

# JUNKIE JACKPOT



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**FANSHAWE PROFESSOR GERMAN GUTIERREZ**  
**COUNCILLOR WARD 3 "I WANT TO BE YOUR VOICE ON COUNCIL"**

# Question of the week

Based on MADD's definition of "binge" drinking (four or more drinks in one sitting for women and five or more for men), how many times per month would you estimate you binge drink?

**Jessy James**

—“I'd say about four times a month, Fridays and Saturdays.”



**Jasmine Swift**

—“I'm underage so I'm not allowed to drink, therefore I don't.”



**Brian Chambers**

—“Now, about once a month.”



**Lily Stekovic**

—“Like three or four times a month.”



**Travis Beaulieu**

—“I actually don't drink.”



**Jason Araujo**

—“I'm a boss, I drink a lot.”



An enthusiastic crowd lines up outside Forwell Hall for the Tight and Bright Pub.

CREDIT: ANDRE BAKER

## 10 Things I Know About You...

### Kelly's got pipes

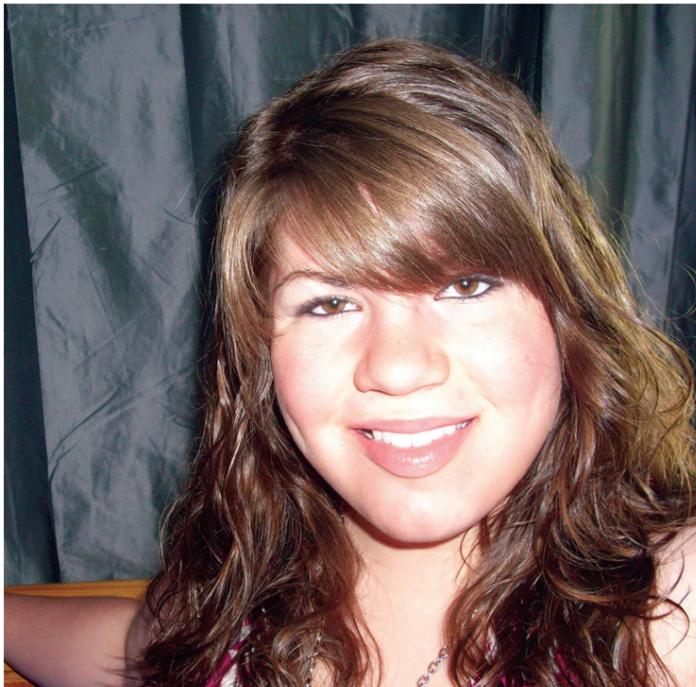
Lisa Kelly is in her first year of marketing at Fanshawe. She said; “I am a singer/painter who never shuts up but yet strangely I'm a great listener. I am very outgoing and I am not afraid to be myself.”

- 1. Why are you here?**  
To go to school ... and eventually open a gallery.
- 2. What was your life changing moment?**  
I have two. Number one was moving away from everything I have ever known and starting fresh. The second was getting my tattoo,

because it was the first time I had every really rebelled against my parents. I can now call myself a badass.

- 3. What music are you currently listening to?**  
Florence and the Machine!
- 4. What is the best piece of advice you've ever received?**  
If someone wants to change you, they are not worth your time.
- 5. Who is your role model?**  
Queen Latifah.
- 6. Where in the world have you traveled?**  
All over eastern Canada, and the

- 7. What was your first job?**  
Flipping burgers at McDonalds.
  - 8. What would your last meal be?**  
Cheese pie and garlic sauce.
  - 9. What makes you uneasy?**  
Driving.
  - 10. What is your passion?**  
Singing.
- 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.*



Lisa Kelly loves to sing.

CREDIT: SUBMITTED

# oot. events

alcohol awareness week

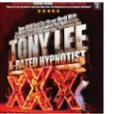
## monday 18

**Euchre Tournament**  
Forwell Hall - 7pm

## tuesday 19

**Nooner - Forwell Hall**  
Comedy

**Tony Lee**  
XXX Hypnotist  
Forwell Hall



## wednesday 20

**First Run Film**  
Rainbow Cinemas  
\$3.50 students.  
\$5.00 guests.



**RED**  
**Electric Open Mic**  
OBS - 9pm  
**Fanshawe @ the Grand**  
Side by Side Sondhiem - 8pm  
\$18 students. \$26 guests.

## thursday 21

**Nooner - Forwell Hall**  
Music  
**Co-sponsored Pub**  
Forwell Hall - 9:30pm

## friday 22

**New Music Night**  
OBS - 9:30pm  
**Fanshawe @ Yuk Yuks**

## saturday 23

**Children's Halloween Party**  
Alumni Lounge - 3pm

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---

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**KIOSK QUIZ**





CREDIT: EXAMINER.COM

Despite a law that prohibits use of hand held devices while driving, motorists don't seem to be getting the message. The OPP have laid over 5,000 charges, while London police have laid over 350 distracted driver charges.

## Driven to distraction

ERIKA FAUST  
INTERROBANG

Check your cellphone and reread the last text message you received. Would you pay \$155 to read that? Would you cause a car accident, potentially hurting yourself or someone else? Would you face jail time?

That's what might happen under Ontario's driving legislation if you're caught using your cell phone to text or make calls when you're driving.

"I think it's a very serious problem," said London Police Traffic Sgt. Tom O'Brien. "(People) just can't put (their phones) down."

The revised Highway Traffic Act came into effect last October, and enforcement began in February 2010. It states that drivers are forbidden to use cell phones to talk, text or e-mail, or to use other hand-held devices (such as MP3 players or GPS) while behind the wheel.

"This law has been a long time in

coming," said Sgt. O'Brien. "(The government) recognizes that distracted driving is a very serious offence."

"My take on it would be what the driver would suffer from is tunnel vision and auditory exclusion," explained Sgt. O'Brien. "You're paying attention to one thing and your focus is not on the road."

Since the law came into effect, Ontario Provincial Police have charged over 5,100 people across Ontario using cell phones or other technology while driving. London Police Services have laid 383 distracted driving charges.

The punishment for distracted driving is a \$155 fine. If, however, a driver breaks any traffic laws while using a cell phone – such as failing to stop for a stop sign or weaving outside a lane – more serious charges can be laid, such as careless or dangerous driving. These drivers could face court appearances or, in rare cases, jail time, said Sgt. O'Brien.

"Careless driving is one of the most serious offences under the Highway Traffic Act," he said. A driver charged with careless driving can face six demerit points and a minimum fine of \$400. When a novice driver (holding a class G1 or G2 licence) has six points on his licence, he must attend an interview to discuss his driving record and give reasons why the licence should not be suspended. Failure to attend this meeting may result in automatic licence suspension.



CREDIT: UWOC.A

Fanshawe College's foot patrol has changed to a student auxiliary program based on feedback Fanshawe security services received.

## Foot patrol turns into student auxiliary program

JESSICA IRELAND  
INTERROBANG

Fanshawe College's foot patrol program has been modified to become a new student auxiliary program.

Volunteers of the program will still be part of walk homes, but they will also have a chance to assist the special constables on campus. It was modeled after the police department's auxiliary program, said Bob Earle, security supervisor at the college. Now volunteers will get more in-field experience, including nightly lock-ups, while providing the usual services.

"It jives nicely with a lot of programs our volunteers are in," said Earle, using police foundations as an example. "It's a much better fit for them."

The changes developed due to low participation in and low demand for the foot patrol program. "We spoke with (the students), asked for their input – (they) said the program was sort of boring," explained Earle. The group was only receiving about one or two calls a week.

The student auxiliary program has already trained its first batch of volunteers and will be training the second at the end of October. The response for the new program was "tremendous," said Earle. "We have student perspective in our operations."

While they've already secured their 15 student volunteers for this year's run of the program, they will be looking for a new group each fall.



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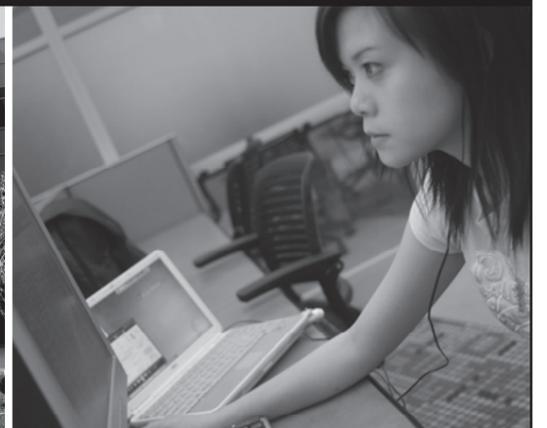
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CREDIT: BITTERWALLET.COM

Coming to a KFC near you starting October is the Double Down.

## KFC Double Down comes to Canada

ERIKA FAUST  
INTERROBANG

KFC was never known as a place to eat health food, but with the limited-time addition of the Double Down to the Canadian menu, the chain – and its patrons – are about to get a lot less healthy.

The Double Down is a sandwich without any traditional sandwich dressings: tomatoes, lettuce – or greens of any kind – or bread. It consists of two pieces of bacon, two melted slices of Monterey Jack and pepper jack cheese and Colonel's Sauce stuffed between two pieces of Original Recipe chicken fillets.

Though the sandwich sounds like a health foodie's nightmare, the Double Down's calorie count is actually surprisingly average for fast food; clocking in at 540 calories, it contains the same amount as a Big Mac from McDonalds. It's the 145 mg of cholesterol (twice the amount in a Big Mac), 1,380 mg of sodium (Health Canada recommends a daily salt intake of around 1,500 mg) and 32 grams of fat that really make the Double Down shine.

"Double Down is not for everyone, and it's not for every day," said Dan Howe, chief marketing officer for Yum! Canada, the company that owns and operates KFC. "Keep in mind, while it is a huge

eat, the good news is that it is comparable to other occasional treats, with less fat and calories than a steak dinner with all the fixings, a restaurant-style club sandwich or most deluxe burger and fries combos."

KFC also offers a version of the sandwich that is enveloped by grilled chicken. It knocks off 80 calories and 9 grams of fat, but adds 50 mg of sodium.

The sandwich will be released in Canada for a limited time: from October 18 to November 14. It will cost \$6.99.

"KFC Canada wanted to make sure Double Down was of interest to Canada – and people have been begging us to bring it north of the border for months," explained Howe. "When we asked Canadians, almost 65 per cent agreed that KFC should bring Double Down to Canada, and almost half said they want to try it.

The Double Down was first announced in an April Fool's day press release by KFC, and was unleashed on the American public 11 days later. Within one month of its release, over 10 million sandwiches had been sold. "So far, the excitement exceeds our expectations – so we think Double Down will be a success in Canada," said Howe.

## Great tickets for new musical at the Grand Theatre

STAFF  
INTERROBANG

The FSU has secured a limited number of orchestra tickets to the Grand Theatre's production of *Side by Side Sondheim*. A celebration of the music legend Stephen Sondheim, who recently had a Broadway Theatre named in his honour.

This lively review captures and celebrates the many landmark shows of this revolutionary Broadway and film composer's early career. Over the course of the performance, this production features songs from Sondheim's wonderful musicals, *Company*, *Follies*, *A Little Night Music* and *A Funny Thing Happened on the Way to the Forum*. The evening will also feature classics written with musical theatre giants Leonard Bernstein,

Jules Styne and Richard Rogers, including *West Side Story* and *Gypsy*.

Tickets are available at the Biz Booth in the Student Union Building. Tickets are \$18 for students and \$26 for guests – the tickets we have confirmed are valued at over \$30 per ticket. As a special incentive, we will discount the tickets an additional \$5 if you can name one title of a song from *West Side Story* ... go to the Biz Booth before Tuesday, October 19 at 2 p.m. for this limited offer. A great night of musical theatre a short bus ride downtown. For those students from out of town, the Grand Theatre is London's professional theatre located on Richmond Street just two blocks north of Dundas.



CREDIT: YEW TREE SPA

The Yew Tree Spa Boutique is a stylish relaxing place anyone would want to be pampered at.

### Local Business Profile

## Get gorgeous while staying green

JESSICA IRELAND  
INTERROBANG

The Yew Tree Spa Boutique offers a delicious spa experience, with an eco-friendly awareness.

This is because the products they use are organic. "That's always been important to me," said owner and skin care therapist, Jetanne Davis.

They offer a wide range of services from facials, eye treatments and waxing, to mineral makeup applications. One unique service is their herbal Thai stem massage. Herbs from Thailand are wrapped in organic cotton and pressed into the body for detoxification. Clients can take the stems home with them at the end as well.

Davis was inspired by seeing

other spas in Europe and Toronto and wanted to bring something different to London.

The spa is stylish, with a '50s glam aesthetic and a bit of nature mixed together. It's warm and inviting, and you get the added bonus of knowing you're making a more environmentally sound decision while pampering yourself.

Students looking to treat themselves receive a 10 per cent discount on services when they bring in their student card.

The Yew Tree Spa is also savvy in social media and regularly tweets. Follow them to get information on their weekly specials – 50 per cent off a service each week (this reporter scored a pumpkin body wrap for half off, and it was fantastic).

They've also lined up some great fall goodies. On November 8, they're hosting a Jane Iredale makeup event. A professional makeup artist from the Jane Iredale company will be giving clients a 30-minute makeup application and lesson. The cost is \$40 for a reservation, and that money is redeemable in Jane Iredale products.

The spa also has a recycling program. If you bring in any used beauty product container, you can receive 10 per cent off the product of your choice.

For more information on The Yew Tree Spa Boutique, visit their website at theyewtree.ca, or follow them on Twitter at twitter.com/thezewtreespa.



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## 360° News: national and international briefs

### NATIONAL NEWS



CREDIT: CANADAINTERNATIONAL.GC.CA

Prince Edward Island's plan to become predominantly wind-powered and an energy-exporter to New England has begun to crumble. Part of this is because they didn't approve of the prices private developers were proposing, as the province would have had to increase electricity costs. Their dilemma is an example of the common problem renewable resources present: while it's important for governments to lessen their reliance on fossil fuels, moving to methods like wind power cost considerably more.

File this under "pretty obvious." Montreal think tank, Association for Canadian Studies, found that it's mainly young, rich men who watch and play hockey.

The Leger Marketing poll they commissioned discovered that out of 1,500 people, almost 60 per cent earning at least \$100,000 a year watch hockey. This percentage decreases as income drops. Also, the richer the person who responded to the poll was, the more likely they would be a supporter of fighting in hockey.

### INTERNATIONAL NEWS

The 33 Chilean miners trapped 2,300 feet underground for nearly 70 days have finally been rescued. Using a 13-foot tall capsule built by Chilean navy engineers, the miners came up from the mine one at a time, in a rescue that took close to 22 hours to complete. All miners emerged in fairly good health, and officials have promised to provide aftercare for the miners for at least six months after the rescue, until they can be sure that each miner has readjusted to life on the surface.

A report from the World Economic Forum released October 12 lists Iceland as the top country for women's equality. The global ranking measures factors including economic and educational attainment, political empowerment, health and survival. The report, which ranks 134 countries, shows Nordic countries are the top leaders in gender equality, with Norway ranked second and Finland third. Pakistan, Chad and Yemen are at the bottom of the list.

Canada was listed as the twentieth country, as women measure well in terms of economic participation, education and literacy rate. There is still a wide gender gap on the political landscape; women make up 52 per cent of the population, but occupy only 22 per cent of the seats in the House of Commons.

— compiled by Jessica Ireland and Erika Faust

## Guidelines for writing effective job search letters



**CAREER CORNER**  
Wendy Lycett  
Career Services  
Consultant  
Fanshawe Career Services

Whenever you submit a resume for a job application, you should always include a cover letter to introduce yourself to the employer and motivate them to read your resume. Your letter documents how your qualifications meet the job requirements and details what you, a potential employee, have to offer the employer. More than a simple preview of your resume, the letter is your tool to demonstrate a good match between what you have to offer and what the employer is seeking. In today's labour market, literacy, communication skills and motivation are highly prized by employers. Your letter is an important vehicle in proving you are willing and able to communicate in a professional manner.

A cover letter should be no longer than one page (three to four paragraphs) and should contain high quality print on the same paper as your resume. You may even choose to use the same letterhead on both your resume and cover letter. Always remember to use a business format and do not forget to spell check, proof read and sign the letter before sending it out.

To help you decide the content of your letter, it is useful to first think about what concerns and needs an employer might have when trying to decide which candidates they will interview. Remember, it is not always the most qualified person who gets the job, but the person who best convinces the employer they are the right person for the job. That can be you if you make the employer's concerns your concerns! An important point to remember is that the

cover letter is all about what you can do for the employer, not what you want or need. The following three questions summarize some of the common concerns of many employers. Can you do the job? Will you do the job? Will you fit in?

#### A Simple Plan

Letters are easier to write if you plan your paragraphs and stick to one theme per paragraph. Here is a simple format to try:

**Paragraph One:** Apply for the job. When responding to an advertisement, specify the job title you are applying for as well as where and when you saw the ad. If someone referred you to the employer, mention the name of the person who referred you. If you are applying cold, tell the employer the kinds of work for which you are applying. It is better to be specific rather than saying you are applying for ANY jobs they might have available. Remember, enthusiasm is catchy. If you were excited or happy to see the ad, or you are genuinely interested in their products and services, tell them! The first and last paragraphs should be the shortest in your letter - two sentences are often plenty.

**Paragraph Two:** Can you do the job? Do you have the skills and aptitudes to undertake the job with a minimum amount of training, or with the usual training provided by the employer? Talk about your job-specific skills and how they relate to the position. If you are applying to an advertised posting, refer to the qualifications as outlined in the ad, using the same wording as the employer. Use this paragraph to highlight your related education and experience including field placements, volunteer, co-op and summer experiences. Do not just say you have a skill. Offer specific examples to demonstrate where and how you have proven your skills. Never apologize for what you do not have. Instead, talk

about transferable skills and what you CAN do. Think of this paragraph as the "technical" part of your sales pitch - your description of specific job-related information.

**Paragraph Three:** Will you do the job? Will you fit in? Simply put, this is a good place to talk about your personal strengths and positive qualities. What would previous employers say about your positive work habits? How have you demonstrated your motivation? What examples can you give to show you have the ability to communicate or get along with customers and co-workers? Don't just say you have excellent communication skills. Use examples of what and where. Some employers consider your personal skills as important - if not more important than your "technical" abilities.

**Paragraph Four:** Express your interest in meeting with them to exchange further information in a personal interview. Offer your phone number and ask them to call you when it is convenient. If you are applying cold without an advertisement, it is a good idea to offer to contact them rather than to say you hope to hear from them soon. Give them a time range for when they can expect to hear from you, say, within the week.

Close with your sign off (Yours truly) but do not forget to sign!

If you are really at a loss for what you can say about yourself in your cover letters, you can ask for assistance at the Fanshawe College Career Services department in Room D1063. Just drop by or call 519-452-4294 and ask to make an appointment with the consultant responsible for your program. They are prepared to work with you to help you identify your skills and strengths so that you are able to create effective cover letters and resumes you are comfortable sending to employers.

## Students find bedbugs in rez

KENDRA WONG  
THE PEAK

BURNABY, B.C. (CUP) — A handful of students at Simon Fraser University have reported finding bedbugs in their residence rooms.

Bedbugs are small insects that feed on human blood, and commonly cause skin rashes, allergic reactions and psychological effects. Nearly eradicated in the 1940s, the global bedbug problem has exploded since the mid-90s and commonly infests places with high transient populations, like hotels and dormitories.

SFU's residence and housing department received their first bedbug complaint from a student during the first week of September, which was treated immediately. Since then, a handful of other students living in the same building and a neighbouring one have confirmed cases of bedbugs.

Last week, the university hired a local pest-control company to inspect the infested rooms with bedbug-sniffing dogs.

In addition to checking the rooms suspected of having bedbugs, the dogs also inspected the rooms immediately above, below and beside, in a method called cloverleafing, which ensures the bedbugs haven't spread.

Following the inspections, they determined all reported cases were very minor and localized, with only one or two bugs actually discovered.

"We're happy to report that these were very minor cases. The

(live) bedbugs couldn't even be found," said Chris Rogerson, residence life director at SFU. "In all the cases there was evidence of one or two bugs, but no infestations."

Despite the degree of the issue, Rogerson noted the importance of addressing the problem before it gets out of hand.

