

CRIPZ: A WEBCOMIC

VOTE HIP HOP LEGEND WYCLEF
JEAN FOR MAYOR--HE JUST
WANNA BE IN CHARGE OF
SOMETHING, YA DIG?



Question of the week

If you could change one thing about London, what would it be?

Hailey Duck

—“I would make transportation cheaper.”



Kirsten Lewis

—“I’d make people more aware of historical landmarks.”



Brittany Jones

—“I’d change the negative reputation of the east side of Adelaide.”



Kareem Thompsen

—“I’d change the clubs in London.”



Dillon Tillus

—“I’d change nothing, London rocks!”



Yoseph Khafaja

—“I’d change the drinking age to at least 21 instead of 19 because 19 is still a young age to purchase alcohol and go clubbing.”



Magnolius performing at the Out Back Shack during New Music Friday.

CREDIT: ANTHONY CHANG

10 Things I Know About You...

What’s with South?

Jason South is in his first year of fitness and health promotion. He says: “I am a tall, friendly person who strives to succeed both in school and sports. Outgoing, competitive and always work hard.”

1. Why are you here?
Get a good education, meet people and have fun.

2. What was your life changing moment?

Getting mono in Grade 9.

3. What music are you currently listening to?

Techno.

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

If you want to make a difference, do something.

5. Who is your role model?

Bill Gates.

6. Where in the world have you traveled?

Farthest would be Virginia.

7. What was your first job?

Labourer for a plant nursery.

8. What would your last meal be?

Spaghetti with meat sauce.

9. What makes you uneasy?

Bad drivers.

10. What is your passion?

Football.

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.



Nothing like homemade pizza for Amanda Snyder.

CREDIT: SUBMITTED

OUT. events

monday 11

Thanksgiving Day

COLLEGE CLOSED



tuesday 12

Nooner – Forwell Hall

Comedy Arthur Simeon

FREE Movie in Oasis 8pm

PREDATORS



wednesday 13

FREE Comedy Night

OBS 9pm

First Run Film Rainbow Cinemas

\$3.50 students. \$5.00 guests.

Life As We Know It



thursday 14

Nooner – Forwell Hall

Music Sarah Smith

Oktoberfest Pub

Forwell Hall - 9:30pm

friday 15

New Music Night

OBS - 9:30pm

Fanshawe @ The Knights

Knights vs Storm

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KIOSK QUIZ

When are Health Services’ (doctors’ office) acute walk-in times for students?

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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The comic side of disability

ERIKA FAUST
INTERROBANG

People with disabilities are slowly coming more into the media spotlight – characters like Artie on *Glee* and Raymond from *Rain Man* give others a view into life with a disability, right?

Not so, according to Jeff Preston, but he's aiming to provide one.

Preston was diagnosed with congenital muscular dystrophy at three months of age, and uses an electric wheelchair. He has always been an advocate for disability rights, and recently raised over \$25,000 during his "Mobilize March," when he wheeled from London to Ottawa to advocate for accessible transportation.

Cripz: A Webcomic is the brainchild of Preston and his girlfriend and creative partner, Clara Madrenas. It gives "walkies" – as they are called in the comic – some insight into what it's really like to be a high-school student in a wheelchair.

"It was about creating something that was different than you normally would see," explained Preston. "We wanted to make a story that was truer to the disabled experience, while also taking a very sarcastic – perhaps sometimes cynical – look at life with a disability. But mostly we wanted to tell something humorous – to tell a funny story to say that not only is it okay, but it's a good thing to laugh about some of these things."

Cripz tells the story of teenagers Rhett Breton and Griffin Moonlove. The setting is a high school in a fictionalized version of London, Ontario. The comic explores issues like the complexities of high school, friendship and disability.

"There are a ton of influences that go into Rhett and Griff. I think at their core, they really are extreme versions of myself," explained Preston. "I have these two elements in my life where I do have this real disability advocate side – this very serious side about pushing forward the disability rights movement – but I also like to think I have a fun, colloquial side."

Preston said he enjoys playing with the dynamic of the friendship, and taking their personalities in different directions. "If Rhett is going to be all about the disability rights movement, what if we take that to the extreme, and what if we make him a militant disability rights warrior? With Griff, if he's a social butterfly – what if we took that to the extreme? We made him this vacuous, arrogant dude – that's really the only word to describe Griff; he really is this 'dude.'"

"They really play off each other, and call each other out on the things that they do. I think that's something that I really like about



CREDIT: CRIPZ.CA

Clara Madrenas and Jeff Preston are the creative forces behind *Cripz: A Webcomic*.

the characters, is that it's not just about Rhett being the smart one and Griff being the dumb one; they're both intelligent in different ways."

In addition to its main storyline, *Cripz* features special comics such as *Cripz Goes to the Movies*, which explores the representation of people with disabilities in film and *Intervention*, which looks at issues in London's own community.

Cripz is only a few months old, but it has already made an impact with people around the world. Within two weeks of posting the first comic at the beginning of May, 1,000 unique visitors had visited the page. The comic's popularity has only increased since then, according to Preston: "(We) just rounded over 9,000 unique visitors – we're coming up on our 10,000th anniversary."

"We've had messages from a guy who follows us from Pittsburgh who loves it, we've had readers in Europe, Britain, Spain ... quite a few in the States now. We're getting towards the point where we have more readers in the States than we do here, which is pretty exciting."

Preston and Madrenas have a good system going to be able to complete each comic in a short time. "(I) write the barebones script and Clara makes it good," explained Preston. Though Madrenas has no formal artistic training, she designs the characters and backgrounds entirely on her own. Preston said she has amassed a database of characters' facial expressions, body positions and settings so that the comic can be put together quickly.

The original idea was to create an animated series and post it on YouTube. The couple decided on creating a webcomic instead, "Largely because it allows us to talk about issues as they're happen-

ing," said Preston. "There's a lot of production time involved in doing an animation. This way, we're able to really throw a comic together in a couple of hours, so we can talk about issues as they're happening, while also telling the longer story that interests us."

Preston and Madrenas said they would love to publish a *Cripz* collection one day, but for now the goal is to continue their success. "Right now, it's about continuing the story, telling a good story, getting that message out there and giving people with and without disabilities some characters that they can care about, learn about and want to know more about."

Check out *Cripz* at www.cripz.ca. You can learn more about Jeff Preston at www.getmobilized.ca.



CREDIT: ONEGATE.COM

The bursary from CSA and the Canadian Publishers' Council can be used for supplies students need most, like textbooks.

New bursary available to all students

JESSICA IRELAND
INTERROBANG

The College Student Alliance board, in partnership with the Canadian Publishers' Council Higher Education Division, is offering six \$250 scholarships to all CSA-member colleges.

"The Canadian Publishers' Council approached the CSA, looked at the work the CSA does and honoured (it) by offering these bursaries," said CSA president Justin Fox.

This bursary has been in the works for a couple of years, said Fanshawe Student Union president Joe Scalia. It is a joint bursary between CSA and the Ontario Undergraduate Student Alliance, so six students from CSA member colleges and six from OUSA member universities will be receiving the money.

In order to be eligible for the bur-

sary, students must visit www.textbookoptions.ca and complete a brief questionnaire. The Canadian Publishers' Council board will decide on the winners and send out the cheques. There are about 20 member schools with CSA, but with Fanshawe being a bigger school, it is likely students have a good chance of receiving one, said Scalia.

"We've been working with CSA and OUSA for the last two years to understand student issues more," said Colleen O'Neill, executive director of the Canadian Publishers' Council. "We're interested in what students have to say (when they fill out the questionnaire)."

"We'd love if they bought learning materials (but) there are no strings attached to (the bursary). Given the cost of education, we thought it might help out."

Those interested must apply by November 1.

hi-times

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Kindness starts with FS(You)

ERIKA FAUST
INTERROBANG

Meredith Fraser said she believes kindness can change the world.

In fact, she believes this so strongly that during the month of October, she's encouraging the entire city of London to end hate by doing good deeds.

Fraser is the head of LUSO Community Services' anti-hate and anti-bias program. She began the 1,000 Acts of Kindness campaign last year. "The goal is to work toward ending hate by choosing to spread kindness instead," she explained.

"It's about making a choice in the moment: you can ... invest in positivity ... or negativity. Those opportunities come to us all the time," she said. "Those things add up ... and create change."

The 1,000 Acts campaign is "asking people to harness the transformative power of kindness and to end hate and discrimination. It's a power we all have," said Fraser.

The 1,000 Acts of Kindness campaign began last year, and the response was overwhelming. Fraser said over 52,000 good deeds were registered online during October in 2009. Though this year's goal is 10,000 good deeds across London, "It's a way of life, not just something you do (for one month)," said Fraser. "But it's nice to have a goal to strive for to keep folks motivated."

The Fanshawe Student Union always encourages kindness on campus, but will have the campaign run from October 18 to 31. The campus goal is to have 1,000 good deeds registered during the



two weeks.

Sam Hodgson and Rachel Pray are second-year students in the recreation and leisure program. They are in a work-study placement in the FSU, and are heading the campaign on campus.

"We're going to promote awareness of random acts of kindness, just getting people into the habit of doing small things for other people to make yourself and the other people feel good about it," said Hodgson.

"We're going to have volunteer spotters around the school throughout the week, just watching people and taking a tally," explained Pray. A blog will be set up for students to register their good deeds throughout the week.

"We need about 20 volunteers," said Pray. "We're going to have a meeting with them on October 18, and there's a free pizza lunch."

For more information on LUSO's 1,000 Acts of Kindness campaign, or to register for the campaign, check out www.1000acts.ca. To volunteer or find out more about campaign on campus, visit the blog at fsu.ca/kindness or visit the Biz Booth to sign up.



CREDIT: SUBMITTED

Veronica Barahona, second from left, and some of the Shine crew.

Fanshawe shined

JESSICA IRELAND
INTERROBANG

This year's Shinerama campaign raised a strong \$5,000 for cystic fibrosis research.

While it did not reach its \$8,000 goal, Veronica Barahona, vice-president internal of the Fanshawe Student Union, is still happy with the efforts.

"I'm very proud of the \$5,000 we made. I did things differently this year. I didn't want to go to the students for money, I went to the faculty," she said.

Last year's campaign focused on making money off the students, which was successful but Barahona chose another route, explaining that students are already dealing with many financial burdens.

This year's fundraising included a sold-out pub and about 60 volunteers coming out for Shine Day. There were also countless people

coming out to help over Fanshawe's orientation week, said Barahona.

"Overall, it was a nice experience," she said.

This upcoming January she'll be getting a head start on next year's campaign for the incoming VP internal by looking into corporate sponsorships and other details. "Four months (in the summer) is not enough for one person," she said, adding that last year's VP internal had an assistant whereas she did the work this year on her own.

"I'll be giving the next VP internal a leg up," she said.

Last year's campaign raised \$7,200.95, almost reaching the goal of \$10,000.

National numbers for Shinerama won't be determined until late November, as some colleges and universities still have events running.

EcoLiving London launches

JESSICA IRELAND
INTERROBANG

London is about to get a little greener.

EcoLiving London, a non-profit organization with a focus on environmentally-friendly lifestyles, is looking to provide not only resources but opportunities for those interested in green issues.

"The whole idea behind it is ... if you go to environmental events, you see the same couple (of) faces every time," said founder Tiffany Roschkow. "They don't need to be convinced. Our vision is to create resources and events and learning opportunities that would be attractive to someone without the environment on their radar."

The website, www.ecolivinglondon.org, is a one-stop shop for how-to articles, recipes featuring local foods, events and even a directory of local businesses to help you "live lightly in London,

Ontario."

"That's our edge – celebrating local resources and bringing our community together," said Roschkow. "A lot of (our) solutions are local."

So instead of heading straight to your nearest Chapters for books on going green, written by people who could be from British Columbia or the United States that don't include information on your own community, EcoLiving London provides geographically-relevant information.

Besides encouraging the community to come out and be green in person at events like GreenDrinks, the organization is also engaging interested Londoners through social media on their Facebook and Twitter pages.

"About 75 per cent of the people on our Facebook community are not on our database, they're new," said Roschkow. "Facebook and Twitter are pulling in the new peo-

ple."

Their blogs are also all about locals, featuring people who have already been writing about ecotopics in the city, such as Michelle Lynn Goodfellow who writes on sustainable cleaning methods.

Students are a particular group they're looking to get involved with, as well. Those interested in sustainability and green careers should watch for events where students will get to meet with potential employers in environmental fields. Also, EcoLiving London is always looking for volunteers to be part of events, and will be creating different committees with spots for students.

For those interested in getting involved or attending some green events, check out www.ecolivinglondon.org, <http://twitter.com/ecolivinglondon>, or find them on Facebook for more information.

Man assaults officer on campus, RIDE program snares a few

ERIKA FAUST
INTERROBANG

Early in the morning on October 4, London Police were called to Fanshawe to assist Campus Security with a drunken man.

Shane Lockrey, a 23-year-old from Forest, was visiting friends in one of the residences when he became drunk and out of control in a common area. Campus Security called London Police Service to remove Lockrey from the premises. As officers were removing him, he became agitated and spit in one officer's face.

Upon arriving at the police sta-

tion, Lockrey spit in another officer's face.

"Spit can be considered a weapon," said Const. Dennis Rivest, public information officer for London Police Service. "If you've spit on somebody, you've assaulted them."

Lockrey was charged with two counts of assaulting a police officer.

London Police Services were also kept busy over Western's homecoming weekend, from October 1 to 3, making six drunk-driving arrests.

Five of the six arrested were under 30 years of age, and one was

only 18, not old enough to legally consume alcohol.

London Police Services called the numbers "disappointing." Ontario's new blood alcohol level laws in relation to drinking and driving have aimed to put an end to this dangerous activity.

"Officers will be out periodically now," said Const. Rivest. "You'll see them more frequently as the holidays roll around."

He also wanted to remind students that "anybody 21 years of age and under must have a zero blood alcohol level," as must drivers of any age who have G1 and G2 class licences.

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CREDIT: CHRONICLENWI.COM

Recent rise in teen suicides troubling.

Suicides on the rise

What you can do

JESSICA IRELAND
INTERROBANG

It seems the news lately is peppered with somber reports of teen suicides. Whether it's the student from Rutgers, New Jersey who ended his life after being outed online by his roommate, or two students from Northern Collegiate High School in Sarnia – a star athlete and a teenager dealing with mental illness – the reality is the last couple of weeks have seen too many young people taking their lives.

Sixteen-year-old Sarah* from Sarnia was at the movies on a Saturday night when she missed a text message from her friend John*. The next day, after she had gotten off work in the afternoon, she heard the news from a friend that John had died.

"A lot of people started to call and it started to sink in," she said.

Her friend was a happy teen in front of other people, but to his close friends, he dealt with being bipolar, said Sarah. He claimed to only participate in therapy to appease his mother, and so his little brother wouldn't remember him "like this," she explained. But his suicidal thoughts had been around for a while. He would often hint that if he were to kill himself, he'd hang himself, said Sarah. Around the time he committed suicide, he had chosen to go off his medication.

Sarah goes to Northern Collegiate, High School where mental health is not often on the talked-about topics list for school officials, she said. John is not the only suicide from last month at that school.

"Nobody expected the other to do it at all," she said. This other student allegedly had a good relationship with his family, was heavily involved in sports and very intelligent. His suicide still confuses students at the school, and there's only speculation on what could have been going on behind the scenes that stayed hidden from his school life.

"There could be unending pressure we don't know about, pressure to perform, perform, perform," posited Candice Lawrence, a counsellor at Fanshawe College, adding that mental health issues may not be something widely spoken about in the family as another possible reason. Hearing about a classmate who killed himself could be a trigger as well.

Not being able to open up in a supportive environment seems to be a running trend in these incidences. While Sarah's friend opened up to her, he still fought against his mental illness externally to please family. With the other Northern student, what he was fac-

ing may never be known. Some teens in the States faced harsh opposition when they wanted to open up about their sexuality.

"There are obviously issues not being addressed in schools," said Sarah, adding that she'd like to see assemblies letting students know there are people in the school to go to for help. "In high school, there are the same problems throughout the years – but new pressures to fit in."

Even kids as young as 10 seem to be dealing with an increased amount of expectations.

"My friends' kids ... they're already experiencing extreme pressure," said Lawrence, explaining parents place such high hopes on their children, put them in multiple after-school activities and take the attitude of "it wouldn't happen in my family" if serious issues crop up.

Some studies show teens' brains are still developing and continue to do so until they're around 24 years old, making them prone to irrational decisions. For them, suicide seems like a release from the pain and they may not realize it's permanent, said Lawrence.

High school and college are huge moments of transition, punctuated by seemingly larger moments full of peer pressure, expectations of yourself and from your family, and change. Whether you've got a younger sibling in high school, or a friend you're concerned about, here's some suggestions of what to look for:

- a family history that included someone committing suicide.
- predisposition to depression.
- isolation from peers, family then suddenly the individual becomes extremely happy – this is because they feel like they've come up with a way to eliminate the pain.
- gives away possessions.
- mentions they've had thoughts of suicide.

People won't open up unless they know they have a supportive environment. Participating in or condoning bullying only further isolates someone who wants to be themselves, whether they're figuring out their sexuality or they're dealing with mental illness. Bullying may seem like a playground-exclusive term, but it affects every age group. Be supportive of friends, and if you are concerned, let them know you're there for them. If necessary, you may be required to talk to their parents.

If you or someone you know need help, contact Counselling and Accessibility Services at 519-452-4282, located in F2010. You can also call the London Mental Health Crisis Service at 519-433-2023 – they will actually drive out to a person in distress.

* names have been changed

360° News: national and international briefs

NATIONAL NEWS

Environment Canada has put a \$44,000 price tag on the country's polar bears. The money will be spent on a study to appraise the animal's value as a national icon. Polar bears are big business for small northern communities. The Star reported that sport hunters pay up to \$30,000 to hunt the bears, while Inuit hunters can get up to \$400 per metre of hide. The study will attempt to look beyond the trophy value of the bears and examine "other consumptive values (meat, hide and other parts), nonconsumptive values (tourism, art, crafts), scientific/educational value, and existence value or value as an iconic species," the work statement of the study says.



INTERNATIONAL NEWS

According to a new report by the Centre for Disease Control and Prevention, more than one in four high school students and adults between 18 to 34 years old have at least one binge drinking episode a month. Two out of three high school students binge drink and about one in three adults do. Binge drinking means four or more drinks for women, and five or more for men. The CDC reports excessive use of alcohol is the third leading cause of preventable death in America.

France is warning citizens to be cautious about UK travel, after reports of a possible al-Qaeda attack on European cities. British officials have said it is not likely an attack will happen. Twelve people were arrested on October 5, but it has not been determined whether they are linked with the potential attacks.

– compiled by Jessica Ireland and Erika Faust

Academic supports available as midterms approach

ROBERT KITCHEN
STUDENT ACADEMIC SUCCESS SERVICES

As midterms approach, we thought it might be helpful to remind you about the variety of academic supports available outside of the help you are receiving from the faculty. These supports are available to all students, not just those who are struggling.

The Learning Centre located in A2019 has dedicated staff to help students with study skills, writing, ESL, math, physics and chemistry. Students can drop in to get help with homework in a supportive environment or make appointments for one-on-one help. There are study skills workshops throughout the semester, or students can make an appointment to get individual help with their study habits.

Peer Tutoring is offered by suc-

cessful students who want to help other students be successful too. To find out more information about peer tutors, visit www.fanshawec.ca/counselling. If you find you are doing really well and want to be a peer tutor for another student, you can drop your application off at F2010.

Student Success Advisors work directly with students, usually one-on-one, to provide a range of services to ensure their success. They also work directly with students to ensure they are in the correct program and assist with course selection. In addition, they will provide strategies and techniques that will help move students towards completion of their program and on their way to employment. In certain cases, a student will be referred to another area or department to help with their situation.

Student success advisors are available to all students and not just for those experiencing academic difficulty. They work with various departments across the college, so they have a very good understanding of what students in that discipline need to do to excel and truly enjoy their Fanshawe experience. Students are assigned to their student success advisor by school.

Visit www.fanshawec.ca/counselling to find the contact information for your advisor.

Students frequently comment that they were not aware they had access to such a wealth of services and supports. Please take the time to learn about the services and supports that you think might be helpful to you. We wish you great success on your midterms assessments this fall!

TEMPORARY PART-TIME PERSONAL ATTENDANTS NEEDED



Cheshire is a non-profit organization dedicated to meeting the housing and attendant service needs of people with physical disabilities. As one of 3 temporary part-time Personal Attendants working for Cheshire at Fanshawe's London Campus, you will assist a select group of students living in residence and attending Fanshawe College this year.

These assignments will be up to 8 months, working over the duration of the school year. During school holidays, hours may be limited or not available depending on the needs of the student consumers. Hours will be scheduled according to the needs of the student consumers and with regard to their classroom schedules. These will include short or split shifts, or stand alone bookings during the morning, afternoon or evenings. Schedules will include both weekday and weekend hours.

Although preference would be for students who live on campus, other applicants may be considered if they possess a valid driver's license and private vehicle for travel within London to the college. Successful candidates will be asked to provide a current Police Records Check and Vulnerable Positions Screening. Personal Support Worker, or related health care training would be an asset. You must be comfortable providing personal care as it relates to activities of daily living.

Resumes can be sent by e-mail, snail mail, or fax. Please note on your application that you are applying for the "Temporary Academic Attendant" positions. Starting rate is \$16.03 / hour.

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E-mail: betty.naylor@cheshirelondon.ca

Slaying the paper monster

ERIKA FAUST INTERROBANG

Think of Heather Burke as an organizational superhero. She owns the Ottawa-based Smart Space Organizing and is a member of Professional Organizers in Canada. In short, she's a trained professional organizer who can turn your desk's papery hell into a neat and tidy haven.

Burke said many students fall into one of two categories: pilers or filers. "If you've got piles of paper around, or your inbox is full of stuff, that generally reflects that you're a piler," she said.

One way to combat piler-ism is to keep all electronic and paper files named and colour-coded consistently – and to keep it all neat. "At the end of the day, clear away your desktop and email," said Burke. She also recommended preparing a task list for the next day to allocate specific chunks of time for each activity.

Another way to keep things neat and tidy is to use some organizational tools, easily purchased at Staples or the campus bookstore.



