



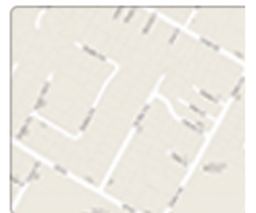
Kent C. Strait

Friends Subscri

- Attends Fanshawe College
- Lives in London, Ontario
- Knows English



37 Mutual



About

Friends 293

Photos 137

Map 44

- Status
- Photo
- Place
- Life Event

What's on your mind?

Friends Post

Kent C. Strait Yesterday

Why do all my profs keep adding me on Facebook? What should I do?!

Like • Comment

Anita Pal likes this.

Anita Pal OMG ur friends with professor Hinkley? WEIRDO! Yesterday at 12:33 pm • Like

Write a comment

Kent C. Strait November 8

Activity Recent

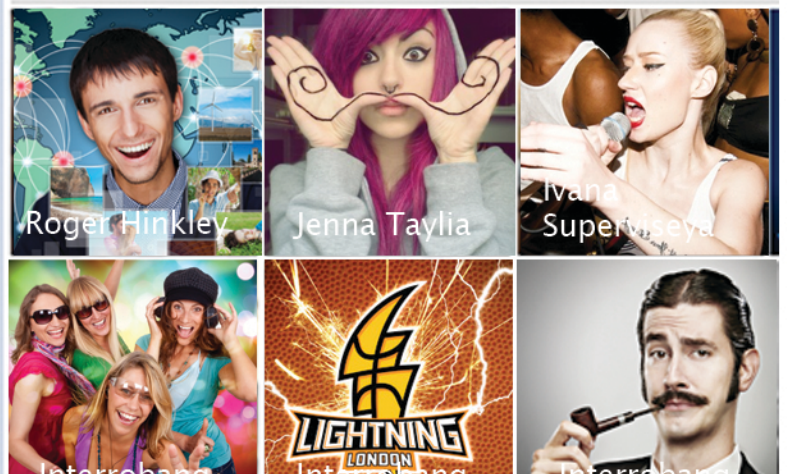


Kent took a photo with Instagram Like • Comment

Kent is now friends with Jenna Taylor and Phil Latio

Kent liked The Bachelor

Friends



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@AM980News

UPDATE: possible 'made-in-London' HIV vaccine clears key hurdle, moves on to next phase of testing <http://bit.ly/RGqaD3> #ldnont

@AnneHamilton

Exciting plans underway for #fanshawe's Open House - Sat Nov 17, 10am-2pm. Join us at our #LDNOnt campus for tours, info, prizes & more!

@FanshaweLibrary

It's askON month! Get #research help from @FanshaweLibrary & @askOntario staff <http://ow.ly/eWrPq> We're online & ready to help #Fanshawe

@jlsruton

"I'm here to learn, not to make out with you" :) #haha @OverheardatFC #ohFanshawe

@ZackDodge

Happy Graduation day for hundreds of awesome Falcons! Thanks for letting me share this special day with you, hard work pays off #fanshawe

@meggiwalk

This IS London- A great city full of generous, caring people; inventors, activists, environmentalists and more <http://www.am980.ca/Blog/NathanSmith/BlogEntry.aspx?BlogEntryID=10462033>

@BlakeWollenzien

Just saw two guys dressed up as knights sword fighting through the halls#fanshawe #wishiwaskidding

@MerlinProzb

Merlin needs it own Timmies #merlinprozb

@frada20

What girls would be down for a boy toy auction at Fanshawe!???

@FanshaweCollege

What makes you smile? Good read => RT @smile__epidemic: Fanshawe Student Union Interrobang - Thx for the great article! http://fsu.ca/interrobang_article.php?storyID=8915§ionID=1&issueID=214

@KatTschirhart

I know no ones up yet but... I finally got a registration email from #fanshawe as per classes and everything else. #excited !!!!!

@xoAmandaMayy

I wear shoes and flip flops like its my day job! @OverheardatFC

sweet tweets of the week



CREDIT: MEGAN MCPHADEN

Fanshawe's men's and women's curling teams accepted their championship rings after winning the national title in the 2012/13 season. The 2012 CCAA Curling Invitational Championship was held last March in Peterborough. In the gold medal game, the men defeated the Red Deer Kings in a close matchup with a 5-4 win. The women's team defeated the Grand Prairie Wolves 6-4 in the 10th end. Team member Yvonne Lalonde, far right, is excited to show off her ring, "I want to be able to wear it and represent Fanshawe and be like, yes, we have a good athletic program. I want to show people that we've made it this far, we'll make it this far again. It's incentive to continue to do well."

10 Things I Know About You...

Domingues has graphic dreams

Samantha Domingues is a Graphic Design student at Fanshawe. "I love playing soccer," she said, adding, "One of my big inspirations is music."

- 1. Why are you here?**
To accomplish my dream job as a graphic designer.
- 2. What was your life-changing moment?**
When I was in a bad accident on the soccer field that took me out for three years.
- 3. What music are you currently**

- listening to?**
Country, rock, hip-hop, pop – pretty much all genres but screamo and rap.
- 4. What is the best piece of advice you've ever received?**
Never give up, think positive and you will get to where you want in no time.
- 5. Who is your role model?**
My parents and my best friend.
- 6. Where in the world have you travelled?**
France, Portugal, Spain, Germany,

- P.E.I., Nova Scotia, Toronto, Quebec, Ottawa, soon Brazil and Italy.
- 7. What was your first job?**
Metro.
- 8. What would your last meal be?**
A nice Portuguese meal that consists of chicken, potatoes, veggies, rice and some type of drink.
- 9. What makes you uneasy?**
Impatient and rude people.
- 10. What is your passion?**
Music, soccer and art.
Do you want Fanshawe to know 10 Things About You? Just head on over to fsu.ca/interrobang and click on the 10 Things I Know About You link at the top.



CREDIT: SUBMITTED

Samantha Domingues is a creative person who loves music and soccer.

UP AND COMING EVENTS

MON NOV 12

Imaginus Poster Sale

9:00 AM - 8:00 PM
Free @Forwell Hall

TUE NOV 13

Imaginus Poster Sale

9:00 AM - 8:00 PM
Free @Forwell Hall

WED NOV 14

**First Run Film
007 Skyfall**

7:00 PM - 11:00 PM
Rainbow Cinemas
\$3.50 for students
\$5 for guests

**Comedy Night
Pete Zedlacher
with Patrick Hays**

Free @Out Back Shack 9:00 PM



THURS NOV 15

**Resume and Cover
Letter Workshop**

2:00 PM - 3:30 PM
Free @D1063

FRI NOV 16

**Fanshawe at
the Knights**

7:30 PM - 10:30 PM
Budweiser Gardens
\$18 for students
\$19 for guests



Tickets available at Biz Booth

Accept or decline: Facebook users face tough decisions

MELANIE ANDERSON
INTERROBANG

Receiving a Facebook friend request from a teacher or boss can be the recipe for a social media meltdown. If you don't "accept" the request and see them in the classroom or at work the next day, it can be extremely awkward; if you do accept, you risk them viewing your entire profile – including pictures from last weekend's bar adventures. It's common nowadays for students to connect with teachers online via email or FanshaweOnline, but is it okay to follow a teacher on Twitter or add them as a Facebook friend?

According to Anabel Quan-Haase, an associate professor in MIT and Sociology at Western University, sometimes students just feel comfortable enough to share that online experience. "Teachers may often teach large classes and have amazing personalities, and so students value them as teachers and also see them as friends – so, I mean, it's not uncommon for a student to invite a teacher to become a Facebook friend." She added that it often makes a difference whether the student is in high school, in college or in grad school.

Katrina Joosse is a student in Fanshawe's Law Clerk program who keeps in touch with a high school teacher. "I wrote my (final) exam, and before I was even out of the school, my phone went off and it was a friend request from my teacher. She was adamant, like, 'I won't add a student,' but after exams, then she added people. We've talked a few times and I've gone to the school to visit her."

How open you are to sharing your Facebook page will often depend on how censored your profile is. As students get older, they often choose to "cleanse" their social media profiles, ridding them of anything they deem "inappropriate." Facebook users can also choose to add a friend, but only allow them to view their limited profiles.

When searching for a new job, how you present yourself online has become incredibly important. "I know, as an employer myself, one of the first things you do is check out their Facebook page and see what kind of public image they have, especially in my field – credibility is everything," said Jeffrey Reed, a professor in the Public Relations and Corporate Communication program at Fanshawe. He added that it's good for students to learn how to use social media in a more professional manner, and "it's a good learning experience for them because it teaches them, (that) you may still be in school, but now you're trying to brand yourself as a professional. So they have to watch what they tweet ... watch what pictures they're posting online."

Electrical Techniques student Derek Speer said he would never add a boss on Facebook. "Definitely not someone who's employing me because it's personal and I don't want them to use it against me to have me fired; I definitely put my settings on private."

Fanshawe Radio Broadcasting grad Chris Czombos added that if you keep your profile professional, you should be fine. "I think it's okay, depending on your Facebook page. Mine is just radio-related, basically."



The average student has several pending friend requests on Facebook, which may include teachers, bosses and classmates.

CREDIT: MELANIE ANDERSON

Once you've landed a new job, should you add your co-workers or boss on Facebook? "It depends on if it was a cool boss or not," said Garrett Elson, a student in the Construction Carpentry Techniques program at Fanshawe. "If it wasn't, if it was one of those hard-ass bosses giving you shit, I'd be like, 'No, have a nice day, decline.' But, if they were nice, then for sure (I'd add them), but usually not."

Facebook focuses on relationships between friends and family through the posting of images and visible or private messages, it is a lot more personal than other social media sites such as Twitter or LinkedIn. "Facebook is totally different (from Twitter)," said Quan-Haase. "I think students feel that Facebook is their private space where it's much more to do with what they do when they're not on campus. Which is fine, but my sense is that they may not feel that comfortable letting their professors see this network site."

Jim Van Horne is a professor and coordinator of the Broadcast Journalism and TV News programs at Fanshawe. "Facebook I don't find as professional as Twitter." He is an avid Twitter user, and he stressed the importance of it, especially in the news world. "Twitter has revolutionized news – you cannot be in what we do and not be really up on Twitter and Twitter trends, knowing exactly the sites to follow locally and nationally." He does follow students and former students on Twitter, and he has many students following him as well. "I do occasionally tweet at students basically as a communication tool – it's usually about newsy issues," he added.

Quan-Haase also uses Twitter to communicate with students. "Even more so (with Twitter and LinkedIn), I always encourage my students to follow me on Twitter – I sometimes even follow them. Twitter's a great way to communicate with your students; sometimes what I encounter online I'll tweet about it and often my students will send me things."

Brittany Sutherland is a Marketing student at Centennial

College, and she said that creating online relationships with teachers could prove beneficial in the future. "If you have a good relationship with them (your teacher), add them. You never know if they can help you with jobs in the future."

Van Horne said he often uses social media to help students with their job hunt. "I've had students add me. I use it for jobs; if I find a job, I tweet it to inform students. I

want my students to know about the jobs out there."

Van Horne said it's important to stay professional regardless of how you're communicating. "Social media sites are just an extension of personal relationships, so I would never say anything to a student on Facebook or Twitter that I wouldn't say to them face-to-face."

But Quan-Haase argued that sometimes it's easier to have a more casual relationship online.

"Often the same kinds of barriers we find in face-to-face conversations are no longer there in texting and computer-based communication."

Each individual has their own opinion of what an online relationship entails, which can sometimes create an awkward situation. Think before you connect online – keep that same level of professionalism that you would with an in-person relationship.



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(in front of college bookstore)

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Your design could cover the Interrobang

HANNAH LECTER
INTERROBANG

Grab your paint set, your camera, your tablet, your Sharpies and your coloured pencils – it's time for the Interrobang's annual cover contest.

Students have the opportunity to cover the Interrobang's January 14, 2013 issue. Entries are due on December 7 at 2 p.m. in the FSU Publications office (SC1012). The theme of this year's contest is student life.

"For the most part, I look for student elements – things that students see and what they focus on would be student life on campus. It's just about looking at campus

life through students' eyes," explained Darby Mousseau, the Fanshawe Student Union's creative director and one of the contest's judges.

You can draw, paint, take a picture, use Photoshop to design an image – the medium is up to you! Images must be 10 inches by 14 inches, and remember to be aware of the newspaper's fold – only the top half of the paper is displayed on stands. Put your high-resolution image on a CD and submit it to the Publications office along with the submission form, which can be found at fsu.ca/contest.

"Just look around to see what's happening on campus," Mousseau advised. "You might find some-

thing that no one else sees and it can get posted (on the cover). You can win some money for it and build your portfolio." It's also a great chance to gain some exposure – each week, thousands of copies of the Interrobang hit the stands on the six Fanshawe campuses across southwestern Ontario.

The winner of the contest will receive a \$250 cash prize and a profile story in the January 14 issue of the paper. The creator of the design that comes in second place will receive \$50 cash, and third place will receive \$25 cash.

For more information, visit fsu.ca/contest or email Erika Faust at efaust@fanshawec.ca.

What you need to know about motor vehicle collisions

PAIGE PARKER
INTERROBANG

London Police are warning motorists that with the changing weather, driving conditions change as well.

Londoners are asked to check their vehicles to ensure all the safety measures on the vehicle are up to date. This isn't just for their own safety but for other motorists as well. London Police Sgt. Tom O'Brien said lights, signals and windshield wipers should always be in working condition.

But what happens should a collision occur?

A collision must be reported if the damage to all vehicles involved is over \$1,000 or City property has been damaged, such as a fence or a sign along the highway. Many drivers may not know what would constitute \$1,000 in damage just by looking at the car. O'Brien laid out the general guidelines of how to know.

"With the cars out there now, I would suggest that if you do even the slightest amount of damage to certain parts of that car, it's going to be \$1,000. For example, if the headlight is smashed out as a result of this collision but there's no other damage to any of the other parts of the car ... in all likelihood that's going to be less than \$1,000," he said. However, he continued, "if you dent one of the doors, that's probably going to be anywhere from \$400 to \$600 or \$700, so if two car doors are dented, then you're looking at something well over \$1,000. If a fender and a door are dented, you're looking at \$1,000. So it's pretty hard not to cause \$1,000 (worth of) damage in a crash."

All collisions that face these circumstances must be reported to the Police Reporting Centre on Brydges Street. O'Brien warned that in the case of a crash, "before you get out, make sure it's safe to do so – you wouldn't want to jump out of your car and get hit by another car."

He said the first thing to do when a collision occurs is to get out of the car and ensure nobody is hurt. If there are injuries to a driver, passenger or pedestrian, 9-1-1 should be dialed immediately so police can report to the scene.

If there are no injuries, the drivers can meet with each other. "Oftentimes what happens is they



CREDIT: DALLASCARCRASH.COM

If you happen to be in a car crash, make sure you exchange information with the other driver, including licence and insurance details, to protect yourself.

have a quick conversation and say, "Let's pull around the corner ... and everyone jumps in the car," said O'Brien. "Very often, believe it or not, one of those people doesn't follow through with their promise to meet you and they take off."

Make sure to always introduce yourself and obtain their license plate number at minimum before meeting around the corner. O'Brien suggested to take a picture with your cellphone or keep a pen and paper handy in your glovebox to document the license plate number. "The last thing you want to do is say, 'Let's pull over into that gas station lot,' you pull over, and they just keep driving by," said O'Brien. "Then you come and report that crash and you're asked who the other person was, you have no idea and you have no information that would lead the police to find them. Whereas, if you had the license plate at least then (police) could do an investiga-

tion."

If a driver chooses not to report a collision even when the damage is over \$1,000, "you run the risk, unfortunately, of entering into an agreement with (the other person involved) ... If they don't follow through with the promise of paying for (the damage), then you're going to have to go through your insurance to get it paid for," said O'Brien. "They may ask you to come to the police to make a report because the damage amount might be \$600 or \$700, and then you run the risk of being charged with failing to report a collision."

Of course police know that people don't report collisions or go through insurance every time because "people realize that, after a collision, someone's insurance rates are likely to go up," according to O'Brien.

There are about 10,000 reported collisions each year in London.



CREDIT: CORELICIUS.CA

When the sun sets, does London's downtown become a dangerous place?

Is downtown London safe for students?

ROLAND PRISKE
INTERROBANG

We often hear how downtown has problems involving students and alcohol – just look at this past summer when Club Rouge owner John Scott-Pearse stated he'd rather eat glass than serve students.

How safe is downtown for students? When I asked around Fanshawe, the opinions I received were varied. "I'm afraid to go downtown," said Rob Burdett, a first-year Journalism student. "I find it's not very safe. I see a lot of bums and crackheads."

On the other hand, some students are more confident. Brent Edwards, who is in the Computer Programmer Analyst program, said, "If I were just to go out downtown drinking, I feel pretty fine."

Which is it? Is downtown London a place where you can feel "pretty fine" or is it a terrifying urban jungle with obstacles and menacing figures at every turn?

Fanshawe College Special Constable and security supervisor Robert Earle shared his thoughts on the issue of safety on and off campus.

Is the night life of downtown London safe for students?

"Yes, I think it (London) is one of the safest cities in the country when it comes to that sort of activity. Because of the university and the college, Londoners are used to having that sort of activity, especially in the more frequented areas such as Richmond. Yes, there are problems, and that happens in a variety of circumstances, but generally speaking I would say London is one of the safest places you can visit."

What are things students can do to stay safe while enjoying a night out in downtown London?

"One of the most important things to remember is that alcohol consumption can have a huge

impact on your ability to maintain your own safety. You have to take responsibility of your own safety, because no one is going to do it for you. One of the things you have to consider is that the amount of alcohol you have had can diminish your ability to think clearly and get yourself out of a dangerous situation."

What would be safer for students: drinking downtown or at the bars on campus?

"Generally speaking, most activities are safer on campus because they're more closely monitored. We (campus security) have a really good interaction with staff at the Out Back Shack. They are all very well trained and experienced people who are monitoring people's activities and looking for things that might be dangerous. I think, from that perspective, you are probably safer on campus if you are going out for a night of drinking. Having said that, the same rules apply: you have to monitor your own alcohol consumption so you're not putting yourself at risk."

What advice would you give to students who are new to London?

"I think it's probably best for you to stay at the more popular clubs and bars. The ones along Richmond Street tend to be the most popular among students. Because of this, they tend to be the most familiar with student activities and how to monitor those types of things. They tend to be safer than bars located in more remote locations of the city. Neighbourhood bars are nice once you are familiar with the surroundings and you get to know what's going on. Typically, if you are new to the city, go to those areas more frequented by other people so that there are lots of other people around, and lots of activity."



Community joins together to end bullying

AGNES CHICK
INTERROBANG

Bullying should not be tackled alone. It's time for our community to stand up and take action.

In 2011, Thames Valley District School Board and CTV London led the community in taking The Pledge with more than 74,000 members declaring their commitment to end bullying.

The Pledge is a community wide-initiative that seeks to raise the public consciousness about bullying. With the support of caring individuals in the school board, local businesses and the media, TVDSB has made an impact and reached out to those affected by bullying.

Two versions of The Pledge are available – one for young children and one for teenagers and adults. The adult pledge states that, "I believe that everyone has the right to live in a community where they feel safe, included, valued and accepted regardless of differences. I pledge to be respectful of others and stand up against bullying whenever and wherever I see it."

And now that The Pledge is out there, it's time to start living it.

This year the newest phase of The Pledge encourages everyone who took The Pledge to act on the words and stand up against bullying behaviour.

Julie Maltby, TVDSB public affairs officer and The Pledge co-chair, has been working hard to raise awareness in hopes that the campaign will ultimately put an end to bullying.

"It's more than saying the words and feeling good about it in the moment," said Maltby. "We're asking people to live The Pledge, to be respectful and behave in a way they would want to be treated themselves. We're asking people to help us end bullying in our community."