"We wanted to make sure we were taking care of this," he explained. "We didn't want to sweep it under the rug ... we wanted to make sure this didn't become a bigger problem for our residents."

While these cases were very minor, Rogerson admits SFU has had a problem with bedbugs in the past.

"We haven't been immune (to bedbugs). We've had one or two isolated cases per year, but they've been very localized. This is the first time that we saw more than one case at the same time."

With the success of the extermination of the pests, there are also plans to complete a full canine inspection of all residence buildings by the end of the semester.

According to Rogerson, the inspection and treatment of the 1,800 rooms on campus could cost approximately \$20,000. The money will come partially from residence and housing's pest control budget, while some will be drawn from repairs and maintenance.

In the future, Rogerson hopes to educate people about the pesticides to reduce the possibility of future outbreaks.

# FOLLOW Mark

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# 5 QUESTIONS

## KENDRA SAUDER — VP EXTERNAL

JESSICA IRELAND INTERROBANG



### 1. WHAT'S BEEN YOUR BEST MEMORY AT FANSHAWE SO FAR?

"All the nights I don't remember as clearly as I should from all my years here, and all the random events and stories from residence that I've witnessed and taken part in!"

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

"The inventor of Yahtzee, because I love that game and it would be awesome to be the one who created it!"



### 3. ON A DAY OFF WHERE CAN WE FIND YOU?

"Hanging out at a friend's, playing poker, longboarding, reading, playing Xbox, pretty much anything relaxing!"

### 4. WHAT'S YOUR MOST EMBARRASSING CHILDHOOD MEMORY?

"I peed my pants to prove a point once, and that was embarrassing. They wouldn't let me go to the bathroom because we were in a Brownie (Girl Guides) Ceremony, but I really had to go, so I did."



### 5. WHAT MOVIE MOST RESEMBLES YOUR LIFE?

"*The Godfather* (While writing this, I'm hanging out with my boyfriend's Sicilian family)."



# MONSTER OF A BUZZ

ERIKA FAUST INTERROBANG

Sean Wilson is not addicted to energy drinks. Nevermind that he feels he can't function properly without drinking one every day, or that at one point he couldn't start his day without popping one open before he got out of bed; the need for caffeine – no matter how extreme – is not officially classified as an addiction.

The current Diagnostic and Statistical Manual of Mental Disorders (DSM-IV) would label Wilson as being “substance dependant,” meaning he shows a pattern of substance use that exhibits tolerance (a need for increased amounts of the substance to achieve its desired effect); withdrawal symptoms following a rapid decrease in dosage; a persistent desire and unsuccessful efforts to cut down or control use; and continued use despite his knowledge of the negative effects of the substance.

Caffeine is the world's most popular drug. It is found in coffee, tea, soft drinks, chocolate bars and more. It is a stimulant that speeds up the nervous system; energizing the brain and making the consumer feel more aware and active. Caffeine consumption can cause anxiety, irritability, rapid breathing and heart rate, restlessness and lack of concentration.

Studies have shown the long-term effects of moderate caffeine consumption (up to four cups of coffee every day) are fairly minimal; however, the effects of heavy consumption can be very serious. Research has found links between heavy use of caffeine and osteoporosis, high blood pressure and heart disease, ulcers, severe insomnia, infertility and more. Caffeine can also cause major mental health problems, such as anxiety and depression.

An energy drink like Monster packs about 10 milligrams of caffeine per ounce, meaning a 16 oz. can contains 160 mg caffeine. A typical cup of coffee contains just over 100 mg of caffeine.

Wilson, a recent grad from Fanshawe's concierge services guest relations specialist program, strolled into our interview clutching a giant can of Monster. I could smell the sickly sweet energy drink before Wilson came around the corner to my desk. He was zippy, chatty, bouncy and happy – all side effects of

caffeine and high doses of sugar (54 grams in a 16 oz. can).

He described the effects of energy drinks as “Amazing! You just get energetic and happy and excited ... If I go for a weekend and I don't drink them ... I'll actually get depressed. I'll get tired and just be like ...” his voice trailed off as he sighed.

Wilson wasn't always interested in energy drinks, though he admitted he has always had a dependence on caffeine. “It was always coffee first ... you know what they say, it's a gateway drink,” he joked.

He stayed away from energy drinks in high school, and said he thought of the drinks and their effects as “meth-like.” During his final exam in high school, he was pulling an all-nighter with a friend who encouraged Wilson to drink an energy drink for a boost. “I drank it, and was like ‘Oh my god! The colours are so much brighter!’” Wilson laughed as he remembered.

After this introduction, Wilson began drinking Monster, Red Bull and other energy drinks until they became a staple of his diet. “It would be part of my ritual for doing homework, but it was also a college thing ... Staying up all night and being in college go hand in hand, so that's why I think a lot of people drink them.”

Heather Thomas, a public health dietitian for the Middlesex-London Health Unit, noted “The target market (for energy drinks) is males aged 18 to 25 – exactly the college age.” She said she believes many students have a “perceived sense of feeling addicted,” but are not truly dependent on the drinks for energy.

While going to school, Wilson worked in the Oasis, where the drinks were readily available – but at \$5 a pop, it's a pretty pricey habit. At one point, Wilson was drinking four cans per day, which would equal a \$600 monthly expense.

It's not just the high caffeine and sugar amounts in these drinks that make them so unhealthy; it's the 200 calories, the 15 per cent of the recommended daily sodium intake and the various other “energy-enhancing” ingredients packed into every 16 oz. can.

The high doses of caffeine and sugar took a toll on Wilson's health, including his sleep patterns. “When I was really drink-

ing them (heavily) ... I would go to bed at 2 a.m. and wake up at 7 a.m., and that would be my sleep.” On the weekends, he would sleep for 14 to 15 hours per night to try to catch up on the sleep he had lost during the week.

“If people are feeling that they need that caffeine boost, it's probably an indication that they aren't getting enough sleep,” explained Thomas. It can lead to a vicious cycle of buying energy drinks to wake up, then not being able to sleep due to the drinks' caffeine content, leading the user to rely heavily on energy drinks to keep him or her going.

Wilson realized he had a problem during his four-can-per-day phase. “My day couldn't start unless I had one. I would have a case of them beside my bed, and just crack one open when I'd

wake up.” He knew it was time to give up the drinks.

According to Thomas, “If you lessen the amount you drink or try to cut them out cold turkey, you may experience headaches, tiredness and difficulty concentrating.”

Wilson's attempts to quit energy drinks did not end well; he found he could not function at all without his daily shots of caffeine. “I tried to (quit) cold turkey

... but I just dropped.”

Thomas acknowledged that cutting energy drinks out of one's diet can be a challenging task. She recommended slowly reducing your intake over a period of time, and keeping well hydrated to flush the chemicals out of your system.

Wilson has gradually cut the drinks out of his diet, and currently drinks one or less every day. He said he will probably never quit caffeine altogether, “But I really want to try to stop drinking these babies,” he said, caressing the Monster can.



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# Sex addicts uncovered

JESSICA IRELAND INTERROBANG

Jesse James, Tiger Woods, David Duchovny – all self-proclaimed sex addicts.

Is it an excuse for people caught cheating? Or is it similar to other addictions like alcoholism – a legitimate problem that society isn't comfortable addressing yet?

Andrew Lukas, a registered clinical counselor for Freedom for Life Counseling in London, says sex addiction is not unlike a "normalized" addiction like those associated with drugs and alcohol. Sex addiction is similar to those addictions in that it involves "someone trying to stop but (who) keeps going back," said Lukas.

"They keep doing it despite the consequences," he said, adding these consequences often include an inability to concentrate on school or work and difficulties in relationships.

Richard, last name withheld, of Indianapolis, IN., experienced these consequences having been a sex addict for the past several decades. Currently a member of Sex Addicts Anonymous' speakers' bureau, Richard's addiction began in his 20s. He had gotten out of the service and was married at 22 years old. He and his wife started having problems and he

found himself turning to the addiction, like buying pornography and masturbating more than normal, because it offered a "momentary feeling of relief," he said.

But the addiction became more than just stress relief; it became constant. He divorced his first wife and remarried, thinking he could stop these "acting out" behaviours, as he calls them. From seeking out anonymous sex with men and women in parks and malls, to seeking out porn and peep shows and even masturbating while at work – Richard still did not completely realize how pervasive the addiction was in his life despite its negative impact on his family, he said.

It wasn't until 1996, when a police sting operation set up in a park caught him when he was looking for anonymous sex, that he realized he needed to confront his addiction.

After finding a support group in his area, Richard started the path to recovery. Part of the process was identifying instances in his past that may have contributed to his current addiction, a common step in recovery. One theme in his past was abandonment. Born in the early 1940s, his mother was a single parent, which was frowned upon so he was sent to

live with his grandparents. Eventually his mother, who remarried, came back to claim him and the emotional attachment to his grandparents was severed, he said.

Then at 14 years old, his adoptive father passed away suddenly from a heart attack and Richard experienced another moment of loss. His issues with abandonment related to his sex addiction in that, ironically, it can be a very isolated addiction.

In addition to looking at an individual's emotional past, recovery can include one's sexual past as well, said Lukas.

"There may be abuse back there," he explained. "There is emotional content at these moments (and) significant turning points."

Lukas added that, in counselling, they don't go through every sexual encounter – just very memorable ones and then work to reconcile and heal that emotional content.

Essentially, addicts in the recovery process are learning tools to help them deal with feelings, like anxiety and depression, which usually lead them to acting out.

"(We help them) live connected with their own hearts and emotions, (which) are often disconnected," said Lukas.

Which brings the topic to the

celebrities who have popularized the addiction. Are they legitimately afflicted by this addiction or is it an excuse because they got caught?

It is possible they could be experiencing a sex addiction, said Lukas. Society is just not used to hearing about this type of condition as they are with alcoholism but "people now know what it is they're dealing with," he explained. "There's a lot of shame associated with (this addiction)."

As witnessed, the addictions affect an individual's entire life – even if it's not obvious to that individual – and the relationships in it. Thankfully, Richard's wife has remained supportive throughout his recovery, he said.

Resuming a "regular" relationship, particularly sexually, is also part of the process. Recovering sex addicts begin to learn to deal with their emotions rather than distracting themselves with the addiction – same goes for sex. "It's very relationship-less," said Lukas, of the types of connections the addicts have others. "(But) with a partner it needs to include emotional and spiritual (components). Less about two bodies coming together."



He added that when emotions enter into sexual relations, the addict will push them away if they're bad and turn to the addictive mindset. Partners can feel like a "piece of meat" until the addict learns to accept emotions in the bedroom.

One thing is that is evident throughout the addiction is it's very real to those living with it, and the recovery process is no less difficult despite people's belief that being a sex addict can't be all that bad.

"The important thing is for people to understand that as human beings we react to pressures of life," said Richard. "Very few of us are armed with the tools to make decisions about (the pressures). I'm always struggling with things that direct me to the addiction,"

"Recovery has been one of the greatest gifts ... brought clarity ... into my life (that) I've never had before. Recovery is work."

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# This is you on drugs

ERIKA FAUST INTERROBANG

We're not here to tell you whether you should take drugs or not. You can make that choice on your own. But it is important that you know the short- and long-term effects of what you're putting in your body.

## METHAMPHETAMINE

### What it is

Methamphetamine is a central nervous system stimulant. It affects chemicals in the brain and nerves that contribute to hyperactivity and impulse control.

### Short-term effects

- Meth's effect on brain chemistry can lead to violent behaviour
- "Tweaking," which includes anxiety, wakefulness and intensely focused attention, teeth grinding
- Hyperactivity, aggression and obsessive behaviour
- Psychotic behaviour, such as paranoia, hallucination and delusions

- Euphoria, extreme energy, lowered inhibitions, not sleeping for days, weight loss

### Long-term effects

- Build up a tolerance to the drug, leading to anxiety, depression and the urge to increase doses

- Some users experience a sensation of bugs crawling across the skin, which may lead the user to pick at his or her face, leaving large scabs

- Impaired cognitive abilities, including memory, judgment, reasoning and motor coordination – this damage may be permanent

- Changes brain chemistry, destroying the wiring in the brain's pleasure centres and making it increasingly impossible to experience any pleasure at all

- Studies have shown that these tissues can re-grow over time with clean living, but the repair may never be complete

- Puts users at high risk for viruses like HIV and hepatitis because it lowers inhibitions, leading some users to engage in unprotected sex or share needles

- Cardiovascular problems like rapid or irregular heartbeat, increased blood pressure and blood vessel damage than can result in stroke

- Tooth decay from tooth grinding, saliva deficiency and extreme lapses in hygiene

## CRACK AND COCAINE

### What it is

Cocaine is a highly addictive stimulant. Cocaine in its powdered hydrochloride salt form can be snorted or dissolved in water and injected. Crack is cocaine that has been processed to make a rock crystal, which is heated to produce vapors that are smoked.

### Short-term effects

- Increases levels of dopamine in the brain, creating feelings of euphoria.

- Increased energy, mental alertness



CRACK AND COCAINE



METHAMPHETAMINE



2.5 Years Later



HEROIN



OXYCODONE



ALCOHOL

- Constricts blood vessels, dilates pupils, increases body temperature, heart rate and blood pressure

- Can cause headaches, abdominal pain and nausea

- Decreases appetite

### Long-term effects

- Its effect on the way dopamine is transmitted and received can create changes in the brain

- Kidney damage

- Using increased amounts in an effort to prolong and intensify the high

- Snorting can lead to loss of sense of smell, nosebleeds, problems swallowing, hoarseness and a chronically runny nose

- Ingesting cocaine can lead to severe bowel gangrene due to reduced blood flow

- Sharing needles while injecting cocaine can lead to an increased risk of contracting HIV and other blood-borne diseases

- Paranoid psychosis, meaning auditory hallucinations and a loss of touch with reality

- Cocaine puts a huge strain on the cardiovascular system as it dramatically elevates the user's heart rate, and can lead to arrhythmia, heart attack and stroke

- Even recovered addicts are seven times more likely to have a heart attack than the average person

- Cocaine-related deaths are usually caused by cardiac arrest or seizure followed by respiratory arrest

## OXYCODONE

### What it is

Often sold under the brand name OxyContin, it is an opiate prescribed for moderate to severe pain. It is given in pill form, and is slow-acting. Some users crush and snort the pills, leading to a high that is reported to be more intense than that of heroin.

### Short-term effects

- Reduced physical pain and muscle weakness

- Severe itching
- Nausea and constipation

- Depresses the central nervous system, which can lead to strange behaviour, lightheadedness, mental clouding, confusion, sleepiness or mood swings

- Dramatically slows breathing; if a person breathes fewer than 10 times per minute, he or she is at risk for permanent brain damage

### Long-term effects

- Malnutrition and weight loss
- Arthritis and other rheumatologic problems

- Collapsed veins from intravenous use

- Liver and/or kidney disease

- Decreased levels of testosterone, which may result in impotence or enlargement of the prostate

- Changes brain chemistry and makes the brain think it needs the drug for normal function

- Users can build up a tolerance to oxycodone, leading them to ingest more to produce the same high as when they first started using

## HEROIN

### What it is

Heroin is a highly addictive drug made from processed morphine. It affects the brain's pleasure systems and interferes with the brain's ability to feel pain. The type of heroin that is often found on the streets ranges in color from white to dark brown. The color of heroin is affected by the impurities left behind during manufacturing. Heroin can be injected, smoked, sniffed or snorted.

### Short-term effects

- Euphoria

- Dry mouth, flushing of the skin, heaviness of limbs

- After the euphoria stage ends, the user may experience an alternately wakeful and drowsy state where mental functioning becomes clouded

- Reduced pain

- Anxiety

- Nausea
- Hypothermia
- Breathing difficulties

### Long-term effects

- Developing a tolerance can lead to using more frequently and higher doses

- Can lead to miscarriages, heart infections

- Increased risk of contracting HIV and hepatitis when sharing needles

- May lead to stroke, skin infections, collapsed veins and lung infections

- Withdrawal usually begins eight to 12 hours after the last dose; symptoms include restlessness, muscle and bone pain, diarrhea, vomiting and cold flashes

## MARIJUANA

### What it is

Marijuana is an herb that can be smoked or baked into food. It contains chemicals called cannabinoids; the best known is called tetrahydrocannabinol (THC). The high caused by smoking marijuana is mainly due to THC.

### Short-term effects

- Stimulates appetite and suppresses nausea

- Lowers pressure in the eye and is sometimes used to treat glaucoma

- Reduces muscle spasms in people with nerve problems

- Sometimes used as a treatment to reduce pain

- Can disrupt balance, physical coordination and visual perception, making it dangerous to drive while high

### Long-term effects

- Linked to some of the same health issues as smoking tobacco, such as bronchitis, but has not clearly been linked to lung cancer

- Memory loss after prolonged periods of smoking marijuana, and the more a user smokes, the longer it takes to get his or her memory back to normal

- Psychological dependence gains strength over time, users

smoke increasingly large quantities of marijuana in order to get the same feelings they did when they first started

- Impaired coordination, balance, reflexes and physical performance – will improve after living clean

- Hallucinations, psychosis
- Impaired ability to learn, functioning at a lower intellectual level.

- Depression

- People who are prone to mental illness increase their risk of developing full-blown mental illness with heavy use

- Anxiety, panic attacks, feelings of discomfort

## ALCOHOL

### What it is

Alcohol is a depressant that is consumed as a beverage. Approximately 80 per cent of the alcohol in a beverage is absorbed in the small intestines and the remaining 20 per cent is absorbed in the stomach. The speed at which the alcohol is absorbed depends on the amount of alcohol consumed, whether the consumer's stomach is empty or full and the type of drink.

### Short-term effects

- Slows breathing and heart rate

- Lowered inhibitions, which may lead to risky behaviour

- Poor coordination, slurred speech

- Blackouts and memory loss

- Nausea or vomiting, caused by distortion of the person's sense of balance or by the body's attempt to rid itself of the poison

- Stupor at a blood alcohol concentration of 0.40, which may include disorientation, confusion, severely impaired brain and muscular function

- Coma when the BAC reaches a level of 0.50, with a high risk of respiratory failure and death

- Hangovers and headaches

### Long-term effects

- Irritation of the stomach lining, which can be painful and is potentially fatal

- Tissue damage to the liver and pancreas

- Alcohol abuse can lead to – fatty degeneration in the liver, which can cause nausea and vomiting, lack of appetite, weight loss and fever

- Brain damage, which can lead to dementia, difficulties with coordination and motor control, and loss of feeling or painful burning in the feet

- Diabetes

- Obesity

- Increased risk of liver, throat, breast and other cancers

- Alcohol dependence can result in clinical depression

- Mothers who drink alcohol during pregnancy may give birth to infants with fetal alcohol syndrome, which can include mental retardation and irreversible physical deformities

# BOOZIN' AND LOSIN'

by Rob McGarry

With the Fanshawe Student Union's Alcohol Awareness Week upon us, it brings to

light many alcohol-related issues, one of which involves drinking to excess, otherwise known as binge drinking.

To many people, it seems synonymous with the college experience, but some of the other behaviours that go hand-in-hand with it are also becoming more prevalent in today's society. The behaviours associated with binge drinking make it a more risky thing to do, said Liara Barak, a professor of the psychology of addictions and culture of addictions courses at Fanshawe College.

"Binge drinking has become more dangerous. Students are not necessarily drinking more beer but also mixing all kinds of other substances in their binge drinking," said Barak. "So we see increased rates of marijuana use, ecstasy, oxycontin and crushed-up Ritalin. What we've also seen is the additional compounding factors of sexual violations, use of date-rape drugs and things like that."

It is well known and documented that college and university students drink more than their non-student counterparts. This is because the increased drinking is strongly influenced by the college culture since many people are off on their own for the first time, and that means independence and meeting new friends, said Barak.

Drinking in general, Barak added, is also heavily promoted throughout the college environment through various events and through good old-fashioned peer pressure, which can help foster an environment of binge drinking.

Binge drinking can affect more than schooling; it also can interfere with and cause turmoil in relationships. Linda Bielby, a student at Fanshawe, had a former boyfriend who was a binge drinker. His excessive drinking included shooting an entire twenty-sixer within a one-hour period, and then proceeding to drink beer to the point of not being able to function properly.

The final straw in their relationship came one night when she was physically attacked by her boyfriend, after she had to bring him home from a party in a drunken state. Bielby said the next morning he was totally unaware of his actions the previous evening. Despite this incident, she said it hasn't seemed to deter him from continuing to drink excessively.