Literature Sorter
\$20.93

► "The literature sorter is great for pilers," enthused Burke. "Rather than having piles on your desk, it has a place for each of your piles." Each slot holds approximately a month to six weeks' worth of notes. When the slot is full, it's time to go through and decide what can be kept, stored or tossed. "When you go to write an exam or a paper, your notes are right there, not all over the room."



Wall-Mounted File Holders
\$11.39 EACH
\$25.32 for a pack of three

► Burke recommended prioritizing paperwork using wall-mounted sorters. She uses them for items that must be read immediately, action files used on a daily basis, reference files used often but not every day and other papers that need to be filed. She said you can also organize by subject. "It looks messy, but it's not meant to be pretty, it's meant to be useful," she explained. She recommended mounting these behind a door so they can be easily hidden during social times.



Coloured Hanging Files
\$10.75

► Burke recommended using either colourful folders or coloured tabs to keep notes organized. She suggested using one colour for each class, keeping that colour consistent from paper and email folders to binders and the highlighters used in the notes. She also recommended using tabs to organize within the folders – for example, the tab on the left denotes the class, while the tabs on the right sort papers into class notes, study notes, assignments and exams.



Magazine Holder
\$9.55
for two

► Burke suggested using magazine holders to store older notes neatly in a bookcase or on a shelf. These can be colour-coded and tabbed as well, to help you sort through older notes quickly and easily.

► Study notes aren't the only things that need to be organized; "Paper management is also looking after all the receipts and knowing expenses," said Burke. "Some people use a pocket file folder to file receipts on a monthly basis . . . and label (each file) so you know what's in there." You can also buy three-hole-punched pocket files so they can be neatly stored in a binder.



Pocket Folder
\$1.59

► Burke highly recommended the portable file box – which has space for hanging files, extra paper and other supplies – "Especially if you're moving from place to place to study!"



Portable File Box
\$19.56

► Sometimes, the simplest tools are the most effective. "(Post-its) are a major organizing tool," said Mark Hauge, general manager of Staples. "You can use them for study purposes." Post-its come in so many hues; they will definitely fit into your colour-coding scheme.



Post-it Notes
\$10.99
for a pack of five

► Hauge advised students buy shredders to dispose of all papers. "Identity theft is a really big concern, and it's not going to go away." He recommended shredding any papers or mail with your name on it – these papers may contain identifying information that could be used against you.



Shredder
\$68.92
and up

Organizational tools won't do you any good if they're stuffed with useless papers. "Get in the habit of purging regularly for notes you don't need," recommended Burke. "When you get a piece of paper, email or note, ask yourself to make some decisions: do I need to keep it? Do I have to act on it, or do I just need to file it?" She recommended students use the RAFT system for each paper they come across: Read, Act, File or Toss.

Above all, Burke stressed high visibility and easy accessibility. "Rather than making the student try to fit a system, we try to make a system that works for the student." Try a few different systems to see which organizational tools and styles work best to quash your paper colossus.

All pictures are from Staples.

Fanshawe's United Way Campaign goal ... \$100,000!



College Knowledge
Karrie Burke
Marketing and Corporate
Communications

Help kick-off Fanshawe College's United Way Campaign and show your support by coming out to Oasis, Forwell Hall, B Cafeteria or H Cafeteria on October 14 between 11 a.m. and 2 p.m. For the low price of \$3 for students and \$5 for non-students, you will receive a bowl of chili, bun, cold drink and dessert! It's the best price in town!

Last year Fanshawe staff and students set a new record with a \$95,000 donation to United Way. This money, raised through special events and donations, helped many agencies within our communities provide essential support to children, families and individuals.

Many people within our region continue to cope with difficult financial conditions and the need for the services supported by United Way continues to rise. This assistance would not be possible without our help.

Here are a few facts:

- One in five children in London lives in poverty
- There are approximately 1,500

homeless people in London with 360 shelter beds available

- One in five of us will experience a personal mental health issue during our lifetime
- One in four children entering the school system is not ready to learn
- One in five Londoners is an immigrant

How does United Way help?

United Way is dedicated to improving the lives of all people and creating a community where everyone matters. We all deserve a good start; however, not everyone has access to the same support systems. United Way focuses on making meaningful, lasting changes in people's lives, while offering help at a time when it's needed the most. For example, last year:

- Over 4,000 households accessed one of four United Way funded neighbourhood resource centres in London and accessed emergency supports like baby food and diaper banks, meal programs and employment supports
- Almost 7,000 people accessed United Way - funded individual counselling or group workshops to help address issues related to depression, anxiety, post-traumatic stress disorder, suicide and other significant mental health concerns. The local crisis line funded by United Way, received an additional

16,000 calls

- Nearly 10,000 children attended United Way - funded free or low-cost summer or after-school programming, helping build self-esteem, gain friendships and enhance literacy.

How can you help?

A little bit makes a big difference when we all work together.

- \$180 provides one year of tutoring for a child
- \$30 provides one hour of translation services for an immigrant family
- \$85 provides an individual living in poverty with one year of weekly meals with access to mental health counselling
- \$100 provides a senior living below the poverty line with one month of subsidized meals
- \$67 ensures a family will receive one hour of counselling that helps prevent emergency medical intervention and involvement in the psychiatric and criminal justice system
- \$200 provides an abused woman with one-on-one crisis counselling, a safety plan and access to essential community resources

If you would like to know more about United Way, check out their website at: www.uwlonon.on.ca.



Hello ... Bonjour ... Hola ... Ni Hao ... Namaste

KARTHIK BALAKRISHNAN
FANSHAWE INTERNATIONAL CLUB

The Fanshawe International Club is an autonomous group formed by the international students of Fanshawe College in 2007 and has over 100 members at present. Even though it is called The International Club, we have lot of Canadian members who actively participate in club activities. Apart from being an ideal platform for international students' integration into Canadian culture and lifestyle, the club also organizes various events and activities to celebrate cultures across the globe (like Earth Day, Asian New Year, Holi and Diwali) and has provided international students an opportunity to make new friends.

and more global, FIC looks forward to playing a more active role in celebrating the true diversity and multiculturalism that is displayed in Canada and in Fanshawe College with such grandeur and joy. The FIC would like to wish all Fanshawe students a great year both academically and socially. We would like to welcome more students (both international and Canadian) into our ever-growing family.

To join the FIC, please register in the International Office (E2025) or send an email to fanshaweic@gmail.com. (You can also use this email ID to add us on Facebook).

We look forward to meeting you soon.

With Fanshawe becoming more

Writing an effective resume



CAREER CORNER
Susan Coyne
Career Services
Consultant
Fanshawe Career Services

Most job seekers appreciate that the most important tools required in the job search is the resume and cover letter. First impressions are lasting ones so your resume needs to stand out favourably. Much like writing an advertisement to sell something on eBay, your resume needs to be written effectively to promote your product (YOU) to prospective employers. Highlight your skills, education and abilities as they relate to each job you are applying for ... even if it means more work for you in the long run by having to rewrite your resume each time. We've learned over the years that you can't please everyone all of the time, and this can be especially true with regards to writing a resume. What constitutes a good resume is often subjective based on the reader's experience with reviewing resumes, job requirements and personal preference. And, while your resume won't get you a job, it should get you that all-important interview.

Here are some tips on writing your resume:

1. Ensure your resume is well organized, easy to read, factual, honest and positive.
2. Keep your resume to two pages. Any longer and it becomes work to read it. A one-page resume may not provide enough detail to arouse interest.
3. It should be to the point (you do not have to use complete sentences). Use descriptive verbs to describe your achievements, skills, responsibilities and activities.
4. Proofread and spell-check

your resume. It should be error-free!

Getting started:

Start by creating a list of information about you. Many of the following headings will be appropriate.

• **Name:** If you call yourself Tim Scott, fine. If you are Timothy Scott, use that. Above all, just be consistent.

• **Address & Telephone:** Make sure all the information about your postal address is correct - don't forget your postal code. Include all of your numbers (voice, fax, cellular), as well as the correct area code.

• **Email Address:** Here's where you may need to reconsider that cutesy email address bigdaddy@hotmail.com or sexychick21@gmail.com. Employers will identify with you for all the wrong reasons if you don't. Be professional and create an email address that has some elements of your name in it.

• **Education:** Start with your most recent education and work backwards. List college/university, high school, with diplomas or degrees granted (or year expected), with the cities, provinces, years attended and years of graduation. List any awards you may have received. It may also be useful to an employer if you mention relevant courses you have completed.

• **Skills or Qualifications:** Summarize the job specific skills you have to demonstrate to the employer. Include the skills that are relevant to the position you are applying for. Transferable skills are subjective, so if you include them mention where and how you developed them.

• **Employment History:** Again, start with your most recent experience and work backwards. Include

employer/company name, with the city, province, the years and months, your job title, a brief description of your duties and responsibilities, and mention any special projects or initiatives that you completed.

• **Volunteer Work or Community Service:** List the names of organizations you volunteered with, include the years, any elected position you may have held, and a brief description of your responsibilities.

• **Hobbies and Interests/Memberships:** Mention your spare-time activities. Include a list of memberships in professional organizations with their full name rather than just acronyms or abbreviations.

• **References:** Few employers check references prior to an interview, so you aren't obliged to include references on your resume. Instead, have a separate page with your complete contact information on the top. List only appropriate references and make sure you contact each of them for permission before you list them. Confirm with them the proper spelling of their name, title or position, company, address and telephone number. Following any interview, make sure to call your references to advise they may be contacted.

Need help writing your resume or cover letter? Why not drop by the Career Services office located in Room D1063. Career Services staff are available to assist you on an individual basis. Visit the office in the office to arrange an appointment with the consultant responsible for your program or call 519 452-4294. For Fanshawe student job listings visit www.fanshawe.ca/careerservices

Make a *mark* of your own.

NORTHWEST TERRITORIES

After living up to the expectations and demands of parents, teachers and coaches, it is time to set some goals of your own. How about fast-tracking your career in a place that offers unlimited opportunity and a lifestyle filled with adventure?

Come make your mark in the Northwest Territories, where graduate degree holders can earn \$25,000 more per year than the national average and where your student loan will vanish like an ice-castle in the spring.

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and Win a Trip!

come make your mark.ca

NORTHWEST TERRITORIES
1-877-336-3940

Mayoral Election, London 2010

With a municipal election coming up on Monday, October 25, citizens here in London are going to have an opportunity to vote for who they would like to represent them as the city's mayor, city council and as school trustees.

You may not realize it, but students have the right to vote in municipal affairs as well. Even if you're just living here for school eight months out of the year, you count as a citizen of London and have the right to make your opinion known.

Over the next couple of pages, you have the opportunity to get to know the mayoral candidates' thoughts; each candidate chose to participate, and answered the same three questions.

Many candidates have websites further outlining their platforms and stance on issues, and we encourage you to look into the election before voting.

For those who wish to vote, an advance poll has been arranged to take place here at Fanshawe College on Thursday, October 14, from 10:00 a.m. to 8:00 p.m. Voting takes place in the Student Centre, outside the Oasis. Any voter may take the opportunity at this location, regardless of which ward of their city they live in.

In order to vote, you'll need identification displaying your name and signature, and some document to prove your address here in the city. Full details are available on the City of London website (www.london.ca), but a "student identification card issued by a post-secondary institution" is listed as acceptable ID. To prove your address of residence, a copy of your lease agreement or any paycheque or bill (for cable, Internet, hydro, etc.) will suffice.



ANNE MARIE DECICCO-BEST

(incumbent)

www.votedeciccobest.com

www.twitter.com/londonsmayor

What does the role of mayor entail? What makes a good mayor?

"Every single thing we do here touches somebody's life. It could be the roads people drive on; it could be the services they get within their homes. It could be the relationship between a corporation and a place like Fanshawe College in bringing new industry to London, or some of the initiatives we're working on now with the downtown campus that will be important as much for the students as for our downtown renewal.

"(Being mayor) is about being able to communicate where we need to go as a city, and it is about also understanding that as much as the economy and jobs and industry are and should be the primary issue we face, it will allow us to do all the other things that, make London a great place to live, and for people to go to school in, for people to raise their families."

What do you feel are the most pressing issues currently facing the city?

"Well, obviously we're just coming out of a recession, and coming out of a recession means there are challenges in order to keep jobs here, and create new jobs and new opportunities. It is about how we strengthen the economy in different sectors, so somebody that works in the manufacturing industry has as much at stake as somebody who works in a hospital or somebody that works in a restaurant or someone who works in a movie theater.

"Everybody who is working is going to want to be sure they have a job tomorrow, and that job is going to give them the opportunity to do all the other things they love in our city, whether it's for entertainment, whether it's for socializing, whether it's to raise their family and give those kids the opportunities that they would want to give them."

If you could get a message directly to the students of Fanshawe College, what would it be?

"It's important for every student, irrespective of what course they're taking, to understand they have a chance to shape the future of any city where they're going to live, and they happen to be here in London now, so this will be their chance to help with London's future."



CYNTHIA ETHERIDGE

www.etheridge4mayor.ca

www.twitter.com/thepeoplesmayor

What does the role of mayor entail? What makes a good mayor?

"To me, it's very much the same as being the mother that I am. You're taking charge, and you're taking care of everybody, there are so many issues. London is a great place, but it has the potential to be so much greater. There has to be somebody who has the intention and the power to bring everything together, and bring everyone together to work together to obtain the greatness that we can have.

"I'm also about working with other levels of government, because the mayor has to be able to have a good rapport with the other levels of government, and where I have the advantage is that I'm bilingual, so I speak in French, also. I think that will go a long way."

What do you feel are the most pressing issues currently facing the city?

"Of course, it's the economy and the jobs, because there are so many people that are in need of just the basics, turning to the Food Bank. There are so many who have been out of a job and then had to turn to social assistance once the unemployment (money) runs out.

"So we do have to make London an easier place to be able to work, to set up businesses, to take away some of the barriers that are put there by city hall that impede people."

If you could get a message directly to the students of Fanshawe College, what would it be?

"The election is important, and it is important to take an active role and participate in democracy by voting, but as a student, I think that their focus, aside from the election, is on their studies, and their future careers. And what my message is, is to continue to do well, and hopefully, as the new mayor of London, we will have the job creations in the fields that they need so we that can retain the students living here in London.

"It's very, very sad to see them work so hard and then have to leave to go somewhere else to find employment, so those are some of the things I have to change."

DON'T FORGET TO VOTE.

ADVANCE POLLS AT FANSHAW COLLEGE ON THURSDAY, OCTOBER.



CHRISTOPHER FOERSTER

www.foerster.ca

www.twitter.com/chrisfoer

What does the role of Mayor entail? What makes a good Mayor?

"The mayor should provide the city with leadership that helps to drive innovation and promote the city. In promoting the city, the mayor should also be aware of the potential negative impact of the poor choices of those who they surround themselves with. Important qualities of a good mayor include ambition, education, and the ability to bring fresh ideas to the table."

What do you feel are the most pressing issues currently facing the city?

"As our city is dealing with similar issues to other cities due to the financial downturn, we must work to continue our recovery from this while not allowing this one issue to overshadow the many other important issues. Winter sidewalk maintenance is inadequate as is the availability of safe bike paths through the city.

"London is also in need of a green bin compost pickup program and the deployment of a large-scale Public Access Defibrillator program. These are just a few of the issues that I would hope to address during my term. I invite Fanshawe students and all Londoners to contact me through www.foerster.ca with the issues that matter to them."

If you could get a message directly to the students of Fanshawe College, what would it be?

Take this opportunity to participate in the democratic process. I hope that you will check out my Facebook page at Facebook.com/VoteFoerster to learn more about me and my platform. Even if I don't have your vote, still participate in the process. This is an important election for our City and students are important stakeholders in London's future.



JOE FONTANA

www.joefontanaformayor.ca

www.twitter.com/fontanaformayor

What does the role of mayor entail? What makes a good mayor?

"The mayor is the chair of council, and therefore has to do a lot of administrative things. The Municipal Act also conveys an awful lot of authority, because the mayor is given the title Chief Executive Officer, very much like a corporation ... the corporation of the City of London, which is a billion-dollar corporation.

"So the job of mayor is very important, two-fold. But also, the mayor has to be able to bring people together. There's no doubt the council of late is not functioning well — they don't seem to get together, or along, very well. The mayor has to be able to get these 14 people in the same boat, paddling the same way, in the same direction."

What do you feel are the most pressing issues currently facing the city?

"We have not been growing very much; population growth has been less than one per cent a year for the past 10 years. More importantly, we're losing

WWW.FSU.CA/CONTEST

2011-2012 HANDBOOK COVER CONTEST

YOUR CHANCE TO WIN!

1ST PRIZE \$200 GIFT CERTIFICATE

2ND PRIZE \$50 GIFT CERTIFICATE

Get your artwork on the front cover of the 2011 - 2012 Student Handbook.

ENTRIES DUE MARCH 25

Submission forms can be pick up in the FSU Office - SC2001 or www.fsu.ca/contest

Submit your work to the FSU Office SC2001 (2nd Floor Student Centre)

For more information contact: Darby Mousseau in SC1012 or dmousseau@fanshawec.ca

The candidates in their own words

young people in droves — 95 per cent of the graduates from the University of Western Ontario and even here at Fanshawe are having to leave our city because there's limited opportunities for them.

"Our assessment growth overall has been mediocre; the pie chart looks like 85 per cent is residential, 15 per cent is non-residential — commercial, institutional and industrial. When you have that pie chart shrinking, on the non-residential, what happens is you put upwards pressure on taxes ... the second and most important issue, because in the last five years, they've gone up 50 per cent."

If you could get a message directly to the students of Fanshawe College, what would it be?

"Fanshawe College and its students and faculties are very, very important to the City of London. I get a little frustrated that sometimes the only image that's presented by the media to the public is when something happens on a particular street ... in 99 per cent of cases, the students that either come from London or come here from other places are incredible assets, and I want to keep them here.

"My message is that they have to get engaged — whether or not you're visiting here for two years, or getting an education for four years, or you live here, you have every right to say what kind of a city you want to live in. I'll be here, every two or three months, sitting with the elected reps of the students, or holding town hall meetings with the students themselves. Let's deal with the problems that need to be dealt with, but more importantly, let's talk about the future, how we can work together."



DAN LENART

www.votedanformayor.ca
www.twitter.com/dannyformayor

What does the role of mayor entail? What makes a good mayor?

"As I understand it, the mayor is a ceremonial function; a lot of people think it's the most important job at city council, but basically, what the mayor does is media interviews, cuts ribbons and is like the point person for city council.

"Someone has a motion, and they propose changes to the motion, and then they argue as to whether they're going to vote for the motion, or vote against the motion, and then when they've exhausted all that out then they have a vote. And so the mayor is like the chair of the committee, makes sure everything moves smoothly.

"I would take away some of that Hollywood glamour, and make it more approachable, and try to get more people to vote. That's important, and to take interest in city hall, because right now when they have things that they want to do, they call for public participation, and no one shows up. To have 30 per cent of the people vote is a shame."

What do you feel are the most pressing issues currently facing the city?

"The London Arts Council needs a lot more money, they only get about \$250,000 a year. Some people have said that the arts in general are responsible for about 40 per cent of the economy of the city — organizations like the London Arts Council need to get a lot more support.

"People don't understand how important the arts are, they think that jobs are the most important, and having a place to live after that, the arts is something you do on the weekend in your spare time if you've got a little bit of extra money. So far as downtown goes, the arts are extremely important, it's one of the few things that brings the people of this city together."

If you could get a message directly to the students of Fanshawe College, what would it be?

"The president at the time when I graduated was a guy named Barry Moore, and his message to the graduating class of 1995 was, 'Stick your nose in.' Don't let life go by, get involved. If you cause a little ruffled feathers, don't worry about it. If you do a little bit of controversy, don't worry about it. When you get into the nursing home when you're 80 or 90 years old, you'll have a smile on."



MA'IN SINAN

www.londoners.ca
www.greenpatent.org

What does the role of mayor entail?

"Acting as a chief executive officer of the corporation of the city of London!"

What makes a good mayor?

"Walk the talk and can deliver!"

What do you feel are the most pressing issues currently facing the city?

"Jobs and security/safety."

If you could get a message directly to the students of Fanshawe College, what would it be?

"Well, I must say, Fanshawe College

would be a good place to start. London is an intelligent city and (other than being afraid of change) should be receptive to thinking like mine. It will also be a great incentive for the Fanshawe College and university students to want to stay here and work at an upcoming and high potentially industry changing technology and a great job opportunity."



JONAS RICHARD WHITE

Email: jr-white@live.com

What does the role of mayor entail? What makes a good mayor?

"First of all, it's listening. Listening and commitment — commitment to be to work every day, work all day, and have an open-door policy. That's what a mayor is."

What do you feel are the most pressing issues currently facing the city?

"Well, city hall is full of asbestos, and there's a big debate on whether or not we should get a new city hall or not, so I'll tell you my plan: we're going to knock down city hall, we're going to get rid of all that asbestos, and I want to put something else there. My suggestion is one of these new experimental parks that only kids go into.

"So I want to take a vote on where we will put city hall, where the new location will be, but I'd also like to take a vote on the architectural design of this. My only stipulation as mayor would be that it would be a London designer, London architect, and that the main lighting source would be sunlight."

If you could get a message directly to the students of Fanshawe College, what would it be?

"Smile. When you smile, it stimulates all these muscles in your face that don't get stimulated all the way, which does all kinds of great stimulation to your brain. Just be happy. Use your will as an appendage."



ZAK YOUNG

Email: canadianliberty@hotmail.com
Search "Elect Zak Young" on Facebook

What does the role of mayor entail? What makes a good mayor?

"In a perfect world the role of mayor would be entirely ceremonial, with little pay and no responsibility. In our world the role of mayor should be to lead our society away from dependence upon the state; in short, an antagonistic force against city hall."

What do you feel are the most pressing issues currently facing the city?

"I think the question is too broad and also deceptive. Collective groups cannot rightly have problems - this is personification and it muddies the waters. We should further distinguish between state and society, they are not one and the same and their interests are often diametrically opposed. It is beyond this author's ability to imagine what are the most pressing issues of any given individual in this city, but city hall's is most pressing issue will always be to expand their dominance over the rest of us."

If you could get a message directly to the students of Fanshawe College, what would it be?

"Challenge authority."