The Pledge campaign has grown outside of the Thames Valley district and reached out to communities in Barrie, Kitchener-Waterloo and Windsor.

"Several school boards in those regions are looking for ways to

prevent bullying as well," Maltby indicated. "It shows that communities are looking for ways to address the issue but may not have the resources. If we are able to share our plan for them to implement at their school board, we're thrilled with that."

TVDSB has made significant efforts to provide creative and effective anti-bullying programming. In a survey following The Pledge campaign in 2011, 84 per cent of principals in the district reported positive behavioural changes, as well as an increased awareness about bullying and bullying prevention.

Bill Tucker, TVDSB's director of education, praised the involvement of media in the campaign. With 24 media outlets supporting The Pledge with public service announcements and editorial coverage in 2011, it's no wonder why the campaign has been recognized for its initiatives.

"We couldn't have done it without the media," said Tucker.

On October 1 of this year, CTV London launched a newly designed website where you can take The Pledge. The site provides information about bullying, links to helpful resources, media coverage and a tracking system so that individuals, schools and organizations can record their progress in taking The Pledge. You can check that out at ctvnewslondon.ca/thepledge.

To further raise awareness, CTV London has also put together four public service announcements that will rotate in all four participating regions.

CTV London and other media partners are making sure that the message gets out about bullying and how everyone can live The Pledge. When it comes to the issue of bullying, it's the collaborative efforts of all those in the community to stand up, speak out and take action.

November 12 is the first day of Bullying Awareness and Prevention Week, and people are invited to take the pledge at 10:30 a.m.

Car thefts in college community

BOB EARLE
CAMPUS SECURITY

Campus Security Services is advising members of the Fanshawe community of recent vehicle thefts from London campus parking lots over the past three weeks. These thefts have occurred during daylight hours and involved three GM pick-up trucks as well as a Dodge Neon and a Jeep.

Community members are asked to ensure that their vehicles are locked, keys are removed and all valuable items are removed or secured out of sight while parked on campus. Be especially watchful for suspicious or unusual activity

in parking lots such as individuals wandering in parking lots, looking into vehicles, trying door handles or acting in a way that is out of place.

Do not approach any person who appears to be suspicious. Call Campus Security Services immediately at 519-452-4400 or ext. 4400 from any campus phone or by using any campus emergency phone.

Anyone who may have information relating to any of these thefts is encouraged to call Campus Security Services, the London Police Service or Crimestoppers at 1-800-222-8477.

Hitting the catwalk for pooches in need

SAMANTHA TAYLOR
INTERROBANG

Attention all fashionistas! If you're looking for a night of amazing fashions and rock divas, make sure you show up to the Fashion Rocks Hair of the Dog fashion show! On November 22, Fanshawe's second-year Fashion Merchandising students will bring all their hard work straight to the catwalk. With looks inspired by the biggest names in music, this is sure to be a night to remember.

The theme of the show is a crazy, wild rock concert. The students have been working hard all semester to put together this fashion show as a part of their final grade. All of the students in the class split up into groups to make sure every aspect of the show was covered. From promotions and fundraising to merchandising, models and stage, each crew has done extensive research and planning to put on a fantastic show. The clothing in the show is provided by the first-year Fashion Merchandising students, who have all chosen a famous singer or group and created a look based on their specific style. These artists have had a profound effect on both the music and fashion industry. Expect appearances by everyone from Taylor Swift to David Bowie to the Spice Girls to Rihanna!

The show will feature some professional models from Anita Norris Models walking the runway. They will be modeling several looks from stores located on Richmond Street and Talbot Road in London; Lolita and Frilly Lizard are two stores that have graciously offered up their some of most rocking clothes to be featured in the show. Look out for some unexpected guests walking the runway as well.

As all of the proceeds from this



CREDIT: FASHION ROCKS

Fanshawe Rocks Hair of the Dog takes place on November 22 in Forwell Hall. The show will benefit Paws United.

fashion show will be going to Paws United, a local rehabilitation and shelter for abandoned dogs and puppies, a few punk pooches will appear at the show! They will be decked out in rock bandanas and collars, still looking as cute as ever.

Paws United Dog Rescue is a local non-profit group of animal lovers who rehabilitate and facilitate the adoption of dogs and puppies into loving homes. Amanda Wells and Alicia Pedden founded the charity in 2011 and have rescued over 200 dogs in the last year and a half. Many of the dogs they rescue are taken from high-kill shelters or are strays. A lot of these dogs are undesired due to illnesses or injuries, but no animal is turned away from Paws United. In addition to all this, the charity offers counselling and support to the adoptive families. Owning a dog is a big responsibility and Paws ensures every family is well prepared. They are a completely donation-based organization with around 40 dogs currently looking

for loving homes. All of the donation money goes towards medical bills and food for the at-risk dogs in their care.

"I have worked with other charities that were small and have grown into a well-known organization," said Deb Trotechaud, a Fashion Merchandising teacher at Fanshawe. "I really like working with grassroots charities and helping them grow; Paws United is exactly that. Paws United is a fairly new charity and it is entirely volunteer run." For more information on the charity, check out paws-unit-ed.webs.com.

The show takes place on November 22 in Forwell Hall at Fanshawe College. Doors open at 7 p.m. and the show starts at 8 p.m. Entertainment will be provided by local DJ Spencer Baird. There will be raffle prizes, door prizes, a 50/50 draw and much, much more.

Tickets are \$20, with all proceeds going to Paws United, and can be picked up at the Biz Booth or M3010.

Seeking support for PAWS

MOIRA-CHRISTELLE GHAZAL
INTERROBANG

A local animal welfare association needs your help.

The Progressive Animal Welfare Services (PAWS) is a new non-profit charity that seeks to alleviate the ever-increasing problem of the overpopulation of dogs and cats in Southwestern Ontario. They have proposed the Companion Animal Hospital to the AVIVA Community Fund competition. In order for the Companion Animal Hospital to be built, they are relying on votes from the public to win the competition (you can vote online at tinyurl.com/PAWSvote2012, idea number 14032). If PAWS qualifies for round three, voting begins on November 12.

PAWS stems from the original founding organization, the Co-operative for Companion Animals, which is a grassroots gathering of London-based animal rescue groups. This group is an important part of the London community, as they raised over \$800,000 in 2011, contributed 87,750 volunteer hours and found homes for over 1,200 homeless animals.

The main goal of PAWS is to provide support to a high-volume

spay/neuter clinic that is currently in development. They are in association with the Humane Alliance, which is a non-profit organization based in North Carolina. They have been working since 1994 to provide assistance to similar high-volume clinics. Under their guidance, over 100 clinics have opened, neutering and spaying over 400,000 cats and dogs each year. Veterinarians and staff will be trained by Humane Alliance both in North Carolina and London, and will also receive training in budget management and designing the clinic.

The Companion Animal Hospital is the non-profit clinic that is being considered for construction. Dr. Martha Harding, who will become a co-owner if the clinic is built, stated that her clinic is "dedicated to enriching the lives of companion animals and their guardians, by helping support the human-animal bond in vulnerable and low-income individuals and families, and reducing over-population and suffering in dogs and cats." Harding also stressed the importance of PAWS to the community, adding that, surprisingly, one vulnerable sector the organization would help is abused women.

Ontario statistics show that nearly half (48 per cent) of abused women delayed their departure because of concern for the well being of their pets. Another disturbing statistic is that in 60 per cent of these situations, the abusive partner harmed or killed the pet in question.

Harding also noted that homeless shelters do not allow pets, and that many patients with mental health problems delay, do not enter, or leave their treatment programs early because of their concern for their pet(s). The Co-operative for Companion Animals network will house and take care of pets that cannot enter shelters, as well as those who are concerned for their pets and must enter a treatment facility for mental and physical health problems. PAWS will be also working alongside Mission Services of London, London Abused Women's Centre, Women's Community House, WOTCH Community Mental Health Services and London Health Sciences Centre's Mental Health Care Program.

In the future, PAWS is looking to provide similar hospital and shelter services for other communities in Ontario.

Could you survive BMQ?

MELANIE ANDERSON
INTERROBANG

No cellphones during the day, no food in your room, daily inspections, a 5 a.m. wake-up call every morning, and prohibited access to elevators. It may not seem like the most desirable residence experience, but for every member of the Canadian Forces it's a crucial aspect of their journey to serving in our military.

Every single person in the Canadian Forces goes through Basic Military Qualification (BMQ) or Basic Military Officer Qualification (BMOQ) before they are sent to their base or place of work. Ordinary Seaman Trevor Shewaga is a London Welding At Its Best graduate and was in his 10th week of BMQ when I visited the Canadian Forces Leadership and Recruit School (CFLRS) on November 1. Shewaga is on his journey to become a hull technician in British Columbia. Hull techs maintain a ship's structure, stability, plumbing, heating, air-conditioning, damage control and fire-fighting equipment.

He said the first few weeks of BMQ was very introductory. "It's all everyday, down to basics, even if you were taught first aid, you're down to basics. There's battle tactics, protect yourself, weapons training, but all that is all still written; at the beginning we haven't touched anything yet."

According to Lieutenant (N) Calley Gray, CFLRS visits officer, "They go over lectures on military ethics, the basics of the section attack, they'll cover rank structure ... they cover basic military theory in the classroom."

Shewaga said one of the most difficult parts was staying awake in class. "Death by PowerPoint, everything that's on PowerPoint - 'cause you're dead tired and you get stuck in a class and you're sitting looking at something on the screen, they flick off the lights and you're just trying to stay awake."

As the course continues, however, recruits begin to receive more practical instruction, something Shewaga has enjoyed. "We just did our firing range, learned how to camp outside, how to tie ropes, safety, first aid ... it's a lot more hands-on."

In addition to their classes, recruits' days are often filled with physical training (PT). During the first week of training, each recruit must pass the Physical Fitness Evaluation, which involves a 20-metre shuttle run, a hand grip test, push-ups and sit-ups. CFLRS fitness manager Simon Belanger said the most common failed aspect for males and females is the push-ups. The required number of push-ups and sit-ups depends on age and gender - for example, men under the age of 35 have to complete 19 while women under 35 have to complete nine.

Fitness becomes a regular part of the recruits' lives. "You wake up stupid early, you usually have morning PT by the Platoon Commander, but they are instructed not to make it too difficult because they get more fitness training throughout the day by the Personnel Support Programs staff. It's more like a wake-up fitness; they'll take you for a run for example, it's about 40 minutes," said Lt. (N) Gray.

The recruits are physically active



CREDIT: TREVOR SHEWAGA'S FACEBOOK PAGE

Ordinary Seaman Trevor Shewaga is wrapping up basic military qualification in Quebec before going to British Columbia.

every day. Belanger said that the average recruit has between two and three sessions with the fitness trainers per week. "If they don't have morning PT, they have afternoon PSP-directed fitness classes."

The fitness training includes weight training sessions, and more functional training sessions with sandbags and stretchers. "It's the basic training," said Belanger. "We try to show them how to train, how to help a partner, how to be ready after the 14-week program and be good to train by themselves." Recruits face many physical challenges along the way, such as obstacle course training, a swimming test, a 13-km forced march and field exercises.

The recruits live a very structured lifestyle, their days from 5 a.m. to 6 p.m. consist of workouts, classes and quick mealtimes. After 6 p.m., recruits do have down time but according to Lt. (N) Gray, it's not really free time. "The recruits will prepare for inspection, prepare their kits, study for tests, polish their boots."

OS Shewaga confirmed there's not much time to just hang out. "Lights out at 11 means lights are out - you can flick on your light but it doesn't usually happen 'cause you're dead (tired). You may shoot the shit for an hour or play a prank on a random guy but after that you're dead asleep."

But according to Shewaga, with everyone having the same schedule, it's easy to develop close friendships. "The best part hands down is just you get to the point where you're with your platoon and you're a solid family. You all know each other, you know little jokes on each other and even through hard classes and fun classes it always just kinda makes everything better because now they're all your best friends."

The support from your platoon is

essential as many recruits find the course mentally challenging. Lt. (N) Gray said it's a big adjustment. "They're wearing clothes that they don't know how to put on, they're meeting all these new people, they're being told where to go, so some of them may feel like they don't have control over what they're doing - it's the whole mental stress."

The first five weeks are the most controlled, as recruits cannot leave the premises, and they continue doing practical courses on weekends. After that, the recruits are free to do what they want on weekends, granted they don't get in trouble. "We go to Montreal, some people go home, you can do whatever you want but you've gotta sign a form because they need to know exactly where you are," said Shewaga.

Getting in trouble is common for most recruits, according to Shewaga. "We've all gotten in trouble for something; the most common is when you do your inspections, everything's gotta be clean. Keeping a floor clean is impossible here because I think they're pumping dust into the vents. There's always dust everywhere." He added that other common mistakes are wearing your uniform improperly or forgetting your weapon somewhere, and the most common punishment is push-ups.

OS Shewaga is excited to head to B.C. for the first portion of his trades course in just a few short weeks. His voyage has been successful so far, but he warned that it's not always easy. "You can't be your own person, you have to be prepared to be a team, play as a team, and you're gonna mess up and get yelled at, so you've gotta be able to take the punches. You can't come in here weak-minded or weak physically either, but they'll build you up."

Should you stay or should you go?

ERIKA FAUST
INTERROBANG

London's talent pool is leaking away, and one community engagement group is working hard to retain talented young citizens and get them excited about living here.

According to a survey of Londoners by Emerging Leaders, nearly 60 per cent of respondents were "somewhat likely" or "very likely" to leave London in the next 10 years. Most of these respondents were educated (63.9 per cent had a Bachelor's degree) and were employed full-time (58.4 per cent).

"Emerging Leaders works to attract, retain and engage 20- to 44-year-old talent in London," explained Sean Quigley, the organization's executive director. "What we're doing is we're trying to find ways to make London an attractive option for people (within that demographic) to stay in. That could be through civic engagement, social engagement, political engagement, economic engagement."

London's talent pool is moving to places like Kitchener-Waterloo and the Greater Toronto Area, explained Quigley. "The problem is that London hasn't focused around how to attract and retain talent in a time in which we currently find ourselves, which is a time of economic austerity. In order to do that, we have to create (a desirable) environment, whether that's in terms of creating ways for this demographic to create new businesses or to create ways for them to feel connected in the community so they feel like if they have a job they're not going to leave. Emerging Leaders does all that - we connect people in a whole bunch of ways."

On November 17, Emerging Leaders is holding a Work In London Symposium to put together a policy to retain talent in the city. The event is free to attend, and all are welcome.

The symposium will feature guest speakers such as representatives from the Western University Students' Council, the London Economic Development Corporation, the London Chamber

of Commerce and other London citizens. Speakers from similar-sized cities will come in to share their research regarding what they have done to attract and retain talent.

After attendees have heard from the speakers, they will be asked a series of specific questions for their solutions to this problem. The Emerging Leaders team will boil participants' answers down into a policy that will be shared with stakeholders like the LEDC, Fanshawe College, Western University, the Chamber of Commerce and more, said Quigley. "We can explicitly craft a policy that works towards that goal of retaining talent in London, which is vital for our economic well-being as a city. No one organization can do this singly - it really has to be a group effort."

This problem needs to be fixed, and it needs to be fixed now. "If we don't take action on this, the problem will begin to snowball," said Quigley. "It is not just a problem for Emerging Leaders, it is a problem for the whole community, whether you're students, whether you're a business, whether you're a social group, whether you're a sports group, it doesn't matter. It crosses all sectors. That's why it's an issue and that's why we have to find ways to make the city more attractive, whether that's arts and culture or whether that's economic opportunity."

Emerging Leaders membership is free to students, and creates a number of opportunities for students to connect to the city both socially and professionally, explained Quigley. "We're really good at connecting people to the groups or organizations or enterprises that make sense for them." They also hold a monthly mixer where citizens can come out to discuss what's happening in London and how to get involved. "Other than that, we're just really cool!" he chuckled.

For more information on the November 17 Work In London symposium, check out emerging-leaders.ca/advocacy/elsymposium.

Baking up a storm for Movember

CHELSEA COWLING
SPECIAL TO INTERROBANG

Movember is a month devoted to moustaches, and there's no better way to celebrate than by chowing down on a Mo while donating to a great cause.

On November 15, the Fanshawe Student Union will be holding a bake sale in support of Movember from 10 a.m. to 2 p.m. in F hallway (in front of the bookstore). Proceeds from the bake sale will go to prostate cancer as part of the FSU's Movember fundraising campaign. The FSU's chefs have been hard at work to create 200 large, specially made moustache cookies, which will be sold for the price of \$1.

During the bake sale, students can get involved by signing up for Movember to raise money for the cause.



This bake sale is one of many events being held by the Fanshawe Student Union this month in support of Movember. On November 22, there will be a swag sale in front of the bookstore. On November 29, rock out with your Mo out at the Moustaches and Miniskirts pub at the Out Back Shack. That event will feature your chance to snag a ton of prizes, including a big-screen TV!

For more information on the FSU's Movember campaign, check out fsu.ca/movember or drop by the Biz Booth in the Student Union Building.

Personal agency and saying “no” to negative influences



PSYCH YOUR MIND
ROSE CORA PERRY
www.rosecoraperry.com

Amanda Todd. Canadian. Fifteen years old. Dead. Another bullied, angst-ridden, self-abusing, depressed teen to add to the list of those whose lives were cut too short. In a word: tragic.

Upon release of the news, discourse from concerned parents relating to the risks of social media use and the increasing need for “internet policing” abounded. While these concerns are most surely valid, Todd’s suicide is **not** merely an indication that bullying in the 2000s has escalated to a new level that we, as a society, have yet to come to grips with. Greater than this is what lies at the **deeper root of the problem**: the motivations behind the very actions of Todd that served as the impetus to her “cyber-bullying” conundrum.

“Why,” we should be asking ourselves, “would anyone go to such an extent to seek validation from a **complete stranger** in regard to their physicality?” What does this say about what we’re teaching our youth? More importantly, what does this say about our societal standards for appearances and sexuality and the high value we seemingly place on both?

While a debate on consumerism and its mandate to make us all feel inadequate so that we buy more and more items to fulfill the very voids it leads us to believe we possess would prove illustrative, again I’d like to delve deeper to get at the origin of why “industry” seems to have such a hold on us... well, at least some of us, that is.

Now I’m sure all of you are at least superficially familiar with the pervasive “nature vs. nurture” debate. Further, I’m sure you’ve all heard that the current consensus in social science academic circles is that **both** elements are said to influence us relatively **equally** throughout our initial stages of socialization. In other words, it’s not simply **WHAT** we’re born with (our DNA/inherited genes) nor **WHERE/HOW** we’re raised (our environments). Instead, it’s how these two factors work together symbiotically that make us into the individuals we become. Allow me to explain more in-depth:

Let’s say there was a child who was born with an above-average IQ “potential” (i.e. nature). Due to unfortunate financial circumstances, however, he was raised in a ghettoized neighbourhood where he attended primary and secondary schools that lacked guidance counsellors, extracurricular activities and additional support resources.

His parents both worked multiple jobs that just barely allowed them to cover the household expenses; accordingly, they were fre-

quently exhausted when they got home at the end of the day. As a consequence, the little boy was commonly alone without positive adult supervision. Moreover, even when his parents were physically present, he likely was not receiving the support, love and guidance he required from them.

While this child started life out with the “potential” (i.e. nature) to achieve strong grades that could lead to a university education and an associated higher end career, because of his environmental upbringing (i.e. nurture), he was never able to fully flourish.