"From what I can see on his Facebook, he is still drinking excessively to the point where he's (posted) pictures of himself naked in a Corona box with his



arm around another man," said Bielby. "He said that experience taught him that he would never want to do that again but from what I've seen he is still excessively drinking ... and he is doing things that are out of his character."

Bielby added that she sees binge drinking as being a problem especially with people between 20 to 40 years old, but said it depends on the person's character.

As for possible solutions to help curb the binge-drinking problem, both Barak and Bielby said it all comes down to making sure people know what can happen when you choose to engage in this type of behaviour. Bielby said it is hard to come up with one concrete solution.

"I don't know if there is a solution because we tell people, 'Oh, don't drink,' they're just going to want to do it more," said Bielby. "I've seen young teenagers' parents who kept all that stuff away from them, and now they drink excessively and they're having sex with so many different people, like six people in one night. It's not very nice and this is like a 17-year-old that's doing this. I don't think it's good to tell people, 'No, don't do this,' but at the same time we need to make them aware of the fact that if you do drink excessively this is what could happen."

Barak said she thinks the best solution would be to teach harm-reduction strategies and inform young people to drink more responsibly, while also promoting proactive safe drinking behaviours, including what to mix and what not to mix in a drink, date rape risks and violence that emerges from drinking to excess.

## QUICK BINGE DRINKING FACTS

(from the Canadian Health Foundation)

- Binge drinking can lead to liver, brain and nerve damage, as well as alcohol addiction.
- Binge drinking is also linked to alcohol poisoning, violent and non-violent injuries and aggression.
- In Canada, half of all substance abuse treatment involves alcohol.

## OTHER RESOURCES INCLUDE:

- Centre for Addiction and Mental Health, [www.camh.net](http://www.camh.net). Also features a test to gauge whether your drinking is problematic.
- Salvation Army's Centre of Hope – helps with withdrawal management, as well as housing support services and emergency responses. [www.centreofhope.ca](http://www.centreofhope.ca)

decisions for themselves and to drink responsibly."

It all comes down to personal choice.

"We can't force people to stop, unfortunately," said Bielby. "It's their own choice and that's where the problem lies because,

they don't want to stop."

If you or someone you know has a drinking problem, contact the 24-hour help line for Alcoholics Anonymous at 519-438-1122, or visit [www.aalondon.org](http://www.aalondon.org).

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# When working out wears you thin

JESSICA IRELAND INTERROBANG



**S**taying fit is essential to overall health, but there is a point where even working out turns unhealthy.

Some individuals become addicted to exercising. There's a fine line where people go from a healthy habit to having physical activity become too much of a priority in their lives.

"These people choose to exercise over going to class, eating and sleeping," said Tracy Gedies, coordinator of the health and fitness promotion program at Fanshawe College. Gedies has witnessed two or three students who had addictions to exercising. One girl would just do stride jumps for four hours every day. She also remembered one incident when a woman left her wedding to go running.

"It has to do with control and

the need to feel like you are in charge."

Those addicted to exercising will do it at all costs – even if they're injured. Twenty-four-year-old Lisa, last name withheld, found herself continuing to exercise despite injuring her glutes about nine weeks ago.

"I thought I just exercised because I knew it was good for me," she said.

She has been told not to do any physical activity while she's injured, which means no running. She chooses running for her exercise because it burns the most calories in the shortest amount of time, she said. But since the injury, she's noticed the extreme effect not running has had on her life.

"I'm super emotional, it's mentally tearing me up, I'm not able to eat, it's affecting relationships," she said. "(Running) is

something I desperately need to do."

She ran about four to five times a week, for about 45 minutes each day prior to her injury. Sometimes she would run for two to three-and-a-half hours on the weekends. On weekends, she'd go out with friends to the bar, stay out until 2 a.m., not drink, then get up at 7 a.m. the next morning to run.

"I wouldn't let my social life get in the way. Running would take precedence," she said.

The effects of not being able to run showed up everywhere in her life. "It affects the way I think about myself and the way I feel in my own skin. I know I've gained weight, I know I'm not in the same physical shape I'm used to."

Lisa was asked to take pictures at the Scotiabank Toronto Waterfront Marathon last month as part of her job, but she couldn't even stay past the start of it because she was supposed to run that race. "It was my race."

While Lisa is starting to become aware of her dependent behaviour, many who are addicted remain in denial. Often, those individuals will start exercising discreetly so others won't

notice. They'll exercise early in the morning or very late at night. Sometimes they avoid fitness centres, choosing to exercise on their own so their addiction can stay hidden, said Gedies.

Gyms will sometimes take notice. On campus at Fitness 101, there have been incidences of gym staff recognizing the signs of someone who is unwell. Besides medically screening all individuals looking for a membership, they also keep an eye out for other issues, said Jodi Anderson-Carson, Fitness 101 program manager.

College often marks the first time an individual is away from home, and often they go in one of two directions health-wise. There are those who gain a lot of weight with the freedom of a meal plan and a variety of on-campus options, and those who go to the other extreme and choose not to eat because parents aren't there to monitor, she said.

A while back, there was a girl who the staff was worried about. She would work out for two hours, then take two back-to-back hour-long classes. "It was to a point where it looked concerning," said Anderson. "As fit-

ness professionals, we red flag that. But that's not to say all facilities do this."

If Fitness 101 recognizes an issue, it may result in a closed-door meeting or a membership being revoked. She's seen these situations in both genders, noting it seems higher in females.

"It's part of who I am as a trainer, we care about people," she said about getting involved. "I don't want them doing anything to hurt themselves. I wouldn't want to turn a blind eye to it."

Often those with exercise addiction will exercise for two or more hours, at odd hours of the day. They may try to hide the fact they're exercising, fixate on calories and weight loss, and forgo social, work or school obligations while having a drop in their mood. If you are concerned someone you know may be addicted to exercise, approach the issue by saying something like "I'm concerned about you, it seems like you're not as happy anymore." Try not to pass judgment and encourage them to seek out help at Counselling and Accessibility Services located at F2010 or call 519-452-4282.

## WHAT ARE YOU REALLY DRINKING?

JESSICA IRELAND INTERROBANG

Cracking open a couple of cold ones or conversing over cocktails might be fun for your social life, but what's it doing to your waist? Maybe you already know what that drink means calorie-wise, but the more you have, the more you forget – and the more it adds up. You also already know that a night of drinking can lead to a lot of eating, which adds to the empty liquid calories. So, next time you decide to indulge, get an idea of what you're downing.

Here's the breakdown:

**BEER:** 153 calories from a bottle (12 fl oz.)  
Sugars – none  
Carbs – 12.6g



**LIGHT BEER:** 103 calories from a bottle (12 fl oz.)  
Sugars – 0.3g  
Carbs – 5.8g



**WHITE WINE:** 84 calories from one glass (3.5 oz)  
Sugars – 1g  
Carbs – 2.7g

**RED WINE:** 88 calories from one glass (3.5 oz)  
Sugars – 0.6g  
Carbs – 2.7g



**VODKA CRANBERRY:** about 140 calories (1.5 oz vodka, 8 ounces of cran-

berry juice) per drink  
Sugars – Upwards of 30g  
Carbs – Around 35g

**RUM AND COKE (non-diet):** 182 calories per drink  
Sugars - Rum is low in sugar, but a can of Coke can have around 40g so it can add up to a lot.  
Carbs – 13g

**RUM AND COKE (DIET):** 133 calories per drink  
Sugars – nNo sugars but diet pop is often sweetened with artificial sweeteners, which you should be aware of.  
Carbs – None

**MOJITOS:** up to 200 calories per drink  
Sugars – Over 25g  
Carbs – Can be upwards of 30g

**MARTINI:** about 70 calories per drink  
Sugars – 0.1g  
Carbs – 0.6g

**COSMOPOLITAN (no orange peel):** 213 calories per drink  
Sugars – 11g  
Carbs – 13g

**CAESAR:** 156 calories per drink  
Sugars – 5.8g  
Carbs – 20g

*\*Please note information differs depending on brand, bartender and how much you drink.*



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# THE SERIOUS SIDE

BOBBY FOLEY INTERROBANG

## OF GAMBLING



**W**hile not commonly considered when discussing addictions, problem gambling has become a growing concern among youth in Southern Ontario. Spurred on from a greater tolerance in society to gambling, and somewhat loose definitions as to what exactly constitutes gambling, the problem has been studied among youth in Ontario for over 10 years.

Gambling is defined as the risk of something of value in a game or contest where the outcome is affected by chance. Problem gambling is defined by the impact that your gambling and behaviour has on your life, and on those around you.

Problem gambling is more common and more harmful than people realize, said Heather Elliott, program coordinator for problem gambling and HeartSpace at Addiction Services of Thames Valley in London, whose counselling background began in substance abuse.

"There are similarities and differences between substance use and gambling," she said. "If you look at both of them on a very basic, fundamental level, it is often about coping strategies. And with youth and younger people, they're not always gambling with money. Sometimes it's about possessions, or that's their way of bonding, of coming together."

People aged 14 to 24 are twice as likely to have gambling problems as adults or seniors. In fact, some 25,000 to 30,000 young people are problem gamblers, both male and female alike — while males are more involved with "active" gambling like poker and similar card games, females are just as involved with "passive" games like slots or scratch tickets.

And while many realize that gambling is risking money or possessions, it's rare that people realize that for young people — particularly post-secondary students — one of the most valuable things being sacrificed is their time.

"Students need time to do homework," Elliott said. "They may be missing classes, missing sleep, perhaps they have a part-time job. When you look at consequences of gambling, it's looking at what impact it has had on your personal health — maybe you can make it to your classes, but then the rest of your time is spent

gambling or gaming, so now you may be putting on weight or not getting enough exercise."

In fact, one of the telltale signs that someone you love may be caught up in problem gambling is that he or she begins to appear exhausted all the time, possibly tired from hours lost to gambling. According to Elliott, a big concern is that problem gamblers experience "brown-outs," similar to people with alcohol or substance abuse problems.

"You completely lose track of all time and the value of money. It's called Jacobs' Dissociative State," she explained. "Mary tells her family she's going out to get a

loaf of bread and a bag of milk, and she's gone for four hours. She comes back with the loaf of bread and bag of milk and they say, 'Where have you been for the last four hours?' She says, 'What do you mean? I've been gone like 10 minutes.'"

Elliott credited casinos for enabling such behaviour, pointing out the lack of clocks or windows in their common areas.

Fatigue is only one point on a list of behaviours exhibited by individuals with gambling problems; other signs to watch for include a preoccupation with gambling, irritability, suspiciously secretive behaviour and perhaps even a complete change in personality.

"If you've got a friend who typically likes to get together and hang out, yet they're withdrawing from those social activities, or they're always driving the social activities to be, 'Oh, you know what? Let's go to the casino, let's go to the casino,'" she explained.

"It doesn't have to get to that point for everybody; you can see some of that changing. So take them somewhere neutral but private and just say, 'I'm concerned. I'm worried about you — here are some of the things that I'm seeing. Is this a concern for you?'"

If you're concerned that someone you know might have a problem with gambling, speak to them about it from a place of sincerity and honesty. Admit to them your concerns, and give them an opportunity to address them with you.

Many people don't understand that gambling can be as serious an addiction as any form of substance abuse, if not more so. It's important not to be judgmental, but simply to remember that you care about that person enough to ask — youth have a far better ability to see these sorts of changes in their friends than adults do.

To speak to a counsellor here at Fanshawe, visit the Counselling Services centre in F2010 and ask about information on problem gambling. Additionally, counselling is available through Addiction Services of Thames Valley, located downtown London near Victoria Park, or online at [adstv.on.ca](http://adstv.on.ca).

### Depression Linked to Alcohol Abuse

MARGARET SHERIDAN INTERROBANG

Depression and alcohol have been linked for a while, but a Statistics Canada study shows that it's a two-way street.

"It seemed that it was a [dual] relationship," said Michael Tjepkema, part of Statistics Canada's Health Statistics Division. "Looking at the data in a longitudinal way, people who were heavy drinkers in (the first survey), two years later were more likely to develop a depressive disorder.

"We also found that someone who had depression (in the first survey) was more likely, in two years, to become a heavy drinker. So it's kind of like a connection, going both directions- a kind of complex pathway."

The study based their definition of someone who is alcohol dependent on the Diagnostic and Statistical Manual of Mental Disorders. The DSM, published by the American Psychiatric Association, asks the patients a list of questions, after which if they've answered yes to three or more, are classified as being 'alcohol dependent.'

"In terms of major depression," Tjepkema continued. "Which means getting depression two years after being a heavy drinker, women were more likely (to become depressed)."

The reverse, however, was true for men, who were more likely to become heavy drinkers-which means drinking more than once a week-after having been depressed.

### 4 Questions to ask yourself

So, are you on your way to dependence physically and emotionally on alcohol? Here is a simple screening tool called the CAGE questionnaire to help in the early detection of alcoholism. If you answer "Yes" to any of the following questions, there may be a problem.

1. Have you ever felt you ought to cut down on your drinking?
2. Have people annoyed you by criticizing your drinking?
3. Have you ever felt bad or guilty about your drinking?
4. Have you ever had a drink first thing in the morning to steady your nerves or get rid of a hangover?

If you think you have a problem, the first and best thing you can do is to go to your counselors. Sometimes the realization that you even want to talk about your concerns is enough to bring you to awareness and vigilance. Getting help and getting over denial is the first step to recovery.

# Costs of Smoking: Burning Money

KATE SLADE INTERROBANG

The argument against smoking is probably older than you are.

- Smoking causes lung cancer
- Smoking stunts your growth
- Smoking stains your teeth and gums
- Smoking can cause erectile dysfunction
- Smoking gives you wrinkles
- Smoking can cause birth defects in unborn children

Smoking can cause lung damage such as emphysema and chronic bronchitis

- Smoking raises blood pressure
- Smoking can cause infertility

Sadly, even though each of the above facts is correct, I'm sure you just skimmed over them. I doubt you read each one, or were remotely surprised at the list.

We've heard it all. Slapping cautions and images on cigarette packages only expedited our numbness to react or heed it's warning.

People are so caught up with the newest technology and acquiring the latest information that we tend to ignore the hard, undisputed facts of the past. Any of the affects listed above certainly made headlines back when they were first uncovered, but that was long ago.

You're not going to find a magazine cover announcing Cigarette Smoke Causes Cancer! because this is not news. This is a fact. A fact that we've known for so many years, that we now fail to react to its meaning, its importance or it's magnitude.

It's frightening to accept and frustrating to watch as so many young, healthy, gorgeous kids leave high school and enter college with a pack of smokes tucked in their backpack.

I will not waste my breathe in this space I've been given to reiterate the messages you've known since elementary school; Smoking is Wrong. When we're told that something is forbidden, it is in our nature as human beings to rebel.

In psychology, the Reactance Theory suggests that when people believe that their freedom is being threatened they behave in ways that are the opposite of what they've been told.

Most adolescents are in a constant state of Reactance for their entire teenage years! The stage is then set; they become increasingly susceptible to smoking, drinking and using drugs. Aching for independence, struggling to branch off and yearning to separate from their parents. This time is delicate and weak in the face of something as deliciously forbidden as a long, slender cigarette.

But like I said, these words are too familiar and they fall flat at the feet of your savvy, technologically gifted generation. Constant medical intervention and new discoveries have filled young adults with an exaggerated sense of immortality and indestructibility. Smokers feel confident that cancer will be cured long before it touches them.

How do you reach a generation this out of touch with the truth? This numb to the reality that the clock IS ticking! You are NOT invincible! Your iPhone will not be adding a chemotherapy app in the future!

What's the one thing that no amount of laptop-cell phone-MP3-blue tooth-Facebook-Twitter hybrids will be able to give you?

Money.

The only word that still speaks to you, with the same weight it spoke to your Grandparents. Money. The substance we all gravitate towards.

So let's talk cash: Currency. Dough. Shilling. Dollar. Moolah. Pound. Loo-nie. Peso. Bread. Fiver. Ten-spot!!

Got it?

You crazy OSAP-borrowing, grant-grabbing, bursary-begging, Kraft-Dinner-eating college students are spending up to \$9.75 a day on a pack of cigarettes!

## WTF?!

Okay, time for some math, folks!

$$\begin{array}{r}
 \$9.75 \text{ (per pack)} \\
 \times \quad 7 \text{ (days a week)} \\
 \hline
 \$68.25 \text{ (a week)} \\
 \\
 \$68.25 \\
 \times \quad 52 \text{ (weeks per year)} \\
 \hline
 \$3,549
 \end{array}$$

**\$3,549 DOLLARS A YEAR  
ON CIGARETTES!!**

## ARE YOU PEOPLE INSANE??

Do you know what you could do with that much money?

- Fly you and three friends to Mexico for Spring Break
- Buy a car and stop taking the bus
- Get a ridiculously fancy laptop
- Take it all to Vegas and double down on Red
- Give yourself a What Not To Wear makeover
- Wisely invest it and have a down payment for a house when you graduate
- Pay three years of tuition
- Spend a month traveling through Europe

Or...

- You could just live comfortably for the next two or three years and be able to afford going to the movies and hang out with your friends rather than sitting home alone being stinking broke (literally: stinky and broke!) Now, think about this: are you living off of OSAP this year? If so, you're actually borrowing the money that you're using to buy your cigarettes this year and will eventually be paying it back with interest! Time for more math, kiddies!

$$\begin{array}{r}
 \$3,549 \text{ (per year)} \\
 \times \quad 3 \text{ (years in program)} \\
 \hline
 \$10,647 \text{ (borrowed for cigarettes!!!)}
 \end{array}$$

## HOLY CRAP! \$10, 647 IN CIGARETTE LOANS???

There's more...

With a prime interest rate of 3.5%, your monthly payments for this "Cigarette Loan" would be \$124.00/month when you graduate!

According to the repayment calculator on the OSAP website, you would be expected to pay \$124.00 a month for 114 months or 9.5 years! This is how long it takes the average student to pay back OSAP loans, but you can take up to 15 years.

Remember, folks, we're not looking at your entire OSAP loan; just the portion that you spent on smokes!

Imagine if you will that you're also still smoking when you graduate (dear lord!!)

Your smoking/smoke-loan repayment costs are going to balloon from a diminutive \$3,549/year to a whopping \$5,037 a year!

Over the course of that 9.5 years, you'll be spending a grand total of... ready for this?

## \$47,851.50 IN CIGARETTES IN LESS THAN 10 YEARS!!!!

You'll be lucky if your salary is half that when you graduate!

We're all hoping to find a good job when we're done here. Carrying this much debt each month is like accepting a \$20.00/hr job, but only being paid \$17.50 for almost 10 years.

Cancer schmancer, folks, this future budget will kill you long before your cells start to display abnormal growth.

We're all going to graduate with debt and the distinct deficit of entering the job market during a recession. Why make it any harder for yourself?

BY JESSICA IRELAND

## ADDICTED

It's no secret that pot is part of the college experience. It's a relaxant; it's part of the party; it can also be part of a daily routine.

"I've used it on and off since I was 15," said Cam, 23, who asked that his last name not be used. "In the past year, I've stepped it up. I use it pretty much every day."

Students might use it with the idea that it's not addictive, and even if you're a regular or chronic user, you can easily stop without any consequences.

However, medical and addiction services officials have noted that the drug is indeed addictive and those who are more-than-frequent users will find themselves with some withdrawal symptoms that, if not handled properly, could lead them back to smoking.

The American Psychiatric Association has been deliberating over adding "cannabis withdrawal syndrome" to its next Diagnostic and Standards Manual for Mental Disorders, to be revised in 2012.

The reason behind establishing this as an official syndrome is so doctors recognize its addictive properties and will be able to consider treatments for dependence, ABC News reported from the APA.

While the Canadian Psychiatric Association has not released a similar

statement, the Centre for Addiction and Mental Health notes on its website that cannabis is addictive, particularly to those with psychological dependence on it – like if you have a friend who feels they need to do it every day.

There's a difference between doing it recreationally and not missing it, and feeling anxious and irritable if you haven't done it in a few days.

"There's no question it's addictive," said Dr. Charl Els, an addiction psychiatrist and clinical assistant professor at the University of Alberta. "Any drug considered addictive ... it's in the way it is used."

While marijuana is considered to have relative low addictive potential, said Els, there are withdrawal symptoms that affect people more the longer they've been using the drug.

