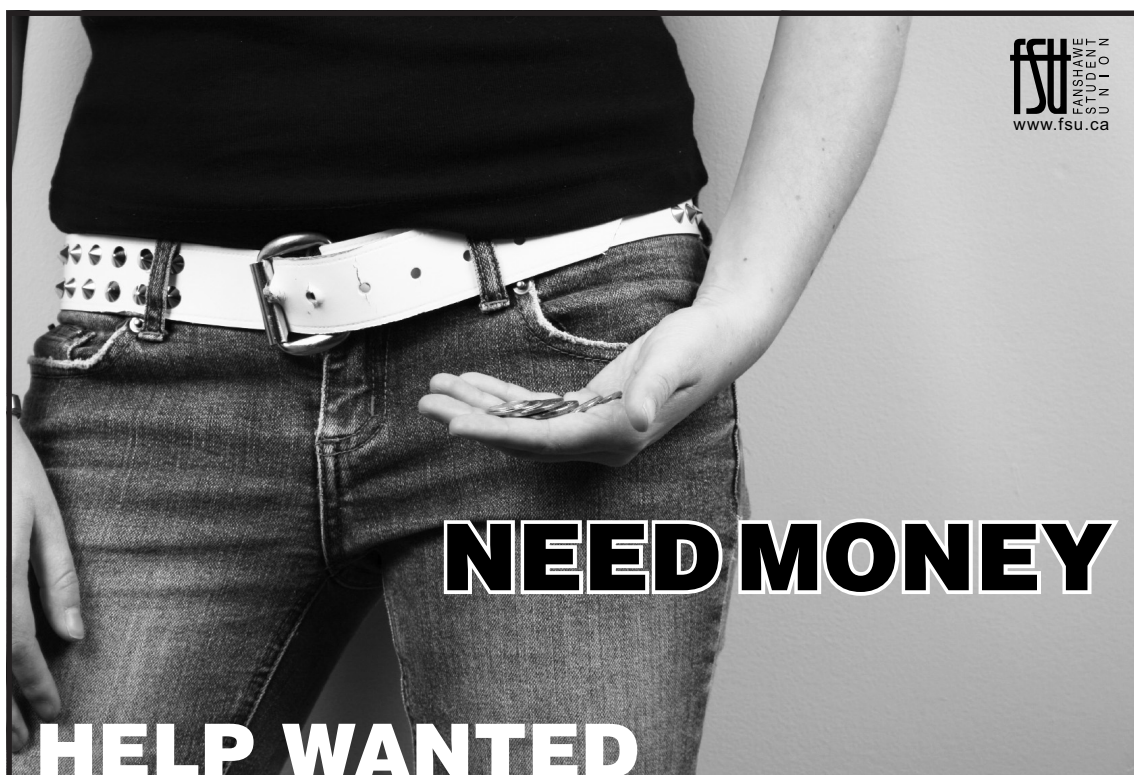
The breakfast also shows the appreciation Fanshawe's paramedic program has for London's Emergency Service workers. They volunteer their time to come to classrooms to teach, help students prepare for exams and allow students to ride along with them in

ambulances a few times per semester.

Paramedic class rep Cassandra Dumitru helped organize the event, which fed over 100 workers and managers. "It was stressful – there was a lot of planning to do," she said. The hard work was worth it. "I think it's nice to thank them once in a while . . . they don't get thanked enough."

Food for the breakfasts was donated from the Oasis and Starbucks. ValuMart donated a gift card. According to Dumitru, most of the funds were raised during the summer, with bake sales, barbecues and car washes.

Lindy Neilson, a primary care paramedic, was pleased to receive a breakfast. "I came out of Fanshawe myself, so the interaction is great. It gets them involved with us . . . (It's) a good relationship we have with them."



Election Polling Clerks Needed

Tuesday, October 5th 10 a.m. - 2 p.m.

Wednesday, October 6th 10 a.m. - 2 p.m.

Please bring a class schedule to the FSU Office in room SC2001, before Sept. 29th.

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Ruling the school for a day

ERIKA FAUST
INTERROBANG

On September 15, Fanshawe had a brand-new president – for 24 hours.

Rubelyn Ubando works as part of the support staff at Fanshawe's language and liberal studies school. On September 15, she received a pretty impressive promotion: president of Fanshawe College.

Ubando was the winner of a draw during last year's United Way campaign. "You could put (your raffle ticket) in different boxes for what you wanted to win. I decided I wanted to take on being president for a day, so I put a ticket in (that box) and here I am!"

Last year was a lucky one for Ubando, who also won a date night that included a limo ride and dinner at Saffron's for two couples. "That was amazing!" she remembered.

By early morning on September 15, Ubando had the whole prez thing down, delegating duties and passing on facilitations for Dr. Howard Rundle – Fanshawe's full-time president – to handle at the college council meeting.

She said she was happy to be "meeting all those new people, hearing about the news that different departments and services areas have, knowing that we have a record post-secondary internation-

al registration this year. That was really great to hear."

Ubando didn't make any big changes to the school. "I (did not) make any decisions," she laughed. "I (made) recommendations. It's only for a day, so really I would have to know the background information on anything I would deal with." During her day as head honcho of the college, she attended some presentations, helped plan next year's president's staff meeting and worked on United Way's leadership campaign.

Ubando especially enjoyed Rundle's swanky washroom, which includes a shower – her favourite part of the day. "If I had known that, I wouldn't have washed my hair!" she joked.

Ubando also currently works as Fanshawe College's United Way sponsored employee. "I'll be working closely with the campaign around the city. I'm not just dealing with Fanshawe College's campaign, I'm also dealing with different areas."

She and her fellow United Way campaigners have their work cut out for them this year. They are aiming to raise \$8 million in the London and Middlesex area. "I'm very, very confident that Fanshawe will contribute to that," she said.

"That \$8 million will be going back to our community . . . numerous agencies that help with pover-



CREDIT: JOHN SING

Fanshawe support staffer Rubelyn Ubando gets interviewed during her day as college president.

ty, beginnings and transitions ... and mental health."

Ubando loves working as United Way's sponsored employee, a position that lasts from August 23 to December 17. "It's only four months, but at the same time, four months of my work will contribute to a lifetime of change."

Fanshawe's United Way campaign kicks off with a chili cook-off on October 14 in the Colvin Atrium in B building. For \$3, you

can taste some of the best chili in the region, and watch as the judges – chili champ Mike Callaghan, 'A' News host Janice Zolf, Howard Rundle, FSU President Joe Scalia and United Way CEO Andrew Leckie – determine the winner.

The campaign continues on November 4 with a stairclimb to the top of One London Place.

Then, on November 26, the Regifting Sale takes place in F building. Show support to United

Way by donating items in good condition. A raffle will also be taking place at this event, so you too have a shot at being Fanshawe's prez for a day.

Click the United Way button on the myFanshawe portal for a calendar of events, links to the United Way website and video testimonials from staff and students who use or volunteer with the United Way.

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The Out Back
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5 QUESTIONS

VERONICA BARAHONA — VP INTERNAL

BOBBY FOLEY INTERROBANG



1. WHAT'S A SERVICE OR EVENT THE FSU DOES THAT NO ONE ELSE KNOWS ABOUT?

A lot of people don't know we have a lot to do with the Sharing Shop. This year we want to make students more aware of these programs. We have an idea that with every graduate photo taken, money would go towards the Sharing Shop. There a lot of students out there who need it but don't talk about it.

2. ON AN OFF DAY, WHERE CAN WE FIND YOU?

With my friends, outside. With my mom and brother. I love sitting outside in the sun, going for walks.



3. BEST MEMORY AT FANSHAWE SO FAR?

Getting to be back here (at the FSU) for a second shot at it. To be a part of something so unique and awesome. I've met some of my best friends here... I'm a cornball.

4. WHAT'S YOUR PERFECT DAY LIKE?

Waking up early, going for a walk to wake up, eating the biggest breakfast and then being on a patio with my friends. Or going to the beach — my favourite.



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

It'd be cool to see how Barack Obama rules the U.S. It's crazy. He deals with a lot of criticism all the time. To see what he goes through every day would be unreal. It would be cool to walk in his shoes every day.



Being gender variant in a post secondary environment

KIMBERLEY
www.transgenderlondon.com

I am not alone at Fanshawe, I am confident of that fact. In fact, I know there are others who are transgender at Fanshawe. They just aren't that visible. Some are stealth (living in their true gender) and others such as myself are closeted. I have met people from both groups.

In our journey toward self-realization, each of us has to face and overcome our fears. Only then can we go forward. One of the overwhelming facts in this journey has to do with age. The younger the transperson the greater their chances at completing this journey. This is true because of the human and financial costs of "transition". Young careers allow for time and resources toward transition.

Many people are of the opinion that the "younger" generations are more tolerant of diversity. While I cannot argue that position to either confirm or refute it, I do believe that there is a greater tolerance of diversity but not acceptance. There is a difference. I also believe that today the same can be said for the older generations, but for different reasons.

Younger generations are more tolerant due to pop culture where cross-dressing is accepted as "part of the act." Older generations are more tolerant due to political correctness and legislation both within and without the workplace. None of this adds up to acceptance, nor does it promote diversity. Rules, policies and procedures mean nothing if they aren't visibly promoted. We have these in place, but do we actually have the promotion?

What isn't understood by most is that cross-dressing and gender variance are not the same thing. They are in fact very, very

different. Gender identity is a core feeling that one does not truly belong to their biological gender. There are very solid medical clues arising from duplicated blind research study explaining this but they are theories not unlike many others we accept as fact. We accept these as fact simply because we cannot discredit them.

Our life on campus should be energizing and enlightening to a world many will never see. This comes from discovery of new ideas in learning. It also comes from the discovery of new people, many of whom have lives very different from our own. So, why isn't the transgender population visible?

The commonality to this is in one word: fear. We fear what we don't know and what we don't know, we shun. This can be in the form of either overt discrimination or worse, covert discrimination. This also applies to the transgender community, only their fear is for their personal safety both physical and mental.

My credibility as a professor would be seriously compromised both with my peers and my superiors as well as my students were I to actually expose myself for who I truly am. To do this of course would have great impact on my effectiveness as an educator despite a long and very successful history.

What can be done? Without an open and welcoming environment that has to necessarily start at the top, very little. Yes, the general population can become more open and welcoming, but without the leadership at the top that presents change as both necessary and welcomed, the status quo will remain. It is an unfortunate fact of life. The remaining question begs to be asked if the administration of our colleges truly have the strength of their convictions to open the doors to the transgender population. Only time will tell.

Taggers in different forms



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

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

The Tagger, expanded Background:

Last year I wrote on the unique form of life that scrawls on walls. I delved into the motivations of the tagger and drew a few conclusions from my research and observations. This week I will expand upon this phenomenon, and show that there may be a deeper motivation behind marking one's territory.

Tags are those cryptic symbols and words that you see all over town. They are quick, stylized signatures that pop up in prolific numbers as you cruise the city. They're on walls, buildings, fences, signs, doors and bus stops.

The Tagger:

They practice their marks in books, binders and desks at high school. They gather a collection of spray paint, grease markers, shoe polish and bingo dabbers. They are trained, they are equipped and they are motivated. They meet at night, plan their attack and slink around town in direct competition with raccoons, skunks, stray cats and cops. They tag on walls, they tag on signs, they tag over someone else's tag and they tag over erased tags. They deface, ruin, destroy and irritate an entire city. So, I ask you, why? Because they have the power to deface, to ruin and to irritate an entire city. They incur a degree of notoriety amongst their circles, they expand their illusionary territory in competition with other taggers and they solidify a place in their tribe.

In my opinion, most active taggers display

a lack of social conscience or understanding that writing their tag on someone else's property is a violation of the victims themselves:

The small business owner who has to clean up his property every week, London Transit that has to replace etched windows, trashed bus shelters and signs, the Thames Valley School board that cannot buy new computer equipment or sports supplies, because they are spending their budget to clean up graffiti.

Who is the real victim? The community is. We must make our active taggers understand that they are part of the community and, therefore, they are victimizing themselves!

The Tagger expanded:

One cannot help but notice a new form of tagging in our downtown core: large canvas signs on the side of many buildings denoting that these premises are owned by FARHI HOLDINGS. There is no motivation that I can see for these signs beyond ego. They maintain all the irritants that one may feel when viewing a tag. It is a tag! It has forced me to rethink my conclusion of last year, and put it into a larger scope of human motivations: Ego driven, legacy pandering. Farhi Holdings owns this, Ivy school of that, this theatre brought to you by the Sprit Von Trapp family singers and The Siskind Boys' and Girls' Club rotary chamber of commerce variety store, et cetera. I didn't realize that true philanthropy includes a monument. Perhaps the Egyptians had it right all along?