At this point it is worth clarifying that the term “environment” as defined in the nature vs. nurture paradigm encompasses far more than just the tangible physical spaces one occupies throughout his/her life. As the above example demonstrates, one’s environment consists of the people with whom we interact, the kinds of interactions that take place and the messages we receive. Whether our interactions are direct (e.g. someone speaking with us in person), indirect (e.g. receiving information from a TV commercial), one-way (e.g. a lecture), reciprocal (e.g. a conversation between friends), verbal (e.g. someone saying they love you) or non-verbal (e.g. someone giving you a hug after a bad day) is irrelevant – **ALL** of these modes of communication can and will influence you, if you **allow** them to. That, my friends, is the key: the concept of “**agency**” – the capacity of individuals to act independently and to make their own free choices.

Now, as you reach adolescence, the impact of “nurture,” especially as it pertains to social and media influences, shifts into high gear. The cause? Quite simply the fact that this is the first time in your life you truly get a chance to establish your own sense of identity! Part and parcel to this process, of course, is a pressing desire to rebel from all sources of authority, particularly that of your parents and their belief systems (ah, we have so much to look forward to when we become parents, ourselves!) In other words, as you reach this age, you become psychologically “primed” to pay close(r) attention to messages that relate to concepts of “self-expression,” “self-discovery” and “self-fulfillment,” given that these topics are particularly relevant to the pressures you are experiencing in regard to “making something of yourself” and/or “finding out who you are” and “what cliché you belong in.” Wouldn’t you know it? These are the **VERY SAME** concepts that so many advertisements and media images try to sell us!

In reference to females specifically, the media teaches our girls that being “beautiful,” “sexy,” “desirable,” “attractive,” “sexual” and so forth are the **NUMBER ONE KEYS** to success, independence and confidence. (Don’t get me started on the equally disturbing and damaging messages that we



CREDIT: CHURCHOFGODTWINCITIES.ORG

indoctrinate onto our boys.) With all of this in mind, what I’m getting at is that it’s easy to see why young adults oftentimes find themselves falling into the “wrong” crowds and/or participating in questionable popularity/validation-seeking behaviours that may come back to bite them in the ass, as was the case with Todd. No disrespect intended.

When we become adults, the **hope** is that we’ve grown past this stage and have a fairly strongly established sense of personal agency. For those of us born with more “follower-oriented” personality types, do not fear, agency and self-assertiveness can be taught and developed. There will, of course, always be “structures” to contend with in life that will limit our choices to a certain extent (e.g. social class, religion, ethnicity, legislation, gender), **HOWEVER**, in **NO** logical way that I can consider do said structures play a role in whether you allow yourself to buy into much of the advertised b.s. messages that are out there. Moreover, these structures also do **NOT** in any way prevent you from ditching people in your life that really only bring you down. The only thing that prevents either is an **UNWILLINGNESS** to practice introspection and “rational choice.” **YOU** are empowered with the choice to select when it’s worth your while to “tune in” and when you should quite frankly just “tune out.”

Rational (albeit mature) people, when presented with new information/messages, make the decision whether to incorporate or discard said information/messages based on a cost/benefit analysis. With this in mind, the next time you find yourself in a situation pondering whether you should allow yourself to be influenced (because, remember, it is a **CHOICE**), you need to ask yourself the following:

1. How can this information/influence help me in regard to my life, my goals, my dreams?
2. How can this information/influence hinder me in regard to my life, my goals, my dreams?
3. How would those significant in my life (e.g. parents, friends, peers, teachers, spiritual advisors) feel about this information/influence?

A blueprint for graduate success

RON MCGOWAN
SPEACIL TO INTERROBANG

An August 20 report in Bloomberg Businessweek covered a significant development in the area of helping graduates to find meaningful work. Six U.S. undergraduate business schools require students to attend classes that prepare them for the process of finding work, some of them starting in their freshman year.

Most significantly, these activities are embedded in the curriculum and students must complete them, just like all their other classes, before they can graduate. This is in contrast to most colleges and universities where attending any classes offered by the Career Services department is optional and consequently many students never attend them.

If all colleges and universities adopted this approach, the level of graduate unemployment would decrease and the quality of employment they’re finding would increase.

There is work available in today’s workplace but graduates don’t know how to find it. We’re in a new era in the workplace and graduates must be given new tools to succeed in it. These are tools that their parents’ and grandparents’ generation of graduates never had.

They include knowing how to effectively approach employers, how to market and sell themselves, how to find work using social media, how to create marketing tools beyond the resume that are focused on employer’s needs, and for those who are interested in self-employment, how to go about it.

Sending our graduates out into the workplace as unprepared as they are currently is inexcusable. The reason it is happening is that the senior bureaucrats and administrators who are in charge of our education system are out of touch with the challenges today’s graduates are facing. In their day, most graduates had a decent job by the time

they graduated or found one soon afterwards. Those days are long gone and are never coming back.

Graduates are one of the most important resources we have, yet we have been squandering that resource for years, if not decades. Too many graduates are unemployed, working in low-paying jobs in the service sector, or working for no pay as interns. This has to stop. No country can afford that kind of waste.

The only way it will stop is if graduates, their families, graduate associations, business and professional associations and society in general insist that our graduates be given the tools they need to succeed in today’s challenging workplace. Let’s get on with it.

Ron McGowan is the author of the international bestseller *How to Find WORK* in the 21st Century, currently in use at over 400 colleges and universities worldwide. Check out howtofindwork.ca for more info.

ence? Why do I think they’d feel that way?

4. Would my life be missing something valuable if I chose not to accept this information/influence?

5. Is this information/influence something I’d be comfortable passing onto others? If not, why?

Unfortunately, in Todd’s tragic case, the life has already been lost. In your own life and in the lives of your future children, however, you can make a difference. Teaching “(social) media savvy” isn’t enough. Negative influences can and will impact your life through a variety of sources. What needs to be taught more importantly is how to recognize these influences for what they are and how to make the “rational choice” not to allow oneself to get sucked in.



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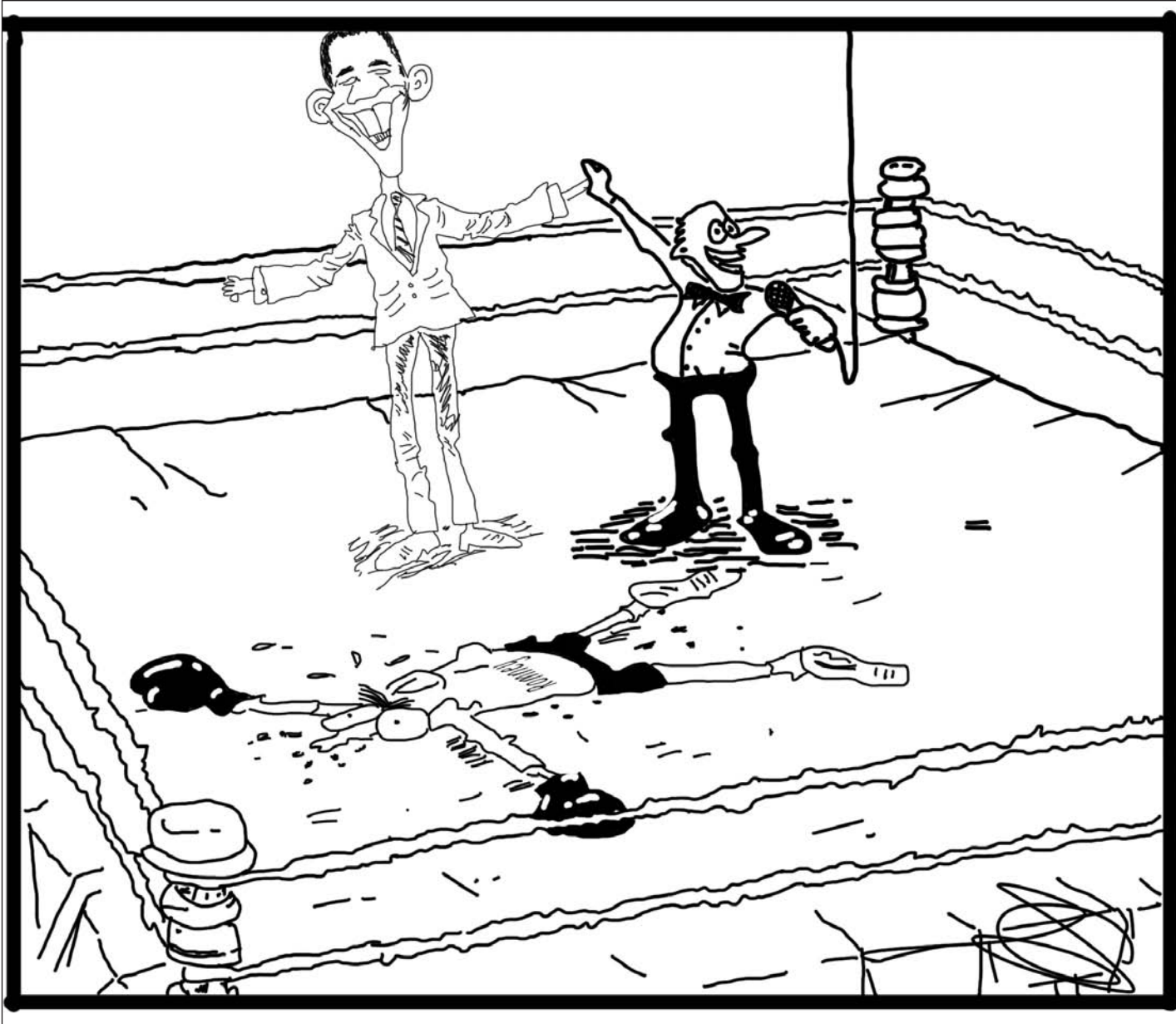
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Easy cash and payday lending services



LAW TALK
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Consumers facing financial difficulty who are unable to obtain credit from a bank or other conventional lender often resort to using the services of a payday lender. Here is some information you should know when dealing with a payday lender.

What is a payday loan?

In a payday loan, the borrower asks for money before their paycheck, government cheque or other funds become available. The payday lender advances the funds, and when the borrower receives the anticipated cheque, they use it to repay the loan. Payday lenders often operate under names like "Cash 4 You" and "Cash Money." While these loans may be quick and easy to obtain, interest rates can be very high and the repayment due date can come up sooner than you think, causing you to look to other sources to repay the loan on time.

How are payday loans regulated?

The Criminal Code

If the amount of a payday loan is greater than \$1,500, the Criminal Code prevents a lender from charging more than 59 per cent interest. If you are in this situation, you should call your local police department.

The Payday Loans Act

For payday loans of \$1,500 and under, lenders are regulated by Ontario's Payday Loans Act (PDLA). Under the PDLA, payday lenders must be licensed by the province. Payday loan companies must provide information that is truthful and clear, and cannot make false, misleading or deceptive statements. This applies to communications through advertising, posters, pamphlets and contracts. Posters must be displayed in

all of the lender's offices and be visible to all potential borrowers. The posters must state that the maximum amount the payday lender may charge you for borrowing from them is \$21 for every \$100 you are loaned, and must display the amount that the lender is actually charging you. Written contracts are required for all loans. A signed copy of the written contract must be given to you at the time your loan is negotiated.

Under the PDLA, a lender cannot try to sell you other services (such as cheque cashing or currency exchange) when you are there to get a payday loan. The lender cannot deduct any amount from the loan for administrative fees. You must receive the cash from the loan immediately upon signing the agreement, or within one hour if the agreement was made online. You have an automatic two-day cooling-off period after you sign the loan agreement, during which you may cancel the agreement for any (or no) reason. If you cancel, you must return the funds you received, and the lender must return any post-dated cheques or debit forms you gave them. You have the right to repay a loan at any time before it is due without paying a prepayment charge or a penalty. Finally, lenders are not allowed to issue you another loan before your first loan is repaid.

Can a payday lender contact me to collect a loan?

If your loan is in default, a lender may contact you, but only on weekdays between the hours of 7 a.m. and 9 p.m. and on Sundays only between the hours of 1 p.m. and 5 p.m. They may not contact you at all on statutory holidays, or more than three times during any seven-day period. They may not use threatening, profane, intimidating or coercive language, or communicate with you in a way that constitutes harassment.

What can I do if I have problems with a lender?

If you feel that a payday lender has violated your rights, you have several options. First, you can complain to the Registrar of the Payday Loans Act. This can lead to mediation, the payday lender being given a written warning, the lender's license not being renewed, or the lender being fined up to \$10,000. Second, you may be able to request a prosecution under the Payday Loans Act, which may result in the lender paying a fine or being imprisoned. If neither of these options resolves the matter to your satisfaction, you may be able to sue the lender in either the Small Claims Court or the Superior Court (depending on the amount of your claim).

For more information on consumer rights and complaints related to payday lending services, visit the Ministry of Consumer Services website at tinyurl.com/min-consumerservices2012 or call them at 1-800-889-9768. In addition, you can find more information about consumer protection topics at any time in a series of Community Law School webinars archived online at yourlegalrights.on.ca/training-topic/consumer-law. Be empowered, and stay tuned.

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CREDIT: IMAX SPACE LTD

Hubble the movie opens viewers' eyes to experience awe and glory.

What does Hubble tell us about God?



NOTES FROM DAY SEVEN
 MICHAEL VEENEMA
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A few days ago I was looking for something interesting to watch. A movie. I stopped at a convenience store that claimed to have a good selection of DVDs at the back. The movies seemed to be organized into two main sections: Horror and Action Drama. I was looking for something a little different, though, and felt that if I methodically surveyed each row of discs on the racks, I'd find whatever I was meant to find that afternoon.

At last, there it was. It sat just past the last DVD jacket featuring a jagged-toothed human-flesh-eating eel the size of 10 CN Towers. And it was just down from another jacket, this one with an artfully produced glossy of three zombie-esque young adults, who apparently never went to finishing school, missed the ethics lecture on cannibalism, and thus had developed a taste for the severely limited diet that makes films about them marketable.

It was an IMAX/NASA film called *Hubble*. I picked it up and paid for the overnight rental. I took the disc home, watched it, and then visited the Wikipedia article on the Hubble Telescope. I learned.

I hadn't realized that the Hubble Telescope took 10 years to build. Ten thousand people were involved in making it, not only employees of NASA, but many also from the European Space Agency. Plus Canadians. It was delivered into orbit 500 or so kilometers above the earth by the Space Shuttle, Discovery.

Bad news, though, right after it was launched. The machine looked great, but the pictures it was sending back were lousy. The main lens was out of whack and nobody figured that out until the day after the extended warranty ran out. Amazingly, another shuttle crew went up and repaired the defect. The last house call technicians made to the telescope was in the Shuttle, Atlantis in 2009.

Ten years of patient engineering and construction. Ten thousand people to build it. Ten-million-kilometre space journeys to make repairs. Able to see light that has taken 10 billion years to journey to our blue marble. Helping astronomers to estimate that there are perhaps 10^2 billion galaxies in the universe. That's about 10 times two galaxies for every person on the planet.

If there is a God, what does Hubble teach us about him? He's made people capable of astounding journeys. He's made them able to dream. He's made them able to build suction toilets that work in space. He's made them able to show courage, perseverance, strength, love for their work and cooperation. He's made a universe of a scale that is beyond words. He's made it possible for us to experience awe and glory.

Transgender Day of Remembrance: Why it matters

KIMBERLEY
POSITIVE SPACE WORKING GROUP

November 20 each year is a global day of remembrance for transgender people who have lost their lives to violence. This violence is for no other reason than being transgender. Yes, I think everyone can nod politely and agree that it is a travesty, especially since those numbers are in the hundreds. Then we can go about the rest of our day ignoring this reality. Still, there is much more to this than those few hundred lives lost out of the billions who inhabit our planet. Some would even argue that it is insignificant in comparison to other ongoing tragedies spawned by war and famine, and they would be right to point these out. However, when we look at any tragedy, we must also look at consequences, and the point of this article is to illustrate some of those and their causes.

As human beings, we have the freedom of choice. Each of us chooses for ourselves how we react to any given situation and those choices have consequences both intended and unintended. We often fail to recognize the latter since our choices are made to influence or establish a prescribed outcome by ignoring the “what ifs.”

For the transgender population of this globe, both forms of consequence most often have negative effects. Frequently, these choices are made in ignorance, not from an informed position. We make them because of personal values that we are taught and learned. They become a part of us. We make the choice to continue to follow those beliefs or not. We choose to increase our awareness, challenge those values or not. This is not a generalization but a reality of each of our lives because our actions are influenced by our personal value system.

To illustrate this, we enter the workforce and learn our craft. We then make the choice to stay current with trends and technologies, or to sit on our basic education and experience, arguing that the old way was the best way. It may be partially true, but we cannot ignore change. It is no different in other aspects of our lives.

I can hear the ‘Ah Ha!’ already. “So, you chose to be transgender, or gay, lesbian or bisexual etc., see? You have admitted it!”

No, I have not; this is an argument of nature vs. nurture and is poignantly countered with the equally ridiculous retort of, “When did you choose to become hetero-nor-

mative? Was there a party with presents, cake and ice cream?” The obvious answer is you didn’t and neither did I. It is not a choice anyone can make.

The choices we make are how we act or react to people who are in the LGBT population.

Children can teach us a lot. As toddlers and preschoolers, they have no real biases. They cooperate, they share (and sometimes squabble over toys), but they don’t judge others because they haven’t learned to do so. They don’t care whether their playmate is culturally, racially, religiously, sexually different. They only seek companionship. As they grow, they learn their prejudices.

This is exactly the situation the LGBT population faces: learned prejudice within larger society. However, it can be “unlearned,” as I said before. This is personal growth. The prejudices learned are sourced in religion, politics, fear, etc. and have become societal attitudes.

There is this human trait where there must always be an underdog: someone whose suffering validates our own lives and superiority. I invite you to reread that last line because it is crucial for our own understanding and growth. It isn’t easy to accept, but it’s the root of all prejudice – my own included, and yes, I do have them. However, my recognition of them is the first step to growth. The next is to question them, and finally, to become informed about those prejudices that will lead to change and personal growth. I can honestly admit to having overcome a huge one in the past half year and it has opened up a new world for me. Specifically, that one was spiritual.

Transgender people are the victims of widespread prejudice; of that, there is no question. Most often it is rooted in the three causalities I have already named. In order to delve into this even deeper, we must first accept that politics is shrouded in religion – always has been and always will be. History is the great teacher of this statement. We also tend to ignore the lessons of history, repeatedly. Why? Once again, I refer you back to the first line of the last paragraph.

Accepting this, we then must examine the learned lessons of religion and try to put them into context. Religion is old and it is based upon the writings of ancient men. These men did not have the understanding of the physical world that we do, and they often tried to write about what they did know, their per-

ceptions based upon their reality, to create a treatise that would make sense within that reality. We look to those writings to guide us in our own lives. However (this is where the choice factor comes in), we choose to interpret those writings figuratively or literally, despite lost meanings in multiple translations over time. We let those interpretations form our opinions and prejudices. The question that needs to be asked, and often isn’t, is this: If these men were present today with our knowledge of the world, would these writings be the same? Many times the answer is an obvious no, others would be affirmative. Certainly, the language would be different. What would persist is that we as human beings are charged to love one another without condition.

Our task is to decide what is right and what is wrong. It is a difficult choice and we choose to become informed or not. If we choose to not question, then we are accepting the status quo and therefore our own prejudices. I say this because in order to effectively question, we must be open to listening to opposing points of view. To listen is to accept the message and then argue it internally based upon our already established values.

For transgender people, the message has moved up the ladder to political systems that are resistant to providing equality to all humans. My question is simple: If we are modern and enlightened, then why do we insist on discriminating? Back to that one sentence again.

Health systems stand against us by classifying us as mentally ill. Yes, that is a fact. I defy anyone to categorize me as mentally ill, but I am transgender. I can equally point to dozens of people who are in the same situation as I. I can also show you people who suffer anxiety and depression, not because they are transgender but because they cannot cope with the adversity they face from society. Medical science can alleviate the physical symptoms we endure from being transgender, but, most often, refuses to do so.