For Cam, who says he's "perfectly functional" and doesn't feel pot negatively affects his life, even stopping for a day can leave him feeling down.

"On days when I don't smoke, I'll think about it, feel a bit lethargic," he said.

He said he does have one friend who could be a case study in cannabis withdrawal syndrome.

"If he hasn't smoked that day, he is just miserable. Angry, stressed out, can barely function," said Cam. "He

freely admits he's addicted to marijuana."

One of the risks of long-term usage is schizophrenia, said Pam Hill, program manager of the HeartSpace Counselling program at Addiction Services Thames Valley. However, medical officials are still unsure as to whether it triggers schizophrenia in those where the condition is dormant in their systems or whether it can lead to its development, she said.

Cam also noted that his friend is a "pretty lazy guy anyway" on top of his regular pot usage. This unmotivated predisposition is what can also cause dependency on the drug.

In addition to possibly suffering withdrawal and dependency symptoms, chronic smoking will be pervasive in other ways.

"(The) cycle of dependence. They'll let other things slip – sleeping, exercising, socializing," said Hill. "Some people can control their use, once in awhile and put it aside, and some people can't."

If you feel you or a friend exhibit signs of a possible addiction to marijuana or any other drug, contact Addiction Services Thames Valley at 519-673-3242 or visit their website at [www.adstv.on.ca](http://www.adstv.on.ca).

## TO THE HIGH LIFE

Thames Valley Addiction Services  
– here to help

Those suffering from addiction or who know someone dealing with one can be faced with the daunting task of trying to figure out where to get help, where to take the next step.

Thames Valley Addiction Services is a good place to start. They have various substance abuse programs for both adults and youth, like Back on Track for impaired driving, said Pam Hill, program manager of HeartSpace – a program that helps mothers with substance abuse problems.

Facing an addiction can be difficult; but at Addiction Services, individuals will find a welcome and nonjudgmental environment, explained Hill.

"We don't tell people what to do... (we) focus on their strengths," she said. "We don't focus on labels like 'addict' or 'alcoholic.'"

Whatever an individual's situation, Addiction Services aims to find a way to help them by giving individuals information and encouragement to make a change.

"Whatever it takes to empower people to make their own choices," said Hill. "(It's about) building an alliance with the client."

One way to alleviate fears about

facing addiction is to get a run-down of what happens when you visit Addiction Services:

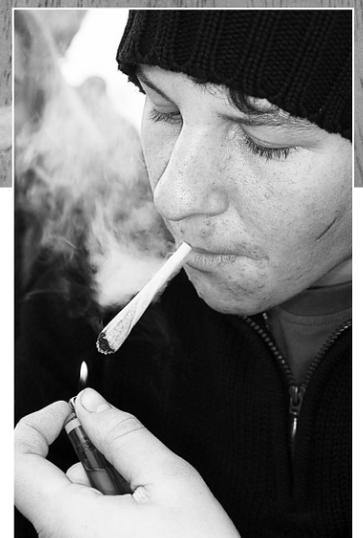
Come to the office, located at 200 Queens Ave., Suite 260, on Monday or Thursday afternoons when walk-ins are welcome. Bringing a support person, whether it's a parent or friend, is allowed. There will be a brief form to fill out and then a meeting with a counsellor to ensure you're in the right place. Depending on the severity of a case, an individual may be referred elsewhere.

If you are not referred somewhere else, it's likely you'll be put into an assessment group. There, individuals complete a series of self-administered standardized tools to establish how they feel about their addiction and their ability to cope with it.

Eventually you'll be given an appointment to come back for a one-on-one counselling session. Individuals can also attend Supportive Information Sessions that run Monday to Thursday mornings and Friday afternoons. These group sessions give members information about a variety of topics from depression, community resources, coping with anxiety and dealing with stress.



For more information on the specific programs offered by Thames Valley Addiction Services, visit: [www.adstv.on.ca](http://www.adstv.on.ca)



## A new symphony



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

*"All the doors in this spaceship have a cheerful and sunny disposition. It is their pleasure to open for you, and their satisfaction to close again with the knowledge of a job well done."*

*"Please enjoy your trip through this door," said the door.*

– Douglas Adams

It seems there is a growing symphony in our modern society. You hear it at night, you hear it in the morning, and you jump as it joins the chorus as you walk by ... the sound of honking as another car door is locked joining the collective music of the urban landscape.

We are bombarded by barrage of noises every day in our environment: the Harley Davidson, trucks backing up, trains going by and planes flying high, bells, screeches, construction and the deep bass of car stereos. You can feel the BOOM BOOM BOOM of these car stereos a block before they are anywhere near you. It starts with a slight tickle at the base of your spine and ends with a white-knuckled apprehension that one would feel if a bunch of bats just swooped into your car. You hazard a glance through a smoky, tinted window to see a slow head bob, sunglasses and a self-satisfied smirk that comes and goes with the slow sway of a pair of garters hanging from the mirror.

I acknowledge that a car alarm system denotes the fact that it is active, but does it have to be a horn? How about the headlights blink, or a light flashes on your keychain, or

a big A is projected on the windshield, or a calm voice says, "Alarm is activated, enjoy your day?" Maybe a system can be set up where you download alarm activation messages like we do for our cell phone ring tones.

Instead there is a honk. The honking of a car horn is a noise that is associated with caution and warning. A sound that makes our cortisone levels rise as we go into defense mode. These alarms are a form of unnecessary anxiety in our environment. They are noise pollution at best; they are evasive, loud and unnecessary.

There are a number of posts on this subject online. There are also a number of posts by people who are embarrassed that their car honks every time they lock their door. I suppose this issue (as I see it) is in the hands of the manufacturer. That being said, how many times have I been beside a car when someone hits the button to lock it? I mean I am right beside the car, do they not think that a honk would startle someone? Could they not wait 10 seconds?

The federal government has left the definition and enforcement of noise pollution to the municipalities. Locally, noise pollution is defined as:

"... A sound that does or may disturb the quiet, peace, enjoyment or comfort of people who are in the vicinity"

by the Guelph municipal government

and

"Unwanted sound"

by the Toronto municipal government

I suppose I am like a honking car in some ways as I pen these comments. The thing about me though, is that I can be ignored.

*"An inability to stay quiet is one of the most conspicuous failings of mankind."*

– Walter Bagehot

## Stopping gay suicides

RYAN THOM  
McGill Daily

MONTREAL (CUP) — One January morning a few years ago, I walked into the Pacific Ocean. My plan was not complicated — just the cold, the tide and death.

The memory of that time comes to me in quick, sensory flashes: The sound of the waves crashing against the shore, the clench of numbness around my ankles and, most vivid of all, the taste of salt.

The moment that still haunts me, though, is not that first, icy step into the water, nor is it the night that I decided to die. No, the most crushing, terrible pain I have ever felt was in the second I realized that I'd failed my suicide attempt — that I was going to live.

I was going to live on, still maybe gay, still maybe transgender, still friendless, still freakish, still ugly, still unloved. There is a tiny part of me that relives that moment constantly.

In the past month, there have been six separate homophobia-related teen suicides reported by the mainstream media. These six American teenagers, who ranged from middle school- to college-aged, are not statistics. They are real, unique people who led real, unique lives.

They represent, both individually and collectively, what has been for generations an open secret among gay, lesbian and transgender youth — that living in a homophobic world is the kind of silent hell that makes death attractive.

Ellen DeGeneres recently said on her talk show, "One gay teen suicide is a tragedy; four is an epidemic." Yet the sad reality of the situation is that this "epidemic" has been quietly murdering untold numbers of young people for years, and none of the survivors escape unscathed.

Six teenagers lost in one dark September is heartbreaking news. We need to remember, however, that these six are only the latest to lose their lives. I don't doubt that every day, there is a person who attempts suicide in response to the constant threat of physical or emotional violence because of their sexual orientation.

These children and youth must come to terms with the knowledge that as long as they live, there will be people who will discriminate against them and revile them. Death is only one facet of the terrible reality that homophobia can create, and for many, life, too, contains horror and despair.

As humans, as activists, we are told that hope is the answer, that we must remind these young people that life gets better. Indeed, the It Gets Better Project is an Internet initiative that many, including its founder, sex columnist Dan Savage, have begun to take part in, making videos that remind gay, lesbian and transgender youth that life after school does indeed get better.

But hope is only half the battle. For some of us — the lucky ones — life does get better as we move on, change social circles and grow older. Others are not so lucky.

Some, like Seth Walsh, Billy Lucas and Asher Brown, are lost to suicide. Some live in hell for years, in that terrible space between life and death. It is time that we stopped waiting for life to get better. It is time we made it better.

For every homophobic attack, we must band together tighter; for every insult, we must cry out in answer. We will fight for those who are feeling lost, freakish, ugly, unloved — we will fight and we will live.



## INTERROBANG

Fanshawe's Student Voice

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## Brushing up with CSA



**FSU PRESIDENT**  
 Joe Scalia  
 fsupres@fanshawec.ca

Even though we all had Thanksgiving off, the short week was going to be one of the longer ones for the FSU crew. We were the proud hosts of the College Student Alliance October conference, held in London October 14 to 17.

The CSA is sort of like our provincial student union, where we sit with 20 other college student associations and advocate for every Ontario college student. The CSA advocates for three main things: accessible colleges (giving more people access to a college education), a fair credit transfer system between post-secondary institutions and an affordable education system. The CSA office operates in Toronto, not too far from Queens Park, and we have full-time staff members dedicated to working together with Ontario's political parties to get things done. We have seats on a number of provincial committees, and we are the largest voice for Ontario college students.

CSA also helps student leaders develop themselves into their roles. Transitioning from student to student leader can be stressful, so they are there to teach and assist wherever they can. A lot of this conference will be spent on developing our skills so we can better serve our student communities. We attended sessions that covered topics such as understanding our roles as board members, delegating, conflict management and learning to be the best team we can be for students.

We also had a session titled "Government Relations" with a special guest speaker. I didn't know who it was going to be as of press time, but was told that he or she is from the office of a major politician in Ontario. We were looking forward to some construc-

tive dialogue on how we can create a better education system in Ontario and, essentially, create better and longer lasting jobs in Ontario.

We also unveiled a few new things at this conference. The first was a change to something we do every year called Student Association Awareness Week where we go out and actively promote the FSU and what we do for students. Well, we all do that with or without CSA's help, so they have come up with Advocacy Awareness Week. This is something we could do a better job at, so I am looking forward to the opportunity to better educate Fanshawe students on what we do for them on a provincial level through the CSA.

The next big unveiling was a new CSA document titled *The Future Is Now*, and it is a new strategic direction for the organization. We have been consulted on the progress and direction of the document and made changes wherever necessary. Upon approval this week, this new document will be made public and you are all welcome to check it out.

More importantly, we discussed a fee increase – something that hasn't been asked for from the CSA in over three years. Based on the current success and new direction of the CSA, we will collectively determine the fairness of an increase in membership fees. Currently all full time Ontario students who are in a CSA member school pay \$4 a year. This is a very important decision, and we will be taking it very seriously. If there is going to be a fee increase, we will ensure accountability from the CSA just as we do with every part of the college when fees go up.

I really enjoyed hosting this conference and coming back with new lessons learned on how to be a better student leader. I also enjoyed seeing some friends I had not seen in awhile. Like I said, last week was one of the longer weeks for the FSU crew, but it also meant it was one of the more memorable weeks as well.

## Truths to live by



**FSU VP INTERNAL**  
 Veronica Barahona  
 fsuinternal@fanshawec.ca

Wouldn't it have been nice to come to Fanshawe and know exactly what to expect? I know that I would have loved that. I've learned five things (well, a lot of things but one article will not suffice) about college life that I was going to take the grave, but I figured many of you would love, hate or laugh at some of these (embarrassing) truths.

**1. Do not rely on the bus system during September.** Just don't. Like it or not, during that first month, 16,000 other people are trying to get to their classes too. Traffic on Oxford is ridiculous, parking is silly and even the hallways are traffic-jammed. Ultimately, take the earlier bus – the bus will drive by you if you try and get on anywhere past Oxford and Adelaide, you will be late for class, and you won't be happy.

**2. Opting out.** Avoid yourself and our office staff some heartbreak and do it within the time allotted. You have from the third week of August (generally) until the middle of September to opt-out of the health care plan. It's posted all over the school and all you have to do it log onto fsu.ca and there is a HUGE stop sign with "opt-out" on it. You need your parents' health care provider information, so have that ready. I have forgotten to do this every year, so I feel your pain.

**3. Go to class.** Honestly, I still need to work on this too because sometimes my bed feels too good to leave at 6:30 a.m. However, there are a lot of things you miss if you don't go to class, especially if you're in a program

like mine with countless group projects – you can't let them down, it reflects poorly on you. Also, your teachers are likely to notice, and when it comes to giving you that bump in your grade (especially if you need it to pass), if you don't show up, they won't know who you are and you won't deserve it.

**4. Speak up.** I mean this in the most productive and least offensive way possible – don't just sit in class and do nothing. Seriously. You won't be engaged, and you won't get the most out of the money you've invested into post-secondary education. I also mean speak up when it comes to issues about the college. We are always looking for feedback; we held an open forum in September and we will continue to hold them! We have also started a residence/Fanshawe Student Union open forum and will be advertising these soon. So please come out and voice your concerns or feedback – we want to hear it! Also before speaking up, do some research because you don't want to come off as rude: it could bite you in the butt.

**5. Be nice to people.** Holding doors for people, chatting to random people and the like could benefit you in the long run. Some people aren't the most extroverted, but seriously even smiling (not creepily) to people once in a while won't hurt you. We're launching a "Kindness Starts With FS(You)" campaign and we will be going around campus to catch these acts in action! Share these random (and awesome) acts of kindness online at fsu.ca/kindness. As cliché as this sounds, you never know who's day you're making better by just being nice.

Signing off to do more homework,  
 Vero

## Off the Handelman

**Dear Editor:**

Tim Handelman's stance as a moral arbiter would be easier to believe if he had forgone the first paragraph of his article, *Roadkill, anyone?* in the October 11 edition of *Interrobang*.

I find it interesting that he talks about the sanctity of life while, at the same time, stereotyping and damning women who obviously do not fit his idea of what a woman should look like or what a woman should be doing with her time.

Handelman describes women who go to the mall at Huron and Highbury as, "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 mayon-

naise, hurrying home to watch another episode of *Judge Judy*." This statement is so offensive on so many levels.

If Handelman had talked about a particular racial group this way, he would be considered a racist and the fallout would be severe. The *Interrobang* warns that they will not publish letters to the editor that are "inappropriate, obscene, racist, or libelous." Too bad they don't hold their writers to the same standard.

Finally, I could comment on the picture of Handelman that accompanies this article, but I won't. I believe that someone's appearance does not determine her ... or his ... worth as a human being.

T. L. Ford

## Student supporter of the century



CREDIT: KIN CHEUNG/AP

Chinese human rights campaigners celebrate as Liu Xiaobo wins Nobel peace prize.



**LIFE MEETS FAITH**  
 MICHAEL VEINEMA

Liu Xiaobo has a favourite book, according to the *Globe and Mail*. It is *The Castle* by Franz Kafka, "The tale of one man's lonely fight against a faceless and dictatorial bureaucracy." The faceless and dictatorial bureaucracy Mr. Liu faces is the Chinese government and its machinery.

Unfortunately, dictatorial bureaucracies are not faceless. They are full of the faces of masters and sub-servants who generate policies and apply procedures. Managed by, and filled with, humans who are by no means faceless, bureaucracies can generate evil and good according to the imaginations of those at the top and the care or passive acquiescence of those in the lower echelons.

Mr. Lui has been in trouble with the Chinese government since at least 1989. That was the year of Tiananmen Square. Thousands of Chinese students gathered to rally for democratic change in China. The rally ended in bloodshed when the government ordered tanks to move against the students. Mr. Liu, a professor at the time, helped lead that student protest.

In the days that followed a van crashed into him and he was arrested, jailed and forced to sign a "letter of repentance." That was 20 months of jail time, according to the *Globe*. Later the authorities imprisoned him for six months and then for three years.

Currently he is at the beginning of 11 more years of prison. His crime this time is his involvement in Charter 08. The Charter calls for freedom of expression, election of government officials, and a judiciary that is independent of government regulation. All very standard in our part of the world, but considered a threat by the government of China.

The Chinese have a long past that does not share some of the key features of Western history that have given rise to many personal freedoms and democracy. I don't mean to put down Chinese history; I understand it to be filled with impressive events. I only want to point out that the interest in human rights in the West is not something that is easily come by in China. It took key events over a

period of historical development.

Both of these - personal freedom and democracy - have roots in a high view of the individual person. That high view itself can be traced to the thought of the two most obvious branches of Christianity in the West, Catholicism and Protestantism.

Both of those see human personhood as a reflection of God. If the individual is a reflection of God, it follows easily that every human being has dignity and has the right to be treated respectfully. The nullifying of slavery in the British Empire, for example, came about directly because of the political activism of evangelical Christians led by William Wilberforce. They regarded slavery as a great evil that destroyed its African victims.

The absence of such thinking in the non-Christianized parts of the planet - such as where Islam reigns or where nationalistic myths such as the one that used to fuel Japanese pride before World War II - makes it difficult for the authorities in those parts of the world to allow much freedom to individuals, courts, businesses, churches and student groups.

Thus, for example, the Chinese authorities and the Saudi government would rather crush a few individuals than risk the chaos of individual choices with respect to politics (in China) and religion (in Saudi Arabia).

For the past 200 years in Western countries including Canada, many, though by far not all, cultural leaders have been questioning, and at times attacking a Christian understanding of life. The effects of this are obvious. Whereas in earlier times it was rare to find someone who did not believe in the Christian god, today it is of course extremely easy to find agnostics, atheists and every sort of personal spirituality.

The rise of all of that is understandable, especially when you consider the sexual abuses and the abuses of authority in the Catholic and Protestant communities over the years.

However, we need to be cautious about, as the saying goes, throwing the baby out with the bathwater. Perhaps we can drain off the dirtied bathwater more carefully and keep the baby after all. If so, I submit that we will have a better chance of preserving and growing the human rights and dignities we have come to love here in Canada and throughout the Christianized West.



Trip Adler is CEO of Scribd.

CREDIT: BUSINESSWEEK.COM

## Helpful social media - Scribd

**BOBBY FOLEY**  
INTERROBANG

Scribd.com is an online social publishing and reading site, providing a multitude of documents — from journalistic articles, essays and academic papers to fan fiction and traditional literature — for readers on their computer or phones.

Founded in 2006 by Trip Adler, Jared Friedman and Tikhon Bernstam, Scribd began as a means of publishing academic papers online. Launched in 2007, Scribd has grown to become the leading host of user articles and presentations online. Membership is free and versatile; users can sign up with Scribd directly, or through their existing Facebook accounts.

Individuals and businesses all around the world can use the service. In 2010, Scribd decided to convert its content from being hosted in Adobe Flash documents to native web pages constructed in HTML5, the same language used in the programming of many Apple apps.

Since the change, even more people are visiting and using Scribd for their documents, taking advantage of the greater compatibility and faster load times, meaning there's a greater chance you'll find what you're looking for on Scribd.

### How it works

Users upload their documents and Scribd features them in an easy-to-use platform on the website, available for browsing by the entire world. While there is some preparation required on the part of the user — like using clear, legible

fonts — the conversion and formatting is handled by the website.

Further, users can subscribe to other users, from individuals to newspaper feeds, receiving updates on published work and reading habits. And with Readcast, you can publish your reading lists to Facebook and Twitter by linking your accounts.

### Why it's useful (or not)

Using Scribd to post documents couldn't be any easier; with the interface and desktop applications available for uploading documents en masse, the only work you'll actually have to do is to compose the documents.

For example, sharing notes with classmates is simple — suppose your friend missed a class, and needs a copy of the notes you took. Sign in to Scribd and the large, blue Upload button in the centre of the screen practically clicks on itself. Scribd supports Microsoft and OpenOffice formats, and standard .pdf, .txt, and .rtf documents as well. Best of all, storage for your documents is unlimited and free.

The scope and range of documents and the content within is astounding. If you need to research a topic for a school project, there are a lot of publications to provide a unique perspective and better understanding of your subject matter. Many documents are offered for download, and you can share them through Facebook or embed them on your blog. Scribd makes its content very versatile and easy to use.