We did not receive responses from Aaron Broughm, Stephen Beckles, Eric Southern, Raymond Ford or Tomasz Winnicki. Tom Ha was unable to be contacted to fill out our survey.

Compiled by Jessica Ireland, Erika Faust and Bobby Foley.



IVAN KASIURAK

Email: kas15108@bell.net

What does the role of mayor entail? What makes a good mayor?

"A mayor should be accountable to the people, and do what's good for the city, good for the taxpayers. The mayor's job is to go out and find businesses to come to London, and to run the city.

"The mayor should be visiting businesses, and saying, 'What's your concern?' Having town hall meetings with people, seeing what their concerns are. These people have good ideas, you know."

What do you feel are the most pressing issues currently facing the city?

"The most pressing is that property taxes are high. And the debt of the city, that's so very important to take down. My goal is that by the end of my first four-year term is to have a balanced budget. And it can be done."

If you could get a message directly to the students of Fanshawe College, what would it be?

"First of all, behave yourselves. Students are here to learn, that's what they're here for, but sometimes they're a disgrace. If you want city hall to play ball with you, then you have to play ball with city hall. If you want to drink, drink — but don't cause any trouble.

"Fanshawe College is an important part of London. The students bring money into the economy-very important. But they should treat the city like they would treat their own house."

WHERE CAN FANSHAWE STUDENTS VOTE?

For those who wish to vote, an advance poll has been arranged to take place here at Fanshawe College on Thursday, October 14, from 10:00 a.m. to 8:00 p.m. Voting takes place in the Student Centre, outside the Oasis. Any voter may take the opportunity at this location, regardless of which ward of they city they live in.

WHO CAN VOTE?

According to Section 17 of the Municipal Elections Act of 1996, you're entitled to vote as long as you: reside in the local municipality or own land there; are a Canadian citizen; are 18 or more years old; and aren't forbidden to vote by law.



Got a question, concern, or comment about college policies?

ph: 519-452-4458

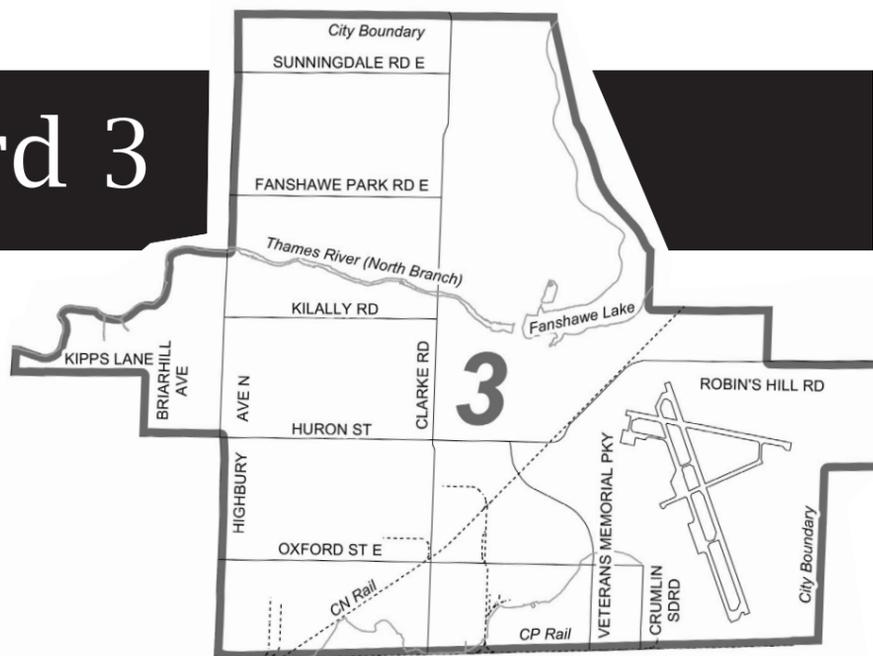
fx: 519.451.8831

bog.student@fanshawec.ca

Mary Graham

Student Representative to the Board of Governors

Breaking Down Ward 3



Fanshawe College is located in Ward 3, the northeast corner of the city. It runs east of Highbury Avenue, and north of the CP Rail. For a complete map of each ward and information about the candidates running for council, visit tinyurl.com/londonvote.

Anyone who lives in Ward 3 – including students living in residence – can vote for the candidates listed below.



ALI HAIDAR

www.votehaidar.ca

What you should know:

Founder of, and community advocate for, London PCB Watch campaign to ensure the cleanup of Canada's largest PCB contaminated soil storage site (over 80,000 tonnes located in Ward 3) was completed in a safe, transparent and efficient manner.

Key Issues:

- Considering the four-year tax freeze, and views tax increases as a last resort
- Wants a renewed spirit of cooperation and selflessness at city hall.
- Wants city hall to be run more efficiently.
- Finds current unemployment levels unacceptable – wants to work with employers to stem job losses
- Wants to attract outside companies to London.

turning London into a city with more job opportunities, reaching out to citizens through social media and developing a "jobs first" campaign which would include a tax policy and incentives to "hire one more."

share of resources, attention, investment and improvements

- Wants to improve health care and attract more doctors to the city



LINDA FREEMAN

www.lindafreeman.ca

What you should know:

London school board trustee from 1982 to 1997. Neighbourhood Watch coordinator in two areas for the past 20 years. Sunday school teacher at First St. Andrews United Church. Taught at Fanshawe.

Key Issues:

- Supports a four-year tax freeze, says city hall is squandering money.
- Says the cost of doing business in London is too high – has a focus on business development.
- Wants to promote economic growth.
- Wants to develop commercial space in Ward 3.
- Wants to develop social programs in the ward, including a community centre, library and pool.



HENRY ZUPANC

www.zupanc.ca

What you should know:

Taught at Fanshawe for 15 years. Owns his own business, Quality Solutions Inc.

Key Issues

- Wants longer term budgeting and planning in city hall.
- Wants to maintain or reduce taxes by managing money more carefully and curbing city hall's out of control spending.
- Wants to improve student housing
- Wants North London to get a fair

No information could be found on Tony Burns' platform. He did not respond to an email (to his address: fog@acanac.net) to fill out a bio.

Compiled by Jessica Ireland and Erika Faust.



ROD MORLEY

www.rodmorley.ca

What you should know:

Involved in a wide variety of groups around London such as the London Dog Owners Association, the Northeast Multicultural Market, the Advisory Committee on the Environment and many more. Has been involved in municipal, provincial and federal politics for over 30 years.

Key issues:

- Concerned about public safety.
- Aims to work with Neighbourhood Watch, London Police Services and residential associations to combat vandalism, theft, destruction of property and graffiti.
- Wants to put some of the \$55 million of federal gas tax funds the city will receive towards public transit instead of roads, like city hall plans to do.
- Believes better mass transit would mean fewer parking lots in the city's core.



GERMAN GUTIERREZ

www.ward3german.com

What you should know:

Teaches English as a second language at Fanshawe. Founded Makropolys magazine in 2007, which focuses on multicultural communities, is currently editor-in-chief of the online version. Received a certificate of recognition from the Minister of Immigration of Ontario in 2007 for his work in support of immigrants.

Key issues:

- Recognizes the issue of the financial crisis in the area. Believes best solution would be the immediate creation of an emergency consultation team. (which would include individuals who have lost their jobs in Ward 3, industry and commerce analysts, banking and financial corporations, small businesses, municipal, provincial and federal representatives.)
- Says tax increases can be controlled if the city expands its tax base. Does not believe homeowners should subsidize local industry, but instead make them partners.
- Wants to encourage industry by finding more innovative uses for London's resources.
- Believes the college and its students are vital to the community, and the students have not been recognized as citizens. Believes just patrolling the trouble spots is "another way of not listening to the voices of the people with a spirit of creativity."



JOE SWAN

www.twitter.com/OrchestraLondon

What you should know:

An active member in Orchestra London and the Unity Project for the Homeless. Chair of the building plans for the John Labatt Centre.

Key Issues:

- Would like to see improvements made to local infrastructure such as curbs, sidewalks, parks and other recreational areas – more investment in the betterment of neighbourhoods.
- Aims to improve the relationship between Fanshawe College and Ward 3, while also looking at ways to decrease property damage.
- Encourage industrial, business and airport growth by continuing to support it.
- Part of his vision for London includes

OPEN FORUM FOR WARD 3

The FSU is holding an open forum for the Ward 3 candidates on Wednesday, October 20 from 12 to 1 p.m. The forum will take place in the Student Centre building on the second-floor Alumni Lounge. Each candidate will have 2 minutes to explain their platform, and a Q & A session will follow. Free pizza for all who attend.



FANSHAWE STUDENT UNION VOLUNTEER FAIR

AT FANSHAWE COLLEGE

October 14, 2010

10:00 a.m. to 2:30 p.m.

Outside the campus bookstore
(F Building)

Organizations from London and surrounding area.

For more information visit www.fsu.ca

5 QUESTIONS

JANELLE FARLEY — FSU RECEPTIONIST

JESSICA IRELAND INTERROBANG



1. WHAT'S ONE THING WE SHOULD KNOW ABOUT YOU AND ONE THING WE SHOULDN'T KNOW ABOUT YOU?

"I can't seem to pin it to one thing, so I'm going to list a few... I used to model, I travelled to Italy and I love photography.

One thing you shouldn't know about me is... that it's still a secret."

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

"We offer Legal Aid Services through Community Legal Services. They offer everything from advice on simple situations to how to deal with landlords and much more. This service is free to all full-time post secondary students. Community Legal Services has been contracted to provide these services on campus. You can make appointments directly with CLS at 519-661-3352."

3. WHAT'S YOUR BEST MEMORY AT FANSHAWE SO FAR?

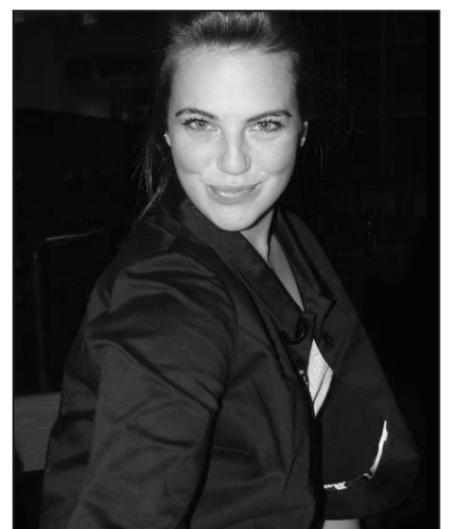
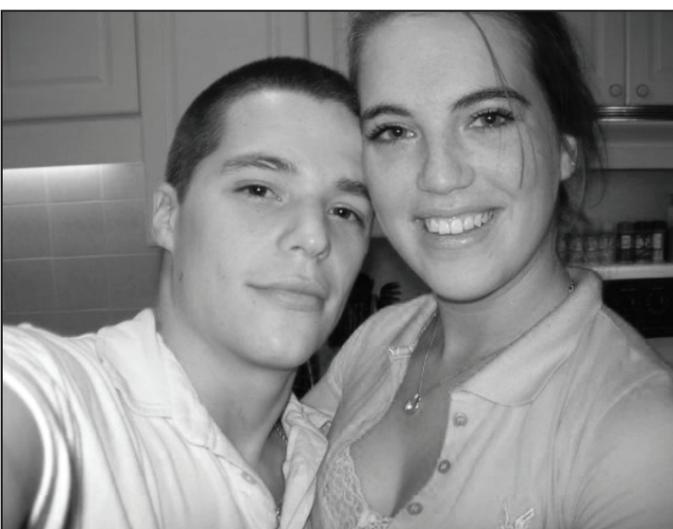
"The FSU Christmas Party a few years back..."

4. IF SOMEONE PUT A GUN TO YOUR HEAD AND FORCED YOU TO GET A TATTOO — WHAT WOULD IT BE OF AND WHY?

"I would think that if someone was holding a gun to my head they would have something chosen already, so I'm going to say I'd be at the mercy of the gunman/gunwomen. But if it was my choice I'd get a Japanese Cherry Blossom on my left wrist and I would choose that because it represents the beauty of snow (and I love the snow). It's meaning also refers to the life of a warrior whose life was ended early in battle. I've lost quite a few close friends and this would be a constant reminder that they are always with me!"

5. WHAT'S YOUR FAVOURITE SIMPLE RECIPE?

"Mashed potatoes and meatballs or pumpkin pie."



Roadkill, anyone?


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

I was on my bike last Friday, passing through the parking lot of that mall on Oxford and Highbury. You know the one: where it seems that if you buy a full load of groceries you get a free shopping cart to take them home in. Wheel-flipping shopping carts squeaking their way down Mornington Avenue, pushed by flustered puffy eyed middle-aged women wearing brown polyester pants and tight blue t-shirts with a picture of Dolly Parton accentuating so many rolls of fat that they sweat mayonnaise, hurrying home to watch another episode of *Judge Judy*. "Oh dear," they say to themselves, "I am out of mayonnaise and Diet Coke, better grab the shopping cart and head up to the mall."

So I was at that mall when I saw two students from John Paul II High School leaving Burger King. Hanging out in the parking lot between them and myself were a couple of seagulls picking away at the remnants of someone's daily King meal deal. The one guy takes his half-full cup of pop and chucks it as hard as he could at the seagull. He missed. I couldn't control myself. I yelled, "What the f%^& are you doing?" His expression went from looking like that guy from *300* as he kicked a Persian down a well to one that probably looked quite similar to the face of the first guy in history to try an enema: "Hey, what will this do, I wonder?"

This malicious act reminded me of an incident I witnessed last summer. I saw a smirking teenaged motorist swerve to hit a squirrel. He missed. That moment bothered

me - I wonder if it bothers him?

There was a report put out in 2007 entitled, *Incidence of Intentional Vehicle-Reptile Collisions* based out of Long Point, Ontario. This study attempted to create a controlled observable situation where motorists were faced with a decision regarding wildlife on the road. Artificial snakes and turtles were placed in the centre of a two-lane highway. Motorists would ignore the snakes and turtles, stop and rescue the animal or swerve out of their lane to hit them. The study concluded that out of 1,000 vehicles, 53 motorists swerved to hit the snake or turtle. Out of that, 50 were males and three were female. That translates to about a 5.3 per cent asshole rate.

Let's put that figure into perspective; five out of 100 people purposely swerved to kill an animal. The population of London Ontario is 350,000. According to this study, 17,500 people in London would go out of their way to kill a harmless animal. Broaden that: the current population of the Earth is 6,697,254,041, that is 334,862,703 people that walk this earth that have the collective compassion of that boy in the parking lot.

The report also listed three per cent of drivers actually attempted to rescue these animals. That's cool, but it seems that the extremes are out of balance. I wonder if I would stop to help a snake? They are ugly. I mean, you wouldn't boil a lobster if it looked like a cat.

My Take

Sometimes it is inevitable that an animal is hit, and most of us would feel a wave of sorrow at taking the life of an animal. I tend to believe even those that swerve to hit a defenseless animal grow to regret this. In the end, when we lie on our deathbeds and reflect, we may find that our conscience keeps us more awake than mayonnaise and Diet Coke.

The tipping point


TAKE THE POWER BACK
 DARIUS MIRSHAHI
 darius_mirshahi@hotmail.com

Capitalism has failed. Financial meltdowns, bailouts, corruption, monopolization, scandal after scandal, a climate crisis and a planet dying from a toxic industrial society. Far from being at our peak, our current civilization is at one of the lowest points it has ever been. So-called "progress" has wiped out thousands of species, poisoned our food, disconnected us from the land, each other and our own humanity, forced us to work longer at more tedious jobs and has imprisoned and enslaved more of us than at any other point throughout human history. And still a large number of us choose to turn away from the elephant in the room and go on with their lives, pretending like everything is okay. But the bubble is about to burst.

Reality check. Where does our privileged lifestyle come from? Who grew the food you're eating? Who made the clothing you wear? Whose lands were violently colonized to build the houses you live in? Where do your basic necessities come from? We can try to buy local, and that's a good step, but most food grown in Ontario is harvested by migrant workers who have been shipped in as temporary workers with no rights whatsoever.

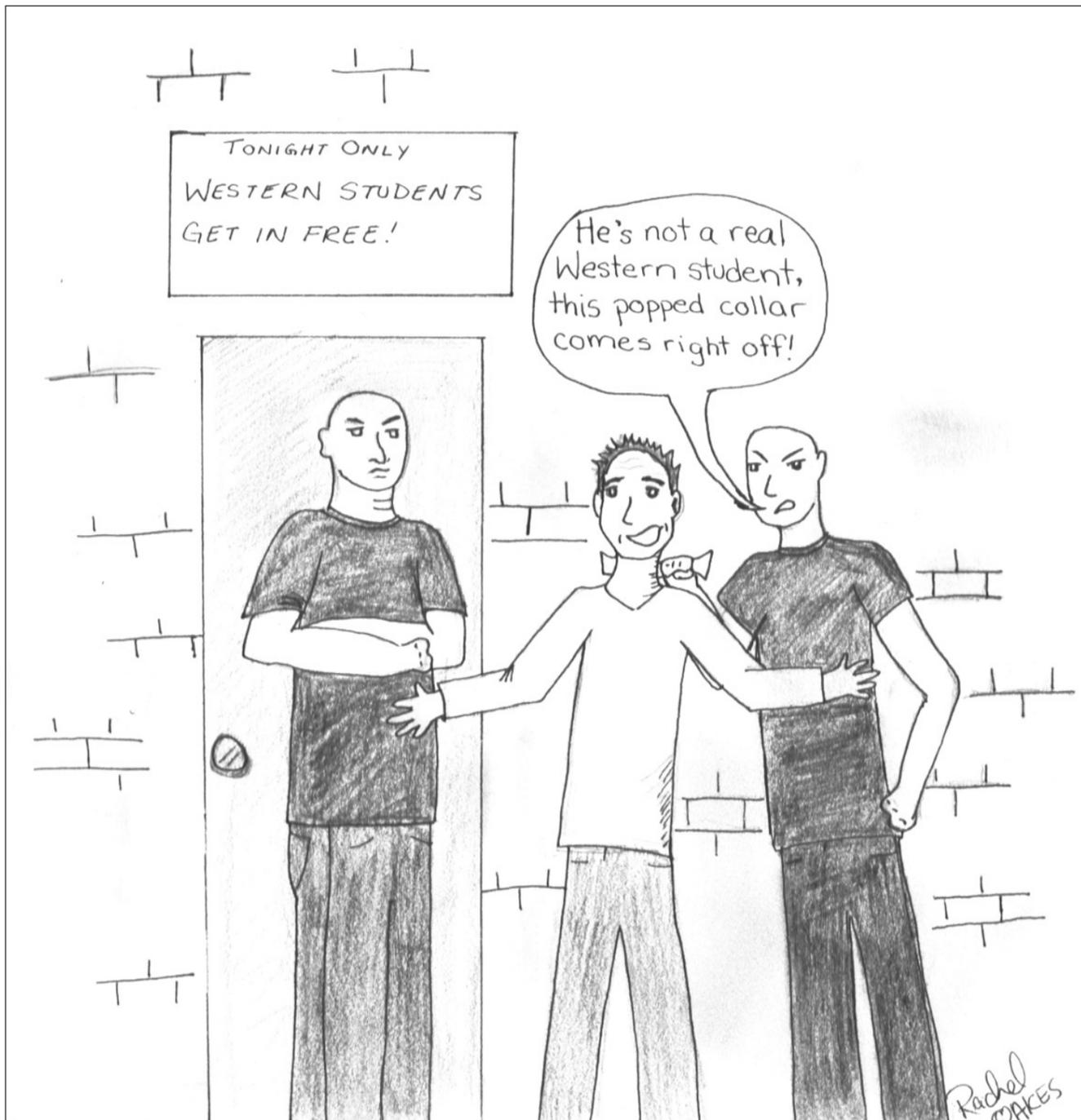
We need to radically diminish our consumption patterns and prepare for the future, because this system is in its last days. There is a growing unrest and frustration with global capitalism around the world. People are waking up to the very real fact that while this system is on shaky ground, the future is up

for grabs.

We are at a pivotal moment. Do we keep eating the genetically modified poisons that corporations process, package and ship all over the world, or do we reclaim our food by connecting with local farmers, starting gardens and learning how to gather wild foods? Do we continue to live urbanized or suburbanized consumer lives or do we reconnect to our land bases? Do we stay on the work-to-shop treadmill or do we start valuing our lives enough to minimize the work we do by engaging in as little shopping as possible?

Do we allow corporations based in our cities to exploit humans and this planet in the name of profit, or do we intervene to stop the pillaging? Do we build more super-prisons or do we tear down existing ones? Do we put up fences around our own meager properties or do we dismantle private property altogether in the name of total liberation? Do we continue greasing the machine or start corroding it?

We are at a crossroad. One direction leads to famine, slavery, fascism, wars over dwindling resources, ecological collapse and ultimately mass extinction. The other direction leads to community, self-organization, freedom, basic needs for all, a healing planet and the survival of our species. But it requires struggle. The people in power who are murdering our planet while enslaving millions around the world will not give up their power willingly. They'd rather see us all die than disperse their power. But we've got one chance, the fate of the world lies in the balance, and the future is up for grabs.



INTERROBANG

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Who's the rude one?

Dear Editor:

Recently an article appeared in the Interrobang (*Rude rules the day*, Interrobang issue 6, September 27, 2010) about the apparent rampant rudeness that has erupted within the walls of Fanshawe. This article, written by a faculty member was in itself, to put it simply, rude.

The writer proclaimed he went around the halls "probably with a scowl, looking for a fight." This does not seem like a fair way to

test his theory of entitlement. Would you happily thank someone who angrily held open the door for you? The author also seems to place the blame squarely and solely on Fanshawe's student body. In my experience teachers (though not all, or even most) are just as rude - if not more - than the average student I interact with during my daily Fanshawe experience.

Teachers seem to walk into other teachers' lectures unannounced and without knocking

which is very disruptive. No wonder some students are left in a less-than-pleasant mood, having had their learning experience so rudely interrupted. Also, I can think of at least one exceptionally rude experience that involved this particular faculty member.

Underneath the article, there is a valid point: students AND faculty could stand to be more polite to each other and yes, stop leaving pizza boxes all over D block, but as the cliché goes, "It starts at home."