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

INTERROBANG

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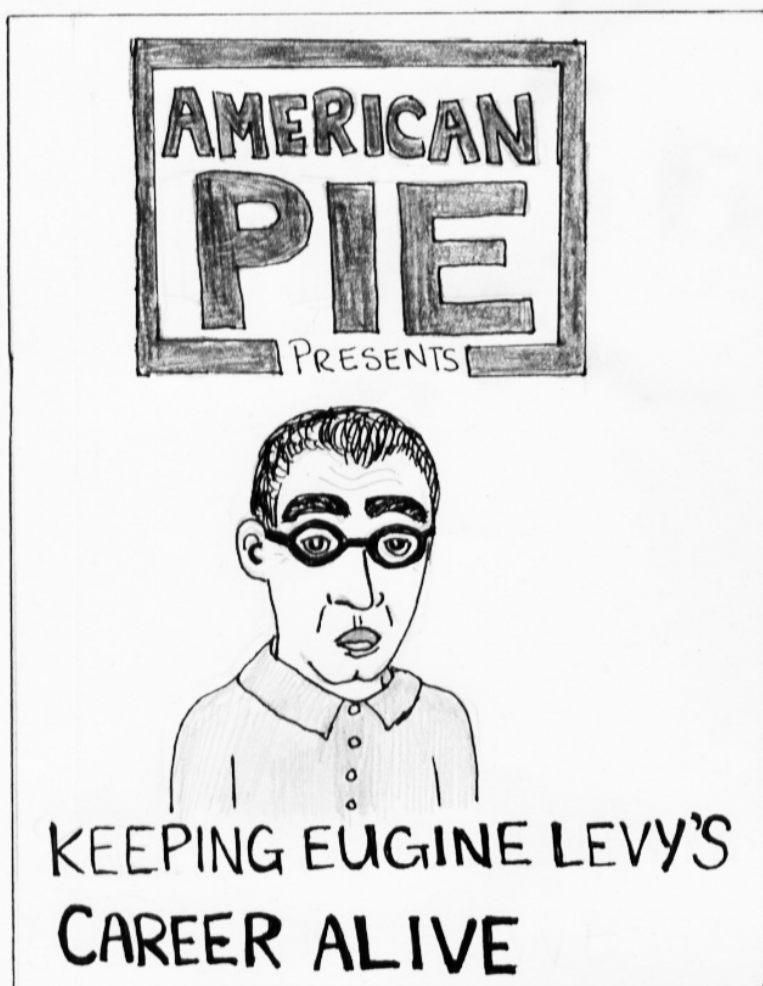
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Koran burnings, mosques, news media and sources



LIFE MEETS FAITH
MICHAEL VEENEMA

Church pastor Terry Jones of Florida is not being offered any awards for his peace-making abilities. Rather he is being hailed as an instrument of Islamophobia. Many Americans say they are ashamed of what he has done. That is, they are ashamed that one of theirs scheduled a Koran burning.

Apparently what helped trigger Jones' plans to burn the Muslim holy book was the announcement that a Muslim Imam in New York is planning to have a mosque built two blocks away from Ground Zero. Likely every reader knows that a mosque is a place of Islamic (Muslim) worship. The offense people refer to in this case arises because the terror attacks of 9/11 were committed by extremely devout Muslim men. They believed that their god, Allah, wanted them to strike at America.

With the many extreme opinions being expressed about Jones on the one hand and the mosque construction plans on the other, I decided that it might be good if I could find Jones and the Imam in question speaking for themselves. With the help of Google and YouTube of course, this is not difficult.

Along the way I caught Larry King interviewing Donald Trump. Trump described the scene of thousands of New Yorkers marching to protest the planned construction of the mosque. Interestingly Trump had attempted what some might call a quintessential American solution to the problem. He offered money. He tried to pay more than (what he thinks) the property is worth to the seller of the building.

When I actually heard and saw the Imam and Jones, I was surprised. I had thought that both might be offering extreme statements meant to manipulate hearers at an emotional level. What I found was something much different.

First, it turns out that the Imam says he is not planning to build a mosque, but a cultural centre. Now this may be semantics because Islamic worship could likely take place in an Islamic cultural centre. Also from my understanding of Islam, it is very difficult to extract the religion of Islam from the culture(s) of Islam.

Nevertheless, there is a distinction to be

made between a mosque and a cultural centre. The first would be more about keeping and spreading Islamic religion as authoritative truth. A mosque is more about submission than discussion (Islam means "to submit"). The second suggests opportunities for dialogue between Muslims and non-Muslims.

This could be an important difference. If in fact the Imam and his colleagues are interested in dialogue, then at the very least there is opportunity to persuade them to change their minds about where they want to build. Here Trump's words rang true for me. He claimed that if the Imam were to build in a different location, it would be a tremendous gesture of good will to the American people. If they do not, much ill feeling will be the result.

Terry Jones also did not live up to his (recently minted) reputation as a die-hard crackpot preacher out to sabotage relations between the West and the Islamic world. In the posted interview he renounced his plans to burn the Koran, doing so not ungraciously and with a little self-deprecating humour to boot.

It seems he and his church wanted to make the point the Koran itself is not without influence in encouraging extremist action. He claimed that the death threats he received established that point very well. And that was enough for him.

And this brings me to the last thing I want to say about controversies concerning Islam or the Koran. Whether or not anyone should agree with Jones that the Koran corrupts is best resolved not by pulling media statements out of the air. It is best resolved by something much simpler. Just read the book. In case you are like me and don't read Arabic, there are printed translations of the Koran in libraries and bookstores.

The moral I have learned this past week is that if you are truly interested in a story, it is best to get as close to the sources of controversies as you can. You may find that the people and the things they are alleged to say have been interpreted to make the lines of controversy sharper than they otherwise would be (this sells more newspapers and generates more hits).

And when there is a dispute about the value of a disputed religious text, maybe the best you can do is to simply put aside what others have been saying and find a copy of it online or in the local library. You may be able to make a start yourself at determining the value of what you are reading.



CREDIT: WWW.DRESSDERBY.COM

Dressing up means different things to different people.

“Dressing” for the occasion?



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

I guess in some ways, I'm still really like a little kid. At the tender age of 26, I still jump on any excuse I have to get all glam-ed up and spend a night out on the town. But unlike the "modern woman," to me, putting on my "Sunday's best" is not equated with finding a napkin-sized piece of fabric to cram my bits and curves into. Accordingly, I'm one of the few (it would seem) dames that harkens back to a time when the expression "it's better to leave something up to the imagination" was abided by.

Now, I suppose you could blame my mother for exposing me to the "finer things" in life as a young child (by way of mandatory etiquette training), but I don't see anything wrong with taking pride in one's personal grooming habits; moreover, I don't claim any issue with the idea of presenting oneself as "classy" or "respectable." Perhaps if more women went this route (and I'm sorry if I'm being harsh on you ladies, but this is for your own good), the media AND men wouldn't feel so entitled to constantly objectify us (but that's a whole 'nother discussion in itself).

I think it goes without saying that the advent of the micro mini deserves a sizable amount of blame in this whole equation, but where things really went awry was in the late 1970s with the coming of the so-called "sexual revolution."

At one point in its glory days, the Western white women's fight for equality and liberation – a battle against a discriminating social structure (i.e.: patriarchy) – was a unified movement known by the now-blacklisted word "feminism." Somewhere along the lines, extremist parties formed within this movement leading to divisiveness in regards to both the feminist agenda and feminist message. What started out as a simple request by women to be recognized as persons (oh we're so demanding!) and therefore entitled to human rights (much the same way African Americans fought for their civil liberties) became a battle largely between two opposing forces: 1) the radicals (i.e.: those who, in the most extreme cases, insist on lesbian relationships, and the avoidance of marriage as it further entrenches women into the

patriarchal social structure) and 2) the liberals (i.e.: those who are to blame for the enactment of such things as Ontario's "topless" legislation); it is the latter group that is of interest to this article.

Influenced by the "free-love" ideals of the hippie era, the liberals subscribed to Hugh Hefner and Playboy's vision of the "new woman": embracing strip-teasing, flashing, exhibitionism and self-objectification as an indication of their brand of "empowerment." Despite buying into and perpetuating the VERY SAME submissive, sexually-available (more importantly, EASY), and unsophisticated image of women that had been DESIGNED BY and FOR men, the liberals somehow rationalized to themselves that because they were now the ones "owning" this image, they were now in charge of it. If we simply look to the unrealistic beauty standards and expectations that continue to be thrust upon women by the media (we should especially note the genders of the CEOs of these media outlets), and the incidence of cosmetic surgery, not to mention eating disorders among the fairer sex, I think it goes without saying that these "libers" were wrong.

But even taking this bit of complicated social history out of the picture, honestly, as a female AND someone who is very clear in her own heterosexuality, when a woman's got all her goods on display for the world to see, even I have difficulty staring her in the face, so how could I expect anything less from straight members of the opposite sex?

The point I'm trying to make is "dressing up" has become synonymous with "dressing down" or, in fact, wearing close to nothing at all. And, my friend, what you wear has consequences (i.e.: unwanted attention for one thing, not to mention the judgments and assumptions that go along with certain wardrobe choices). Don't get me wrong, I've got a few miniskirts and clingy numbers that accentuate my body that I will whip out upon occasion, but there's a time and place for everything.

While I thought it went without saying, it would seem some of you need a reminder: if a clothing item is found in the boudoir section of a store, it likely means that's where it is supposed to be worn. Class it up, girlfriends. Lingerie and low-cut shirts equals inappropriate for the academic environment, just the same as ripped jeans and Axel Rose bandanas should NEVER (I repeat, NEVER) be worn to the theatre.

Talk about new fsu.ca



FSU PRESIDENT
Joe Scalia
fsupres@fanshawec.ca

I hope everyone's had the chance to sign up and check out our new fsu.ca social network. If you haven't you're missing out on a great new way to engage yourself and other students in the Fanshawe experience. Don't miss this opportunity!

This site is brand new, and it's something we're very excited to have. We're one of the first post-secondary schools in the country to have one. We decided to make this site because FSU wants to foster better communication between us and the students we serve, and the site is only part of that – I've been an active vlogger (I hate that word) since being elected as well, so that you know who I am and what I can do for you. We also have a new digital signage network in the Student Centre, which broadcasts our events and activities in a paper-friendly way. A new poster policy has also been created to advertise on our bulletin boards more effectively.

This is a big improvement to the way we engage our student body, and it's something I'll be proud to leave behind when April rolls around.

The website has many benefits to the student body at large. Think of it as a Facebook, minus Farmville and the obnoxious ads, that is exclusive to Fanshawe students. Here, students are making friends they never would have made, and asking us questions they might not have asked without this new avenue for communication. They are also taking part in some constructive dialogue and sharing ideas and advice with other students. Some students have started blogging on the site as well. Basically we're seeing students active in student life in a way they wouldn't and couldn't have in the past. Today the site sits at over 2000 members, which is over 15 per cent of the student body!

There are only a few more weeks to sign up to fsu.ca and get entered into our draw to win one of two iPads and a 40" TV with a blu-ray player. Sign up before September 30 to automatically be entered. If you miss the date, don't worry! We'll have more contests on the site throughout the year!



FSU VP ATHLETICS
Derek Howes
fsuathletics@fanshawec.ca

Hey Fanshawe! My name is Derek Howes and I am rippin' it up on campus trying to promote the Ontario Colleges Athletic Association cross country championships.

Cross country here at Fanshawe has been killing it the past few years. The men's and women's team are both well known around Canada for their fast pace and ability to walk the walk and talk the talk. Many of the athletes are dedicated to their running along

with their academics. In the past two years, the women's team has captured both provincial championships and both national championships. These ladies are intense!

Fanshawe College has the pleasure to host the OCAA provincial championships this year. The run will be held on October 30 at London's Fanshawe Conservation area. The women's run will be at 11 a.m. and men's run will be at 12 p.m. If you're into supporting your Falcons, come on out and cheer on your cross country team. Athletes love support, and by supporting them, it'll push them further each step they take!

Thanks Fanshawe! 'Til next time, stay fly baby!!