## Phone wars heating up



**TechFeed**  
Rachel Fee  
r\_fee@fanshaweonline.ca

There's new competition on the field

Monday, October 11, was the long awaited launch event for the newest edition of Microsoft's smartphone operating system — Windows Phone 7. This new OS, which will be available in the 2010 holiday season (with no specific release date) is direct competition to Google's Android OS and Apple's iOS.

While the outlook for this new iteration is generally optimistic, previous editions — most notably Windows Mobile 6 — were received in quite the opposite fashion. Though many found version 6 an improvement over Windows Mobile 5, it put up a weak fight against the other competitors. Perhaps the poor reputation acquired by earlier versions was reason for the rebranding from "Windows Mobile" to "Windows Phone."

Despite past performance, some hands-on reviewers are calling WP 7 the REAL iPhone killer, and saying it may even have enough force to overtake Android.

To cover the media centre, WP 7 makes use of another one of their notable failures — Zune. Whether its lack of success can be blamed on poor timing in an already saturated market, or an inferior product (though many side-by-side comparisons preferred the Zune), most



CREDIT: RICHARD DREW

The Windows Phone 7 looks to take a bite out of the competition.

everyone can agree the Zune never stood a chance against the ubiquity of the almighty iPod. Windows Mobile 6 utilized both Windows Media Player and a custom "Music Player" application, so this change of direction is an interesting choice on Microsoft's part.

Let's not forget about apps! After all, what would a smartphone be without apps? Oh right — it'd be Windows Mobile 6 in its early days. It wasn't until this time last year that apps became available for the first time through Windows Marketplace. Prior to WP 7, finding an application for a Windows Phone, even from popular services such as Twitter and Foursquare, was almost out of the question. In the rare case a third-party application was available (PockeTwit, Twikini, WinMoSquare) they were often inefficient, buggy and severely lacking in features and support. WP 7 seems to be changing this trend, and developers are flocking to get their apps ready for Windows Marketplace in anticipation of WP 7's release. Without apps from popular developers,

there is almost no way WP 7 can stand a chance against Android and iOS's huge repository of downloadable applications.

Speaking of applications, how would you like to play Xbox right on your WP 7 device? Microsoft has chosen to go full-force with their gaming system, which will let customers pick up their last save on their phone right where they left off on their home console, and vice versa. This alone could be a sure sale for hardcore gamers who no longer have to leave their gaming at home. While it is unclear how many games will be supported on WP 7, Microsoft certainly put up an impressive front, demonstrating *Ilo and Milo* in full 3D. Could this be competition for Nintendo's 3DS as well?

Windows Phone 7 certainly seems like it could be adequate competition for Android and iOS, but until these new devices become available in a few months, all we can do is wait and hope WP 7 can finally put Microsoft on the mobile playing field.

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CREDIT: BEATCRAVE.COM

Who is to blame for a stagnant record industry?

## Who's really at fault for declining music sales?



So you wanna be in a rock band?  
Rose Perry  
www.rosecoraperry.com

Back in 2008, I wrote a kick-off column on this very same subject with the same title. At its finale, I concluded that the major record labels (and their songwriting teams), who are merely interested in perpetuating the same talentless garble that is more “commodity” than “music,” are the ones at whom we should be pointing the finger. While I believe this argument still maintains partial validity today, looking back with glasses less rose-coloured, I believe my brutal fall-out with my former major label undoubtedly must have been seeping into my subconscious as I was writing that piece (chalk it up to a “down with the man” moment).

Mainstream music quality and originality has gone by the wayside since the '90s, and yes, it is ridiculous to expect artists to be able to pump out consistently solid material every six months. Furthermore, it is true the market is oversaturated with talentless wannabes, who rely solely on their sex appeal or controversial images, and their producers are the true talents for making them sound even half-listenable. And I agree that every band played on modern rock radio sounds exactly the same. However, as much as the major labels are at fault for creating this predicament, music consumers and even some musicians are doing a shitty job if they ever want even a smidgen of hope of turning things around.

I mean it's one thing to steal from Lady Gaga, who is represented by big money (though mind you, her deal is likely not as sweet as it appears to be. For example, if her album sales don't reach a certain target, I wouldn't be surprised if she has to pay back all of the money her record label loaned her in good faith plus interest). But it's an entirely different issue to steal from a self-funded, independent artist whose career will fizzle out

if they aren't able to break even on their record sales (albums do cost money to record and manufacture, not to mention all of the time and emotion an artist invests. But right, that's not worth anything).

But that's just it – somehow and somewhere along the line, music consumers convinced themselves that they are justified in taking all the music they want for free, that a “true” artist creates music for the love of it, and therefore, should have no expectations to receive any form of compensation (even if it's just to cover their baseline and never profit). Worse, fellow artists and even some musicians themselves have fallen into this mentality, accepting it as A-OK, making them feel justified in calling people like me “sell-outs” because I feel that if someone desires my music, their desire means they attribute value to it, and I should be compensated accordingly. It's not like I'm expecting to reel in billions here. No, I just want a measly \$10 an album for 10 tracks – seems fair to me.

What does it say to you about the buying public if you can have your supposed “biggest fan” approach you, praise you to high heavens, and then admit they “obtained” (read as “stole”) your entire catalog via Limewire? Yeah, it's happened to me, and I'm sure many other indies.

So here's the deal, if YOU are serious about being a professional musician, GET serious about approaching this industry from a business perspective. If you give away your compositions or your live show for free (except in the case of doing not-for-profit work or providing promotional materials to industry representatives), don't expect people to value what you're doing. If you steal from fellow artists, don't be upset if they do the same to you (that would make you a hypocrite, my friend). Finally and MOST importantly, if you hope to have sustainability as an artist, know your worth. Unless you were lucky enough to be born into a family whose credit line never ends, not getting paid for all of your efforts gets old real fucking fast.

## No dead beats at this DJ competition

BOBBY FOLEY  
INTERROBANG

Mark the date October 22 on your calendars, because the team that brought you Fanshawe Rocks Elite — the rock show at Club Elite featuring only Music Industry Arts performers — has put together another night of music, one it hopes will really get Fanshawe students moving.

First Step Productions presents Deadbeats DJ Competition, the next event to invade Club Elite downtown at 183 King St. Once again, the event will feature performances by M.I.A. students, though this time any other DJs interested in performing can apply to do so.

Additionally, there is a zombie theme to this event, and a discount available to anyone that shows up dressed like a zombie — tickets are regularly \$5.00 in advance or \$10.00 at the door, but a zombie costume will get you in for \$7.00.

Didn't make it to the first Elite event? Chances are you know someone who did; First Step Productions co-founder Wes Grove indicated that turnout for the event was significant, packing over 100 more people in than were originally anticipated.

“The Fanshawe crowd was awesome that night (and) they are really what made it happen,” Grove recounted. “Ethan, Adam, Scott and myself put in a lot of hours to organize this event but it was the artists and the crowd that made it happen.”

“First Step Productions organized the event very well, and the whole night ran very smoothly,” said Evan Miles, an M.I.A. solo



CREDIT: MARTIN GRENIER

Evan Miles performing at Elite during an event promoted by First Step Productions. Miles is a Fanshawe MIA student.

performer. “The vibe was awesome. It meant a lot to me to get out and finally play in front of a lot of people, including a lot of my friends from M.I.A. The atmosphere was wonderful that night, and I'm sure that everyone had a great time.”

“The night all around was a huge success,” agreed Dondrea Erauw, vocalist for Distance Between Stars, the headlining act. “The venue was packed and there was always music playing. If it wasn't an acoustic act up front it was a band in the back.”

“We had a lot of technical problems with the sound but the reaction from our friends and the crowd was intense,” continued Erauw. “They were head banging

more than me! M.I.A. nights are the best because we're like a family, we all support each other no matter what.”

“It's insane how much musical talent some of these people here in M.I.A. have, and the whole point of the event was to showcase that talent,” Grove said, adding that First Step Productions have a goal to continue to provide great entertainment for students off campus.

If you're interested in the event, head downtown on October 22 to see it unfold. Doors open at 9 p.m.

For advanced tickets, or if you're a DJ interested in participating, apply by email to firststepproductions@hotmail.com or by calling Wes Grove at 519-240-8636.

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# Bison B.C. get the metal



**BOBBYISMS**  
BOBBY FOLEY

I write about random things a lot. I write a lot about random things. I'm not really a metal fan, though it wasn't for lack of trying — one of the first records I ever owned was Metallica's black self-titled record from the early '90s. That one with all the huge songs on it, you know which one I mean. I traded comics to get it on CD — isn't that adorable?

Eventually I came to appreciate the guitar as a powerful instrument, particularly when guitarists would come along with the type of skill necessary to shred up and down a fretboard as though it were as easy as walking up and down a flight of stairs.

Bison B.C. are a heavy metal band out of Vancouver, currently running down the tour for their third record, *Dark Ages*, released back in April. Though having played extensively with acts like Priestess and 3 Inches Of Blood has obviously helped to groom their sound, Bison B.C. have taken their craft beyond simple thrash metal.

There's something present in their music that you won't read

about. While you can look them up and read all about their influences online, listening to *Dark Ages* tells you another story altogether: this is a band devoted to every drop of perfection they can get from their instruments.

It's evident right away in *Stressed Elephant*, the album's opener. Immediately apparent is such a focus and dedication to the flawlessness of the riff, you might almost think the band were far deeper invested in prog-rock like Tool and Helmet.

This continues throughout the entire record, evident all the way through the disc's closer, *Wendigo, Pt. 3 (Let Him Burn)*, which begins with a lengthy acoustic introduction. Again, the track is oozing with an attention to detail and commitment to each note played the likes of which you rarely see outside of seasoned blues professionals — if the note doesn't need to be played, it isn't.

Altogether, Bison B.C. — made up of guitarists James Farwell and Dan And (who share vocal responsibilities), bassist Masa Anzai and drummer Brad McKinnon — are a very tight band that are undoubtedly giving Canadian metal bands a good name. They recorded and released *Dark Ages* in a very short span of time, reportedly heading into the studio in December of 2009 with Jesse Gander (who has



CREDIT: RAGINPITMAGAZINE.COM

Bison B.C. will strut their stuff in London on October 19 at the London Music Hall.

produced a number of their contemporaries as well), and then releasing the completed project on April 13, 2010.

They will be playing the London Music Hall on Tuesday, October 19, joining in the celebration as local heroes Baptized In Blood release their debut album on Roadrunner Records by throwing a

show that also features Threat Signal, The Jettison Commitment and Skag Barons. Tickets are \$15 in advance, available through local outfits like Grooves Records or online at [ticketscene.ca](http://ticketscene.ca), and the cover includes a copy of Baptized In Blood's new record.

For more on Bison B.C., check their Myspace profile at

[myspace.com/bisoneastvan](http://myspace.com/bisoneastvan).

For all the latest in music news, views, and downloads, don't forget about @FSU\_Bobbyisms on Twitter, the online extension of this column, and the Music Recommendations thread on our FSU social network. I'm out of words.



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## Stars make London stop in support of *The Five Ghosts*

T.K. DALLMAN  
INTERROBANG

From the loss of family members to becoming a father, Evan Cranley of Montreal indie-pop group Stars has experienced a lot this year.

"Making a family and losing family all in a couple of months is a pretty heavy deal," he told me over the phone from somewhere near Bloomington, Indiana. "It was an intense personal time for us, and a spiritual time for us."

Those experiences manifested themselves in *The Five Ghosts*, Stars' latest offering which they'll be promoting on tour at the London Music Hall, October 22. The band will be playing plenty of old favourites and a plethora of new material, described by critics as their darkest, most synthesizer-laden dance album to date.

"I think the synthesis is kind of cool ... because it compliments the subject matter lyrically," said Cranley. "We brought in a couple synths and keyboards ... and we didn't really know the gear very well so I find that was kind of a challenge to learn new tools. When you create a new sound there's always a challenge and I always welcome that."

Those electronic creations range from ripping saw-wave synthesizer leads to oftentimes haunting textural ambience. The band haven't let go of their trademark pop sensibili-

ties though, and *The Five Ghosts* features love songs aplenty, including duets of lead singers Torquil Campbell and Amy Millan (with whom Cranley recently celebrated parenthood).

But one noticeable writing change on *The Five Ghosts* is Stars' thematic shift to more gloom-filled subject matter, oft contrasted with upbeat melodies, even disco beats. Most surprisingly, Stars has managed to do all this while keeping a distinctive air of sentimentality and romanticism, moods that have become synonymous with the band's songwriting.

"If romance is about loss and love and life - and that seems to be the subject matter with all of our songs ... then that's a huge part of us," said Cranley.

Several friends were also invited to put their mark on *The Five Ghosts*, including members of Broken Social Scene, which Stars has a long history of collaboration. Outside of Stars, three of five members are tertiary personnel of BSS' ever-expanding roster, a huge undertaking for musicians who already deal with filled plates of solo, side and main projects.

"Individually, we're musicians first before we're a band," said Cranley. "A lot of that collaboration was born out of friendship, so it's kind of like just going and hanging out with your friend and



CREDIT: WWW.MYSPACE.COM/STARS

Stars will be rocking out in London at the London Music Hall on October 22.

making music and then coming back to your family. That's kind of what it feels like."

Still, that cooperative spirit has served Stars well, and they've made friends cross-country, from the aforementioned Broken Social Scene to Metric, The Besnard Lakes and Feist. And though the sect to which they belong can often

be seen as insular, it's these musicians who are most important to Cranley, providing support, inspiration and, most importantly, artistic validation.

"The community that surrounds me and that I'm a part of, these are people who I really want to like my music and ... if they don't then I'm completely crushed. I use them as

an audience."

Luckily for Cranley, response to *The Five Ghosts* has been positive from peers, critics and the wider public. Catch some new and old Stars, as they perform at the London Music Hall on October 22 with Young Galaxy. Tickets are \$41.25, available on Ticketmaster.ca.

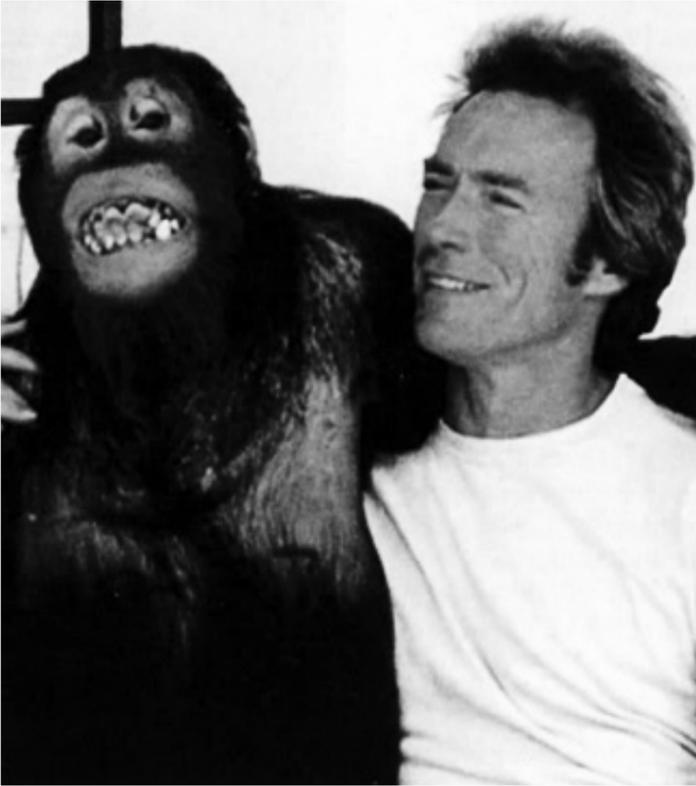
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Clint Eastwood and his primate pal Clyde from the movie *Every Which Way But Loose*. CREDIT: TOPTENZ.NET

## Eastwood engages in some monkey business



Cinema Connoisseur  
Allen Gaynor  
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### Every Which Way But Loose (1978)



When it comes to movie stars, they don't get much bigger than Clint Eastwood. For over 50 years, the man has been raking in big dollars and basking in critical acclaim. He may be best known for his iconic roles in the *Man With No Name* western trilogy, and in the *Dirty Harry* films. But he is just as accomplished behind the lens, having won two Academy Awards for Best Director. Plus he is an accomplished musician who has composed songs for many of his films. Not to mention the fact that he was once mayor of the town of Carmel, California.

In short, the man has done a lot in his 80 years on this Earth. This week I will be discussing his greatest accomplishment, the 1978 comedy classic *Every Which Way But Loose*.

In *Every Which Way But Loose*, Eastwood took on a more off-beat role than what his fans had grown accustomed to. Clint played Philo Beddoe, a truck driver who also makes money on the side by competing in bare-knuckle boxing matches. I personally think it is so sad that our bare-knuckle boxing pugilists are so under paid that they have to resort to working second jobs, in this case as a truck driver.

But Beddoe gets by and doesn't complain, living with his goofy best friend Orville, and his mother, known simply as Ma. Oh, and his orangutan Clyde, who he won in a fight.

Now as much of a fan as I am of the Ultimate Fighting Championship, I can't help but think that the sport would be far more entertaining if primates were awarded to the winners of championship bouts rather than title belts.

How awesome would it be to see Randy Couture and Chuck Liddell duking it out for the Light Heavyweight Chimp-ionship. Now that would certainly be worth the \$49.99 pay per view bill.

Beddoe embarks on cross country journey to find a lost love, and is joined by Clyde, Orville and Orville's lady friend, Echo. Along the way they run afoul of some bikers and police officers, but Beddoe's mighty fists are always there to KO any trouble they get into. The viewer is brought along on an enthralling journey that delivers on many levels. Eastwood provides the action, while his furry co-star Clyde brings the funny.

Eastwood has worked with some big names in his career. Morgan Freeman in *Unforgiven* and *Million Dollar Baby*. Meryl Streep in *The Bridges of Madison County*. Kevin Costner in *A Perfect World*. Let me tell you, Clyde the orangutan has more talent in one opposable thumb than any of those actors have in their entire body. Unfortunately, Clyde is no longer with us. He died a few years after this film in a terrible case of animal cruelty. He may have only made two films, but he made an indelible mark on the motion picture industry.

*Every Which Way But Loose* is top-notch entertainment. What is unfathomable to me, however, is that Eastwood was advised against starring in this film. Hollywood insiders thought he should stick to what he knows best – shooting people. Now I'm all for someone playing to their strengths, but sometimes you must venture out and try new things. Things like co-starring with orangutans. Frankly, I feel some of today's top stars, your Clooneys, Damons and Cruises of the world could benefit from engaging in a little monkey business.

It worked well for Clint. This film and its 1980 sequel *Any Which Way You Can* are his two highest grossing films, when adjusted for inflation, making hundreds of millions of dollars. Any way you look at it, that's a lot of bananas.

## The right kind of vampire



REEL VIEWS  
Alison Gaze  
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### Let Me In (2010)



Abby does not sparkle, and she is not a southern gentleman; she is an old school, bloodthirsty vampire. The 2010 film *Let Me In* by director Matt Reeves, best known for his shaky-cam epic *Cloverfield*, gets back to vampiric roots by taking the overly softened genre to a dark, gritty place. While it may seem too soon for a remake of the 2008 Swedish film *Let The Right One In*, Reeves' film delivers nothing less than its predecessor.

The opening of *Let Me In*, shown out of chronological order, follows the hospital admittance, police interrogation and horrific suicide of an unknown patient whose face is burnt beyond recognition by acid – his own doing – whose last act is leaving a chilling note reading “sorry Abby.” The movie then returns to two weeks earlier, setting the scene in 1980s Los Alamos, to follow the middle school torment of 12-year-old Owen, who is scrawny, nerdy and unpopular. Things soon take a surprising turn for Owen when a new neighbor moves in late one night under the cover of darkness. Owen becomes quickly acquainted with Abby, and is so infatuated with her that he is oblivious – and later, indifferent – to her true self. *Let*



CREDIT: EMPIREMOVIES.COM

Chloe Moretz stars as Abby in the thriller *Let Me In*.

*Me In* chronicles the demise of Abby's “father,” Owen finding his strength to fight back against those who bully him and the blossoming relationship between the 12-year-old boy and the vampire.