You could also apply several other clichés to this article including, "The pot calling the kettle black," or, in this particular authors case "Do as I say, not as I do." Maybe "those baggy pants, crooked hat pseudo-Hollywood gangster puckering clods that wander the

halls ... cranking angry music while surrounded by a dim entourage of faded gangster groupies ..." are rude to certain people because the scowl they wear openly gives away that they are judging these students. Stop scowling and start smiling.

Politeness cannot be forced on a population. Individuals need to start being polite without expecting anything in return. Stop being discouraged if you do not receive an enthusiastic thank you after holding the door open. Not to overload this with clichés but there does seem to be one more that applies, maybe even more than the others: "Lead by example."

Erica Gulliver

One-off comment lacks insight and knowledge



FSU PRESIDENT
Joe Scalia
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I'd like to address a comment made in the last issue of the Interrobang. In *Question of the Week - Do you plan on voting in the SAC election?* section a student was quoted as saying, "No, they make fake promises and never follow through with anything said."

I'd like to address the comment by sharing with you the promises my team and I have made and the results we have delivered thus far.

Last March, in my campaign I promised to improve our **community relations, communications** and **sustainable efforts** at Fanshawe. Those were the three overarching initiatives I brought forward this year. Let's break it down.

Community Relations

Our community includes the college community, the London community and the province at large. Within the college, we are continuing our charity efforts, which included another successful Shinerama campaign. The United Way campaign is just starting up, and this year's goal for Fanshawe is to raise \$100,000. FSU is involved in a few initiatives as part of this campaign, including the chili cook-off and the annual stair climb at 1 London Place. You will see many more campaigns coming this year, such as Movember, 1,000 Acts of Kindness and the Fanshawe Student Union charity ball.

We are also big supporters of Fanshawe's Sharing Shop, which helps students in need find food, clothing and many other items free of charge. This month I have also been in contact with Western's University Student Council and hope to meet their council sometime in October. We will be discussing how we may be able to work together in the future.

Our provincial community involves the other colleges in Ontario. We are part of the College Student Alliance and are heavily involved in the organization so Fanshawe students are proudly represented in the province. We have seats on three of CSA's five committees. Vice-president internal Veronica Barahona sits on CSA's board of governors as the representative for all southwest Ontario colleges, a position held by Fanshawe last year as well (myself, during my VP finance term). We are hosting a provincial conference here in London in a week's time, and are bringing over 100 student leaders from Ontario here to show them Fanshawe College.

(Side note: I brag about how Fanshawe is one of the best colleges in the province. How can I tell? By how envious the other college reps get when we bring them by.)

Sustainability

As students at Fanshawe we all pay non-tuition fees. One such fee is the Campus Improvement Fee. This fee gives us some leverage in determining the direction of the college's building improvements. It amounts to \$285,000 annually. This year, the FSU has successfully allocated this fee towards sustainable projects at Fanshawe.

We now have a green roof on main cam-

pus, between D and A buildings. Also in A building, you will find a bottle refilling station, the first of many to be installed around the campus. The station actually records the number of plastic bottles saved. Since its installation in September that number sits at over 2,000.

Internally, the FSU has developed an eco-takeout program where students can purchase reusable containers for their meals at the Oasis and Out Back Shack. This will greatly reduce the amount of waste that the FSU produces. We have taken the project a step further and have started charging a quarter on top of meals for the non-reusable take out containers, so the onus to be waste-free is now on the customer.

Our orientation kits this year featured a stainless steel water bottle as well, which was another effort on our part to encourage a waste-free life style.

Communications

This involves our interaction with the students we represent. This year we have been communicating with students in more ways than we have ever done in the past. We have even attracted the attention of other colleges because of how we are doing so.

Our social network, FSU.ca, gained 2,500 members in one month. This is a network exclusive to Fanshawe students and catered to give them a greater awareness of college life. It also gives them another avenue to contact the FSU when they have a concern. I'm always on the site checking and responding to student concerns. I'm also addressing Fanshawe students through a weekly video blog.

We have also created a digital signage network to get the word out via TV screens in the Oasis, the Student Centre, Gamesroom and outside the Out Back Shack. Along with that, we have developed a new poster policy that uses our paper form of advertisement more effectively.

Two weeks ago I tried something new - an FSU open public forum. Students met with my team, and we explained our goals and initiatives this year. We also took a lot of questions and concerns from students, and overall it was a great success. We will have more to come in the future.

We have also improved our class representative program. This allows us to better communicate with our students in the classroom. Student Administrative Council reps were just elected two days ago and we already have 100 class reps. At the same time last year, we had about four.

Then there are the articles I write every week for the Interrobang. Every article written is an effort to add to the communications being made between my office and the students at large.

That's what we've done so far. There's still over six months left in the year, so there will be much more to come. We're not politicians at the Fanshawe Student Union, we're business people. In politics, you produce enough friends to vote you in next term. In business, you produce results. I'm not writing this to blast a student for an uninformed comment that was made. I'd just like to reinforce a message I've been trying to get out to our students: don't make assumptions before asking questions and looking for more understanding.

Money matters



FSU VP FINANCE
Andrew Payne
fsufinance@fanshawec.ca

It happens every year. Students show up to school in the fall fresh from summer, happy to meet new people and ready to spend. Some students show plenty of excitement straight out of the gate by going to the bar, throwing money around and swiping away their meal plan dollars. Adam Dick, manager of the Out Back Shack said, "Students who have never lived on their own before will spend lots of money early in the term. They seem to realize pretty quickly that \$1,000 will only go so far." Fast forward to Thanksgiving and because the average student doesn't have tons of extra cash to throw around, some bank accounts may begin to look empty. Sometimes the money disappears because the student didn't have a budget; they didn't have a plan.

Maybe in 25 years there will be a mandatory budgeting class in high school equivalent to English: Budgeting 101. It would be a class that everyone takes because it directly affects everyone at some point. The class would cover basics such as recording your expenses and necessities, understanding your spending habits, comparing the money coming in with the funds going out and exposing your financial equation. But until we've all taken such a class, I'd like to turn your attention to a wonderful website designed and developed by Fanshawe College staff who work hard to understand the needs of students:

www.fanshawemoney.ca

This website provides all kinds of information with respect to all things money including OSAP, bursaries, general information for parents and students, important dates to remember, financial definitions, links to every relevant student financial page - all with a Fanshawe student in mind.

However, the best feature about the site is that it has a built-in budget calculator! This tool allows you to customize the calculator

for your exact needs and is very user friendly. Not to worry, all the number crunching is done automatically for you. Remember, it's fast and it's free! It took me less than 10 minutes. You can prepare your financial breakdown three ways: (The following information was taken directly from the canlearn.ca website)

1. The Education Cost Calculator estimates the cost of your post-secondary education. Taking your choice of program and all other expected costs into consideration, this tool allows you to compare up to three different options.

2. The Budget Estimator takes into consideration the money you have now and the money you expect to receive in the future. It calculates a basic balance sheet that reconciles the cost of your education and allows you to easily find out if you will be able to balance your budget.

3. The Online Budget Planner provides you with a complete working budget for your period of study.

If you're more of a hard-copy kind of person and you'd rather have something tangible, take the sample budget from Fanshawe's *Money Matters* guide and substitute the numbers for your own. (*Money Matters* booklets are available online, at the Financial Aid Office, the Student Union Office or you can even grab one from Lori at the Welcome Kiosk).

The table noted below bears a striking resemblance to the one found in the *Money Matters* guide. Cut this copy out of the paper and use it to fill in your own values. The sample budget is just an example of about how much a student might spend on certain items throughout the school year, but fill them in as you see fit!

While not many of us are chartered accountants, payroll experts or professional bookies, these tools can aid substantially in taking charge of your finances - or at least understanding them.

Thanks to Adam Dick, the department of Awards & Scholarships and everyone at Financial Aid.

ITEMS	Sample Budget	YOUR budget
Tuition and compulsory fees	2500	
Books and Equipment	1150	
Rent (\$500 x 8 months)	4000	
Food (\$250 x 8 months)	2000	
Entertainment (\$100 x 8 months)	800	
Internet (\$40 x 8 months)	320	
Phone (\$80 x 8 months)	640	
Clothing (\$50 x 8 months)	400	
Personal care (\$25 x 8 months)	200	
Misc. (trips home, medical)		
TOTAL	\$12, 010	

CREDIT: FANSHAWE COLLEGE'S MONEY MATTERS

A sample student budget.

It's your city. Vote!

GLYNIS TUCKER

COMMUNICATIONS SPECIALIST, CITY OF LONDON

Voting in this year's municipal election is easy. So easy, there should be no reason for any eligible voter not to exercise their democratic right to cast a ballot. Now you can vote during the week before election day at advance polls, conveniently located throughout the city.

The advance poll at Fanshawe takes place October 14 in the Student Centre near Oasis and is open to any eligible voter.

Did you know? As a student, the Municipal Elections Act makes a special exception which allows you to vote in both your home municipality and the municipality where you're attending school.

If you're a student from elsewhere studying in London, you can vote here!

This is your opportunity to vote for London's next mayor, city council and school board representatives. You may not realize it, but city government directly affects your life every day.

All that's required is that you bring ID showing your address, your name and your

signature. If you received a Voter Notification Card in the mail, bring that too. If no card was received in the mail; you can still vote - you just have to swear a declaration at the polling station.

Advance polls around the city:
 City Hall – October 12, 13, 14, 15, 16
 10 a.m. to 8 p.m.

Malls (Argyle, Cherryhill, Masonville, Northland, Sherwood Forest, White Oaks, Westmount) - October 14 and 16
 10 a.m. to 8 p.m.

City-wide polling stations will be open on October 25, from 10 a.m. to 8 p.m. for voters who wish to vote at their designated polling station which can be found on the city website at www.london.ca.

Your vote is important and the city of London has elections staff available to help you, should you have any questions. Find "Elections 2010 - London, Ontario" on Facebook; e-mail elections@london.ca or phone the Elections Office at 519-661-4535. You'll also find a wealth of information on the Election 2010 official website, by visiting www.london.ca/elections.



CREDIT: TOPNEWS.IN

It's important to recognize the signs of mental illness.

Deflating the stigma of mental illness



LIFE MEETS FAITH
 MICHAEL VEINEMA

Imagine that you wake up in the morning with a severe headache. You've had a poor night's sleep. Your mother calls to say that she is leaving milk and a box of Shreddies on the kitchen table in case you want something to eat with your coffee. Then she drives off to work.

You go downstairs. But you don't have that bowl of cereal because you think that your parents are trying to poison you. You've suspected that for a couple of weeks. This morning, for the first time, you don't pour the coffee your mother left you. After all, if your parents are poisoning your food, what's to prevent them from poisoning your drinks as well? Lucky you thought of that! Why, oh why, did that not occur to you earlier?

Somehow, even though you are hungry and tired, you manage to get dressed and onto the bus. You can't wait to get off at the front of the college because, well, the bus driver seems to be watching you in his rear-view mirror.

In class, things are not much better. You know that the English teacher doesn't like you for some reason, though she would never admit it if you confronted her. That's not very important though because English isn't really your thing. Accounting is. Alarming though, lately it has become obvious to you that the accounting instructor has it in for you. You earned at least 80 per cent in the last quiz but somehow the instructor twisted things so that your mark was only 68.

On top of all this, your friends don't seem to be backing you up. There are only two or three that you trust anymore. But when you told one of them about your parents trying to poison you, she mumbled something and walked away. The last time you tried to tell them about your teachers trying to shaft you, they smiled, sort of, laughed a little and changed the subject to the weekend coming up.

Mental illness can be isolating, leaving the victim alone with her fears or delusions. The person can feel that friends are no longer interested in them. The person I just described is showing symptoms of paranoia. But whether it is paranoia, depression, psychotic episodes, an eating disorder or some other form of mental illness, the victim has to deal with more than their condition. There are also these things to contend with: isolation, feelings of abandonment, loneliness, fear of other people, rejection and ostracism. Not many of us want to be around those who

are sliding into a mental health crisis. We want to be around "normal" people.

So what should we do when a friend or relative seems to be talking delusionally, or has an eating disorder, or has become afraid for no apparent good reason, or is depressed? It's tempting to stay away, of course. But consider how important it would be to you, if you were experiencing a mental illness, that your family and friends not abandon you.

Perhaps the first thing to do when someone you know is having a mental health difficulty is to not abandon that person, but to remain available and to try to remain, or to become, a friend. The main caution here is to watch your own personal boundaries. You cannot become absorbed into the needs the person presents to you.

Are there other things we can do for friends who become mentally ill? Sometimes the mentally ill do not appreciate that they are indeed ill. That would mean to possibly submit to treatment – perhaps talk therapy or medication. And the side effects of mental health meds are not pleasant. Weight gain and sluggish behaviour are somewhere near the top of the list.

Friends may not want to hear that they are not behaving well, so you risk your friendship by raising the possibility. Here, maybe the best that can be done is to offer a gentle suggestion that perhaps all is not well, and counsellors, such as the ones here at Fanshawe, are available to listen and, if needed, to help.

Most of us, when we become mentally ill – and many of us will experience a mental illness in the course of life – will do all we can to avoid being seen as ill. We don't want the stigma of mental disorder to stick to us. And yet, whether we experience mental illness or just observe it, why should there be a stigma? People do not choose to be mentally ill. Though there are likely always things we can do to lessen symptoms, we do not choose to have them.

Perhaps we need to begin with understanding, with learning about mental illness. That is a choice all of us can make. Reducing the stigma for the sake of our friends who are, or may become, mentally ill will take understanding and knowledge. Reducing the stigma is important, not only for them, but for us who are not yet but may become mentally ill, and for our children, some of whom will also become mentally ill.

Not all of us will be in college courses that educate students on mental illness. But we all have access to the web site of the Canadian Mental Health Association. It's a great site to begin learning quickly about the different kinds of mental illnesses, what treatments are available, which mental illnesses are most likely to hit college populations and how to stay mentally healthy.

Service with a smile



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

Nowadays, any visit to a big box store will quickly prove that the so-called "customer service" agents are as ignorant as the general public when it comes to where anything is or whether the store even stocks the items in question. Moreover, it seems like said sales associates are seemingly too busy social networking to even bother to make momentary eye contact while ringing through one's purchases. To add insult to injury, even if service is provided, there's a fairly high probability it'll be with a grimace and sense of bitterness, rather than a wholehearted smile.

The ironic part about all of this, of course, is that as we continue to progress through the information age, the importance of maintaining strong relationships and developing interpersonal communication skills is emphasized. However, our actual contact with each other becomes increasingly superficial and disconnected.

While one is able to trace the roots of the aforementioned worker-type alienation associated with menial labour back to Marx's heyday during the time of the Industrial Revolution, there is clearly something more at play here.

I don't think anyone has ever really had grand delusions that being a lifer at a supermarket or fast-food joint is a part of living the "American Dream." But there was a point in recent history during which people were satisfied simply with the idea of having a job that allowed them to get by – that allowed them to pay their bills and perhaps provided them with a bit of extra spending money so they could occasionally treat themselves or put it into an investment for their future retirement. They may not have been pursuing their ultimate passion in life, and several likely hated the work they did, but there was a sense of motivation to work hard and to work efficiently. It was understood money did NOT in fact grow on trees, and the idea of getting oneself tangled up in credit card debt was not something to be desired.

Comparatively speaking, the modern employee devotes far more time to gossiping with and about their colleagues, while coming up with excuses for taking undeserved breaks, than actually working. We are plagued with unionized workers who go on strike and demand higher wages during times of economic crisis, but further, as recently reported in the news, incidents of on-the-job substance abuse are on the rise.

Inflation is definitely a factor. One cannot

reasonably deny the expectations for the modern employee have risen while the benefits and pay-scale, in many cases, have remained stagnant. The idea of hitting the "glass ceiling," for young up-and-comers due to the eradication of mandatory retirement and "seniority rules," has likely contributed to a lack of motivation. Further, "credentialism" and, accordingly, the amount of employees currently in "underemployed" positions (i.e.: positions for which they are overqualified) undoubtedly can be cited as a source of the development for the modern employees' poor work ethic and poor attitude. But, it's also generational. How else can you explain to me the striking contrast between the pleasantness of the older British woman and the general disinterest of the bubblegum-chewing teenage girl, both of whom work as cashiers for the same low pay rate at the pharmacy just down the road from my house.

A lot of you will likely hate me for saying this, but I think it comes down to the fact that we're too privileged. People my age and younger have never had to worry about being drafted for a war, or developing a fatal condition due to poor sanitation and health regulations on the job. Most of us continue to be spoiled by our parents far past the point that is reasonable. Further, the vast majority of the most undesirable and dangerous jobs have either been outsourced overseas or are completed by illegal migrant workers under the radar. As a consequence of all of this, a sizable portion of the youth population has developed a rather disgusting "sense of entitlement" – like they're big shit and should be treated accordingly, without ever having to work for said status, and if you call them on this, they'll go and cry to their employer.

If this sounds like you, listen up and listen well. Barring extenuating circumstances, we all have to start at the bottom. Some of us are fortunate enough to rise up after years of recognized hard work, while a majority never get there. Unfortunately, a lot of this is still based on discriminatory treatment towards selected minority groups. Don't be fooled by the delusion that we live in a fair meritocracy – we don't. But guess what? That latter group, as much as they may complain about being underappreciated and underpaid, are still thankful they've got money to put food on their tables.

You may not have to worry about everyday expenses, such as making sure there's enough t.p. supply for your living quarters, but when you do, you'll realize that the world's an expensive place, especially if you want to be able to take in some of the luxuries it has to offer. Maybe, therefore, you should be thankful you have any job – whether you love or hate it. Bottom line: you're there to work, so work.



CREDIT: DONNELLYS.COM

Robert Donnelly (left) and his nephew, James Michael Donnelly, stand in front of the house that replaced the original Donnelly house that burned down on the night of the massacre, February 4, 1880.

Haunted hayride showcases damned Donnelly family

ERIKA FAUST
INTERROBANG

As Halloween slinks closer and the days grow colder, you may find yourself seeking out the spookier side of London – something to get your heart racing and your palms sweating.

You'll find no finer scares than at this year's haunted hayride at the Fanshawe Pioneer Village.

This year's hayride tells the horrific true tale of the Donnelly family from the Lucan area. This year also marks the 130th anniversary of the massacre of James, Johannah, John, Thomas and Bridget at the hands of vigilantes led by the town's constable.

The events, sparked by politics, religion, business rivalry, jealousy and revenge, have always had a special place in Middlesex County lore. "Although it is history, you still have to be sensitive to the fact that in a lot of communities (it) is very much alive," said Sheila Johnson, executive director of the Fanshawe Pioneer Village. She explained the story is a very delicate subject for many people living in the area, and the play treats the story carefully and respectfully.

"Over the past five years, we've really tried to focus on an aspect of Middlesex County and London history that's a bit more on the shadier side," she explained. "Because it's a local story, we want to work with local actors and local playwrights."

Londoner Jason Rip, a playwright who has written 45 plays since 1997, wrote, directed and produced this year's hayride. He described the show as a "historical haunted house."

"When you do something scary,

most of the time you have to get into the supernatural, which we're really not," he said. "(The story is) neighbours murdering neighbours ... it's even scarier ... it's about the evil things that people can do to each other. There's enough there to shock anyone."

Rip said he enjoyed working on the show's special effects – including blood, which he had never worked with before. "We have some pretty ambitious things going on ... I really am excited to see how our special effects turn out."

Visitors who have been to the hayride in previous years are in for a new experience. While waiting for the hayride to begin, visitors stand in a tent, where they are given background information on the events leading up to the evening of February 4, 1880. After they board a tractor-pulled wagon, they ride through the village where they are treated to "lots of scares," according to Johnson. Visitors then arrive at a central location, where the Donnelly massacre unfolds.

The ride and play last for exactly one hour, but the scares will linger with you long after.

The *Donnelly Massacre* performances run on October 15 to 17, October 22 to 24 and October 28 to 30. Performances run at 7 p.m., 8 p.m. and 9 p.m. on Thursday and Sunday nights. Friday and Saturdays also have a 10 p.m. show.

Tickets for the preview on Friday, October 16 are \$8 each. Tickets are \$10 each for every performance after that.

Advance tickets are required – call 519-457-1296.

The show is not recommended for youth under age 10.

iPad madness



TechFeed
Rachel Fee
r_fee@fanshaweonline.ca

The iPad, Apple's 9.7-inch tablet-style computer, was announced on January 27, 2010 at an Apple press conference by big-wig Steve Jobs. Of course, the media went rabid over any ounce of information they could find on this so-called revolutionary device, and Apple enthusiasts lined up to get on the waiting list for the chance to buy their very own iPad on release day – May 28 in Canada.

As I witnessed the immediate flood of excitement that washed over future buyers, I couldn't help but find the whole thing a bit silly – we all have laptops, smart phones and fancy MP3 players capable of doing anything from chatting with friends on the other side of the world to watching the newest music videos online. Even many modern MP3 players come with wi-fi capabilities, a camera and a web browser. With all these toys already cluttering up our desks, handbags and backpacks, who could possibly need an iPad? Isn't it just another device to perform the exact same functions with a slight variation in size and input method? The idea is to pack everything into one device, but consumers still insist on carrying a variety of tools to perform these functions.

When May 28 rolled around and Canadians could finally get their hands on the coveted device, I suddenly started to spot the iPad every-



CREDIT: JANELLE FARLEY

iPad madness hit the FSU with a pair of giveaways. Here, VP Entertainment Joe Ayotte presents MMA student Mike Monson with an iPad that Mike won by joining up for the new social network on www.fsu.ca. Kyle Mason won the second iPad.

where – the bus, in class and on the average office desk. What's going on here? The iPad is nothing more than another Internet-browsing device in addition to your smart phone, laptop and MP3 player – isn't it?

Clearly there must be something I've ignored. What have I overlooked – a capability that my other devices don't have? A reason I'd add an iPad to the electronic soup already floating around my life?

After chatting with classmates and friends, I got many different responses as to the reason for purchasing an iPad. Some say it's a faster way to access the Internet than using a laptop. Others say it's a better way to play games than a traditional console or handheld device. It has the same apps as an iPhone, but with a larger screen so they are simpler and more enjoy-

able. While some use their iPads religiously, others play with it for a couple of weeks until the thrill wears off, and they sit untouched as more traditional devices are resurrected.

One thing the iPad does right is mobile media. Sure, every device can play a movie, but who wants to watch it on their phone's tiny screen? It's also great for browsing the web, especially on pages that are just too detailed for a tiny screen – but remember, with no Flash support, content access may be limited.