CREDIT: WILLIAM H. KENNEDY.COM

There are several tricks and tips that can help you improve your memory power.

How we can improve our memory

AMANDA DEAKIN
INTERROBANG

Knowing how our brains take in and store information can help us to improve our memories. We can ensure the information we need to remember is properly stored as a memory and we can recall it frequently to ensure its accuracy. Some quick tips to improve your memory are:

1. Use as many senses as possible. Involving sight, sound and even body movements in the memorization of information will help you recall it in many different ways. When trying to recall material for a test that you studied for using sight, sound and touch you will be three times more likely to remember it because you recall seeing it, hearing it and writing the words out. If you forget hearing the information you will still be able to rely on seeing and writing it. This may take a bit more time but, in the end, you will have a much easier time recalling the information you have learned.

2. Repetition is key in remembering any information. The more you repeat something you want to remember - whether it is reading it, saying it or remembering something physical like a hand shake the easier it will be to recall. Repeating small pieces of information such as a phone number or someone's name will create a stronger synapse in the brain making forgetting the information difficult. With larger amounts of information such as a textbook chapter, take 10 minutes a day to read all or part of the text. Doing this for even just a week will strengthen the synapse and store the information into your long-

term memory rather than leaving it in your short-term. Studying for 10 minutes a day is more beneficial in the long run than trying to cram a lot of information into one night of studying and, overall, it will take less time.

3. Involving your emotions is another great tool in improving your chances or remembering information. You are much more likely to remember a funny joke than a boring lecture. Make jokes that relate to what you need to remember and you should be able to recall it easily. Other emotions such as anger, happiness and sadness can have the same effect but recalling something sad or maddening is likely not going to help you during a test since you could lose your train of thought.

4. Take frequent breaks. Remember, your short-term memory can only hold five to nine items at one time; any additional information will be disregarded. Your mind can only stay focused on one topic for 45 minutes without a break, after that amount of time your brain needs a rest. Take a 10 to 15 minute break if you plan to study longer than an hour. If you don't, it will be much harder for you to retain all of the information that you need to. In addition to taking breaks, be sure you are well rested and not hungry. Physical needs will divert your attention from learning new information because it is fighting for your attention.

Happy studying!

Source: Wood, Samuel E., Wood, Ellen G., Wood, Eileen and Desmarais, Serge. *The World of Psychology*. Toronto: Pearson Education Company, 2008. Print.

Decade of Sleep headlines OBS show

JAYMIN PROULX
INTERROBANG

On Friday September 24, Decade of Sleep will be performing live at Fanshawe's Out Back Shack alongside The Scenarios, Wormwood Scrubs, and the Broken Lyre. Described as having a "progressive indie-rock sound," vocalist Phil Laffin is joined by Matt Pataki on drums, Lance Schibler on guitar, and Eric Walker on bass. They hail from Toronto, but the members have roots scattered from Newfoundland to Thunder Bay, as well as Wallaceburg and Ottawa.

Laffin quotes a range of older influences (such as Led Zeppelin and the Beatles), to newer independent artists such as Joel Plaskett, Zeus and The Waking Eyes. This wide range has allowed them the opportunity to be signed to Canadian indie label Tangents North Music, which is also the home of John Landry and David Francey. Decade of Sleep have been nominated for a Toronto Indie Music Award for best live band. They have had their song *The Lull* from their *Morning Sun* EP featured in an episode of *Degrassi: The Next Generation*. Decade of

Sleep have also played at some of Toronto's most storied venues like The Horseshoe Tavern, Lee's Palace and The Molson Amphitheatre.

With the release of their new self-titled full-length debut this fall, Decade of Sleep builds on the energy of *Morning Sun* with harder, more mature songs. Engineer Denis Tougas and mixer John "Beetle" Bailey, capture the energy and sound of a live performance while highlighting the subtleties hidden within the songs. Quoted that although "their pop influences are undeniable, Decade of Sleep write sophisticated songs, mixed with rousing drum beats and sophisticated lyrics. There's no stadium big enough to hold them in, but also no room small enough to capture the nuances of their songs."

Decade of Sleep was formed right here at Fanshawe: "We've played at Fanshawe a few times now. We all met while in MIA, and we were all in bands previously," said Laffin.

Laffin, who hails from Newfoundland, studied music in Nova Scotia and left the student life behind to hone his chops as a

front man of a popular east coast band. He later moved to Iqaluit, Nunavut where he captured the hearts of the locals singing his heart out three nights a week. Guitarist Schibler brings with him a Humber College jazz guitar education, along with significant engineering talent made even sharper from his day job at a successful Toronto recording studio. Drummer Pataki has been playing music since he was a teenager and has become a rising star in the Canadian engineering scene. Bass player Walker has been playing professionally in bands since the age of 16 and was the house guitarist at The Rainbow in Ottawa before he was old enough to drink. Walker joined DOS in 2009.

When Decade of Sleep play live, a lively and entertaining show is guaranteed. Catchy, clever lyrics are the repertoire: strong writing that relies heavily on choruses and just-left-of-centre musical ideas. Friday, September 24 will be the night they return to Fanshawe, to reminisce of a friendship that began at Fanshawe and continues to grow.

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BOBBYISMS
BOBBY FOLEY

I write about random things a lot. I write a lot about random things. How long do you remember some of the concerts that you go to after they happen? Do you remember and follow every band that you see live?

When I first saw The Reason play in concert, it was early and snowy in 2007; I had let a girl convince me to see The Spill Canvas at The Mod Club in February, and The Reason were the band to kick off the evening. That was less than one month before their second LP, *Things Couldn't Be Better*, was widely released.

Fast forward to summer 2010; the band's latest release — *Fools*, out since August 24 — applies all that they've learned from the past three years and more. This time they've found their true sound.

"A month after our last record was done, I couldn't listen to it anymore," said Adam White, front man. "We just recorded it all wrong, we used a recording method that, you know ... it works for some bands, it just didn't work for us."

"With this album, we wanted to sound like we do live. We're sick of people being like, 'Oh man, I like your record, but you guys are so much better live.' Every decision we made about this was to make it sound most like our band."

White described the differences between the two records as polar opposites on the spectrum of production: "On the old record, the drummer would just go up and play his part, and then the bass player would just go and play to the drum track," he said.

"This time we just did everything as live as could be. With every guitar tone, we would get the tone before recording it, whereas on the last record we were just recording guitar and getting the tone in mixing, you know? (*Fools*) was the easiest mix we've ever done, because everything was already there."

Everything there indeed, the result is a surprisingly fresh record; take for example *The Longest Highway Home*, the record's first single and a song that summons a familiar feeling that makes you wonder what you were doing the last time you heard it, before you wonder whether you've heard it before at all.

Compare that to tracks like the poppy *The Ending Of Us All*, the upbeat acoustic *Dogs*, or the soulful *Work With Me*, on which the band almost seem to channel the precision of early Toto recordings.

The new approach and the new sound is working well for the band; *The Longest Highway Home* has cracked the top 30 countdown on 102.1 The Edge in Toronto, and is warming up on radio stations locally too. Though at this point one can



CREDIT: THEREASONMUSIC.COM

The Reason's latest release, *Fools*, is one disc you should give a listen to. The band is playing at the Casbah in Hamilton on Sept. 25, and could be in London sometime in October.

only speculate as to what the next single might be, White is excited for the record to be heard.

"I wish you could hear the other songs, it tells this big, long story about why the album is called *Fools*," he said. "The first song is called *Come & Go* and it sums up everything. Then every song is about one different aspect of life being in a band. I wouldn't call it a concept record at all, but it all kind of has a theme."

So would he say that the title of the record was actually meant to be a self-reference?

"Definitely. We came up with the title of the record before any of the songs were written," White laughed. "I just think we learned a lot that last time around, and we're not going to make the same mistakes again. Every decision we make is going to be made from the heart, not because someone told us to. Now I feel like we know what we're doing... a bit."

White indicated that The Reason will return to London in October; in the meantime, they are playing at the Casbah in Hamilton on Saturday, September 25, in celebration of the release of *Fools*. Also playing the party are Gentlemen Husbands, Teenage Kicks and Distance

Between Stars. More information is available at thereason.ca.

All I am saying is give *Fools* a chance. Also, check out the Music Recommendations thread on the new FSU social site to see what new music Adam White of The Reason is enjoying lately. I'm out of words.



CREDIT: JULIEN BOURGEOIS

Shara Worden of My Brightest Diamond is back on tour.

My Brightest Diamond lights up LOLA stage

T.K. DALLMAN
INTERROBANG

There's no such thing as maternity leave in the music industry and Shana Worden, principal songwriter behind chamber-pop outfit My Brightest Diamond can attest to it. Not two months after the birth of her son, Constantine, Worden will be going on tour, including having performed for free at the London Ontario Live Arts Festival on Friday, September 17 in Victoria Park.

"Constantine is going to be selling merch," Worden joked in an e-mail last week from her new home in Detroit, Michigan. "This will be his first tour, so we'll see how he likes it."

Certainly Worden is no stranger to the road, and after recent tours guest-singing with The Blind Boys of Alabama and The Decemberists, she has become well accustomed to touring life. She wasn't always that way, however.

"In the beginning, touring was a huge adjustment for me because I was such a homebody, but after so many years now of living out of a suitcase I've gotten so used to it that if I'm not racking up frequent flier miles, then I get a little tour twitchy."

And while most bands arrange tours to complement events such as, say, a new release, Worden's upcoming dates are more a test: touring as a mother. In fact, her last proper release was *A Thousand Shark's Teeth* in 2008, which experimented with brooding, form-

less pop songs and intricate string arrangements, all composed by Worden herself (who is classically trained as an opera singer, but oft sings in a uniquely saccharine, morose voice).

And though a lack of new material might distress some performers, Worden remains unfazed. "As an artist you have to let go of those kinds of worries and try to follow that still, small voice inside and make the art that you need to make," she wrote. "The way the public responds is out of your control. That's really difficult, but any other way seems like insanity."

Lately, Worden has been keeping that sanity through a number of musical collaborations, of which she has a long history. In 2005, she performed on Sufjan Steven's acclaimed *Illinois* album, and even sang over hip-hop tracks for the likes of Vinnie Paz and Jedi Mind Tricks. More recently, however, Worden moonlighted as an evil Forest Queen-like character in The Decemberists' rock opera, *The Hazards of Love*.

Both in studio, and on a North American tour soon thereafter, Worden performed the part with pleasure. But apart from the musical challenge and monetary benefits, much of Worden's collaborative work is favour repayment.

"Many people have been very generous to me with their time and energy in order to make the music of My Brightest Diamond, and I feel like it's necessary to give generously of one's self in return. It's a law of the universe, I guess."

From rock operas to her own unique brand of whimsical, moody storytelling, Worden brings a unique skill to the stage. It's one she has been honing for years.

"I love artists like Tom Waits and Laurie Anderson who make storytelling such an integral part of their performances. I still feel like I am searching for a form that will allow me to expand the theatrical and story aspect. I have experimented with puppets in the past, but now I may just have room in the tour van for baby Constantine's stuffed animals, so the puppet box will be staying home for a while."

Puppets or not, My Brightest Diamond is an artist worth seeing.

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LinkedIn allows you to post your credentials online, while connecting with past employers, colleagues and future employment prospects.

Helpful Social Media — LinkedIn

BOBBY FOLEY
INTERROBANG

LinkedIn.com is a social networking service aimed at career professionals and business-oriented individuals. With LinkedIn, you post your CV and professional associations to network with connections and business contacts.

LinkedIn was founded by Reid Hoffman and a team of individuals in 2002 and launched publicly in May 2003. Since then, it has grown to include over 75 million users in over 200 countries worldwide.

"We're always about individual professionals doing business with their network," said Hoffman, now a chair on the board of directors. "The philosophy behind LinkedIn has not changed. If anything, it's gotten bigger."

LinkedIn is the leading network of its type, one that stretches the title of "social" media. The site is a legitimate source of business and career opportunities. The company executes a lot of research and development to stay on top of trends and provide an online networking experience like no other company.

In August 2010, LinkedIn announced the acquisition of mSpoke, a startup based in Pittsburgh that makes search content more relevant by an adaptive, personalized recommendation system. Presumably, the idea of career networking and job-hunting could only stand to be improved by such a service.

How it works

Users create a profile for themselves, adding information relevant to their employment, education, and professional affiliations — it's a new way of having a resume online. From there, you invite colleagues with accounts into your professional network and interact with them for the sake of career

networking.