Currently, the two most influential medical organizations in the world are revising their standards for diagnosis – the World Health Organization and the American Psychiatric Association – and both are resisting removal of transgender as a pathology from their manuals of diagnoses. This is in defiance of overwhelming science that disputes their position. Why? Keep reading.

Consequently governments continue to

discriminate through access to housing, employment, education, health care, etc. As governments perpetuate the myths, society and commercial enterprise follow their lead, to the detriment of the transgender population. In many areas of the world where law is based in religion, being anywhere on the LGBT spectrum can be a death sentence. This is undeniable fact.

So, let me hypothesize for a moment. What if the biologist seeking a job who happens to be transgender is denied? Perhaps this person will have the cure for cancer. What of the software engineer in the same position is denied and s/he has the solution to ending criminal cyber activity? What if it is an architect who can design an earthquake-proof building that would have eliminated the Fukushima nuclear disaster? I think this point is made. We are the authors of our own demise and our own prejudices are holding us back.

The deaths of transgender people each year do impact our lives, whether we want to admit it or not, and just a single death, a single act of prejudice does, in fact, impact humanity negatively and restricts our growth.

While all of this is well argued here, we also ignore the many thousands more who are suicide survivors, injured and maimed each year. Their lives are impacted for as long as they live. These survivors are victimized over and over again each day when they awaken. To think their families are unaffected is equally ignorant. Is this what we as humans would want for ourselves or our loved ones?

Tomorrow is not a good day for change. It starts with each of us, this very moment. Your choice; you choose.

I have chosen to stand for humanity and progress. This November 20, I will light a candle and say a prayer for the dead from my community as well as those who are lost, maimed, and injured as they stand testament to our own cruelty of one over another. I hope you will do the same.

Kimberley is an advocate for transgender rights, active in the LGBTQQI community, and a community advisor to the Positive Space Group with Fanshawe College. She is a co-founder of the London Transgender Coffee Social Club of London Ontario, a member of PFLAG among many other organizations that promote human rights locally, provincially and nationally.

Can’t wait to use my bodyweight

TODD LAPLANTE
SPECIAL TO INTERROBANG

Is your wallet looking pretty thin this month? Want to get into shape without the cost associated with a gym membership? How is this possible? Simple: everyone has the tools and equipment already. It is your own body weight.

According to Public Health Agency of Canada, between 1981 and 2009, Canadian obesity rates have nearly doubled for males and females in almost all age categories. Although only 9 per cent of our youth – aged six to 17 – are considered to be obese, these numbers are on the rise. Many Canadians lack daily physical activity, proper nutrition and proper rest; these poor lifestyle behaviours are why one in four Canadians are now obese. With the advancement of technology nowadays, Canadians are starting to depend on machinery to do simple tasks, which requires little body movement, wrote Brian Thompson in an article entitled “Benefits of bodyweight exercises” (you can read the full article at tinyurl.com/bodyweightbenefitsarticle2012).

Gym memberships can be quite costly. The average gym membership costs around \$40 to \$50 a month and with a “start-up fee,” gyms can cost over \$800 a year. With the cost of food, kids, bills, rent/mortgage and more, the gyms might be “cutting more

weight off your wallet than your waist,” wrote Carlo Dellaverson in an article entitled “The true cost of gym memberships.”

Doing bodyweight exercises is a great way to avoid gym costs, simply because you are your own gym and equipment, wrote Thompson.

Many friends, family and fellow students among us would strongly recommend going to a gym for regular exercise, Thompson wrote. Lifting weights is a good way to stay in shape; however, generally, machines at the gym focus on single muscles and it can be quite time-consuming to work out the whole body. Bodyweight exercises mainly focus on more than one muscle at a time, which can reduce the time of your workout, even though you will still feel the same results, he continued.

If your last workout was a long time ago, do not worry. There are many variations of exercises. The famous push-up can be quite difficult for individuals who do not train on a regular basis. Most people choose to skip a particular exercise when it is too difficult and then lose out on the benefits, wrote Dellaverson. Don’t let this be you – instead, simply modify the traditional protocol: perform the push-up vertical to the wall, put your hands on an incline of the stairs, or use your knees as the pivot point instead of your

toes, suggested Laura Schwecherl in her list of the 50 bodyweight exercises you can do anywhere (check out the full list at tinyurl.com/50bodyweightexercises).

Does your community have a swimming pool? If so, take advantage of it. Find out when there are Aquafit classes, open swims or specific times designated to swimming lengths of the pool. Swimming targets most of one’s muscles and is a skill that can be taught to anyone, according to Dellaverson.

People over the age of 18 should aim for 150 minutes of moderate to vigorous activity a week, according to the Administration of Physical Recreation. These numbers may seem high, but reaching your target amount of daily physical activity is quite easy. You can take up gardening; making the outside of the house prettier on the eye and busting a sweat pulling those weeds, suggested Heather Sides in an article about how to incorporate more physical activity in to your everyday life (read it at tinyurl.com/10tipsarticle). You can also organize sports activities with your friends such as soccer, street hockey or basketball. Go for walks, bike rides and jogs with friends or family to get more people involved with physical activity. For those of you who love your television time, stretch out your body during commercials or execute an exercise that you know you can per-

form for a couple of minutes before your show starts up again, Sides suggested. Stretching is also important because it increases one’s flexibility, which reduces tension in joints, making it easier to move around and lowers the chance for injury, added Fanshawe professor Lyndsay Fitzgeorge.

Bodyweight exercises can improve more than the physical aspect of health, wrote Thompson; yoga and meditation will improve one’s mental health. Yoga involves slow and calming movements of the body, increasing balance, flexibility and physical strength. Yoga and meditation use one’s bodyweight against them, making it the resistance – the amount of weight used – of the workout. Improving mental health will allow one to be more focused and motivated throughout the day, he continued.

Everyone has the tool to be fit: their own body. You do not need to go to the gym and work out three hours every day; simple bodyweight exercises can maintain a healthy lifestyle while saving the money in your pockets.

Todd Laplante is a Fitness and Health Promotion student at Fanshawe College.

Thornley stays ahead of the curve



BOBBYISMS
BOBBY FOLEY

I write about random things a lot. I write a lot about random things. I've been reading recently about the concept of an 'ultimate one-hit wonder,' a phenomenon that extends the one-hit wonder paradigm by taking obscurity into account, and all based on the U.K. Top Singles chart.

Many people think the chart is a Top 40 – since those singles are the ones that are broadcasted – but it's actually a Top 75, and the 'ultimate one-hit wonder' is one that charts at number 75 for only one week and then disappears forever, like Academy Award-winning actor Sir Anthony Hopkins did with his single "Distant Star" in 1986.

Listening to that song, one thing is clear: there is no telling what radio listeners will attach to. You needn't tell that to Ian Thornley, however; if there is anyone who knows how unpredictable the music industry can be, it is certainly him.

As frontman of Big Wreck and Thornley, the man has unquestionably left his fingerprint on rock radio, helping to shape modern rock for over 15 years. One of the

last genuine rock stars of the pre-MP3 era, Thornley has seen the ups and downs of the business and its effect on two successful rock bands and still affords himself only cautious confidence when speaking of *Albatross*, the new Big Wreck album released this March.

"I was pleasantly surprised, I had no idea that people were going to gravitate to it the way that they have," he described, reflecting back to the period just before the album was released. "I'm really proud of the record; I was then, and I still am. I still listen to it; I still get off on it."

In true form, *Albatross* is a massive rock album, featuring a dizzying cross-section of impeccable technique and exquisite guitar tones. Thornley and guitarist Brian Doherty expertly employ a wide range of instruments and effects and effectively capture that essence of unpredictability in the recordings; the first 10 minutes of *Albatross* will take you places you don't expect.

"I don't think you necessarily have to be a guitar nerd to enjoy it, but I certainly am," Thornley admitted, though he stressed that textures and effects on the record were strictly for flavouring and not opportunities for him and Doherty to show off.

"I don't think any of it sounds too self-indulgent, it serves the



CREDIT: RICHARD SIBBALD

Big Wreck is heading to London on November 27.

song," he said. "Especially with that record, I'm in a good spot musically. I like the way it's all coming together – I think the more fun that the band is having comes across in the music and the recording, people will react to that."

In a lot of ways, Big Wreck may have been oddly ahead of its time. The story of the band's troubled sophomore release and subsequent breakup a decade ago is all but forgotten; that turmoil overlooked for the recent successes and accolades they've enjoyed – *Albatross*' title track has charted higher on Canadian Rock and Alternative

charts than any other single in the band's history, and earned them coveted 2012 CASBY Awards for Favourite New Single and Favourite New Album.

But don't make a big deal about it or anything; according to Thornley, the band — Doherty, Paulo Neta, Dave McMillan, Brad Park and himself — won't let it go to their heads. You won't catch them showing off any time soon.

"We're not a jazz fusion quintet here, we're a fucking rock band, right?" he laughed. "People don't show up to listen to us shred, they're there to hear the songs. If

we can do that while shredding, then that's a bonus."

For more on Ian Thornley, visit bigwreckmusic.com or connect with him on Twitter @bigwreckmusic. Big Wreck is appearing in London at Centennial Hall on November 27 as part of a cross-Canada tour with Theory Of A Deadman; doors open at 7 p.m.

And for more of the latest in music news, views and streams, consider following this column on Twitter @fsu_bobbyisms. I'd love to know what you're listening to lately! I'm out of words.

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Vintage sweetheart



THE SHOPPING BAG
HAI HA NGUYEN

Sheer, light dresses are a staple in every sweetheart's closet! The dress flows as you move and drapes so delicately, creating a beautiful, feminine look.

This week's featured dress is dusty rose, a classic and versatile colour that will look great on anyone. The pleats in the front add a sophisticated and mature touch to the dress; therefore vintage-inspired accessories are a great addition to the dress.

To give the dress some definition at the waist, pair it with a thin taupe belt. A great piece of jewelry to start is the seashell statement necklace in a darker gold accented with a black detailing to give it the vintage-brass finish. Oversized floral earrings, rings and bracelets look great with this necklace; the ones in the photo have rose-coloured jewels to match the dress and very detailed petals to add some detail to the outfit. An ivory oversized envelope clutch and beige Mary Jane peep-toes complete the vintage sweetheart look.

1. Dusty Rose Dress and Belt: This knee-length sheer and light dress is sure to make any girl feel pretty and classy while wearing it. Suitable for any occasion, this dress will remain in style for many seasons and is extremely easy to accessorize. The taupe belt complements the dusty rose colour of the dress nicely, and it came with the dress! (Forever 21, \$27)



CREDIT: HAI HA NGUYEN

2. Seashell Vintage Necklace: This is a great statement piece that will give any outfit a fun, vintage touch. It sits comfortably around the neck, showing all the details of the necklace beautifully. (Aldo Accessories, \$15)

3. Oversized Earrings, Rings and Bracelet: Any type of oversized accessory is a must when creating a vintage-inspired look. The pieces featured are girly – they're easy to wear and match with pieces that add the right amount of detail to the dress. The vintage look is bold, but when worn with a pretty dress, such as the one above, it adds a 'sweetheart' flare to the look. It helps coordinate the look if the accessories have a bit of the main colour in them, but even if you just match the dress with a darker gold accessory, that would work as well. (Earrings: Aldo

Accessories, \$10; Rings: Aldo Accessories or Forever 21, \$15 to \$25; Bracelet: Aldo Accessories, \$15)

4. Oversized Clutch and Beige Mary Jane Peep-Toes: The ivory clutch and beige heels complement the dusty rose in the dress. The details reinforce the theme of the outfit without overpowering the rest of the accessories. (Clutch: Aldo Accessories, \$40; Heels: Aldo, \$80)

Vintage-inspired accessories will always add a funky yet classic touch to any outfit and look great on everyone! Pair neutrals with a touch of pink, to update the vintage trend is updated to suit a new generation. This delicate dress will make any girl feel pretty at any occasion while the accessories bring an old-world charm to the look.

Remix your closet



MAKE THE LOOK YOUR OWN
AMY LEGGE

You love it, you hate it, and you can't get dressed without it. Your poor closet is stuffed to the brim and overflowing with clothes from every season, clothes that you will never wear again, clothes that don't even fit you anymore. Open the door and an untidy pile of sweaters is likely to crash onto your head.

Fear no more. I will impart some easy-to-implement and practical tips to organize your closet and maximize your wardrobe.

There's an old rule: if you haven't worn something in a year, toss it. This is a simple rule to follow but isn't so easy to implement. Sometimes clothes have sentimental value, or you may have spent some considerable cash and you aren't willing to admit defeat. A less rigid rule to work with is to consider the clothes themselves. If it doesn't fit you (this goes for both baggier clothes and skinny jeans) and you don't wear it often because it doesn't flatter your frame, get rid of it. If something is so worn down that you can see through it, if it has a permanent stain or a tear that can't be sewn, it's time to say goodbye. Keep in mind, I'm not saying you have to throw out your beloved concert tee or raggedy sweatshirt that has comforted you through everything from bad colds to bad breakups. These treasures can still stay in your closet – but they need to be relegated to pajama wear. You'll thank me later.

Another thing to consider tossing are those fad pieces that were oh-so-June-2011 but now make you wonder what you were thinking. Sometimes trends do come full circle and come into fashion again, but those are typically more classic pieces: V-neck sweaters, leggings, and dark-wash denim are

pieces that will always be wardrobe staples, whereas a zebra top with hot pink trim will always be tough to pull off.

Now that you've done the hard part and purged your closet, what do you do with your discards? There are several options to consider. There is always the charitable route, and it is good karma to do something nice for someone else. You can drop off clothing donations at the Goodwill or the Salvation Army, and you can even arrange for the donated items to be picked up from your home by the Diabetes Association. Make sure that these are still good-quality items. Donating stained or ripped items won't make a difference and won't help someone in need.

Another idea for savvy shoppers with overflowing closets is to consider consignment. Consignment shops take in your clothes (ensuring that they are good quality and that someone shopping would find them in style and in season) and then sell them for you, giving you a portion of the profit they make; usually around 40 per cent of the sale price. Sometimes it's hard to accept that you can make \$20 for a pair of boots that may have cost you five times that much, but money is money and your old clothes aren't making you any sitting there in your closet. There are several great consignment shops in London that take in clothes regularly. They include Style 360 Selective Consignment (they like higher-end labels), Boutique Topaze, and Boutique Top Floor, whose motto is "Upscale resale." All of these shops can be easily found online. Be sure to call first, as some take in clothing by appointment only.

There are many benefits to sorting through and organizing your closet. You don't have to be a professional to maximize your wardrobe, free up some space, evaluate what you have and what you need, and even make some extra cash.

Remembering teenage heartthrobs



MY SERIES OF UNFORTUNATE EVENTS
JENNA WANT
j_want2@fanshaweonline.ca

I'm taking a moment to reminisce about when we were younger, when dilemmas were solved with rock-paper-scissors and the only thing you had to memorize was the *Fresh Prince of Bel-Air* theme song.

All of those things change when a generation grows up, but there seems to be one consistent theme amongst everyone's younger years: we can all agree that we had one teenage heartthrob that was the centre of our lives at one point or another.

I realized this recently as I stripped my walls of my beloved Jonas Brothers poster, which got me thinking, what is it about these high-pitched heartthrobs that get us hooked? Why do they cause tween girls to do the most absurd things?

In my case, for example, when I heard that the Jo Bros were going to be in Ontario, I not only had an instant stream of tears, but I ran around the block four times to blow off some steam. Mind you, I did not even end up within a 10-mile radius of the curly haired brothers. Whenever they had a new CD release, you could count that I would be the first in line at HMV. I once spent an entire afternoon in the magazine aisle at Wal Mart



CREDIT: CELEBRITYSNAP.COM

Which Jo Bro makes Jenna Want's heart skip a beat?

reading all of the latest gossip on them. I was convinced that it was my destiny to marry one of them, or preferably all three. Eventually I did get to see them in concert and from what I saw behind my teary eyes, it was everything I had dreamed of. Last year I also got the opportunity to interview Joe Jonas, which I think I am still having heart palpitations from.

During a conversation with my grandmother, she mentioned that she felt the exact same way about Elvis Presley when she was younger. Funny, isn't it? Teenage heartthrobs are something most people can relate to.

It also doesn't seem like they're going anywhere anytime soon. Look at Justin Bieber and One Direction – I am not ashamed to

admit that I sing their songs in the shower every morning. I think we need to give them a little more credit, though; they work their teenage butts off to make their fans happy. From travelling across the globe to making 3D movies, they're doing it all.

So for all of you pop stars reading this article, and I know there are a lot of you, keep up the great work. You're making a lot of people happy. I can't wait to see the generations of heartthrobs to come. By the way, I'm still holding out for one of the Jonas Brothers.

Jenna Want passes on some valuable advice each week in *My Series of Unfortunate Events*. If you've got a question for her, email her at j_want2@fanshaweonline.ca.

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CREDIT: GEORGE VARKEY

When it comes to adopting a healthy lifestyle, students tend to take the road of least resistance. That usually means minimal exercise and grab-and-go foods.

Healthy food and exercise? Not a chance while you're a student

GEORGE VARKEY
INTERROBANG

Believe it or not, only 25 per cent of the students at Fanshawe College seriously consider adopting a regular routine of exercise and healthy food habits. The rest ignore or rather blame it on their busy schedules at school that include exams and assignments, for the lack of time in following such a regiment.

I spoke with 100 students on campus and found that, despite the fact that they know how important it is, young people tend to have a lackadaisical attitude towards health. And for it they have an argument: there is barely any time during or after college hours to ensure a healthy lifestyle.

"Unlike a couple of years back, youngsters are well aware about the ill effects that too much liking for fast food could cause," said Thomas Gignac, a first-year Architectural Technology student. "I am a supporter and believer of healthy food. However, once in college, all we do is jump from one class to another and ensuring some food in between itself is a big thing. Some of my friends who stay with their parents bring to class homemade food, but for students like me who (live) away from home, preparing healthy food is an impossible task due to our

tight schedules."

His classmate, Paul Charlebois, who was munching a sub, agreed with Gignac and added that though it is lame to blame school, regular exercise has taken a backseat owing to hours spent on studies and assignments.

"People could point out the availability of the college gym and argue that for some individuals there is not enough time ever, but to be frank, there isn't. Midterms just finished and we have semester finals in a matter of weeks. In between there are umpteen assignments to finish and it is always handy to have a fast food snack rather than pondering over a healthy food recipe," he said.

Business Foundations student Danny Cremasco, who finds her exercise routine now restricted to chasing London Transit buses on the way to college, holds the belief that pizzas, burgers and similar foods are unhealthy. "I dig a combination of both and believe that an occasional craving is okay. But my project work every afternoon finds me no choice than to have snacks from fast food joints inside the college," she said.

Most of the early morning classes see students having meager amount of food and a large coffee, despite breakfast being considered the most important meal of the

day.

As per information provided in "Healthy Eating Matters," a food and nutrition toolkit prepared for the Ministry of Children and Youth services by registered dietitians and nutrition consultants, unhealthy eating and lack of physical activity could lead to bone, muscle and hormonal problems. It could also result in sleep difficulties, Type 2 diabetes, heart disease and stroke among young people.

But even the dire warnings continue to be ignored by students who find cheese-topped burgers and pizzas heaven on Earth. Listen to the words of Rishabh Rai, an Interior Design student, who lamented the cruelty of God for not allowing hamburgers to grow on trees. According to him, a momentary vision of a fast food joint's advertisement while on public transit or while browsing the Internet is enough to start a craving for burgers or pizza. "I know it's not an addiction or else I would have longed for it even when my tummy is full. However, many times, late at night, I have started from my place to the joint nearby to have a quick snack, and while munching them down with a soft drink I wish for a 'burger tree' sprouting in front of my home," said a chuckling Rishi.