While responses over the real usefulness of the iPad have varied greatly, we know one thing for sure: no matter what product Apple announces next, they'll have no problem getting excited customers on the waiting list, ready to fork over their cash on release day.

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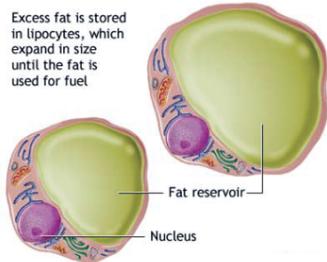
AMANDA DEAKIN
INTERROBANG

Depending on what people are trying to sell you, you have probably heard a million different reasons behind weight problems and the solutions to them. People have problems with both gaining and losing weight, but what is the real cause? What is happening inside your body and mind that is preventing you from easily reaching your weight goal? What can we do to help give ourselves that little boost to get us moving in the right direction?

As far as quick, effective fixes, there are none. We hear of these miraculous pills that will help us lose 50 lbs in one week, or that protein drink that makes us bulk up in just three days. Although it's what we all want to hear, it's not reality.

The first factor that has a major impact on our weight is our biology or genetics. It's no surprise that children will most likely take after their parents; the genetic code to be overweight, tall or have a certain colour hair is passed on to us all from our parents. Environment has little to do with our weight, for example in the cases where children are adopted very young, they will still resemble their birth parents rather than the parents they have spent their entire lives with. Unfortunately we have no control over what genetics we get, but we can observe patterns in our family tree and learn to modify our lifestyles to compensate for our genetic flaws.

An important – though not well known – fact about weight loss is how our fat cells work. Most know that our bodies store fat, but what most don't know is that we never lose those cells. When we lose weight, the fat cells in our bodies merely shrink – they do not disappear. Once we manage to shrink our built up fat cells and lose the weight, our bodies are in constant



CREDIT: HEALTH.ALLREFER.COM

battle with us to gain it back. Our bodies feel that with this weight loss we are lacking nutrition, and will continually try to restore the fat cells to their largest size.

Another aspect of our lives that can affect our weight is our emotions. The ability to deal with emotions is also something we usually gain from genetics, but will also be determined by our experiences and reactions to them. People will use different methods to cope with their emotions, but in many cases people will use food. Overeating is a well-known coping strategy for stress, anger, loneliness and depression. Past experiences with eating to cope can reinforce the need to turn to food for comfort. In the same way, people can abstain from eating to cope with low self-esteem, depression and anger. This type of problem could lead to an eating disorder like anorexia or bulimia.

In order to avoid using food as a coping method for negative emotions, keeping a log of when we eat and why can tell us if we are eating too much or too little and if it was because we were hungry or experiencing an emotion. If you think you may be using food to cope there are many resources online that have solutions to help manage stress, depression and other problematic emotions.

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



CREDIT: EIGHTEENSIXTYSEVEN.COM

The Junction, an indie rock band out of Toronto, will be at the Out Back Shack on Friday, October 15.

The Junction to headline Shack show

JAYMIN PROULX
INTERROBANG

If your weekends have been plagued with humdrum tunes blaring from your stereo, come to the Out Back Shack on Friday, October 15 to be energized and uplifted by Toronto pop-rock band, The Junction.

The Junction is a trio, that has been working together for more than a decade since forming in high school. Singer-guitarist Brent Jackson, bassist Matt Jameson and drummer Mike Taylor have played hundreds of shows across Canada including EdgeFest and The Virgin Festival, and have toured with the likes of Moneen, The Planet Smashers and Bedouin Soundclash.

Quoting older musical influences such as Pearl Jam and Radiohead, Jameson cites other current bands, as well as Brit Pop, as staples in their steady diet of music. They know that in order to succeed in the music business, listening to bands both past and cur-

rent is what fuels their desire to create honest, upbeat songs and chart-topping hits containing exciting and fresh material. Gus Van Go and Werner F are two producers who worked with The Junction, in addition to working previously with the Stills, The Trews and Priestess.

Their third album, titled *Another Link in the Chain*, was intended to be an album about living a simple life. The visual representation of a circle of smoke on the album cover was actually liquid ink dropped in water, a graphic design trick used by Taylor's brother. This visual representation, the twisting and turning of a chain, is meant "to be seen as organic like water ... fluid with a full spectrum of light, (synonymous) with living life without boundaries," said Jameson.

And life can have its twists, turns and unexpected pitfalls. When asked about the interpretation of the song *Miles in Denial*, Jameson confides the song is about the drummer's brother who battles

with alcoholism and fights a promise with himself to stay sober. This is an emotional exposure, uncovering the layers of the song with haunting vocals and a slow-yet-powerful, instrumental performance. It lets fans see a dark, yet real-to-the-bones addiction that can infect anyone young, old, musician or not.

A positive spin to their adventures is the excitement of travelling and seeing where they go. The Junction have been to Whistler, British Columbia to hang with Devon Soltendieck on MuchMusic, as well as Hannah Sung at the MuchMusic headquarters in Toronto. They have been showcased on MuchOnDemand in March 2010 for their release of their second album. Surely there is a great future ahead, and The Junction are, as their songs states, "Wanting to be another link in the chains / Keeping the music around," and taking a highly anticipated adventure.

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Crescenzo's genius continues to evolve



BOBBYISMS
BOBBY FOLEY

I write about random things a lot. I write a lot about random things. In the world of music, there are few words that are as scary as "concept" and "album." It's a very risky game, and there are a few terrible records floating around the void as a result of artists getting over-ambitious.

In the '90s, concept albums were almost exclusively the domain of hip-hop artists like Ginuwine, Usher and Lauryn Hill - albums littered with "interludes" and skits became something of a norm, with even Eminem inserting contextual tracks in between the songs on his record in order to sell a particular theme and establish a particular atmosphere.

Realistically, the execution of a concept album can be a nightmare of a challenge; producing and releasing one is a huge undertaking, and as you'll know if you've ever gone to great lengths for a personal project, it's very difficult to translate the plan and scope you have in your head to a viable, measurable product you can hold in your hands and play through

your headphones.

Which brings us to The Dear Hunter.

Casey Crescenzo was a key figure in The Receiving End Of Sirens, a post-hardcore band out of Boston that stood out from the rest for their three-frontman situation; Crescenzo — along with bassist Brendan Brown and guitarist Alex Bars — shared three-tiered vocals over their rich, layered rock music. This dynamic got them touring positions with Senses Fail, 30 Seconds To Mars, A Wilhelm Scream and other giants of the scene.

Crescenzo was always pulled in other creative directions, though, and wrote a record's worth of songs far out of the scope of what the band was doing, songs united in their following an interesting narrative. This came very shortly before the band let him go early in 2006, providing Crescenzo the opportunity to explore the new direction.

Crescenzo wrote the narrative into an elaborate story of a young man — known only as The Dear Hunter — in a baroque world, born to a prostitute that passes away while he's very young. Crescenzo expanded the scope of the narrative to take place over six albums, and set to work on recording the first album, *ACT I: The Lake South, The*

River North helped only by his drummer brother, organist father and singer mother.

Released in September 2006, *ACT I* set the tone for the many records to follow with an extremely diverse spectrum of music; beginning with the brash cappella track *Battesimo Del Fuoco* and continuing through the lush instrumental *The Lake South* before arriving at *City Escape*, a track best described as The Mars Volta meeting an orchestra. And the record continues as unexpectedly as it began, brilliant and weird.

Over the following years, Crescenzo welcomed a wide array of contemporary rock musicians as he composed and shaped the story up through *ACT III: Life and Death*, released in summer of 2009. And though their fans have been rabid for more music, waiting for any information at all on *ACT IV*, The Dear Hunter as a group have laid their concept project aside to take on a different one — a series of nine EPs based on the colour spectrum and categorized only by their feeling.

A separate, blog-style website exists for this colour spectrum project (tdhcolors.com), on which the band upload photos, video clips, and song information as they progress through the composition and recording of this ambitious



CREDIT: CHANGETHERECORD.NET

Casey Crescenzo continues to evolve his music while working on multiple projects.

musical project. It's exciting to watch things take shape, but having to be patient for two different projects from the same great band? It's torture.

The good news? If you start listening now, you'll wait less time for new music than I have. Crescenzo is a genius of a modern American composer, ambitious and delightfully prolific — check it

out at TheDearHunter.com or on Twitter @therealTDH.

And while you're on Twitter, you should know that two weeks ago I started an account as an extension of this column, a way for me to constantly share the latest in music news, views and downloads: @FSU_Bobbyisms. I'm out of words.

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Slackers hard at work on tour

T.K. DALLMAN
INTERROBANG

“Ska music is a gateway drug,” said Glen Pine, trombonist/vocalist for Brooklyn-based reggae revival band, The Slackers. “Everybody who checks out reggae or ska, you talk to them, they have amazing record collections.”

Pine would know. Initially trained as a jazz trombonist, he traded Miles Davis for Bob Marley decades ago and hasn’t looked back.

“A buddy of mine, Jeremy (Mushlin), who used to play with The Slackers, I met him in college and he ... invited me to play with some bands up there in Boston and then also invited me to play with The Slackers,” Pine recalled, speaking to me over the phone from his Brooklyn home.

That invitation took place over 13 years ago. Ten albums and two DVDs later, The Slackers have ironically become one of the hardest working bands in reggae and ska music. Currently on a tour of the east coast in promotion of their 2010 album, *The Great Rocksteady Swindle*, The Slackers will be performing at Call the Office on October 21.

Going to a Slackers show is a little like stepping into a time machine. From an anthropological perspective, their sound captures the best of Jamaican music

throughout the ’50s and ’60s, well before the glory years of reggae luminary, Bob Marley. Instead, artists like Lee “Scratch” Perry, Prince Buster and The Skatalites serve as models for The Slackers sound: old Jamaican ska and reggae, complete with syncopated guitars, a laid-back groove and small horn section. In Pine’s eyes, incorporating that classic sound is The Slackers’ way to celebrate reggae’s past.

“We’ve been lucky enough to work with some old Jamaican artists that ended up moving here at one point or another ... (but) unfortunately that generation is moving on and passing away, so there is that feeling of responsibility of trying to keep the music going,” Pine said. “We’re constantly making references directly to the music that we’re inspired by, so if you dig what we play, you’ve gotta check out the folks that invented this stuff!”

The Slackers began with that mentality nearly 20 years ago, during which they’ve seen ska and reggae fade in and out of favour several times. But though reggae is generally accepted as a niche market, the boys in The Slackers still tour relentlessly, promoting, performing and writing. Why? Pine said (with a laugh) that they’re “just damn stubborn.”

“We’ve had to replace people



CREDIT: BEN MINEHART

New York City’s The Slackers have been spreading their own unique brand of Jamaican-influenced ska to fans around the world since 1991. The Slackers are anything but idle, so chances are better than good that they’ll put on a very high energy show. Check them out yourself at Call the Office on October 21.

over the years ... but we just keep hitting the road, and (by) doing that, we’ve definitely grown to a certain level, and we’ve got some really nice folks that check us out when we come to town.”

A lifelong devotion to music with modest goals, Pine has found happiness in what The Slackers do,

wherever they do it.

“It’s like, how do you measure success? I think for myself and for most of my band members, success is if you’re able to do something that you like and try to eke out a living somehow ... if we start to build a little bit, maybe get a few more (fans), that’s what we’re

going for. (Trying to) dream up playing in arenas is just absurd.”

So experience a bit of history with The Slackers, and check them out on October 21 at Call the Office. Tickets are \$13 in advance, \$15 at the door.

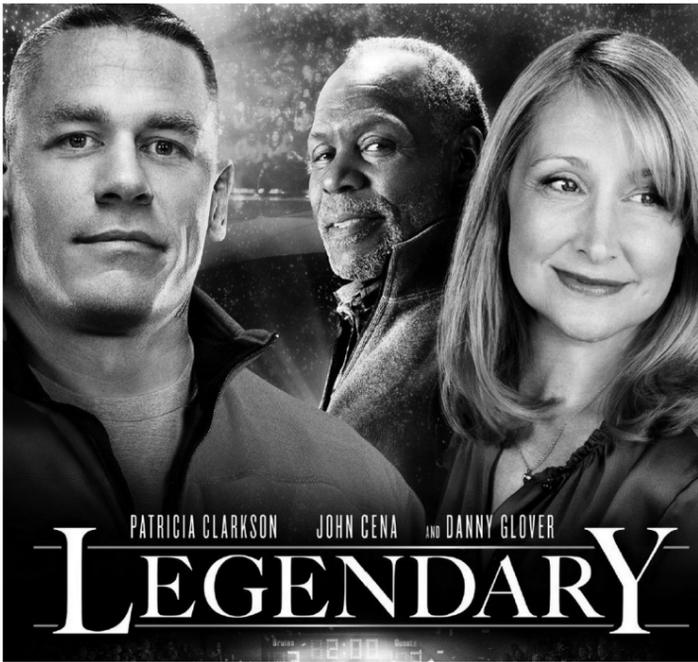
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CREDIT: MOVIEPOSTER.COM

Nothing short of *Legendary*



Cinema Connoisseur
Allen Gaynor
www.cinemaconn.com

Legendary (2010)



It's that time of year when we reflect on all of the things we are most thankful for. In addition to giving thanks for a wonderful family and great friends, I am also grateful that I am able to review one classic film after another, the latest being the recently released *Legendary*.

Legendary is the latest offering from WWE Studios, and stars the company's biggest star, John Cena. Instead of focusing on the theatrical style of wrestling that the WWE has presented to its fans for the last 50 years, *Legendary* showcases the sport of amateur wrestling.

Amateur wrestling bears some resemblance to the WWE style of combat, except its contests typically do not contain any of the following:

1. People being hit in the head with steel chairs.
2. Scantily clad women distracting referees while their boyfriends perform underhanded deeds to gain a tainted victory.
3. Dwarves being pushed around in wheelbarrows.

In short, amateur wrestling is boring. Luckily, a great script and a winning performance from John Cena manage to breathe life into this topic.

Legendary tells the tale of Cal Chetley, a shy teenager whose family life is in shambles. His father passed away when he was very young, and he hasn't seen his older brother Mike (Cena) in nearly 10 years. It has been just Cal and his mom for a long time, but he is looking for more, and turns to his high school wrestling team to get it.

Cal's father was an amateur wrestling standout, as was his older brother Mike. So Cal joins the wrestling team, and tries to bring his estranged brother back not only to coach him, but also to make their family complete once again. This is easier said than done, as there is tension between Mike and his mother, both of whom at least partially blame Mike for the

death of his father.

Unlike previous WWE films that have been heavily reliant on action sequences, this is a much quieter film with some real family drama, and a few stellar performances. The participation of well known actors Danny Glover and Patricia Clarkson certainly grant the film some respectability from those who would easily dismiss it due to the WWE connection.

In a small role, Danny Glover, best known for his work in the *Lethal Weapon* series, is remarkable. It is funny that in the same year his *Lethal Weapon* co-star Mel Gibson has seemingly flushed his career down the toilet, that Glover's career has reached a new high point. Danny, you are most certainly not getting too old for this shit.

Patricia Clarkson is merely average in the film as Mike and Cal's mother. Clarkson has a pretty impressive resume I suppose, with roles in films such as *Shutter Island*, *Vicky Cristina Barcelona* and *Lars and the Real Girl*. She was even nominated for an Academy Award for her work in the film *Pieces of April*. However, it is clear that she is intimidated in the scenes she shares with Cena. Even if she had won the Oscar, it could not compare to Cena's resume of nine WWE titles. Deep down she knows it, and it showed.

While the picture focuses mostly on the character of Cal Chetley, Cena steals the show as older brother Mike. This is a troubled character, one who has spent some time in the slammer and enjoys a few too many adult beverages from time to time. Cena hits a homerun (or a piledriver) and it is hard to believe this is only his third starring role. He reminds me of a young Robert De Niro mixed with a young Hulk Hogan.

Legendary was a bit of a unique experiment. In order to cut down on the cost of having to market the film twice, it was released in a small number of theatres for only two weeks, and then immediately put out on home video. This is likely a model that many studios will follow, and within five years I predict we will be able to download movies to our iPads while they are still in the casting process. But until that day, I suggest you head out Walmart and grab yourself a copy of *Legendary*. I guarantee it will keep you pinned down on your sofa from start to finish.

Awaiting friend confirmation



REEL VIEWS
Alison Gaze
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The Social Network (2010)



When Facebook first became publicly available to those outside of college and university networks in 2006, it was a much-talked-about Internet phenomenon. Then in 2009 author Ben Mezrich chronicled the events surrounding the founding of Facebook and the two major lawsuits that plagued its co-founder, Mark Zuckerberg, in his book *The Accidental Billionaires: The Founding of Facebook. A Tale of Sex, Money, Genius and Betrayal*. The 2010 film by David Fincher, *The Social Network*, follows the story of that book and further exposes some of the foundations of everyone's favourite online time-waster.

The movie begins in a bar near Harvard where student Zuckerberg and his then-girlfriend are discussing his desire for inclusion into a prestigious social club when the discussion becomes heated, and leads to Mark ultimately being left single and angry. In an intoxicated rage, Mark hacks into Harvard's online face books, pairs up girls' pictures and with the help of his friend Eduardo Saverin's algorithm creates a website called Face Mash wherein the user votes on which girl is more attractive. Face Mash



CREDIT: MERRICK MORTON

Jesse Eisenberg and Justin Timberlake in the movie *The Social Network*.

proves to be the beginning of something big for Mark as he is approached by two fellow Harvard students, the Winklevoss twins, who commission him to build a social networking website exclusive to Harvard that allows students to view their friends' online profiles.

At this point in the evolution of Facebook, Zuckerberg hijacks the idea for himself and begins his own Harvard social network called "The Facebook," citing Eduardo as co-founder on the masthead. When news of The Facebook reaches Napster founder Sean Parker in California, he immediately becomes entrenched in Mark's life and the world of The Facebook, owning roughly four per cent of the company. The two expand Facebook nation-wide and begin turning a profit and con Eduardo out of his company shares. Simultaneously cut into the creation storyline are the two lawsuits facing Mark: one brought on by the Winklevoss brothers for intellectual property theft, the other by Eduardo Saverin for the dilution of

his ownership in the company.

The movie has a strong enough cast but with a few missteps. Jesse Eisenberg plays Mark Zuckerberg to self-absorbed perfection, portraying an insecure guy who craves exclusivity and wealth above all else. At Eisenberg's side are Andrew Garfield as Eduardo and Justin Timberlake as Sean Parker. Garfield is strong in Eduardo's role-playing the one true friend of Zuckerberg, who is betrayed. Timberlake gives a painfully mediocre performance as the broke, paranoid and devious Parker. Smaller and equally average roles are filled by Rooney Mara as Erica Albright, the ex-girlfriend who started it all, Joseph Mazello as the fourth Facebook partner Dustin Moskowitz, and Armie Hammer and Josh Pence as the Winklevoss twins.

There is no doubt the story behind Facebook is an intriguing one, and yet the film fails to capture that energy effectively, instead presenting an average movie about a big website.

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STAFF
INTERROBANG

FSU presents its annual Children's Halloween Party on Saturday, October 23 from 1 to 3 p.m. in the Alumni Lounge, located on the second floor of the FSU Student Centre.

The Children's Halloween Party is organized each year for children of full-time students and is also available to any Fanshawe community members with young children. You must sign up your children in advance at the Biz Booth. The cost

is \$3 per child, parents or guardians are free. This event is planned for children between the ages of one to nine years old.

We will have punch and coffee for all participants. Don't miss out on this exciting opportunity for your children to win lots of prizes and candy! There will be special live entertainment, games, story telling, a costume parade and even a special Halloween mystery room. Each child will receive an individual candy bag to take home. The deadline to register your child or

children is Thursday, October 21.

We are looking for student volunteers for this event. You will be obligated to attend a meeting on Monday, October 18 at 5 p.m. to review the activities, then be available from 10 a.m. to 3:30 p.m. on October 23 to assist in running the event. The FSU will supply a letter of recognition to all volunteers. If anyone is interested in volunteering for this great event, visit the Biz Booth to sign up before October 18.

Music for the deaf

MATTHEW BRAGA
THE EYEOPENER

TORONTO (CUP) — By generating different types of vibration, a team of Ryerson University professors has developed a number of devices that allow the hard of hearing to experience sound and music.

"It's looking at ways of making music accessible (and) experiencing music without sound," explained Frank Russo, director of the university's Science of Music, Auditory Research and Technology lab.

He's quick to point out that this isn't a new trend; Beethoven had the same idea when he began to lose his hearing, playing piano close to the ground so he could "feel" the notes vibrate through the floor.

What has changed, however, is how the technology is used to harness that sensation, resulting in a more effective experience for those unable to hear.

One of those devices is dubbed the Emoti-chair, and was first conceived over two years ago by Russo and two other Ryerson professors.

By applying vibrations of varying size and power to a user's back, the chair attempts to produce physical representations of rhythm and voice.

"The solution with the chair is to separate the low and the high, to put different frequency channels on different part of the bodies," explained Russo. "And that really is the essence of why this thing seems to work." The same theory has been applied to another one of Russo's devices, a modified foam pool noodle called a vibe worm.

By feeding wire through its hollow centre, the noodle can be turned into a makeshift speaker that transmits sound through "the skin instead of vibrations through the air."

What the team finds most impressive with these devices is not just the ability for deaf or hard-of-hearing users to detect change in

tone or pitch, but differences between voices or instruments as well, all thanks to subtle variances in the pattern of vibration.

"There are certain gestures that work very well, like sweeps in frequencies that move up and down," explained Paul Swoger-Ruston, who composed some of the Emoti-chair's music.

"You have to kind of think in larger intervals than traditional music."

While the human ear is capable of hearing a very wide range of frequencies, those that can be interpreted through vibration are far less — only between 1 and 1000Hz, approximately.

That means composers like Swoger-Ruston must be particularly careful to compose pieces that translate well into a vibratory experience.

"Obviously, rhythmically-charged stuff is most readily apparent, so anything with a regular pulse most obviously comes through," he said. "But it is quite remarkable that the deaf can actually discern differences in vocal timbre through vibrations, so it's richer than I ever expected."