Undoubtedly the cast is one of the aspects from which the film draws its strength. Australian-born, and little known in North American cinema, Kodi Smit-McPhee helms the cast as 12-year-old Owen. His awkwardness is all encompassing at the film's open, and his transformation to a stronger adolescent is so enthralling that the viewer empathizes with him through and through. Right by his side as Abby is perpetual bad ass Chloe Moretz, who has already stirred up controversy from parental groups for her portrayal of Hit Girl in the comic book flick *Kick Ass*. Moretz plays the ageless girl with such strength

and worldliness that it is hard to believe she is a mere 13 years old. Giving age and astounding screen presence to the film is Richard Jenkins as the doomed “father” of Abby, whose gruesome death on screen will not be easily forgotten.

Beyond just the cast and the plot there is something about *Let Me In* that makes the film an incredible vampire story. The genre has been so watered down and censored for a tween audience that some are likely to forget what a vampire should be. Violently exploding into flame when touched by sunlight, horrifically bleeding from every orifice when entering a home uninvited, lusting for blood above all else and slaughtering victims as a primeval creature is prone to do are all the things that a vampire should do, and all the things that Abby does.



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## Canadian cuisine more than maple syrup and poutine

ZOË ROBERTSON  
THE MCGILL DAILY

MONTREAL (CUP) — In the mind of most people, the words Canadian and cuisine don't go together.

Other countries, like France and Italy, have internationally recognized menus whose popularity has crossed borders. Even Quebec has developed its own hearty cuisine, with poutine beginning to appear across the U.S. The closest thing to a distinctly Canadian culinary staple comes in a large paper cup from Tim Hortons.

Nathalie Cooke, a professor at McGill University, has some background in the matter. She is the founding editor of *CuiZine: the Journal of Canadian Food Cultures*, and, most recently, editor of *What's to Eat: Entrées in Canadian Food History*, which was shortlisted for the 2010 Cuisine Canada Book Awards.

In an email, she explained the problem with trying to determine Canadian food identity.

"Certainly, the notion of a singular Canadian culture is problematic ... With a multicultural population that includes successive waves of immigrants from around the world, in addition to descendants of the land's First Nations, scepticism about a singular culinary culture is understandable."

Margaret Webb, a writer and teacher at Toronto's Ryerson University, echoed Cooke's explanation that a particular food identity in Canada is difficult to pinpoint.

"Because Canada is so large, it's very difficult to have a national food identity," she said.

She is hopeful, however, that this will change, mentioning that aside from an initial step to produce tastier food regionally, Canada also has great ethnic diversity.

"When you bring people from all over the world and ... when these folks bring their food inclinations to Canada, and you marry that with great, local, diverse food, then you get this food culture that starts to be pretty uniquely Canadian."

Webb is author of the recent *Apples to Oysters: A Food Lover's Tour of Canadian Farms*, which raises awareness of the benefits of local and sustainable farming in Canada. The book profiles one farmer from each province and the Yukon who grow an iconic Canadian food in a sustainable setting.

Webb described the book's criteria as farmers that "had to be producing a food for quality and taste, not just ... a big production farm ... and environmental sustainability."

Canadian food identity is mired in stereotypes, not all of which are unjustified, said Cooke.

"Maple syrup is synonymous with Canadian foodways, in part because Canada is one of the only places, besides the northeast United States, with climatic conditions conducive to its production. Quebec remains the world's primary maple syrup producer."

But Webb is hoping to raise awareness for Canadians to create a lasting food identity for themselves.

"Canadians have grown too dis-



CREDIT: OLIVIA MESSER

Canada is still searching for its culinary identity.

connected from our food systems, so I wanted to give them a sense of ... where does our food come from, how is it grown, and what are the challenges these farmers are facing? Why is environmentally-sustainable food better tasting and better for the environment than all this industrial crap that we're getting?"

When food is produced locally, organically and sustainably, it starts to take on a flavour of its own. To Webb, this means that local food is a necessary foundation for a distinct national cuisine.

"You're raising animals, livestock properly, you know, on pasture, grass," Webb explained. "If you're growing food organically, you're really working with the soil that's in your particular region to create food that tastes of that soil and of that region, and you start to work with the natural advantages of that region ... Regional food identity all depends on sustainability."

Despite the nation's abundant natural resources, most of it is not being used in a sustainable or profitable way. The discrepancy lies partly in a lack of motivation, Webb explained.

"The one thing we lack, of course, is strong support and appreciation for good farming in this country, and a strong appreciation and support for quality ingredients ... We have incredible opportunity but we ... don't have a deep enough food culture."

Another problem is the uninformed market.

"Half of the best farmland in Canada, which is in Ontario, is devoted to corn and soybeans. It makes no sense. Most of us didn't eat corn and soybeans for dinner last night, did we? Yet we did. It's in all our food. It's in our cattle, it

feeds all of our livestock. It's in all of our processed food. Essentially, if you have an industrial farm system, you have no food identity."

Not only is Canada's current agricultural system nutritionally detrimental, it is economically illogical, too.

"We're producing these really, really cheap crops and farmers don't make a lot of money from it, and then we export them and we're not getting value out of them. Ontario ... is importing half of its food and it's the food we're actually eating. We really have to get back to feeding ourselves."

Webb said that a growing movement toward local and sustainable agriculture is trumped by a lofty proportion of agriculture.

"Canada kind of has to make a decision which way we're going to go with this, 'cause the five per cent (of sustainable, organic food production) could be crushed like a bug tomorrow," she said.

It's the mixture of materials and preparation methods that will shape a Canadian food identity.

"In Canada we have these fantastic ingredients. There are few countries in the world that have more potential than Canada to produce amazing food. And then you marry that with all the incredible ethnic diversity coming into our country, who are (sic) going to bring all these food styles with them."

Webb mentioned Ukrainian immigration to the Prairies as an influence on the region's cuisine — "Ukrainian meets prairie buffalo equals bison pierogies."

Although fusion cuisine is not a uniquely Canadian concept, it can be a good starting point for the development of a national food identity.

## Interventions; the counter-productive method

AMANDA DEAKIN  
INTERROBANG

Many people who know someone with a serious addiction may take the intervention approach to help them overcome their addiction; however, having an intervention can cause more harm than it helps. Although interventions are portrayed on television as a great way to face the problem of addiction, and the addicts make a full recovery, this is almost never the case in reality. Most addicts who are forced into an intervention feel as though they are being attacked and can become depressed, suicidal, isolated and will likely dive further into their addictions for comfort. This would be especially true for those who are confronted in public or in a large group.

The first step in overcoming an addiction is the addict must accept their problem and want to make a change. Trying to force a "happy user," someone who does not want or feel the need to quit, is apt to be a sure fail strategy. If they are not willing to try, there is no chance for success. In this situation, the addict will distance themselves from those forcing the change in order to continue with their preferred lifestyle without confrontation or judgment.

If the addict knows they have a problem and have considered change, they need support and reassurance to gain the confidence to take on the immense challenge ahead. Overwhelming someone with guilt and shame could cause their self-esteem to fall further and result in a severe depression or, in extreme cases, suicide. The last thing someone trying to make a big life change needs is reminders of all their faults and failures.

If you think you know of someone who might need help overcoming an addiction, try to be supportive and understanding rather than confront them with force. Remember, they have to want to help themselves first, and then you can talk to them about resources



CREDIT: INLOUGHBOROUGH.COM

Forcing someone to try to beat an addiction is not a good strategy.

that are available if they choose to change and encourage them with the positive aspects of recovering.

If they do not seem ready to commit then wait and try again later. You also don't want to be nagging since that will cause friction in the relationship. The best way to be supportive is to be there when you are needed and to be understanding.

If someone you know is ready to make a change but either doesn't know where to start or isn't confident they can reach their goal, that is when you will be needed most. Go with them to community resources and reassure them of all the positive outcomes that can result from changing. Reminding people of positive personal attributes and giving examples can make a big difference in self-confidence, which could also mean a greater success rate. Perhaps one of the most important things to remember about the recovery process is the potential for relapse. Most addicts who experience a relapse can become depressed and sink back into their old habits. Be supportive if a relapse occurs and constantly remind them that we all make mistakes, it's no reason to give up and think of all the progress they've made up until this point. It's not an easy process for addicts or their family and friends but with hard work, patience and dedication it could mean the difference between life and death.

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

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# Top five Halloween costumes for men



**ZOOT**  
JOSHUA R. WALLER  
jwzoot@gmail.com

Halloween is approaching faster than you know it, and your time to get your costume ready is shortening. Since it is the most creative holiday we celebrate, it's time to throw away all normality and let the artistic juices flow. Whether you intend to inspire, scare or entice, the top Halloween costumes for 2010 have it all. There's a wide variety, from the hottest recent movies to talked-about politicians. Instead of dressing up as some cliché character, check out these top five Halloween costumes and try something different.

1. Jake Sully from *Avatar*: This costume idea has topped the charts just as the movie did. There are two different ways this costume can be created; the first is to paint your entire body blue with darker blue, zebra-like detailing, and wear only a loin cloth and a few arm bands. This is very complex but is extremely sexy if you have the right body to pull it off. The simpler version is buying a mask and

wearing a safari outfit.

2. Mad Hatter from *Alice in Wonderland*: This costume allows a lot of room for creativity with makeup as well as clothing. The outfit can be as layered as you would like; an overly bulky coat, pinstripe floods decorated with various ruffles and knick-knacks, an oversized top hat with feathers and ribbons as well as a large bowtie. The main intent of this costume is to make you look simply "mad."

3. *Jersey Shore*, The Situation: This is definitely one costume that will get a lot of laughs from everyone, not just those who are *Jersey Shore* junkies. It is simple to pull off; wearing a pair of plain blue jeans, with a half-pulled up shirt that reads "The Situation" on it. It is best worn by those who have defined abs. If you don't have the chiselled physique, a muscular bodysuit adds even more humour.

4. The Joker: Even though it seems like old news, the Joker costume still ranks one of the top five! It is easy to put together, all you need is a bright purple suit, green vest and black dress shoes. The face can either be done by wearing a mask or using face paint to give the costume a more gruesome appearance.

5. Barack Obama: Not only making a mark in history, Obama also makes a mark in the top five Halloween costumes for 2010. All that is needed for this idea is a sophisticated suit, an American flag and an Obama mask. This costumes is meant to provoke humour and support for Obama and change, however, it can also create some controversy and political tension with those who do not support him.

With these ideas, it's now time to go out and get your disguise prepared. Try one of these out because they are sure to be a hit at any Halloween party. Avoid overused costume ideas as they show very little creativity and will not add the fun and excitement as something new will do.



CREDIT: COSTUME CRAZE.COM

Thinking of dressing up as "The Situation" from *Jersey Shore*? A set of fake abs may help you pull it off.

## In October, pink is the new black



**CHRISTINA KUBIW**  
KALASHNIK  
FASHION WRITER

No matter what's going on in October, there's one month-long event you should know about – breast cancer awareness. Breast cancer affects millions of people, and this month brings our attention to the disease as hundreds of beauty and fashion companies do their part to raise money for the cause.

Being the beauty lovers we are, I've found a few great items that will not only make you feel good but they'll also help someone else out. A true fashionista pays it forward, so ask yourself this: how are you helping the cause?

OPI Pink of Hearts Polish \$10.95: With feminine pale pink polish back in style this season, this pearl pink will be sure to make your nails ladylike and event-ready. And OPI will donate \$5,000 of their profits, whether or not that comes from this particular colour.



Vera by Vera Wang \$5: This winter when your hands feel nippy and your budget feels tight, buy a pair of these fuchsia gloves. They are a f o r d a b l e ,

cheery, practical, and your heart will feel even warmer knowing that 100 per cent of the proceeds go to cancer research.

Tweezerman \$25: As reported in my column, *Modern Makeup Gone Fifties*, big brows are back but beware not to under-pluck, keep them clean and shapely. With every pair sold, Tweezerman will donate a dollar to Rethink Breast Cancer. So next time you stop into your local pharmacy, beauty store or spa, pick up a pair.

Avon Crusade Tote \$10: With re-useable bags being the new plastic, it's time to find a cute one to sling over your shoulder. Whether you're filling it with books, groceries or personal belongings, the warm print will go perfectly with the red and burgundy that is popular this season. Avon will donate 50 to 100 per cent of the proceeds. So instead of buying an expensive designer purse that hardly benefits anyone, go spend a little bit of your budget on a cute tote that you know will pay it forward.

Happy shopping!



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## From France with love



**AIMEE BROTHMAN**  
FASHION WRITER

All things French equate to luxury and sophistication: sipping wine, nibbling on petit fours and, of course, couture. Last week, the final presentations of the spring 2011 ready-to-wear collections were presented in Paris, and the best was arguably saved for last. Couture favourites pounded out hit after hit and fashion critics everywhere are gushing about the gorgeous and actually wearable collections. Although any French designer can make my heart race, a few were more memorable than others.

**CHANEL:**  
What is French fashion if not Chanel? Karl would have done Coco proud with his absolute classic and anything but minimalist collection. In typical Lagerfeld style, the collection was made up of black and white with a few metallic trims and pastels mixed in. Chanel staples, like the tweed jacket, were made modern by distressing the fabric. Unfinished edges and embroidered holes also added an edge to the classic pieces. Ripped jeans and black-jeweled statement necklaces balanced the sweetly coloured dresses embellished delicately with feathers, and the ever-daring hotpants done in tweed and leather. The rest of the collection, made up of retro floral chiffon dresses, impeccably detailed gowns done in contrasting black fabrics and ladylike knit dresses made this one unforgettable collection.

**YVES SAINT LAURENT:**  
With a collection paying tribute to the heritage of the brand, YSL staples were made modern with a few slight but key updates.

Jumpsuits were cut closer to the body to create a slim, fluid silhouette. Trenches were done in a luscious, saturated navy or crisp white. Safari-like pieces were done in silk. Modern twists in the collection also included sheer blouses, cut-out A-line dresses, bubble-sleeved blouses complete with a front-tied bow, and suits made sexy with a high leg slit. Modern day classic, indeed.

**BALENCIAGA:**  
Typically graphic and a little avant-garde, Balenciaga's spring collection seemed a bit tamer than seasons past. Classically elegant houndstooth was seen in the form of leather dresses with a wide, zigzag hem and done in white, red and blue. The tuxedo was done in a sexy, mussed-up way with an untucked blouse and leather paper bag shorts done in burnt orange and black. Layering and pattern was played with by mixing denim and leather or metallic vests and sheer, sleeveless blouses. Sequined, tweed-printed one shoulder dresses were updated with a matching sequined tank underneath and topped with a juicy

coral leather jacket. The collection was completed with sleeveless tops featuring a sharp, geometric neckline and done in layered, shiny and sheer cuts with pants and skirts in distinctive Balenciaga black leather.

**BALMAIN:**  
Easily the epitome of rocker chic, Balmain churned out another collection that makes me want to toss my comb and sleep in black eyeliner. Leather jackets and pants were adorned with studs, zippers, embroidery and subtly printed with the classic American stars and stripes. Ripped tees and bustiers gave a nod to grunge and were safety pinned to create a snaking of silver against the black fabric. Micro-mini shorts and skirts done in destroyed denim and leather printed with red and white paint smudges paired perfectly with relaxed, splotted tanks and fitted blazers. Cropped jeans in denim and white with black dripping paint, a sequined jacket and a faded American-flag printed tank took Parisian cool stateside and injected some tough glamour into American classic.

# HALLOWEEN

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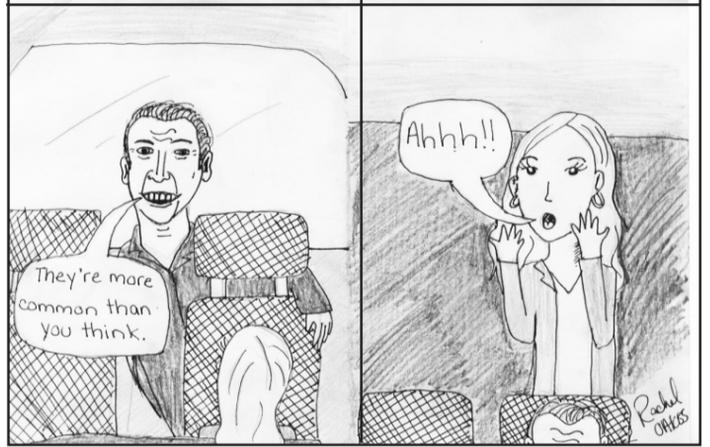
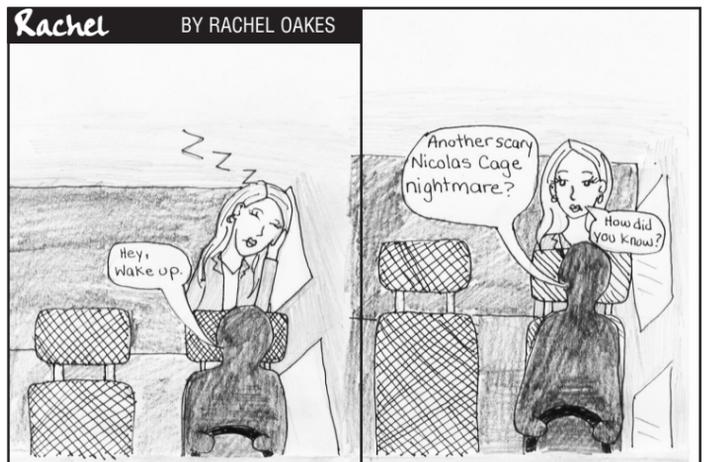
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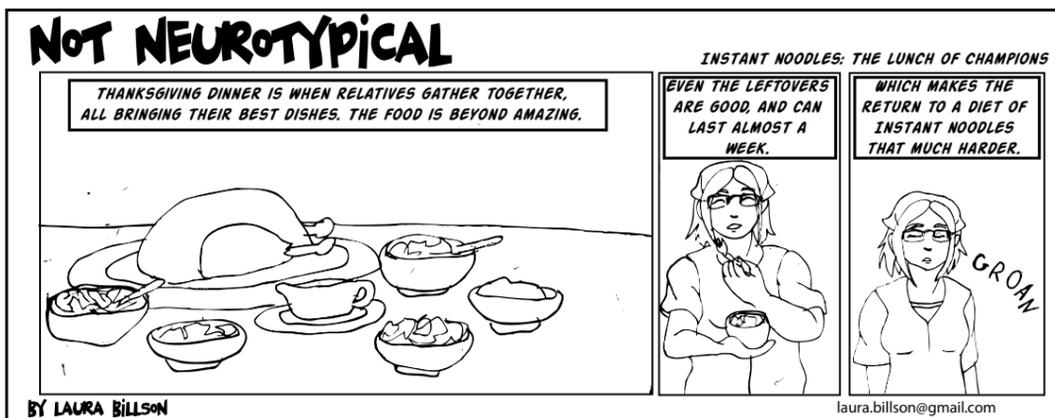
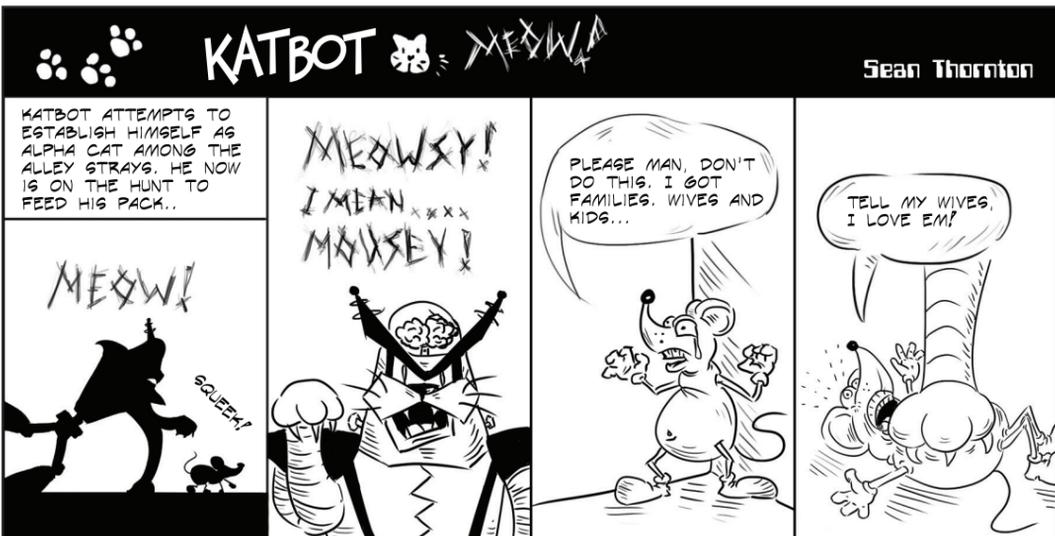


**RUSSDP**



**THE MANIACAL**

by Dylan McCormick



# zodiac stargazer HOROSCOPE

## Aries (March 21 - April 19)

The world is still an unfriendly place. Screen your calls and stay out of other people's dramas. If nothing happens at all, count yourself lucky.