LinkedIn can be used to search for jobs, track publications by individuals and groups that you deem to be important and promote professional recommendation by way of testimonials written and displayed on individuals' profiles. It is a barometer that indicates your professional social standing.

Why it's useful (or not)

LinkedIn is essentially the next level of professional networking. More direct and powerful than simple job search websites like Monster.ca or Workopolis.com, LinkedIn gives you the power to connect directly with other users or employers.

You can also opt into a paid version — the free service puts a limit to how you can make contacts, and how many you can make. The premium membership, composed of some one per cent of members, increases your member status and grants you the ability to reach out to certain members and users without being previously acquainted.

As a warning, it is perhaps most useful if you take it seriously enough to use it to its full potential. Leading professional experts advise that to get the most out of LinkedIn, you should complete your profile by filling in all information, integrate every professional connection (at least 100, some say), and be a visible member of the community by taking part in discussions and exchanging recommendations with your contacts.

With LinkedIn, the old adage, "It isn't what you know, it's who you know," could not be truer. It's more important than ever to update your profile to keep up with the times; LinkedIn will reward the ever-vigilant career-minded opportunist, and leave the stagnant far behind.

Mac talks the business of social media

BOBBY FOLEY
INTERROBANG

If you can get past the looks you might receive on the bus for reading a book with the words "Power Friending" on the cover, you stand to learn a lot from Amber Mac's first book.

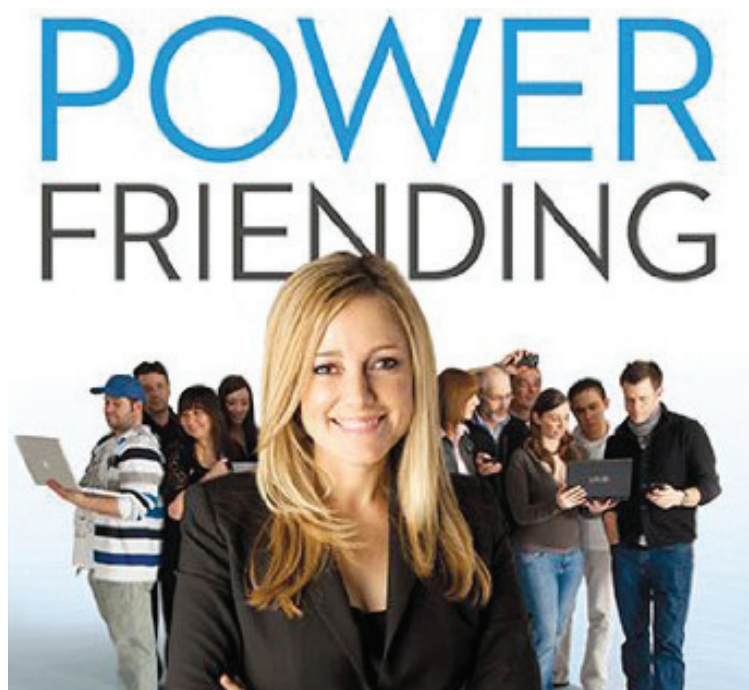
Though aimed at the business-minded, Mac deconstructs the topic of online networking to its fundamentals, dispelling misconceptions about new technology in a way that is sure to appeal to anyone interested in new media.

And there is no one better suited for the task; Mac has become the leading voice in new media over the last decade, establishing herself with a very impressive resume. In the introduction to *Power Friending*, Mac recounts a flight with motivational guru Tony Robbins after an interview for one of her programs.

"He invited me to fly on his jet to talk about working on a new social networking project with him and his team," she writes. "A project that included advising him about how to participate in the online world."

"Here I was sitting with a businessman who has coached the likes of Nelson Mandela, Bill Clinton and Michael Jordan, but today he was turning to me for advice about how to navigate the online marketing waters."

Mac's writing style in *Power Friending* is conversational, every bit as comfortable as her podcasts or articles featured in newspapers and blogs across the continent. The book reads with all the integrity and sincerity she speaks of, perfectly illustrating the concepts



CREDIT: POWERFRIENDING.ORG

Amber Mac is the author of *Power Friending*.

within.

What do you stand to learn from this book? Beyond all else, reading *Power Friending* makes clear the idea that online media and social networking are legitimate business practices, as important as any promotional tool available — and are more potentially even more useful, when used correctly.

That concept is particularly relevant to use as students and consumers because businesses are now starting to realize that the balance of power and promotion has shifted entirely into our hands: companies are responsible to us for interaction, or else they stand to lose us forever.

And according to Mac, they had better be ready to meet our needs with authenticity, consistency, and the bravery to admit to their mistakes or take chances on a new idea to stay ahead of the game.

Amber Mac has led a remarkable career; in addition to hosting several wildly successful tech-oriented shows for G4techTV Canada, Rogers, and CP24, she's also launched several online podcasts, such as *commandN* and *net@night*, a weekly tech show that she co-hosts with Leo Laporte. Visit ambermac.com for more information on *Power Friending*, published by Penguin Portfolio, 2010.

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Fanshawe's Meaghen Orr finds plenty of room on the pitch during the Falcons opening game win against Lambton. Fanshawe won 6-0.

Out Back Shack comedy night featuring comics Allyson Smith and Trixx packed the house to standing room only.



CREDIT ANTHONY CHANG AND ANDRE BAKER

From left: Janie Milne, Lyndsay Harris and Alyssia Godina Smith settle in at the Out Back Shack for the comedy night show.



Jordan Warwick and Kayla Lamrock are headed out for a night of fun at the Out Back Shack.



Heading in for some laughs at the Out back Shack comedy night are from left, Chad Mason, Andrew Noble, Richard Sykes, Mason Reycraft, Ian Fader and Rocky Ciccone.



CREDIT: MOVIEPOSTER.COM

Crawford rushin' to get way from Russians



Cinema Connoisseur
Allen Gaynor
www.cinemaconn.com

Fair Game (1995)



Did you know that supermodel Cindy Crawford attended university on a chemical engineering scholarship? Or that she was discovered by a photographer while working a summer job detasseling corn? Or that she played Jon Bon Jovi's girlfriend in his video for *Please Come Home For Christmas*?

Well, I knew all of the above. In the 1990s, I was probably one of the world's foremost Crawford experts. I owned her 1992 swimsuit calendar, and it proved to be just as useful in 1994. Crawford, known for her trademark mole just above her lip, adorned thousands of magazine covers, and was an object of desire for millions of men. Some guys are leg men, some guys are butt men, and I guess some guys are just mole men.

So when I heard that Crawford was going to be starring in a film, I was tremendously excited. Just as people did years later for *Star Wars: The Phantom Menace*, I camped outside the theatre days prior to its release, dressed as Crawford's mole. Make no mistake about it, Crawford's film debut *Fair Game* was worth the wait.

In *Fair Game*, Crawford plays Kate McQueen, a Miami attorney who is in the middle of a divorce case. When she attempts to seize a large boat for her client in lieu of unpaid alimony, she runs afoul of some Russian terrorists.

A former KGB agent turned money launderer named Ilya Pavel Kazak is using the boat as the base for his illegal shenanigans, and does not take too kindly to McQueen interfering with his operations. I believe the name Ilya Pavel Kazak was conceived by stringing together a bunch of Russian hockey player's names. If the terrorist had been from

Winnipeg, his name would probably have been Wayne Messier Orr.

Kazak makes it his mission to exterminate McQueen before she has a chance to cause too much trouble. Armed with an array of technical gadgets that put the iPad to shame, the Russians are able to track her every move. Luckily, she is being aided by one of Miami's finest, detective Max Kirkpatrick (William Baldwin).

From there we get a thrilling game of cat and mouse, with Crawford playing the part of one sexy rodent. Every time McQueen and Kirkpatrick think they have a moment to rest, the Russians are right on their tails. Screenwriter Charlie Fletcher was given the difficult task of making sure the viewer is always kept on the edge of their seats, while also ensuring that Crawford's shirt must always be kept wet. Kudos to Fletcher for succeeding on both fronts.

Crawford's big screen debut is electrifying. Perhaps it was too good. She started out at the top, and had nowhere to go but down. As a result, it has been 15 years since the release of *Fair Game*, and she has yet to star in another major motion picture. Sometimes you get things perfect the first time around and there is no need to keep trying.

Baldwin is also sensational in the film. William, known universally as the most talented of the Baldwin acting clan, is able to be heroic, humorous and charming all at once as detective Kirkpatrick. His chemistry with Crawford is off the charts – literally. I attempted to make a chart in Microsoft Excel demonstrating their chemistry, and it crashed my computer.

Be sure to catch Salma Hayek's cameo as Kirkpatrick's feisty ex-girlfriend Rita. While Hayek is greatly overshadowed by Crawford, she still delivers a few big laughs in one of the finest performances in her career.

Fair Game is one big sexy, action packed thrill ride. If any film has ever managed to capture the sensation of being trapped on a runaway train filled with supermodels wearing only dynamite, it is this one.

You Can Count on *The Other Guys*!



REEL VIEWS
Alison Gaze
a_gaze@fanshaweonline.ca

The Other Guys (2010)



What happens when you make a police film that is pure parody from beginning to end? In the case of Adam McKay's 2010 film *The Other Guys*, it creates a pitch perfect comedy.

The plot of *The Other Guys* is fairly typical of a police comedy but it proves to be surprisingly funny while taking some unexpected turns. After detectives Danson and Highsmith, hot shots of the New York City police, are killed in action, detectives Hoitz and Gamble try to fill the void and become heroes themselves. The humorous part? Gamble has a desk job by choice while Hoitz was benched for mistakenly shooting baseball superstar Derek Jeter during the final game of the World Series, and when these two take to the streets in an attempt to become "real cops" it plays out much more like *The Odd Couple* than *Die Hard*. Gamble and Hoitz task themselves with amassing enough evidence to take down popular investment banker David Ershon, which proves to be difficult and chock full of hilarious hijinks. From being outwitted by bribes of tickets to Broadway musicals to a chief who constantly quotes TLC



lyrics at the end of his advice, heavy cast are Eva Mendes, Mark Wahlberg & Will Ferrell are The Other Guys.

CREDIT: JUSTJARED.BUZZNET.COM

Gamble and Hoitz stumble their way through the case in pure comedic gold.

Of course the film would have fallen flat if any other actors had been cast. The movie opens with Samuel Jackson and Dwayne Johnson playing caricatures of themselves, Danson and Highsmith, who are such over-the-top action heroes that they jump 20 stories without acknowledging it will lead to their deaths. Two more heavy hitters Mark Wahlberg and Will Ferrell make full use of their comedic talents as Hoitz and Gamble. The interaction between these two men on screen is where the bulk of the humour lies in the film, highlighted by a conversation exploring who would kill who if Hoitz was a lion and Gamble a tuna fish. Also playing to their strengths are Michael Keaton as the chief of police, and Steve Coogan as the smooth talking David Ershon. Supporting the male

Lindsay Sloane and Anne Heche.

The Other Guys relies very little on special effects, save for the action sequences featuring Danson and Highsmith which serve to heighten the satirical feel of the film. The movie even goes so far as to call shenanigans on numerous other action movies, when during an explosion Gamble and Hoitz are thrown to the ground and Gamble loudly and emphatically explains the difference between movie explosions and real life.

The only weakness of *The Other Guys* is its 107 minute run time, as through the last half hour or so the laughs begin to come fewer and further between. Everything considered, *The Other Guys* is a thoroughly funny film that any fans of police comedies are sure to enjoy watching. Just remember, don't go chasing waterfalls.

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Lost lusts



AIMEE BROTHMAN
FASHION WRITER

Part of the reason I adore traveling as much as I do is the thrill of finding unique and special pieces not available at home. Authentic Greek olive oil, a Parisian fur vest, an Italian leather purse, real Israeli falafel – the list goes on. Sometimes, when I truly fall in love with something and get a little obsessive, I do everything in my power to ensure once my supply runs out, I have more. Take, for example, an exceptionally delicious and nutritious granola bar I fell in love with many summers ago working at a summer camp in California. After receiving the devastating news these magic bars were not only unavailable in Canada but in all states except California, Colorado and Oregon, I had to creatively come up with an action plan so I would never have to go without one again. Enlisting the help of my poor father, I sent him on a mission when on a business trip in Los Angeles a few weeks later. Never mind the closest Odwalla Bar retailer was across the 101, the slowest moving highway in the world, or the weight of his carry-on coming home with an added 100 bars of goodness, I decidedly (and selfishly) needed this mission to be accomplished.