So rich, in fact, that one of the chair's creators, Maria Karam, is currently working to produce a commercialized version of the chair that can be purchased by deaf users, or even musical enthusiasts like Swoger-Ruston.

The Emoti-chair was debuted to the public at Toronto's annual Nuit Blanche festival on October 2.

"What is particularly interesting about this performance, is the fact that no-one will be hearing the music," explained Gwen Dobie, a theatre professor at York University. Dobie is one of the deaf performers involved in the exhibition.

"The public will be placed in a position to feel the vibrations, to experience music as the deaf or hard of hearing."

Life of Pi writer tackles the Holocaust in new book

JOSH EDGAR
EXCALIBUR

TORONTO (CUP) — In his new novel, *Beatrice & Virgil*, Canadian author Yann Martel uses Holocaust imagery to tell the story of Henry.

This story opens with Henry having just finished his own Holocaust novel. He flies out to London to meet with his publisher and several booksellers at a literary festival, where he is instead met with what he describes as a "firing squad" — a troop of colleagues who pick apart every facet of his masterpiece and leave him disheartened.

Henry decides to run for cover from the cutthroat publishing world and move to a big city with his wife to start new.

There, Henry meets an enigmatic taxidermist who seeks out the writer's help finishing an equally enigmatic play about a donkey named Beatrice and a howler monkey named Virgil. Henry finds himself enthralled with the mysterious nature of the play. However, as an unquestionable series of Holocaust images and themes boil to the surface, he begins to wonder if they reflect the taxidermist's sociopathic behaviour.

In *Beatrice & Virgil*, Martel uses Henry as a metafictional guise to convey his own Holocaust commentary, putting a unique spin to the idea of a Holocaust novel.

"It wasn't because of any desire to be autobiographical," Martel said in an email, commenting on his use of a protagonist with whom he shares obvious similarities.

"I have no such desire," said Martel. "(I did it) rather because it suited my fictional purpose. It allowed me to discuss some ideas on the Holocaust and it allowed me to introduce a writer who stops writing and falls into silence."

"I liked that premise since I think that silence is a common reaction to the Holocaust. This silence can represent many things: Grief, reverence, incomprehension, boredom — whatever the case. If it lasts too long, it becomes a problem. Silence is the same as forgetting when it comes to history."

Martel's objective in *Beatrice & Virgil* is to combat this silence in a different way; it's another reason he started with a writer dumbfounded and struggling for words as the protagonist.

"My artistic hypothesis for this novel was that we need to react to the Holocaust not only through the words of survivors and historians, which has been done amply and very well, but also through the

words of artists, that is, through works of the imagination."

Another important aspect of *Beatrice & Virgil* is how it reinforces Martel's love of using animals in his story telling. Readers can also see this very strongly in his debut novel *Life of Pi*.

"I think there's the major advantage (in) that people are less cynical about animals than they are about other people," Martel said. "A character that is human elicits suspicion, indifference and annoyance more easily than a character that is an animal."

"Animals, in our highly urbanized lives, come veiled in a cloak of marvel and wonder. We look at wild animals with longing and nostalgia, with a feeling that they represent something that we've lost," he explained.

Martel also found that animals fit well in the genre of the Holocaust novel because of they can be used as anthropomorphic symbols or characters satirizing human behaviour in a fable.

"I leave it to readers how to interpret the play and the taxidermist's motives. Is he seeking to

redeem himself? Or hiding something? Or merely pointing to a current holocaust of the animal world? It's for readers to decide. Whatever his intent is, mine was to evoke the humanity of the victims. So *Beatrice & Virgil*, for all their donkeyness and monkeyness, are profoundly human."

When asked if he thought *Beatrice & Virgil* tread any new ground for a Holocaust book, Martel said his goal when writing the book was not to seek newness.

"I'm happy to rely on that 'old' feeling that the Holocaust has evoked: utter horror. I seek to portray that utter horror in a new fashion, in this case, using the animal fable. So the message is old, but the messenger seeks to be new."

Beatrice & Virgil proves to be precisely what Martel intended: A new way of breaking the silence and representing a horrifying event that must never be forgotten. In this, he joins the likes of *Maus* author Art Spiegelman and *Everything is Illuminated* author Jonathan Safran Foer as a writer who has managed to tread dangerous water gracefully.



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Squirrel Seeks Chipmunk a beastly collection

ERIKA FAUST
INTERROBANG

Author David Sedaris is known for his hilariously strange short stories about his family and his life. His latest book, *Squirrel Seeks Chipmunk: A Modest Bestiary*, seems as though it would be miles away from his usual offerings. It's not. It's Sedaris' usual funny, often cynical look at the awkward situations of everyday life, but with a hairy twist.

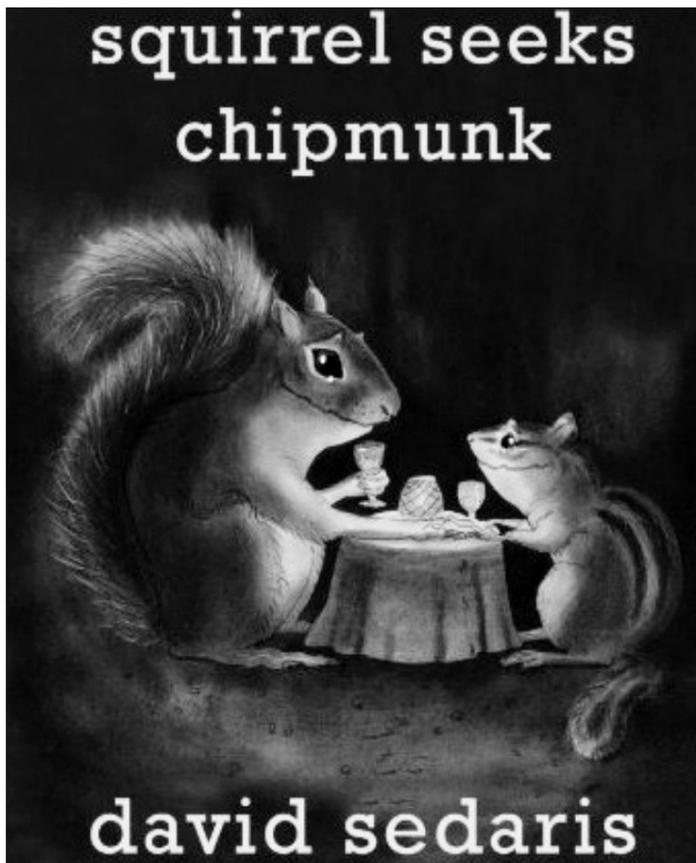
With its large type, thick pages and adorable illustrations by Ian Falconer, this could easily be mistaken for Sedaris' first foray into children's literature. Don't be fooled – this book is as adult as the rest of his work.

The animals in Sedaris' book are thrown into human situations – the death of a parent, seeking love outside one's social circle and the annoyances and difficulties of marriage and love.

Though each short story is centred on animals, don't expect a book of Aesop-style stories. "I couldn't call them fables," explained Sedaris during his book reading in London on October 1, "because they have no morals. Neither do I."

Many of the stories may seem bizarre or appalling to a Sedaris newbie, but it's exactly what fans have come to expect and adore from the author.

The animals in this book are



selfish and self-absorbed – qualities seen in many of Sedaris' human characters. Each beast exhibits human tendencies and imperfections, making them easy to relate to. Who hasn't milked a tough situation for extra sympathy, or awkwardly stumbled in a variety

of attempts to kiss a client's ass?

This book is entertaining, but not quite as good as his non-fiction stories. The stories are short and gloriously weird, however, and make this book perfect for reading on the bus.

Anarchist book fair coming to London

DARIUS MIRSHAHI
INTERROBANG

On October 23, London is hosting its first ever Anarchist Book Fair at the Tolpuddle Housing Co-Operative on Adelaide at King Street. Drawing dozens of independent radical book publishers and distributors – some from as far away as Oakland, California, and Edmonton, Alberta – there will be something for everyone. Londoners will have the chance to browse through a massive selection of independent literature and other media focused on anarchism and social and environmental justice issues.

Other Canadian cities such as Montreal have been holding anarchist book fairs for well over a decade now, introducing those who are curious about anarchist politics to ideas that are often distorted and misrepresented by the mainstream media. With all the recent publicity around anarchists and the G20, local anarchists felt that the time was right to offer Londoners a chance to see their side of things, and dispel common misunderstandings or misconceptions.

But it is not just books at the book fair. There will be two music shows, an art exhibit and work-

shops on everything from community organizing, ecology and herbal healing, to reclaiming media and solidarity with 6 Nations. One of the bigger – and possibly most heated – events during the book fair will be a panel discussion representing both sides of the argument in relation to violence versus non-violence and "diversity of tactics."

The Anarchist Book Fair after-party will be held at the local radical social centre Empowerment, which is hosting its three-year anniversary celebration featuring talented anarchist musicians performing acoustic folk and hip-hop music.

All events are open and accessible to all. During the book fair there will be free childcare, Food Not Bombs is providing a free meal, and the venues are wheelchair accessible.

The first-ever London Anarchist Book Fair runs from 10 a.m. to 6 p.m. Saturday, October 23 at the Tolpuddle Housing Co-Op on Adelaide Street at King Street. To get involved or for any more details, contact londonanarchist-bookfair@gmail.com.

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CREDIT: WILDFOXCOUTURE.COM

Wildfox Couture's fall 2010 collection includes a much talked about "witch" trend for this fall.

Wildfox inspirational



ALYSSA PAGEOT
FASHION WRITER
alysapageot@hotmail.com

Wildfox Couture is a company that is self-described as "an American vintage-inspired women's knitwear brand." The brand was officially established in Los Angeles in 2007, and is now distributed in over 30 countries. I'm a big fan of Wildfox and the two women, Emily Faulstich and Kimberley Gordon, who are the founders and designers of it. The great thing about the clothes is not that they are revolutionarily; the idea was to mix different tastes inspired by vintage clothes, and in turn the girls were able to arrange and sell not just collections, but whole concepts.

The inspiration behind their fall 2010 collection is magical; literally. I've felt a close connection to certain designers, collections, even specific pieces in the past, but never have I had such an affiliation for a handful of garments as I have had for Wildfox's fall 2010 collection. This is because they have somehow made it possible to market and sell an entire lifestyle through their clothes, including a storyboard to go along with the photos, and the perfect choice of models to feature the designs. And better yet, they managed to precisely target all of my tastes, dreams and personality. They literally created a collection that, I think, embodies myself and represents all my wishes and fantasies.

Lately, I've been lost in the world of Tumblr. I have a blog in which I write opinions and information, but on Tumblr I am able to soak in the most inspirational things I have ever seen. It's basically a network of people, most that are strikingly similar to me, who post pictures, quotes, videos, thoughts and desires and all are available to "re-blog" to your own page. It's a complete mishmash of things that can be appreciated by all and unlike my blog, which doesn't get a ton of action from fans or followers, I will daily have 10 or 20 people liking or re-posting my stuff, almost all of whom are complete strangers. But there's a common connection between me and the other people on my RSS that seems to embody what

Wildfox has campaigned for fall 2010.

The collection is for girls who don't fit in. It's the girls who "hang dream catchers over their beds and eat pomegranates, and read old history books for fun." Take pictures with disposable cameras, light candles everywhere, ride bikes through the day to go watch old movies at the cinema, and skip class to hang out in the girl's bathroom doing nothing at all. (Here I visualize Angela Chase and Rayanne Graff from *My So-Called Life*). It's for the girls that continuously watch the same cult classic movies, and worship Courtney Love and Kathleen Hanna. They believe in magic and love and wear layered capes, cloaks, robes and gowns, as well as red lipstick, boots and beautiful wedge heels, and long layered necklaces with amulets and crosses.

Tavi Gevinson of the *Style Rookie* blog has been representing this concept lately, and has titled it "teen witch for fall." Proenza Schouler has a few photos representing this witchy vibe, as well as about a million fashion bloggers, and it makes perfect sense. It's October, it's cool and crisp and there's a song of mystery being sung by the wind. And witches are awesome. To any girl who's ever watched *The Craft*, you can't say you've never wanted to be Fairuza Balk and rule the school and put spells on the mean girls and the jock boys.

It's my favourite trend to come around in a long time, especially since the majority of people I mention it to think I'm absolutely crazy and don't actually believe it's cool to want to be a witch. But the way Wildfox campaigned their collection reinforced my belief in all that is cool. And they already put it into the most perfect words imaginable, so instead of trying to compete, I'm just going to quote them: "Magic is in all of us and in everyone who believes they can make beautiful things happen. It's in a first kiss, in fireworks, running with your girlfriends down the beach at midnight, screaming into the sky. It's falling in love and falling down the rabbit hole. It's in your dreams and imagination." And these are things that never have to end, because even when I grow up, I still hope to have the same spirit and remember the nostalgia of the magic of growing up.

Fashion week runway review



AIMEE BROTHMAN
FASHION WRITER

If there is ever a time to be excited about fashion, it's now. With New York and Milan fashion week behind us, the excitement isn't quite over yet as we're just finishing with Paris. Let's play catch up and review what's been presented.

NEW YORK:

First up was Mercedes-Benz Fashion Week, which was in its first season at Lincoln Center's Damrosch Park after countless seasons presented at Bryant Park. American favourite Badgley Mischka was the first to catch my eye with a dreamy runway and collection to match. A turquoise and lavender watercolour-like backdrop perfectly complemented the simple shifts and sheaths in creamy pastels and crisp white done up in silk and lace.

Forever classic Calvin Klein worked the minimalist look with clean silhouettes, neutrals and not a pattern in sight.

Ralph Lauren, the epitome of American prep, felt a tad more Western this season as suede fringe bags and brass buckled belts completed the outfits of flowing dresses and flannel shirts alike.

British-born designer Jenny Packham stayed true to her style of stunning crystal-embellished mini dresses, silk draped gowns and sheer floral separates to complete a gorgeously femme collection, while Diesel Black Gold did quite the opposite. Messy haired models

presented the collection made up of rugged leather jackets, stained-looking suede and slim pants in muted grays and browns.

Over at Rodarte, the ever-artsy Mulleavy sisters took inspiration from their native northern California and presented woody and floral embroidered button-downs, blouses and skirts.

MILAN:

Glam, glam glam over at Gucci: sophisticated, slimmer harem pants in twill, geometrically embellished tops, structured dresses, fringe and crochet all contributed to the completely wearable collection sure to create waiting lists all over the globe. Hardly imaginable in the chill of October, come spring, fashionistas everywhere will be clamouring for Fendi's spring collection of easy shirtdresses, blouses done in burnout and playful, polka-dotted super-short onesies all done in shades of peach, turquoise and purple.

With their muse of a young bride-to-be, Dolce & Gabbana's collection featured, yes, frilly white dresses, but by making them mini and modern, with some featuring sexy leopard print thrown in for good measure, the dresses were as sexy as they were sweet. Black gowns, knit dresses and body suits rounded out the collection.

The concrete jungle was the backdrop and theme for the incredibly easy-to-wear collection from Bottega Veneta. Ruffled silk was draped into suits, which were paired with simple tanks. They also featured ultra-relaxed little black dresses, crocodile vests and jackets that will surely be seen come spring in concrete jungles from New York to Tokyo.



CREDIT: NYMAG.COM

Calvin Klein stayed true to form during New York Fashion Week with his minimalist look.

Prada's self-described "exaggerated simplicity" featured hourglass dresses in jade, orange, purple and some with a baroque pattern and two monkeys cinching in the waist. Striped sombreros and classic black Prada pieces anchored the collection, creating familiarity and brand loyalty for Prada diehards everywhere.

Far tamer than seasons past, the Toronto-born twins behind Dsquared2 presented a leisurely collection of classic khakis and button downs, eyelet dresses, slim cardigans and plaid bermudas. Eveningwear was as different as night: menswear was sexy and very tuxedo-like with its black and white silk gowns and tailored suits.

Paris fashion week will round off the mega city collections being presented and from the looks of some of its shows, it has definitely not disappointed!

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CREDIT: AYUSHVEDA.COM

Lightly dusting translucent powder all over the face and neck evens out the skin tone.

Men and makeup



ZOOT
JOSHUA R. WALLER
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The majority of men in today's society do not wear makeup. Why? Men are too careless and usually won't take the time to make themselves look nice. They don't want to feel emasculated, nor do they want to be labelled feminine or as a "pretty boy." However, as the times are changing, men wearing makeup has become much more socially acceptable.

We have always had those male icons who wore the over-dramatic and theatrical makeup such as David Bowie and Boy George, but now we have celebrities who are creating their own makeup lines, specifically designed for men. For example, Adam Lambert's makeup line is being released soon. "Even straight men are going to want to give it a try," he said about it.

Little do men know, there is makeup they can wear without looking feminine. Makeup's technologies are so advanced you can wear it without being able to tell it's there. This makeup can create a perfectly even-toned face that not only makes for a charismatic man, it adds a lot of sex appeal. Men who work with other people, especially salesmen and businessmen, may even see a huge increase in their job performance and sales.

Go to your nearest Shoppers Drug Mart or Sephora, and the cosmeticians will gladly help pick out the best products. Be daring and try something you would have never even dreamed of doing before.

Here are a few simple steps that can be done by anyone!

1. By far the most simple is lightly brushing translucent powder over the face and neck, creating an even skin tone.

2. To cover up any blemishes, you can use a small amount of cover-up or a concealer stick (make sure it is blended well).

3. For more coverage, using any type of foundation (that matches your skin colour – cosmeticians can help with this) will rid your skin of impurities and create a clean, flawless skin tone. Foundations come in creams, liquids, powders, mousses and tinted moisturizers.

4. Brushing bronzer all over the face will add some colour without looking like an oompa loompa (no one likes an orange or pasty face).

5. Men have the most beautiful eyelashes but are too oblivious and have no idea how to work with them. With an application of mascara, the eyes will really pop and the eye colour will be accentuated.

6. A clear lip gloss or nude lipstick/lip liner creates perfectly contoured lips that can be irresistible.

7. A thin application of white eyeliner to the bottom lid brightens the eyes and gives an overall, younger appearance.

By reading this you may think it may make you look ridiculous, but the truth is, once you try a few of these simple steps, you will see a huge boost to your looks. Not only will it give you flawless-looking skin, it adds a sense of professionalism and shows that how you feel and look really matter to you. Society is changing, becoming more and more accepting ... one step at a time.

Fringe: more than a campus salon



CHRISTINA KUBIW
KALASHNIK
FASHION WRITER

People always say to write something true you need to write about what you know. What I know is beauty and fashion, simply because I love it; and what I'm learning is that using our personal experiences as material for our writing is effective. So I'll tell you about a experience I had not too long ago that made me realize change is okay, and sometimes its even better than the norm.

Never in my life has my hair been as long as it is now, it reaches just past my shoulders to my chest. I've always had short hair and so whenever I get a haircut I always get nervous they'll cut too much off. However, I think a lot of us have this fear: the idea that you'll go to get your hair cut and you'll walk out looking like anything but what you wanted.

Lately I've been in dire need of a haircut. I'll admit it, my hair has gotten dry and the ends have become lifeless. So on a whim I decided I would try out the haircutting salon on campus, Fringe, even though I'm used to the salon back in my hometown with its familiar faces and recognizable ambience.

So when I walked into the lime green room I was nervous of how my hair would look when I left. I mean, the salon is in school so don't students cut hair here? No,

they don't. All the hair stylists are not students, they are professionals who not only have the skills to cut hair, but also the certificates that proved they can. So I sat down in the chair as a black smock was laid over my clothing. I shut my eyes and she began to cut my hair.

Note: my hair was dry-razored, a thing of preference. This means it wasn't washed pre-cut.

I sat there a little nervous but I knew if anything ever happened it would always grow back. Making small talk with the stylist about how dry my hair was, the colour and my classes, I realized I was completely overreacting and everything was fine. I opened my eyes and, well, it didn't look bad at all. Sure, it was a bit shorter, but that was to be expected if I wanted the dead ends gone. Next were the bangs, and any girl knows that if those get botched, well, the rest doesn't look too hot. My bangs were next and I was a little hesitant, but in the end they ended up looking great.

She then proceeded to curl my hair, spray it and style it, in the end she left me with an amazing coiffure of sleek '60s nature. Not only was the end result more than up to par but while she was cutting my hair it also felt great. You know that feeling - it's like getting a scalp massage. Overall the entire experience was great. And to me, that's what matters. Think about it, you want to walk in and enjoy every little moment, including the end result.

So if you decide you're willing to venture from your usual hair-



CREDIT: SUBMITTED

Christina Kubiw Kalshink was impressed with the service she received at the on-campus hair salon, Fringe.

dresser and try someone different, I suggest you hit up Fringe for a new 'do. Jessica M did a fantastic job on my hair, and now whenever I swing or sway it blows beautifully in the wind. What made me even feel better (I'm serious) was when I left I actually got compliments on how my hair looked. I walked past an old friend, and they literally pulled me aside to compliment me on my hairstyle and to ask me whether I had just gotten it done.

The moral of my story is sometimes when it comes to fashion and beauty, stepping outside of our comfort zone to try something new isn't so bad.