## Taurus (April 20 - May 20)

Taurus starts the new week in a position of authority. Friends and family make the right call each time. The unexpected even show up in person for a meeting that involves everyone's future.

## Gemini (May 21 - June 20)

Impractical behaviour reverses many of last week's gains. Events may not be going your way, but sabotage should be ruled out as an option. You wouldn't want to be stuck with a torn sail when the wind shifts.

## Cancer (June 21 - July 22)

The person who seemed to be sending you bad vibes was actually wishing you well. What other wrong guesses have you made lately? Someone opens the curtains to show you what's really outside.

## Leo (July 23 - August 22)

It's best to keep your competitors guessing. Offer timely advice, but let other hands put the pieces together. Socially refined people make greater headway than those who let it all hang out.

## Virgo (August 23 - Sept. 22)

Extra vigor puts a shine on your usual precision. What you're teaching should be well-known by now, but you're happy to go over it again. Cash in on a ripe investment or a privilege that you've earned.

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

The innovation and good fortune that you crave are happening to someone else. Prepare for your turn, just in case it comes. A major imbalance needs to be corrected soon.

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

Strange bedfellows get a little better acquainted. A partnership based on need is remarkably free of ambiguity and mixed signals.

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

Even if it's your job to make trouble, you take a certain wicked pleasure in doing so. When others cast blame on you, take it as praise. Once all of the opportunists are shaken out, you'll find your true friends.

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

Confidence and control mark the start of your week. As the most disciplined roommate, you have a big say in strategic issues. Cheerful necessity motivates you to do the obvious.

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

Class and social urges clash. If you're far enough ahead of your work, this may be only a minor problem. If responsible behaviour is a high priority, arguing with yourself is a waste of time.

## Pisces (Feb. 18 - March 20)

Facilitators and enablers look forward to a good week. Anyone who wants quality and taste at bargain prices should hand you the shopping list. A friendly crew gets better results than a more formal group.

use of alcohol or drugs.

# QUIRKY FACTS

1. Four out of every 10 people in Ontario have or have had a family member or a friend who suffers from a substance abuse problem.

2. In 1991, one in every three deaths in Ontario was linked to the

3. Alcohol and drug abuse costs the Canadian economy \$22.8 billion each year.

4. The average drug addict needs to come up with \$200 per day to support his or her addiction.

5. While addiction impacts men and women equally, a person in recovery is more likely to be male (61 per cent) than female (39 per cent).

6. Between 24 per cent and 86

## Across

1. Pun: What he said when he saw only a certain vegetable on his dinner plate: "That \_\_\_ all".

6. Omit part of a series

10. Weep

13. Pun: Why the the rich man gave away so much money: because he had \_\_\_ of it

14. Feminine name

15. Steep hillside

16. Pun: How bowling is like being divorced: \_\_\_ must be paid.

18. Pun: I met the woman of my dreams at the base of Mount Vesuvius. She is the \_\_\_ my life.

19. Tenant

20. Horse running at a certain gait

22. Cunning

24. Makes less taut

25. Carbonated drink

29. Expression of contempt

31. Beast of burden

32. Particle

33. Pun: Two hats were hanging on a hat rack in the hallway. One hat said to the other: "You stay here; I'll go on \_\_\_."

35. City in S. Russia

39. Pun: What the motive for the night-time murder was: it was just a \_\_\_ in the dark

40. Cereal plant

41. Pun: He said I was average - but he was just being \_\_\_.

42. Pale curd

43. Raised elongated block of land bounded by faults on both sides

45. Highest and most active volcano in Europe

46. Sheltered side

48. Golf ball holder

49. Very thought provoking

50. Pokes holes in a lawn

54. Beast of burden

56. Pun: What the tree surgery business does when it opens new franchises: it \_\_\_ out

58. Temporary shelter

per cent of battering incidents involve alcohol abuse.

7. At least 70 per cent of women drug users have been sexually abused by the age of 16.

8. Alcoholism and drug addiction impact one in 10 people.

9. Alcoholic/addict employees are four times more likely to be involved in workplace accidents.

10. Substance abusers are 10 times more likely to miss work.

11. Approximately 15 per cent of children under the age of 18 have admitted to experimenting with illegal drugs.

12. Approximately 70 per cent of people who are using illegal drugs are employed.

13. Almost 50 per cent of young adults between the ages of 18 and 21 have admitted to using drugs and/or alcohol.

14. Addiction to prescription drugs is a growing problem among young people. Using prescription drugs for non-medical purposes is being used at approximately the same rate as marijuana among people between the ages of 12-20.

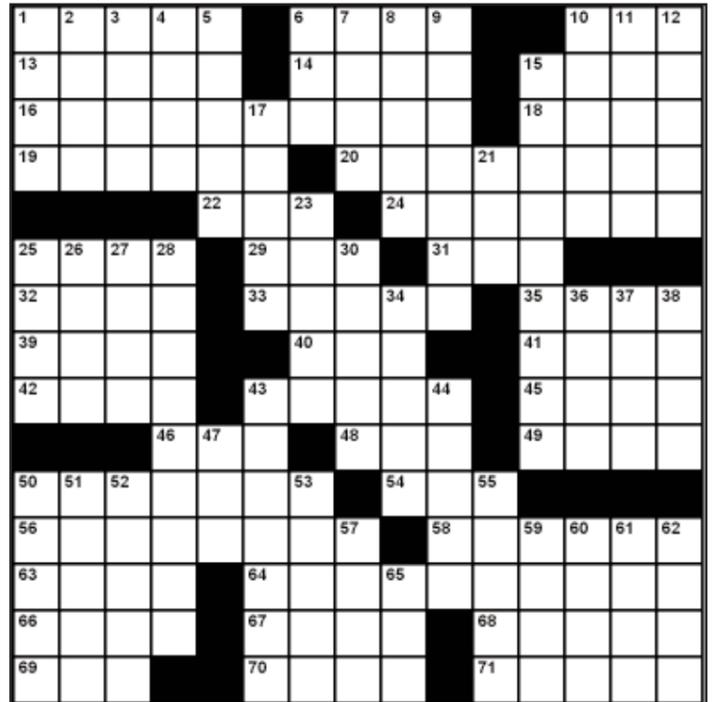
15. Research and public policy related to women's substance use have not tended to focus on the health and welfare of women themselves, but on the dangers that drug-using women pose to their children, families and civil society.

16. One in five employees admits to being injured, working harder, or lying as a result of another employee's drinking.

17. Seven per cent of employees drink five or more drinks per occasion on five or more days per month.

18. Of those currently "in recovery," about a third have been that way for more than 10 years.

19. Stress is a major factor in drug use and abuse.



63. Little Mermaid's love  
64. Pun: I went to an invisible fair-ground but didn't think it was very good. I just couldn't see the \_\_\_.

66. Carry

67. Pun: What the obese man had when he was early for his doctor appointment: A \_\_\_ problem

68. Metric unit of weight

69. Title used to a Spanish lady (abbr.)

70. Withered

71. Sterilizes a female animal

**Down**

1. Phoenician god

2. Women's magazine

3. Building additions

4. Pun: What the podiatrist does when suspected of wrong doing: he \_\_\_ the line

5. Eye infections

6. \_\_\_ Paulo: largest South American city

7. Male monarch

8. Utopian

9. Cargo

10. Silk fabric

11. Bird of prey

12. Time periods

15. Pun: The nuclear scientist's career \_\_\_ when he began work on the quantum properties of geraniums.

17. Variety of apple

21. Spanish indefinite article

23. Pun: What he said when his favorite email system was mentioned: \_\_\_

25. Drama performers (collectively)

26. Sgt Snorkel's (Beetle Bailey) four-legged friend

27. Pun: Why he became a bread baker: he liked to \_\_\_

28. Pun: A paramedic got a new job as a chauffeur: an \_\_\_ driver.

30. Pun: He was wheeled into the operating room, and then had a change of \_\_\_.

34. On the ocean (2 words)

36. Blood vessel network

37. Of sound mind

38. Break with a hammer

43. Brays of donkeys

44. Unit of magnetic flux density

47. And the rest (abbr.)

50. Assists

51. Mistake

52. Indian side dish

53. Bristles

55. Pun: Don't join dangerous cults, practice safe \_\_\_!

57. Mix

59. Setting on the highest point

60. One of Columbus' ships

61. Masculine nickname

62. Change for a five

65. CAA suggestion (abbr.)

**Solution on page 26**

## Sudoku Puzzle

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

puzzle rating: easy

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

## Word Search

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

## Alcohol Awareness Week

(Words in parentheses not in puzzle)

- |                |           |            |
|----------------|-----------|------------|
| Beer           | Gin       | Stupor     |
| Breathalyzer   | Hangover  | Virgin Pub |
| Cirrhosis      | Mocktails | Vodka      |
| Coffee (House) | Rum       | Vomit      |
| Ferment        | Rye       | Wine       |

# BEST IN LATE NIGHT COMIC RELIEF

## THE TONIGHT SHOW with Jay Leno

Jerry Brown's staff spent the weekend coming up with their new campaign slogan: "Just say ho."

The folks at Google are testing a car that drives itself, without a human. You thought it was bad when your computer crashed.

According to researchers at Ohio State University, sleeping with the light on may cause obesity. Especially if it's the refrigerator light.

Christine O'Donnell's new ad says she didn't go to Yale, like her opponent. I don't think she really needs to tell us that.

It's being reported that the economy lost 95,000 jobs in September. And that's just people leaving the White House



## JIMMY KIMMEL LIVE with Jimmy Kimmel

Justin Bieber's auto-biography came out. Did anyone know that, for three years, he was a radical Muslim cleric?

For every copy sold, the Bieber family is donating \$1 to "Bowl Cuts for Tots."

The trapped miners in Chile are finally being rescued. One miner has a wife and mistress that found each other at the site. He's asked to be rescued last.

It's Canadian Thanksgiving Day. On this day, Canadians gather with their families to give thanks that Celine Dion moved to Las Vegas.

There's an elephant at a zoo in South Korea that says words in Korean. I can't even say words in Korean.



## LATE NIGHT with Jimmy Fallon

Andy Rooney says he's planning to lose 20 pounds by the end of the month. He's going to look weird without eyebrows, don't you think?

Google is investing in an offshore wind farm project that could provide electricity to 1.9 million homes on the East Coast. And not to be outdone, Yahoo just bought a brand new ceiling fan.

President Obama met with students in the Oval Office who have started their own businesses. Or, as those students are known on campus, "weed dealers."

The Swedish prime minister was re-elected. He was happy to keep his seat, mostly because it took 85 hours to assemble from Ikea.



## THE LATE LATE SHOW with Craig Ferguson

The premiere of *Hawaii Five-0* was the most DVR-recorded program in history. That's not bad, considering most CBS viewers think a DVR is a microwave.

Brett Favre has an elbow injury. The worst part is, it's his texting elbow.

Direct marketing now uses text messages to excite people about their wares. Kind of like Brett Favre.

A man was arrested for streaking at President Obama's rally in Philadelphia. Thankfully, the police were able to restrain and clothe Joe Biden.

Happy Columbus Day, everyone. It's the day we pay tribute to Ohio's most exciting city.



## THE LATE SHOW with David Letterman

The Chilean miners are being rescued and they think they'll be out in time for the premiere of *Jackass 3D*.

This is the largest number of people trapped in a tiny space since the Octomom pregnancy.

The world is running out of helium. How will we know which house has the birthday party?

Somebody threw a book at President Obama. If you're trying to scare a president by throwing a book at him, you're one president too late.

To give you an idea of how long those coal miners have been trapped underground in Chile, they still think Conan O'Brien is the host of *The Tonight Show*.



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### SERVICES

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**MEDITATION DROP IN - TUESDAYS AND THURSDAYS:** Weekly meditation sessions in Rm F2010 from 4 - 4:30 p.m. Each week we focus on a different type of meditation. This week Oct.19 & 21 join us for self hypnosis the spiritual technique that's all about Accessing and influencing your sub-conscious mind. FREE to all students! No experience required. For a weekly schedule please go to the events calendar on myfanshawec.ca

### ANNOUNCEMENTS

**THE FANSHAWE COLLEGE LETTERS AND ARTS READING SERIES** The Fanshawe College Letters and Arts Reading Series continues with 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.

**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: Cassandra Lahosky at dale.lahosky@sympatico.ca

**ROLLER SKATING:** The North London Community Centre located at 1245 Cheapside St. offers weekly roller skating. On Wednesdays between 8-11pm for adults only, or open skate on Sundays between 1-4 p.m. Admission is \$5.75 for adults, \$3.75 for kids, and \$1.75 for skate rentals. If you have any questions call 519-661-5198.

**ENTER TO WIN A FREE COFFEE AND A DONUT** **KIOSK QUIZ ANSWER FROM OCT. 12**

Student acute walk-in times at Health Services (no appointment necessary) are Monday - Friday, 11am - 1pm, Room SC1001.

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## ULTIMATE FIGHTING CHAMPIONSHIP POOL

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## 2011-2012 HANDBOOK COVER CONTEST

**ENTRIES DUE MARCH 25**

Submission forms can be picked up in the FSU Office - SC2001 or [www.fsu.ca/contest](http://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](mailto:dmousseau@fanshawec.ca)

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1ST PRIZE \$200 GIFT CERTIFICATE  
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Get your artwork on the front cover of the 2011 - 2012 Student Handbook.

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TOFU	HORST	ETNA
	LEE	TEE
AERATES	ASS	
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ERIC	ATTRACTION	
TOTE	WAIT	TONNE
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**Tuesday, October 26**  
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**Student Union Alumni Lounge**  
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[www.blood.ca](http://www.blood.ca)

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## Human library aims to combat prejudices, challenge assumptions

MARK WORTHING  
THE MARTLET

VICTORIA (CUP) — A library at the University of Victoria is trying to make a difference by lending humans instead of books.

The human library is an opportunity for a “reader” to put their prejudices to the test, with the chance to have a half-hour conversation with individuals of stereotyped, subjugated, minority or generalized identities. It’s a chance to engage with people from varying religions, ethnicities, philosophical perspectives and sexual orientations — or simply with someone who might have a unique and interesting story to share.

The idea has been in the making for about a year. It borrowed inspiration and motivations from the University of Guelph’s human library, which took place in March 2009.

“The idea has just mushroomed. You see it happening all over the world now. It’s happening in lots of libraries, in lots of Canadian sites,” said Victoria Nielsen, adviser to the University of Victoria’s librarian on equity and diversity.

Some of the “book titles” available are *Polyamory: Journey of an ethical slut*; *Lesbian Mother of Three Sons*; *Is it Nap Time: Narcolepsy*; *East-meets-West: Born in Malaysia to an Irish mother*; *Pursuit of Happiness: Former*

*member of the military, now philosophy student*; and *The Sensitive Fireman*.

All are volunteers.

“Prejudices are the more overt portion of this. But I think this event also points out that we have areas of exclusion. There may be people representing certain groups that we may simply exclude from our daily conversation,” said Susan Henderson, a spokesperson for the University of Victoria’s libraries.

“This is about exclusion and how it works ... maybe you don’t go towards this person, or talk to them, some people may just seem to be absent from your life. We often don’t feel as if we are acting prejudices out, but we always have that little bit of exclusion, avoidance or sidestepping. It’s not so overt, but it’s always there in our lives.”

Nielsen explained the project is about highlighting the complexity of human identity.

“There are myths to dispel. For those who are in traditional roles such as the military or the police, there are myths to dispel there too,” she said. “Just because you have taken that on as your profession doesn’t mean that they are without liberal thought, or that your whole lifestyle is based around that identity.”

The first human library took place at Roskilde Festival, a music



CREDIT: SOL KAUFFMAN

Students might find it difficult to return their human books during the University of Victoria’s Human Library Project.

festival in Denmark, focusing on anti-violence. Since then, human libraries have been duplicated all over the world with the local flare relevant to that area.

“We’re looking for people who are willing to face their prejudices. We hope for students, staff, faculty, lots of people who may be interested, who have never had a chance to talk to someone from a given com-

munity or orientation,” said Nielsen.

“There is a certain amount of daring in having a conversation with someone that might challenge your perception of something. You have to ask the open questions. We are expecting the people who are to be a book to be honest; not preachy, just to be honest with who they are. We’re looking for a

human experience.”

Nielsen added that while maintaining a safe space is extremely important, she hopes the questions will be challenging.

“It’s a public safe space to have conversations. We’re controlling the venue, and not the conversation,” she said. Let’s ask some challenging questions, and have some honest answers.”

FANSHAWE

# pioneer village

PRESENTS

# HAUNTED VILLAGE HAYRIDES

**Featuring THE DONNELLY MASSACRE**  
A play by Jason Rip. Presented in partnership with Theatre Nemesis.

2010’s all new adult-oriented Haunted Hayride centres on Canada’s most infamous first family; The Donnellys of Lucan. Both victims and victimizers, this new and truly frightening “midnight ride” tells the story of Jim, Johannah, and their children that culminated in the horrific events of February 4th 1880.

Not recommended for children under 10. **Advance tickets required.**

**TICKETS:** Preview – \$8.00  
Show – \$10.00

**PREVIEW:** Friday, October 15th  
**SHOWS:** Saturday, October 16th – Sunday, October 17th  
Friday, October 22nd – Sunday, October 24th  
Thursday, October 28th – Saturday, October 30th

**TIMES:** Thursdays & Sundays – 7:00, 8:00 & 9:00 PM  
Fridays & Saturdays – 7:00, 8:00, 9:00 & 10:00 PM

**Call 519-457-1296 for tickets before it’s too late!**  
Fanshawe Pioneer Village is located inside Fanshawe Conservation Area.  
Enter at 1424 Clarke Road.

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## Journalism student sleeps on street to experience life "in their shoes"

LINDSAY GRUMMETT  
THE SPUTNIK

BRANTFORD, Ont. (CUP) — Dan Losier is trying to change Canada's perception of homelessness through film.

Losier, a journalism student at Wilfrid Laurier University's Brantford campus, decided to do this in a unique way. With the support of his social documentary teacher who gave him a month to produce the story, Losier set off to shoot a documentary capturing what it really feels like to live on the street.

The film's premise is simple.

"(It's) 72 hours of me with nothing," said Losier of his film, which is titled *In Their Shoes: The Experience*. "I went out with a jacket and my clothes."

To shoot the documentary, Losier sought out the help of his friend Tom Kennedy who works at the online magazine *Brant News*.

"Dan was looking for someone to be there the whole time and actually shoot the experience," explained Kennedy. "It was a really cool way to do it because we were already friends, and I wasn't just an outsider looking in."

The friendship both men speak of with sincerity became of pri-

mary importance to a successful shoot.

"Being his friend made it a lot easier to essentially be mean to him because I was comfortable doing that," said Kennedy. "It was easier to avoid wanting to help him out because I knew what he was trying to do and I wanted him to achieve it."

Although Losier's immersion into homelessness was short-lived, the 72-hour experience profoundly impacted him. In a sombre voice, he remembers the start of filming.

"You can see the first night I'm pretty scared of where I'm going to sleep. Then the next day, I'm so rattled. I'm freezing my ass off, I have to walk. I didn't prepare for this."

Unfortunately, preparing for homelessness is a terrifying and near-impossible prospect.

According to a 2006 survey, roughly half of all Canadians live in fear of poverty and 49 per cent of people polled believe if they miss one or two paycheques, they will be poverty-stricken.

The notion that nearly half the population could find themselves facing poverty in a few payless weeks is not lost on Losier.

"It doesn't matter who these



CREDIT: ANNA LAMBRINOS

Brantford journalism student Dan Losier (right) while filming his documentary about homelessness.

people are and what they've done in their past — they're people. When I went to (the soup kitchen, I saw that) they were just normal people who were down on their luck."

Once filming and editing ended, Losier brought his film back to class for a viewing in front of students, professors and a representa-

tive of the Brantford Film Festival. Losier submitted the film and was selected for the Brantford Showcase which will feature three films that tell stories of Brantford.