While happily scarfing a particularly tasty Berries GoMega bar last week, my sister tauntingly asked what I would do if I couldn't get my hands on my beloved Odwallas anymore. I rolled my eyes at the question, knowing my determination of getting my hands on something once I decide I want it borders on psychotic, but then I stopped to ponder the thought for a moment. Sometimes, even with all the will in the world, there are certain things that will be an exception to the I-want-it-I-need-it-I-have-to-have-it attitude I often assume when shopping.

This mentality goes beyond wanting the Chanel 2.55 or the Yves Saint Laurent Le Smoking; I know these items (and many other designer pieces I lust after) are financially out of reach for me. This mindset refers mostly to items I scour in fashion magazines, in photos of celebrities, on websites or in stores that I can really envision in my closet and in an ensemble. Sometimes, despite all former beliefs of my shopping habits, I exercise self-control and I put the ostrich feather embellished miniskirt with a price tag as much as my monthly income down. It's not that I don't love it or think I wouldn't get good use out of it (I really would, even though whomever I'm shopping with at the time seldom believes me and will most likely give me "that look" while prying the item in question out of my clenched hands), it's just that sometimes even I understand you have to let something go, and unless you are the owner of the slick American Express Centurion card, you really can't have everything you want.

That being said, we all make mistakes. Sometimes, I do buy things I have fallen madly and deeply in love with only to get home and realize I was wooed by



CREDIT: WWW.GOSALE.COM

Here today, gone tomorrow.

the dreamy vision of a runway and not really like it so much in real life (hey, I'm no supermodel). This mistake is much less detrimental to my closet than other mistakes and is fairly harmless; it can be erased with a simple "return to sender" packing slip and the cost of postage or a quick trip to the mall. The truly heartbreaking mistakes are when you are convinced you *don't* need the item in question and then change your mind. Oftentimes, those to-die-for leather Balmain micro-shorts you saw at Holt's Last Call or the Balenciaga platforms from last season at net-a-porter.com for 60 per cent off are gone faster than you can say, "WAIT! I want you after all!" These lost lusts haunt me forever, and I often try to come up with a rational reason to why I said no in the first place. To this day, I can think of no legitimate reason for not greedily grabbing a silk Christian Dior scarf for a mere \$30 in a vintage store in Toronto. I admired it, felt it, loved it and then left it there. Why? I'll never know. What I do know is I hugely regret it. I know that lost lust will haunt me forever, as it was a one-of-a-kind and some other lucky bitch got her hands on it. Other unforgettable and now unattainable things include my favourite nude nail polish ever, now discontinued, a limited-edition Yves Saint Laurent palette I was too late for, a luscious smelling body lotion exclusively available at a store in Milan that does not ship to Canada, and most recently, a pair of leather Chloé boots seen in some fashion magazine in some airport in some foreign language that for the life of me I can't remember, and despite hours of desperate searching, I cannot find them *anywhere*, real store or online store alike.

Although I know I could settle for something similar, I know it wouldn't do it for me. I would forever be reminded of the original item I lusted after, and then be disappointed all over again that it was lost. I would resent the replacement, and no item, clothing or beauty product alike, deserves that. All I can do is try and fondly remember the item and wait to enjoy the rush of falling in love with something else all over again.



CREDIT: REFINERY29.COM

World class design houses continue to collaborate on collections with H&M, this time it's Lanvin, with pieces to go on sale in late November.

Lanvin latest to collaborate with H&M



ALYSSA PAGEOT
FASHION WRITER
alyssapageot@hotmail.com

Regardless of where you shop, your taste and most of all what you can afford - you can't deny that H&M has style. They are widely regarded as one of the most influential and current retailers of youthful fashion around the world. Although they have been around for years, they seem to be just starting to show us what they're really made of.

Whether you follow fashion trends or not, and regardless if you even recognize certain fashion designer names and brands, you will at one point or another be exposed to the concept of collaboration. Many retailers for years have been collaborating with high fashion designers and companies. For the most part, the outcome is successful. I have to say that by far, H&M is the one company that never fails to please me with their collaboration choices, and they always leave me wanting more. In the past, H&M has worked with such legendary names as Karl Lagerfeld, Stella McCartney, Comme des Garçons, and Sonia Rykiel. Matthew Williamson was the last big name to work with H&M that I really enjoyed, and I had been wondering for months who was going to be next. Of course, in London we don't always get the more expensive merchandise at our H&M location. Usually you must travel to the big cities, like Toronto, to get the full effect of high fashion and low prices.

They kept us guessing for a while as to who was going to be next in line, and although most were quite sure it was Lanvin, no one wanted to verify. There was some confusion due to the widespread knowledge that Alber Elbaz, artistic director at Lanvin since 2001, has previously stated he would never do a mass-market collection. But once we were sure of Lanvin for H&M, information started pouring out about where this sudden change of heart came from.

When you're in the world of fashion, I don't believe anything said is ever concrete. Things always change in the cyclical world of style, and things often happen that you would never dream could – which is the magic of it all. Lanvin is one of the most influential brands of the twenty-first century, so if you don't know it yet, I suggest you do some research. Elbaz had some very insightful words as to why he finally agreed to work with H&M, his main point being to look at this newfound partnership as a step up for H&M, not a step down for Lanvin. Elbaz has stated that Lanvin shares the "same philosophy [as H&M] of bringing joy and beauty to men and women around the world." Margareta Van Den Bosch, creative director at H&M, said, "Lanvin will bring to H&M luxurious French tradition that is also modern and playful."

Speaking of modern and playful,

what are some of the key fashion trends you think of in relation to H&M? How about ribbons, pearls, raw edges, metallic embellishments, and bows for starters. These timeless accents that are synonymous to H&M, and are the same concepts that some have said are credited to Alber Elbaz and Lanvin – he has really focused the attention of his designs on these specific styles over the past nine years, leading me to believe that this collaboration really is a match made in heaven.

The final products will go on sale November 23 (which is just two days before my birthday, so I expect no one to have trouble knowing what to get me) in around 200 stores worldwide. The collection will be released November 2, three weeks before the clothes hit the stores; leaving us just enough time to get properly excited as well as save some money for whatever we love most.

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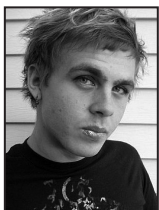
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CREDIT: FABRICMAG.COM

A slim body type with a tight muscle shirt and skinny jeans accentuates the body's best features.

Fashion made to fit



ZOOT
JOSHUA R. WALLER
jwzoot@gmail.com

In today's retail world, there is such a variety of fashions for both men and women. It enables everyone to create their own unique style while being able to experiment with various looks. However, with so much choice in the fashion world, people become confused and tend to pick articles of clothing that are not the most flattering. Most men will pick whatever seems easiest or the least expensive, which can sometimes lead to a poorly put together outfit.

There are many body types out there, but I have decided to split them into three categories; slim, average and bulky. After reading this article, you will be able to identify which styles and looks suit each body type the best.

Slim/Slender Body Type: Men who have a smaller frame tend to look better in form-fitting outfits. When picking out t-shirts, vests or suit jackets, it's best to stay away from the "box fitting" or baggy style, because it does not accentuate your body's features. Men with a slender build should avoid overly baggy clothing all together - it looks as if it is just hanging off their body, making them look even smaller. Fitted shirts look the best on slim men because it is the most befitting to a smaller body frame. Men with a slimmer figure are able to pull off skinny jeans the best - making the man look taller by shaping, and thus, visibly extending the leg's form.

Average Body Type: Men with an average body type usually have a larger variety of fashions to choose from as their body type is generally the prototype for menswear. It is ultimately up to the male's discretion as to what he wants his style to look like. If he is

looking for a more sophisticated or unique look, clothing with a snug to loose fit are ideal. Contoured vests, dress shirts and suit jackets create a very charismatic look, especially if they are paired with tailored dress pants or slim-fitting jeans. If a man is looking for more of a relaxed streetwear look, then looser clothing is best. However, that being said, shirts and pants that are extremely baggy can distort the desired look, ultimately showing the man as trashy or unkempt.

Bulky/Built Body Type: Men who have a bigger build should avoid extremely tight clothing. The biggest mistake bulkier men make is wearing skinny jeans with tight fitting shirts. This type of clothing is not flattering and does not accentuate the body parts desired. However, this does not mean that built men can't wear form-fitting clothing or outfits that outline the body's figure. This is another mistake bigger men make: wearing overly baggy clothing because they think they are too big to pull off something fitted. There are many articles of clothing in stores designed to fit a built man's body properly. An example of this would be a t-shirt that is tighter around the arms to emphasize the biceps but looser around the torso, just skimming over the mid-section.

A fitted dress shirt is also an article of clothing that can complement a bigger man's figure, especially if it is paired with looser fitting jeans or khakis.

The rules of fashion are never concrete and are not always followed word for word. They are just guidelines to help find the style of clothing that best fits you. You may be bigger or slimmer than the average body type, but this does not stop you from wearing stylish clothing. Putting men's body types into three categories may seem too general, but it gives men a good sense of where they fit when trying to find their best fit.

Top 10 fall trends



**CHRISTINA KUBIW
KALASHNIK**
FASHION WRITER

Calling all fashionistas and fashion lovers! This season, fall fashion has been overwhelmed with 10 key trends. Whether you're a guy or girl, you are sure to be the best dressed and most stylish in the following trends.

1. Layering

From tops to socks, layering is everywhere. One of the season's most popular layering trends is one for our feet. Layering socks to create a cozy "wooden cabin" feeling worn with heels has taken over the runways. However, not only has this trend proved to be stylish, it has also proven to be quite practical as it keeps our feet warm and allows us ladies to get the most wear out of our summer kicks.

A separate look emerged for our male companions. Turtlenecks, sweaters and vests are now being worn simultaneously. Emphasizing the fast-approaching winter season, this look conveys a manly outdoorsy feel that hardly any girl can resist.

2. Dull colours

Unlike the neon brights of summer, fall has gravitated to warm, dull colours. Grey, beige and camel have proven to be the most popular colours for fall. Giving off a sophisticated feel, these colours have been seen on all the runways from Celine to Chanel. You can't go wrong with these understated colours.

3. '50's silhouette

The '50s were a time of freedom and femininity, and most renowned

for Christian Dior's New Look. The overall idea of the new look was to have women embrace their bodies and to celebrate the ending of WWII. With the recession losing ground and spirits lifting, '50s glamour is making its comeback. Slim and boxy silhouettes have been the craze for men. And for women, feminine, curvaceous and healthy is the new size 0.

4. Tailored outerwear

With fall's tailored outerwear taking runways by storm, women are throwing away their cheap trendy "one season" jackets and investing into luxurious tailoring. Quality jackets, radiating elegance and status, are being re-popularized and young women are no longer just investing into trends but also quality.

5. Basics

With the '50s having an enormous influence on fashion, the basics and classics are back. Crisp, collared shirts with jeans or khakis have become a girl's dream, and dresses and skirts have taken over women's wear. Returning to the classic femininity of the '50s era, pants have been tossed aside and the womanly alternative is back and more stylish than ever.

6. Glamour Grunge

There's always more than one popular look for each season, and this season the alternative to the '50s style is a glamour grunge. Made especially popular by Marc Jacobs, oversized is in. Big knit sweaters with earth-toned lamé pants, long hair and bronze makeup have never been so popular. Everybody has their own interpretation of this new look so go find your inner grunge.

7. Wool

For this season, Dolce and

Gabbana, Michael Kors and many other designers have stressed the importance of a good jacket. We are primarily seeing blends of fabrics, specifically wool, angora and cashmere. Luxurious fabrics are being thickened and held together by wool. Wool is proving its importance to this season's trends and can be seen everywhere from socks to jackets and sweaters.

8. Fur

Brought back by Anna Wintour in the early '90s, fur is returning to mainstream dress. It has even been turned into a full white body suit (as seen at the F/W 2010 Chanel show.) All you vegans, vegetarians and animal activists have nothing to worry about: the majority of it is faux. It can either be worn in the form of accessories, vests, boots and, of course, jackets. Take your pick and have fun with it!

9. Bright accents

Although neutral colours are all the rage this season, fashion would be no fun without any colour. So this fall, when you're swinging on your camel coat and putting on your grey trousers, think about adding a splash of color to the mix. Reds and purples are especially popular this season, and whether it's your gloves, scarf, hat, nail polish or purse you're sure to be looking your best.