CREDIT: FSU STREET TEAM

Monster Fever played at the Out Back Shack as part of New Music Night on November 2.



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An alternate view of Mother Teresa



READING BETWEEN THE LINES
 ESHAAN GUPTA
 e.gupta@fanshaweonline.ca

I always enjoy provocative books that challenge the average way of analyzing and rethinking of our society and culture. Christopher Hitchens' *The Missionary Position*, a polar-opposite look on Mother Teresa and her work, satisfies that requirement. Those familiar and appreciative of the late Hitchens should feel right at home with the book's impassioned and raw style, a constant of his many works. True to his polemic manner, *The Missionary Position* tackles a topic most would immediately find tasteless to even acknowledge: looking at Mother Teresa, and the actual charity of her works.

Riding on the coattails of the Hitchens-produced *Hell's Angel*, a 1994 documentary that played a part in the deconstruction of Mother Teresa's popular public image of a kindly old woman who so wanted to help the world, *The Missionary Position* further expands upon the ways of Mother Teresa, containing an analysis of

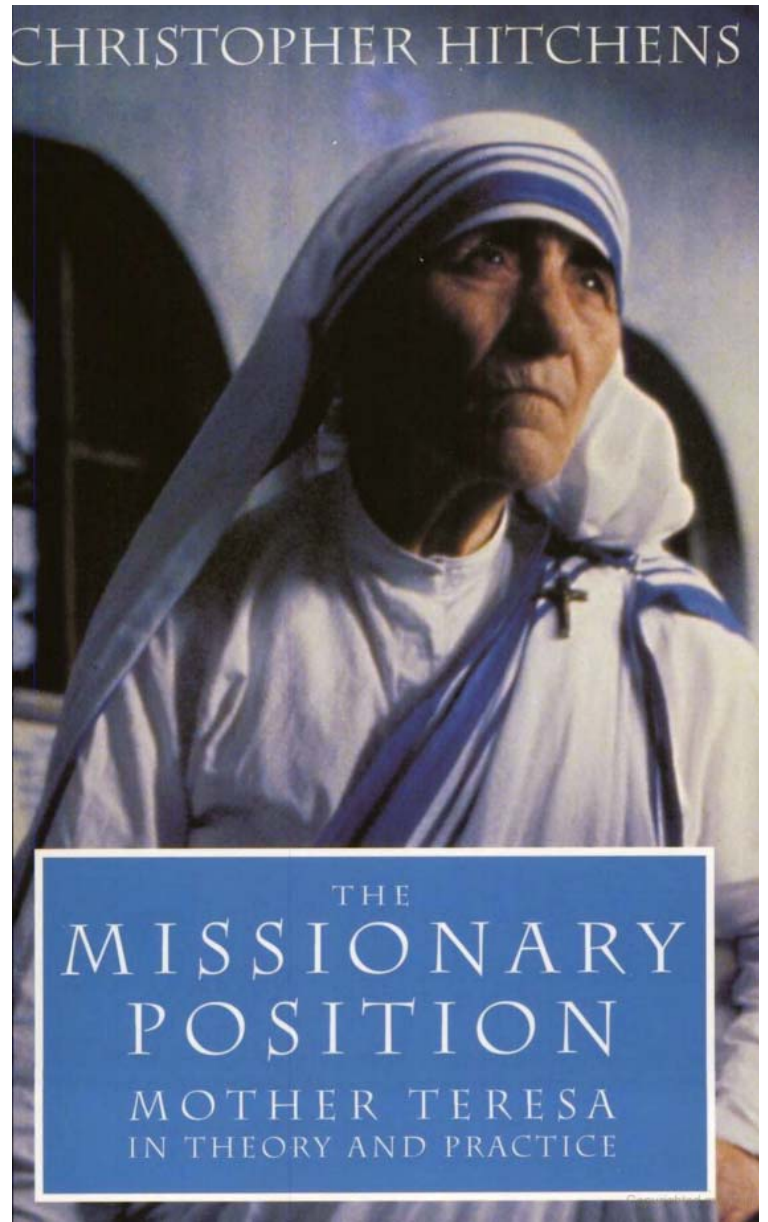
her rise in popularity and divine connections. The book delves further into the nature of her charities, coupled with her willingness to be used as a political tool by the Vatican. There are various testimonials provided by Mother Teresa's former allies, who denounce her for reasons that are shocking. All this was done while she was alive, and at the height of her popularity, further increasing the riskiness of publishing the book at the time, which should certainly help one appreciate it further.

Covered in this exposé is Mother Teresa's rise to fame with the help of documentary filmmaker Malcolm Muggeridge's coverage of the Calcutta Home for the Dying that she ran. Hitchens dives into digging up the dirt, with reproductions of letters from Mother Teresa's former comrades that reveal some disturbing stories centred around the various charitable homes, a large number of dissidents talking about the lack of adequate medical care for the suffering. Some rather horrifying tales, such as the incident where a young boy was refused medication for an otherwise curable ailment that eventually developed into a kidney-destroying nightmare, are told in this book.

Mother Teresa's lesser known but reputation-devastating exploits, include the praising of despots and con artists as charitable. And of course corruption goes hand-in-hand with money, with questions of bank accounts stuffed with millions unaccounted for being raised. Indeed, the book completely slams Mother Teresa's public image as a kindly old woman, painting one of a tyrannical, pointless religious fundamentalist who sided with cheats and manipulated politicians with her disarming nature to further her own (and the Vatican's) religious agendas instead.

This 90-page book may seem small, but it nevertheless packs quite a wallop, serving as a dousing of cold water to those completely unfamiliar with this side of Mother Teresa. If you have a keen interest in finding out how the things you hold dear and see as pure aren't as holy as you thought, *The Missionary Position* will be a definite contender for your shelf's real-estate.

Reading Between The Lines explores books that you may have missed out on that are worth your while. If you have a book to suggest, email Eshaan at e.gupta@fanshaweonline.ca.



CREDIT: THE MISSIONARY POSITION



CREDIT: FSU STREET TEAM

The Fanshawe Student Union's annual Halloween Pub packed 500 costumed students looking for a good time in Forwell Hall.

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CREDIT: 20TH CENTURY FOX

Warwick Davis stars in the movie *Willow*. The Cinema Connoisseur believes Disney forked out \$4 billion to purchase Lucasfilm solely to get their hands on this gem of a movie.

Over \$4 billion for *Willow*? Worth every penny



Cinema Connoisseur
ALLEN GAYNOR
www.cinemaconn.com

Willow (1988)



Shockwaves were felt recently when it was announced that George Lucas sold his Lucasfilm empire to Disney for \$4.05 billion. There were many upset *Star Wars* fans who took to social media to express their displeasure with the deal, upset that billionaire George Lucas had sold out, calling this the final nail in the *Star Wars* coffin.

Here is a newsflash for those fans – this deal has nothing to do with *Star Wars*, so there is no need to get your Wookiee bent out of shape about it. The *Star Wars* well has been tapped dry – that galaxy is staying far, far away. The deal isn't even about the *Indiana Jones* franchise, which also falls under the Lucasfilm banner.

No, this deal clearly took place because Walt Disney (who still runs the company despite being cryogenically frozen 40 years ago)

saw great potential in a little 1988 film called *Willow*.

Willow, a George Lucas story directed by Ron Howard, is a mythical adventure in which farmer/amateur magician Willow Ufgood (Warwick Davis) finds a newborn baby girl that has been sent away to protect her from an evil queen. Along with some other town folk, Willow embarks on a Tolkienesque journey to bring the child to safety in the land of "large people." Willow and all of the residents of his village are Nelwyns, a form of dwarf.

Along the way they face obstacle after obstacle that tests Willow's heart and also his magical ability. Before taking on this quest, Willow was always mocked by the other Nelwyns for his lack of magical ability. The band of Nelwyns are up against some incredible sorcerers – people are being turned into goats, pigs, and possums left right and centre. If Willow is to succeed in this mission, he is going to need to really believe in himself and conjure up so much magic that The Amazing Kreskin would look like The Merely Adequate Kreskin by comparison.

Warwick Davis is fantastic in the lead role. Though he may only

be half the size of other Lucas leading men Mark Hamill and Harrison Ford, he has twice the charisma and talent. He has shown he can do horror by appearing in six *Leprechaun* films. He has also displayed his comedic chops in the hilarious Ricky Gervais program *Life's Too Short*. In *Willow* he shows he has what it takes to be an action-adventure superstar, and something tells me his phone has been ringing off the hook since this deal was first announced.

These are exciting times for those of us who have been waiting 24 years for a *Willow* prequel or sequel. We will all know more when Disney holds their next quarterly shareholders meeting, where I'm sure the first order of business will be to discuss how they plan to monetize the *Willow* franchise. That means film releases, theme parks and merchandise. I cannot wait to send my daughter to school with a *Willow* backpack and lunchbox. I mean, I already do, but I had to make them myself by printing off images from the web and gluing them on top of Disney Princesses. It will be nice to get some official stuff. It may seem like a tall task now, but in short order I see the *Willow* fan base dwarfing that of *Star Wars*.



CREDIT: DISNEY

Wrecked it... *Ralph*



REEL VIEWS
ALISON MCGEE
a_mcgee3@fanshaweonline.ca

Wreck-It Ralph (2012)



Remember when John C. Reilly was a serious actor in films like *The Perfect Storm* and *Gangs of New York*? Then remember when he switched into comedy high gear with *Step Brothers*, *Talladega Nights* and the TV series *Check It Out with Dr. Steve Brule*? Well prepare yourselves to see the next – and arguably best yet – version of the versatile thespian: the animated one!

Wreck-It Ralph is the latest and greatest 3D CGI flick brought to us from the "powers that be" at Disney, and although they are keeping with their new tradition of computer generated animation rather than hand-drawn cartoons, there is something charmingly nostalgic about this one.

The movie follows the story of Ralph, the villain from the video game *Fix-It Felix*, who sits comfortably at home within the walls of a 1980s arcade. During the day, while children are playing his game, Ralph destroys construction with his strong hands, but at night, when the game turns off and he's just Ralph, he dreams of being not the villain but the hero of his game. When Ralph is shunned by the other characters in his game, he decides to do something about his circum-

stances and, though he originally sets off to a first-person shooter to try to win a war medal, he ultimately finds himself in a game called *Sugar Rush*. Within these games, Ralph must save the girl, get the medal and make amends for all the destruction he has carried out as a villain.

Taking on the lead role in the film is of course Reilly. Reilly is spot-on when it comes to the subtleties required from voice actors. If there was ever concern that Reilly was strong only in physical, slapstick-type comedy, this would more than soothe those doubts about his ability.

Stepping in beside Reilly as the young girl character Vanellope is Sarah Silverman. Silverman is without question one of the funniest women in her generation of actors and she does not fail to impress when it comes to voice acting. Her quirky, offbeat and sometimes dry sense of humour along with her impeccable comedic timing is more than apparent in *Wreck-It Ralph*.

Speaking of strong female talents, the incredibly funny Jane Lynch takes on the role of Sergeant Tamora Jean Calhoun, a soldier from the first-person shooter *Ralph* tries to win. Lynch can simply do no wrong when it comes to comedy and she always brings that extra something special to her wide range of characters.

Wreck-It Ralph is one of those animated films that adults will be able to enjoy just as much – if not more – than children. It has amazing acting talents, incredibly funny dialogue and an air of nostalgia that anyone who remembers real arcade games will find irresistible. Definitely check this one out.

The moments that bond through the silver screen



McGee's Movie Moments
ALISON MCGEE
a_mcgee3@fanshaweonline.ca

I want to take this week to talk about something a little different in the world of movie moments. I don't want to talk about the awesome explosions, the heartbreaking tragedies or even the infuriating amount of remakes and sequels floating around. What I want to talk about is the way that movies have a way of binding us together with the people that we love.

With the loss of a close family member still freshly aching, I think about all the moments that I shared with this person. This person was my grandmother and she happened

to love classic Hollywood. I distinctly remember as a child sitting on her couch with her watching *Casablanca*, *Gone with the Wind*, *The Wizard of Oz* and *Singin' in the Rain*. Great movies, every one of them, but what I remember most isn't the way that Humphrey Bogart broke my heart, or the way that Clark Gable turned out to be an idiot in the end. What I remember most is that watching those movies was our "thing," and now each time I see one of those films, memories of that time spent together are brought to the front of my mind.

Maybe you and your significant other have a favourite movie that you've watched together a thousand times, and still always reach for it first. Maybe you and your parents always watch the same

children's movie during the holiday season, even now as adults, and you can hold tight to that link to your childhood. Maybe you and your best friend still watch *The Hangover* and crack up even though you know it by heart.

Whatever the case may be, watching movies with others is not simply something you do to fill time – okay, maybe occasionally it's something you do to fill time – but it is instead an experience that you share with another person. Don't tell me that you could watch all the *Harry Potter* movies with someone who has never seen them, watch them experience the epic ending, and not feel like you've shared a real experience with them. Every experience you share with people brings you closer and bonds you more tightly to one another,



CREDIT: VISUALPHOTOS.COM

Movies help create lifelong memories between loved ones.

whether it's a bond of love, or of friendship, or of family.

So the next time you're cuddled up on the couch with your sweetheart, sharing a bag of popcorn at the theatre with your best friend or sipping tea with your mom while watching *Steel Magnolias*, take the time to notice how it feels; take the

time to notice your bond getting stronger and appreciate that the magic of cinematic experience has done that.

Movies truly are magical in so many ways. Appreciate all that they have to offer you as much as you can.

Takers Economy: An enlightening perspective on illegal file-sharing

CHRIS DENISE
INTERROBANG

Remember the days when you would *run* home from ye olde CD shoppe? Like a sugar-doped kid on Christmas morning, you would frantically unwrap the plastic, fire it into your CD player and... listen. Just listen. On repeat. Albums back then deserved our undivided attention – and believe it or not, they still do. The Internet's capacity to instantly share the world's cache of music has changed more than the industry's distribution network. It has changed both the social value of music, and the habits by which we consume it.

Christopher Stewart, a musician and author hailing out of Montreal, has published *Takers Economy: An Inquiry into Illegal File-Sharing*, which takes issue with the implications file-sharing has on the role of art in our society and, by extension, on the well-being of our collective consciousness. *Takers Economy* has successfully unveiled the negative effects of Internet piracy from an angle that focuses on a cultural and spiritual perspective, rather than the purely economic.

You may be thinking, "Whaaat? How can downloading music illegally possibly affect our spiritual consciousness? It's only art. That's crazy!" To which I would reply, "Perhaps." Although, if you consider that, according to Stewart, the primary function of art is to "provide a mirror for the eternal self," it begins to make sense.

Think about it! Art is not merely *art*. Rather, it is *necessary* for society. Art allows us to reflect on our experiences and our values. It provides a medium through which we can be critical of established truth and be inspired to foray into new moral territory. It is a vehicle that allows the celebration of individual talent, while simultaneously bringing together communities of like-minded people by revealing fundamental qualities of what it means to be human. This kind of appreciation is often overlooked by society at large, but the inherent value of art is usually perceived intuitively by the average Joe. According to Stewart, the fact that "...people justify sharing a work of art unlawfully is a telling illustration of the worth of those creations."

Now you may be thinking, "Okay... but wouldn't being able to share these works of art to a global audience only enhance the desired outcome?" To which I would reply, "Absolutely." Despite the flack open-source file sharing gets on the economic front, one cannot deny that in terms of the free-flow of information and what it means for democratic values, it has been a blessing.

However, the problems arise when the artistic works are being shared *without the permission* of and *without compensation* for the creator. Copyright law exists for the sole reason of protecting the intellectual property of creators to ensure there is incentive for their innovation. Illegal file-sharing dis-

places that incentive. The result is not only devastating to the artist, whose hard-wrought creativity goes without reward, but it is also, more poignantly, devastating to art in general. Innovative pieces of music, for example, are often compromised by the allure of making them more accessible to a mass audience. Moreover, the sheer volume of music made available by open-source file sharing has placed added pressure on the artist to conform to familiar musical formulas in order to gain the attention of an audience. I think we can all agree that the listening habits of this generation have been severely curtailed by our culture of convenience – that is to say, we approach art with a 'fast-food' type of attitude: we seek instant gratification to our musical hunger rather than being willing to critically engage with art to find a deeper, more nutritional value. Put simply, people want entertainment, not art.

Okay. Now you're thinking "Whoa, hold your horses, mister. You're starting to sound pretentious." To which I would reply, "I know, and I'm sorry! But keep reading anyway!"

Stewart likens the effect illegal file sharing has on the value of art to a similar scenario:

"When industries exploit natural resources without caring for the environment, they plunder without concern for the ecology or the people who inhabit the land ... They deplete entire regions in the name of wealth creation."



CREDIT: BLOG.CASE.EDU

Mr. I. Pod, looking smug for all the wrong reasons.

(Hmm. I'm reminded of my last downloading binge. Suddenly, the 28 days, eight hours, and 14 minutes worth of music in my iTunes library doesn't seem so impressive. I should be ashamed.) Stewart continues, "Ultimately, this impoverishes the whole environment because less life and less diversity can thrive in the surroundings. And eventually, all are diminished from that deprivation, including the offenders themselves."

And so it comes full circle. Just as we must strive for balance in our relationship with nature, we must also strive for balance and to improve the environment for artists

in order to be able to enjoy their most delicious fruits. Life imitates art. Art imitates life. So the next time you're cycling through your iTunes library, scrolling through thousands of illegally acquired songs and listening to mere fragments of a composition, take a moment. Just listen. On repeat. And then ask yourself – is this the sound of art? Or am I merely being entertained?

Takers Economy is available for free via Stewart's blog: poligraf.tumblr.com/writings/takers-economy.

Learning to rock the Canadian way

VICTOR KAISAR
INTERROBANG

I remember a time last year when I was torn between seeing Arkells at the London Music Hall or reporting on a London Knights game. Fortunately (or unfortunately at that time), I'd volunteered for the Knights game even before I knew what Arkells was. And then I began regretting my decision. For what it's worth, the Knights game was pretty insane and I got to speak to Austin Watson and Greg McKegg, so in truth, I'm not all that displeased.

I don't think I've been drawn towards a Canadian artist since living in the country as much as I've been drawn towards Arkells. I elucidate the difference as knowing some artists from back home (Nickelback, Simple Plan and Drake, to name a few). So what does someone like me do? Well get my hands on both Arkells albums, no doubt: *Jackson Square* and *Michigan Left*, for those who are unaware.

I don't know what I love about Arkells. Admittedly, they're no Coldplay or Green Day but they still have that unexplainable draw that causes me to fanboy over them. And by fanboy, I don't mean the way some people gush over an 'artist Canada should attempt to hide forever.' Yes, I'm talking about *that* teenager: Justin Bieber.

If you recall the April 9 issue of the *Interrobang*, where I elaborated on 10 things that Canada taught me, I did mention the Arkells perform-

ing in London, the show that I missed and the fact that my iPod would have to work overtime. Well, all that was all forgotten on September 13. If you were in London then, you'll probably know that the Western Fair was on. Arkells performed as part of the Western Fair's free concert series. Naturally, I got all excited and ecstatic and made sure to clear my schedule. I had already missed one Arkells show in London and I sure wasn't going to miss another one.

And there I was, amidst hundreds more, singing out loudly to songs I didn't know the words to. And this was probably the second-best concert I'd ever been to. (Four in my entire life isn't a whole lot, I know.) The only reason this isn't number one is simple – Chris Martin dancing on stage – but that's a different story.

Another thing I like about Arkells: the band was named after a street in Hamilton. That is beyond cool simply because you name streets after famous things, and not vice versa.