When asked what he wants people to take away from the film, Losier spoke with certainty.

"The main message I want to put through my work is community

and getting together. I really truly believe that's how the world can change. There's a lot of social change that needs to happen and we've put that in other people's hands and it's clearly not working. We need to put it back in our own hands, get together and do it ourselves."

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## Cena in no win situation



**THE HEEL TURN**  
SCOTT STRINGLE  
stringle78@gmail.com

TNA's Bound For Glory PPV featured some title changes, and some controversy. The newest member of the Knockouts roster, Mickie James was the special referee in a Four Corners Knockouts match with Tara, Madison Rayne, Velvet Sky and Angelina Love all competing for the belt. Tara managed to pin Sky for the win, which angered Rayne. Sparks are guaranteed to fly between these two on the next Impact! It's good to see James back in action, and I'm sure it won't be long until she is the Knockouts Champion.

Team 3D announced they will be retiring, but they want to fight the Motor City Machine Guns one last time before that.

During the main event of Bound for Glory, two shocking things happened. First was Jeff Hardy vs Mr. Anderson vs Kurt Angle to determine the TNA Heavyweight Champion. While the match was still going, Bischoff came to the ring, along with Hulk Hogan on crutches. Bischoff took a crutch from Hogan and handed it to Hardy, who proceeded to use it as a

weapon on both Angle and Anderson. Hardy then pinned Anderson to complete his surprising heel turn and become champ. What was less surprising was the final revelation of who "They" were. Surely TNA can think of new angles and feuds to push their company ahead, rather than copying stuff from other promotions.

### WWE RAW

Monday Night Raw opened with a dispute between The Miz and John Cena over who would be the captain of Team Raw at the next pay-per-view, Bragging Rights. Wade Barrett came out to the ring and informed Cena that his only duty at Bragging Rights was to watch his back, so that Barrett could defeat Randy Orton and win the title.

The General Manager sent an email at that time and a match was made between The Miz and Cena to decide who the captain would be. After that a series of matches occurred to determine the other members of Team Raw, with CM Punk, John Morrison, R-Truth, Sheamus and Santino all earning spots. During the main event, Husky Harris and Michael McGillicutty interfered in the Cena and Miz match, costing Cena the match and ensuring Miz would be captain. Could we be seeing a Cena heel turn after all?

## Soccer teams prep for playoffs

ANDREW EVANS  
INTERROBANG

With the regular season wrapping up, the Fanshawe men's and women's soccer teams are beginning to make final adjustments and preparations for what each team hopes will be impressive playoff runs.

For the women's team, it has been another solid campaign that has resulted in a perfect record so far with victories over the Lambton Lions, 6-0, to open the season, followed by wins over Redeemer, Conestoga, Niagara, Sheridan and Mohawk. Although the women have managed to remain unbeaten, they have been in tough battles with both, the Humber and St. Clair which have resulted in ties. Most impressive this season has been the stellar play of the Fanshawe goaltender Sarah King who has only allowed three goals. It is expected that Fanshawe will have to battle their rivals from

Humber at some point during the Ontario Colleges Athletic Association playoffs if they wish to erase the painful memories of an overtime heartbreaker in last season's national championship gold medal game.

On the men's side, the Falcon's have battled hard all season while being led by scoring leaders Adam Dasilva, Jordan Wainwright and Milos Janikic. After posting a solid 4-0 victory in their season and home opener, the Falcons came up short in a 1-0 loss to the undefeated Humber Hawks. After coming away with scoreless ties to Redeemer and Conestoga, the men have started to get on a roll with consecutive wins over Niagara, Sheridan, St. Clair and Mohawk. The four-game winning streak comes just at the right time for the Falcons, who begin preparing for what is expected to be a tough OCAA playoff schedule.

## Falcon men carry high hope

MEAGAN CHECHALK  
INTERROBANG

It's not easy handling school and being on a sports team. Having to keep your grades up while juggling team responsibilities and having a personal life. Andrew Campbell, Fanshawe's 6'4" big man from Waterloo, is one of the six returning players on a roster of 16. Campbell said, "Its tough juggling schoolwork and basketball, but we seem to find a way."

The Falcons had a rough start in their first exhibition game of the season against Laurier University. Campbell said the Falcon offence was good, they were open, and had some really good plays, but they had a little trouble putting the points on the board.

In comparing this year's team to last year's team that made it to the Canadian Colleges Athletic Association championships Campbell said, "This year's team is a completely different team compared to last year's team. This year we have four new starters, and a majority of the team is made up of rookies, but we have confidence that we can get through it."

Like every team, there's always one rival that gives the Falcons really good competition, and that rival would be Humber. Luckily, the Falcons won't have to see them until the new year. The Falcons' season opener is on October 19 at Mohawk College.

## Getting your 101 aerobic fix



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

Aerobics have always been a great way of putting life into your cardiovascular routines. Every school year, we try to adjust our aerobics offerings based on current trends and member feedback. Whether it's the group training atmosphere, class variety or enjoyment of something brand new, many people are trying out vastly different aerobics classes. We have been getting a high volume of inquiries, so I dedicate this article to all you aerobic enthusiasts!

*Do I have to be a member at the Fanshawe Fitness Centre to use their aerobics classes?*

You can purchase a day pass and do as many aerobics classes in one day as you like. However, if you're going to come more than six times a month, you would save by purchasing a membership giving you full access.

*I've been a member before, are there any classes that are new?*

We now offer a gravity steps system class which is an energizing step class combined with weight bearing upper and lower body exercises. Also offered is Zumba, which fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program. We also feature a Glider class which tones, firms, and sculpts your muscles through smooth and graceful movements using our new gliding discs. Due to popular demand, we continue to



CREDIT: WIKIPEERS.COM

Looking for a different workout? Fitness 101 offers Zumba, and a number of other programs to keep you interested.

offer our Bootcamp class. This challenging class alternates between cardio and resistance exercises in a circuit format giving you that army experience.

*Do I have to sign up for classes?*

Some classes you must sign up for while others are simply walk-in. Our aerobics board and schedules explain which ones are sign up. Spinning classes require you to reserve a bike on the day of the class. So be sure to do so sooner in the day than later to avoid disappointment. Yoga, 3D Workout, and Pilates are also six-week session classes. This means once you've signed up, you're committed to attending all sessions as the class grows as a unit. Current sessions are still available for various time slots. For those looking for a fresh start, these three classes will start new sign up sessions for the end of October.

*What about seductive dance classes? I heard they are a lot of*

*fun.*  
We offer seductive dancing as a speciality class whenever interest is high enough. We've also offered other speciality classes such as hip hop and salsa classes. If popularity is high enough, we will permanently put the class in our weekly schedule!

*I'm kind of nervous, will I be able to keep up with the other participants?*

Don't be nervous. Everyone is of different fitness levels, and we have people of all age ranges. Always challenge yourself by going at your own pace. Never feel as if you have to keep up with the most elite person in class, we all have to start somewhere!

*This sounds great, where I can I find more information?*

Feel free to drop by the Fitness Centre front desk in J building or visit us online at [www.fanshawec.ca/fitness](http://www.fanshawec.ca/fitness)

## GET IN THE GAME



### FALCON VARSITY ATHLETICS

#### UPCOMING HOME GAMES FOR FANSHAWE FALCONS:

- Women's Volleyball Hosting St. Clair – Wed., Oct. 20 @ 6:00 pm
- Men's Volleyball Hosting St. Clair – Wed., Oct. 20 @ 8:00 pm
- Women's Volleyball Hosting Sheridan – Sat., Oct. 23 @ 1:00 pm
- Men's Volleyball Hosting Sheridan – Sat., Oct. 23 @ 3:00 pm
- Women's Basketball Hosting St. Clair – Wed., Oct. 27 @ 6:00 pm
- Men's Basketball Hosting St. Clair – Wed., Oct. 27 @ 8:00 pm

### VARSAITY WOMEN'S PLAYOFF SOCCER!

Come out and cheer on your Women's Soccer Team as they host an OCAA Cross-Over Game at 1:00 on Saturday, October 23rd at the Fanshawe Soccer Stadium. The opponent has yet to be determined. The CCAA has ranked the Fanshawe Women's Soccer Falcons at 9th in Canada!

Join our mascot Freddie the Falcon in supporting the Falcons in their bid to repeat as OCAA Gold Medalists and top their CCAA National Silver Medal Last Season!

### 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.

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## Evora is one beauty



**MOTORING**  
NAUMAN FAROOQ  
naumanf1@yahoo.com

One of the most respected and admired names in the world of sports cars is Lotus. The company has been around since the 1950s, building race and street cars, and every model they have made has had enthusiasts following.

I myself am a huge Lotus fan, falling in love with the brand ever since I saw James Bond drive around in a white Esprit in *The Spy Who Loved Me*.

Being able to drive some Lotus models in the past few years has only increased my love for them. Not only are these cars beautiful, their performance leaves you speechless at times. They are proper sports cars for proper car enthusiasts.

So what about their new model, the Evora. Is this a genuine Lotus, or has the company changed its ways?

To find out, I borrowed an Evora from the only Lotus dealer in Ontario, Gentry Lane in Toronto.

The very moment I laid eyes on my test car, I was in love. This low, sleek, mid-engine coupe is easily one of the most beautiful cars on sale in Canada today. From every angle, the car looks stunning. All of its proportions look right, and in black, my tester looked even more menacing. This car had as many – if not more – looks than the Audi R8. So if you're buying an exotic just for looks, this Evora might be

a very cost-effective way (it costs \$50,000 less than an R8) to garner some attention.

Open the door, and you will be greeted by an interior that is not only beautiful, but is the nicest-smelling one I have come across in a very long time. The leather in the Evora has a very high-end leather aroma to it, something you don't get from most modern cars.

Sit inside and you will find some very modern, attractive gauges, which is actually very un-Lotus-like. You will also find supportive and comfortable seats in the front, but while this might be the only mid-engined 2+2 currently in production, the rear seats are best used for stowing groceries, not humans.

Once settled in, you will notice the rear window is much smaller than expected, so be sure to adjust the door mirrors properly.

The motor came to life in a very discreet manner – not what you'd want from an exotic sports car. There are two reasons for that. First, the 3.5-litre V6 engine comes from one of the most boring cars on the planet, the Toyota Camry. Lotus engineers have coaxed more power out of this unit, which can now produce 276 hp, but that is a mild gain over the Camry's 268 hp.

The second reason the Evora tester sounded quiet was because it had the standard exhaust, rather than the optional sports exhaust, which would make it more vocal.

On the road, the first thing I noticed was its ride comfort. Most cars in this category have very hard, stiff rides because the suspension is calibrated for optimal handling. The folks at Lotus seemed to have found a magic set-



CREDIT: NAUMAN FAROOQ

The Lotus Evora is one impressive looking car.

ting, because the car not only rides like a luxury car, but when you get a chance to test its handling, you'll be amazed how light and agile this car is.

Lotus has built their reputation on making lightweight cars that handle very well. The founder of the company, Colin Chapman, believed that rather than building a heavy car and adding a big powerful motor to propel it, it would be better to build a light car. Lightness improves the handling, is less taxing to its brakes, and doesn't require a big motor to go fast. At 1,380 kg, the Evora is a lot lighter than most of its rivals.

I was, however, expecting the

Evora to be quicker. It's not a slow car by any means, but for me, it didn't have that kick. It might only take 5.3 seconds to sprint from zero to 100 km/h, and can top out at 280 km/h, but it just doesn't feel rapid enough. A BMW M3, which costs approximately the same amount, would annihilate the Evora in a drag race.

Nor was I convinced with its stability at higher speeds, the front just felt lighter than I was hoping. So either it lacks sufficient downforce at the front, or it could make do with a heavier steering feel to boost confidence.

It could also make do with a smoother gearbox. The one it has

lacks the refinement of the units found in cars like the BMW M3, Porsche Cayman and the Audi S5.

While the Evora is a very nice car, some of its rivals are better sports cars. So why buy an Evora?

Well, the biggest reason is exclusivity. Gentry Lane will only get about 12 to 15 Evoras to sell each year, so you won't be tripping over these at every traffic light. Another reason is it is a beautiful car to behold.

While it may not be the best driving tool in its price range, the Evora is easily the most unique car in its segment. Prices start at \$85,000.

## These games will keep you up



**NFL CZAR**  
JUSTIN VANDERZWAN

After the triple threat of great games last week, we have two solid night games to fall back on this year. In the Sunday nighter, we have the Minnesota Vikings visiting Green Bay to face the Packers. On Monday night, we have another division battle when the New York Giants head to Dallas to take on the Cowboys.

If we look back to a season ago, Brett Favre won both games against his former club, and will look to do the same this year. This game is even more important for both teams now, as the Bears seem to be a contender this season as well. Also, the Vikings made a trade for wide receiver Randy Moss a few weeks ago, and being the guy he is, is likely still hated in Green Bay.

The Cowboys will be looking for their first win at home this year, and against a team that swept them a season ago. They have been plagued all season long by mental mistakes, and will have to bring their A-game against this tough Giants team.

Both of these games will have serious implications on the NFC playoff picture. While the Vikings and Cowboys both need to go on serious runs to even think about playoffs, the Giants and Packers

are in solid positions to make a deep run. All four of these teams are stellar on both sides of the ball, and these games should be very close.

### Minnesota Vikings @ Green Bay Packers

**Key matchup:** Randy Moss vs. Charles Woodson – With Moss coming over from the Patriots, it gave Brett Favre a new weapon to play with until Pro Bowler Sidney Rice returns. Moss will have his hands full against Woodson, last year's defensive player of the year. This should be a very good battle, and neither team has a clear edge.

### New York Giants @ Dallas Cowboys

**Key matchup:** Giants D-Line vs. Cowboys O-Line – The Giants seem to be back to their dominant defensive ways, and it all starts up front. They have put tremendous pressure on opposing quarterbacks this season, and it has certainly helped their defence. On the other hand, the Cowboys offensive line has been brutal all year long. They gave up six sacks against a brutal Tennessee defence two weeks ago, and it cost them the game. They have been taking a ton of penalties, and that will also help the defensive front.

### The Rundown(s)

First off, I expect these games could go either way, which makes them hard to predict. For the Sunday nighter, I'll take the Packers to take down Favre and the Vikes for the first time, by a score of 31-24. Also, I will say there will



CREDIT: OBSESSEDWITHSPORTS.COM

It has been a few moons since Randy Moss has been to Green Bay as a member of the Minnesota Vikings. The spotlight will be on Moss' match-up against Packer corner Charles Woodson.

be at least 15 dumb comments by Cris Collisworth.

For Monday night, it is hard to pick against my Cowboys at home, even though they are 0-2 there this

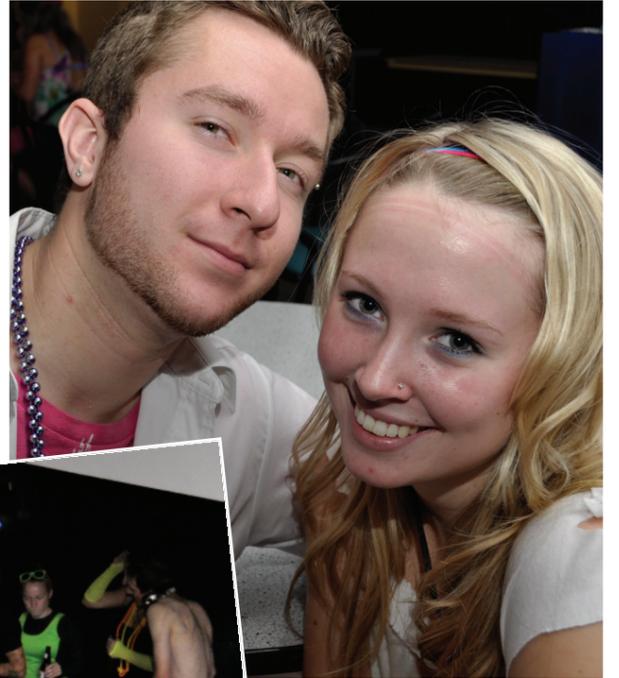
season, I will take them to notch a 28 – 24 win over the G-Men.

For next week, I will take a look at the Sunday nighter again, which could be a Super Bowl preview.

For more from the NFL Czar, check out his blog at [jvzsblog.blogspot.com](http://jvzsblog.blogspot.com)

# ON campus

students enjoying campus life



Michael and Alexis relax in between classes in Forwell Hall.

CREDIT: ANDRE BAKER

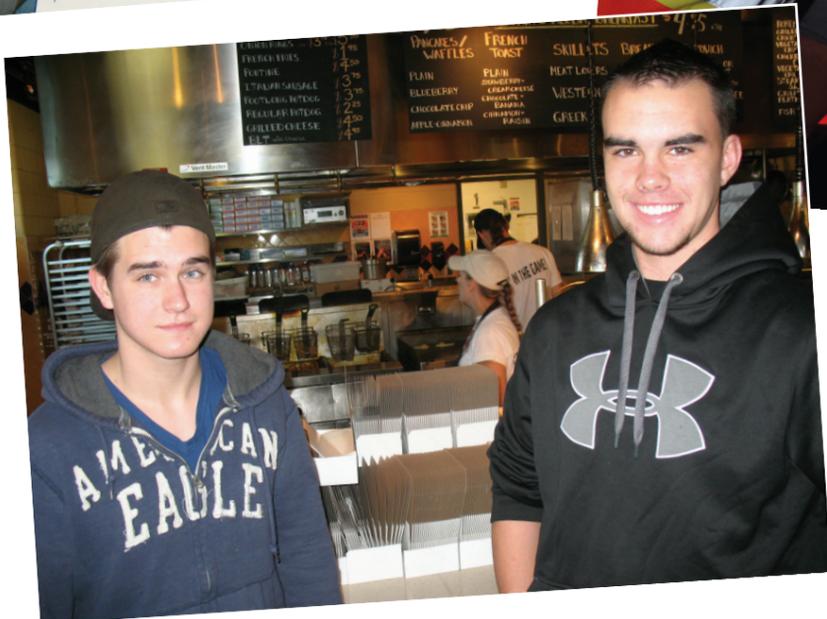
The dance floor was packed during the Tight and Bright Pub.



A group of students squeeze in some study time in Forwell Hall.



Johnny and Bryan having a good time at the Tight and Bright Pub.



Adam Mann and Matt Aytoun waiting for breakfast in the Oasis.

**PAJAMA PARTY** THURS. OCTOBER 21  
 with DJ Rick O'Shea  
 Out Back Shack • 9:30 Doors  
 \$3 adv \$4 door  
 Tickets available at the Biz Booth  
 Co-sponsored by Hotel Management

**TONY LEE**  
 XXX HYPNOTIST  
 9:00PM DOORS  
 FORWELL HALL  
 TUESDAY  
 OCTOBER  
 19th  
 \$6 Advance  
 \$8 At The Door

first run  
**FILM**  
**RED**  
 \$3.50 STUDENTS | \$5 GUESTS  
 At Rainbow Cinemas (in Citi Plaza)  
 2 show times  
**Wednesday Oct. 20th**  
 TICKETS AT THE BIZ BOOTH

**EUCHRE** TOURNAMENT  
 MONDAY OCTOBER 18  
 REGISTER IN ADVANCE  
 AT THE BIZ BOOTH  
**6:30 PM**  
 FORWELL HALL

**ELECTRIC** OPEN MIC NIGHT  
**Wed. October 20**  
 9 PM Doors in Out Back Shack  
 Sign up sheet available @ 8 PM  
 Bring your own guitars, sticks and patch cords.  
 \*\*Amps, bass amps and drums provided.\*\*  
**NO COVER**

**ZOMBIE RUN**  
 forwell hall, 8pm  
 free admission  
 Important info session about  
 the pending zombie apocalypse  
**TUES OCT 26th** with matt mogk

**CHILDREN'S HALLOWEEN PARTY!!!**  
**\$3** per child  
 1pm-3pm  
 Alumni Lounge,  
 student centre  
 advance tickets only  
 at the Biz Booth  
 register children ages 1 to 9 years  
 of age before Oct. 22nd at the Biz Booth.  
 costume prizes for all, games,  
 entertainment & candy bags to  
 take home!  
**SATURDAY  
 OCTOBER 23RD**

**FRI OCT 22ND**  
**STAY LEFT**  
 w/ D'ARI AND STONE SOUP  
**OBS 930 DOORS NO COVER**