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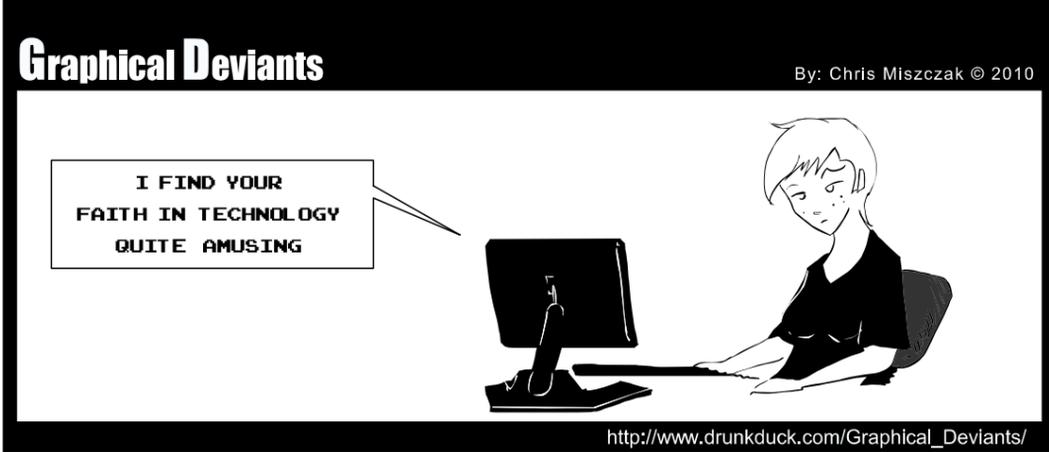
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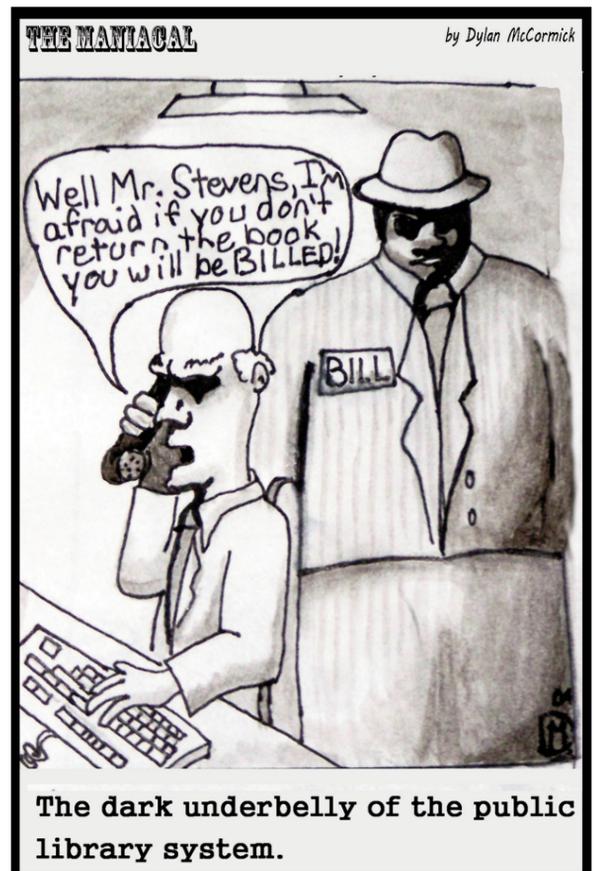
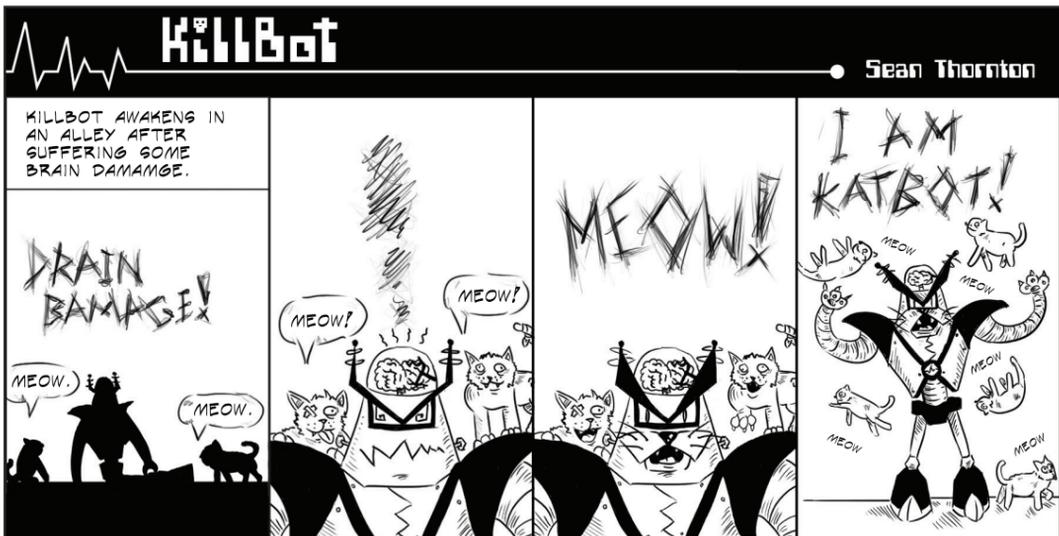
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Aries (March 21 - April 19)

You gain access to a sealed area. If you leave behind a few souvenirs or fingerprints, no one will mind. At this time there's no such thing as serious business.

Taurus (April 20 - May 20)

You're tempted to play tricks on a person asking for directions, but your better judgment prevails. You know how you'd feel if it happened to you. A truly fair system will last much longer than a corrupt version.

Gemini (May 21 - June 20)

Sweep out this week's residue to get a fresh start. Team spirit runs high among members who understand the goal. Instead of preaching to likely converts, give a demonstration that they can't ignore.

Cancer (June 21 - July 22)

The Crab swims against the tide right now. Although you lack control over many things, you're not completely powerless. Do your best and wait for the effect with an open mind and a clear conscience.

Leo (July 23 - August 22)

Brightness returns to your space, if indeed you feel like working. There's much fun to be had, and only so much time to have it. You're bigger than life, and the usual walls might not contain you.

Virgo (August 23 - Sept. 22)

Back off and let your improvements flower on their own. Your hands are strong and your touch is precise. Accept the praise of friends, teachers and classmates - you're definitely worthy of it.

Libra (Sept. 23 - Oct. 22)

Bring new energy to colleagues who are bored with the task at hand. Everyone is attracted to a pretty face, even if it's a familiar one that's just had a makeover. Emphasize substance over appearance.

Scorpio (Oct. 23 - Nov. 21)

Scorpio can see everyone's motivation. An early warning should prevent someone from misbehaving. Don't be so smug - the tables can turn on you just as easily.

Sagittarius (Nov. 22 - Dec. 21)

Positivity flows this week, though others may be having a difficult time. Bring direction to the chaotic and vision to the immobilized. Be sure to spend time with your own agenda, which is just as important as all the rest.

Capricorn (Dec. 22 - Jan. 19)

Necessity breaks the boundary between partnership and leadership. It's only natural that the most confident individual will take over. Team members see the wisdom of your action once they're done pouting.

Aquarius (Jan. 20 - Feb. 18)

If you're on the move, the lunar phase makes for an easy passage. Friendly people assume the best while taking reasonable precautions. A true story is better than any fantastic lie you could invent.

Pisces (Feb. 18 - March 20)

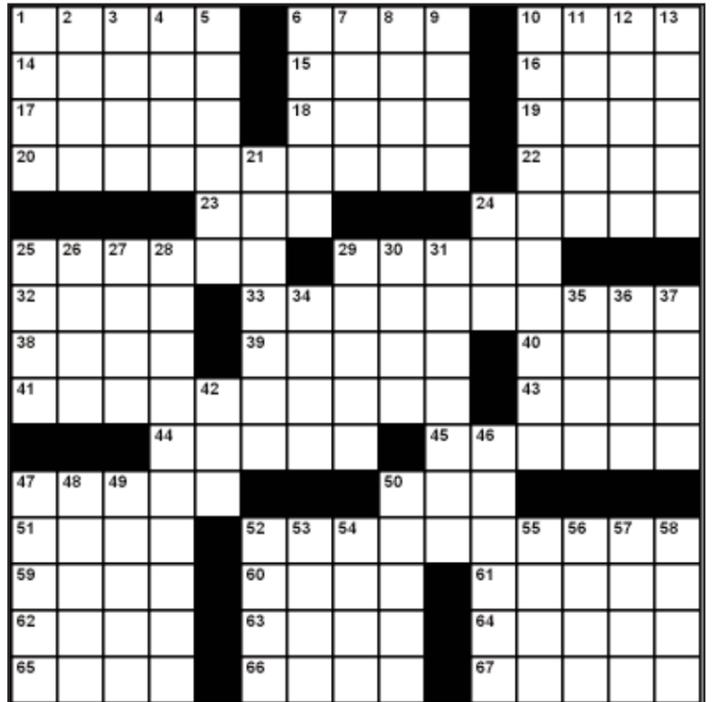
If you must question authority, write it down and then lock that page in your desk. Your rights are more limited than you think. Instead of trying to redefine your self, just do it.

Across

1. Arranges in some specific order
6. Chatters
10. Javanese tree
14. Detachment of soldiers
15. Band instrument
16. Invalid
17. Favouring extreme views
18. ___-cadabra
19. Group of three
20. Pun: How the policeman found the scene of the car collision
22. Make hot
23. Printer's units of measure
24. Long lock of human hair
25. Oil used for anointing in Catholic churches
29. ___ Hawkins Day: Al Capp's invention
32. Basic monetary unit of Iran
33. Not ready
38. Seed covering
39. Womanizers
40. Woman of nobility
41. Marine snail
43. One of the Great Lakes
44. Gets up
45. specie of trees
47. Dam
50. Pun: Two silk worms had a race. They ended up in a ___.
51. Part of the eye
52. Departures from what is normal
59. Masculine name
60. Feminine name
61. Leap up with the help of a pole
62. Rim
63. Half (French)
64. Water retention in the body
65. Act
66. Large web-footed bird
67. Impudence (informal)

Down

1. Hurt one's toe
2. Parisian suburb
3. Supreme Catholic court
4. Necklace of twisted metal
5. Continuous unlimited areas



6. Cattle-herding devices
7. Francophone priest
8. Pun: What every baby gets on his birthday.
9. Provide a chair for
10. Disentangled
11. Make a pulp of vegetables
12. Assumed name
13. Holes for coins
21. Imprisons
24. Pencil end
25. Bird's throat
26. Employ
27. Heavy precipitation
28. Abused
29. Cowboy boots attachments
30. Region
31. Complete loss of hope
34. Memo
35. Scarce
36. Muslim ruler's title
37. Below average grades
42. Prevaricate
46. Pun: What a tree surgeon does with dead trees. He ___ them alone.
47. Oiled
48. Escape from
49. Border on
50. Pun: How the railroad worker got a short-term memory loss. He lost his ___ of thought.
52. Assists
53. Make coffee
54. Feminine name
55. Nothing (informal)
56. Hints
57. Specie of trees
58. Remain where one is

Solution on page 26

Word Search

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

London's mayoral candidates

(Words in parentheses not in puzzle)

- | | | |
|---------------------------|--------------------|-----------------------|
| (Stephen Elliott) Beckles | (Joe) Fontana | (Ma'in) Sinan |
| (Anne Marie) DeCicco-Best | (Raymond) Ford | (Eric) Southern |
| (Aaron) Broughm | (Tom) Ha | (Jonas Richard) White |
| (Cynthia) Etheridge | (Ivan W.) Kasiurak | (Tomasz) Winnicki |
| (Christopher R.) Foerster | (Dan) Lenart | (Zak) Young |

QUIRKY FACTS

1. Mexico City boasts the world's largest taxi fleet with over 60,000 taxis running every day.
2. Kermit the Frog was named after Kermit Scott, a childhood friend of creator Jim Henson, who became a professor of philosophy at Purdue University.
3. In 1926, women were banned from competing in marathons because it was believed it caused infertility.
4. Wendel Clark holds the record for the longest span between NHL All-Star appearances, with 13 years (1986-1999).
5. Over 60 plants use caffeine as a natural pesticide that paralyzes and kill insects.
6. Movie star Joan Crawford would change over all the toilet seats in her house whenever she married a new husband.
7. Before he became famous for playing the character of Mr. Miyagi in the *Karate Kid* movie series, Pat Morita was better known for his role as Arnold on *Happy Days*.
8. RuPaul lived up to his song, *Supermodel* (released on his 32nd birthday, Nov 17, 1992) by becoming the first real drag queen/supermodel. MAC cosmetics made RuPaul their cover girl in 1995.
9. When signing autographs for *Star Wars* fans, Mark Hamill wrote "Follow the Force" and Harrison Ford, being less serious, wrote "Force yourself."
10. Hugh Laurie attended Selwyn College in Cambridge, where he earned a degree in archaeology and anthropology.
11. Don Knotts enlisted in the Army and served as a traveling comedian, entertaining troops overseas, during WWII, but never trained anyone, and never fired a rifle at anyone.
12. Actor Bruce Willis's real name is Walter.
13. Bruce Lee was so fast, that they actually had to slow a film down so you could see his moves. That is the opposite of the norm.
14. In 1916, Charlie Chaplin was making \$10,000 a week, making him the highest paid actor of his time.
15. Sophia Loren's sister was once married to the son of the Italian dictator, Benito Mussolini.
16. Shirley Temple was considered to play the role of Dorothy in *The Wizard of Oz*.

Sudoku Puzzle

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

puzzle rating: hard

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

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KIOSK QUIZ ANSWER

FROM OCT. 4

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BEST IN LATE NIGHT COMIC RELIEF

THE TONIGHT SHOW with Jay Leno

The Flintstones is celebrating its 50th anniversary. Do you know the name of the car Fred Flintstone had to stop with his feet? It was called a Toyota.

The economy is so bad, Justin Bieber had to take a factory job in China.

We're now in the longest, deepest recession since the Great Depression. When this recession started, Lindsay Lohan was known for her acting.

Rick Sanchez was fired after saying that Jews control the media on a satellite radio show. If he had said that on his show on CNN, he wouldn't have gotten in trouble because no one would have heard it.



JIMMY KIMMEL LIVE with Jimmy Kimmel

This is a historic night — the United States is going to bomb the moon. This is what happens when you have a president whose slogan is, "Yes, we can."

In other space-related news, NASA downgraded the odds of an 885-foot asteroid, the Apophis asteroid, of hitting the world in 2036 to 1 in 250,000, which coincidentally, are also the odds of Sarah Palin becoming president by 2036.

Colorado will become the first state to lower the minimum wage. They plan to lower it from \$7.28 to \$7.25. As a compromise, workers will be able to leave work nine seconds earlier.

Walmart employees were like, "There's a minimum wage?"



LATE NIGHT with Jimmy Fallon

The NFL fined Titans defensive coordinator Chuck Cecil \$40,000 for flipping officials off on Sunday. When Cecil was asked to comment on the fine, he said, "Well, let's just say it's up to \$80,000."

Hewlett-Packard's new CEO, Leo Apotheker, just signed a three-year deal worth more than \$50 million. It seems like a great deal now, but wait until he finds out how much the ink cartridges cost.

The White House has issued an alert for American tourists traveling in Europe over fears of a terror attack. But the joke's on you, terrorists. We can't afford to go to Europe.



THE LATE LATE SHOW with Craig Ferguson

The Nobel Prize is given out by a mysterious group called "Scandinavians."

Research shows that the No. 1 place you can pick up infections from is a doorknob. That's why I always lick doorknobs clean before using them.

One of the reasons it's so hard to get rid of the rhinovirus is that it's constantly evolving. Picture a gummy Lady Gaga.

The best way to prevent a cold is to cover your mouth when you sneeze. I think that's why the Tyrannosaurus Rex went extinct. Because its arms were very short.



THE LATE SHOW with David Letterman

Paris Hilton says she now likes to just stay home with her boyfriend and watch movies. That is a change. She used to like to stay home with her boyfriend and make movies.

It's a good thing the Times Square bomber got life in prison because he'll never get a parking spot on Broadway again.

Osama bin Laden keeps releasing audio tapes to show that he's still relevant. Really? Audio tapes? How about an iPod download?

The Senate has decided to limit the volume of TV commercials. Who says Congress doesn't get anything done?

Lindsay Lohan has been to rehab so many times, the cafeteria named a sandwich after her.



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MEDITATION DROP IN - TUESDAYS AND THURSDAYS: Weekly mediation sessions in Rm F2010 from 4 - 4:30 p.m. Each week we focus on a different type of meditation. This week Oct. 12 and 14 join us for the spiral technique that takes a journey in the depths of your mind to discover your wisdom. FREE to all students! No experience required. For a weekly schedule please go to the events calendar on myfanshawec.ca

ANNOUNCEMENTS

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. Competition is "heating up" for bragging rights for the 'best darn chili on campus!

FANSHAWE'S ANNUAL WELLNESS FAIR: Tons of exhibitors showcase their Health and Wellness services and products. Exhibitors include: Health & Stroke Foundation, Canadian Blood Services, Inner Insight Holistic School & Spa, MADD London Chapter, Fitness 101. The Fair is being held on October 13th, in F Hallway across from the bookstore, from 10:00am-2:00pm

THE FANSHAWE COLLEGE LETTERS AND ARTS READING SERIES The Fanshawe College Letters and

Arts Reading Series continues with two 50-minute readings, book sales and author signings in October and November. George Sipos - former Londoner and author of *Arrival: A Memoir* in room D1060, London Campus on Thursday, October 14, 2010 at 2 p.m.. Noah Richler - son of Mordecai Richler and author of *My Country What's Yours?* in room D1060, London Campus on Thursday, November 18, at 2 p.m.

VOTE IN ADVANCE ON CAMPUS: An advance polling station will be held on campus October 14, from 10 a.m.- 8 p.m., located in the Student Centre (near the Oasis). Any voter from any ward may vote at this campus poll on October 14. For more information call the Election Office at 519-661-4535 or visit london.ca/election.

Fanshawe College Christmas Art and Craft Show and Sale Friday, November 19: Do you or a member of your immediate family, have craft or art works which you would like to

promote and sell to Fanshawe staff and students? If so, consider participating in this year's Fanshawe Staff/Student Christmas Craft Show and Sale 9 a.m. to 2 p.m., Oxford St. Campus 1st Floor, 'F' hallway. You must be affiliated as a staff member, family member of staff, Fanshawe retiree or student to participate. An excellent opportunity for students to fundraise for a class trip or event. Only handmade crafts or art items may be sold. \$20 per table with the proceeds going to The Sharing Shop. Limited number of tables. Contact

Wendy Lycett at ext. 4385 or D1063. **FIRST YEAR GENERAL ARTS AND SCIENCE TEXTBOOKS:** The Following textbooks are for sale: Reason and Writing, Custom Essay Essentials, The World of Psychology 5th Edition, Canada A National History, MKTG, Foundations of College Chemistry 12th Edition. Accepting best reasonable offer, Can arrange to be picked up at Fanshawe College. Please contact: Kassandra Lahosky at dale.lahosky@sympatico.ca

S	O	R	T	S	G	A	B	S	U	P	A	S
T	R	O	O	P	O	B	O	E	N	U	L	L
U	L	T	R	A	A	B	R	A	T	R	I	O
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8	2	3	7	6	4	5	9	1
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5	6	2	3	1	8	4	7	9
7	8	9	2	4	6	1	5	3
3	4	1	9	7	5	2	6	8

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Eating Animals author introduces the real meat

DANIELLE WEBB
CUP NATIONAL BUREAU CHIEF

TORONTO (CUP) — Jonathan Safran Foer's life changed when he became a father, responsible for feeding someone else.

Food is sacred in many ways. It is life, it is comfort and it is ingrained in every culture on earth. His grandmother refused to accept pork when she was starving near the end of WWII because she was Jewish. She told him that if nothing mattered, there was nothing to save.

Safran Foer is out to save his son, and what matters is the food that he puts on their table. As he began to learn more about that food, he came to loathe one thing: The world of factory farming.

"I thought, 'Could I eat meat and continue to be myself?' That question is really exaggerated when you're sent into a fun-house mirror when you have a kid, because being yourself involves telling stories to your kids," Safran Foer, the best-selling author of *Eating Animals*, said during a presentation at the University of Toronto on Sept. 29.

"I'm really glad that when it comes to food and addressing that sensitive subject, I don't have to lie or gloss it over."

After finding out his wife was pregnant, Safran Foer embarked on a cross-country mission to find out where meat comes from and what happens to it before it arrives on our plates.

Factory farms are the mechanized food production system from which most meat products emerge. Processing thousands of animals a day, the system has been accused of slaughtering animals and allowing manure and other byproducts to enter into the food chain. The enormous amounts of antibiotics used in the industry have also led to antibiotic-resistant bacteria, which is more difficult to control when people become sick with those infections.

"More than 99 per cent of the animals we eat come from factory farms," he said.

And the impacts that system has on public health, the environment and animal welfare are staggering.

"We now have a farm system that is the number one cause of global warming. It is, according to the United Nations, one of the top two or three causes of every environmental problem on the planet," said Safran Foer.

"We know it's making our antibiotics less effective. We know we're treating animals in ways that would be illegal if they were dogs or cats. And we know it's terrible for our health. If we can't agree that those things are bad, it's very hard to have any kind of worthwhile civilization."

But food is complicated, he said. "It's comforting, it's about breaking bread, it is a religion. These things are not easy to get over. They're important. The question is: Are they infinitely important?"

Today's meat industry is built around producing cheap meat that

can be quickly prepared. And that industry is broken, he said.

"Americans eat 180 times more chicken today than they did a century ago. It's hard to call that consumer choice. It's hard to imagine people saying, 'I don't want to eat just a little more chicken ... but a ridiculous shitload more chicken.'"

"Our notions of what food is and what meals are have been completely perverted. What has been taken from us is not only our environment or our humanity or our animals or health, but our (cultural) value of food," he said.

Part of repairing the system will be achieving a proper subsidy structure, moving towards small family-run farms, re-introducing a culture of food where kids are taught how to prepare meals and, of course, decreasing our consumption of meat.

"Change can happen quickly. There are more vegetarians than Catholics at American universities. Just think, in five years when these (students) become journalists, writers, politicians, doctors, ignoring it is going to become very, very difficult."

"We're just getting to that point where there's just too much information to ignore."

But Safran Foer is not asking everyone to give up meat entirely, starting tomorrow. Choosing between being a vegetarian or a meat-eater ignores a huge middle ground where we can all come together, he said.

A radio host once told him that vegetarians make terrible tourists. But Safran Foer counters that context is everything. Few people spend their entire lives as tourists, and living for the exception is never an excuse to do anything.

"How often are we tourists? How often do we find ourselves in Papua New Guinea being offered pig's testicles?" he asked. "Maybe some of us are a week, two weeks a year. So eat that stuff when you're in Papua New Guinea for those two weeks a year, but don't use that as an excuse for eating McDonald's when you're in Toronto."

Instead, he said, it's all about baby steps. "Each meal is an opportunity," he said, to make a choice to eat according to personal taste, larger goals and according to health.

"These things are hard; they're very difficult to wrestle with. They're hard to talk about because we run the risk of feeling ashamed ... and the certainty of having to say no to something we enjoy. But how hard is it?"

He said that if every American ate one less serving of meat a week, it would be the environmental equivalent of taking five million cars off the road.

"If someone says to me, 'I can't become a vegetarian.' Okay. But if someone says to me, 'I can't remove one serving of meat a week,' it's kind of pathological. It sounds like you are addicted to meat."