I've distracted myself long enough. For now, I need to get back to my iPod, Arkells beckon. And for the record, I've yet to pick a Canadian Football League team to follow. "Ticats Are Hummin" might just sell me on the Hamilton Tiger-Cats. But that's a decision for the future. Right now, I'll stick to learning every Arkells lyric.






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The best and worst in media relations



THE REAL WORLD
Jeffrey Reed
jreed@fanshawec.ca

I'm betting that the most enjoyable part of your studies here at Fanshawe College is forming new friendships. As a professor, it's great to see how a class becomes a family as the semester progresses. In fact, the same holds true in the real world: it's a lot easier tackling the ups and downs of career advancement when you surround yourself with great people.

When asked what I love most about my job as a professional communicator, I always say the same thing: meeting new people and forming friendships. Of course, not every meet and greet results in an exchange of Christmas cards. Amongst the thousands of introductions I've encountered over the past three decades, there have been plenty of personality clashes, for one reason or another. But that's the chance you take when you work in communications – or any profession, for that matter.

I wrote in this column last week about my first feature interview as a reporter with Fanshawe's student radio station CIXX-FM. In September 1981, Wayne Gretzky was fresh off a Canada Cup series and nursing an injury, and was not supposed to practice with his Edmonton Oilers teammates at the old London Gardens. But he surprised most in attendance when he skated for two hours, then tried to sneak out the side door to a waiting sports car headed to his hometown of Brantford.

Thinking that I had missed out on chatting with The Great One, I walked through the Oilers' dressing room looking for a puck or a stick (at 19 years old, I was still star-struck and had not yet morphed into a cynical reporter). Hiding in the corner of the dressing room from hundreds of screaming girls was Gretzky. I stuttered when asking 'Mr. Gretzky' for an interview. He said he was in a hurry to visit his folks, but asked for a pen and paper. He wrote down his parents' phone number, and asked me to call him in one hour (that was one fast sports car). To my surprise, Walter Gretzky picked up the phone, handed it to Wayne and I conducted my first feature-length interview. To this day, Gretzky is all about class.

That kind gesture from Gretzky made a huge impression on a young student reporter. Unfortunately, I've been involved

in many contrasting situations, including one with Major League Baseball's all-time home run king, Barry Bonds.

In 1991, I was in Pittsburgh to cover a Pirates home stand and interview a much skinnier – but still a potential hall of famer – Bonds. He was surly at best, refusing to talk with me despite the fact that the ballclub's media relations team had arranged a meeting. For that entire home stand, Bonds put me off, finding one excuse after another and laughing as he said no to my requests. I didn't get the interview, but with camera in hand on a Sunday afternoon, I took some memorable photos.

Those two examples demonstrate the best and the worst of media relations, and they mirror most other careers involving interaction with fellow employees and clients. Although one can never assume you know everything about someone and what is going on in their life (maybe Bonds wasn't sleeping well that week, but I doubt it), all that is needed to ensure there is no mystery surrounding less-than-acceptable behaviour is open communication. And yet, despite the fact we live in an unprecedented time of communications, the art of communicating is, at times, sadly missing.

Communicating is not always a black and white issue. Case in point: my long-time relationship with Canada's greatest golfer of all time, Mike Weir. I've followed the 2003 Masters champion's career since he played on the local Junior Tyson Tour, have befriended him and his brother-turned-agent, Jim, and have participated in his special events and fundraisers. We've spent time together on the golf course during both charity and PGA Tour events, and have always enjoyed a great working relationship.

At the RBC Canadian Open Championship in Hamilton this summer, Weir and I spent some quality time on the range, and in the media tent talking about his game, his business ventures (including his fabulous wine out of Niagara) and our families. Yet on the Friday, when Weir missed the cut, he was rude to me and the entire scrum surrounding him at the scorer's tent. Here was Canada's greatest golfer – our game's top ambassador – offering us about a minute of his time before leaving the course. It wasn't right, and, despite our friendship, I wrote about it.

Weir and I are still friends. He understood I had a job to do, and I understood he was under a lot of pressure to perform. The key here



CREDIT: CANADASWALKOFFAME.COM

Wayne Gretzky: a true gentleman.

was proper communication. Its power should never be underestimated.

Award-winning journalist

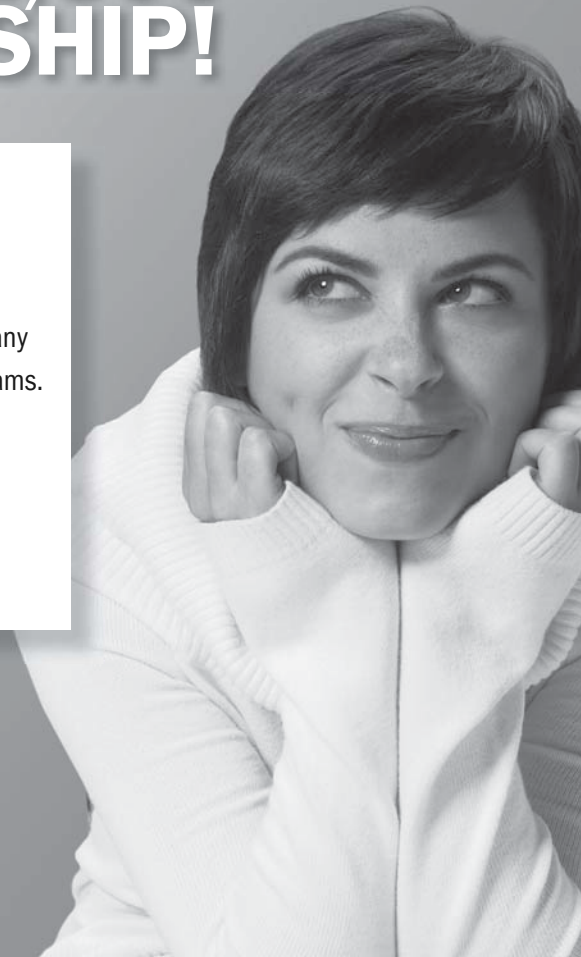
Jeffrey Reed is a Fanshawe College professor with the Corporate Communication and Public Relations post-graduate program and an instructor with Fanshawe's Continuing Education department. E-mail him at jreed@fanshawec.ca.

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CREDIT: FANSHAWE CAREER SERVICES

October's Resumania event was a success as 20 students received help with their resumes.

Resumania ramps up your resume

ERIKA FAUST
INTERROBANG

Your resume is often the first thing an employer looks at when considering whether or not to give you an interview. Whether you're looking for a part-time job during school, a career for after graduation or you're looking ahead to April and thinking about your summer job search, Resumania on November 20 can spruce up your resume and launch it to the top of the pile.

Two staff members from Fanshawe's Career Services department – Darby Anderson, cooperative education consultant, and Larissa Campbell, student services specialist – gave resume advice to around 20 students at the first Resumania event in October. “We needed to try something a little bit new and bring our services to the students, rather than always having them come here to us,” Campbell said.

The second Resumania event takes place on November 20 from 11 a.m. to 2 p.m. in the area outside the Oasis restaurant in SC building. It is free for all students – all they have to do is bring their resume, whether it's printed on a piece of paper or on a USB drive. According to Anderson, it is easier if students bring a hard copy of their resume so the Career Services staff can write down their suggestions directly on the sheet of paper.

“It's really a good way to get some quick feedback on your

resume,” Campbell said. “We spend about 10 to 15 minutes with each student who comes up – it's drop-in, so whatever fits their schedule. We give a bit of feedback and we can tell them if they need more service or if they maybe should take advantage of some of the other services that we offer out of our office, or maybe they're on the right track already.”

Anderson explained that this time of year, many students are looking for resume advice before they apply to seasonal or part-time jobs. “Come January/February, students are already starting to prepare for summer jobs – or at least they should be.”

At Resumania, Campbell and Anderson will give students a sheet on resume tips, and then glance over each resume to see how the tips relate to the student's particular case. They give advice that is tailored to each student's situation.

“The most important (things for a resume) would be that it's targeted to whatever job they're trying to look for and that they're highlighting their skills,” explained Campbell. In addition, the resume should be clearly laid out. “You always want to look to make sure that it is easy to read, that it's easy to find the important information. There's not one specific way that a resume should look, because it's unique to each person, but it needs to be easy to read with the stuff the employer needs to see standing out the most.”

Before you come to Resumania for advice, make sure you've updated your resume. “Students want feedback on their resume, but they might not even have Fanshawe on their resume – they're using their high school resume,” chuckled Campbell. “If they can get it as up to date as possible, then they're going to get the most valuable feedback.”

This will be the second Resumania event Career Services has hosted, and Campbell said that as long as students are interested, they hope to host the event on a monthly basis.

“Student should come to Resumania just to make sure that they're on the right track when they're applying for jobs, whether they're part-time or full-time ... they want to make sure they're handing out the best possible product, because that will increase their chances of finding the work they want,” said Campbell.

If you can't make it Resumania on November 20, you can head to Career Services in D1063 to make an appointment with Campbell or the career services consultant specific to your school of study. For a full list of consultants and their contact information, check out tinyurl.com/fan-csc2012. For more information about Career Services, check them out on social media on Facebook [facebook.com/FanshaweCS](https://www.facebook.com/FanshaweCS) and on Twitter [@FanshaweCS](https://twitter.com/FanshaweCS).



CREDIT: UWATERLOO.CA

Susie Mah has started the job interview process in hopes of landing her dream position.

Heading out to the real world



THE LONG VIEW
Susie Mah

So here I am typing this column out at 1:45 a.m. I've got a job interview in exactly 11 hours and of course I can't sleep. This is a job I want really, *really* badly. Everything I've done at Fanshawe College for the past year, two months and two weeks has been leading up to this moment of truth: will I be able to work in my new, chosen field?

I'll be graduating from the Law Clerk program at the end of this semester. I did all four academic terms back to back and skipped the co-op option in my hurry to get my diploma and hit the job market. As I look back, I can hardly believe how far I've come, how much I've learned, and how fast it's all gone by.

I'm going to miss this school and my classmates and my teachers. Being that I'm a “mature” student, this is my third scholarly go-round. I have a diploma from Dawson College (in Commercial Art) and a Bachelor of Fine Arts from Concordia University (in Cinema: Film Production) from a hundred years ago, when Graphic Design was called Commercial Art and we did it without computers, thank you very much.

Though colleges and universities now look positively *Jetsonesque* compared to my day, the uncertainties of the job market never change. I was also told back then there were too many graphic designers and not enough jobs. And if you want a recipe for sleepless nights, just try breaking into the film industry in Toronto!

Well, I survived and I even thrived. I sent out my resumes, did my cold calls, and hit the pavement with my portfolio. In my last interview with the last art director on the list of 30 art directors I stalked and hounded (nicely!) to see me over a period of three months, I got hired and was on my way.

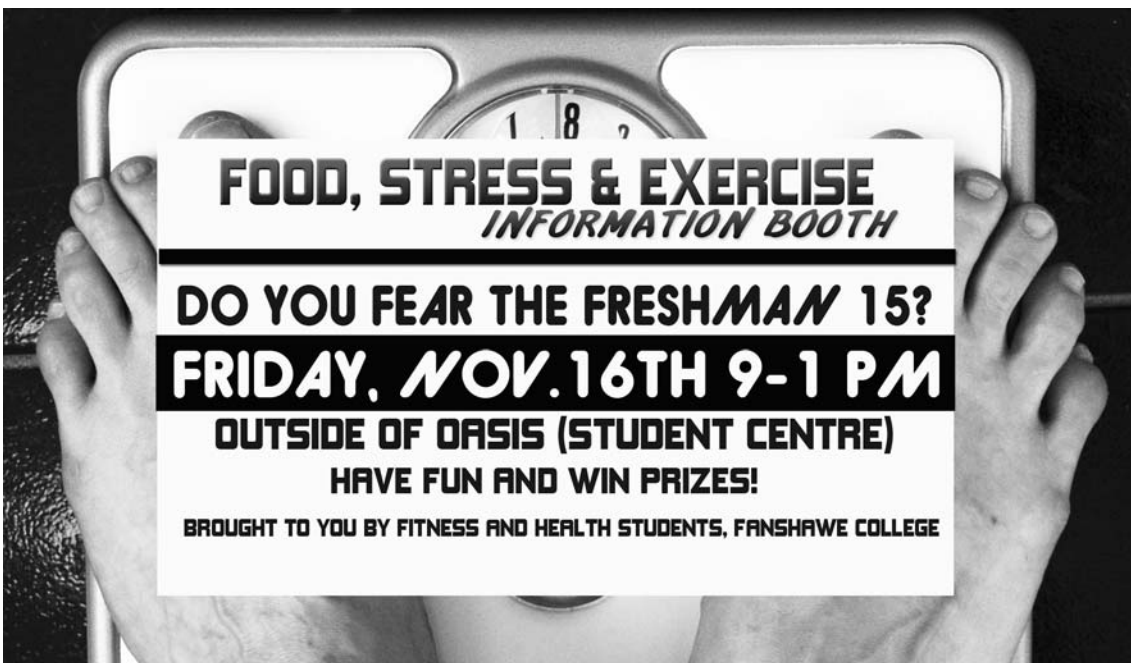
Many years of job searches, cold calls, and interviews later – because I ended up working freelance and on contract most of my life – I *still* have to take a deep breath before I pick up the telephone to try to persuade some stranger on the end of the line to take a chance on me.

However, you learn not to let the insecurity and fear of rejection stop you from putting yourself out there. Over time it does get easier to pick up that phone and persuade that employer of your uniqueness and great qualifications.

One unexpected insight I've gained is that you have to sincerely want the job and love the idea of working for that particular company. No matter how good I am at tweaking my resume and cover letter, once I'm in the door and speaking to that employer, if I don't 100 per cent want to be working there, I don't feel good and it shows.

So I hope my passion for my new field and for this particular law firm and for this particular job shines through loud and clear today. Because I really, *really* want this job!

Susie Mah is president of the Fanshawe Adult Social Club. A pot-luck party is planned for November 14 at 6 p.m. and all are welcome. Please email Susie at ascfanshawe@hotmail.com for more information.



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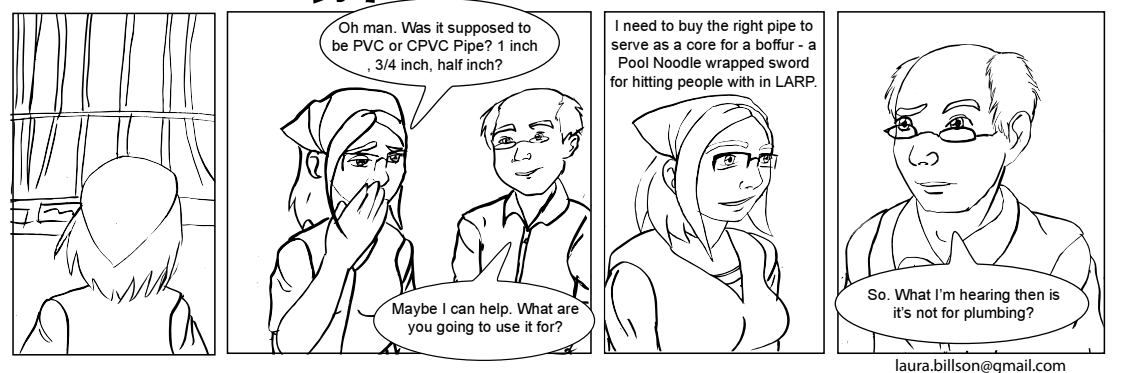
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Shawn Sikorski

Student Representative to the Board of Governors

NOT NEUROTYPICAL



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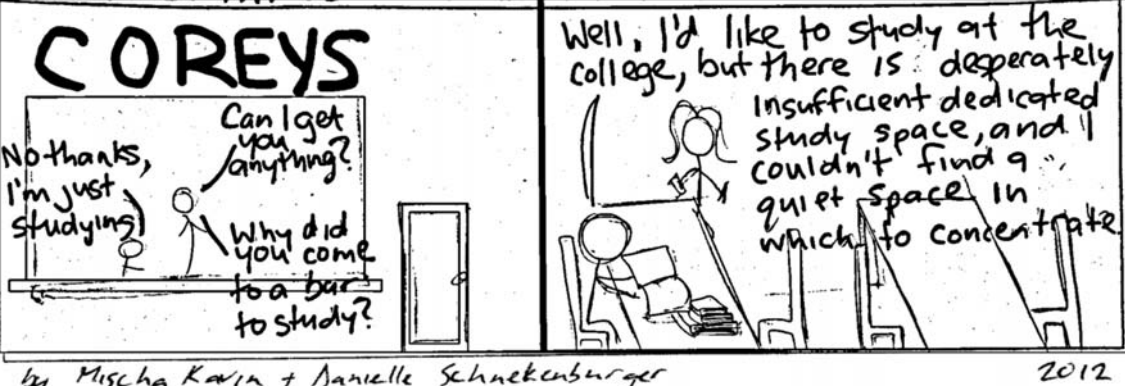
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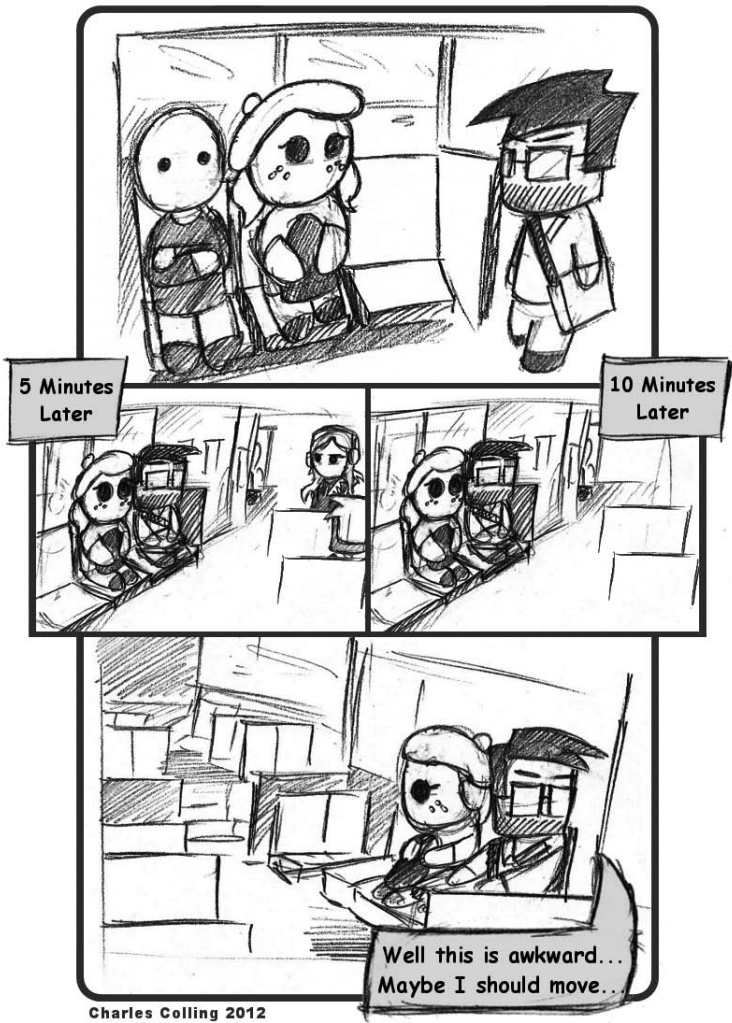
NERDS



THUNDERPANTS



Mouthless "Should I Move?"



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Aries (March 21 - April 19)

Aries is working when you ought to be playing. You deserve more than you're getting. Someone special won't deny you anything, but you have to phrase the question properly.

Taurus (April 20 - May 20)

Mutual support comes easily between Earth and Water Signs. With cooperation as the way of the future, why would anyone want to go back? Each individual shines brightly in the crowd.