10. Oxfords

Classic and clean oxfords are all the rage this fall. With heels or as flats and in a range of colours, you'll never run out of options. Consider pairing them with stockings and knee-highs or a pair of jeans and a blazer. Preppy-chic and ladylike is the look these shoes help create. You might feel like a teacher but trust me, you'll look way better. Class dismissed.

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Distiller of the Year
Whisky Magazine, Icons of Whisky Canada, 2008

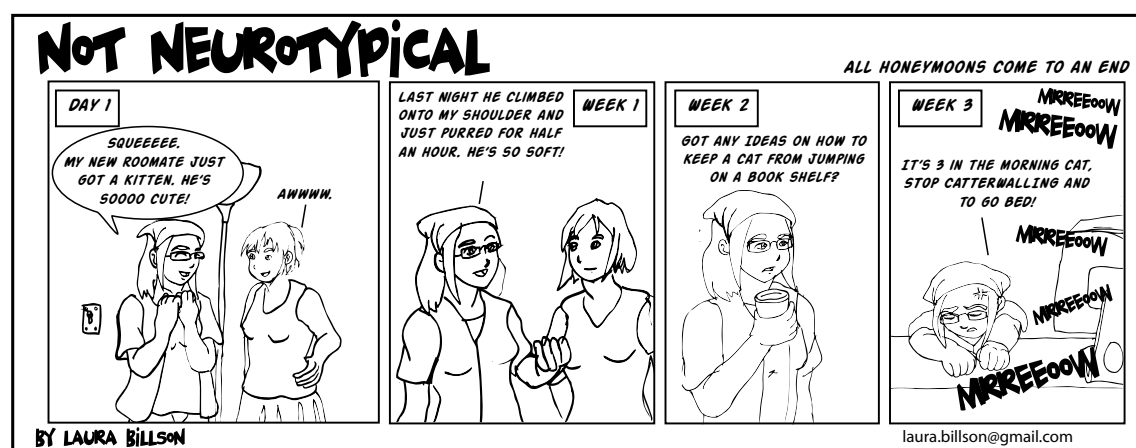
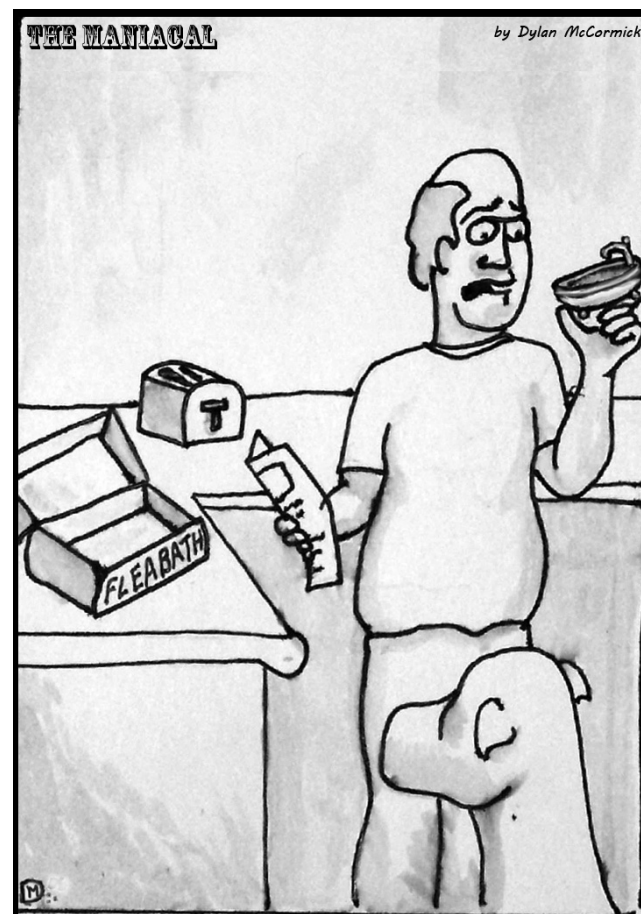
Pioneer of the Year Award
Malt Advocate Magazine, 2007

Double Gold Medal
San Francisco World Spirits Competition

Gold Medal Winner
The World Selection, Brussels

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Aries (March 21 - April 19)
Everyone else is off to work, but work is the last place you want to go. Your idea of a just and orderly world has little to do with what's really out there. Your mother is usually right.

Taurus (April 20 - May 20)
None of the advance publicity exaggerated the facts. You're just as you appear. Serious business is conducted with a warm smile and a gleam in the eye. Everyone understands the potential.

Gemini (May 21 - June 20)
The group dynamic is getting more difficult. Gemini would give anything for a simple "hello" that isn't barbed with subtext. If someone makes you a better offer, grab it with both hands.

Cancer (June 21 - July 22)
Wherever you go these days, you're driving a welcome wagon. Cancer is generous and convincing. When you look people in the eye, they feel like it's their birthday, no matter what day it is.

Leo (July 23 - August 22)
Personal growth means making room for others. Leo's first strike policy is out of place under the circumstances. Think before acting, and then maybe you won't have to act at all.

Virgo (August 23 - Sept. 22)
You're still on a roll. Even if school work seems to be piling up, you might as well be playing too. Colleagues support your approach with understanding and amazement. Discovery is really worth something.

Libra (Sept. 23 - Oct. 22)
Secrets are a threat to fair play. If others want your full involvement, everything must be disclosed at the very beginning. In your haste, be sure to extend the same courtesies you expect.

Scorpio (Oct. 23 - Nov. 21)
When all strategies work, go with the simplest one. Throw the bulk of your resources where they'll do the greatest good. No one else has to know about the role that personal preference plays in your decisions.

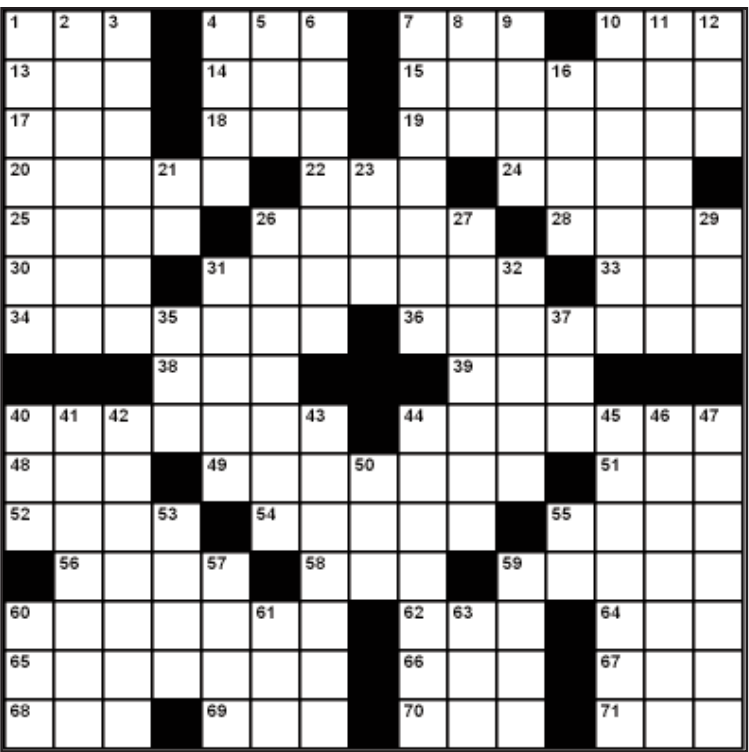
Sagittarius (Nov. 22 - Dec. 21)
Inappropriate words appear in a focused conversation. Decide quickly whether the disruption is accidental or intentional. You don't have a lot of time to back-track when steered the wrong way.

Capricorn (Dec. 22 - Jan. 19)
If associates won't follow your advice, it's everyone's problem. Even under serious circumstances, you find guilty delight in watching others struggle. Keep your superior feelings to yourself, or there will be more trouble.

Aquarius (Jan. 20 - Feb. 18)
You'd like to retreat or kick back, but you may not have that luxury. Responsibilities make you inflexible. If you get through this successfully, you'll have every reason to celebrate.

Pisces (Feb. 18 - March 20)
Sharing would diminish some people, but it only enhances you. Your personal growth is tied to acts of inspired generosity. Repeat customers know exactly what to request this time.

- Across**
- 1. Unpleasant
 - 4. Picnic pest
 - 7. Observe
 - 10. Fuss
 - 13. Alcoholic drink
 - 14. Worthless dog
 - 15. Covered with a coating
 - 17. Freshwater fish
 - 18. Genetic carrier (abbr.)
 - 19. Impatient
 - 20. Concur
 - 22. News agency (abbr.)
 - 24. S. American monkey
 - 25. Dirt
 - 26. Formally revise
 - 28. Jewish religion
 - 30. Bag-like cavity
 - 31. Walk unsteadily
 - 33. Except
 - 34. Igloo dwellers
 - 36. Put an end to
 - 38. Prolonged loud noise
 - 39. Repent of
 - 40. Swivelled
 - 44. Cavities of bone
 - 48. Feminine name
 - 49. Built
 - 51. Large beer cask
 - 52. Greek mythological wife of Zeus
 - 54. Eat greedily
 - 55. Light sled
 - 56. Seaweed
 - 58. ___ Lanka: formerly Ceylon
 - 59. Move in a devious manner
 - 60. Free from bacteria
 - 62. Physician (informal)
 - 64. At all times (poetically)
 - 65. Leaves employment
 - 66. Feminine name
 - 67. Compass direction
 - 68. Beast of burden
 - 69. Still
 - 70. ___ Diego: California city
 - 71. Small amount
- Down**
- 1. Residue from sugar cane
 - 2. Brazilian state
 - 3. Crane
 - 4. Unit of land
 - 5. Abbey dweller
 - 6. Injuries
 - 7. Rubber tree
 - 8. Compass direction
 - 9. Formerly
 - 10. River in NW Ontario
 - 11. Underhanded
 - 12. Lyric poem
 - 16. Elevator company
 - 21. Elevated train
 - 23. Short dowel
 - 26. Those who pay the penalty for wrongs done
 - 27. Obtain information of a mission
 - 29. To the ___ degree
 - 31. Strike forcefully
 - 32. Circular
 - 35. Wedding promise (2 words)
 - 37. Basic monetary unit of Romania
 - 40. Expressing disgust
 - 41. Imagines
 - 42. Rascals
 - 43. Thickest
 - 44. Walks with long firm steps
 - 45. Pupil
 - 46. Single-celled freshwater flagellate
 - 47. Speaking derisively
 - 50. Auto
 - 53. Science of cultivating the soil (comb. form)
 - 55. Caesar's 51
 - 57. well-ventilated
 - 59. Look at quickly
 - 60. Title used to a Spanish lady (abbr.)
 - 61. Sheltered side
 - 63. Eggs



QUIRKY FACTS

- 1. Product packaging accounts for 1/3 of our trash.
- 2. Solid waste disposal is the third largest municipal government expense after police protection and education.
- 3. Seventy per cent less energy is required to recycle paper compared with making it from raw materials.
- 4. Once an aluminium can is recycled it can be part of a new can within six weeks.
- 5. Incinerating 10,000 tonnes of waste creates one job, land-filling the same amount of waste creates six jobs but recycling this much waste creates 36 jobs.
- 6. It is not known how long glass

Sudoku Puzzle

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

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

- takes to break down, but it's so long that glass made in the Middle East over 3000 years ago can still be found today.
- 7. Antibacterial mouthwash kills off both good and bad germs. If you wipe out your body's first defense (the bacteria in your mouth) you must depend on the stomach's gastric juices to kill the bad microorganisms before they get into your bloodstream.
 - 8. The inside of a man's wallet is a great breeding ground for germs. It functions as an incubator. While you sit on it, the contents (germy money and other degradable stuff) is kept warm and moist.
 - 9. The inside of a woman's purse may be cluttered, but it's the bottom that's crawling with tens of thousands of germs (like E. coli and salmonella) from having been set down on filthy surfaces (like the bathroom floor).
 - 10. Warfarin is a popular anti-coagulant but also a very popular form of rat poison.
 - 11. A flush toilet exists that dates back to 2000 BC.
 - 12. Doctors in Canada use an adhesive similar to Krazy Glue instead of stitches, lowering the possibility of bacterial infection and minimizing scarring.
 - 13. A dime has 118 ridges around the edge.
 - 14. Avery Laser Labels are named after company founder R. Stanton Avery.
 - 15. Oral-B is a combination of oral hygiene and the letter B, which stands for the word better.
 - 16. Johnson & Johnson's BAND-AID brand adhesive bandages have been around over 80 years.
 - 17. Cow is a Japanese brand of shaving foam.