"That's where we should be starting."

Bodies on display are unethical

LEANNE ROED
THE MANITOBBAN

WINNIPEG (CUP) — *Bodies* has been championed as a revelatory glimpse into the miracle that is the human body.

It has simultaneously been accused of profiting from tragedy and capitalizing on desecration. Before you decide to attend this immensely successful anatomy lesson there are some things you may want to know.

Controversy has haunted the macabre display since it debuted in 2005. Premier Exhibitions, the company that owns *Bodies*, uses unclaimed corpses that have been preserved via a polymerization technique invented in the 1970s by German scientist Gunther von Hagens. He developed a similar exhibition, which opened to its own controversies in 1995. His show, *Body Worlds*, uses bodies that have been donated through his donor program.

The shows are so similar that one article on the CBC website uses a photo from *Body Worlds* in a story about *Bodies*, the exhibition and its imminent arrival in Manitoba. It's difficult to avoid confusing the two.

For those concerned about the ethics of displaying the remains of deceased individuals, a brief Google search will lead you to *Bodies* promotional website where visitors are assured that the bodies used have been obtained from a medical school in accordance with Chinese law.

Medical schools and laws are generally perceived to have a handle on the major ethical questions we often don't have time to contemplate. The sticky problem of consent has been worded around,

but this show is educational. Medical schools are also educational. Therefore, this commercial enterprise, which has been extensively marketed toward having human interests at heart, is justified in corpse manipulation for their personal gain without the individual's consent.

Another troubling aspect of these particular bodies are the accusations regarding who they may have belonged to.

If you look at the bottom of the flash content at the company's website, in small grey text you will see a link to the "*Bodies* NY Disclosure." Here you will find a more definitive description of the history behind the preserved specimens.

As part of a settlement reached between Premier Exhibitions and New York Attorney General Andrew Cuomo, the company was required to disclose that it "cannot independently verify that [the bodies] do not belong to persons executed while incarcerated in Chinese prisons."

Also as a result of the lawsuit, Premier Exhibitions is now required to obtain proof of consent before displaying cadavers — not applied to those previously acquired — and all prior visitors to the New York exhibit were entitled to a refund of their ticket price.

The Laogai Research Foundation is an advocacy group, based in Washington, D.C., that works to raise awareness about human rights violations in China. Their position is that it is "very likely that at least some of the bodies on display are those of executed prisoners." China's capital punishment policies have drawn international criticism

for including many non-violent offences among those for which the penalty is death.

The show has been banned in the state of Hawaii and was recently banned in Seattle. Legislation has been introduced to regulate use of non-consenting decedents in California, Washington, Florida and Pennsylvania. A bill (H.R. 5524) that would prohibit the importation of plastinated remains from China into the United States was introduced early this year in to the U.S. Congress in response to the concern over the source of these bodies.

I spoke with Neil McArthur, a professor at the University of Manitoba, about the ethics involved in the case.

"The government can only regulate things when they notice that they're worth regulating," he said, in response to a question about whether Premier Exhibitions's profit from unclaimed corpses places pressure on future exhibits to forego pursuing consent.

He went on to say: "There's a role for government here that is not perhaps being fulfilled. Regulation is the key that society has come up with to ensure that ethical businesses are not disadvantaged and forced out of business by those that would act unethically."

Though it isn't the kind of education Premier Exhibitions had in mind when the show was conceived, *Bodies* will demand critical thought — whether on the subject of consent, business ethics, cultural mores surrounding death, or how we know what we know about how a human being becomes an unclaimed body on the other side of the world.



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FUN AND FITNESS
RICK MELO
melo_rick@hotmail.com

Another September has passed and so has another Olympia. The funniest part is 99.9 per cent of readers don't know it even happened. This is only natural, considering that same 99.9 per cent have no desire to get as big as those monstrous bodybuilding professionals. These particular professionals have to deal with some of the worst stereotypes and accusations of any professional sportsmen. Are the accusations of steroid use true? Absolutely. No human being can possibly get as big as these guys without performance-enhancing drugs. However, the ignorant ones believe steroids are magical and create the muscle and strength. They provide the enhanced window of opportunity, but without the extreme hard work and dedication, they are useless.

The September 24 to 25 Mr. Olympia hosted a fantastic line-up of individuals who possessed this hard work ethic and it showed! This year's contest only had two previous Olympia champions, which included Dexter Jackson (2008) and Jay Cutler (2006, 2007, 2009). It would be interesting to see what kind of form these two would bring to 2010. Better yet, one should never count out the up-and-comers looking to hold up the Sandow statue!

Jackson came out with the fine form that he has been known to consistently bring. There is a reason he is called "The Blade" and it is because the man is CUT! Being one of the smaller competitors, Jackson has a physique that's rem-



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Jay Cutler, left, was able to hold onto his Mr. Olympia crown for one more year over the rapidly improving second place finisher Phil Heath.

iniscent of the older days of bodybuilding which people tend to find more aesthetic. This fantastic look was so good that it got him the 2008 championship, making many believe the judging committee was steering away from giving the trophy to absolute mass monsters. This theory was quickly debunked in 2009 when a massive AND cut Cutler won without question. The judging committee could not deny how impressive he was. The question was whether or not Cutler could bring that similar form in 2010 since he has been known to show inconsistencies.

Well Cutler came out and did he ever look good. So good that it appeared he had it on lockdown. Then Phil Heath who placed fifth in 2009 came out. He clearly wasn't aiming for fifth place, again considering the lean condition he

showed and an ultra-tiny waste to compliment his great size. Branch Warren also came in similar to his 2009 second place condition. This made for an unpredictable top two placing.

Fourth place went to Jackson. Although great as he always was, the other three gentlemen brought impressive size and definition to their physiques that deserved the gold, silver and bronze. Warren was awarded with the bronze and left it for a climatic final between Cutler and Heath. After a weekend full of pre-judging, night time posing routines and the ever-popular flex-off, the judges saw fit that Cutler be crowned as 2010 Mr. Olympia. One thing is for sure, if Heath keeps this up, he may need to make room for future Sandow trophies in his living room.

Men's basketball team starting season

MEAGAN CHECHALK
INTERROBANG

Fanshawe's men's varsity basketball team is already showing promise as they gear up for the upcoming season.

About 60 men tried out, which was then pared down to 16, but due to some injuries there are now 14. With eight rookies and six returning players, the team is on its way.

It's too early to see where the team will be heading, but head coach Glenn Johnston said "There's a lot of talented guys on the team and because of that they will be successful."

Similar to any sport team, their goal for this year is to win Canadian Colleges Athletic Association championship. After sitting in on the team's practice, there's no doubt the men have the ability to make it far. Johnston's practices push the men to the best of their ability and he doesn't give up on them.

With the support of family, friends, students and faculty cheering them on in their games, the team is sure to prosper. The men have their first regular season home game on Wednesday, October 27, at 8 p.m. against St. Clair.



CREDIT: ANTHONY CHANG

Fanshawe's Jordan Dixon flies to the hoop during a Falcons exhibition game versus the University of Laurier.



CREDIT: ANTHONY CHANG

Fanshawe's Meaghen Orr battles for the ball during Ontario Colleges Athletic Association varsity soccer action. Orr netted one of Fanshawe's three goals in a win over Sheridan. Other goal scorers were Jessica Bergsma and Lawren Comrie. Sarah King recorded the shutout. Fanshawe sports an impressive 5-0-1 record and have only surrendered one goal against this season. Orr, along with Bergsma have helped pace the attack with three goals apiece.

Falcon Volleyball teams start season with strong play

ANDREW EVANS
INTERROBANG

Both the men's and women's teams kicked things off in fine fashion by winning a gold and bronze medal respectively during the Eighth Annual Overkill Fanshawe College Volleyball Kick-Off Tournament.

On the men's side, the Falcons flew through the tournament undefeated, going 5-0 in tournament action that culminated in a thrilling three set gold medal match victory over the visiting Mohawk Mountaineers. After taking the opening set 25-18, the Falcons let Mohawk back into the match by dropping the second set 19-25. The third and deciding set of the gold medal match was a nail-biter that came right down to the wire before the Falcons were able to prevail 15-13 to capture the tournament championship. Fanshawe Falcon Matt Wilson was named to the tournament all star team, while his Falcon teammate Andrew Thorpe was named tournament MVP.

It was a strong start to the season for a mix of returning and new players that coach Rob Thorpe hopes will be able to complete for the OCAA Championships this season being hosted by Seneca College. The men continue their pre-season over the next couple weeks with an exhibition match at home on Tuesday, October 12 versus the Western Mustangs. Following the pre-season schedule,

the Falcons open regular season action on Wednesday, October 20 at home against the St. Clair Saints.

In women's action, the Falcon team made it through Saturday's tournament 3-0 by defeating the Georgian Grizzlies in straight sets, 25-18, 25-14 to open tournament play, before defeating Cambrian College in a hard fought three set match 24-26, 25-20, 15-12. The women wrapped up Saturday's action by defeating the Seneca Sting in straight sets 25-17, 25-17. In Sunday's semi-final match, the Falcons would face Cambrian College once again, this time dropping the match in straight sets 25-23, 25-17.

However, the women were able to re-group and overcome the semi-final adversity to capture the bronze medal in an exciting 25-17, 23-25, 15-7 victory over the St. Clair Saints. Fanshawe Falcons' Stacie Thomas was named to the tournament all-star team after a strong tournament.

Women's head coach Lloyd Rumble is hoping a strong returning class led by team captain Katie Reist, as well as a strong recruiting class, will be able to achieve the overall goal of winning a medal at this year's OCAA championships. The women continue their pre-season play. The Falcons open their regular season against the St. Clair Saints on Wednesday, October 20.



CREDIT: ANTHONY CHANG

Fanshawe's Cory Madill pushes the ball down the field during the Falcons' 3-0 loss to Sheridan. The Falcons record sits at 2-2-2.

Golf season comes to end

ANDREW EVANS
INTERROBANG

The Fanshawe Falcons golf teams participated in the Ontario Colleges Athletic Association Provincial golf championships held at Raven Golf Club at Lora Bay. After an up and down season that saw Mike Waite of the men's team and Alex McAvoy of the woman's team capture first overall at the Fanshawe Invitational in September, both teams were ready for the challenge that was presented at the Raven Golf Club last week.

For the Fanshawe men it was Taylor Booth scoring a three-day total score of 226 to finish in a

sixth place tie after three rounds in 70s. Also having respectable tournaments to wrap up the season for the Falcons on the men's side were Corey Nathan, Travis Blake, Ryan Stewart, Waite and Ryan MacLean. In women's action, Sarah Pickensgill, McAvoy and Ashley Cochrane of Fanshawe, used scores in the top 12 to finish the tournament sitting in fourth position in the overall women's team category.

This week's OCAA golf championships marked the end of another good season for the Fanshawe Falcons.

Cross country teams continue domination

ANDREW EVANS
INTERROBANG

Another week and another strong showing from the Fanshawe Falcons cross-country teams. This past week, both the men's and women's teams continued their outstanding seasons by sweeping the overall team standings at the Sir Sanford Fleming Invitational in Peterborough, Ontario.

For the men it was yet another strong finish for Clint Smith who placed fourth overall, followed by teammates Biemnet Yemane and Josh Lumani to round out the top 10, all three men with times within the 30 minute mark. Also finishing strong for the Falcons was Sean Coleshill who finished 12th overall.

In women's action, Liliane Sparks led the way for the Falcons with a second place overall finish in a time of 20 minutes and 21 seconds. Not far behind Sparks was Erika Houde-Pearce in fourth place, with Melissa Linker and Tineke Dejong rounding out the top 10 with respectable sixth and



Liliane Sparks

10th overall placements.

With the Ontario Colleges Athletic Association cross country season beginning to wind down with just the St. Clair invitational being held in Windsor, Ontario before the OCAA Championships here in the Forest City at the end of the month, it would be a huge understatement to say that this cross country season has been successful.

Cena newest member of Nexus



THE HEEL TURN
SCOTT STRINGLE
stringle78@gmail.com

Hell in a Cell Results

Edge defeated Jack Swagger
Daniel Bryan retained the United States title in a submissions count anywhere match against The Miz and John Morrison

World Heavyweight champ Kane beat the Undertaker with the surprise help of Paul Bearer

WWE champ Randy Orton successfully defended against Sheamus

Natalya defeated the Unified Divas champion Michelle McCool by DQ, which did not get her the belt

Wade Barrett pinned John Cena

Monday Night Raw was a night that Cena fans never thought they would see. The stipulation for the Cena versus Barrett confrontation at Hell in a Cell was that if Cena won, then Nexus would have to disband. However, if Cena lost then he would have to join the ranks of his hated enemies. The show began with Nexus, specifically Barrett, talking about his victory over Cena the preceding night. Barrett seems to have some charisma and I think he could be a top heel in the company if they give him a really good push beyond Nexus in the future. You can just tell that he is the breakout star of that stable.

Barrett asked Cena to come out and face what was coming. Cena came out to the ring without his music and some words were



CREDIT: WWE.COM

John Cena takes his orders from Wade Barrett and Nexus on Raw.

exchanged before they handed Cena a Nexus armband for him to wear. Cena stared at the armband, all the while looking like he was going to cry, before very reluctantly putting it on his arm, to the disbelief of his young fans. A match then occurred with Cena and Michael Tarver facing Evan Bourne and Mark Henry, which ended up being rather one-sided since Cena did all he could to leave Tarver in the ring by himself to take a beating. Afterwards, he announced that he was planning on destroying Nexus from within, and he started by attacking Tarver, who was still reeling from being slammed by Mark Henry. This caught the attention of the RAW general manager, who ordered Cena to start following what his leader Barrett says, or else the GM would fire Cena.

Next up Natalya Neidhart made very short work of Alicia Fox. Now here is a Diva who was trained at the legendary Hart Dungeon, and she actually can work, so why don't they put the

belt on her already instead of the *Mean Girls* wannabes Laycool?

RAW ended with a Battle Royal amongst several of the superstars, and it came to just Cena and Barrett. The leader of Nexus demanded that Cena eliminate himself, which he reluctantly did. This gave Barrett the number one contender spot for the WWE Championship. The way they are going with this angle seems very similar to when Shawn Michaels had supposedly lost all his money, and had to be JBL's servant for a set period of time a few years back. I guess the WWE just doesn't have the testicular fortitude to turn Cena heel. That would spoil his image of being the kids' hero. Unfortunately in the process they are basically ignoring what a lot of adult and teenage fans want, which is an edgier product and more badass anti-hero superstars. The days of the Attitude Era were just insane, and I believe I can speak for a lot of people when I say that we want the Attitude back!

GET IN THE GAME



FALCON VARSITY ATHLETICS

UPCOMING HOME GAMES FOR FANSHAWE FALCONS:

Men's Volleyball –

UWO @ Fanshawe Exhibition Game, October 12 at 7pm

Women's Volleyball –

St. Clair @ Fanshawe, October 20 at 6 pm

Men's Volleyball – St. Clair @ Fanshawe, October 20 at 8pm

Women's Volleyball – Sheridan @ Fanshawe, October 23 at 1:00pm

Men's Volleyball – Sheridan @ Fanshawe, October 23 at 3:00pm

17TH SENIOR GIRLS HIGH SCHOOL BASKETBALL INVITATIONAL

Come out this Friday and Saturday (15th and 16th) to check out some of the best high school girl's basketball talent in Ontario.

Free for spectators!

OPEN RECREATION

Open to all Fanshawe students and residents. This program operates FUN through active games. Every Sunday, Tuesday and Thursday 10pm – 12am, Gym 3 Signup at Athletics, J1034 Daytime hours available. See athletics for more info.

INTER-COLLEGE AND UNIVERSITY COMPETITION

Co-ed Dodgeball @ Humber – Fri. Nov.5th

Co-ed Indoor Soccer @ Humber – Fri. Nov.12th

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

Co-ed Beach Volleyball @ George Brown – Thurs. Nov.18th

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

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





CREDIT: BLOG.VERYFINEBOOKS.COM

Does the Dallas Cowboys DeMarcus Ware have what it takes to get to Brett Favre in a key NFC match-up this week?

No need to miss this Sunday



NFL CZAR
JUSTIN VANDERZWAN

This has been a wacky season. Who would have thought the Kansas City Chiefs would be the last undefeated team in the National Football League? If you said you predicted this, you most certainly are lying.

Anyways, I'm sure the Chiefs will come down to earth, but in the meantime, week six offers a bunch of critical games. While none of my three games will have huge divisional implications, they all should be fairly enjoyable.

Baltimore Ravens @ New England Patriots

This is a huge game in the AFC playoff race. The Patriots will be looking for retribution in this one, after being embarrassed in the first round of last year's playoffs. The Ravens come in looking to keep up their roll, and they bring their inconsistent passing attack into Foxborough to face the weak Patriots pass defence.

Key Matchup

Joe Flacco vs. Tom Brady: The quarterback duel will be fairly even in this one. Brady tends to struggle against stingier defences, and Flacco stepped up a few weeks ago in Pittsburgh. Honestly, this game could go either way and it is a matchup we could see again in January. I give the Patriots the edge at home, they win 24 - 17.

Miami Dolphins @ Green Bay Packers

This inter-conference battle will take place in the Great North, and it will be a battle of strength vs. strength. The Dolphins have played very well on defence this season, while the Packers have dominated on the offensive side.

However, Dolphins QB Chad Henne has developed quite a bit this season, and has the Dolphins fighting.

Key Matchup

Brandon Marshall vs. Charles Woodson: If you shut down Marshall, you have a good chance of beating the Dolphins. Woodson has the talent to shut him down, but Marshall has a size advantage. He just finds ways to get open. If he does, the Packers will be in trouble. I think the Packers will still win, but it will be closer than you think. Packers win it 24 - 21 with a late field goal.

Dallas Cowboys @ Minnesota Vikings

This is another playoff rematch, and both teams need this win. These are two of the more disappointing teams at this point of the year, and it will be interesting to see if either can turn it around and make a playoff run. If the Vikings fail to make the playoffs, it will mark one of the biggest failures in recent memory.

Key Matchup

DeMarcus Ware vs. Bryant McKinnie: With all the focus on Jared Allen and the Minnesota pass rush, some may forget about the man they call D-Ware. Hard to believe, I know, but Ware was a non-factor in the playoff game. McKinnie did a great job containing the All-Pro, and will have to again to keep the beast off his fossil quarterback. With the Vikings struggling the way they have been, I have to give the nod to the Cowboys. This one is the backbreaker in the Vikings season. Dallas takes it 35 - 17 in a blowout.

For next week, a pair of night games take centre stage.

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

Mustang still has muscle



MOTORING
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There are few constants in the auto industry. New models come and go, while the names and characters of cars get completely overturned. Case in point: the Chevrolet Impala's current model has nothing in common with the Impala models from my dad's generation.

However, Ford has been true with the Mustang. First of all, the Mustang never went away, it has stayed in production since 1964. It has always been a two-door, coupe or convertible, with a few different engine options, and it has always been rear-wheel drive.

While the Mustang has had some roller-coaster years, the current cars are better than ever, and all this goodness is even better for the 2011 model year. There is a potent new V6 engine, but the big news is that there is an even more potent V8 under the hood, not to mention the new supercharged V8.

To see how good these new Mustangs are, I spent some time with the new 5.0 GT and the GT500.

The 5.0 GT is the big story this year, because 5.0 and Mustang are two badges that have quite a history together. For the past 15 years, Ford has been using a 4.6-litre engine, but for 2011 a new 5.0-litre motor has arrived.

This new V8 motor produces

412 hp and 390 lb/ft of torque. Couple that with its excellent new six-speed manual gearbox (a six-speed automatic is also available) and you have one rocket of a car. Zero to 100 km/h takes about 4.6 seconds and top speed is above 260 km/h. That is really fast for a car that still has a live-beam axle in the rear (most sports cars have independently sprung suspension all around).

The speed is one thing, but it's the way this new motor revs up that is most impressive. No matter what the speed or gear, it catapults forward at a rate that may cause some people a heart attack. The new 5.0 motor has to be the best normally aspirated V8 motor of any American car.

As fast as the new 5.0 GT Mustang is, it has an even faster sibling to excite you. It's called the GT500 and this version has a 5.4-litre, supercharged V8 that is 100 lbs lighter than the motor it replaces, plus it produces an extra 10 hp for a total of 550 hp. With 510 lb/ft of torque available, this muscle car can evaporate any straight it is pointed at. Zero to 100 km/h is dealt within 3.9 seconds and the top speed approaches 300 km/h.

Like the 5.0 GT, the GT500 also has a six-speed manual gearbox, but no automatic is available. Also, while the gearbox in the GT500 is good, the one in the 5.0 GT feels even better.

Handling and braking is another matter. While the 5.0 GT does a fine job at both, the GT500 is a much sharper and a better car for any performance driving. I did wish, though, that the steering

wheel were smaller. Its huge wheel does not suit this car's sporty demeanor.

The interior is almost identical between the two (though the 5.0 GT has nicer instrument dials), while the seats are slightly different between the two models, their comfort levels feel the same.

Sadly, these two models also share the same discomfort level. The Mustang is fine on a nicely paved road, but hit a bump and the car gets unsettled much more than I'd like. Even just driving on the highway, the car keeps hopping and shaking. The blame for this discomfort is the live-beam rear axle, which cannot cope with undulations like a fully independently sprung car would.

But niggles aside, the 2011 Mustangs are great, fun cars. They perform as good as they look.

Of the two models mentioned, the GT500 is a more complete performance car. Not only can it run with just about any Ferrari, it also managed to return 10 litres/100 km on a highway trip, which is amazing.

If buying, my money would go to the 5.0 GT. At \$38,499, the 5.0 GT is \$20,000 cheaper than the GT500 and it delivers almost the same amount of fun. Plus the 5.0 GT has a nicer-sounding motor and a nicer gearbox.

Is the new Mustang the best all-around sports car for the money? Probably not, but it's one of the most fun muscle cars I have ever driven. Long live the Mustang.

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From left, Jeroen, Erin and Alex enjoy an evening out at the Out Back Shack.



CREDIT: ANDRE BAKER

From left: Danielle, Sarah, Lauren and Despina get their groove on the Out Back Shack dance floor.



A pair of students work the stick during the Out Back Shack's Open Mic night.



Nothing like a game of table tennis during lunch break on the second floor of J gym.