Gemini (May 21 - June 20)

Be brave when allies are unavailable. Try something new when familiar people aren't around to make you nervous or watch you fail. By this time next week, you'll be richer for the experience.

Cancer (June 21 - July 22)

When others invite themselves over, Cancer won't shoo them away. Mental superiority is welcome in one with such humble manners. Your jokes ring true on a deeper level these days.

Leo (July 23 - August 22)

Outside financing would really help right now. You'd prefer a loan, although you could do worse than a committed investment partner. Strange but profitable alliances have been formed in a moment of need.

Virgo (August 23 - Sept. 22)

Elaborate plans are full of tricky elements. Virgo is most comfortable with the basic and reliable. Save the new stuff for sometime next week when you'll have a better map in hand.

Libra (Sept. 23 - Oct. 22)

Libra finds it hard to focus and easy to imagine. Help friends put their house in order. You have the best ideas when decorating a space that someone else has to see every day.

Scorpio (Oct. 23 - Nov. 21)

You control the music and the channel. The people in your immediate vicinity will simply have to accommodate your unusual tastes. Watch how others behave as they learn from you.

Sagittarius (Nov. 22 - Dec. 21)

Innocent deception is becoming second nature. Those who know you well might find it chilling to hear your misstatements. Be sure that you can break a bad habit when it's time to do so.

Capricorn (Dec. 22 - Jan. 19)

Communicate through your deeds or your art. All of the best fun happens when Capricorn is in creative overdrive. You've been waiting a long time for this situation to appear.

Aquarius (Jan. 20 - Feb. 18)

Aquarius teeters on the edge of something unexplained. Stop everything. Sit down, clear your mind and assess your needs. A short rest and a fresh start will make a world of difference.

Pisces (Feb. 18 - March 20)

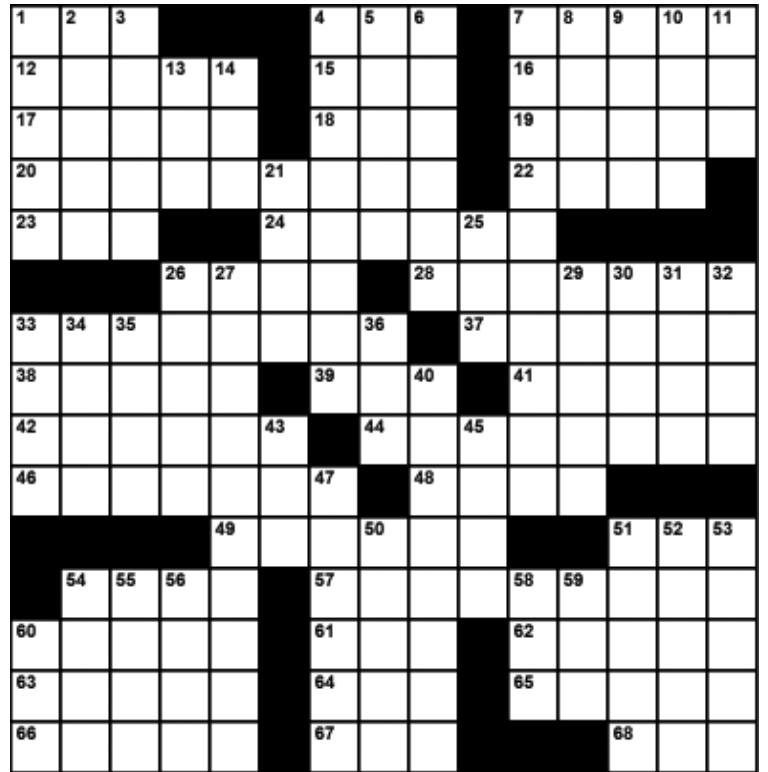
You have the kind of weekend that fall is supposed to be all about. Your body feels great, your spirit soars and your friends are many. The ideal Sunday lasts almost forever.

Across

- ___ Booth (Theme of this crossword)
- A ___ machine is available at theme for students
- Distinctive feature in an artistic or literary composition
- Building block
- Checkup sounds
- "West Side Story" girl
- More recent
- Former French coin
- "Calm down"
- Nervous one
- Adherents
- 180° from NNW
- Veteran (2 words)
- "Peter Pan" dog
- Summoned
- Lazy
- "Romeo and Juliet" setting
- Introduction to chemistry?
- Ring bearer, maybe
- Have an impact on
- Ark contents
- Charades, basically
- Out with a girlfriend (3 words)
- Jazz trumpeter Baker
- State bordering Arizona
- Caribbean, e.g.
- Theme is located at ___ end of the SUB before entrance to J Building
- Tickets for the ___ bus may be purchased at theme
- One of the Flintstones
- "Bambi" character
- Concert hall
- Atlas enlargement
- Auction offering
- Gibbs of country music
- "Camelot" composer
- Bernadette, e.g.: Abbr.
- Undertake, with "out"

Down

- Marriage announcement
- "Don't get any funny ___!"
- "Holy cow!"



- Leadfoot's likely locale
- Did a blacksmith's job
- Seizes
- It has strings attached
- Change for a five
- Lean
- "Take ___ it is" (2 words)
- A ___ machine is available at theme for students
- ___ canto (Italian opera term)
- Tarzan creator's monogram
- "The Last Days of Pompeii" heroine
- Gun, as an engine
- "WarGames" org.
- Hawaii's nickname (2 words)
- Rainbow ___ (type of fish)
- Theme is one of ___ exclusive outlets in London for Budweiser Gardens tickets
- "___ bitten, twice shy"
- Cheers
- "What's gotten ___ you?"
- Advertising sign
- ___ mater (brain membrane)
- What "it" plays
- Make over again
- ___ lat: traditional Polish song
- Open carriage
- Marx collaborator
- "Ready ___ ..." (2 words)
- Court figures
- Accustom
- "___ one"
- Big tippler
- "Do it or ___!"
- Small merganser
- All the rage
- "___ to Joy"
- Actor Wheaton

Solution on page 22

QUIRKY FACTS

- In Asia, the digit 4 never appears in any Nokia handset model number, because 4 is considered unlucky in many parts of Southeast/East Asia.
- Pirates believed that piercing the ears with such precious metals as silver and gold improved one's eyesight.
- It's bad luck to leave a house through a different door than the one used to come into it.
- If you catch a falling leaf on the first day of autumn you will not catch a cold all winter.
- Amber beads, worn as a necklace, can protect against illness or cure colds.
- In some parts of England, rum is used to wash a baby's head for good luck.
- An acorn should be carried to bring luck and ensure a long life.
- Some motorcycle enthusiasts hang a biker's bell from a portion of their bike to protect themselves from evil road spirits.
- Once a wedding ring has been placed on the finger, it is considered bad luck to remove it.
- Two people breaking a wishbone is said to lead to good luck for the person with the larger piece.
- Before traveling a person should, apparently, sit on their luggage.
- Collect seven or nine different flowers on midsummer eve and place them under your pillow and it is said that you will dream of your future spouse.
- Opening an umbrella indoors is said to result in 21 days of bad luck. Some traditions hold that it is only bad luck if the umbrella is placed over the head of someone while indoors.
- If one walks underneath an open ladder it is said to bring bad luck. Sometimes it is said that this can be undone by immediately walking backwards back underneath the ladder.
- The superstitious symbolism of a black cat crossing one's path is dependent upon culture: some cultures consider this a sign of impending bad luck, while some cultures consider this a sign of impending good luck.
- Many believe that if all of the candles on a birthday cake are blown out with one breath, while making a silent wish, the wish will come true.

Sudoku Puzzle

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

puzzle rating: medium

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 22.

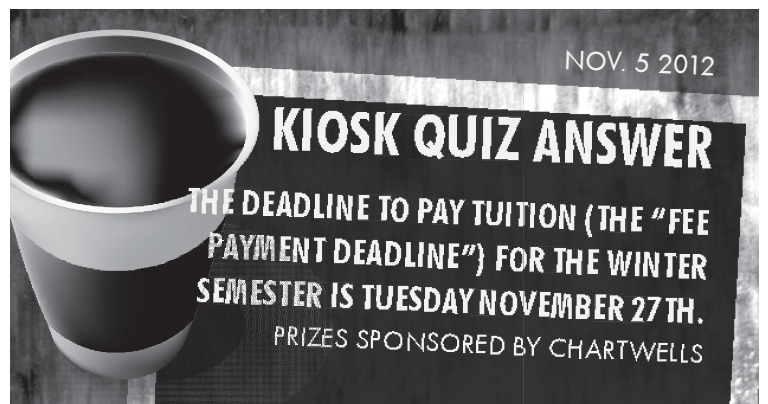
Word Search

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

Frugal

(Words in parentheses not in puzzle)

- | | | |
|------------|-----------|-------------|
| Cheap | Pinching | Scrooge |
| Conserve | Provident | Stingy |
| Economical | Prudent | Thrifty |
| Miser | Saving | Tighten |
| Penny-wise | Scrimping | Tightfisted |



Using social media in your job search



CAREER CORNER
Susan Coyne
Career Services
Consultant
Fanshawe Career Services

Social media has a place in all of our lives, whether we like it or not. Personally, I'm not as passionate about Facebook and Twitter as some of my friends are. For the most part, they enjoy following friends and others who post and tweet about nonsensical activities and events that are happening in their lives. While most of us have become smitten with the social side of social media, it has also become an important tool for job seekers due in part to the new ways that people are finding and landing jobs.

If you think about it, networking has always played a huge part in how individuals find jobs, and if you want a successful career, you need to have a strong network. Online networking is a relatively new thing and is really just meeting and interacting with other professionals via the Internet. If you aren't already doing it, then you should consider starting, but keep in mind there are many pitfalls of online networking. You need to avoid spamming, shouting, begging and requesting to add someone to your network without an explanation, not to mention just being downright annoying online.

Follow the general rules of networking, which include being respectful of other people's time, being positive and proactive, making appropriate connections with people that you have something in common with and, above all, being prepared to give something back.

A good place to start online networking is with LinkedIn. With over 175 million users, LinkedIn has grown to become one of the most popular networking sites for professionals. Get started by creating a LinkedIn profile, uploading your resume and joining groups that share your career goals. Use it to search for companies online and connect with recruiters who are also using LinkedIn. In essence, use it to build your online network.

Having an online presence is essential these days, but managing that presence is also crucial. Nowadays hiring managers are also using social media to do their research on candidates. According to Joshua Waldman, author of *Job Searching with Social Media for Dummies*, "more than 80 per cent of recruiters are using LinkedIn to source candidates and more than 50 per cent of hiring managers can determine whether a candidate's personality is a good fit for their company just by seeing their social media presence. Regardless of how you feel about it, employers are likely using social media to check you out."

Information for just about every-

one can be found online today, especially by someone who knows how to conduct the right search. If the thought of this scares you at all, then you may need to do something to manage your online persona. If you haven't already searched for yourself online, start by using Google, pip.com and WebMii and go through the steps to remove any information that isn't favourable.

I'm sure you've already been advised about how to set your privacy settings on Facebook so not everyone can creep you, but you may want to revisit that too, especially with the new Timeline feature, as you may need to crank your settings up a notch. Your online image is important, so if you need to ask friends to remove some unfavourable pics, posts or content, then get to it.

Let's face it, recruiters will use whatever online methods they can to investigate your online presence and they should, as they wouldn't be doing their jobs if they didn't.

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

BEST IN LATE NIGHT COMIC RELIEF

THE LATE LATE SHOW with Craig Ferguson

Disney has bought the rights to the *Star Wars* movies for \$4 billion. *Star Wars* fans are passionate. Most don't like the newer movies. But some people prefer them to the originals. These people are known as idiots.

News from Hollywood is they're going ahead with a sequel to *Snow White and the Huntsman*. The entire cast is returning — all the dwarves except Dopey. This time Dopey's going to be played by Lance Armstrong.

They've been testing the driverless cars around the country and so far there hasn't been one accident. But they need to put these cars up against a real test. You know, like Mel Gibson or Lindsay Lohan.



CONAN with Conan O'Brien

The International Olympic Committee is investigating Lance Armstrong for the bronze medal he won at the 2000 Olympics. A little tip for the IOC: If Lance was on steroids and he came in third, you might want to take a peek at the guys with gold and silver.

It's being reported that Steven Tyler and his fiancée are breaking up. The quote from the press release said, "My old lady and I just couldn't make it work but I wish Steven the best."

Due to the tough economy, two of the world's biggest publishing houses have decided to merge and become one. In fact, they're only going to publish one book this year — *50 Shades of Harry Potter*.



LATE NIGHT with Jimmy Fallon

A 108-year-old woman in South Carolina just voted for the first time. She voted for Eisenhower — but still, good for her.

Apple has fired the executives who were responsible for the recent Maps debacle. Apple told them, "Get lost!" And they were like, "Great, we'll just use Apple Maps."

This week the U.S. unveiled a larger, more convenient checkpoint at the border with Mexico. And then Mexicans unveiled a larger, more convenient tunnel around it.

As part of a new "transparency series," McDonald's is releasing videos that show how its food is made. It involves horses and bayonets.



THE TONIGHT SHOW with Jay Leno

During the storm a tree hit Lindsay Lohan's family home in Long Island. But they think it was just nature getting back at her for all the trees she ran into with her car.

TMZ is reporting that Tim Tebow has a girlfriend, beautiful actress Camilla Belle. The word is that she likes him for him, and not just for how much time he spends sitting on the bench.

The birth rate in the United States has hit an all-time low. But to be fair, basketball season has just started. It's going to take a while for these guys to get out there and go to different towns. Just be patient.



JIMMY KIMMEL LIVE with Jimmy Kimmel

A new study has found that men and women see colours differently. And we also see everything else differently.

Women can perceive more than 50 shades of gray, whereas men see a poorly written book.

Lindsay Lohan tweeted President Obama on the topic of tax cuts. Someone needs to tell her she's Lindsay Lohan and should be focusing on what the president plans to do to cut car insurance deductibles.

A new Gallup poll shows that only 1 in 10 Americans approve of the job they're doing. A 10 percent approval rating is about the same approval rating that rabies has.



THE LATE SHOW with David Letterman

Some guys came here and did an air quality study. They said the breathing air in NYC is the worst breathable air in the world. They said New York's air has more chemicals in it than Lance Armstrong.

New York City is desperately trying to return to normal. Wait a minute. When were we normal?

You folks ready to vote? On the bright side, after Tuesday we'll finally be rid of at least one candidate. That's good news.

Iran's president, Mahmoud Ahmadinejad, is always angry. Yesterday he said, however, that in fact he does not hate gay people. He went on to say that Iran is on its way to developing one of its own.



CREDIT: FSU STREET TEAM

Tupperware Remix Party headlined New Music Night at the Out Back Shack on November 2.

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Music Tees Superhero tees

WE WILL ROCK YOU

Audi RS5 a whole lot of fun



MOTORING
NAUMAN FAROOQ
naumanf1@yahoo.com

Ask any Audi enthusiast and they will tell you that the two most important letters in their beloved brand's line-up are "R" and "S." They will also tell you that when these two letters are joined together, the end result will be extra special.

We have seen the results of what an RS vehicle is capable of in the past. Back in 2004, Audi offered a limited run of RS6 models in Canada, followed a few years later by the 2007/08 RS4. In 2012, there was the TT-RS, which was known to be a little monster.

For 2013, Audi is offering another special edition model, the RS5 coupe. Is the new car as mad and magnificent as its predecessors, or has the formula been watered down now?

From a styling point of view, it has the familiar pumped-up look of previous RS models, where they take the basic model's body and give it more pronounced bumpers, rocker panels, hips and tailpipes. The end result is quiet aggression; most will think it's just another Audi, while those who know will look and give you an approving nod.

Open the door of the RS5 and the interior will look very familiar to anyone who has been in an A5. It is the same size, has the same design, and has the same gadgets as you'll find in the more mainstream A5 models. But all is not the same. The RS5 gets its own special seats, and the steering wheel feels beefier and has its own unique touches. The differences might be very subtle, but they are there.

The biggest difference is found under the hood. The RS5 gets the same 4.2-litre, normally aspirated V8 you'd find in the back of an R8 supercar, but in the RS5, the engine has been pumped up a bit; instead



CREDIT: AUDI

The Audi RS5 is seriously fun to drive.

of just 430 hp as in the R8, in the RS5 you get 450 hp at 8,250 rpm and 316 lb/ft of torque (which is available between 4,000 and 6,000 rpm).

As with most Audis, power is sent to all wheels via their clever "quattro" system, which feeds power to the wheels that can best make use of it.

The power makes its way from the engine to the drive wheels via a seven-speed dual-clutch transmission. This gearbox is not only smooth, but ferociously quick in swapping cogs. You can pick between three speed settings for the gearbox, and each setting offers different shift speeds and smoothness, but even in the quickest setting, this transmission shifts so smoothly, you can be drinking coffee and not spill it.

In the Dynamic setting for the gearbox, the transmission downshifts as engine revs fall below 2,100 rpm, and the downshifts are accompanied by an automatic throttle blip. It is all a lot of fun. As I found out, this can also scare grannies walking on the sidewalk.

For serious fun, find yourself an open stretch of road and stretch its muscles. The RS5 is insanely quick. According to Audi, the RS5 can hit 100 km/h from a standstill in just 4.7 seconds (and it feels even quicker than that), and if you find yourself on a de-restricted road

(good luck trying to find one of those in Canada), it will max out at 280 km/h. Actually, it is electronically limited to that speed; take the limiter off and you'd surely surpass that. However, 280 km/h is fast enough, and while I cannot give you a firsthand account of how this car feels at that speed, I did stretch its legs on a few occasions, and I was blown away by just how stable the RS5 is.

You also don't need to be going illegally fast to have some fun. Find a twisty bit of tarmac and it will impress you with its handling. Its electromechanical steering might not have the same feel as the older hydraulic based steering systems, but it is not bad at all. Even though the RS5 is supposed to be a bonkers thrill machine, its chassis and suspension setup encourages more understeer than sudden-snap oversteer. While this is a safer setup for most people, it does make it less thrilling to drive than cars like the R8, which have a definite rear-wheel bias.

The RS5 is a luxurious, high-performance coupe for the businessman/woman who likes to have fun on their way to work. It is also for those who want something rare, as only 150 examples of the RS5 coupe will be coming to Canada. According to Audi, they are almost all sold out, so if you want one, hurry up. Prices start at \$77,000.

What happened at #ManCamp



AROUND THE RINK
RYAN SPRINGETT
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The London Nationals cruised through the end of October on a five-game winning streak. Throughout the month, the Nationals won seven of 11 games.

You wouldn't expect anything less of the defending Western Conference Champions, but starting the season 3-4, maybe they weren't bidding for a repeat as Conference Champions.

London assistant captain Jonathan Sims said once the team's new motto, 'Man Camp,' was introduced, the team started their winning ways. "Basically, at the very beginning, Kelly (Thomson, head coach) introduced it to us, and the rest was history."

Thompson put the meaning in black and white: on October 17, @KellyThomson85 tweeted, "...reg season will now be referred to as 'Man Camp'."

The next night, after the Nationals' 4-2 win over the Sarnia

Legionnaires, Thomson tweeted, "Webster's defines #ManCamp as a process of self sacrifice for the good of the group he belongs to by way of imposing shear (sic) will on opponents."

Like Sims said, "the rest was history," and the Nationals finished October on a tear. "We've been out-working teams, nothing too out of the ordinary; it's really all about keeping it simple and just out-battling the other team we're playing."

The turning point – in Sims' mind – was losing to the St. Thomas Stars early in October, 4-2. Not only did London lose the night the Nationals unveiled their 2011/12 Western Conference Championship banner, they lost to a team that the Nationals beat six out of six times in that championship run, they also lost to their natural rivals. It's worth noting that the Nationals waited almost a month to unveil the banner against a Stars team that had given the Nationals a lot of heartache in previous playoff series.