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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AND A DONUT

KIOSK QUIZ ANSWER

FROM SEPT. 13

'F' elevator and stairs are past the library, left at Forwell Hall (SUB) entrance

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BEST IN LATE NIGHT COMIC RELIEF

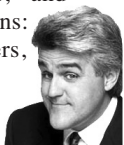
THE TONIGHT SHOW with Jay Leno

Snooki from *Jersey Shore* was in court the other day and the judge called her a “Lindsay Lohan Wannabe.” I’m still trying to figure out who should be more offended.

In Iran, a woman can be stoned for committing adultery. In the United States, women commit adultery while stoned.

The Chinese government is apparently changing their “one child per family” rule. Now you can have a second kid to work the night shift.

According to a survey, the three most stressful cities to live in are Detroit, Los Angeles, and Cleveland. The reasons: the Lions, the Dodgers, and the Browns.



JIMMY KIMMEL LIVE with Jimmy Kimmel

Lady Gaga won eight awards at the VMAs and showed up covered in actual meat. This Atkins diet is getting out of control.

After 24 years and 1,800 pounds of yo-yo diets, Oprah’s final season is upon us.

Lindsay Lohan is in talks to make her first post-jail/rehab appearance on *Oprah*. I just hope Oprah doesn’t give her a car.

George Michael once hit three parked cars with his one moving car. It’s why he named his band “Wham” in the first place.

New FBI statistics say that crime in the United States fell 5 per cent from last year. You see what happens when we put Lindsay Lohan in jail?



LATE NIGHT with Jimmy Fallon

The Jerry Springer Show turned 20 years old, which means it’s old enough to be a grandmother on *The Jerry Springer Show*.

Newt Gingrich said President Obama is out of touch with how the world works. Then Gingrich was like, “Hold on, I think someone is faxing me something.”

A Playboy centerfold was tackled yesterday when she tried to open the emergency door on an airplane flight. She must have put up quite a fight because it took all 156 men on board to subdue her.

A new study found that two-thirds of the world’s penguins are threatened. Which begs the question, why do they keep answering the phone?



THE LATE LATE SHOW with Craig Ferguson

I like Medieval Times, but if they wanted to have a real medieval experience, they would knock out half your teeth and give you food that would give you dysentery.

It’s a bad day for George Michael. He’s going to jail because he crashed his car under the influence. The judge gave him eight weeks in jail. He said he’ll appeal for a longer sentence.

Last week, Australian scientists discovered tractor beams and this week, they discovered that bats have regional accents. Is there anything Australian scientists can’t do?

It’s a great day for the leader of the free world. Of course, I’m talking about Oprah.



Best of THE LATE SHOW with David Letterman

There’s a restaurant in New York City where you get a hot dog for \$69. To be fair, the mustard and the relish are free.

President Obama has passed a new policy that will protect the coasts. You wouldn’t want anything bad to happen . . .

New York is in the middle of a drought. I was just at the reservoir in Central Park, and it’s amazing — the bodies are floating at their lowest levels.

It was so nice out today that Mel Gibson released a tirade of pleasantries.

Justin Bieber is 16 years old, and he’s writing his memoir. Part one will be about the early years.



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ANNOUNCEMENTS

THE AMAZING PACE - Race through downtown London solving clues and overcoming both physical and mental challenges. Be the first team to reach the final checkpoint and win! Support The Lung Association. Contact Lindsay Pierce for more information 519-453-9086, lpierce@on.lung.ca or www.theamazingpace.ca

FANSHAWE COLLEGE 2010 UNITED WAY CAMPAIGN Back by popular demand, staff and students at the London Campus will officially kick-off the London Campus Campaign with a chili competition on Thursday, October 14, 2010. Join celebrity judges Mike Callaghan (2009 and 2010 National Chili Champion); Janice Zolf ('A' News); Fanshawe President, Howard Rundle; Fanshawe Student Union President, Joe Scalia and Andrew Leckie, CEO, United Way of London & Middlesex. For \$3 per student and \$5 for non-students, you will have the opportunity to taste some of the best chili in the region! We will be serving chili in the James A. Colvin Atrium (formerly 'B' cafeteria), Forwell Hall and 'H' Cafeteria from 11:00 a.m. to 2:00 p.m. Come and join us! Competition is “heating up” for bragging rights for the 'best darn chili on campus!

GETTING PHYSICAL ON CIGARETTES - QUIT SMOKING PROGRAM - We are currently recruiting female participants who wish to start this program in September 2010 or January 2011. All participants will engage in a free 14-week exercise program at a supervised private facility on the UWO campus (ehpl.uwo.ca). In addition, participants will be given a free 10-week nicotine replacement therapy step down system (NicoDerm patch). This trial is fully funded by the Canadian Cancer Society Research Institute. If you are interested in attending an information session, or if you have any questions, please contact Lyndsay Fitzgeorge (phone: 519.661.3211 or email: gettingphysicaloncigarettes@gmail.com). More info on this program can be found at: http://www.ehpl.uwo.ca/projects.htm#Lyndsay1. We look forward to hearing from you!

TB SKIN TESTING CLINIC

The TB Skin testing clinic is available for Fanshawe students and will be offered by the Fowler-Kennedy Clinic from Sept. 13th – Oct. 11th (Mon Tues & Wed) from 10 a.m.-12 noon in Rm SC 1014. Students should bring a valid health card and \$15 cash only. Must wait 20 min in waiting area after injection and must return 48-72 hrs later to have test read. Please note no TB tests on Wed Sept 29.

FSU CLUB DAY- SEPTEMBER 23 - Are you looking to start a club or be in a club? Do you want to be a part of student life on campus? Come stop by the F Hallway on Sept.23 to learn more about the Fanshawe clubs and organizations on campus and meet the individuals from the FSU approved clubs.

FSU SEXUAL AWARENESS WEEK- SEPT.27-OCT.1 - Check us out while we focus on the oldest and most fun activities on the planet, sex! Special sex speakers, sex comedians, sexy

shows and contests. Also check out our Sexual Awareness issue of the Interrobang on Sept.27 for articles related to sex and everything to do with sex. Pick up your copy FREE on the newsstands throughout the college. To volunteer contact: Veronica Barahona, fsuinternal@fanshawec.ca or 519-453-3720 ext 234.

SERVICES

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GENERAL

THINKPAD LAPTOP FOR SALE! - I have a think pad laptop for sale. Really, really good condition. Asking

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

\$900.00 OBO. Please msg me at m_wilkins30750@fanshaweonline.ca if you have any questions.

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

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Falcon athletics among best

JEFFREY REED
SPECIAL TO INTERROBANG

The more things change, the more they remain the same at the Fanshawe athletics office. Yet at the same time, the sports offerings at Fanshawe have matured to the point where manager of athletics, Mike Lindsay, can hardly contain his pride.

Twenty-nine years ago, this scribe walked into Fanshawe's tiny B gymnasium to meet with the athletics staff for an interview. I was greeted by Lindsay, team trainer Ernie Durocher and men's basketball coach Glenn Johnston – all engaged in lively banter. A recent visit to Fanshawe's J gym complex saw me face-to-face with Lindsay, Durocher and newly-appointed athletic officer, Eric Collins – and the banter continued.

Lindsay, a member of the Falcons athletic staff for almost 40 years, was named the 2009-10 Canadian Colleges Athletic Association athletic director of the year. Durocher, whose title is now athletic officer, remains a key member of the Falcons staff. Johnston's back, too – for a 35th season. Combined, the trio boast more than a century of experience.

Add Collins and his fresh enthusiasm to the mix, and you have key ingredients for an athletics program second to none in the CCAA.

"We're almost 50 years old now, and we have a tradition for the first time," said Lindsay of Fanshawe, a founding member of the Ontario Colleges Athletic Association in 1967. "We are one of the most successful athletic and academic schools in the country."

The 2009-10 school year was a huge success for Lindsay and the entire athletics program. The women's cross country team won CCAA gold, as did runner

Liliane Sparkes, while the men's squad claimed bronze. Also, the women's soccer team won silver. At the OCAA level, there were numerous winners, including gold for overall team cross country, men's and women's cross country, women's outdoor and indoor soccer plus numerous individual honours. Fanshawe also claimed silver and bronze in many categories.

As a testament to the depth of Fanshawe sports, despite national and provincial success, Lindsay and Collins can't say enough about the college's popular intramural and extramural hockey programs.

"Our women's program, for the last several years, has played at the University of Western Ontario," explained Collins. "The interest has been so strong during the past few years, we've had to turn players away. But we're at a point now where we can sustain our own women's recreational league, and have the convenience of playing at (nearby) Stronach Arena."

The top men's and women's intramural hockey players represent Fanshawe at extramural tournaments. In fact, despite the fact neither Fanshawe nor the OCAA have a varsity hockey program, hockey remains an integral part of overall offerings.

"When asked if we have hockey at Fanshawe, I say, absolutely! We have 32 men's teams, plus 64 ball hockey teams, and three women's teams," Lindsay said.

With numbers like those, expect the fire to burn brightly for continued banter at the Fanshawe Falcons hot stove league.

Jeffrey Reed is a professor in the Corporate Communication and Public Relations graduate program at Fanshawe College, and an award-winning journalist.

Women Falcons off to fast start

SARAH LAWRENCE
INTERROBANG

The Fanshawe Falcons women's soccer team kicked off their season in impressive style with a 6-0 shellacking of the Lambton Lions.

The girls' soccer team had been busy holding tryouts and making cuts to prepare for their first home game of the season. Last year's team had a dream run after being doubted and counted out early in the season. They finished the year as the OCAA gold medal champions and the CCAA silver medalist.

"It was incredible to watch," says James Zankowicz, an avid soccer fan. "To see people in my own class accomplish what those girls were able to do after being doubted so early in the year was just really fun to be a part of."

This year's squad has about half their players returning with the core of their championship team still intact. The coaching staff, headed by London F.C. coach of the year nominee Martin Painter, also remains the same. With the returning players, an outstanding coaching staff and new talent highlighting the roster the season is shaping up to be an interesting ride.

Goal scorers for Fanshawe in their win included Emily Niermann, Jaynie Vandewalle, Jessica Bergsma, Lawren Comrie, Victoria Morrelly, and Kolbi Bell.



CREDIT: ANTHONY CHANG

Fanshawe's Jessica Bergsma battles for the ball during the teams opening 6-0 win over Lambton. Bergsma also scored a goal in the game.

Falcon golf teams tee off on a new season

ANDREW EVANS
INTERROBANG

Coming off an impressive 2009 season that culminated in a fourth overall finish in Ontario, the expectations for this year's editions of the Fanshawe College men's and women's golf teams are very promising. After a bronze medal finish at last season's Ontario Colleges Athletic Association championships in Welland, Ontario, coach Andy Shaw believes this year's team has a very good chance to improve upon those results and compete for an overall medal finish for the season.

The Falcon's season tees off this week with tournaments at The Raven Golf Club at Lora Bay, as well as the Fanshawe Invitational at London's Thames Valley Golf Club. It is expected that team returnees Taylor Booth and Steve Bridgland will once again be key contributors to this year's men's team, while Sarah Pickersgill will be looked to as a key part of the women's team.

Booth will be looking for another strong showing this season after

a successful campaign last year that featured a silver medal finish at the OCAA championships, with impressive scores of 74, 67 and a final day 80. Meanwhile, Steve Bridgland will be looking to improve upon his 32nd place finish at the 2009 OCAA Championships.

On the women's side, Pickersgill will be looking for another strong showing after impressive sixth and eighth place finishes at last year's Fanshawe Invitational and OCAA championships.

Following this week's tournaments, the Fanshawe golf teams will compete in tournaments at the Wolf Run Golf Club in Lindsay, Ontario, the Lakeridge Links in Whitby, Ontario, and will round off the season at the Lochness Links in Welland, Ontario, before heading to the 2010 OCAA golf championships being played at The Raven Golf Club at Lora Bay, where the Falcons hope to improve upon last season's results in hopes of sending a team to this year's Canadian Colleges Athletic Association championships being hosted by Thompson River University in Kamloops, B.C.