It was a beautifully symbolic way for a team to realize that it was a new year, despite what was

accomplished in the previous season.

Sims still remembered that loss, and he even recalled some of the things he told the other players on the bench. "Last year was out of the question, it's already happened, it's about buckling down and focusing on what's important and that's this game."

The London Nationals did extend their winning streak into November, pushing it to six games. It did end, however, by the only team that would seem fitting to end something so positive for the London Nationals. Guess who, the St. Thomas Stars.

All good things come to an end, that includes the London Nationals' consecutive winning ways, but the Nats have turned things around in practice. Their team discipline during games and even how they play as a team, "a process of self-sacrifice for the good of the group he belongs to by way of imposing sheer will on opponents." Perhaps that's something better than an unbeaten streak.



CREDIT: ABELIMAGES/GETTY IMAGES

Steven Lenhart and Chris Wondolowski should lead San Jose to the net this playoffs, and ultimately to the MLS finals.

Major League Soccer playoff predictions



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It's the MLS playoffs, kids! There's nothing like a bunch of mediocre teams in a complete crapshoot to get people's attention. However, that was the regular season. These clubs are the cream of the crop, and there are some really good games to come!

San Jose vs. Los Angeles

This is the premier matchup. The L.A. Galaxy advanced through the one-game playoff to play the Earthquakes, the number one team in the league. L.A. is certainly known for their top players – David Beckham, Robbie Keane and Landon Donovan – but San Jose has their own dangerous attackers in Chris Wondolowski and Steven Lenhart. The Earthquakes managed to score the most goals in the league in the regular season at 72, with L.A. in second at 54. L.A. hasn't always been known for their defence, so it seems as if San Jose should be able to win this exciting matchup.

Real Salt Lake vs. Seattle Sounders

RSL finished a strong second and completed yet another solid season. Seattle is another talented team, which is why they finished only a point apart at second and third, respectively. Seattle's Eddie Johnson is one of the best MLS strikers ever, and he has already seen the playoffs with Los Angeles. Meanwhile RSL's defence has been a part of their consistency over the years, with

Nick Rimando in net. However, Seattle is still better in that category with only 33 goals against (Real has 35). No wonder the first leg was 0-0!

Sporting Kansas City vs. Houston Dynamo

Houston won the play-in game, and continued to roll on defeating Sporting 2-0 at home. SKC finished second this year, but they are still my pick to be the best team in the league, as they're so strong in the midfield with Graham Zusi having a breakout year in the middle of the pitch. However, Houston continues to overachieve, just like how they did last year when they made the final. Brad Davis is healthy, unlike the final last year, as his Dynamo should complete the upset.

New York Red Bulls vs. DC United

The New York Energy Drinks backed into the playoffs and underachieved yet again. They have arguably the best striker (Thierry Henry) and midfielder (Tim Cahill) in the league. In fact, midfielders Dax McCarty, Rafa Marquez and Joel Lindpere complete a stacked middle of the field that excels at every facet of the game. Meanwhile, D.C. had a great comeback year, as they finished terribly last season. D.C. got the home tie, but New York is still full of class and due for a successful season.

Prediction:

Western Final: San Jose vs. Real Salt Lake

Eastern Final: Houston vs. New York

San Jose beats New York in the MLS Final

London Lightning targets college students

VICTOR KAISAR
INTERROBANG

Defending National Basketball League Champions the London Lightning are looking to target Fanshawe and Western students for the new season.

General manager Taylor Brown said that the organization is working towards getting Fanshawe and Western students out to the games without being so hard on their wallets. "It's a great event. College students, especially those from out of town, don't realize that we have a great team here. It's something to get them into downtown London, while keeping them out of trouble." The team is looking at possibly creating a student section at the home games in the near future.

The organization is progressing

well with ticket sales for the new season. Season ticket sales have doubled since last year, according to Brown. "People are always looking for a cheap night out with great entertainment. It's a great, family-friendly atmosphere at the games."

Single-game ticket sales are also on the rise, according to Brown. Youth ticket prices have seen no increase from last year, however individual game tickets for adults have seen a price increase of around \$2.

Brown added that the loss of Gabe Freeman to the San Miguel Beerman in the Philippines hasn't hurt ticket sales. The organization is expected to finalize a shortlist of players to replace the 26-year-old forward who was named MVP of



the inaugural NBL season.

The organization is promising great entertainment and value for money for people at every game. The Lightning opened their season on November 3 against the Halifax Rainmen, the team they beat in five games to win the inaugural NBL title.



CREDIT: WISEGEEK.ORG

Stretching is an important part of working out and should be done on a daily basis.

Learning to work out properly



HEALTH HABIT OF THE WEEK
Fitness and Health Promotion students

Q: I am a beginner exerciser; how many times a week should I work out and for how long?

A: You should include cardio training, muscular endurance training and flexibility training into your exercise routine. Below is a sample prescription for a beginner exerciser.

Cardio Training (e.g. running, biking):

- Three times per week (at least)
- Can be consecutive days
- Approximately 20 minutes per bout, plus a five-minute warm-up and a five-minute cool-down
- Your 20 minutes (after warm-up) should be at an intensity level where you can still carry on a conversation, but you feel warm (maybe sweating), and you are becoming tired

Muscular Endurance Training (e.g. weight machines, free weights):

- Three times per week
- Non-consecutive days (day of rest between workouts)
- Eight to 10 exercises (head to toe: chest press, seated row, shoulder press, leg press, calf raises, bicep curls, triceps extension, the plank)

- Approximately 12 reps and one or two sets of each exercise

- Perform your exercises slowly, breath during the "working phase" of the exercise and maintain good posture

- When in doubt, ask gym staff members or contact us for more information

Flexibility Training (e.g. stretching):

- Head-to-toe stretching
- Aim to stretch on a daily basis
- Hold each stretch for 10 to 30 seconds – do not bounce while you stretch
- Complete each stretch twice
- Stretching should not be painful

Submitted by: Todd Laplante, Cassie Weishar, Jenna Biasuzzi, Jodi Lange, Chris Pilla, Andrea Lewis

Getting to know your body



FUN AND FITNESS
RICK MELO
melo_rick@hotmail.com

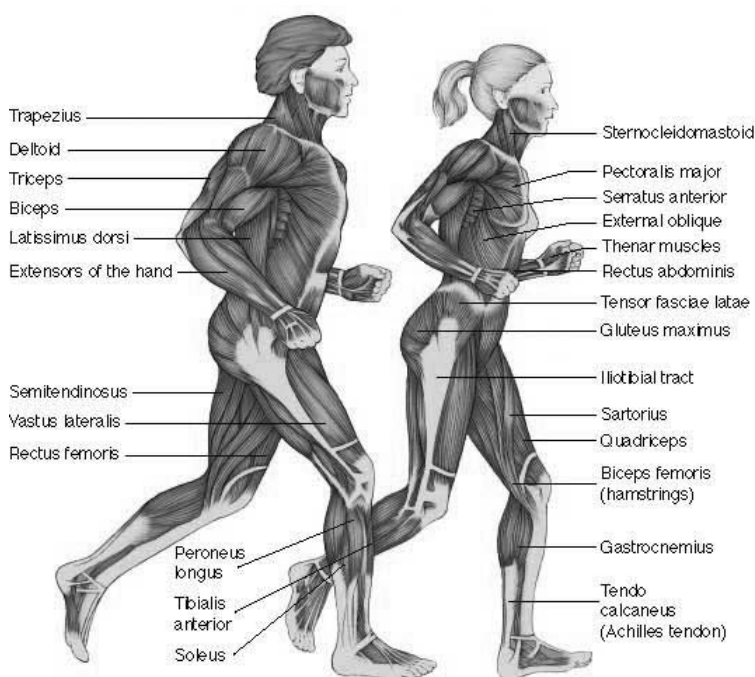
It's been a funny scene around the Fanshawe Fitness Centre as of late. All of the Fitness and Health Promotion students are panicking over an anatomy test that they need to score 70 per cent on to pass. To make matters worse, they have to do a similar test next semester where they have to obtain 80 per cent.

Human anatomy considers the structures of our bodies, the muscles, the bones, the ligaments and the tendons, and there are many other things to consider. Where do all these muscles originate on our bodies? Where do they insert? What are their specific roles in the human body? Considering how many different structures we have in the human body, you're probably starting to get the idea of why Fanshawe's poor FHP students are freaking out!

So why do they have to learn all of this nonsense? It's definitely not so they can just sound "science-y" to their friends. One of the main reasons is so that they can learn the specific mechanics of the body's movements and what exactly is responsible for each of these movements. Once familiar with all of these structures, origins and insertions, the FHP students soon find that the sky is the limit.

The reason for this is because this specific knowledge is the ultimate backbone to understanding how the body moves, works and, more importantly, improves through fitness. An easy way to think about it is in terms of muscles versus movement. Once you learn what muscles cause which movements in our bodies, you are off to the races.

For example, what extends the leg from a bent position to its neutral straight position? The quad muscles, right? So if the quads do the actual work for this movement and your goal is to strengthen the quads, what should you do? Add some sort of weight resistance to your leg and do leg extensions. Voilà! You just did the basic prob-



CREDIT: HOMEPAGE.SMC.EDU

lem-solving for how we figured out how to strengthen the quad muscles using leg extension machines in the gym. There is clearly a lot more detail involved in the complexity of all the actual structures involved in the movement, but that is the layman's summarization.

The bottom line is that if you want to improve a certain muscle, learning the basics of the muscles and the movements will make life a hell of a lot easier for you in terms of personal program designing. Do you have to become an anatomy expert like the FHP students are striving for? Absolutely not, but a general knowledge of the basics will go a long way. You will no longer be the person who asks "What do I do to tone up this muscle?" You will be the person who

says, "I know that this muscle moves this limb, so now I know what movement I have to do with an added resistance to tone that muscle!"

Frédéric Delavier is the author who wrote the infamous *Strength Training Anatomy* book. It's a book that has excellent illustrations with explanations of the anatomy and examples of gym exercises that train each muscle. Its popularity motivated him to write his followup project titled *The Strength Training Anatomy Workout*. It takes the initial knowledge you gained from his first book and educates you on the numerous ways you can devise a personal program that is right for you.

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

B	I	Z	F	S	M	O	T	I	F						
A	D	O	B	E	A	H	S	A	N	I	T	A			
N	E	W	E	R	S	O	U	R	E	L	A	X			
N	A	I	L	B	I	T	E	R	I	S	T	S			
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			S	O	N	O	R	A	S	E	A				
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W	I	L	M	A	E	N	A	O	D	E	U	M			
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L	O	E	W	E	S	T	E	S	E	T					

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OPEN REC
Every Tuesday, Thursday, and Sunday night from 10pm till 12am.

BASKETBALL
Wednesday November 14th
Home Game vs St Clair
Women @ 6pm
Men @ 8:30pm

BADMINTON
Friday November 16th
23rd Annual Black Knight Badminton Tournament

Fanshawe College Athletics
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Falcons hit the hardwood running

MEGAN MCPHADEN
INTERROBANG

The Fanshawe women's basketball team faced off against a tough Sheridan Bruins squad, losing 70-67 in overtime on November 7.

The loss was disappointing for the women who were in gridlock in the first three quarters of the game. It was a constant tug of war for points for each team with Fanshawe seeming to break away only to have Sheridan claw their way back to even the score.

The Falcons, led by coach Matt White, fought for control of the ball throughout the first and second period, each team digging for points. Felicia Mazzerolle, point guard for the Falcons, played an impressive game, driving the offence down the hardwood and capitalizing on the fast break and making much-needed baskets to keep Fanshawe in the game. The game was intense, each team physical and fighting for the ball. Unfortunately for the Falcons, their defence faltered in the last quarter and allowed Sheridan to equalize, forcing overtime.

"We broke down and we didn't stick to our normal game ... We didn't play every possession, so they took advantage with that," said Mazzerolle.

Rookie Mazzerolle acted as the brains behind the team, setting them up point after point, only to have the Bruins fight back with their own rookie, Haeven Durrant. The game took a toll on both teams, neither letting up until the bitter end. Nicole Carriere for the Falcons sunk consecutive threes to give the Falcons the lead at one point in the game.

Fanshawe seemed to have the win within reach, only to have a few bad bounces give Sheridan possession, which was all they needed to seal the win.

Bruins head coach Willie Delas was noticeably calmer after the win. "I thought Fanshawe played excellently; we had some lucky bounces go our way and it was a good job on both teams' parts." Delas credited Durrant and



CREDIT: MEGAN MCPHADEN

Fanshawe's defense clamps down on Sheridan in the paint, but it wasn't enough as the Falcons lost 70-67 in overtime.

Shylanda Saunders with carrying the team. "Haeven created a lot of steals and Shy was great at penetration and getting to the basket."

Falcon head coach White, although disappointed, said he is looking to hit practice already to prepare for their next game against St. Clair. "Our goals are to improve every day individually and collectively as a unit. We're going to be there at the end, we're a very strong team." For the women this season, "getting into the playoffs is the first step."

The basketball season is long and arduous. No team wants to peak early and each is looking to improve, with many stressing the importance of defence. Despite the importance of scoring, offense takes the backburner for many of these teams. "Defence is what gets your offence started, and it's what wins championships," said Mazzerolle. "It was definitely a learning experience and it was a wake-up call for us that every team is out to compete against us."

The Falcons host St. Clair on November 14 at 6 p.m.

Falcons flying high after win against Bruins squad

MEGAN MCPHADEN
INTERROBANG

The Fanshawe Falcons men's basketball team is looking to redeem themselves this year after a third-place finish in the Ontario College Athletic Association last season. Armed with a new head coach, Tony Marcotullio, the Falcons have already won their first two regular season games, beating last year's silver medalists the Humber Hawks. The Falcons played host to a tough Sheridan Bruins squad November 7 and beat them 73-62.

The Falcons have a long road ahead of them if they want to win an OCAA championship. "We're a lot more athletic and bigger this year, and we just try to prepare them mentally. We need to work hard and execute our plays," said assistant coach Bryan Kamerman.

The Falcons last won the OCAA in the 2006/07 season under the leadership of legendary coach Glenn Johnston, who stepped down last season as head coach. Johnston ended his 35-year tenure having won two national titles, six OCAA gold medals and over 400 games in his career. Although he has left huge shoes to fill, new head coach Marcotullio has an impressive resume of his own. Under his leadership, H.B. Beal Secondary School in London went to seven Ontario Federation of School Athletic Associations championships. A former Laurier varsity basketball player, Marcotullio has transitioned from a player to coach seamlessly and has showed winning form with his high school team.

"Tony and Glenn have very similar coaching styles; both are very intense and know the game well and are out there for the kids," said Kamerman. "Tony is very knowledgeable. He's succeeded at every level he's coached at, he knows the game in and out." It seems the Falcons have picked the right replacement for Johnston as they improved their record to 3-0 in the OCAA.

Sheridan Bruins assistant coach Leroy Casanova was impressed



CREDIT: MEGAN MCPHADEN

Fanshawe's Kyle McConnell pressures the ball during the Falcons 73-62 win over Sheridan. The win improved Fanshawe's record to 3-0. The Falcons host St. Clair on November 14. Women tip off at 6 p.m., men at 8:30 p.m.

with Fanshawe's playing. "Well, it's always tough when we come into this building to play, they have a strong team and are off to a great start this year, looking at some of their results, their shooting and scoring the ball well." What could they have done better in the game? "We had a few too many turnovers and gave up some easy baskets early in the game."

Fortunately for the Falcons, they are led by star point guard Boyd Vassell, who hails from Kitchener, Ontario. Boyd plays an active role in the Falcon defence and offense, driving the ball down the hardwood and scoring on the fast breaks. Both teams were driving hard to the net, Sheridan struggling to break through the Falcon defence. Key players for Fanshawe included Mike Dubreuil, Bryan McDonald, Troy Barnes, John Brutto and Darcy Young. Young stands 6'11 and was a powerhouse for the Falcons; his height allowed him to get to those rebounds and

put the ball in Vassell's hands. The Falcons play St. Clair November 14, and currently are 3-0 in the OCAA West division.

Intramural Standings 5 on 5 Basketball

Group One				
Team	W	L	T	Pts
MIA Ballers	6	0	0	12
Cole World	6	2	0	12
Fitness 101	5	1	0	10
Milf Hunters	3	2	0	6
Vikings	2	3	0	4
Falcon Faculty	2	5	0	4
A Tribe Called Q...	1	5	0	2
Merlin Mucksquad	1	4	0	2
City Slickas	0	6	0	0
Group Two				
Team	W	L	T	Pts
Goon Squad	7	1	0	14
GTL	5	1	1	11
The Squad	4	1	1	9
Fanshawe Thunder	4	3	0	8
Team Gerald	4	5	0	8
Bench Warmers	3	3	1	7
The Mob	2	5	0	4
New Worlds	1	5	1	3
Individuals	1	7	0	2
Muffin Stuffers	0	3	0	0

Women's Volleyball

Group One				
Team	W	L	T	Pts
I'd Hit That	4	0	0	8
Plaque Attack	3	0	0	6
Dirty 1/2 Dozen	1	1	0	2
Kiss My Ace	1	1	0	2
Sets On The Beach	1	2	0	2
Attack Pack	1	2	0	2
Volleyhoots	1	2	0	2
Bumpin Babes	0	1	0	0
Practicve Safe Sets	0	3	0	0

Men's Volleyball

Group One				
Team	W	L	T	Pts
Super Smash Bros	3	0	0	6
Wolf Pack	2	0	0	4
PHIL	2	0	0	4
5.0 Crew	2	1	0	4
Team Lepoivre	2	1	0	4
Individuals	1	3	0	2
How To Kill A ...	1	2	0	2
I'd Hit That	0	3	0	0
MIA	0	3	0	0

New face on the FSU team

MEGAN MCPHADEN
INTERROBANG

Matthew Stewart is the newest member of Fanshawe Student Union executive council. He joined the team at the end of September as the Vice President of Athletics and Residence Life.

Hailing from Brisbane, Australia, he was scouted by Fanshawe for the men's volleyball team, of which he is currently the captain. He juggles daily volleyball practices with being a student in Fanshawe's Graphic Design program and fulfilling the duties required of Vice President of Athletics and Residence Life, such as attending and hosting events. "If you are good at time management, then this is the role for you," he said. "It's definitely beneficial to your career, as you can put it on your resume."

I spoke with Stewart about his

plans for the future.

Why did you choose to run for this position?

"I previously worked for Athletics and played varsity and noticed a lot of little things that I would like changed."

What changes have you made so far?

"I initiated the Game Awareness Program to bring more attention to varsity sports. Using Freddy the Falcon, promotions and talking to people, we spread details of high-profile sporting games. Our first trial run was the women's soccer match against the Sheridan Bruins; despite the weather, we increased attendance from 15 people to around 100."

How would you describe yourself?

"Very outgoing, my main goal is to have fun and I am very approachable."

Where can you be reached?

"I'm usually in the Fanshawe Student Union office in the SC building (room SC2001), I also check my e-mails daily, so if you want to check the FSU website (fsu.ca), my e-mail is on there."

What are your goals for this year?

"My main goal is to get more of a connection between Athletics and the main body of the school, that doesn't always participate; provide students with the kind of lifestyle they want at Fanshawe; and increase participation amongst students."

Despite growing up in another country halfway across the world, Stewart said, "Canada and Australia share a world of similarities. Personality is the same here; the only thing that's different is I sound, but I don't even think I accent different."



Matthew Stewart

The newest addition to the executive team brings a lot of experience with him, especially from the athletic perspective, and he is extremely approachable. Come out to varsity games and support the Falcons!

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