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See Rob Thorpe in the Fanshawe College Athletics Department

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www.fanshawec.ca/athletics



CREDIT: AUTOMOBILEMAG.COM

Suzuki is taking another run at the North American car market with the Kizashi.

Kizashi could have been better



MOTORING
NAUMAN FAROOQ
naumanf1@yahoo.com

Suzuki is one of those brands popular in Asia, but almost non-existent in North America. Suzuki is hoping to change that with the introduction of their mid-size sedan, the Kizashi.

The last time Suzuki had a mid-size sedan in the Canadian market, it was a rebadged Daewoo, and it was called the Verona.

The Verona was a decent car, but hardly anyone bought it. It is a rarer sight on our roads than a Lamborghini Gallardo. Suzuki is hoping that the Kizashi will do a lot better, but is it any good?

From a styling point of view, it certainly is. Most cars in this segment look dull, but not the Kizashi. This is a very attractive car and plenty of people complimented the car while it was in my care. They were even more surprised when they looked inside.

The interior is not only spacious, but also well built. The quality of every surface is top notch and that was surprising for a car in this class. Then there are the seats, which look great and are very comfortable to sit on. If you travel long distances, you will like the Kizashi.

You will also like this car if option packages annoy you, because the Kizashi has none. All models sold in Canada have the same equipment (including the great Rockford Fosgate stereo), have the same engine and gearbox and have all-wheel drive. The only thing you get to pick is the colour.

The Kizashi is a one-flavour model and you will either like it or not. I'm not entirely convinced and here's why. My first issue is with its engine. It has a 2.4-litre, four-cylinder motor that produces 180 hp and 170 lb/ft of torque. On paper, the power output seems adequate, but in reality, this car feels severely underpowered and, thus, is not fun to drive. I also don't like its CVT automatic gearbox, which, when being pushed, sounds like a weed whacker. If you are after performance, this won't please you.

Handling is much better. Not only is the chassis and suspension set-up quite good for the twisty stuff, the steering feel is excellent, in typical Suzuki fashion. All-wheel drive (which is engaged by a dash-mounted switch) also helps in traction, especially in wet weather.

Ride comfort is adequate, although it does bang and crash over bumps more harshly than you would expect.

You will also have to pay more than you expect, the Kizashi in its one and only trim (which

sadly does not include a navigation system) is yours for \$29,995.

That is a lot of money for a car that is at best adequate – a B-minus, you could say.

Suzuki has high hopes for the Kizashi, and only time will tell if it will be a sales success. I like this car, but it could have been better.

Time to join intramurals



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 or intramural activities. Since I work at the Fitness Centre, I feel obligated to ensure that every student is aware of the Athletics Department Intramural Program.

What are intramurals?

Fanshawe intramurals are a recreational service provided by Fanshawe's athletic department. In a nutshell, they 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. The intramural program was created to serve the casual sports enthusiasts' needs.

What sports are available?

During the fall semester, 5 on 5 basketball, 3-pitch softball, men's volleyball, co-ed touch football and women's volleyball are all offered. There are even extramural-intramural sports that include men's and women's ice hockey. The ice hockey teams actually compete against other colleges. Not only is it a great deal of fun, there is also lot of Fanshawe Falcon pride involved!

This sounds great, how do I sign up?



FANSHAWE CAMPUS REC

Head to J building, and visit the athletic department desk. You can pick up registration sheets for your sport of choice and begin recruiting your team!

But I'm new to the school, I don't know anyone!

Start befriending your classmates! Also keep in mind that anyone can be on your team, provided they are Fanshawe students.

When is the sign up deadline?

Sign up deadlines vary for each sport since they run at different times in the fall semester. Be sure to visit the athletic department as soon as possible so you don't miss your specific registration deadline!

Is there anything else I should know?

Chances are you will plan on creating a team with your classmates. 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. Also, 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!

Have a question? Send me an email and your question and answer may appear in this column.

V BIG SATURDAY FOR FANSHAWE ARSITY SPORTS SEPTEMBER 25TH

Fanshawe Cross-Country Invitational

at Fanshawe Conservation Area

(Women's Race @ 11am, Men's Race @ 12pm)

Women's Soccer

Hosting Conestoga @ 12 pm at Fanshawe Soccer Stadium

Men's Soccer

Hosting Conestoga @ 2 pm at Fanshawe Soccer Stadium

Women's Volleyball

Hosting Fleming @ 12pm in "J" Gym

Men's Volleyball

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Falcons lace up for new season

ANDREW EVANS
INTERROBANG

As another season gets underway for the Fanshawe Falcons cross country teams, the goals for this season are at different ends of the spectrum for the men's and women's teams. On the women's side of things, it is expected Liliane Sparks and company will once again be in the mix for the Ontario Colleges Athletics Association championships. On the men's side, this year's team is a young up and coming group featuring a lot of new faces on a team that captured the gold at last year's OCAA and Canadian Colleges Athletics Association championships. While expectations may not be as high for the men as they are for the women, coach John Loney still expects the men's team to come together and put forth a strong effort this season.

The Falcons' season kicked off this past weekend with The St. Lawrence Invitational held at Gray's Creek Conservation Area in Cornwall, Ontario on Saturday. Then the team returned to London to run in the non-competitive Terry Fox Run on Sunday at Springbank Park. The Falcons will continue training this week in preparation for the 14th Annual Fanshawe College Invitational, being held on Saturday, September 25 at the Fanshawe Conservation Area. The Fanshawe Invitational will be a good measuring stick for this season as the Fanshawe Conservation Area will play host to the OCAA championships on October 30.



Liliane Sparks

Sparks will once again be looking for another strong season after a successful campaign last year that culminated with a gold medal finish at the OCAA championships, with an impressive overall time in the 5km event of 18:45. Meanwhile, Melissa Linker will look to improve upon her seventh overall finish at the OCAA championships from a year ago.

After this weekend's action, the Falcons will compete at the Sir Sandford Fleming Invitational in Peterborough, Ontario on October 2 and finally the St. Clair College Invitational on October 16. Following the St. Clair College Invitational, the team will have two weeks to prepare for OCAA championships here in London on October 30, where they hope to once again qualify for the CCAA national championships being held this year at O'Dell Park in Fredericton, New Brunswick on November 12 and 13.

File these gimmicks under G



THE HEEL TURN
SCOTT STRINGLE
stringle78@gmail.com

For every wrestling character that becomes hugely popular, such as Stone Cold Steve Austin or the Undertaker, there are dozens more that are complete failures. This could be due to the character concept not being fully thought out, or perhaps it's because the gimmicks are just plain dumb, as the following dishonourable mentions will prove.

Fred Ottman got his start in the WWF in 1990 as Tugboat, but he will forever be known more infamously for his short run in WCW as the Shockmaster. In front of a live audience at Clash Of The Champions XXIV, Sting (with his original face paint) and Davey Boy Smith were being antagonized by Sid Vicious and Harlem Heat, who demanded to know who their mystery partner for Fall Brawl was going to be. Sting replied that their partner was going to shock the world, because he was none other than the Shockmaster. This was Ottman's cue to come bursting through a sheetrock wall, when he tripped over a piece of wood and fell, losing his mask in the process. It should be mentioned that his mask was merely a Star Wars Stormtrooper helmet that had been painted with glitter. His embarrassing stumble caused Davey Boy to exclaim that he "fell on his f-ing arse!" Ottman got up and continued the segment with Sid, but the damage was already done. He



CREDIT: 4.BP.BLOGSPOT.COM

Max Moon, the man from space, is a gimmick Konnan wishes to forget.

would later go on to portray Super Shockmaster, before WCW wised up and realized that both gimmicks were equally lame.

Max Moon was originally portrayed by Konnan, of ECW & WCW fame. Now here was a gimmick perhaps even worse than Shockmaster's. He was supposed to be a cyborg from outer space, or the future, and his costume contained circuitry and a pyrotechnic gun. This "spacesuit" allegedly cost the WWF \$1,300, which is pretty expensive for an outfit that looked like a child's Halloween costume. Konnan would only have three televised matches before the gimmick was handed over to Paul Diamond, who didn't fare much better, having to job to midcarders like Rick Martel and Skinner, before the Max Moon character was scrapped completely in early 1993.

Barry Darsow most notably was Smash, one half of the tag team Demolition in the late 1980's. A few years later the WWF would repackage him as the "Repo Man,"

a sneaky heel who really enjoyed repossessing cars and other belongings. This failed to explain why he wore a Lone Ranger style mask. Perhaps he was embarrassed to show his face while doing such a ridiculous gimmick? Also puzzling was why his outfit had tire tracks all over it. Had he been run over by an angry repossession? The Repo Man carried a tow rope with him at all times. This prop was used less to tow cars, and more to tie up his opponents so that he could assault them after matches. He actually had some high-profile feuds with legends such as the British Bulldog and Randy Savage, whose hat he had stolen, before he quit the WWF in early 1993. Delinquently paying car owners would breathe a sigh of relief over the Repo Man's retirement.

For totally uncensored, no holds barred wrestling commentary, tune into The Ring Crew Wrestling Show on Facebook. These guys have a new podcast out every week and you never know what you will hear next on their show!

Battle for the North



NFL CZAR
JUSTIN VANDERZWAN

I realize it is ridiculously early in the season, but the game I am featuring may be the deciding factor in the NFC North division. The Green Bay Packers take their high expectations with them to Soldier Field to take on the inconsistent Chicago Bears.

The Packers are favoured by many to make it to the Super Bowl this season, and while they have the talent, can they win the tough games? They will be seriously tested when they take on Brett Favre and the Minnesota Vikings, but they will have to win games against their other division foes as well.

Chicago comes into the season as a major question mark. They brought in quarterback Jay Cutler a season ago, and he was very erratic under centre. Now, they bring in defensive end Julius Peppers to bolster their pass rush. Bears head coach Lovie Smith is under a lot of pressure to get the Bears to the playoffs this season, and a win over the Pack would certainly help their cause.

Key Matchups:

1. Aaron Rodgers vs. Jay Cutler: Known as two of the better quarterbacks in the league, these two should provide a very good matchup through the air. In their meetings a season ago, both quar-

terbacks struggled to take care of the ball. They will have to be better in this one.

2. Julius Peppers vs. Mark Tauscher: As I said, Peppers was brought in to give the Bears a huge boost in the pass rush. Tauscher has struggled early in the season, so this matchup may favour the Bears slightly. If Peppers can get to Rodgers, it'll be a long day for the Packers offence.

3. Jermichael Finley vs. Greg Olsen: The two tight ends in this game are very talented. Finley is an up-and-coming star, while Olsen has been good for a few years. If defences don't scheme for these men, they will pay big time.

The Rundown

This has the potential to be a very one-sided game. The Packers are much more talented, but the Bears are very scrappy, and find ways to stay in games. If they can avoid turning the ball over to the powerful Green Bay offence, the Bears may be able to hang with them.

I expect Peppers and the rest of the defence to get after Rodgers, and force him to make a few mistakes. Despite all that, I am still going to pick the Packers to win, 31-24.

For next week, Donovan McNabb makes his return to Lincoln Financial Field, as the Washington Redskins travel to Philadelphia.

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

FREDDIE'S CORNER

INTRAMURAL DEADLINES AND OPEN GYM ACTIVITIES

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Residence Rec Begins – Tues. Sept.21st and Sun. Sept.26th

Co-ed 3 Pitch Softball – Fri. Sept.17th

5 on 5 Basketball – Mon. Sept.20th

Co-ed Touch Football – Wed. Sept.22nd

Women's Ice Hockey - Tues. Sept.21st

Women's Volleyball – Mon. Oct.4th

Men's Volleyball – Mon. Oct.4th

Men's Ice Hockey – Wed. Oct.6th

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Signup at Athletics, J1034

EXTRAMURALS

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Men's Ice Hockey @ Sheridan – Thurs. Nov.11th

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Avon Theatre Stratford at 8:00 p.m.

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8 PM in RM D1060
Fanshawe College

FREE for Fanshawe Students

Wednesday September 22

ELECTRIC OPEN MIC NIGHT

Wed. September 22

9 PM Doors in Out Back Shack

Sign up sheet available @ 8 PM

NO COVER

8 BALL POOL TOURNAMENT

Monday Sept. 27th

5:00 PM

GAMESROOM
(SUB Building)

ONLY \$2 to enter

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Talk Sex
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Tuesday September 28

12 p.m. in Forwell Hall

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FRIDAY SEPTEMBER 24TH

Out Back Shack • 9:30 PM Doors

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